

10/31/16 Monday 8:20 P.M. I watched episode 1 of "The Wheelchair President". I ate a bowl of Utz sourdough dark pretzels. I will now shut down the primary work computer, and I will go to bed. CIO

10/31/16 Monday 7:00 P.M. I picked up my mail. My Connecticut Renter's Rebate arrived. It was 7.5% less than it was supposed to be, because more people applied for it. I went out to the Chase Bank at Deerfield Place. I chatted with a relative. I went by CVS on Greenwich Avenue. I bought a pair of ear puds for \$5.99 and .38 tax for \$6.37 total. I then sat out for a while further downtown. I chatted with a friend. I returned home. I printed out two copies of Microsoft Sunset Income versus Spending report for October 2016, and I have one copy ready to mail to an interested relative. I will mail it in the mail room downstairs. CIO

10/31/16 Monday 4:45 P.M. http://www.nytimes.com/2016/10/31/nyregion/on-a-long-island-burial-ground-47-gravestones-1700-graves.html?emc=edit_th_20161031&nl=todaysheadlines&nlid=46729&r=0

<http://www.4lawschool.com/> CIO

10/31/16 Monday 3:20 P.M. I ate a 28 ounce Marie Callender three meat medley dinner with grated parmesan and Romano cheese on it, and a 12 ounce glass of Schweppes diet Ginger Ale. It was supposed to be eaten by April 2016, but it still tasted all right. I will now take a nap. CIO

10/31/16 Monday 2:45 P.M. Tracking is https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9405509699939379553506 on the order for this cane for \$18.69 with free shipping <http://www.ebay.com/itm/Quad-Cane-Small-Base-Bariatric-500lbs-Walking-Aid-Medical-Mobility-Adjustable/381466896990?trksid=p2047675.c100009.m1982&trkparms=aid%3D888007%26algo%3DDISC.MBE%26ao%3D1%26asc%3D39798%26meid%3D588d4db6c34c45ac8ec7176e745ae9a5%26pid%3D100009%26rk%3D2%26rkt%3D2%26sd%3D401172550980> CIO

10/31/16 Monday 2:35 P.M. I threw out the garbage. I went downtown. I sat out in front of the Senior and the Arts center for a long time. They are pouring cement on the south side on the construction project, and they also have the south side of the driveway blocked with construction fencing. I hobbled as far south as the www.apple.com store , and I explained that two weeks ago, while I was sitting for an extended period of time in my computer chair with the Apple Ipad 2 in my lap configuring it, it might have caused my right leg to start malfunctioning with the legs straight out at an angle. I then stopped by Zyn stationary, and I bought an Ace's High scratch card for a dollar, and I won \$25 for \$24 profit. I then sat out for a while longer. I chatted with a relative. I then walked as far north as the Chase Bank ATM on the north side of Saks Fifth Avenue, and I put my

winnings in the bank. I then returned back to my car, and I returned home. I chatted with neighbors. CIO

10/31/16 Monday 11:15 A.M. <https://www.dealsplus.com/blog/netflix-november-2016-arrivals-departures/>

I ordered two <http://www.ebay.com/itm/New-Mini-3-Port-USB-2-0-Rotating-Splitter-Adapter-Hub-For-PC-Laptop-Notebook-Mac/311405010015?trksid=p2141725.c100338.m3726&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20150313114020%26meid%3Dce3332257c7f4751bc15147b4122bcd2%26pid%3D100338%26rk%3D8%26rkt%3D29%26mehot%3Dpp%26sd%3D162089320298> for \$4.99 each and a dollar discount on ordering two and \$1.49 shipping for \$10.47 total.

I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will then shower and clean up and go downtown. I have an appointment tomorrow at the outpatient clinic for my leg. I chatted with a relative. CIO

10/31/16 Monday 10:35 A.M. I rested some more until 10:15 A.M.. I washed the breakfast dishes. I ate a bowl of dark sourdough pretzels. CIO

10/31/16 Monday 6:50 A.M. I woke up at 6:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/30/16 Sunday 8:05 P.M. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt, and then I will go to bed. CIO

10/30/16 Sunday 7:55 P.M. Catch a wave
<http://www.earthcam.com/usa/california/laguna/?cam=vskimboardstcl> . Alas the Hotel California might not be there anymore. CIO

10/30/16 Sunday 7:25 P.M. I downloaded some magazines to have on the Ipad 2 in the Zinio Library program. I took the JBL headset
<http://www.newegg.com/Product/Product.aspx?Item=0TH-001X-00031> that I had bought for \$25 off the Acer Touchbook, and it works just fine on the Apple Ipad 2 for both listening and speaking. One can buy it cheaper here for \$30
<https://www.amazon.com/JBL-J55a-BLK-Discontinued-Manufacturer/dp/B00EE4DASM> . CIO

10/30/16 Sunday 6:15 P.M. Zinio for Libraries <https://itunes.apple.com/us/app/zinio-for-libraries/id952437054?mt=8> . CIO

10/30/16 Sunday 6:10 P.M. I read PC magazine from the Greenwich Library Zinio connection, and now I am reading PCWorld. I came up with this <http://www.androidpolice.com/2016/08/12/google-developing-new-fuchsia-os-also-likes-making-new-words/> . <http://www.pcworld.com/article/3115564/open-source-tools/googles-fuchsia-os-is-out-in-the-open-and-shrouded-in-mystery.html>

<http://theshelterpetproject.org/> CIO

10/30/16 Sunday 5:35 P.M. I chatted with a relative and a friend. CIO

10/30/16 Sunday 5:20 P.M. <http://money.cnn.com/2016/09/12/technology/mercy-hospital-virtual-care/index.html> CIO

10/30/16 Sunday 5:00 P.M. I chatted with a relative. I was episode 62, the final episode for this season of "Reign". I ate a bag of microwave popcorn. It is raining heavily outside. CIO

10/30/16 Sunday 2:55 P.M. I ordered this cane for \$18.69 with free shipping <http://www.ebay.com/itm/Quad-Cane-Small-Base-Bariatric-500lbs-Walking-Aid-Medical-Mobility-Adjustable/381466896990?trksid=p2047675.c100009.m1982&trkparms=aid%3D888007%26algo%3DDISC.MBE%26ao%3D1%26asc%3D39798%26meid%3D588d4db6c34c45ac8ec7176e745ae9a5%26pid%3D100009%26rk%3D2%26rkt%3D2%26sd%3D401172550980> . I will now take a nap. CIO

10/30/16 Sunday 2:35 P.M. I watched episode 61 of "Reign". I ate a bowl of dark sourdough pretzels. CIO

10/30/16 Sunday 1:40 P.M. \$5 flashlight with free shipping <http://www.ebay.com/itm/Ultrafire-CREE-XM-L-T6-Zoomable-2000-Lumen-Tactical-LED-Flashlight-Torch-Lamp-/361531600068?hash=item542cf66cc4:g:mLEAAOSwh-1W5chf> The Greenwich Hospital outpatient clinic never called me back about my right leg and knee problem. I will try calling them again tomorrow. CIO

10/30/16 Sunday 1:05 P.M. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes diet ginger ale. CIO

10/30/16 Sunday 12:25 P.M. I threw out the garbage. I went downtown. I stopped by CVS, and I toured the Foster Grant glass case, and they were pretty much sold out of the multifocus glasses. I then went further downtown. I sat out for a long while. I chatted with two relatives. I walked as far south as the Apple store, but they were not opened. I chatted with a regular walker. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I used the bathroom at Starbucks. I was told the white golden retrievers are from England. I sat out some more. I saw a small helicopter drone looking at me and my area. I then drove over to CVS in Cos Cob. I looked at their Foster

Grant glass case, and they do not make the multifocus in 2.25+, so I will stick with the 2.50+. I toured the shopping plaza. Where Radio Shack used to be, there is a gourmet butcher next to Fjord Fisheries. The India restaurant "The Mumbai Times" <http://www.mumbaitimesct.com/> is also there, and they have take out. I went to the small hardware store there, and I bought a package of OOK 10 pound hangers for \$4.61 and a STP 5.25 ounce fuel injector treatment for \$6 for \$10.61 total. They have a four prong sitting cane there for \$40, but they are buy one get one half price, and they don't have a second one. My old wooden cane is just fine. The liquor store there was opened at noon. I stopped by to say hello. I then went by the Putnam Shell at 401 West Putnam Avenue, and I put the STP in the fuel tank, and I bought \$6.60 of premium V-Power self service for \$3.339 a gallon for 1.977 gallons at odometer reading of 114325 miles for 26.7 miles driven since Sunday 10-23-16 for 13.51 miles per gallon in local traffic. I then returned home. I sat outside for a while. CIO

10/30/16 Sunday 7:55 A.M. I rested some more until 7:45 A.M.. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I will go downtown. CIO

10/30/16 Sunday 5:45 A.M. I woke up at 5:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 10/29/16

10/29/16 Saturday 8:45 P.M. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

10/29/16 Saturday 8:45 P.M. I watched episode 60 of "Reign". I ate a bowl of Utz sourdough extra dark pretzels. CIO

10/29/16 Saturday 7:55 P.M. <http://www.ebay.com/itm/20-Ft-4-Gauge-Heavy-Duty-Power-Booster-Cable-Emergency-Car-Battery-Jumper-/390817023427?trkparms=5373%3A0%7C5374%3AFeatured%7C5079%3A6000000126> CIO

10/29/16 Saturday 7:35 P.M. I ate a 9.5 ounce Stouffer's meatloaf dinner with Smart Balance spread on the mashed potatoes and a 12 ounce glass of Schweppes Ginger Ale. CIO

!!!!!! 10/29/16 Saturday 7:05 P.M. <http://jezebel.com/queen-elizabeth-ii-went-to-the-grocery-store-yesterday-1788324409> CIO

10/29/16 Saturday 6:55 P.M. I woke up at 6:15 P.M.. I chatted with a relative. I picked up the mail. I sat outside for a while. CIO

10/29/16 Saturday 3:20 P.M. I threw out the garbage. I sat outside for a while. I will now nap a bit. CIO

10/29/16 Saturday 2:55 P.M. I watched episode 59 of "Reign" . I ate a bowl of microwave popcorn. I chatted with a friend. CIO

10/29/16 Saturday 1:55 P.M. I ate a deli ham and Swiss cheese sandwich on 15 grain whole wheat bread with Hellmann's olive oil mayonnaise seasoned with Lowry's seasoned salt, ground black pepper, and Italian spices and extra virgin olive oil and Lays salt and vinegar potato chips and a 12 ounce glass of diet Schweppes Ginger Ale. CIO

10/29/16 Saturday 1:25 P.M. I went back out to CVS on Greenwich Avenue. I exchanged the glasses for 2.50+ which are better for me. I think I will keep them. CIO

10/29/16 Saturday 12:30 P.M. I threw out the garbage. I went by the Acme grocery store. I bought two 16 ounce Utz sourdough extra dark pretzels for \$2.50 each and 40 cent can return for \$4.60 total. I then went downtown to the Senior and the Arts center. My Muller knee brace had slipped off my leg, so I put it on over my blue jeans instead of over my long underwear. A relative says, I am suppose to wear it directly on the skin. I chatted with a relative. I sat out for a long time. I walked a half block south. I sat out for a while at the Greenwich Common. I chatted with a local using my wireless. I then drove over to CVS on Greenwich Avenue. I bought buy one get one 50% off of Foster Grant 2.75+ Multi Focus for \$35 and \$17.50 less \$6 off \$30 purchase CVS coupon for \$46.50 total. I then returned home. I chatted with a relative. The computer glasses are about all right, but at an arm's length and two hands length the are blurry which is the left side of the monitor, and at a arm's length and one hand, they are fine for the right side of the monitor. Everything closer is fine. I am not sure if I need a different strength of not. CIO

10/29/16 Saturday 8:55 A.M.

<http://www.llbean.com/llb/search/?freeText=union+suit&init=1> . CIO

10/29/16 Saturday 8:45 A.M. I woke up again at 8:15 A.M.. All electronic tolls up north <https://www.bostonglobe.com/metro/2016/10/28/tolls/IvHxV3TIC1hFMT25pYBifL/story.html> in Bean Town. I will now make my bed. I will then shower and clean up. I will then go downtown to try out my new knee brace and freeze my butt off. With the colder weather, we might have some Nordic people around. Yesterday, I saw a car from Vermont at the Greenwich Library. <http://www.4noggin.com/pure-vermont-maple-syrup.aspx> . <https://www.stowe.com/> . CIO

10/29/16 Saturday 6:50 A.M. I woke up at 6:30 A.M., and I chatted with a friend. CIO

10/29/16 Saturday 5:00 A.M. I woke up at 4:30 A.M.. I am watching Henry Kissinger on Cspan 2 from London, England. I will now eat breakfast. I ate breakfast of oatmeal with

honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/28/16 Friday 6:30 P.M. I watched episode 58 of "Reign". I ate a bag of microwave popcorn. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

10/28/16 Friday 4:55 P.M. I threw out an old 21 ounce box of El Monteray beef and cheese tacos a old 15 ounce box of T.G.I.F. frozen chicken wings. I ate a 9.5 ounce Lean Cuisine chicken orange dinner with a 12 ounce glass of Schweppes diet ginger ale. CIO

10/28/16 Friday 3:55 P.M. I chatted with a friend.

http://volcano.si.edu/reports_weekly.cfm

CIO

10/28/16 Friday 3:35 P.M. \$128 <http://www.ebay.com/itm/Amazon-Kindle-Paperwhite-6-300-PPI-4GB-Touchscreen-Wi-Fi-NEW-2015-Edition-/151843652291?hash=item235a9642c3:g:l~wAAOSwn7JYCWF2>

I sat outside for a while. The mail is being put out. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtclLabels1=9400110200864187237337> on the order for from Respro Medical for \$23.15 with free shipping <https://www.amazon.com/Mueller-Adjustable-Hinged-Brace-1-Count/dp/B00267SFKM> arrived. It fits just fine. I am wearing it right now. CIO

10/28/16 Friday 1:50 P.M. I watched episode 56 and 57 of "Reign". I chatted with a relative. I ate a bag of microwave popcorn. I will now rest for a while. CIO

10/28/16 Friday 11:55 A.M. Tracking number is "1Z6953Y8YW56966489" at www.ups.com on the order for for \$6.89 with free shipping a PS2 keyboard and wired mouse http://flash.newegg.com/Product/9SIA0AJ3CZ3885?icid=WP_4_10262016 . CIO

10/28/16 Friday 11:40 A.M. I threw out two old 10.5 ounce frozen Gorton's fish filets and another half of a bag of Gorton's fish filets. Thus I think I pretty much have sorted through the freezer and thrown out all of the old food that was not safe to eat. CIO

10/28/16 Friday 11:15 A.M. I threw out the garbage along with a half bag of frozen peas and a dozen Eggland large eggs expire October 28, 2016. I went downtown to CVS, and I picked up two prescriptions. I then sat out for a while downtown by the Senior and the Arts Center. I walked as far as Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$2 for a dollar profit. I then went by the Greenwich Library. I tried to read the printed version on the Greenwich Time, but the sun was shining in my eyes. They no longer get the two printed copies of PC magazine. I then went by the Stop

and Shop. I bought five 13 ounce Marie Callender meals for \$2 each, a loaf of Pepperidge Farm 15 grain bread for \$4.29, a 8 pack of Stop and Shop large eggs expire November 28, 2016 for \$1.49, and organic bananas for .79 a pound for \$1.45 for \$17.23 total. I then returned home. I put away my groceries. I threw out a old 26 ounce frozen package of Oncor beef patties and 24 ounce frozen package of Mama Mancini's meatballs and tomato sauce. I chatted with a neighbor. CIO

10/28/16 Friday 7:55 A.M. It is nasty in Kennebunkport
<http://www.kennebunkportbeachwebcam.com/> and tropical in Cayo Hueso
<http://southernmostpointwebcam.com/> . CIO

10/28/16 Friday 7:55 A.M. I rested some more until 7:45 A.M.. I will now make my bed. I will then shower and clean up and go downtown to Green Witch Avenue. CIO

10/28/16 Friday 6:20 A.M. I ate a 8.5 ounce Eating Right chicken basil dinner with grated parmesan and Romano cheese and a 12 ounce glass of diet Schweppes Ginger Ale. CIO

10/28/16 Friday 5:55 A.M. free Ipad safari web site translator
<https://itunes.apple.com/app/id1141312799?mt=8%3Fmt%3D8&ign-mpt=uo%3D4> CIO

10/28/16 Friday 5:45 A.M. I chatted with a friend. Men's turtlenecks for \$12 plus \$10 "DEAL10" off \$50 coupon http://www.kohls.com/product/prd-2636455/mens-croft-barrow-classic-fit-turtleneck.jsp?ci_mcc=ci&utm_campaign=MENS%20KNITS&utm_medium=CSE&utm_source=google&utm_product=79205558&CID=shopping15&gclid=CJWagcKZ_c8CFVRahgodqHsPVw&gclsrc=aw.ds&dclid=CLDUh8KZ_c8CFW--swodrm4LQg CIO

10/28/16 Friday 5:15 A.M. <http://patch.com/connecticut/greenwich/greenwich-connection-new-playboy-mansion-owner> CIO

10/28/16 Friday 4:50 A.M. I rested some more until 4:30 A.M.. CIO

10/28/16 Friday 3:25 A.M. I rested some more until 3 A.M.. CIO

10/28/16 Friday 1:10 A.M. I woke up and ate some parmesan cheese goldfish crackers. I finally woke up at 12:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/27/16 Thursday 1:35 P.M. I watched episode 55 of "Reign". I will now shut down the primary work computer, and I will go to bed. CIO

10/27/16 Thursday 12:45 P.M. I chatted with a friend. CIO

10/27/16 Thursday 12:30 P.M. Old Clinton Scandal News <http://prorev.com/connex.htm> and <http://www.idfiles.com/menacoverup.htm> and <http://www.theforbiddenknowledge.com/hardtruth/billclintonscriminalbackground.htm> . I ate a deli ham and Swiss cheese sandwich on 15 grain whole wheat bread with Hellmann's olive oil mayonnaise seasoned with Lowry's seasoned salt, ground black pepper, and Italian spices and extra virgin olive oil and Lays salt and vinegar potato chips and a 12 ounce glass of diet Schweppes Ginger Ale. CIO

10/27/16 Thursday 11:35 A.M. I chatted with a relative. CIO

10/27/16 Thursday 11:20 A.M. Somebody from Wiki Leaks called up about some White Paper. I answered a few routine questions. I chatted with a relative. I am just about to drink a 12 ounce cup of 50% Folgers decaffeinated coffee and 50% Starbucks Veranda coffee with Equal sweetener and milk.

Picture of Michael Scott with his first home computer an Apple IIe, I bought for \$100 at a tag sale on Round Hill Road from somebody from J.P. Morgan from Belgium around September 1989 <http://scott-mike.com/mls-apple.jpg> . CIO

10/27/16 Thursday 8:45 A.M. I watched episode 54 of "Reign". I a bag of microwave popcorn. I will now rest some more. CIO

10/27/16 Thursday 7:50 A.M. <https://weather.com/science/nature/video/rare-albino-reindeer-spotted-in-sweden> CIO

10/27/16 Thursday 7:40 A.M. https://www.groupon.com/deals/splash-car-wash-5-12?p=1&utm_source=newsletter_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20161027&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=deal-page&utm_campaign=18e05b51-cbd2-491d-b587-36f4f2acbba9_0_20161027_treatment2

https://www.groupon.com/deals/blackstones-steakhouse-4?p=9&utm_source=newsletter_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20161027&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=title&d=deal-page&utm_campaign=18e05b51-cbd2-491d-b587-36f4f2acbba9_0_20161027_treatment2

https://www.groupon.com/deals/valvoline-instant-oil-change-47-fairfield-county?p=11&utm_source=newsletter_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20161027&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=title&d=deal-page&utm_campaign=18e05b51-cbd2-491d-b587-36f4f2acbba9_0_20161027_treatment2

http://www.nytimes.com/2016/10/27/technology/microsoft-unveils-its-first-desktop-pc.html?emc=edit_th_20161027&nl=todaysheadlines&nlid=46729&r=0

http://www.nytimes.com/2016/10/27/arts/design/a-dubious-old-master-unnerves-the-art-world.html?emc=edit_th_20161027&nl=todaysheadlines&nlid=46729

<https://www.cnet.com/products/microsoft-surface-studio/preview/?ftag=CAD1acfa04&bhid=19320261445054572381627874410804>

http://www.nytimes.com/2016/10/26/us/harvard-reaches-tentative-agreement-to-end-cafeteria-workers-strike.html?em_pos=small&emc=edit_dk_20161026&nl=dealbook&nl_art=5&nlid=46729&ref=headline&te=1

https://www.groupon.com/deals/ga-bk-the-hotel-viking-5?p=2&utm_source=groupon_getaways_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20161025&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=getaways_deal&utm_campaign=7e736892-db64-48fd-8258-4c9285b4f491_0_20161025

<http://view.klm-mail.com/?qs=d73c2c400debf4f2b5fd93a88ae8d534da01b8ad02876646a27544f6e640a209a9492243ab68b3f29bf55c1758b345f53d0a5f0367589e8a2efe271f2b92bddae3c1917dbeeb026c>

CIO

10/27/16 Thursday 7:15 A.M. I put out my knit caps, gloves, and scarves on the www.harvard.edu chair at the hallway entrance. On the left side of the bedroom closet, I moved my summer shirts to the far left of the closet, and I put my winter shirts at the left center of the closet. I threw out the garbage. I sat outside briefly. I picked up yesterday's mail. CIO

10/27/16 Thursday 6:25 A.M. I went through <http://scott-mike.com/bf.htm> . I ate a 9 ounce Atkins beef merlot dinner with a 12 ounce glass of diet www.coke.com . I made my bed earlier. I will now shower and clean up. Old people like myself with arthritis and a bum right leg don't go out for walks in a wintry mix. CIO

10/27/16 Thursday 6:05 A.M. A chance of snow and sleet between 8 A.M. and 10 A.M. or wintry mix <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WBHPp1LBy71> . CIO

10/27/16 Thursday 5:55 A.M. I ordered for \$6.89 with free shipping a PS2 keyboard and wired mouse http://flash.newegg.com/Product/9SIA0AJ3CZ3885?icid=WP_4_10262016 CIO

10/27/16 Thursday 5:25 A.M. \$100 Ipad 2 with case with free shipping
https://www.tanga.com/deals/5cca69c2949e/apple-ipad-2-mc769ll-a-free-aduro-folio-case-stand?affiliate_network=tanganetwork&click_id=c24429a4eb9e176ecbbe984fe8ed7a94&affiliate=dealnews&utm_source=tanganetwork&utm_campaign=dealnews . CIO

10/27/16 Thursday 5:15 A.M. <http://www.foxnews.com/leisure/2016/10/26/oh-deer-arbys-tests-venison-burger-at-select-locations/> CIO

10/27/16 Thursday 4:45 A.M. I put out the two DeLonghi oil filled radiators. I put one behind the primary work computer chair, and the other one by the legal chair at the hallway entrance. CIO

10/27/16 Thursday 4:30 A.M. I cleaned the Ionic Pro air purifier. CIO

10/27/16 Thursday 4:10 A.M. I now have 248 apps on the Ipad 2 with 1.2 gigabytes of free space.

Connecticut Prepares apps <https://itunes.apple.com/us/app/ct-prepares/id1120701400?mt=8> CIO

10/27/16 Thursday 3:45 A.M. <http://www.senate.gov/general/capcam.htm>

<http://www.laptopmag.com/articles/25-best-ipad-apps> . CIO

10/27/16 Thursday 3:05 A.M. I rested some more until 2:30 A.M..
<http://thedjlist.com/world/netherlands/djs/> and <http://tunein.com/radio/100-NL-1044-s76590/> . CIO

10/27/16 Thursday 12:25 A.M. I woke up at 1 P.M.. I watched episode 53 of "Reign". I ate a bag of microwave popcorn. I went to bed at 3 P.M.. I woke up briefly. I ate some parmesan goldfish crackers. I woke up at midnight. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/26/16 Wednesday 1:50 P.M. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

10/26/16 Wednesday 1:35 P.M. I watched episode 52 of "Reign". CIO

10/26/16 Wednesday 12:35 P.M. I ate a 12 5/8th ounce Stouffer's French Bread Pizza deluxe with a 12 ounce glass of diet www.coke.com . CIO

10/26/16 Wednesday 11:10 A.M. I will now shower and clean up. CIO

10/26/16 Wednesday 11:05 A.M. I uninstalled the living room air conditioner, and I stored it underneath the legal chair at the hallway entrance. I put new AA alkaline batteries in both weather station base units, and new AAA alkaline batteries in the new weather station sending unit with the remote sensor, and AA alkaline batteries in the old sending unit, so they are now both installed and working properly. I stored away the pedestal and the desktop fans on the far right living room window shelf. I sorted out my magazine rack, and I threw out the old magazines. I chatted with a relative. CIO

10/26/16 Wednesday 8:55 A.M. I made my bed. I uninstalled the bedroom air conditioner, and I stored it on the far left of the bedroom window shelf, and I put the window storage items back in place. CIO

10/26/16 Wednesday 8:25 A.M. I went through <http://scott-mike.com/bf.htm> . There are no cheap bargains. CIO

10/26/16 Wednesday 8:00 A.M. I rested until 7:30 A.M.. I chatted with a friend. It is 35 degrees Fahrenheit outside at the moment
http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WBCZ_VJV-72 . CIO

10/26/16 Wednesday 3:50 A.M. I chatted with a friend again. I put away the clean laundry. On the Holiday Aid form I got from the Greenwich Department of Social Services, I have to fill it out and schedule an appointment with my social worker to turn it in. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. The Golf Magazine in the frame with all of the Professional Golfers autographs fell off the hook above my bedroom closet and hit me on the top of the head, and I rehung it with a spare Ook hook. I guess Arnold Palmer and his friends are haunting me. CIO

10/26/16 Wednesday 2:55 A.M. I chatted with a friend. CIO

10/26/16 Wednesday 2:35 A.M. Tracking is
https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400110200864187237337 on the order for from Respro Medical for \$23.15 with free shipping
<https://www.amazon.com/Mueller-Adjustable-Hinged-Brace-1-Count/dp/B00267SFKM> . CIO

10/26/16 Wednesday 2:20 A.M. I have 55 minutes to go on two dry cycles. CIO

10/26/16 Wednesday 2:05 A.M. I chatted with a relative at 5:30 P.M.. I ate some blue corn chips. I woke up at 1 A.M.. I put clean linens on my bed. I started two loads of wash. I chatted with a neighbor. I threw out the garbage and the old periodical literature. I also threw out some of the old meat from my freezer which included three 16 ounce rib eye steaks, a pound of bacon, a 23 ounce package of meatballs and tomato sauces, and two 6

ounce grill salmon and a 8 ounce package of sausages. All of which were too old to eat. I watered my plants. CIO

10/25/16 Tuesday 3:25 P.M. I watched episode 51 of "Reign". I will now shut down the primary work computer, and I will go to bed. CIO

10/25/16 Tuesday 2:35 P.M. I chatted with a friend. I mailed a letter with a 47 cent Forever stamp. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese and a 12 ounce glass of diet Coke. CIO

10/25/16 Tuesday 12:50 P.M. I ate some blue corn chips. CIO

10/25/16 Tuesday 12:25 P.M. I ate some croutons. I tried to rest, but a neighbor rang my bell. The neighbor wanted me to give him a ride, but I was too tired. I gave the neighbor two double Ook hooks along with five Ook nails, so he could hang a picture. I chatted with a relative. CIO

10/25/16 Tuesday 10:45 A.M. I chatted with a relative. CIO

10/25/16 Tuesday 10:30 A.M. I watched episode 50 of "Reign". I ate a bag of microwave popcorn. CIO

10/25/16 Tuesday 9:30 A.M. I ate a 8.7 ounce Eating Right chicken polpano dinner with grated parmesan and Romano cheese with a 12 ounce glass of diet Coke. CIO

10/25/16 Tuesday 9:15 A.M. I chatted with a relative. CIO

10/25/16 Tuesday 9:10 A.M. I threw out the garbage. I went downtown. I sat out for a while in front of the Senior and Arts center. It was not very busy. I walked down to Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by Starbucks, and I chatted with a regular. I went by CVS on Greenwich Avenue, and I bought a Power blue 3 foot 30 pin cable for \$5.99 and .38 tax for \$6.37 total. I now have a cable to go with my spare Apple power jack. I then went to the Acme grocery store. I bought buy one six pack get one six pack free of Pop Secret extra butter movie theatre popcorn for \$3.79 both, a quart of Dannon vanilla yogurt \$2.99, and organic bananas for .79 a pound for \$1.75 and .40 can return for \$8.13 total. I then returned home, and I sat outside briefly. I put away my purchases. CIO

10/25/16 Tuesday 6:50 A.M. <https://www.blueapron.com/>

\$50 new Amazon Kindle

https://www.amazon.com/dp/B00TSUGXKE?ref=pe_2250640_212514100_tab_fd_sap_ecg

http://www.computerworld.com/article/3131906/apple-mac/ibm-says-macs-are-even-cheaper-to-run-than-it-thought.html?idg_eid=c5e7dfa888bd18577cc98d1df5637b42&token=%23tk.CTWNLE_nlt

computerworld storage 2016-10-24&utm_source=Sailthru&utm_medium=email&utm_campaign=CW%20Storage%20and%20hardware%20Oct%2024&utm_term=computerworld storage#tk.cw_nlt computerworld storage 2016-10-24

I will now go downtown. CIO

10/25/16 Tuesday 6:20 A.M. <http://www.pcworld.com/article/3133504/windows/the-future-of-windows-we-vet-the-rumors-of-what-microsoft-may-announce-this-week.html> CIO

10/25/16 Tuesday 6:10 A.M. \$135 <http://www.ebay.com/itm/Apple-iPad-3rd-Gen-16GB-Wi-Fi-4G-AT-T-Retina-9-7in-Black-MD366LL-A-/111564960527?hash=item19f9ca330f:g:w0kAAOSwgmJXxzIT> . CIO

10/25/16 Tuesday 5:45 A.M. I chatted with a friend. CIO

10/25/16 Tuesday 4:40 A.M. I will now make my bed. I will then shower and clean up. CIO

10/25/16 Tuesday 4:25 A.M. <http://www.cnn.com/2016/10/12/us/north-carolina-flooding-victim-joni-gaddy-trnd/>

For my bad right leg, I ordered from Respro Medical for \$23.15 with free shipping <https://www.amazon.com/Mueller-Adjustable-Hinged-Brace-1-Count/dp/B00267SFKM> . CIO

10/25/16 Tuesday 4:00 A.M. I rested until 3:55 A.M.. CIO

10/25/16 Tuesday 1:55 A.M. I washed the breakfast dishes. <https://www.ispot.tv/ad/7RNE/vertaloc-dynamic-knee-brace-suffer-from-knee-pain> . CIO

10/25/16 Tuesday 1:00 A.M. I woke up at 12:30 A.M.. I threw out the garbage. I picked up the mail. The Otterbox Kindle case is for a 7 inch Kindle Fire. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/24/16 Monday 6:45 P.M. I woke up and chatted with a relative at 6 P.M.. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=92748999985051543400551556 on the order for refurbished Otterbox Kindle Fire case <http://www.rakuten.com/prod/294867176.html> for \$5.99 with free shipping arrived. I ate a bowl of sourdough multigrain pretzels. CIO

10/24/16 Monday 1:05 P.M. I ate a 14 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and a 12 ounce glass of diet Coca Cola. CIO

10/24/16 Monday 12:45 P.M. I chatted with a friend. CIO

10/24/16 Monday 11:55 A.M. I went through <http://scott-mike.com/bf.htm> . I watched episode 49 of "Reign". I ate a small bowl of sourdough multigrain pretzels. CIO

10/24/16 Monday 10:45 A.M. I rested some more until 10:30 A.M.. I chatted with a relative. CIO

10/24/16 Monday 7:15 A.M. I watched episode 48 of "Reign". I ate a bowl or sourdough multigrain pretzels. In a little while, I will eat a 12 5/8ths Deluxe French bread pizza with a 12 ounce glass of diet Coke. CIO

10/24/16 Monday 6:20 A.M. \$130 <http://www.ebay.com/itm/Apple-iPad-3-16GB-Wi-Fi-9-7in-White-MD328LL-A-/162250376622?hash=item25c6e045ae:g:JMsAAOSw44BYC-kv>
CIO

10/24/16 Monday 4:40 A.M. I booked marked Forbes in the Favorites of Safari on the Ipad 2. Beside having my spare pair of prescription reading glasses and my pair of prescription driving glasses disappear from the shelf area of the oak dining table, also two new pairs of Ear Puds have disappeared from that location. One were Memorex. I still have the two pairs of Iview ear puds. CIO

10/24/16 Monday 2:40 A.M. If you can afford to get a sun tan <http://fraseryachts.com/> .

<http://www.pcworld.com/article/3129740/android/the-best-programs-to-run-android-apps-on-your-windows-pc.html>

<http://www.pcmag.com/dvorak>

<http://www.pcmag.com/windows-10> CIO

10/24/16 Monday 2:10 A.M. My right leg still hurts a bit from the little bit of walking that I did yesterday. CIO

10/24/16 Monday 1:35 A.M. I woke up again, and I worked on the Ipad some more, and I ate a 9.9 ounce Healthy Choice chicken Marcela meal with grated parmesan and Romano cheese and a glass of cold filtered water. I tried to activate www.forbes.com digital, but although I subscribe to the magazine, I do not feel like paying the \$9.99 for Forbes Digital. Back in 1974, when I was a weekend house guest at the Forbes farm in Far Hills, New Jersey, Chris Forbes my host introduced me to his family, but I did not meet Steve Forbes since he was serving the New York National Guard. Also during the three months I lived on west 20th street in 1974, I had Chris Forbes visit me, but I did not know his family town

house in Manhattan was nearby on West 21st street. Also when I first moved to Manhattan in January 1973, I knew Tom McMurray my roommate in college twin brother. He rented a nice studio apartment on East 13th street a half block east of the Forbes building. When I was undercover and homeless in Fort Lauderdale in the fall of 1976, the Forbes yacht the Highlander was at Pier 66, and when I lived on West 74th street until February 1982, the Forbes Yacht was moored at the Marina on West 79th street. I once saw the Highlander at the Indian Harbor Yacht, but the Forbes family know so many people, they probably forgot about me. I read that Chris Forbes was hanging out around British aristocrats, when he lived in London. I chatted with a friend. I went to bed at 2:30 P.M.. I finally woke up at 1 A.M. this morning. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. At the moment the cable modem is on the fritz. CIO

10/23/16 Sunday 11:15 A.M. I watched episode 47 of "Reign". I ate a bowl of Utz sourdough multigrain pretzels. I will now shut down the primary work computer, and I will eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

10/23/16 Sunday 10:20 A.M. I threw out the garbage. I went downtown to CVS. They were having an antique car show along the Avenue at the CFCF coffee shop location. I bought a blue Power dual USB charger for \$8, but I got it for free, since I had \$8 in bonus bucks for putting the CVS app on my Ipad 2. I then went further downtown. I chatted with a relative. I sat out for a while. It was cooler and not many people were around. I walked over to Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. One has to be careful sitting out in front of the Senior and the Arts center at this time of year, since acorns can fall out of the tree and hit one on the head. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$7.57 of self service V-Power premium gasoline for \$3.339 a gallon for 2.267 gallons at odometer reading of 114299 miles for 29.9 miles driven since Thursday October 13, 2016 for 13.19 miles per gallon in local traffic. I then returned home. I connected the dual USB charger to one of the power strips on the oak dining table, so all of my USB devices now have power which are mostly the Apple devices. I still have a spare single white Apple USB charger. I chatted with a relative. CIO

End of Scott's Notes week of 10/23/16

10/23/16 Sunday 7:45 A.M. I ate a deli ham and Swiss cheese sandwich on 15 grain whole wheat bread with Hellmann's olive oil mayonnaise seasoned with Lowry's seasoned salt, ground black pepper, and Italian spices and extra virgin olive oil and Lays salt and vinegar potato chips and a 12 ounce glass of diet www.coke.com . I will now send out my weekly notes. I will then go downtown in the colder weather at 45 degrees Fahrenheit <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WAvh5FJV-71> . CIO

10/23/16 Sunday 6:50 A.M. \$90 with no charger <http://www.ebay.com/itm/Apple-iPad-2-Wi-Fi-16GB-Black-MC769LL-A-A1395-Grade-A-Engraved-/262685175436?hash=item3d2941ae8c:g:33EAAOSwA3dYCorq> CIO

10/23/16 Sunday 6:10 A.M. \$110 <https://www.tanga.com/deals/09eb69d4db9d/apple-ipad-2-mc769ll-a-16gb-wifi-black-grade-b>

\$140 <https://www.tanga.com/deals/8b464050ed9e/apple-ipad-2-mc769ll-a-16gb-wifi-black-grade-a>

!!!!!! \$110 <https://www.tanga.com/deals/aae21ab52291/apple-ipad-2-mc769ll-a-16gb-wifi-black-grade-a>

<https://www.tanga.com/deals/search?q=Ipad> CIO

10/23/16 Sunday 6:00 A.M. I went through <http://scott-mike.com/bf.htm> . I went tweaked some of my apps on the Ipad 2. CIO

10/23/16 Sunday 4:20 A.M. The Bluetooth watch pairs with the Apple Ipad through Bluetooth. It plays the Apple Ipad music and sound including Pandora. Its volume is controlled by the Ipad. CIO

10/23/16 Sunday 3:30 A.M. I am charging up the Bluetooth watch. CIO

10/23/16 Sunday 2:55 A.M. <http://money.cnn.com/2016/10/22/media/att-time-warner/> . I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. <http://www.bbc.com/news/business-37716210> . CIO

10/23/16 Sunday 2:10 A.M. <http://www.greenwichtime.com/news/crime/article/Prince-Albert-buys-Philadelphia-home-of-mom-Grace-10126001.php> CIO

10/23/16 Sunday 2:05 A.M. Before going to bed, I ate 8 ounces of Dannon vanilla yogurt and a small bowl of pretzels. I woke up at 8:30 P.M., and I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9374869903501217634935 on the order for in Red <http://www.ebay.com/itm/Bluetooth-Smart-Wrist-Watch-Phone-Mate-For-IOS-Android-iPhone-Samsung-HTC-LG-/331819781138?var=540910373666> for \$10.95 with free shipping arrived. I went back to bed until 1:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements.

!!!!!! On Apple Ipad how to arrange the display icons alphabetically <https://www.cnet.com/how-to/sort-your-app-icons-davids-iphone-tip-of-the-week/> . CIO

10/22/16 Saturday 1:40 P.M. I threw out the garbage. I will now shut down the primary work computer, and I will go to bed. CIO

10/22/16 Saturday 1:30 P.M. I went through <http://scott-mike.com/bf.htm> . I ate a 9.5 ounce Stouffer's Lean Cuisine chicken masala dinner with a 12 ounce glass of diet Coke. CIO

10/22/16 Saturday 11:55 A.M. Windy today beginning at 2 P.M.
<http://www.greenwichtime.com/news/article/Strong-winds-expected-today-showers-to-linger-10120256.php> . CIO

10/22/16 Saturday 11:55 A.M. I added and removed some more apps on the Apple Ipad 2, and I now have 246 apps on it including the default apps. I am now backing it up to the cloud. I chatted with a relative. There was a false fire alarm. I have 900 megabtyes of free space on it. CIO

10/22/16 Saturday 9:00 A.M. Apple Ipad Apps list
<https://itunes.apple.com/us/genre/ios/id36?mt=8> . CIO

10/22/16 Saturday 8:55 A.M. I rested until 8:15 A.M.. I chatted with a friend. CIO

10/22/16 Saturday 6:40 A.M. <http://www.foxnews.com/leisure/2016/10/21/swedish-brewery-makes-world-most-expensive-potato-chip/> . I ate a bowl of Lays salt and vinegar potato chips and two slices of Swiss cheese. CIO

10/22/16 Saturday 6:20 A.M. I watched episodes 45 and 46 of "Reign". I ate two small bowls of Utz sourdough multigrain pretzels. CIO

10/22/16 Saturday 4:45 A.M. Apple is going to refund me \$3.02 on one of the bogus apps. CIO

10/22/16 Saturday 4:25 A.M. I worked for a while with Acer laptop. I ate a 13 ounce Marie Callender chicken alfredo dinner with grated parmesan and Romano cheese on it along with a 12 ounce glass of diet Coke. CIO

10/22/16 Saturday 3:30 A.M. To get a refund on Apple Apps, go to <https://reportaproblem.apple.com/> . However, they will not refund me the \$4.99 for Battery Saver which does not clean the storage as it is supposed to. CIO

10/22/16 Saturday 2:45 A.M. Maybe <http://astrogreenwich.org/> they would want some of my old computers. CIO

10/22/16 Saturday 2:05 A.M. \$10 Ipad cover <http://slickdeals.net/f/9206179-logitech-bluetooth-ipad-keyboard-cases-covers-folio-refurbished-10-each-free-s-h> . I washed the breakfast dishes. I will now make my bed and shower and clean up. I went through <http://scott-mike.com/bf.htm> . CIO

10/22/16 Saturday 1:10 A.M. Used Apple Ipads 2 for \$75 with shipping
http://www.ebay.com/itm/Used-Black-Apple-iPad-2-16GB-WiFi-A1395-2nd-Generation-Engraved-Heavy-Wear/401154125923?_trksid=p2047675.c100623.m-1&_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D39855%26meid%3Dba16c61ad0d84375b36d196e804832cb%26pid%3D100623%26rk%3D4%26rkt%3D6%26sd%3D272421031168 . CIO

10/22/16 Saturday 12:40 A.M. I rested some more until 12:30 A.M.. CIO

10/21/16 Friday 6:55 P.M. There was a cooking smoke fire alarm in the building. The fire department arrived right away, and they reset the alarm and are airing out the apartment downstairs. CIO

10/21/16 Friday 6:35 P.M. I woke up while sleeping, and I ate a bowl of multigrain pretzels and a glass of cold filtered water. I finally woke up at 6 A.M.. I picked up the mail. The order with tracking of
https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405515901639025799007 on the order for <http://www.ebay.com/itm/WS-9029U-IT-La-Crosse-Technology-Wireless-Weather-Station-with-TX25U-IT-Probe-/282188838887?hash=item41b3c3f7e7:g:FqQAAOxvrYFR0XTI> for \$12.95 with free shipping arrived. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/21/16 Friday 9:40 A.M. I chatted with a friend. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt. I will then go to bed. CIO

10/21/16 Friday 9:20 A.M. I chatted with a relative. CIO

10/21/16 Friday 9:10 A.M. On the Apple Ipad 2, the "HP Eprint" app works with the HP LaserJet P1102W without any problems. CIO

10/21/16 Friday 8:20 A.M. I has another \$4.02 of charges for Ipad Apps. The \$2.99 one was another worthless app. CIO

10/21/16 Friday 8:15 A.M. I watched episode 13 which was the last episode of "The World's Greatest Disasters" about Landslides. I ate a bowl of sourdough pretzels. CIO

10/21/16 Friday 7:15 A.M. I ate a 16 ounce Marie Callender Salisbury steak dinner with Smart Balance Spread on the vegetables and a 12 ounce glass of diet www.coke.com . CIO

<https://www.mim.com/> French Clothes. CIO

10/21/16 Friday 5:25 A.M. Light Bulb Alert:

Dear Friends & Neighbors,

We want to inform you that the Town of Greenwich and the Greenwich Conservation Commission will be co-hosting a FREE light bulb swap for residents on October 25th, 2016 from 5 p.m. to 8 p.m. at the Greenwich Town Hall.

This event is a part of the state's ENERGY STAR® Change the World Tour where a push for energy efficiency is combined with a call for community service. Greenwich joined Clean Energy Communities in 2014, which is the nationally-recognized Energize Connecticut program intended to help municipalities achieve energy efficiency across the board.

Residents who attend will have the opportunity to exchange up to five of their old lightbulbs for new, energy-efficient ENERGY STAR® LED bulbs. Furthermore, one new LED bulb will be donated to Habit for Humanity for each one purchased as attendees will have the option to buy additional LED and lighting products at a discount.

Eversource energy experts will be available to provide money and energy saving tips to interested participants. Those in attendance are also encouraged to take advantage of the in-home energy checkup, Home Energy SolutionsSM.

We hope that you are able to us and your fellow residents at the bulb swap next Tuesday as we work together to make Greenwich a cleaner, greener city, one bulb at a time.

As always, you can contact us at (800) 842-1423 or GreenwichDelegation@housegop.ct.gov if you have any questions or concerns regarding state government.

Best Regards,

Rep. Livvy Floren, 149th district
Rep. Mike Bocchino, 150th district
Rep. Fred Camillo, 151st district

End of Note: CIO

10/21/16 Friday 5:10 A.M. I got the \$15.47 on the Pep Boys lantern that was returned and not delivered to a relative. On the Apple Ipad 2, I bought an app "Battery Doctor" for \$4.99 and two other apps for .99 each for \$6.04 total. However, the Battery Doctor App which according to <http://www.macworld.co.uk/how-to/iphone/how-clean-ios-iphone-ipad-junk-files-temporary-files-cache-2016-3609079/> is support to delete junk files does not do anything. The .99 upgrade of the Memory and Disk Scanner app does clear the cache though. I have 1.6 gigabyte of free space on the Ipad 2, and I have 227 apps on it including the default apps. CIO

10/21/16 Friday 3:55 A.M. Apple Ipad 2 apps to clean one's device
<https://www.imyfone.com/iphone-space-saver/2016-top-5-best-ipad-cleaner-app-free/> and

costly <https://www.imyfone.com/iphone-space-saver-mac/> and <http://www.macworld.co.uk/how-to/iphone/how-clean-ios-iphone-ipad-junk-files-temporary-files-cache-2016-3609079/> . CIO

10/21/16 Friday 2:55 A.M. One more Apple Ipad 2 without the charger like mine for \$75 <http://www.ebay.com/itm/Apple-iPad-2-Wi-Fi-16GB-Black-MC769LL-A-A1395-Grade-C-/272421031168?hash=item3f6d8f0d00:g:krkAAOSwUEVYCWqk> with free shipping from the home of <http://www.menningerclinic.com> . CIO

10/21/16 Friday 1:25 A.M. \$100 also has fax, but expensive toner cartridges but generic ones for \$18 http://www.newegg.com/Product/Product.aspx?Item=N82E16828142956&nm_m c=OTC-RSS&cm_sp=OTC-RSS--Laser%20Printers--Canon--N82E16828142956 .

Arab Prince bought this for half billion dollars http://www.nzherald.co.nz/business/news/article.cfm?c_id=3&objectid=11389303 , <http://www.nytimes.com/2016/10/16/world/rise-of-saudi-prince-shatters-decades-of-royal-tradition.html? r=0> . I will now make my bed. I will then shower and clean up. CIO

10/21/16 Friday 12:45 A.M. I rested some more until midnight. I washed the breakfast dishes. CIO

10/20/16 Thursday 10:15 P.M. I woke up at 9:30 P.M.. I threw out the garbage. I picked up the mail. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/20/16 Thursday 10:45 A.M. I went through <http://scott-mike.com/bf.htm> . I watched episode 12 of "The World's Worst Disasters" about Forest Fires. I ate a bowl of pretzels. I am staying inside and off my feet to let my right leg and right knee hopefully recover soon. CIO

10/20/16 Thursday 9:25 A.M. I ate a 11.6 ounce Healthy Choice chicken parmesan meal with Smart Balance spread on the broccoli and grated parmesan and Romano cheese on the chicken parmesan and a 12 ounce glass of diet Schweppes Ginger Ale. CIO

10/20/16 Thursday 9:00 A.M. I rested until 8:30 A.M.. I think I could hear the fire alarm going off. I chatted with a relative. Grandma Scott is in the top row center of this Gard family photograph <http://scott-mike.com/gard.JPG> . CIO

10/20/16 Thursday 7:30 A.M. I rested some more until 7 A.M.. CIO

10/20/16 Thursday 5:30 A.M. I watched episode 11 of "The World's Worst Disasters" about Extreme Weather. I ate a bowl of pretzels. CIO

10/20/16 Thursday 4:35 A.M. Tracking is

<https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=92748999985051543400551556> on the order for refurbished Otterbox Kindle Fire case
<http://www.rakuten.com/prod/294867176.html> for \$5.99 with free shipping.

http://volcano.si.edu/reports_weekly.cfm

<https://www.youtube.com/watch?v=kXMIGCWb8Jg&feature=youtu.be> How to use a cane. CIO

10/20/16 Thursday 3:35 A.M. I rested some more until 3 P.M.. I ate a deli ham and Swiss cheese sandwich on 15 grain whole wheat bread with Hellmann's olive oil mayonnaise and sliced black pitted olives season with Lowry's seasoned salt, ground black pepper, and Italian spices and Lays salt and vinegar potato chips and a 12 ounce glass of diet Schweppes Ginger Ale. CIO

10/20/16 Thursday 1:45 A.M. I went through <http://scott-mike.com/bf.htm> . On my Apple Ipad 2, all together with the default apps, I have 212 apps on it. I took the www.readers.com 2.75 computer glasses that I just got, and I put them in a soft grey case which I laid on top of the Apple Ipad 2 to have them available to use. I washed the breakfast dishes earlier. CIO

10/20/16 Thursday 12:40 A.M. I rested some more until 12:30 A.M.. CIO

10/19/16 Wednesday 10:25 P.M. The neighbor that I drove this morning rang my bell at 11:30 A.M., and gave me a small metal high power flashlight for my key chain. I slept until 10 P.M.. I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction.action?tRef=fullpage&tLc=1&text28777=&tLabels=9400110200793161070533&utm_source=REA+TRAN+Shipping+Confirmation&utm_medium=email&utm_campaign=REA+Shipping+Confirmation on the order for in power 2.75 in matte tortoise <http://www.readers.com/king-flexible-computer-reader.html> for \$9.57 with coupon code "FALL" and \$3.95 shipping for \$13.52 total arrived. The higher power setting is not good for my primary work computer, but for tablets like the Apple Ipad 2. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/19/16 Wednesday 10:40 A.M. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

10/19/16 Wednesday 10:30 A.M. I threw out the garbage. I drove a neighbor over to CVS on West Putnam Avenue and then back. I then went downtown. I sat out for a while. I chatted with two relatives and a local walker on my wireless telephone. I walked with my cane a half block down to Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I sat out for a while longer. I used the bathroom at the Senior and the

Arts Center. I then went to the Acme grocery store. I bought two 16 ounce Utz multigrain sourdough pretzels for \$1.74 each, three Marie Callender 13 ounce frozen dinners for \$2.38 each, and organic bananas for .79 a pound for \$1.98 and 50 cents can return for \$12.10 total. I then returned home. I put away my groceries. I chatted with a relative. I think my right leg and knee might be hurting from when I sat for extended periods of time with my legs stretched out at an angle while I was configuring the Apple Ipad 2 this past Friday and Saturday. CIO

10/19/16 Wednesday 7:35 A.M. I watched episode 10 of "The World's Worst Disasters" about Tornadoes. I ate two small bowls of pretzels. I will now go downtown and sit out for a while. CIO

10/19/16 Wednesday 6:05 A.M. I ate a 13 ounce Marie Callender sweet and sour chicken dinner with Smart Balance Spread on the vegetables and a 12 ounce glass of diet Schweppes Ginger Ale. I chatted with a friend. CIO

10/19/16 Wednesday 5:20 A.M. The item below was just the case, so I will probably not be using it. I can not cancel it. I put away the clean laundry. CIO

10/19/16 Wednesday 4:10 A.M. I bought refurbished Otterbox Kindle Fire case <http://www.rakuten.com/prod/294867176.html> for \$5.99 with free shipping.

\$28 https://www.amazon.com/gp/offer-listing/B010BWYDYA/ref=olp_twister_child?ie=UTF8&mv_color_name=1&mv_configuration=all&mv_digital_storage_capacity=0&qid=1476864034&sr=8-4

\$50

https://www.amazon.com/dp/B00TSUGXKE/ref=ods_gw_d_LG9_JL_Tab_Fire?tag=slickdeals&ascsubtag=f2e3b03295d211e6b43fe6955ee3cb7e0INT&pf_rd_m=ATVPDKIKX0DER&pf_rd_s=desktop-jeff-letter&pf_rd_r=1GMS698E0850E9QMRX99&pf_rd_t=36701&pf_rd_p=2210357402&pf_rd_i=desktop

<http://view.klm-mail.com/?qs=ebd66faf80915afaa3ea2526d37808d97a7d867e19416af100427475d218b5dcae6dbf6c470cdb16e49ae2ddca13bb94677eaf0f5e7131e495c475e3baa56410e5525d8b66235a22>

http://blog.aarp.org/2016/10/17/putting-your-head-in-the-sand-rarely-solves-a-problem-especially-one-that-matters-so-much-to-so-many/?cmp=EMC-DSO-NLC-RSS---CTRL-101816-P1-1525615&ET_CID=1525615&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

http://www.nytimes.com/2016/10/18/business/leo-beranek-dead.html?emc=edit_th_20161018&nl=todaysheadlines&nlid=46729&r=0 CIO

10/19/16 Wednesday 2:50 A.M. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405515901639025799007> on the order for <http://www.ebay.com/itm/WS-9029U-IT-La-Crosse-Technology-Wireless-Weather-Station-with-TX25U-IT-Probe-/282188838887?hash=item41b3c3f7e7:g:FqQAAOxvrYFR0XTI> for \$12.95 with free shipping.

Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400111699000693415525> on the order for in blue for \$14.50 <https://www.amazon.com/Case-Logic-11-6-Inch-INT-111-Black/dp/B00XREHX6K?th=1> with free shipping from Technology Galaxy with free shipping.

10/19/16 Wednesday 2:50 A.M. I sat outside briefly. I have 55 minutes to go on two dry cycles. CIO

10/19/16 Wednesday 2:25 A.M. I put clean linens on the bed. I showered, and I cleaned up. I washed the breakfast dishes. I started two loads of wash, and I have 10 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

10/19/16 Wednesday 1:20 A.M. I rested some more until 1 A.M.. CIO

10/18/16 Tuesday 8:45 P.M. While sleeping, I woke up and ate a small bowl of pretzels. While sleeping, I also chatted with two different relatives twice each. I was told that my right leg and knee pain could be a blood clot, so I took two regular aspirin to thin my blood. I woke up at 8 P.M.. I picked up the mail. The order with tracking number of "1Z0F425FYW91123524" at www.ups.com on the order for <http://www.ebay.com/itm/iMicro-Classic-Series-6-Cable-107Key-Standard-USB-Keybaord-KB-US919EB-Black-/351832153402?hash=item51ead49d3a:g:RB0AAOSwFdtXz~n1> for \$9.95 with free shipping arrived. I threw out the garbage. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/18/16 Tuesday 7:30 A.M. I have a wooden cane which might help stabilize me with my bad right leg, when I go out. I ate a 13 ounce Marie Callender chicken alfredo dinner with grated parmesan and Romano cheese and a 12 ounce glass of diet Schweppes Ginger Ale. I will now shut down the primary work computer, and I will go to bed. I ate 10 ounces of Dannon vanilla yogurt. CIO

10/18/16 Tuesday 7:00 A.M. I threw out the garbage. I went downtown, and I chatted with a friend on my wireless telephone. I walked lower Greenwich Avenue and the train station area. I chatted with a regular Starbucks customer. When I tried to walk again, my right leg and knee were in pain, and I could barely make it back to the car. I guess I won't be

walking for a while. I am not sure what the problem is, unless the pain is there all of the time, and when the CVS All Day Pain Relief wears off, I feel it. CIO

10/18/16 Tuesday 5:10 A.M. I watched episode 9 of "The World's Worst Disasters" about Hurricanes from Hell. I will now go downtown to Green Witch Avenue. I saw a car from Florida last night outside of Starbucks with two young men, so I guess they evacuated way up north. CIO

10/18/16 Tuesday 4:15 A.M. I watched episode 8 of "The World's Worst Disasters" about Killer Cyclones. I ate three small bowls of multigrain pretzels. CIO

10/18/16 Tuesday 3:10 A.M. To get ready for winter, I ordered <http://www.ebay.com/itm/WS-9029U-IT-La-Crosse-Technology-Wireless-Weather-Station-with-TX25U-IT-Probe-/282188838887?hash=item41b3c3f7e7:g:FqQAAOxYrYFR0XTI> for \$12.95 with free shipping. CIO

10/18/16 Tuesday 2:50 A.M. I ordered in blue for \$14.50 <https://www.amazon.com/Case-Logic-11-6-Inch-INT-111-Black/dp/B00XREHX6K?th=1> with free shipping from Technology Galaxy with free shipping. CIO

10/18/16 Tuesday 2:20 A.M. A relative is working for this company in France for a month <https://www.algolia.com/>. CIO

10/18/16 Tuesday 1:35 A.M. I drank a 12 ounce cup of 50% Folgers decaffeinated coffee and 50% Starbuck Veranda coffee with Equal sweetener and milk.

<https://www.glassdoor.com/Hourly-Pay/CVS-Health-Hourly-Pay-E437.htm> . CIO

10/18/16 Tuesday 1:15 A.M. I have this case <https://www.amazon.com/Case-Logic-11-6-Inch-INT-111-Black/dp/B00XREI2SI> for my Acer Toughpad laptop, which will also work just fine for the Apple Ipad 2. CIO

10/18/16 Tuesday 12:55 A.M.
<http://geologyfieldcamp.sdsmt.edu/IcelandVolcanologyCamp.htm>

Tracking is https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9374869903501217634935 on the order for in Red <http://www.ebay.com/itm/Bluetooth-Smart-Wrist-Watch-Phone-Mate-For-IOS-Android-iPhone-Samsung-HTC-LG-/331819781138?var=540910373666> for \$10.95 with free shipping.

Tracking is https://tools.usps.com/go/TrackConfirmAction.action?tRef=fullpage&tLc=1&text28777=&tLabels=9400110200793161070533&utm_source=REA+TRAN+Shipping+Confirmation&utm_medium=email&utm_campaign=REA+Shipping+Confirmation on the order for in

power 2.75 in matte tortoise <http://www.readers.com/king-flexible-computer-reader.html> for \$9.57 with coupon code "FALL" and \$3.95 shipping for \$13.52 total.

For a cheap and hungry www.ibm.com , https://www.groupon.com/deals/armonk-house?p=4&utm_source=crm_im_Merchandising&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20161017&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-4_Merchandising&d=deal-page&utm_campaign=670b254b-c173-41eb-9305-184c681b228a_0_20161017 .

http://www.nytimes.com/2016/10/17/technology/ibm-is-counting-on-its-bet-on-watson-and-paying-big-money-for-it.html?emc=edit_th_20161017&nl=todaysheadlines&nid=46729&r=0 CIO

10/18/16 Tuesday 12:15 A.M. I ate a 14.5 ounce Marie Callender slow cooked roast beef dinner with Smart Balance spread on the mashed potatoes and vegetables and a 12 ounce glass of Schweppes diet Ginger Ale. CIO

10/17/16 Monday 11:45 P.M. I threw out the garbage. I went by the Stop and Shop. I bought a quart of Dannon Vanilla yogurt for \$2.99, a 16 ounce package of Stop and Shop sliced Swiss cheese for \$4.99, a 16 ounce package of Stop and Shop frozen onion rings for \$2.50, a 16 ounce package of Guaranteed Value sliced ham for \$3.99, a Golden pineapple for \$2.99 for \$17.46 total. I then sat for a while downtown. I did not walk, since my right knee is hurting me. There was not much of anything happening downtown. I then went by CVS at 644 West Putnam Avenue, and I bought two 9.75 ounce Lays salt and vinegar potato chips for \$2.99 each for \$5.98 total. I then returned home. I did not get any mail today. CIO

10/17/16 Monday 9:25 P.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up, and I will go downtown. CIO

10/17/16 Monday 8:55 P.M. I rested some more until 8:45 P.M.. CIO

10/17/16 Monday 5:45 P.M. I woke up at 10 A.M., and I drank a 12 ounce glass of 50% punch and 50% ginger ale. I went back to bed until 5:30 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/17/16 Monday 4:20 A.M. I watched episode 7 of "The World's Greatest Disasters" about Tsunamis. In the end, they said a volcano on the west coast of Las Palmas in the Canary Islands could cause the west of the island to collapse causing a Tsunami to hit the east coast of North America causing major damage. I ate two bowls of pretzels. I will now rest for a while. CIO

10/17/16 Monday 3:10 A.M. http://www.redcross.org/get-help/prepare-for-emergencies/types-of-emergencies/fire/home-fire-preparedness?utm_source=adobe&utm_medium=email&utm_campaign=octobercrossnotes CIO

10/17/16 Monday 3:00 A.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, a vine tomato cut into ten wedges, 5 pitted extra large black olives and 1.25 ounces of sliced black pitted olives, half of a diced red pepper, one fourth of a diced Vidalia onion, 4 ounces of drained and rinsed Bumble Bee crab meat, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss Cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian low fat dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Schweppes Ginger Ale. CIO

10/17/16 Monday 2:15 A.M. Ipad Case <https://www.groupon.com/deals/gg-portfolio-style-bluetooth-keyboard-case-for-ipad-234-3> \$12

10/17/16 Monday 2:00 A.M. I threw out all of the old paperwork and menus in the recycle bin. I chatted with a neighbor. CIO

10/17/16 Monday 12:15 A.M. I sorted through the paper work at the apartment entrance. I will throw out all of the old paper work, after I clean up. CIO

10/16/16 Sunday 11:55 P.M. On the Apple Store for the Apple Ipad 2, I selected the Ipad Apps that were free that I found useful. I also searched the terms, "NPR, NASA, NOAA, hurricane, volcano, earthquake, weather" to find more technical free apps. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. CIO

10/16/16 Sunday 11:45 P.M. I bought in Red <http://www.ebay.com/itm/Bluetooth-Smart-Wrist-Watch-Phone-Mate-For-IOS-Android-iPhone-Samsung-HTC-LG-/331819781138?var=540910373666> for \$10.95 with free shipping. CIO

10/16/16 Sunday 11:00 P.M. I chatted with a friend. I rested some more until 10:45 P.M.. CIO

10/16/16 Sunday 8:20 P.M. I woke up at 8 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/16/16 Sunday 10:55 A.M. The backup is complete. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

10/16/16 Sunday 10:40 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

10/16/16 Sunday 10:20 A.M. I added more scientific apps to the Apple Ipad 2. I am now backing it up again to Icloud. I only have 1 gigabyte of space left on it. CIO

10/16/16 Sunday 8:40 A.M. I found out on the Apple Ipad 2, if one double clicks on the Home button, one brings up all of the open apps which one can close each open app by sliding each upwards. I guess there is a learning curve to using the Apple Ipad 2. I also have an older Iphone with H20 wireless. I guess they can not toss me out of the local Apple store for being a cheap Apple user along with Microsoft Windows and Android and Linux. CIO

10/16/16 Sunday 7:40 A.M. My Apple Ipad 2 will only support IOS 9 and not 10. The IOS 9 guide is here <http://help.apple.com/ipad/9/> . I just backed up my Apple Ipad 2 to Icloud which one does through Icloud settings. CIO

10/16/16 Sunday 6:35 A.M. Cheaper Apple Ipad deals <http://stores.ebay.com/Thomas-Technology/Tablets-iPads-/i.html?ipg=48&fsub=16452147017> . CIO

10/16/16 Sunday 6:25 A.M. I chatted with a friend. I watched episode 6 of "The World's Worst Disasters", "Earthquakes from Hell". I will now eat 10 ounces of Dannon Vanilla yogurt. I will then try to go back to bed. CIO

10/16/16 Sunday 4:10 A.M. I woke up at 3:45 A.M.. I ate a bowl of pretzels. CIO

End of Scott's Notes week of 10/16/16

10/16/16 Sunday 1:15 A.M. I watched episode 5 of "The World's Worst Disasters" about Earthquakes. I will now send out my weekly notes. I will then put the primary work computer to sleep, and I will go to bed. CIO

10/16/16 Sunday 1:15 A.M. <http://www.bbc.com/news/world-europe-37662811> .

<http://www.foxnews.com/leisure/2016/10/14/love-all-day-breakfast-make-your-own-sausage-for-ultimate-breakfast-sandwich/> . CIO

10/16/16 Sunday 12:55 A.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, a vine tomato cut into ten wedges, 10 pitted extra large black olives, half of a diced red pepper, one fourth of a diced Vidalia onion, 4 ounces of sliced Changing Seas smoked salmon, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss Cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian low fat dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Schweppes Ginger Ale. CIO

10/15/16 Saturday 11:55 P.M. I watched episode 4 of "The World's Worst Disasters" about Avalanches. CIO

10/15/16 Saturday 10:15 P.M. I rested until 8:30 P.M.. I ate a bowl of regular Utz pretzels. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I bought a Power 30 Pin to USB 3 foot cable from CVS for \$5.99 and .38 tax for \$6.37 total. I opened it up, and I left it in the cup holder between the seats of the Volvo wagon with the Car Charger, so it is available to charge up Apple devices while the Volvo wagon is turned on. I then went further downtown, and I sat out for a while. The senior and the arts center was lighted up with red lights for a party. There were a few young people moving around. I returned home. I will now make my bed. I will then shower and clean up. CIO

10/15/16 Saturday 7:15 P.M. I chatted with a friend. I washed the breakfast dishes. I will now go through <http://scott-mike.com/bf.htm> . CIO

10/15/16 Saturday 6:20 P.M. I woke up at 5:45 P.M.. On the Apple Ipad 2, I installed the Belkin keyboard with bluetooth by following the instructions in the Belkin manual to pair it with bluetooth. It works just fine. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/15/16 Saturday 2:45 P.M. I chatted with a relative at 10 A.M.. I woke up at 2 P.M.. I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405511699000037478295 for <http://www.ebay.com/itm/Belkin-Keyboard-Folio-Case-with-Keyboard-Black-works-with-IPAD-2-3-4-/112074849678?hash=item1a182e7d8e:g:8NYAAOSwZVIXmjGR> for \$22.99 with free shipping arrived. I put the Apple Ipad 2 in the Belkin sleeve. For the keyboard to work it has to be charged up. CIO

10/15/16 Saturday 5:45 A.M. I ate a bowl of Utz regular pretzels and 10 ounces of Dannon vanilla yogurt. I will now shut down the primary work computer, and I will go to bed. CIO

10/15/16 Saturday 5:25 A.M. On the Apple Ipad 2, I opened all of the apps to make sure they are working fine. CIO

10/15/16 Saturday 2:15 A.M. I ordered in power 2.75 in matte tortoise <http://www.readers.com/king-flexible-computer-reader.html> for \$9.57 with coupon code "FALL" and \$3.95 shipping for \$13.52 total. I reheated nine ounces of Perdue white breast meat chicken short strips, which I ate with a baked potato with Smart Balance spread and extra virgin olive oil, and steamed cut asparagus with Smart Balance spread, garlic powder, ground black pepper, Italian seasoning, Lowry's seasoned salt, grated parmesan and Romano cheese and extra virgin olive oil and a 12 ounce glass of diet Schweppes Ginger Ale and herbal tea with Equal sweetener and lemon juice. CIO

10/15/16 Saturday 1:15 A.M. <http://www.benefits.va.gov/persona/veteran-elderly.asp>

<http://militaryspouse.com/military-life/pcs/50-tips-you-need-before-your-next-pcs-move/>

<https://www.justgreatlawyers.com/legal-rights-on-active-duty>

<https://www.retailmenot.com/blog/military-financial-assistance-guide.html>

<http://www.sesamestreetformilitaryfamilies.org/>

<http://www.realwarriors.net/family/care/militaryspouseemployment.php>

In the Folgers's decaffeinated coffee container with about 12 ounces left, I added 2 ounces of CVS hazelnut coffee and 12 ounces of Starbucks Veranda coffee to make a weaker blend of coffee to have to use.

CIO

10/15/16 Saturday 12:45 A.M. I threw out the garbage. I went by the Stop and Shop. I bought a 48 ounce container of Smart Balance spread for \$6.99, a 59 ounce Tropicana orange juice with calcium for \$3, a 42 ounce Quaker Old Fashioned oats for \$4.79, and organic bananas for 79 cents a pound for \$1.82 for \$16.60 total. I then sat out briefly on Greenwich Avenue watching Starbucks close. I then went by CVS at 644 West Putnam Avenue, and I bought a PowerXcel dual car adapter for \$9.99 and .63 tax for \$10.62 total. I opened up the package, and I left it in the cup hold between the Volvo wagon seats. With the Apple Cable, one can run one's devices from it. I returned home. I picked up the mail. The order with tracking of

https://www.fedex.com/apps/fedextrack/?action=track&language=english&cntry_code=us&tracknumbers=74897642094251092480 on the order for a pouch in black for \$12.99

<https://www.tanga.com/deals/60e57a36be38/valencia-multifunctional-canvas-traveling-bag-3->

[colors?internal_campaign=front_page_daily_deals&affiliate_network=tanganetwork&click_id=71563d4aa96f1d641ca72b88a4105156&affiliate=dealnews&utm_source=tanganetwork&utm_campaign=dealnews](https://www.army.mil/passport_pouches) and \$2.99 shipping for \$15.98 and \$1.01 sales tax for \$16.99 total arrived. I hung it on brass hat stand at the apartment entrance with my two [www.army.mil](https://www.army.mil/passport_pouches) passport pouches. The new one being black is for dress up. I went outside, and I chatted with a new neighbor. I got the yellow CVS lantern from the back seat of the Volvo wagon. I used the Ray-O-Vac Lantern to D battery adapter with four CVS alkaline D batteries in it, so it now works. I will now put it in the back seat of the Volvo wagon to have available. CIO

10/14/16 Friday 9:45 P.M. I rested until 9:30 P.M.. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

10/14/16 Friday 7:40 P.M. For now, I have finished configuring the Ipad 2. It works just fine, and for the price, it meets my needs. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/14/16 Friday 6:50 P.M. I rested some more until 5 P.M.. I am installing more apps on the Apple Ipad 2. I chatted with a relative. CIO

10/14/16 Friday 3:20 P.M. I chatted with a relative. I installed IOS 9 on the Ipad 2. I also installed some apps on it. CIO

10/14/16 Friday 1:35 P.M. A neighbor rang my bell at 10 A.M.. I woke up at 1:15 P.M.. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400109699937971264728 for the <http://www.ebay.com/itm/4-RAYOVAC-LANTERN-BATTERY-ADAPTORS-uses-4-D-Size-Cells-to-power-your-lantern-/172351032028?hash=item2820ec0adc:g:xJsAAOSw6EhURnxV> for \$14.99 with free shipping arrived. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=%209405509699939326032122 on the order for \$72.99 with free shipping <http://www.ebay.com/itm/Apple-iPad-2-Wi-Fi-16GB-Black-MC769LL-A-A1395-Grade-C-/262666879687?hash=item3d282a82c7> arrived. CIO

10/14/16 Friday 6:05 A.M. I watched episode 3 of "The World's Worst Disasters". I ate the last of the pineapple mixture. I will now put the primary work computer to sleep, and I will go to bed. CIO

10/14/16 Friday 5:05 A.M. Sort of strange, it is not in English <http://armonkhomepage.com/> . CIO

10/14/16 Friday 5:05 A.M. <https://content.govdelivery.com/accounts/WAREDMOND/bulletins/16aa797> Senior Housing Redmond, Washington. CIO

10/14/16 Friday 4:30 A.M. I watched Netflix, "the World's Worst Disasters, When America Shook". CIO

10/14/16 Friday 3:40 A.M. <http://www.bbc.com/news/uk-scotland-37649160> . CIO

10/14/16 Friday 3:20 A.M. <http://www.bbc.com/news/world-latin-america-37641944>

<http://www.bloomberg.com/news/articles/2016-10-14/thai-crown-set-to-pass-to-prince-less-revered-than-his-father> CIO

!!!!!! 10/14/16 Friday 3:15 A.M. I watched on Netflix, "The World's Worst Disasters, Killer Volcanoes". It was very informative. CIO

10/14/16 Friday 2:00 A.M. I ate a bowl of dark pretzels. I rested until 1:30 A.M.. I ate a bowl of the pineapple mixture. I will now drink a 10 ounce cup of 50% decaffeinated and 50% hazelnut coffee with Equal sweetener and milk. CIO

10/13/16 Thursday 11:30 P.M. https://www.change.org/p/stop-all-aboard-florida-from-using-the-fec-train-tracks-they-should-build-new-tracks-or-use-existing-rail-tracks-west-of-our-towns?tk=Iis_pNVryAe4sTphDuIwHE3n0RV4eZBPzDqAds46m7k&utm_source=petition_update&utm_medium=email CIO

10/13/16 Thursday 10:55 P.M. In the shopping circulars in the mail today, there were also www.mcdonalds.com coupons. Also the newly remodeled www.wendys.com is not yet opened on West Putnam Avenue. I always liked fish and chips, none of which are easy to find around here. I put the Red Baron pizza on a baking sheet, and I seasoned with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil. I baked it at 400 degrees Fahrenheit on the center shelf of the Farberware convection oven for 15 minutes. I cut it into quarters with a pizza cutter, and I ate it with a 12 ounce glass of Schweppes Ginger Ale. CIO

10/13/16 Thursday 10:10 P.M. I chatted with neighbors. I threw out the garbage. I went downtown. I stopped by CVS. I bought a blue Power 2 USB charger for \$7.99 and .51 tax for \$8.50 total. It will work with the Ipad cable. I went further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$2 for a dollar profit. I was told in India they lose weight by walking. I stopped by Starbucks, and I used the bathroom. I stopped by CVS, and I bought two 15 ounce Bertolli alfredo sauce for \$3 both. I finished my walk, and I sat out for a walk. The running store at the top of Greenwich Avenue has discarded a heavy wire shelf system, if anyone needs one. I then went by the Acme grocery store. I bought a 16 ounce UTZ sourdough multigrain pretzels for \$1.74, a 20.8 ounce Red Baron pepperoni pizza for \$2.99, two 14 ounce Marie Callender dinners for \$2.38 for \$9.49 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8 of self service V-Power gasoline for \$3.339 a gallon for 2.397 gallons at odometer reading of 114269 miles for 27.8 miles driven since Thursday October 6, 2016 for 11.598 miles per gallon in local traffic. I then returned home. I picked up the mail. I put away my purchases. CIO

10/13/16 Thursday 6:10 P.M. I washed the breakfast dishes. I rested some more until 6 P.M.. I chatted with a relative. I will now make my bed. I will shower and clean up. I will go downtown. CIO

10/13/16 Thursday 4:15 P.M. I rested until 4 P.M.. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/13/16 Thursday 11:00 A.M. I ate a bowl of dark pretzels. CIO

10/13/16 Thursday 10:20 A.M. I woke up at 10 A.M.. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405511699000037478295> for

<http://www.ebay.com/itm/Belkin-Keyboard-Folio-Case-with-Keyboard-Black-works-with-IPAD-2-3-4-/112074849678?hash=item1a182e7d8e:g:8NYAAOSwZVIXmjGR> for \$22.99 with free shipping.

<http://www.cnn.com/2016/10/13/asia/thai-king-bhumibol-adulyadej-obituary/index.html>

<http://www.bbc.com/news/world-asia-37643326> CIO

10/13/16 Thursday 5:40 A.M. I will now rest for a while. CIO

10/13/16 Thursday 5:35 A.M. http://www.nasa.gov/mission_pages/NPP/news/earth-at-night.html#.V_9Qm1JV-70

http://www.nasa.gov/connect/desktop.html#.V_9RA1JV-70 NASA Apps

<http://zorinos.com/download.html>

<http://howmuchwillitsnow.com/> CIO

10/13/16 Thursday 5:05 A.M. I watched "We Are Legion". CIO

10/13/16 Thursday 2:55 A.M. Earlier, I went through <http://scott-mike.com/bf.htm> . I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, a vine tomato cut into ten wedges, 10 pitted extra large black olives, half of a diced red pepper, a 3.75 ounce tin of Bumble Bee sardines with oil, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian low fat dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

10/13/16 Thursday 2:10 A.M. I put away the clean laundry. CIO

!!!!!! 10/13/16 Thursday 12:55 A.M. Grade B Apple Ipad 2 for \$95 with free shipping <https://www.tanga.com/deals/cd380f5ce04d/apple-ipad-2-mc769ll-a-16gb-wifi-black-grade-b> CIO

10/13/16 Thursday 12:50 A.M. I threw out more garbage. I have 55 minutes to go on two dry cycles. CIO

10/13/16 Thursday 12:25 A.M. I put clean linens on the bed. I showered and I cleaned up. I started two loads of wash, and I have 10 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. I will now make up a fresh batch of punch. CIO

10/12/16 Wednesday 11:10 P.M. I rested some more until 10:45 P.M.. I ate a bowl of dark pretzels. I washed the breakfast dishes.

Tracking is

https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400109699937971264728 for the <http://www.ebay.com/itm/4-RAYOVAC-LANTERN-BATTERY-ADAPTORS-uses-4-D-Size-Cells-to-power-your-lantern-/172351032028?hash=item2820ec0adc:g:xJsAAOSw6EhURnxV> for \$14.99 with free shipping. CIO

10/12/16 Wednesday 6:15 P.M. I rested until 6 P.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/12/16 Wednesday 5:10 P.M. Before going to bed, I ate a 14 ounce Marie Callender sweet and sour chicken dinner with a glass of cold filtered water. I woke up at noon, and I worked with the Nokia Lumia 640 GoPhone. I went back to bed, and I woke up again at 4 P.M.. I deleted all of the Netflix account logons trying to get it to work, but that did not work. I finally lowered the number of devices in my Microsoft Account to nine, and I was able to install Netflix on the Nokia Lumia 640 GoPhone. I installed some other apps and backed it up, so it is good to go. CIO

10/12/16 Wednesday 6:40 A.M. I will now put the primary work computer to sleep, and I will go to bed. CIO

10/12/16 Wednesday 6:20 A.M. I have been fiddling with my various mobile devices. On the Nokia Lumia 640 AT&T Go Phone, I did a reset, and I am now restoring its settings. I am trying to get Netflix to work on it. CIO

10/12/16 Wednesday 2:50 A.M. <http://www.bbc.com/news/world-us-canada-37625055> CIO

10/12/16 Wednesday 2:40 A.M. <https://www.royal.uk/audiences> at <https://www.royal.uk/>. CIO

10/12/16 Wednesday 2:25 A.M. Since it is a Jewish holiday, I think these people might still have money "<http://www.prisonplanet.com/rothschilds-rockefellers-trillionaires-of-the-world.html>". CIO

!!!!!! 10/12/16 Wednesday 2:20 A.M. My Facebook page is at "<https://www.facebook.com/mikelouisscott009>", but I never look at it very much. CIO

10/12/16 Wednesday 1:50 A.M. I watched episode 4 of "Jericho of Scotland Yard". CIO

10/12/16 Wednesday 12:10 A.M. I drank a 12 ounce cup of 50% decaffeinated coffee and 50% hazelnut coffee with Equal sweetener and milk. CIO

10/11/16 Tuesday 11:40 P.M. I bought <http://www.ebay.com/itm/4-RAYOVAC-LANTERN-BATTERY-ADAPTORS-uses-4-D-Size-Cells-to-power-your-lantern-/172351032028?hash=item2820ec0adc:g:xJsAAOSw6EhURnxV> for \$14.99 with free shipping. CIO

10/11/16 Tuesday 11:30 P.M. Grade C Ipad 2 \$75 without charger with free shipping <http://www.ebay.com/itm/Apple-iPad-2-Wi-Fi-16GB-Black-MC769LL-A-A1395-Grade-C-/262659918118?hash=item3d27c04926%3Ag%3Aeg8AAOSwmfhX6wkD> . CIO

10/11/16 Tuesday 10:55 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 4 grape tomatoes, a vine tomato cut into 10 wedges, 10 pitted extra large black olives, a 6 ounce tin of solid white albacore tuna fish drained and rinsed, one fourth of a diced Vidalia onion, one half a diced red pepper, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian Lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

10/11/16 Tuesday 10:05 P.M. I threw out the garbage. I went by the Acme grocery store, and I bought two 16 ounce Utz regular sourdough pretzels for \$3 each less .65 can return for \$5.35 total. I went downtown. I chatted with a relative on my wireless telephone. There were a lot of youth out, because there is no school tomorrow with the Jewish holiday. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I used the bathroom at CVS. I checked the Dr. Scholl's machine again, and I would use the CF440 foot insert. I bought a 30.5 ounce Maxwell house master blend coffee for \$5.99, a 28 ounce Maxwell House Columbian coffee for \$5.99, five Chef Boyardee 15 ounce cans of tomato pasta for \$1 each for \$16.98 total. I then bought a Power Durable 30 pin to USB 3 foot cable for \$5.99 and .38 tax for \$6.37 total. I will use it with the Apple Ipad 2. I then finished my walk. I returned home, and I picked up the mail. CIO

10/11/16 Tuesday 6:30 P.M. I rested some more until 6 P.M.. For the Apple Ipad 2 tablet, I ordered <http://www.ebay.com/itm/Belkin-KeyBoard-Folio-Case-with-KeyBoard-Black-works-with-IPAD-2-3-4-/112074849678?hash=item1a182e7d8e:g:8NYAAOSwZVIXmjGR> for \$22.99 with free shipping. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

10/11/16 Tuesday 4:05 P.M. I rested until 3:30 P.M.. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I washed the breakfast dishes. CIO

10/11/16 Tuesday 11:40 A.M. I rested some more. I chatted with a relative. The <https://home.nra.org/> called me up, and I chatted with them. I finally got up at 11:15 A.M.. CIO

10/11/16 Tuesday 9:15 A.M. I rested until 9 A.M.. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=%209405509699939326032122> on the order for \$72.99 with free shipping <http://www.ebay.com/itm/Apple-iPad-2-Wi-Fi-16GB-Black-MC769LL-A-A1395-Grade-C-/262666879687?hash=item3d282a82c7> . CIO

10/11/16 Tuesday 3:15 A.M. I rested until 2 A.M.. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I installed the Windows 10 Updates on the primary work computer. CIO

10/10/16 Monday 11:20 P.M. I woke up at 7:30 P.M.. I rested until 10 P.M.. I finished watching episode 3 of "Jericho of Scotland Yard". I ate a bowl of dark pretzels. CIO

10/10/16 Monday 9:10 P.M. I woke up at 7:30 P.M.. I chatted with a relative. I ate 16 ounces of bakes onion rings along with a 12 ounce glass of 50% punch and 50% diet Fresca. I chatted with a friend. News from the Georgia Coast <http://goldenisles.news/> . CIO

10/10/16 Monday 6:40 P.M. I watched part of episode 3 of "Jericho of Scotland Yard". I ate some dark pretzels. I chatted with a relative. I will now rest for a while more. CIO

10/10/16 Monday 5:30 P.M. I rested some more until 5 P.M.. I ate another two White Castle cheeseburgers with a glass of cold filtered water. CIO

10/10/16 Monday 3:55 P.M. Tracking number is "1Z0F425FYW91123524" at www.ups.com on the order for <http://www.ebay.com/itm/iMicro-Classic-Series-6-Cable-107Key-Standard-USB-Key-board-KB-US919EB-Black-/351832153402?hash=item51ead49d3a:g:RB0AAOSwFdtXz~n1> for \$9.95 with free shipping. I will now eat two White Castle cheeseburger with a glass of cold filtered water. CIO

10/10/16 Monday 3:15 P.M. I rested some more until 3 P.M.. CIO

10/10/16 Monday 11:35 A.M. The neighbor whose computer I worked on gave me \$10 cash for the new keyboard, I installed on his computer. I cleaned the breakfast dishes. CIO

10/10/16 Monday 10:45 A.M. Before going to bed, I ate two White Castle cheeseburgers. I woke up, and I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I finally woke up at 10 A.M.. I chatted with two relatives. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/10/16 Monday 2:10 A.M. There is this page <https://support.apple.com/en-us/HT204204> for updating software on Apple devices. I will now shut down the primary work computer, and I will go to bed. CIO

10/10/16 Monday 1:25 A.M. I watched episode 2 of "Jericho of Scotland Yard". I ate two bowls of dark pretzels. CIO

10/09/16 Sunday 11:25 P.M. http://www.smithsonianmag.com/ist/?next=/science-nature/how-earthquakes-and-volcanoes-reveal-beating-heart-planet-180960564/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20161009-Weekender&spMailingID=26727251&spUserID=NzQwNDUzNTI4NzcS1&spJobID=901468499&spReportId=OTAxNDY4NDk5S0

http://www.smithsonianmag.com/smart-news/extinct-variety-tree-rediscovered-queens-palace-scotland-180960697/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20161009-Weekender&spMailingID=26727251&spUserID=NzQwNDUzNTI4NzcS1&spJobID=901468499&spReportId=OTAxNDY4NDk5S0

!!!!!! I bought for \$72.99 with free shipping <http://www.ebay.com/itm/Apple-iPad-2-Wi-Fi-16GB-Black-MC769LL-A-A1395-Grade-C-/262666879687?hash=item3d282a82c7> . I have the charger with my Iphone. CIO

10/09/16 Sunday 10:45 P.M. I watched the end part of the debate. CIO

10/09/16 Sunday 9:45 P.M. I drove a neighbor to CVS on West Putnam Avenue. I also used my car to return a CVS shopping cart. I also took the neighbor by the Valley Road Post Office, and then I returned to my apartment. I chatted with a relative. I put on one of my medium cold weather jackets. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS, and I used the bathroom. I bought buy one get one free of 24 packs of CVS AA alkaline batteries for \$13.99 and .89 tax for \$14.88 total. I stopped by Chipoltes, and I told them they should sell fried onion rings. I finished my walk, and I sat out for a while. I then went by the Stop and Shop. I bought buy one get two six packs free of Thomas' English muffins free for \$4.39 all, a 16 ounce bag of Stop and Shop frozen onion rings for \$2.50, a reduced 64 ounce Stop and Shop crangrape juice for \$1.49, a reduced 64 ounce Stop and Shop cranberry juice for \$1.14, and two red peppers for \$1 each for \$11.52 total. I then returned home. I put away my groceries. I reheated nine ounces of Perdue white breast meat chicken short strips, which I ate with a baked potato with Smart Balance spread, and steamed cut asparagus with Smart Balance spread and a 12 ounce glass of diet Fresca. CIO

10/09/16 Sunday 5:25 P.M. \$100 <https://www.tanga.com/deals/f57d582aa02b/apple-ipad-mini-mf432ll-a-16gb-wi-fi-space-gray-grade->

b?internal_campaign=search&product_list_type=band&product_list_value=search Ipad mini

\$135 https://www.tanga.com/deals/90542535bb38/apple-ipad-2-mc769ll-a-16gb-wifi-black-grade-a I will now make my bed. I will then shower and clean up. I will then go out. CIO

10/09/16 Sunday 4:40 P.M. I rested until 4:30 P.M. I chatted with a friend. A neighbor rang my bell to have me check on his computer. I will look into that now. CIO

10/09/16 Sunday 3:10 P.M. I chatted with a relative. CIO

10/09/16 Sunday 1:55 P.M. I woke up, and I ate a bowl of dark pretzels. I woke up again, and I chatted with a relative at 10:30 A.M.. I finally woke up at 1:30 P.M.. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 10/09/16

10/09/16 Sunday 12:05 A.M. I watched episode 1 of "Jericho of Scotland Yard". I ate a bowl of dark pretzels. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

10/09/16 Sunday 12:05 A.M. http://www.forbes.com/forbes-400/#3783cb2d410c Forbes U.S.A. 400

Donald's faux pas http://www.forbes.com/forbes-400/#3783cb2d410c. It is really not that bad. CIO

10/08/16 Saturday 11:35 P.M. In about 20 minutes, I will eat a 12 5/8th ounce Stouffer's Deluxe French bread pizzas and a 12 ounce glass of diet Fresca. CIO

10/08/16 Saturday 11:25 P.M. \$90 http://www.ebay.com/itm/Apple-iPad-2-2nd-Gen-16GB-Wi-Fi-9-7in-Black-MC769LL-A-Warranty-/262663676683?hash=item3d27f9a30b

http://www.ebay.com/itm/Good-Used-Black-Apple-iPad-2-16GB-WiFi-Only-A1395-2nd-Generation-Engraved-Tablet/142054447764? trksid=p2141725.c100338.m3726& trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20150313114020%26meid%3D1a96517d8cc14df7bcee216fbbd2b99e%26pid%3D100338%26rk%3D17%26rkt%3D20%26mehot%3Dag%26sd%3D252559824043#viTabs_0

CIO

10/08/16 Saturday 10:55 P.M. I watched episode 6 of "Inside the American Mob". I ate two bowls of dark pretzels. CIO

10/08/16 Saturday 9:45 P.M. I threw out the garbage. I went downtown to the Stop and Shop. I bought two 8 ounce bars of Stop and Shop Swiss cheese for \$2.50 each, two 13 ounce Marie Callender frozen meals for \$2.50 each, two 16 ounce Kraft low fat Zesty Italian dressing for \$2.50 each, a 8 ounce Stop and Shop parmesan and Romano cheese for \$3.69, two 5 ounce Stop and Shop cheese and garlic croutons for \$1.19 each, a 6 ounce can of Stop and Shop large black pitted olives for \$1.67, a reduced 64 ounce Stop and Shop grape juice for \$1.14, a reduced 64 ounce Stop and Shop cranberry juice for \$1.14, a 6 ounce Dole baby spinach for \$2.99, two cucumbers for .69 each, organic bananas for .79 a pound for \$2.46, four tomatoes on the vine for \$1.99 a pound for \$3.36, a sweet Vidalia onion for \$1.29 a pound for .81 for \$36.02 total. Organic bananas seem to last longer. I then returned home, and I put away my groceries. I will now eat two White Castle cheeseburgers. The newly remodeled www.wendys.com on West Putnam Avenue looks like it just about ready to open soon. CIO

10/08/16 Saturday 8:30 P.M. I ate a 11.6 ounce Healthy Choice chicken parmesan meal with grated parmesan and Romano cheese on the chicken a Smart Balance spread on the broccoli and a 12 ounce glass of diet Fresca.

For urban shoppers at a discount <http://www.ebay.com/itm/Hook-Go-Portable-Folding-Supermarket-Shopping-Cart-New-SAME-Day-Shipping/112129467227?trksid=p2141725.c100338.m3726&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20150313114020%26meid%3De7e29bf7f1704a2ea1d165e0f8546a92%26pid%3D100338%26rk%3D4%26rkt%3D8%26sd%3D322264834135> and <http://www.ebay.com/itm/Hook-and-Go-Portable-Folding-Supermarket-Shopping-Cart-New/282207798859?trksid=p2141725.c100338.m3726&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20150313114020%26meid%3De7e29bf7f1704a2ea1d165e0f8546a92%26pid%3D100338%26rk%3D2%26rkt%3D8%26sd%3D322264834135> and http://www.allegromedical.com/daily-living-aids-c519/hook-and-go-the-smart-shopping-cart-p560008.html?utm_campaign=Comparison%20Shopping&utm_source=froogle&utm_medium=feed&CS_003=9164468&CS_010=ff80818121c552a00121c5e85a56004c&gclid=CNvz-8a5zM8CFQRZhgodSakCKA&kwid=productads-adid^53190000973-device^c-plaid^160905835213-sku^121C@ADL45E85AA1@ADL4ALLEGRO-adType^PLA#121C-5E85AA1 and <https://www.amazon.com/Hook-Go-Urban-Shopping-Black/dp/B003AL5Y5M> and <http://www.elderstore.com/hook-go-folding-shopping-cart.aspx>. I will now go downtown. CIO

10/08/16 Saturday 8:00 P.M. <http://www.bbc.com/news/uk-37597241> CIO

10/08/16 Saturday 7:55 P.M. <http://www.greenwichtime.com/news/houston-weather/hurricanes/article/Hurricane-Nicole-could-make-Hurricane-Matthew-9908561.php> CIO

10/08/16 Saturday 7:55 P.M. I chatted with a friend.

<http://www.ajc.com/weather/hurricanes/georgia-barrier-islands-closed-public-following-hurricane-matthew/lAs7v4g2z3ZmNnSgywdM0I/>

The web site of the person that I chatted with downtown yesterday is <http://www.wrcr.com/>. CIO

10/08/16 Saturday 6:50 P.M. \$115

<http://www.newegg.com/Product/Product.aspx?Item=9SIA1PK43M4271&ignorebbr=1>

To replace the USB keyboard, I gave my neighbor, I bought

<http://www.ebay.com/itm/iMicro-Classic-Series-6-Cable-107Key-Standard-USB-Keyboard-KB-US919EB-Black-/351832153402?hash=item51lead49d3a:g:RB0AAOSwFdtXz~n1> for \$9.95 with free shipping. I will now make my bed. I will then shower and clean up. CIO

10/08/16 Saturday 5:50 P.M. I mounted the Ezpass device to the right of the rear view mirror beneath the tinted part of the windshield. That is where the camera once was, so if I remount the camera, it will have to go elsewhere. CIO

10/08/16 Saturday 5:30 P.M. I sat outside, and I chatted with a neighbor. I picked up the mail. The order with tracking number of "9400109699938828134799" at www.usps.com on the order for \$4.99 <http://www.ebay.com/itm/3-Pack-Foster-Grant-Spare-Pair-Readers-2-50-New-With-Tags-/371683454443?hash=item568a0f6deb:g:H-kAAOSwGtNXiQee> and \$2.75 shipping for \$7.74 total arrived. Also the Ezpass device arrived. CIO

10/08/16 Saturday 4:55 P.M. I rested some more until 4:45 P.M.. I chatted with a friend. CIO

10/08/16 Saturday 1:40 P.M. I woke up, and I ate dark pretzels and a 12 ounce glass of 50% punch and 50% diet Fresca. I finally woke up at 1:00 P.M.. I chatted with two relatives. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/08/16 Saturday 9:45 A.M. I chatted with two relatives. The Tesla <https://www.tesla.com/showroom> <http://www.greenwichtime.com/local/article/Photos-of-the-official-first-day-of-business-at-9931023.php> on Greenwich Avenue told me that there are electric charging stations at the <http://www.delamargreenwich.com/>. CIO

10/07/16 Friday 11:25 P.M. I paid off the final two payments of the four payments on my www.geico.com automobile policy which runs until April 7, 2017. Thus it is all paid up. I will now shut down the primary work computer, and I will go to bed. CIO

10/07/16 Friday 11:00 P.M. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I watched episode 5 of "Inside the American Mob". I ate a bowl of dark pretzels. CIO

10/07/16 Friday 9:55 P.M. <http://view.klm-mail.com/?qs=5e25a5353544f222c50cdfb6672df2687715de7e570b2f7af51e47fe129723756775c9a7eabb0badb8370077268c334f51e79b8d3b5900abc9279cc33358b5ab1b103aa30c671859>

CIO

10/07/16 Friday 9:50 P.M.

**THE FOLLOWING IS AN URGENT MESSAGE FROM GREENWICH FIRST
SELECTMAN PETER J. TESEI.**

AS THE CONTINUED DROUGHT WORSENS AND OUR WATER RESOURCES DWINDLE, THE GREENWICH BOARD OF SELECTMEN HAS ENACTED PHASE 2 OF THE WATER USE BAN. THERE IS A MANDATORY BAN OF ALL OUTDOOR WATERING UNLESS NECESSARY TO SUSTAIN FOOD CROPS OR CROPS FOR HARVEST BY COMMERCIAL FARMS.

WATERING OF NEW PLANTINGS IS ALLOWED BY BUCKET OR A WATERING CAN ONLY.

ALL INDUSTRIAL AND COMMERCIAL CONSUMPTION (INCLUDING PRIVATE CLUBS) MUST IMMEDIATELY DEVELOP AND IMPLEMENT A WATER CONSERVATION PLAN TO REDUCE CONSUMPTION BY 20 PERCENT. ALL RESIDENTIAL WATER USERS – INCLUDING THOSE WITH PRIVATE WATER WELLS – ALSO MUST REDUCE CONSUMPTION BY 20 PERCENT.

To get a 20% reduction in indoor water use, residents are reminded to practice water conservation in their homes and businesses by following these simple tips:

- **Flush toilets only when necessary**
- **Take shorter showers, don't use bathtubs unless necessary and then fill bathtubs only half-way**
- **Don't let the water run while brushing teeth, shaving, washing your hands, or doing dishes**
- **Keep a bottle or pitcher of drinking water in the refrigerator**
- **Wash only full loads in the washing machine or dishwasher**
- **Check for water leaks, especially in the bathroom**

- Replace older plumbing with low flow toilets and showerheads

THANK YOU FOR YOUR CONTINUED COOPERATION IN HELPING TO PROTECT OUR WATER RESOURCES.

PLEASE CHECK OUR WEBSITE <http://www.greenwichct.org> FOR ADDITIONAL INFORMATION AND RESOURCES.

CIO

10/07/16 Friday 9:45 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 10 grape tomatoes, 10 pitted extra large black olives, a 3.75 ounce tin of Bumble Bee sardines with oil, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, three sliced mushrooms, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian low fat dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I fixed a neighbor's computer. It needed a new USB keyboard that I gave him. I also cleared his web browser cache of malware with ccleaner and installed a free antivirus program. It seems to work fine now. CIO

10/07/16 Friday 6:55 P.M. I went to my 1:30 P.M. appointment early. After my appointment, I walked lower Greenwich Avenue and the train station area. I toured the Apple store. I was told a second generation Ipad would be too slow. I chatted with a local Greek outside the Portuguese restaurant on the north side of Richards. I returned home. I chatted with a neighbor who got hacked by a Hindu. I told him in Windows 7 to boot hitting F8, and then from the menu select System Restore and restore from an earlier time before the Hindu Hack. I picked up the mail. CIO

10/07/16 Friday 11:25 A.M. <http://www.bbc.com/news/world-us-canada-37571685>

<https://www.ft.com/content/dfb375be-8c23-11e6-8cb7-e7ada1d123b1>

I went through <http://scott-mike.com/bf.htm> . Nobody answers the telephone here <https://verobeach.disney.go.com/> . I will now make my bed. I will then shower and clean up. I will then go out early for my 1:30 P.M. appointment. CIO

10/07/16 Friday 11:10 A.M. <http://www.surf guru.com/florida-surf-reports> CIO

10/07/16 Friday 10:30 A.M. <http://www.verobeachcam.com/>

<http://www.surflife.com> CIO

10/07/16 Friday 10:25 A.M. I cleaned up the breakfast dishes. I chatted with a friend and a relative. CIO

10/07/16 Friday 9:45 A.M. I chatted with a relative. CIO

10/07/16 Friday 9:10 A.M.

<http://www.tcpalm.com/story/weather/hurricanes/2016/10/07/treasure-coast-dodges-matthews-might/91719790/> . CIO

10/07/16 Friday 8:55 A.M. I woke up, and I ate dark pretzels and a 12 ounce glass of 50% punch and 50% diet Fresca. I finally woke up at 8:15 A.M.. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/06/16 Thursday 11:55 P.M. <http://www.foxnews.com/us/2016/10/06/state-emergency-declared-for-florida-south-carolina-as-hurricane-matthew-closes-in.html> . I will now shut down the primary work computer, and I will go to bed. I have a 1:30 P.M. appointment today Friday. I will now eat two more White Castle cheese burgers. CIO

10/06/16 Thursday 11:35 P.M. Before one buys a used Apple Ipad, one should do a little comparison to newer Apple Ipads <http://socialcompare.com/en/comparison/apple-ipad-versions-compared-ipad-air-vs-ipad-mini> . CIO

10/06/16 Thursday 11:30 P.M. I watched episode 4 of "The Mob in America". I fiddles with the Digital 2 Tablet, which works well enough. CIO

10/06/16 Thursday 9:45 P.M. I ate two White Castle cheese burgers with a bowl of the pineapple mixture and a glass of cold filtered water. CIO

10/06/16 Thursday 9:30 P.M. I ate some dark pretzels. CIO

10/06/16 Thursday 9:25 P.M. Tracking number is "9400109699938828134799" at www.usps.com on the order for \$4.99 <http://www.ebay.com/itm/3-Pack-Foster-Grant-Spare-Pair-Readers-2-50-New-With-Tags-/371683454443?hash=item568a0f6deb:g:H-kAAOSwGtNXiQee> and \$2.75 shipping for \$7.74 total.

\$95 with free shipping <https://www.tanga.com/deals/cd380f5ce04d/apple-ipad-2-mc769ll-a-16gb-wifi-black-grade-b>

Tracking is

https://www.fedex.com/apps/fedextrack/?action=track&language=english&cntry_code=us&tracknumbers=74897642094251092480 on the order for a pouch in black for \$12.99 https://www.tanga.com/deals/60e57a36be38/valencia-multifunctional-canvas-traveling-bag-3-colors?internal_campaign=front_page_daily_deals&affiliate_network=tanganetwork&clie

k_id=71563d4aa96f1d641ca72b88a4105156&affiliate=dealnews&utm_source=tanganetwork&utm_campaign=dealnews and \$2.99 shipping for \$15.98 and \$1.01 sales tax for \$16.99 total.

This one with case for \$95 http://www.ebay.com/itm/282187448599?ul_noapp=true .CIO

!!!!!! 10/06/16 Thursday 8:45 P.M.

http://www.bbc.com/news/video_and_audio/headlines/37573690

<http://volcano.si.edu/E3/>

<http://volcano.si.axismaps.io/>

<http://volcano.si.edu/> CIO

10/06/16 Thursday 8:40 P.M. I picked up the mail. I left a package outside a neighbor's apartment. I went by the Chase Bank at Deerfield Place. I went by the Wells Fargo Bank at the Stop and Shop shopping center, and I paid my rent to the Greenwich Housing Authority. I chatted with the sales associate at Ralph Lauren, and I reminded them they had a store in West Vero Beach, Florida. I used the bathroom at Starbucks. I sat out for a while downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I was told by a police office they caught the youth throwing gravel from a building roof. I toured the Apple store. They were not very chatty today. I stopped by the Subway Sandwich shop on lower Greenwich Avenue, and I bought their six inch weekly special for \$3.72 which was today salami and provolone cheese on a six inch Italian roll with all of the trimming and heated before the trimmings. I ate it in the new Greenwich Common. I chatted with a youth from England. I told him about 420 East 49th Street in Manhattan. He was wearing the Royal Coat of Arms

https://www.google.com/search?q=Three+lion+shield&biw=1680&bih=875&tbm=isch&imgil=yHhDIAzZuXQ_9M%253A%253BG1KPoPnbjWHhSM%253Bhttp%25253A%25252F%25252Fwww.fleurdelis.com%25252Froyal.htm&source=iu&pf=m&fir=yHhDIAzZuXQ_9M%253A%252CG1KPoPnbjWHhSM%252C_&usg=__gSsQVYtlb4gLUaB7IjroD2Pee3M%3D&ved=0ahUKEwiFwP3ktMfPAhVM1R4KHYxOBiIQyjcINw&ei=_ej2V8XNA8yqe4ydmZAC#imgsrc=yHhDIAzZuXQ_9M%3A

I went by CVS, and I bought a three pack of Leather Christmas tree scent cards for \$3.79 and .24 tax for \$4.03 total. After I finished my walk, I put one of the leather Christmas tree scent cards on the rear seat driver's side coat hook. I put the other two spare ones in the glove box. I chatted with a relative on my wireless telephone. I noticed the new Tesla showroom was having a VIP party. I looked for the wireless charge stations east of lower Greenwich Avenue, but I could not find them. I went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$7 of self service premium V power gasoline for \$3.339 a gallon for 2.097 gallons at odometer reading of 114241 miles for 30.5 miles driven since Sunday October 2, 2016 for 14.545 miles per gallon in local traffic. I then returned home. I threw out the garbage down the garbage chute in the hallway. CIO

10/06/16 Thursday 3:30 P.M. The toilet seat is fixed. I chatted with a relative. CIO

10/06/16 Thursday 3:05 P.M. The building custodian showed up to fix the toilet seat. He will be back shortly. The mail is not here yet, so until I receive my rent statement, I can not pay my rent. CIO

10/06/16 Thursday 3:00 P.M. My toilet seat broke. I called it in to the Greenwich Housing Authority 1.-203-869-1138 to have it repaired. CIO

10/06/16 Thursday 2:30 P.M. I chatted with a friend. CIO

10/06/16 Thursday 2:05 P.M. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

10/06/16 Thursday 1:40 P.M. \$115 with free shipping with coupon code "EMCFEEK49", but toner cartridges are expensive
[http://www.newegg.com/Product/Product.aspx?Item=N82E16828116414&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=512379_desktop](http://www.newegg.com/Product/Product.aspx?Item=N82E16828116414&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=512379_desktop) . Yes it faxes. CIO

10/06/16 Thursday 1:25 P.M. Its sunny in Key West <http://www.liveduvalstreet.com/> .

<http://earthcam.com/network/index.php?country=us&page=FL> . CIO

10/06/16 Thursday 11:00 A.M. I chatted with a friend. They are calling for 145 mile an hour winds in Florida <http://www.sun-sentinel.com/> . CIO

10/06/16 Thursday 10:50 A.M. I am watching the Weather Channel. CIO

10/06/16 Thursday 10:45 A.M. I chatted with a relative. CIO

10/06/16 Thursday 10:15 A.M. I woke up, and I ate dark pretzels and a 12 ounce glass of 50% punch and 50% diet Fresca. I finally woke up at 10 A.M.. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/05/16 Wednesday 11:35 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

10/05/16 Wednesday 11:10 P.M. I watched episode 3 of "Inside the American Mob". I ate some dark pretzels. CIO

10/05/16 Wednesday 10:10 P.M. refurbished HP Chromebook \$80
<http://www.rakuten.com/prod/-c-grade-hp-chromebook-11-cb2-exynos-5250-dual-core-1->

7ghz-2gb-ram/294153573.html?listingId=499443763&scld=pla google Joy+Systems&adid=29963&gclid=COij-M6Lxc8CFUskhgodZkoOzw . CIO

10/05/16 Wednesday 10:05 P.M. <http://orsonandco.com/>

\$215 https://www.groupon.com/deals/gg-hp-6305-desktop-pc-with-8gb-ram-and-2tb-hard-drive?p=1&utm_source=channel_goods_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20161005&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=Goods-PN-Hero&utm_campaign=ad33f06d-dc97-42b9-b61d-40dcd089803c 0 20161005

Long enough to jump start a car from front to back car behind
http://www.ebay.com/itm/270894563953?ul_noapp=true

http://www.nytimes.com/2016/10/05/us/joseph-verner-reed-jr-protocol-chief-who-presided-over-colorful-gaffe-dies-at-78.html?emc=edit_th_20161005&nl=todaysheadlines&nid=46729 CIO

10/05/16 Wednesday 9:15 P.M. Actually the latest pair of glasses from Dr. Brownstein were not reading glass, but distance glasses that I never used. They might be in the car. I did have another spare pair of prescription reading glasses that I can not find. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 10 grape tomatoes, 10 pitted extra large black olives, a 3.75 ounce tin of Bumble Bee sardines with oil, one fourth of a diced Vidalia onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, three sliced mushrooms, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian low fat dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Schweppes Ginger Ale.

10/05/16 Wednesday 8:30 P.M. I had a new pair of reading glass that I got from Dr. Brownstein about three years ago, that my Medicaid paid for. I never wore them, since they were not quite right, but somehow, they seem to have disappeared. They would have been in one of her reading glass cases. They pair that I wear now, is my older pair that I fitted into a newer frame. I can not find the newer pair, and I looked in the usual places. I have lots of spare sunglasses. CIO

10/05/16 Wednesday 8:15 P.M. I bought for \$4.99 <http://www.ebay.com/itm/3-Pack-Foster-Grant-Spare-Pair-Readers-2-50-New-With-Tags-/371683454443?hash=item568a0f6deb:g:H-kAAOSwGtNXiQee> and \$2.75 shipping for \$7.74 total. CIO

10/05/16 Wednesday 7:50 P.M. I went downtown. I chatted with a friend on my wireless telephone. I walked part of lower Greenwich Avenue, and I visited the Apple computer

store. I then walked back up Greenwich Avenue, and I used the bathroom at Starbucks. I then sat out in front of the Senior and the Art center enjoying the night air. I can pick up their wireless there from the south front stone bench. I then drove up to CVS. I bought two six packs of White Castle frozen cheeseburgers for \$8 total. At the Foster Grant reading glass display, they have an expensive triple, reading, computer, and I think distance combination deluxe glasses for \$35 in a tortoise frame. I don't need them, but I think I would used 2.50 or 2.25. I then returned back home to Chez Mike's.

http://www.nytimes.com/2016/10/06/world/americas/antonio-guterres-un-secretary-general-united-nations.html?_r=0 CIO

10/05/16 Wednesday 5:20 P.M. I chatted with a friend. CIO

10/05/16 Wednesday 4:30 P.M. I chatted with a relative. I will now make my bed. I will then shower and clean up. I will then go downtown to Green Wait Avenue. Large Print King James Bibles \$8

http://www.christianbook.com/Christian/Books/easy_find?event=EBRN&N=5401+1018567+4294777869&Ne=1000000&Nso=1&Nu=product.endeca_rollup&Ns=product.number_sold. CIO

Fort Lauderdale live web cam <http://www.ftlauderdalewebcam.com/>. CIO

10/05/16 Wednesday 3:05 P.M. The Scott family is a major political family. Back in the early 1970s the senators from Pennsylvania, North Carolina, and Virginia were all from the Scott family. CIO

10/05/16 Wednesday 3:05 P.M. I rest a half hour. A <https://www.donaldjtrump.com/> from Glastonbury, Connecticut called me up, and we chatted a while. I am baking a Stouffer's 12 5/8 ounce French bread pizzas which I will eat in a half hour with a 12 ounce glass of diet Fresca. CIO

10/05/16 Wednesday 2:05 P.M. HP Chromebook \$75

http://www.newegg.com/Product/Product.aspx?sdid=9164327&SID=33e243448b2111e68c276ec788985e510INT&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction--cables--na--na&Item=N82E16834265214&cm_sp=

I threw out the garbage. I picked up the mail. CIO

10/05/16 Wednesday 1:15 P.M. I rested until 1 P.M.. I chatted with a relative. Florida disaster information is at <http://floridadisaster.org> which does not work here at the moment. CIO

10/05/16 Wednesday 11:30 A.M. Tracking is

https://www.fedex.com/apps/fedextrack/?tracknumbers=703839375485&cntry_code=us on the gift of a 5 million watt rechargeable lantern

<http://www.ebay.com/itm/161484638763?afsrc=1&rmvSB=true> for \$14.45 with free shipping and .92 tax for \$15.37 total. CIO

10/05/16 Wednesday 11:25 A.M. I washed the breakfast dishes. I have been watching the <https://weather.com/> channel for information on Hurricane Matthew <http://www.nhc.noaa.gov/> . For local news from Vero Beach, Florida, one can look at <http://www.tcpalm.com/> and from Fort Lauderdale <http://www.sun-sentinel.com/> . Alas with the recent drought in the Northeast we could use some hurricane rain, but we are not supposed to get any. CIO

10/05/16 Wednesday 10:30 A.M. I chatted with a local walker. CIO

10/05/16 Wednesday 9:35 A.M. I woke up at 9:30 A.M.. I chatted with a relative. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/05/16 Wednesday 2:10 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

10/05/16 Wednesday 2:00 A.M. <http://www.forbes.com/forbes-400/#238806e0410c> CIO

10/05/16 Wednesday 1:50 A.M. I watched episode 2 of "Inside the American Mob". I ate some dark pretzels. I drank a 12 ounce glass of 50% punch and 50% Schweppes diet Ginger Ale. CIO

10/05/16 Wednesday 12:20 A.M. I put away the clean laundry. CIO

10/04/16 Tuesday 11:15 P.M. <http://view.klm-mail.com/?qs=3e2fceb72a79e7b0e1567715b9533f4338a028859c6d2510c694b4993fb6b4d2a51fbbafa35e3008140bb1df02d9b6dfdc0e8c74ef5688889b0bdccfaf5412eb4305d1272bce0f8d>

<https://openforest.net/>

<https://openforest.net/ADHD-related-posts/>

<https://www.mim.com/>

My www.eversource.com electricity bill for September 2016 was \$84.41 when I was gone for 24 days with only the refrigerator going. That is 432 kWh for 13.94 kWh per day over 31 days with an average temperature of 68.9 degrees Fahrenheit. For September 2015, when I was gone about 21 days, it was \$125.48 for 703 kWh for 24.24 kWh per day over 29 days with an average temperature of 69.7 degrees Fahrenheit. CIO

10/04/16 Tuesday 10:55 P.M. I have 45 minutes to go on two dry cycles. CIO

10/04/16 Tuesday 10:30 P.M. I took the dirty linens off the bed and the old mattress pad, and I flipped the mattress over. I put the new mattress pad on the bed along with clean linens. I started two loads of wash, and I have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature and the old mattress pad. I watered the plants. CIO

10/04/16 Tuesday 9:40 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 11 grape tomatoes, 10 pitted extra large black olives, a 6 ounce tin of solid white albacore tuna fish drained and rinsed, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, three sliced mushrooms, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian Lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Schweppes Ginger Ale. I threw out the garbage along with the Pep Boys shipping box that the new lantern came in and the old worn out lantern that does not work. CIO

10/04/16 Tuesday 8:45 P.M. I threw out the garbage. I went by Old Track Road, but the new Greenwich Hardware store was not there, but there were some new large office buildings. I found the new Greenwich Hardware store just further east on Railroad Avenue, and I bought a two pack of Energizer D alkaline batteries for \$7.99 and .51 tax for \$8.50 total. I then went by CVS on Greenwich Avenue, and I bought buy one get one free of 8 packs of CVS alkaline D batteries for \$12.99 both and .82 tax for \$13.81 total. They had one more 8 pack left. I then went further downtown. I chatted with a friend on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the Apple store, and I discussed Quantum physics. I stopped by the Winston florist, and I discussed horticulture. I stopped by Eurochasse, and I discussed Austria. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I won \$2 for a dollar profit. While walking up Greenwich Avenue, it was brought to my attention that somebody was throwing gravel from the fourth story roof above Winston Florist. I crossed the street, and a witness pointed out four teenage African American people of color male youths on the roof throwing the gravel. I tried to flag down a passing police patrol car, but they could not hear me yell through their glass window of the patrol car which was raised. Finally the youths came down to street level and took off running towards the train station. I used the bathroom at Starbucks. I chatted with three relatives and a friend on my wireless telephone. I stopped by CVS, and I bought a 12 ounce Gevalia house blend coffee for \$4.99 and a 12 ounce Gavalia traditional roast coffee for \$4.99 for \$9.98 total. I finished my walk. I then went by the Acme grocery store. I bought a 16 ounce Utz sourdough dark pretzels for \$2.50, a 12 ounce Signature onion rings for \$2.50, a 32 ounce Dannon vanilla yogurt for \$2.99, two Stouffers 12 ounce French bread deluxe pizza for \$1.99 each for \$11.97 total. I then returned home, and I picked up the mail, and I put away my purchases. CIO

I ate a 10 ounce Healthy Choice beef teriyaki dinner with a 12 ounce glass of Schweppes Ginger ale. I will now make my bed. I will shower and clean up. I will then go downtown. CIO

10/04/16 Tuesday 3:40 P.M. I slept some more until 3:15 P.M.. I chatted with a relative. CIO

10/04/16 Tuesday 1:20 P.M. The order with tracking of https://www.fedex.com/apps/fedextrack/?tracknumbers=707028506580&cntry_code=us on the order for a 5 million watt rechargeable lantern <http://www.ebay.com/itm/161484638763?afsrc=1&rmvSB=true> for \$14.45 with free shipping and .92 tax for \$15.37 total arrived. It takes 24 hours for it to charge up the first time. The old one that I had will not take a charge, so I will throw it out once the other one is charged up. CIO

10/04/16 Tuesday 12:25 P.M. I chatted with a friend. I washed the breakfast dishes. CIO

10/04/16 Tuesday 11:35 A.M. I sent this to a relative in Florida a 5 million watt rechargeable lantern <http://www.ebay.com/itm/161484638763?afsrc=1&rmvSB=true> for \$14.45 with free shipping and .92 tax for \$15.37 total. CIO

10/04/16 Tuesday 10:50 A.M. I chatted with a relative. I have some relatives down in Florida who have to deal with Hurricane Matthew <http://www.nhc.noaa.gov/> . CIO

10/04/16 Tuesday 10:25 A.M. I woke up and ate some dark pretzels. I finally woke up at 10 A.M.. I chatted with two relatives. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/04/16 Tuesday 12:35 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

10/04/16 Tuesday 12:25 A.M. Cheap housing in the winter in the north country <https://www.rei.com/product/882939/evrgrn-crash-sack> .

I saw a jeep drive down Greenwich Avenue this past evening with what I think is illegal which was about a one foot by four foot panel of bright LED lights above the windshield.

\$105 refurbished Apple Ipad http://flash.newegg.com/Product/9SIA42K2PH5686?icid=WP_8_10022016 CIO

10/03/16 Monday 11:55 P.M. I ate some dark pretzels. I watched National Geographic episode 1 of "Inside the America Mafia". I cut both ends off the fresh Dole pineapple, and I used <http://www.ebay.com/itm/New-Stainless-Steel-Fruit-Pineapple-Corer-Slicer-Cutter-Peeler-Easy-Kitchen-Tool-/361507098017?rmvSB=true&cu=&rmvSB=true> to remove the

pineapple from its shell, and I chopped it into chunks, and I put it in a bowl, and I added Angostura bitters, lemon juice, and punch, and I mixed it all together, and I put it in a Rubbermaid container with lid in the refrigerator to settle for a day, before I start eating it. I threw out the pineapple shell and remains in the garbage dumpster outside. CIO

10/03/16 Monday 10:25 P.M. I threw out the garbage. I went to the Acme grocery store. I bought two 16 ounce Utz sourdough dark pretzels for \$2.50 each, two 12 ounce Stouffer's deluxe French bread pizza for \$1.99 each, and two 12 ounce Carnation evaporated milk for \$1.25 each for \$11.48 total. I then went downtown. I chatted with a relative on my wireless telephone. I used the wireless at Starbucks to check some things with my Nokia Go Phone, and I also used the bathroom. I then drove down by the waterfront on Steamboat Road. <https://www.yachtcharterfleet.com/luxury-charter-yacht-23789/utopia-iii.htm> is at the <http://www.delamargreenwich.com/>. I then went by Whole Foods. They totally remodeled and expanded their grocery store, since I was there last. I bought a 4 ounce package of Changing Seas smoked salmon for \$4.99, a 8 ounce bag of Garden of Eatin blue tortilla chips for \$2.50 and organic bananas for .99 a pound for \$1.99 for \$9.48 total. They told me packaged smoked salmon only lasts about two weeks. They have a big 16 ounce package of Norwegian smoked salmon for \$25. I then returned home. CIO

10/03/16 Monday 7:45 P.M. Tracking is https://www.fedex.com/apps/fedextrack/?tracknumbers=707028506580&cntry_code=us on the order for a 5 million watt rechargeable lantern <http://www.ebay.com/itm/161484638763?afsrc=1&rmvSB=true> for \$14.45 with free shipping and .92 tax for \$15.37 total. CIO

10/03/16 Monday 7:30 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 8 grape tomatoes, 10 pitted extra large black olives, a 3.75 ounce tin of Bumble Bee sardines with oil, one fourth of a diced Vidalia onion, 25 Italian croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, ythree sliced mushrooms, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian Lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Schweppes Ginger Ale. I chatted with a relative. CIO

10/03/16 Monday 6:30 P.M. I threw out the garbage. I went by the Greenwich Hospital Thrift shop. They have lots of chairs there. The electric company building on Railroad Avenue is being gutted like it might being transformed into some other sort of building. I toured Grass Island. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, but I lost. I toured Apple. The Tesla showroom, told me there are charging stations just to the east on lower Greenwich Avenue in those parking areas there. I was told they ring up their sales on their devices, which is why they don't have cash registers. I used the bathroom at Starbucks. I stopped by the Ralph Lauren men's department, and I suggested they use old men's silk ties to make quilts. I toured CVS on the way up Greenwich Avenue. I stopped by AT&T store, and they told me I can not get data with my \$475 on my Go Phone. They tried to sell me a

\$45 a month plan instead of my \$25 every three months. I stopped by the Ralph Lauren men's department again, and I told them about the article in the Maine magazine about the box tree blight, since they lost one this summer, and the other one looks like it is on its way out. I suggested they try some other plant. Once I was back in my Volvo wagon, I went back to CVS. I bought three 12 packs of Schweppes diet Ginger Ale for \$11 and \$1.80 can deposit for \$12.80 total. I then returned home. I picked up the mail. I used my little folding cart to bring up the ginger ale. I chatted with neighbors. CIO

10/03/16 Monday 1:35 P.M. I ordered a pouch in black for \$12.99 https://www.tanga.com/deals/60e57a36be38/valencia-multifunctional-canvas-traveling-bag-3-colors?internal_campaign=front_page_daily_deals&affiliate_network=tanganetwork&click_id=71563d4aa96f1d641ca72b88a4105156&affiliate=dealnews&utm_source=tanganetwork&utm_campaign=dealnews and \$2.99 shipping for \$15.98 and \$1.01 sales tax for \$16.99 total.

I bought a 5 million watt rechargeable lantern <http://www.ebay.com/itm/161484638763?afsrc=1&rmvSB=true> for \$14.45 with free shipping and .92 tax for \$15.37 total. I will now try charging up my old 2 million watt rechargeable lantern and my three rechargeable jump start systems to get them ready for winter. I will make my bed. I will then shower and clean up. I will then go downtown to Green Witch Avenue, so some of the regular week day people can see me in the daytime. CIO

10/03/16 Monday 12:45 P.M. Get ready for winter <http://www.canadagoose.com/> . CIO

10/03/16 Monday 12:45 P.M. I slept some more until 12:30 P.M.. There is an old protestant expression that the only time, one is supposed to be in the newspapers is when one is born, married, and dies. In my case as far as I know, I have been in the newspapers twice in my life. Back around August 1968, I had my picture in the Greenwich Time for when I won the junior club championship in golf at the Greenwich Country Club. Also around February 1986, my photograph was in the Greenwich Time wearing my arctic parka on a minus 20 degree Fahrenheit day at the top of Greenwich Avenue just west on West Putnam Avenue. The parka hood obscured my face. CIO

10/03/16 Monday 10:50 A.M. I chatted with a relative. Donald <http://www.trump.com/> and <https://www.donaldjtrump.com/> is on www.foxnews.com talking about Cyber Security. CIO

10/03/16 Monday 9:30 A.M. I woke up, and I ate some dark pretzels. I also drank a 12 ounce glass of 50% punch and 50% ginger ale. I finally woke up at 9 A.M.. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/02/16 Sunday 10:30 P.M. I watched "The Finest Hour". I ate some dark pretzels. I will now shut down the primary work computer, and I will go to bed. CIO

10/02/16 Sunday 8:15 P.M. http://www.nytimes.com/2016/10/01/us/curtis-roosevelt-dead.html?emc=edit_th_20161002&nl=todaysheadlines&nlid=46729&r=1 . CIO

10/02/16 Sunday 8:00 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, a vine tomato cut into 9 wedges, 10 pitted extra large black olives, a 6 ounce tin of Bumble Bee crab meat drained and rinsed, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, three sliced mushrooms, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian Lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Schweppes Ginger Ale. CIO

10/02/16 Sunday 7:15 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I used the bathroom at Starbucks. I stopped by CVS. I bought a 16 double roll bundle of Charmin extra strong toilet paper for \$9.99 and buy one get one free of Nature's Bounty 120 tablet garlic 2000 mg for \$11.49 both and .63 tax for \$22.11 total. I then bought four 6 ounce Bumble Bee crab meat for \$1.99 each and three 2.25 ounce Lindsey sliced black olives for .56 each for \$9.64 total. After my walk, I went to the Stop and Shop. I bought two 5 ounce Stop and Shop garlic and cheese croutons for \$1.29 each, two 12 ounce generic honey for \$2.50 each, a Vidalia sweet onion for \$1.29 a pound for \$1.26, two cucumbers for .69 each, a six ounce bag of Dole baby spinach for \$2.50, and two pints of grape tomatoes for \$2.50 each for \$22.72 total. I then went to the Putnam Shell at 401 West Putnam Avenue, and I bought \$7.35 of self service V-Power premium gasoline for \$3.339 a gallon for 2.208 gallons at odometer reading of 114210 miles for 25.7 miles driving since that past Wednesday September 28, 2016 for 11.64 miles per gallon in local traffic. I then returned home, and I put away my groceries. CIO

10/02/16 Sunday 3:05 P.M. I printed out Scott's Notes for the last five months. They are 191 pages long that I put in two Staples clamp binders that I set on the www.harvard.edu chair at the hallway entrance. They are available at:

Scott's Notes from January 2010 through September 2016, 7.75 Mbytes <http://scott-mike.com/mlsnote3.zip> contains "mlsnote18.doc" pages 7653 -7892 January 2010 to April 2010, "mlsnote19.doc" pages 7893 -8142 May 2010 to August 2010, "mlsnote20.doc" pages 8143 - 8401 September 2010 to December 2010, "mlsnote21.doc" pages 8402 - 8664 January 2011 to April 2011, "mlsnote22.doc" pages 8665 - 8928 May 2011 to August 2011, "mlsnote23.doc", pages 8929 -9166, September 2011 to December 2011, January 2012 to April 2012, "mlsnote24.doc", pages 9167- 9404, May 2012 to August 2012 "mlsnote 25.doc", page 9405 - 9615, September 2012 to December 2012, "mlsnote26.doc", pages 9616 - 9851, January 2013 to April 2013, "mlsnote27.doc", pages 9852 - 10092, May 2013 to August 2013, "mlsnote28.doc", pages 10093 - 10306, September 2013 to December 2013,

"mlsnote29.doc", pages 10307 -10538, January 2014 to April 2014, "mlsnote30.doc" , pages 10539 - 10780, May 2014 to August 2014, "mlsnote31.doc", pages 10781 - 10984, September 2014 - December 2014, "mlsnote32.doc", pages 10985 - 11207, January 2015 - April 2015, "mlsnote33.doc", pages 11208- 11471, May 2015 - August 2015, "mlsnote34.doc", pages 11472 - 11642, September 2015 to December 2015, "mlsnote35.doc", pages 11643 - 11807, January 2016 to April 2016, "mlsnote36.doc", pages 11808 - 11942, May 2016 to September 2016, "mlsnote37.doc", pages 11943 - 12134

May to September 2016, "mlsnote37.docx" , pages 11943 - 12134

May 2016 through September 2016, pages 11943 - 12134

<http://scott-mike.com/mlsnote37.pdf>

and

Scott's Notes from January 2010 through September 2016, 7.75 Mbytes
<http://mikelouisscott.com/mlsnote3.zip> contains "mlsnote18.doc" pages 7653 -7892 January 2010 to April 2010, "mlsnote19.doc" pages 7893 -8142 May 2010 to August 2010, "mlsnote20.doc" pages 8143 - 8401 September 2010 to December 2010, "mlsnote21.doc" pages 8402 - 8664 January 2011 to April 2011, "mlsnote22.doc" pages 8665 - 8928 May 2011 to August 2011, "mlsnote23.doc", pages 8929 -9166, September 2011 to December 2011, January 2012 to April 2012, "mlsnote24.doc", pages 9167- 9404, May 2012 to August 2012 "mlsnote 25.doc", page 9405 - 9615, September 2012 to December 2012, "mlsnote26.doc", pages 9616 - 9851, January 2013 to April 2013, "mlsnote27.doc", pages 9852 - 10092, May 2013 to August 2013, "mlsnote28.doc", pages 10093 - 10306, September 2013 to December 2013, "mlsnote29.doc", pages 10307 -10538, January 2014 to April 2014, "mlsnote30.doc" , pages 10539 - 10780, May 2014 to August 2014, "mlsnote31.doc" , pages 10781 - 10984, September to December 2014, "mlsnote32.doc" , pages 10985 - 11207, January to April 2015, "mlsnote33.doc" , pages 11208 - 11471, May to August 2015, "mlsnote34.doc", pages 11472 - 11642, Sepember to December 2015, "mlsnote35.docx", pages 11643 - 11807, January 2016 to April 2016, "mlsnote36.docx", pages 11808 -11942, May 2016 to September 2016, "mlsnote37.docx", pages 11943 - 12134

May to September 2016, "mlsnote37.docx" , pages 11943 - 12134

May 2016 through September 2016, pages 11943 - 12134

<http://mikelouisscott.com/mlsnote37.pdf>

I will now make my bed. I will then shower and clean up. I will then go downtown.

CIO

10/02/16 Sunday 11:25 A.M. I woke up at 11:15 A.M.. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50%

punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/02/16 Sunday 2:10 A.M. I will now shut down the primary work computer, and I will go to bed. Bon Soir. CIO

10/02/16 Sunday 2:00 A.M. <http://www.pcworld.com/article/3125500/windows/16-useful-windows-10-tools-that-help-you-get-more-done.html> CIO

10/02/16 Sunday 1:55 A.M. Mexican Volcano
http://www.bbc.com/news/video_and_audio/headlines/37528572 . CIO

10/02/16 Sunday 1:35 A.M. I threw out the Kohls shipping box and the Westinghouse shipping box from a couple of months ago and the garbage. I ate some dark pretzels. CIO

10/02/16 Sunday 12:50 A.M. \$116 <http://acerrecertified.com/DT.B0ZAA.001.HU>

\$110 after \$10 rebate card
http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage_SS--P4_83-285-330--10012016&Index=4 CIO

10/02/16 Sunday 12:35 A.M. This costs \$40 with shipping and tax with coupon code "MORE" http://www1.macys.com/shop/product/weatherproof-mens-big-tall-lightweight-full-zip-bomber-jacket?ID=2602210&LinkshareID=pnkDUx_cu3o-E82xUc9pKhII2wiL4K0CCg . CIO

10/02/16 Sunday 12:25 A.M. I watched "City 40". It said at the end, the only closed city in the United States of America today is https://en.wikipedia.org/wiki/Mercury,_Nevada and https://en.wikipedia.org/wiki/Closed_city . I guess their residents glow in the dark. CIO

10/01/16 Saturday 10:55 P.M. <http://www.telegraph.co.uk/news/2016/10/01/duke-and-duchess-of-cambridge-visit-a-family-centre-on-the-last/>

<http://www.bbc.com/news/uk-37531184>

<http://www.cnn.com/2016/09/24/world/gallery/royals-visit-canada-sept-2016/index.html> . CIO

10/01/16 Saturday 10:45 P.M. I put one and a half coffee scoops of Folgers decaffeinated coffee and one and a half coffee scoops of Gold Emblem hazelnut coffee in the Krups espresso coffee machine and 12 ounces of cold filtered water, and I made the coffee which a mixed with a few ounces of milk and a packet of Equal sweetener. CIO

End of Scott's Notes week of 10/01/16

10/01/16 Saturday 10:05 P.M. I will now send out my notes for the first time in a month. CIO

10/01/16 Saturday 10:05 P.M. I checked out the video on the automobile camera. Its 32 GB microSD card was filled up by early this past July 2016, so it has not been recording any video since then. I had to preview the MicroSD card in the HP computer, since it would not work in the Dell Optiplex 740 primary computer. I left the microSD card in the automobile camera for now. CIO

10/01/16 Saturday 9:15 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, a vine tomato cut into 8 wedges, 10 pitted extra large black olives, a 3.75 ounce tin of Bumble Bee sardines with oil, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont extra sharp cheddar cheese, four sliced mushrooms, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian seasoning, and Kraft Zesty Italian Lite dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Schweppes Ginger Ale. CIO

10/01/16 Saturday 8:35 P.M. I threw out the garbage. I picked up the mail. The order with tracking of https://www.fedex.com/apps/fedextrack/?tracknumbers=61299995671935532769&cntry_co de=us on the order for \$12.99 http://www.kohls.com/product/prd-2460196/the-big-one-essential-mattress-pad.jsp?src=Dr*WCdER2Xg&utm_campaign=297133&utm_medium=affiliate&utm_source=Dr*WCdER2Xg&utm_content=80795&utm_term=2&siteID=Dr.WCdER2Xg-awFcFlmNWyO12X5aqNoN7g in full size and \$1.99 off with "SEPTFALL15" coupon code and \$1.27 tax and \$8.95 shipping for \$21.26 total arrived. I went downtown to CVS. I picked up a prescription. I bought the stick free copper frying pan for \$19.99 less \$8 off with CVS summer bonus bucks coupon, less \$3.60 off with 30% off CVS internet coupon, less \$4 off with 20% off CVS flu shot coupon and .28 tax for \$4.67 total. I used the bathroom at CVS. I stopped by Mac Inspires. I then went further downtown. I chatted with a relative on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the www.apple.com store. The don't sell refurbished items at their store, but they are available from their web site <http://www.apple.com/shop/browse/home/specialdeals> . I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by CVS again. I bought a 12 ounce Gold Emblem ground hazelnut coffee for \$5.99 and a 12 ounce Starbucks Veranda ground coffee for \$5.99 for \$11.98 total. I used the bathroom at CVS. They now have a Doctor Scholl's foot machine at CVS. It says I need foot inserts CF440 which cost about \$55 there. I chatted with a relative on my wireless telephone. I then finished my walk. I chatted with a friend on my wireless telephone. I then went by the Stop and Shop. I bought a 59 ounce Tropicana orange juice with calcium for \$3, two Healthy Choice 12 ounce Chicken Parmesan meals for \$2.50 each, a 64 ounce Ocean Spray cranraspberry juice for \$2.79, a 64 ounce Ocean Spray crangrape juice for \$2.79, a small box of mushrooms for \$1.67 for \$15.25 total. I then returned home. I brought up my

purchases, and I put them away. I also brought up the windshield camera from the Volvo wagon to see how it has been working for the last couple of months. CIO

10/01/16 Saturday 3:35 P.M. I went back to bed until 3:15 P.M.. I ate a 9.5 ounce Healthy One beef merlot dinner with a 12 ounce glass of Schweppes Ginger Ale. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

10/01/16 Saturday 1:50 P.M. I went back to bed until 1:30 P.M.. I ate some dark pretzels. CIO

10/01/16 Saturday 12:05 P.M. \$107 <http://acerrecertified.com/Acer-2-in-1-Tablet-PC-10.1-2-GB-Ram-32-GB-Flash-Intel-Atom-Z3735F-1.33-GHz-WXGA-Windows-10-Home-S1002-145A-Scratch-and-Dent> . CIO

10/01/16 Saturday 11:40 A.M. <http://www.4lawschool.com/> CIO

10/01/16 Saturday 11:25 A.M. I made up a fresh batch of punch. CIO

10/01/16 Saturday 10:20 A.M. I woke up at ate some dark pretzels. I finally woke up at 10 A.M.. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/01/16 Saturday 2:30 A.M. I watched "The Imitation Game". I ate some dark pretzels. I will now shut down the primary work computer, and I will go to bed. CIO

10/01/16 Saturday 12:30 A.M. The older Roku device is setup on the 27 inch Sony CRT television in the bedroom. It works just fine. Although the Sony television is an older television, it has good definition. It is actually at an angle that is more enjoyable to watch from. The 32 inch Haier HDTV is also setup with a Roku device, but that is more complicated to start up, and one has to look upwards a bit to watch it. Thus I have two Roku options in the bedroom. CIO

11/30/16 Wednesday 4:20 P.M. I mailed the letter in the mail room downstairs. I picked up the mail. I will now shut down the primary work computer, and I will go to bed. CIO

11/30/16 Wednesday 4:10 P.M. I printed out two copies of the Microsoft Money Sunset Income versus Spending report for November 2016, and I will mail one copy with a .49 forever stamp to an interested relative. CIO

11/30/16 Wednesday 4:00 P.M. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of diet Schweppes Ginger Ale. CIO

11/30/16 Wednesday 3:20 P.M. I threw out the garbage. I went to the Greenwich Town Hall early, and I paid \$1.25 to park pushing the meter up to the maximum of two hours. At the Greenwich Department of Social Service, I filed for my energy assistance. I then went by the Chase Bank at Deerfield Place and got some more parking quarters and laundry money. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$6.50 of self service premium V-Power gasoline for \$3.339 a gallon for 1.946 gallons at odometer reading of 114478 miles for 20.4 miles driven since Wednesday November 23, 2016 for 10.484 miles per gallon in local traffic. I then returned home. I chatted with a neighbor. CIO

11/30/16 Wednesday 12:25 P.M. I will now shower and clean up. I will go out early for my 2 P.M. appointment. CIO

11/30/16 Wednesday 12:10 P.M. <http://www.greenwichtime.com/local/article/Aquarion-Still-a-drought-cut-water-use-20-10644148.php> CIO

11/30/16 Wednesday 12:05 P.M. I made my bed. I chatted with a relative. I finished configuring the Apple Mac Book for now. www.openoffice.org installs on it just fine. I went through <http://scott-mike.com/bf.htm> . The Chinese are not giving away any bargains today. CIO

11/30/16 Wednesday 10:40 A.M. I drank a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

11/30/16 Wednesday 10:25 A.M. I woke up at 10 A.M.. I ate a 13.5 ounce Stouffers bourbon steak dinner with Smart Balance spread on the vegetables and a 12 ounce glass of diet Fresca. CIO

11/30/16 Wednesday 9:10 A.M. I chatted with two relatives. I will now take a nap. I have a 2 P.M. appointment this afternoon. CIO

11/30/16 Wednesday 8:55 A.M. Those programs installed, but they did not create icons in apps folder.

<http://view.klm-mail.com/?qs=98f52dd82aed99f5dc32562db3b4a361cda41f8c66352ca3fdeac0cec333c26905141f603bacd1e031c2a1705741e81c9df86813905b89457d6043c2c590f4a9cef3bda1262e9ea5>

CIO

11/30/16 Wednesday 7:10 A.M. I threw out the garbage. I went by the Chase Bank ATM at Deerfield Place. I drove down Greenwich Avenue. Upper Greenwich Avenue has Holiday lights on it. I returned home. This version of LibreOffice should work with Apple IOS 7.5 Lion

<https://downloadarchive.documentfoundation.org/libreoffice/old/4.2.8.2/mac/x86/> . For Kindle <https://kindle-for-mac.en.softonic.com/mac/download#downloading> . For Spotify <https://spotify.en.uptodown.com/mac/old> . CIO

11/30/16 Wednesday 5:55 A.M. On the Apple MacBook, since I only have IOS Lion or version 10.7.5, a lot of the current free programs look for version 10.8 or newer, so I can not put them on. I have the Apple MacBook configured with the programs that I can put on it. The headset jack works with my other Apple headset headphones, so it has the same jack as the Ipad. Of course a lot of the programs are not free, so I guess that is how Apple makes all of its money. CIO

11/30/16 Wednesday 4:15 A.M. I put away the clean laundry. I fiddled with the MacBook. It has OS Lion on it which is the highest version it will take. CIO

11/30/16 Wednesday 2:45 A.M. I have 55 minutes to go on two dry cycles. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/30/16 Wednesday 2:20 A.M. I woke up at 1:30 A.M.. I put clean linens on the bed. I started two loads of wash, and I have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

11/29/16 Tuesday 4:30 P.M. The free Ipad apps don't install on the MacBook. I did install the programs that will install on it, but a lot of the free programs need the newer more advanced operating system that won't work on the older MacBook. Still it works quite well. I will now take a nap. CIO

11/29/16 Tuesday 2:30 P.M. The Apple MacBook seems to be working just fine. I have it connected to a LAN cable, and I installed a Microsoft Wireless mouse on it. I updated the software on it to the latest operating system. From the Apple store with the Icloud program, I can download all of the free apps that I have on my Ipads to the MacBook, which I am doing right now. CIO

11/29/16 Tuesday 12:55 P.M. The order with tracking number of "1ZR35W930354763855" at www.ups.com on the order for a Apple laptop <http://www.ebay.com/itm/Apple-MacBook-13-2-1-2006-A1181-Core-2-Duo-1-83GHz-4GB-250GB-MA699L-A-14594-/152329500003?hash=item23778bb563:g:VI8AAOSwo4pYNgQG> for \$54.99 and \$12.83 shipping for \$67.82 total arrived. I will now configure it. CIO

11/29/16 Tuesday 12:40 P.M. I chatted with a relative. I put a few handfuls of baby spinach on a dinner plate. I added 20 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont Seriously Sharp Hunters cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian spices, and Kraft Balsamic dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

11/29/16 Tuesday 11:55 A.M. I read some more back issues of PC Magazine. I added some more songs to Pandora. CIO

11/29/16 Tuesday 10:20 A.M. I threw out the shipping box from yesterday. CIO

11/29/16 Tuesday 9:45 A.M. I went back to bed until 9:30 A.M.. I will now make my bed. I will then shower and clean up. CIO

11/29/16 Tuesday 8:05 A.M. I chatted with a friend. I went through <http://scott-mike.com/bf.htm> . I washed the breakfast dishes. It is supposed to rain heavily today and tomorrow, so I will be stuck inside watching the world go by. CIO

11/29/16 Tuesday 7:10 A.M. No snow in Kennebunkport, Maine
<http://www.kennebunkportbeachwebcam.com/> .

11/29/16 Tuesday 7:10 A.M. I went back to bed until 6:45 A.M.. I chatted with a relative. CIO

11/29/16 Tuesday 4:05 A.M. I woke up at 3:45 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/28/16 Monday 5:35 P.M. I ate two White Castle cheeseburgers and a glass of cold filtered water. I chatted with a relative. I will now shut down the primary work computer, and I will eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

11/28/16 Monday 5:05 P.M. I threw out the garbage. I sat downtown for a while. I went to my 2:30 P.M. appointment. I sat downtown for a while. I walked a short distance to Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I then went to the Acme grocery store. With my \$20 Acme grocery card from the Greenwich Department of Social Services Holiday Aid, I bought two 16 ounce Utz dark sourdough pretzels for \$2.50 each, a 48 ounce Smart Balance Spread for \$6.79, a 32 ounce Dannon Vanilla yogurt for \$2.99, and two Stouffer's 13.5 ounce Steak bourbon dinners for \$2.99 each for \$20.76 total. I then returned home. I picked up the mail. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998790725178899>

on the order for

http://www.newegg.com/product/product.aspx?Item=N82E16896095030&CMP=AFC-C8Junction&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-Sogo%20Media,%20Inc.-na-na-na&cm_sp=&AID=10440897&PID=1909457&SID= for \$19.99 with free shipping and the order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998790725178899> on the order for <http://www.newegg.com/Product/Product.aspx?Item=9SIA1DS1FS5839&ignoreabbr=1> for \$7.99 with free shipping arrived. I put away my purchases. I put the rice cooker on the floor in the left living room closet. CIO

11/28/16 Monday 12:30 P.M. I went through <http://scott-mike.com/bf.htm> . <http://www.greenwichtime.com/local/article/Two-sharks-spotted-at-Tod-s-Point-10639866.php> . I will now make my bed. I will then shower and clean up. I will then go downtown. I have a 2:30 P.M. appointment. CIO

11/28/16 Monday 11:55 A.M. I went back to bed until 11:30 A.M.. I ate a 13 ounce Marie Callender chicken alfredo meal with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca and the last piece of spice cake. CIO

11/28/16 Monday 9:45 A.M. Tracking number is "1ZR35W930354763855" at www.ups.com on the order for a Apple laptop <http://www.ebay.com/itm/Apple-MacBook-13-2-1-2006-A1181-Core-2-Duo-1-83GHz-4GB-250GB-MA699L-A-14594-152329500003?hash=item23778bb563:g:VI8AAOSwo4pYNgQG> for \$54.99 and \$12.83 shipping for \$67.82 total. CIO

11/28/16 Monday 9:40 A.M. I slept until 8:15 A.M.. I watched series 4, episode 3 of "A Place to Call Home". I ate a bowl of Utz dark sourdough pretzels. I chatted with a relative. CIO

11/28/16 Monday 6:00 A.M. I reheated and ate the Thanksgiving meal from Temple Shalom which consisted of white turkey breast meat, stuffing, mashed potatoes, green beans, cranberry sauce, with Smart Balance spread, and a clementine which I ate with a 12 ounce glass of diet Fresca. I will now take a nap. CIO

11/28/16 Monday 5:20 A.M. I added some more music to my Pandora www.pandora.com account. CIO

11/28/16 Monday 3:00 A.M. https://www.amazon.com/gp/b/ref=pe_319940_216553370_pe_btn_b/?node=5550342011 CIO

11/28/16 Monday 2:40 A.M. I watched series 4 episode 2 of "A Place to Call Home". The discounted Amarillo bulb that I bought at the Stop and Shop last Christmas for \$3 that never bloomed does not look like it might bloom this Christmas. It only has one large leaf left on it. CIO

11/28/16 Monday 1:05 A.M. Well, I guess nothing happens in the Western Hemisphere. I guess it is just a bunch of old men pretending that something happens, so they might possibly earn a little extra money. CIO

11/28/16 Monday 12:35 A.M. I washed the breakfast dishes. I put Norton Mobile on the Ipad 3. Nobody communicates with me on computers in this area, so I guess www.ibm.com keeps very strict security and watches their people to keep them away from interlopers. I will now make my bed. I will then shower and clean up. Maybe it is that everyone is richer and more affluent than I am, so they are all more advanced in computers than I am. CIO

11/27/16 Sunday 11:40 P.M. I woke up at 11 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I guess I am still on a night schedule keeping track of the midnight oil. However on Monday, I have a 2:30 P.M. appointment. CIO

11/27/16 Sunday 12:25 P.M. http://www.smithsonianmag.com/smart-news/100-years-ago-today-titanics-sister-ship-became-casualty-world-war-i-180961167/?utm_source=smithsoniantopic&utm_medium=email&utm_campaign=20161127-Weekender&spMailingID=27148916&spUserID=NzQwNDUzNTI4NzcS1&spJobID=924456875&spReportId=OTI0NDU2ODc1S0 CIO

\$20 http://www.staples.com/Norton-Security-Deluxe-5-Devices-1-User-Download/product_1928200?cvo_campaign=partnertype&PID=361116&CID=AFF%3A361116%3A361116%3A10422268&cm_ite=Ongoing+-+Staples+Basic&cvosrc=affiliate.cj.361116&cm_mmc=CJ-_-361116-_-361116-_-10422268&cm_pla=361116&SID=ebs2d0d4986d1480265712016sbe&affiliateref=cj&CJPIXEL=CJPIXEL&AID=10422268&cm_cat=358129&cm_ven=CJ&storeId=10001

I went through <http://scott-mike.com/bf.htm> . I will now shut down the primary work computer, and I will go to bed. CIO

End of Scott's Notes week of 11/27/16

11/27/16 Sunday 11:40 A.M. I ate a 14 ounce Marie Callender turkey dinner with Smart Balance spread on the vegetables and a 12 ounce glass of diet Fresca. I will now send out my weekly notes. CIO

11/27/16 Sunday 11:15 A.M. I threw out the garbage. I went downtown to CVS. They have an automobile gathering every two weeks on Sunday at 9 A.M. by the CFCF coffee shop with a lot of diverse sports cars. I picked up two prescriptions. I bought a 64 ounce container of CVS antibacterial liquid soap for \$4.99 less \$2 off with a CVS store coupon and .19 tax for \$3.18 total. I then drove further downtown, and I chatted with a relative on my wireless telephone. I watched all the various sports cars drive by like it was some sort

of a rally. I walked down to Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. It was too cold for me to walk, and I was a bit tired, so I just sat outside some more at the Senior and the Arts Center. I then went to the Stop and Shop, and I bought two 13 ounce Marie Callender frozen meals for \$2.50 each and organic bananas for .79 a pound for \$1.97 and .65 can return for \$6.32 total. I then returned home to Chez Mike's. CIO

11/27/16 Sunday 8:50 A.M. I rested until 8:35 A.M.. I made my bed. I will now dress up warmly, and I will go downtown. CIO

11/27/16 Sunday 6:55 A.M. I watched series 4 episode 1 of "A Place to Call Home". I ate a bowl of Utz sourdough dark pretzels. I will now take a nap. CIO

11/27/16 Sunday 5:35 A.M. Send and receive money with Apple device
<https://itunes.apple.com/us/app/venmo/id351727428?mt=8> . CIO

11/27/16 Sunday 5:25 A.M. I read more back issues of PC magazine, and I fiddled with the Ipad 3. CIO

11/27/16 Sunday 3:30 A.M. I reheated and ate the Thanksgiving meal from Temple Shalom which consisted of white turkey breast meat, stuffing, mashed potatoes, green beans, cranberry sauce, a baked roll with Smart Balance spread, piece of chocolate cake and a clementine which I ate with a 12 ounce glass of diet Fresca. CIO

11/27/16 Sunday 2:55 A.M. I copied the documentation for my Energy Assistance application this Wednesday afternoon. CIO

11/27/16 Sunday 2:25 A.M. 10 Device Norton Internet Security \$28
<https://www.amazon.com/gp/product/B01FIFRNJ2?tag=slicinc-20&ascsubtag=6691de10b46d11e69168ee06bf98b0f50INT>

https://www.amazon.com/b/ref=br_isw_strs-1?encoding=UTF8&node=5550342011&tag=bensbargaicenter

https://www.amazon.com/gp/b/ref=pe_319940_216737540_pe_ecg/?node=5550342011 CIO

11/27/16 Sunday 1:20 A.M. I went back to bed until 1 A.M.. I will now make my bed. I will then shower and clean up. CIO

11/26/16 Saturday 10:45 P.M. I threw out the garbage. I put the new Connecticut automobile registration in the Volvo wagon glove box. I picked up the mail. I washed the breakfast dishes. CIO

11/26/16 Saturday 9:45 P.M. I chatted with a relative at 6 P.M.. I woke up at 9:45 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and

a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/26/16 Saturday 7:35 A.M. I will now shut down the primary work computer, and I will go to bed. I will eat 8 ounces of Dannon vanilla yogurt. CIO

11/26/16 Saturday 7:30 A.M. I chatted with a friend. CIO

11/26/16 Saturday 7:00 A.M. \$90 with free shipping https://www.amazon.com/LENOVO-M58P-Desktop-Certified-Refurbished/dp/B01IDG6I12/ref=gbps_img_s-3_bb19_d74dbe20?smid=AT5ZWRAJ36F48&pf_rd_p=41fd713f-6bfe-4299-a021-d2b94872bb19&pf_rd_s=slot-3&pf_rd_t=701&pf_rd_i=gb_main&pf_rd_m=ATVPDKIKX0DER&pf_rd_r=RKB6BRHGPCSEENE2HXFZ

\$50 with free shipping

http://flash.newegg.com/Product/9SIA6A33W32018?icid=WP_21_11252016 . CIO

11/26/16 Saturday 6:35 A.M. \$60 with free shipping
https://www.amazon.com/gp/product/B018SZT3BK/ref=s9_acsd_al_bw_c_odsbndea_5?pf_rd_m=ATVPDKIKX0DER&pf_rd_s=merchandised-search-1&pf_rd_r=5FN29XERXHQHGDGH7QZ25&pf_rd_r=5FN29XERXHQHGDGH7QZ25&pf_rd_t=101&pf_rd_p=7ba6545a-80c5-4e82-b303-ec97e0b28bef&pf_rd_p=7ba6545a-80c5-4e82-b303-ec97e0b28bef&pf_rd_i=11851273011 . CIO

11/26/16 Saturday 6:20 A.M. I ate two White Castle cheeseburgers and a piece of spice cake and a glass of cold filtered water. CIO

11/26/16 Saturday 5:20 A.M. I have a Facebook site that I don't pay much attention to
<https://www.facebook.com/mikelouisscott009> . CIO

11/26/16 Saturday 5:00 A.M. I watched episode 2 of "Oliver Stone's Untold History of the United States". CIO

11/26/16 Saturday 3:45 A.M. https://www.microsoft.com/en-us/outlook-com/mobile/?WT.mc_id=outlook_app_signature_1

Tracking is

https://www.groupon.com/track_order/c2805a52b21b11e6b51a002590c1237e?view=shiny on the order for <https://www.groupon.com/deals/gg-trident-ipad-cases> in French Garden Black in in Ipad 2 3 4 Kraken for \$9.99 and \$3.99 shipping and .88 tax for \$14.86 total. CIO

11/26/16 Saturday 3:30 A.M. I finished working with the Ipad 3. The new headset for \$17.99 with free shipping

<http://www.newegg.com/Product/Product.aspx?Item=9SIA1GK4VB9693&ignorebbbr=1> works just fine with the Ipad for both listening and talking. CIO

11/26/16 Saturday 3:05 A.M. On the Dell Latitude E6400 laptop, I took the old version of Norton Internet Security off of it, and I did not install the new version, so it will go faster. I also defragmented the hard drive and ran Norton Disk Doctor. I am still working with the Ipad 3. CIO

11/26/16 Saturday 1:45 A.M. I reheated and ate the Thanksgiving meal from Temple Shalom which consisted of white turkey breast meat, stuffing, mashed potatoes, green beans, cranberry sauce, a baked roll with Smart Balance spread, piece of chocolate cake and a clementine which I ate with a 12 ounce glass of diet Fresca. CIO

11/26/16 Saturday 1:20 A.M. I did some maintenance on the Acer Netbook. I have been reading past issues of PC Magazine off the Ipad 3 and also checking out its apps and installing their passwords. CIO

11/26/16 Saturday 12:20 A.M. Free computer maintenance utility <http://www.slimcleaner.com> . CIO

11/25/16 Friday 11:35 P.M. I did a quick defragmentation of the HP Compaq drive and the Dell Latitude E6410 laptop. I will not put Norton Internet Security Deluxe on the Dell Latitude E6410 laptop, because it slows it down too much. CIO

11/25/16 Friday 11:25 P.M. I am doing maintenance on the Lenovo ThinkCentre in front of the mahogany bureau. CIO

11/25/16 Friday 10:25 P.M. Last year, I bought a \$35 lighted Christmas wreath from CVS after Christmas for 75% off. I put it on the front door with the ornaments from the old wreath. There is a button to turn on the LED lights for a short period. I also put out the little miniature Christmas tree with its ornaments on top of a wooden tray on top of the Ricoh color laser printer at the kitchen entrance. I made my bed. I will now shower and clean up. CIO

11/25/16 Friday 9:50 P.M. I went back to bed until 9 P.M.. I threw out the garbage. I said hello to a neighbor. I picked up the mail. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=93748699035012874257> 61 for <http://www.newegg.com/Product/Product.aspx?Item=9SIA1GK4VB9693&ignorebbbr=1> for \$17.99 with free shipping arrived. From the Greenwich Department of Social Services, I got a \$20 gift card for the Acme grocery store. I renewed my Connecticut DMV registration for \$90 <https://dmvcivils-wselfservice.ct.gov/Registration/RenewIndividualReg> . A friend of mine is going to visit https://en.wikipedia.org/wiki/Castle_Cary . CIO

11/25/16 Friday 7:30 P.M. I rested a while. I chatted with a friend. CIO

11/25/16 Friday 5:45 P.M. <http://votethewill.org/> . I washed the breakfast dishes. I chatted with a relative. CIO

11/25/16 Friday 4:25 P.M. I woke up at 4 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/25/16 Friday 7:05 A.M. I watched chapter 1 of "Oliver Stone's Untold History of the United States". I ate a bowl of sourdough dark pretzels. I will now go back to bed. CIO

11/25/16 Friday 5:50 A.M. Black Friday Ads [http://www.newegg.com/Black-Friday/EventSaleStore/ID-42?nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-_na-_na-_na&cm_sp=&AID=10446076&PID=404255&SID=518903](http://www.newegg.com/Black-Friday/EventSaleStore/ID-42?nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-_na-_na-_na&cm_sp=&AID=10446076&PID=404255&SID=518903) desktop

https://www.amazon.com/gp/b/ref=pe_319940_216548080_pe_btn_b/?&node=384082011

https://www.groupon.com/occasion/black-friday-deals?p=1&utm_source=channel_goods&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20161125&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=postcard-hero-landing-page&utm_campaign=6db68b6b-ab0f-4d9c-b541-3daa112ad6ee_0_20161125_treatment0

<http://www.bestbuy.com/site/electronics/black-friday/pcmcat225600050002.c?id=pcmcat225600050002&ref=P10T12R103&loc=BODY&campaignID=819919>

http://myzen.asus.com/2016/11/23/check-black-friday-deals-asus-store/?utm_source=EDM&utm_campaign=Black%20Friday&utm_medium=email

http://www.beachcamera.com/shop/content/dailydeals.html&omid=427&ref=email4&utm_source=Sailthru&utm_medium=Email&utm_placement=20161124_THANKS16BC?smtctid=53f06567df9c090718970772%26omid

http://www.adorama.com/g/BlackFridayOnly?emailprice=t&utm_source=slgt&utm_medium=email&utm_term=Letter&utm_content=Body&utm_campaign=EmailThankYou112516

https://www.walmart.com/browse/Christmas-Gifts/0/0/?facet=shelf_id:5922&refineresult=true&adid=1500000000000040977880&search_sort=100&be_shelf_id=5922&sent_time=1480017600000&veh=eml&campaign_id=112416-BAT-ACT-FUL-OFF-BFStarts-PM_11--1-optcl&e_id=aec4cd6bc3e27a9288bc9a354a751d3c

https://www.amazon.com/gp/b/ref=pe_2793720_215884810_pe_btn_b/?node=384082011

http://www.sears.com/deals/black-friday-deals.html?lid=BAU_hero_BFDBs_Th_AM&riotype=SC&ruid=2013437&sid=IOx20161124SRSPRMFLSx01810010x2013437xSRSTHAMN0G&eml=13087369#/grid

https://www.walmart.com/store/3547/weekly-ads?sent_time=1479996000000&flyer_run_id=175777&adid=1500000000000040977090&veh=eml&eid=aec4cd6bc3e27a9288bc9a354a751d3c&flyer_type_name=ad&campaign_id=112416-BAT-ACT-FUL-OFF-BFStarts-AM_7--0-optcl

<http://view.email.roku.com/?qs=1b800b2a115ab7895227bae475f5da03d5ce77c76e5a3331f02c083396120b2e63d476652007b0709fd935e6863574c71c5e44d2df5e1e973849a792349e7103>

CIO

11/25/16 Friday 5:20 A.M. I ate a 11.5 ounce Swedish meatballs with a slice of spice cake and a 12 ounce glass of diet Fresca. I threw out the garbage. CIO

!!!!!! 11/25/16 Friday 4:35 A.M. For a list of top rates Netflix movies and shows, there is <http://instantwatcher.com/>. CIO

11/25/16 Friday 4:30 A.M. I washed the breakfast dishes. I made my bed. I showered, and I cleaned up. Back in September 2016, I bought a five license copy Norton Internet Security Deluxe from Newegg for \$20 which is now much more http://www.newegg.com/Product/Product.aspx?Item=N82E16832031518&nm_mc=TEMC-RMA-Approvel&cm_mmc=TEMC-RMA-Approvel_-Content_-text_-. Since my old copies of Norton Internet Security expires tomorrow, I put a new copy on the Dell Optiplex 740 tower primary computer and one on the HP Compaq 8100 and on the Acer Aspire R11. I did a Complete PC backup and Aomei backup of the Acer Aspire R11 to the Samsung 5 TB external hard drive. I did a complete PC backup of the Dell Optiplex 740 tower and Aomei backup to second internal hard drive and then the same two backups to the Toshiba 2 TB SATA drive in the Rosewill SATA external USB drive holder. I did the same two backups of the HP Compaq 8100 to the third internal hard drive and then the same two backups to the Toshiba 2 TB SATA drive in the Rosewill SATA external USB drive holder. I read past issues that I had not read of PC magazine off the Apple Ipad 3 from the www.greenwichlibrary.org Zinio magazine collection while doing the backups. CIO

11/24/16 Thursday 11:10 P.M. \$33.33 <https://www.amazon.com/Amazon-Fire-7-Inch-Tablet-8GB/dp/B00TSUGXKE/tag=dealcatcher> plus shipping, Amazon Kindle 7 inch tablet. CIO

11/24/16 Thursday 10:45 P.M. I went back to bed until 10:15 P.M.. I guess I am warning out from resting so much. I ate the piece of pumpkin pie and a piece of the spice cake and a

12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

11/24/16 Thursday 8:45 P.M. I woke up at 8 P.M.. I ate the <http://www.fpcg.org/> Thanksgiving dinner with a 12 ounce glass of diet Fresca. It consisted of turkey with gravy, mashed sweet potatoes, stuffing, green peas, salad with dressing, baby carrots and celery sticks, and cranberry sauce. I also have a piece of pumpkin pie and a small cake that I will eat later. CIO

11/24/16 Thursday 11:55 A.M. I chatted with a relative. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/24/16 Thursday 11:15 A.M. The <http://www.fpcg.org/> just delivered another Thanksgiving meal. CIO

11/24/16 Thursday 10:40 A.M. I chatted with a relative.

<http://time.com/4579340/new-york-city-trump-protect-money/>

<http://money.cnn.com/2016/11/21/news/protecting-donald-trump/> CIO

11/24/16 Thursday 10:25 A.M. <https://www.templeholom.com/> just delivered a Thanksgiving meal. I will now go back to bed. CIO

11/24/16 Thursday 7:10 A.M. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

11/24/16 Thursday 6:25 A.M. I ate some Utz sourdough dark pretzels. I chatted with a friend. CIO

11/24/16 Thursday 5:30 A.M. I bought a Apple laptop <http://www.ebay.com/itm/Apple-MacBook-13-2-1-2006-A1181-Core-2-Duo-1-83GHz-4GB-250GB-MA699L-A-14594-/152329500003?hash=item23778bb563:g:VI8AAOSwo4pYNgQG> for \$54.99 and \$12.83 shipping for \$67.82 total. CIO

11/24/16 Thursday 4:45 A.M. <https://www.gatesnotes.com/Development/Smells-of-Success>

11/24/16 Thursday 4:45 A.M. Cheap Apple laptop \$155
http://flash.newegg.com/Product/9SIA42K52C2784?icid=WP_9_11222016 I can't sleep. I worked with the Ipad 3 a bit. CIO

11/24/16 Thursday 3:10 A.M. I woke up at 2:30 A.M.. for the Ipad 2, I ordered <https://www.groupon.com/deals/gg-trident-ipad-cases> in French Garden Black in in Ipad 2 3 4 Kraken for \$9.99 and \$3.99 shipping and .88 tax for \$14.86 total.

11/23/16 Wednesday 11:25 P.M. I will now go to bed. CIO

11/23/16 Wednesday 11:10 P.M. Tracking is <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=9374869903501287425761> for <http://www.newegg.com/Product/Product.aspx?Item=9SIA1GK4VB9693&ignorebbr=1> for \$17.99 with free shipping.

http://volcano.si.edu/reports_weekly.cfm CIO

11/23/16 Wednesday 11:00 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 20 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, a peeled and diced tropical avocado, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont Seriously Sharp Hunters cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Kraft Balsamic dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

11/23/16 Wednesday 9:50 P.M. I went downtown. I chatted with a friend. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with the Apple store. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by CVS, and I bought two .75 ounce Italian spices for a dollar each and a 1.5 ounce ground black pepper for a dollar for \$3 total. After my walk, I went to the Acme grocery store. I bought a six pack of White Castle cheeseburgers for \$4.49, a 12 ounce Stouffer's spinach soufflé for \$2.51, and six 11.5 ounce Swedish meatballs for \$2.57 each for \$22.42 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$7.27 of self service V-Power premium gasoline for \$3.339 a gallon for 2.177 gallons at odometer reading of 114458 miles for 30.9 miles driven since Thursday November 17, 2016 for 14.194 miles per gallon in local traffic. I then returned home. I sat out for a while. I put away my groceries. The apps are installed on the Ipad 3. I have 236 apps installed on it. I am now updating some of the existing apps automatically. CIO

11/23/16 Wednesday 5:45 P.M. I have the Ipad 3 setup, and it is now just installing the same apps from the restore that I had on the Ipad 2. I was able to restore from the Itune backup of the Ipad 2 that I had made on the primary work computer. I could not restore from the Icloud, it only showed my Iphone backup. Siri works on the Ipad 3. I put the Ipad 3 in the new Belkin case, and I am using the older Ipad 3 case for the Ipad 2. I also updated the Ipad 3 operating system to the latest version. It seems to be working just fine. I chatted with a relative. I picked up the mail. I did not get my \$20 Thanksgiving Voucher

from the Department of Social Services. However, Temple Shalom is delivering a Thanksgiving meal tomorrow morning at 10 A.M.. I have to be awake to buzz them into the building. We were suppose to pick up the meals in the community room at 10 A.M., but now they say they will deliver them to the apartment. I will now make my bed, and I will shower and clean up. CIO

11/23/16 Wednesday 4:15 P.M. I washed the breakfast dishes. I sat outside for a while. I chatted with a friend. The order with tracking number of "9534600035706323000026" at www.usps.com on the order for Ipad 3 <https://vod.ebay.com/vod/FetchOrderDetails?sspagename=STRK%3AMESO%3AVPS&itemid=112207768944&transid=1589556216001> for \$89.99 and \$8.15 shipping for \$98.14 total arrived. I am now setting it up. CIO

11/23/16 Wednesday 1:40 P.M. I woke up briefly at 10 A.M.. I went downstairs for a minute. I have to let the Thanksgiving meal people in the building tomorrow at 10 A.M.. I ate some UTZ sourdough dark pretzels and a 12 ounce glass of 50% punch and 50% diet Fresca. I rested until 1:30 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/23/16 Wednesday 7:00 A.M. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. I chatted with a friend. I will now go back to bed. CIO

11/23/16 Wednesday 5:45 A.M. I watched "Million Pound Motors". CIO

11/23/16 Wednesday 4:25 A.M. Tracking is <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998790725178899> on the order for http://www.newegg.com/product/product.aspx?Item=N82E16896095030&CMP=AFC-C8Junction&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-Sogo%20Media,%20Inc.-na-na-na&cm_sp=&AID=10440897&PID=1909457&SID= for \$19.99 with free shipping. Tracking is <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998790725178899> on the order for <http://www.newegg.com/Product/Product.aspx?Item=9SIA1DS1FS5839&ignorebbbr=1> for \$7.99 with free shipping.

<http://www.longitudebooks.com/find/p/109973/> Why the Dutch are Different.

Dutch Windmill <http://files.constantcontact.com/8256f498001/7306547c-4c09-4fcd-981b-1236b90b528d.pdf> CIO

11/23/16 Wednesday 4:00 A.M. I put away the clean laundry. I watched episode 3 of the "Wild North". I ate a bag of microwave popcorn. CIO

11/23/16 Wednesday 1:15 A.M. I rested some more until midnight. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

11/22/16 Tuesday 11:15 P.M. I woke up at 10:30 A.M.. I ate a 13 ounce Marie Callender chicken alfredo and broccoli dinner with grated parmesan and Romano cheese with a 12 ounce glass of diet Fresca. I also ate some New York Texas Toast Caesar croutons. I ate drank a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

11/22/16 Tuesday 8:50 P.M. I chatted with a friends at 6:30 P.M. and a relative at 8:30 P.M.. I was resting until then. CIO

11/22/16 Tuesday 5:05 P.M. \$90 and free shipping with coupon code "32TVDEAL"
http://www.bestbuy.com/site/westinghouse-32-class-31-5-diag--led-720p-hdtv-black/7617077.p?skuId=7617077&ref=199&loc=NKa3hZyYoHA&acampID=1&siteID=NKa3hZyYoHA-NZr.Kyxd6DRxLqrwjnr_w CIO

11/22/16 Tuesday 4:45 P.M. I ate a 13 ounce Marie Callender chicken alfredo bake with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. CIO

11/22/16 Tuesday 4:20 P.M. I chatted with my social worker twice. I have an appointment for energy assistance application next week. I chatted with a friend about 3 P.M.. I woke up at 3:30 P.M.. I picked up the mail. I watched <https://www.whitehouse.gov/the-press-office/2016/11/16/president-obama-names-recipients-presidential-medal-freedom> which included the Gates couple. CIO

11/22/16 Tuesday 7:50 A.M. I watched episode 2 of "Wild North". I will now rest some more. I ate 8 ounces of Dannon vanilla yogurt. CIO

11/22/16 Tuesday 6:45 A.M. http://www.staples.com/Dell-C1760nw-Color-Laser-Printer-STP-CGFYN-V2-New/product_122141?affiliateref=cj&cvosrc=affiliate.cj.404255&PID=404255&cm_mmc=CJ--404255--404255--10422268&SID=518973_desktop&cvo_campaign=partnertype&AID=10422268&storeId=10001&CID=AFF%3A404255%3A404255%3A10422268&CJPIXEL=CJPIXEL

I chatted with a friend.

<https://www.bedbathandbeyond.com/store/product/calphalon-reg-contemporary-nonstick-10-inch-omelet-pan/1013015368?>

CIO

11/22/16 Tuesday 5:45 A.M. Newegg Black Friday [http://www.newegg.com/Black-Friday/EventSaleStore/ID-42?nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-_na-_na-_na&cm_sp=&AID=10446076&PID=404255&SID=518903_desktop](http://www.newegg.com/Black-Friday/EventSaleStore/ID-42?nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-_na-_na-_na&cm_sp=&AID=10446076&PID=404255&SID=518903_desktop) . CIO

11/22/16 Tuesday 5:45 A.M. I washed the breakfast dishes. Contact Bill Gates for foundation assistance <https://www.gatesnotes.com/globalpages/contactbillgates> . I don't think he will pay for Christmas lights on Greenwich Avenue. They only help third world hard up cases. His poor friend <http://www.pgafamilyfoundation.org/> might help you out. CIO

11/22/16 Tuesday 4:30 A.M. I woke up at 4 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/21/16 Monday 10:55 P.M. I watched episode 1 of "Wild North". I will now shut down the primary work computer, and I will go to bed. CIO

11/21/16 Monday 9:35 P.M. Mark Twain
https://www.amazon.com/gp/product/B01ILEY39K/ref=pe_2236880_215897590_em_1p_0_tit

\$49 http://www.itechdeals.com/nobis-nbw7800c-atom-z3735g-quad-core-7-85-capacitive-touchscreen-tablet-cams-keyboard-case.html?utm_campaign=newsletter+11%2F21%2F16+%28uu3tAW%29&utm_medium=email&_ke=bWlrZNXnb3RAb3B0b25saW5lLm5ldA%3D%3D&utm_source=iTech+1

<https://acadgild.com/>

\$35 Roku Stick
<http://view.email.roku.com/?qs=3244a3568e909ce3ceebc24b03b13bd1e7d6932af9efcf490d34b548bb3ec0adb97bdbc339c91132afe89f5724790a6de372dccc0578e97732c2c6b9470d22dbbccac3d53d58291b>

CIO

11/21/16 Monday 8:50 P.M. I ordered
<http://www.newegg.com/Product/Product.aspx?Item=9SIA1DS1FS5839&ignorebbbr=1> for \$7.99 with free shipping and
<http://www.newegg.com/Product/Product.aspx?Item=9SIA1GK4VB9693&ignorebbbr=1> for \$17.99 for \$25.98 total with free shipping.

\$70 <http://www.newegg.com/Product/Product.aspx?Item=N82E16828116412&ignorebbbr=1>

\$110

<http://www.newegg.com/Product/Product.aspx?Item=N82E16834234013&ignorebbr=1>

\$120

<http://www.newegg.com/Product/Product.aspx?Item=N82E16828116414&ignorebbr=1>

\$160 <http://www.newegg.com/Product/Product.aspx?Item=N82E16828118696>

I ordered

http://www.newegg.com/product/product.aspx?Item=N82E16896095030&CMP=AFC-C8Junction&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-Sogo%20Media,%20Inc.-na-na-na&cm_sp=&AID=10440897&PID=1909457&SID= for \$19.99 with free shipping.

I chatted with a relative. CIO

11/21/16 Monday 7:30 P.M. I put a few handfuls of fresh spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 10 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 Stop and Shop cheese and garlic croutons and New York Texas Toast Caesar croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot extra sharp hunter cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Kraft Zesty Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

11/21/16 Monday 6:15 P.M. I threw out the garbage. I went to my 2:30 P.M. physical therapy appointment. I was told that on the nice days, I should try to increase my walking routine to two times the length of Greenwich Avenue and the trains station area. I am not sure that I can do that. I then went downtown. The Japanese rope sculpture has been removed from the Senior and the Arts center front yard. I chatted with a local on my cell phone. I walked down to Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$2 for a dollar profit. I stopped by the Apple store briefly. While waiting for my physical therapy appointment, I read the most recent issue of Greenwich magazine. It said that Tom Scott from Nantucket Nectars has a coffee house on Mason Street in Greenwich. I then went to the Stop and Shop. I bought a 59 ounce Florida Natural Fit and Delicious 50% less sugar orange juice for \$2.49, a 12 ounce generic honey for \$2.50, a 8 ounce Stop and Shop parmesan and Romano cheese for \$3.69, and organic bananas for .79 a pound for \$2.09 for \$10.77 total. I then returned home. I sat outside briefly. I picked up the mail. The order for four for \$1.63 each <http://www.ebay.com/itm/USB-Male-to-PS2-Female-Cable-Adapter-Converter-Use-for-Keyboard-Mouse/321478973486?trksid=p2047675.c100009.m1982&trkparms=aid%3D888007%26algo%3DDISC.MBE%26ao%3D1%26asc%3D40293%26meid%3D1850ab297271478fb6a5702c35c7ef75%26pid%3D100009%26rk%3D1%26rkt%3D1%26sd%3D381151928665> for \$6.52 total with free shipping from China arrived. I chatted with a relative. CIO

11/21/16 Monday 12:50 P.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I have a 2:30 P.M. appointment today. CIO

11/21/16 Monday 11:45 A.M. I chatted with a friend at 8 A.M.. I woke up at 11:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/21/16 Monday 5:45 A.M. I woke up at 3:30 A.M., and I watched episode 2 of "Troubles". I will now go back to bed. CIO

11/21/16 Monday 1:25 A.M. I watched the rest of episode 1 of "Troubles". I will now try to go to bed. I have to be up at 11:30 A.M. this morning to make to my 2:30 P.M. appointment this afternoon. CIO

11/21/16 Monday 12:45 A.M. I put a few handfuls of fresh spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 10 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 Stop and Shop cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Kraft Zesty Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

11/21/16 Monday 12:05 A.M. I read some computer magazines from Zinio off the Greenwich Library web site. I watched part of episode 1 of "Troubles". There is an Ipad app for Acorn TV. I have a 2:30 P.M. appointment today Monday. CIO

11/20/16 Sunday 8:15 P.M. I threw out the garbage. I chatted with a neighbor. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. CIO

11/20/16 Sunday 7:15 P.M. I got backup at 5:30 A.M., and I watched "Close to the Enemy". I ate a bowl of microwave popcorn. I went back to bed at 6:30 A.M.. I chatted with a friend at 3 P.M.. I chatted with a relative at 5:30 P.M.. I finally got out of bed at 7 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 11/20/16

11/20/16 Sunday 4:55 A.M. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

11/20/16 Sunday 4:40 A.M. I ran some maintenance programs on the primary work computer, the Dell Optiplex 740 tower. I watched episode 3 of "Empire of the Tsars". CIO

11/20/16 Sunday 2:00 A.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 20 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 New York Texas Toast Caesar croutons and Stop and Shop cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Wishbone Italian dressing and Kraft Zesty Italian dressing, and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

11/20/16 Sunday 1:15 A.M. On my old Apple phone, I have \$9.60 on it from <https://www.h2owirelessnow.com/> until December 29, 2016, when I will have to recharge it with \$10 more before that date. I keep it as backup. Cheez-its and Dijournos Pizzas are on sale at CVS, if you have the munchies. CIO

11/20/16 Sunday 1:00 A.M. I watched episode 2 of "Empire of the Tsars". It sounds like there is either high wind or rain outside. CIO

11/19/16 Saturday 11:30 P.M. I went through <http://scott-mike.com/bf.htm>. Southern people have money to afford to drink alcohol <http://www.liveduvalstreet.com/>. I think a lot of the people that one sees in Key West come from New Orleans, when it gets colder there. I was never part of the bar scene in Key West, so I don't know whom or who was drinking down there. CIO

11/19/16 Saturday 11:00 P.M. I chatted with a neighbor. I threw out the garbage. I moved my deluxe snow brush from the rear area of the Volvo wagon to the back seat to have it available in case it snows. I picked up the mail. I got a bill from the Greenwich Housing Authority for \$27.50 for replacing my toilet seat. They don't tell one how to pay the bill though. Possibly it will be on next month's rent statement. The order with tracking number of "1ZV7855EYW23419672" at www.ups.com for <http://www.bestbuy.com/site/insignia-aaa-batteries-48-pack-white-blue/4971903.p?skuId=4971903> for \$9.99 and .63 tax for \$10.62 with free shipping arrived. CIO

11/19/16 Saturday 10:00 P.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I guess I should turn the heat on in the apartment. CIO

11/19/16 Saturday 9:55 P.M. I rested some more until 9:45 P.M.. <http://www.greenwichtime.com/news/article/Mild-today-then-temps-drop-some-snow-in-forecast-10624953.php>. For the younger hearty people in the area, I guess we should start the freezing Norwegian patrol again. One could escape down south.

One can always escape.

If one needs to get away to warmer regions, these are available:

<http://www.bocaluxurycondos.com/excelsior/> where I use to camp out, when I was a dishwasher in Boca Raton, which is Spanish for "Mouth of the Rat".

<https://www.netjets.com/>

https://www.peninsulagrill.com/store/index.php?route=product/product&product_id=2
Coconut Cake

<https://www.johnsislandclub.org/>

<http://www.verobeach.com/>

<https://verobeach.disney.go.com/>

<http://rockresorts.com/>

<http://www.ahriise.com/>

<http://www.caneelbay.com/>

<http://www.nps.gov/viis/index.htm>

<http://casamarinaresort.com/>

<http://keyambassador.com/>

<http://www.seaisland.com/>

<http://www.thebreakers.com/>

<http://waldorfastoria3.hilton.com/en/hotels/florida/boca-raton-resort-and-club-a-waldorf-astoria-resort-BCTRCWA/index.html?WT.srch=1>

<http://www.bocaresort.com/>

<http://waldorfastoria3.hilton.com/>

<http://www.ritzcarlton.com/LagunaNiguel>

<http://www.ritzcarlton.com/HalfMoonBay>

<http://www.montecitoinn.com/>

<http://www.pebblebeach.com/>

<http://www.lanzarote.com/>

[Lyford Cay](#)

[Hyatt Regency in Lahaina, Maui, Hawaii](#)

[Mount Irvine Bay Hotel and Golf Club](#)

[Welcome to Sanibel Island.com!](#)

[Antigua and Barbuda](#)

[St Barts Vacation guide - St Barts villa rentals, Hotels Reservations, properties for sale, car rental, real estate, beaches, webcam views - St Barthelemy vacation | St Barths Online](#)

[Cayman Islands | Caribbean Vacation Packages, Honeymoon Caribbean](#)

[Luxury Resorts in Jamaica | Jamaica Resort& Hotel, Montego Bay | Round Hill Hotel & Villas](#)

[Bequia Tourism Association - welcome!](#)

[The Official St. Kitts Tourism Authority Website | stkittstourism.kn](#)

[Welcome to Nevis](#)

[! Barbados Tourism Encyclopedia - Official site of the Barbados Tourism Encyclopedia.](#)

[Travel to Tobago | Tobago Vacations | Visit Tobago](#)

[Elbow Beach \(Paget, Bermuda\) | Expedia](#)

[Don CeSar Beach Hotel | St Pete Beach Hotel | Loews Hotels - Loews](#)

[Fort Lauderdale Beach Hotels Bahia Mar](#)

[Pier 66 Fort Lauderdale Hotels & Florida Luxury Resorts - Hyatt Regency Pier Sixty-Six Resort and Spa](#)

[Hotel Oslo. Book the stylish Radisson Blu Scandinavia Hotel, Oslo.](#)

[Best Western West Hotel Oslo, Norway](#)

[Burkhalter Travel / Travel Headquarters / Olson Travel](#)

Don't forget your sun screen.

CIO

11/19/16 Saturday 8:20 P.M. It says Steve Forbes lives here [https://en.wikipedia.org/wiki/Bedminster, New Jersey](https://en.wikipedia.org/wiki/Bedminster,_New_Jersey) . It is near Gladstone, New Jersey where George Cary's grandfather J. Coogan lived. He was president of the Illinois Central Railroad. His estate is now the headquarters for the United States Equestrian Team. I visited there in December 1973 during a blizzard. CIO

11/19/16 Saturday 8:15 P.M. I chatted with a relative. CIO

11/19/16 Saturday 6:35 P.M. I went back to bed until 6:30 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/19/16 Saturday 12:45 P.M. I chatted with a relative at 10 A.M., and another relative at 11:45 A.M.. I finally got up at 12:15 P.M.. <http://www.shelburnefarms.org/about/our-campus/old-dairy-barn> . CIO

11/19/16 Saturday 3:25 A.M. I watched episode 1 of "Empire of the Tzars". I will now shut down the primary work computer, and I will go to bed. CIO

11/19/16 Saturday 2:05 A.M. <http://blogs.mprnews.org/updraft/2016/11/blizzard-warning-western-mn-friday-some-metro-snow/>

http://www.nytimes.com/2016/11/19/business/ford-move-cited-as-victory-by-trump-has-no-effect-on-us-jobs.html?em_pos=small&emc=edit_dk_20161118&nl=dealbook&nl_art=0&nid=46729&ref=headline&te=1&r=0

Tracking number is "9534600035706323000026" at www.usps.com on the order for Ipad 3 <https://vod.ebay.com/vod/FetchOrderDetails?sspagename=STRK%3AMESO%3AVPS&itemid=112207768944&transid=1589556216001> for \$89.99 and \$8.15 shipping for \$98.14 total.

http://www.nytimes.com/2016/11/18/world/americas/ambition-of-avocado-imperils-monarch-butterflies-winter-home.html?emc=edit_th_20161118&nl=todaysheadlines&nid=46729 CIO

11/19/16 Saturday 1:00 A.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 30 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 New York Texas Toast Caesar croutons,

twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Wishbone Italian dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I had a poor telephone connection from [https://en.wikipedia.org/wiki/Lancaster, Kentucky](https://en.wikipedia.org/wiki/Lancaster,_Kentucky) and two more telephone calls with no one on them. It is probably some horse person that knew my equestrian friend. CIO

11/19/16 Saturday 12:05 A.M. I went out, and I went by the Acme grocery store. I bought two three packs of Snackn extra butter popcorn for \$1.49 each box, and two 10 ounce bags of Fresh Express spinach for \$2.50 each and .30 can return for \$7.68 total. Acme in their prepared food department opposite the delicatessen had prepared beef stroganoff for \$9.99 a pound which looks interesting. I then sat out downtown near Starbucks. I walked lower Greenwich Avenue and the train station area. There were a few pub crawlers out. I chatted with somebody from California in a vintage Porsche Baxter. He said he was not going back. I then went to CVS at 644 West Putnam Avenue, and I bought six 6 ounce cans of Lindsey large black pitted olives for .99 each and six four ounce cans of Bumble Bee chicken for .99 each for \$11.88 total. I then returned home, and I put away my groceries.

For Holiday dining, I happened to notice while I was sitting downtown at the top of Greenwich Avenue in one of my usual observation places, that there was a big truck that services this area called <https://www.freshdirect.com/> that delivers food into this area, if one does not want to face the hoards of food shoppers in the grocery store at this time of year.

However, if you feel the need for some Christmas cheer from Vermont, you can always buy some http://www.vermontpuremaple.com/buy_maple_syrup.htm .

[The Vermont Country Store General Store | Classic Products | Hard to Find Products](#)

[Harrington's of Vermont](#)

[Shelburne Farms, Vermont](#)

[Garelick Farms](#)

[Cabot Cheese - Award Winning Vermont cheddar.](#)

and if Vermont is not your fancy, there is always

[Carr Valley Cheese Co. - Wisconsin Cheddar, American Originals, Artisanal and Award Winning Cheeses](#)

[Smoked Turkeys - Great for Thanksgiving and Christmas!](#)

[Balmoral Estates Royal Gift Shop](#)

Turduckens | \$85 Delivered | Order Now! | Fresh from CajunGrocer

It serves 125, takes eight hours to cook and is stuffed with 12 different birds ... now that really IS a Christmas dinner | Mail Online

better have it <http://www.fedex.com/> if you can afford it **Heal Farm - On Line Meat and Country Food** and http://www.healfarm.co.uk/product_info.php?cPath=32&products_id=621 , but I am not sure United States Customs would allow it. In the economically ravished Greenwich, Connecticut area, they have not yet put the Holiday lights on Greenwich Avenue, so maybe they can not afford it this year. CIO

11/18/16 Friday 8:55 P.M. I did my right leg exercises. I will now make my bed. I will then shower and clean up. I will then go downtown to people and dog watch. CIO

11/18/16 Friday 8:15 P.M. I rested until 7 P.M.. I threw out the garbage. I chatted with a neighbor. I picked up the mail. The only thing I got was a promo from www.jet.com . I chatted with a relative. I will now go bottom fishing on the internet <http://scott-mike.com/bf.htm> . CIO

11/18/16 Friday 5:45 P.M. I made up a batch of fresh punch. I will now rest some more. CIO

11/18/16 Friday 5:00 P.M. I woke up at 4:30 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/18/16 Friday 3:55 A.M. I watched episode 6 of "Roman Empire, Reign of Blood". I then watched the beginning of "Savannah". I will now shut down the primary work computer, and I will go to bed. CIO

11/18/16 Friday 2:25 A.M. I rested until 2 A.M.. http://volcano.si.edu/reports_weekly.cfm

http://www.aarp.org/health/healthy-living/info-2015/heart-attack-triggers.html?cmp=EMC-DSO-NLC-RSS---CTRL-111716-P1-1605803&ET_CID=1605803&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

http://www.nytimes.com/2016/11/17/nyregion/donald-trump-tower-fifth-avenue.html?emc=edit_th_20161117&nl=todaysheadlines&nlid=46729&r=0

CIO

11/18/16 Friday 12:25 A.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 30 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, a peeled and diced tropical avocado, 35 cheese and garlic croutons and Texas Toast Caesar croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Wishbone Italian dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now rest for a while. I put the new jump start cables in the rear area of the Volvo wagon. CIO

11/17/16 Thursday 11:25 P.M. I threw out the garbage. I went by the Stop and Shop, and I bought a 42 ounce Quaker Old Fashioned oatmeal for \$4.79, a bag of reduced produce cherry tomatoes for \$1.25, and two cucumbers for .69 each for \$7.42 total. I then went downtown to Greenwich Avenue. I chatted with two relatives on my wireless telephone. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. They were throwing another party at the Tesla dealership. I used the bathroom at Starbucks. I stopped by CVS, and I bought four 10.5 ounce cans of Campbells cream of chicken soup for .88 a can for \$3.52 total. After I finished my walk, I used the bathroom at Starbucks again. I then went by the Stop and Shop again. I bought two tropical avocados for \$2 each and a Dole Golden delicious pineapple for \$2.50 for \$6.50 total. I then returned home. I found a dollar bill in the parking lot. I chatted with neighbors. I picked up the mail. I put away my purchases. CIO

11/17/16 Thursday 6:55 P.M. I bought an Ipad 3
<https://vod.ebay.com/vod/FetchOrderDetails?sspagename=STRK%3AMESO%3AVPS&itmid=112207768944&transid=1589556216001> for \$89.99 and \$8.15 shipping for \$98.14 total. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

11/17/16 Thursday 6:00 P.M. I rested a while. I chatted with a friend. CIO

11/17/16 Thursday 4:10 P.M. I woke up at 3:30 P.M., when a neighbor delivered the tracking number of "1Z204E38YW26049651" at www.ups.com on the order for for \$17.95 with free shipping <http://www.ebay.com/itm/OxGord-25-Ft-6-Gauge-Emergency-Power-Booster-Cable-Emergency-Car-Battery-Jumper/390817023430?rt=nc&soffid=100&soffType=SaleAndClearance&trksid=p5731.m3795>. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/17/16 Thursday 5:15 A.M. I watched episode 5 of "Roman Empire, Reign of Blood". I ate a bowl of Utz sourdough pretzels. I will now shut down the primary work computer, and I will go to bed. CIO

11/17/16 Thursday 4:15 A.M. Buy this for one Franklin http://www.staples.com/Samsung-Printer-Xpress-M3065FW-Laser-All-in-One/product/2067288?affiliateref=cj&cvosrc=affiliate.cj.552179&PID=552179&cm_mmc=CJ-552179-552179-10428703&SID=V0Mxd1pRb0tNcTBBQVNaSWRzRUFBQUR6&cv_campaign=partnertype&AID=10428703&storeId=10001&CID=AFF%3A552179%3A552179%3A10428703&CJPIXEL=CJPIXEL, but one might check out the cost if any of generic toner cartridges.

\$150

<http://www.newegg.com/Product/Product.aspx?Item=N82E16834266049&ignorebbr=1>

\$160 http://flash.newegg.com/Product/9SIA8XK4XB4033?icid=WP_6_11132016_CIO

11/17/16 Thursday 3:40 A.M. I went back out in the tundra of Greenwich, Connecticut. I stopped by CVS on West Putnam Avenue, and I exchanged the 1.50 Foster Grants <http://fostergrant.com/foster-grant-multifocus-reading-glasses/25f5045ec8792954e7363396ea497599> for one pair in black of 1.75 multipurpose and another in black of the Readers in 1.75. I then drove over to Walgreens in Old Greenwich, and I returned the items that I had bought earlier. I have a Walgreens card with my telephone number. I then went to CVS at the Riverside Shopping Plaza, and I exchanged the previous pair of Foster Grants for two pairs of tortoise 1.75 multipurpose. I then returned home. The 1.75 multipurpose are the best yet, but they are not as good as my prescription reading glasses, but I plan to keep them to have them for backup. It is about 11 miles round trip from Byram to Walgreens and the Riverside Shopping Plaza, which would be about \$3 in gasoline at today's prices. There was no traffic on the road at this hour. CIO

11/17/16 Thursday 1:15 A.M. The Foster Grant multifocus 1.5 glasses started to blurr on me. I might need the 1.25. The order with tracking number of "1ZV7855EYW23419672" at www.ups.com for <http://www.bestbuy.com/site/insignia-aaa-batteries-48-pack-white-blue/4971903.p?skuId=4971903> for \$9.99 and .63 tax for \$10.62 with free shipping. Biltmore Holiday <http://links.econtact-email.com/q/Na1RL3CsM0Z8raX8xn5wYssfmb1l4o98jGQlXrQBJBy91V8QoidOmOKVE>. CIO

11/17/16 Thursday 12:50 A.M. I went out after the last note. I went by CVS on West Putnam Avenue, and I exchanged the 2.0 Foster Grant multifocus tortoise glasses for 1.5 which seemed to be just fine, when I got back home. I then drove down Greenwich Avenue and by the waterfront on Steamboat Road. I then drove over to Walgreens in Old Greenwich. I bought eight 1.7 Nice Toilet tablets for .99 each and two 6 ounce Blue Diamond smokehouse almonds for \$5.49 each and .50 sales tax for \$19.40 total. However, I did not noticed it until I got home, since the toilet tablets were supposed to be two for \$1.49 and the almonds were supposed to be buy one get one free. I asked the sales associate if I needed a Walgreens card, and I thought he said "no", so I figure, they charge me almost \$8 too much. However, it is not worth the gasoline to drive back there. On the way back, I stopped at the Putnam Shell at 401 West Putnam Avenue, and I bought \$8 of self service

premium gasoline for \$3.339 a gallon for 2.395 gallons at odometer reading of 114427 miles for 32.4 miles driven since Friday November 11, 2016 for 13.529 miles per gallon in local traffic. I called up Walgreens, and they told me I could chat with the manager tomorrow. I am not going to spend \$8 in gasoline to recover \$8. I will see if they will mail it to me.

They don't carry these anymore

https://jet.com/product/detail/4f62faae24a641bcbf78080e3036d2e6?jcmp=pla:ggl:gen_id_home_garden_a3:household_supplies_household_cleaning_supplies_household_cleaning_products_a3_other:na:PLA_344689620_23655926700_pla-154593274140:na:na:na:2&code=PLA15&ds_c=gen_id_home_garden_a3&ds_cid=&ds_ag=household_supplies_household_cleaning_supplies_household_cleaning_products_a3_othe&r&product_id=4f62faae24a641bcbf78080e3036d2e6&product_partition_id=154593274140&gclid=COHWzJyKr9ACFRBYDQod-28DvA&gclsrc=aw.ds, so I will order them next

time and not invade Old Greenwich. CIO

11/16/16 Wednesday 10:25 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 20 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Wishbone Balsamic Vinaigrette dressing and Wishbone Italian dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

11/16/16 Wednesday 9:35 P.M. I went downtown to CVS on Greenwich Avenue. I exchanged the two pairs of 2.50 Foster Grant All Purpose glasses for 2.00 with one with a black frame and one with a tortoise frame. I then went further downtown. I chatted with a friend. I walked the entire length of Greenwich Avenue and the train station area. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. On the way up Greenwich Avenue, I stopped by CVS again, and I bought four 10.5 ounce Campbell's condensed mushroom soup for .88 each for \$3.52. I then finished walking Greenwich Avenue. I then used the bathroom at Starbucks, and I sat out for a while. On the way home, I stopped by CVS on West Putnam Avenue, and I exchanged the black pair of Foster Grant multipurpose glasses for another tortoise pair. They now have <http://www.westmedgroup.com/> there. I returned home. The Foster Grant 2.00 All Purpose glasses are still not right for the primary work computer. The left side of the left monitor at a little over three feet away is still blurry. I guess I could try 1.75 or 1.50 or just return them and go to the eye doctor. With Medicaid I am allowed one pair of glasses every two years. I chatted with a friend. CIO

11/16/16 Wednesday 5:35 P.M. I washed the breakfast dishes. I went through <http://scott-mike.com/bf.htm>. I will now make my bed. I will then shower and clean up, and I will go downtown. CIO

11/16/16 Wednesday 4:25 P.M. I chatted with a relative at 3 P.M.. I finally woke up at 4 P.M.. I threw out the garbage. I picked up the mail. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=74899998790725095604>

on the order for

[https://www.ups-mi.net/packageID/PackageID.aspx?PID=92419999985330573025627506&contact_email=mikescot@optonline.net& bta tid=256328844976000454557858831369578734447769276571431047662583431682493877549906924992805](http://www.newegg.com/Product/Product.aspx?sdtid=9291303&SID=01c3dac6a66f11e69f30024bd1b5dd530INT&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction- -cables- -na- -na&Item=N82E16890703001&cm_sp= for $9.99 with free shipping and the order with tracking of <a href=) on the order for \$14.99
<http://www.calendars.com/Nature/Volcanoes-Wall-Calendar/prod201500005519/?categoryId=cat00741&seoCatId=cat00741> , for \$7.99
<http://www.calendars.com/Assorted-Europe/Romantic-Europe-Wall-Calendar/prod201500000070/?categoryId=cat00712&seoCatId=cat00712> , for \$7.99
<http://www.calendars.com/National-Parks/National-Parks-Wall-Calendar/prod201500005129/?categoryId=cat00731&seoCatId=cat00731> , for \$7.99
<http://www.calendars.com/Golf/Worlds-Toughest-Golf-Holes-Wall-Calendar/prod201500003101/?categoryId=cat00407&seoCatId=cat00407> and for \$7.99
<http://www.calendars.com/Globetrotter/World-Wonders-Wall-Calendar/prod201700006101/?categoryId=cat00719&seoCatId=cat00719> and for \$14.99
<http://www.calendars.com/England/London-Wall-Calendar/prod201500000540/?categoryId=cat100020&seoCatId=cat100020> and \$7.50 off with "ENJOY25" for \$54.44 total and \$3.46 tax for \$57.90 total with free shipping arrived. I chatted with a neighbor. The same neighbor slightly later had me make a telephone call for him. CIO

11/16/16 Wednesday 2:00 P.M. I woke up at 1:45 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/16/16 Wednesday 3:25 A.M. I will now eat 8 ounces of Dannon vanilla yogurt, and I will go back to bed. CIO

11/16/16 Wednesday 3:15 A.M. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I watched episode 4 "Roman Empire, Reign of Blood". CIO

11/16/16 Wednesday 2:20 A.M. I put away the clean laundry. I ate a bowl of Cheez-its. CIO

11/16/16 Wednesday 1:05 A.M. I have 55 minutes to go on two dry cycles. I sat outside briefly. There is a misty ring around the big full moon. CIO

11/16/16 Wednesday 12:40 A.M. I woke up at 11:45 P.M.. I put clean linens on the bed. I started two loads of wash and have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

11/15/16 Tuesday 10:05 P.M. I rested until 9 P.M.. I watched episode 3 of "Roman Empire Reign of Blood". I ate two bowls of Cheez-its. CIO

11/15/16 Tuesday 6:15 P.M. I reheated nine ounces of Perdue white breast meat chicken short strips, which I ate with a baked potato with Smart Balance spread and extra virgin olive oil, and steamed baby carrots with Smart Balance spread, garlic powder, ground black pepper, oregano, Lowry's seasoned salt, grated parmesan and Romano cheese and extra virgin olive oil and a 12 ounce glass of diet Fresca. CIO

11/15/16 Tuesday 5:20 P.M. I chatted with a friend. I threw out the garbage. I went to the Physical Therapist at the Greenwich Hospital. He told me that I walk wrong. I was walking with my feet going out at an angle, and I should walk with them straight ahead landing on the heels of my feet and then the balls of my feet, which I have to start doing. I also am suppose to swing my arms with my walking. I show a little weakness in the thighs in both legs. I do not need to use the leg brace or the cane. I should eat three meals a day instead of two meals a day. I will have follow up appointments for the next six weeks. I also have some exercises to do at home every day or three days a week. Afterwards, I went to CVS on Greenwich Avenue, and I returned the two packages of 12 AAA batteries for \$15.93 total. I then bought two 14.5 ounce cans of Swanson's chicken broth for .88 each for \$1.76 total. I then returned home. I picked up the mail. I got a Christmas gift from a relative sent from Lands End <https://www.landsend.com/>, which I won't open until Christmas. I chatted with a relative. CIO

11/15/16 Tuesday 2:45 P.M. I ordered <http://www.bestbuy.com/site/insignia-aaa-batteries-48-pack-white-blue/4971903.p?skuId=4971903> for \$9.99 and .63 tax for \$10.62 with free shipping. I will now head out early to my appointment. CIO

11/15/16 Tuesday 1:45 P.M. I chatted with a friend. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. CIO

11/15/16 Tuesday 12:40 P.M. I woke up at 12:30 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I have a 4 P.M. appointment today. CIO

11/15/16 Tuesday 2:35 A.M. I have been resting. I was told by a friend that lives on Fifth Avenue in Manhattan that for security reasons they have surrounded the block around the Trump Tower with New York City garbage trucks. I think I have a better idea. Since the McCormick family of Chicago are Republicans, and since they own <http://www.navistar.com/navistar/>, the Republicans could surround Trump Tower with https://www.navistardefense.com/NavistarDefense/vehicles/maxxpromrap/maxxpro_dash_dxm. I will now try to sleep some more. I ate a bowl of Cheez-its. A lot of my republican political friends in the old days were from the American Dairy Association as in Milk, Cheese, Butter, Ice Cream, etc. CIO

11/15/16 Tuesday 12:35 A.M. I watched episode 2 of "Roman Empire, Reign of Blood". I will now try to go to bed for the night. CIO

11/14/16 Monday 11:40 P.M.

<http://www.greenwichtime.com/technology/businessinsider/article/Microsoft-accidentally-reveals-that-its-flagship-10614385.php> . CIO

11/14/16 Monday 11:35 P.M.

<http://metmuseum.hosted.strongview.com/track?t=v&enid=ZWFzPTEmbXNpZD0xJmF1aWQ9MjQ5MjEmbWlkPTc1NDgmbXNnaWQ9NTU4JmRpZD0yMzczZWVpZD0yMzczc249MTY3ODE3OTQmZWlkPW1pa2VzY290QG9wdG9ubGluZS5uZXQmZWVpZD1taWtlc2NvdEBvcHRvbmxpbmUubmV0JnVpZD0xXzE3OTg1JnRhcmddldGlkPSZtbj0xNzk4NSZyaWQ9MTc5ODUmZXJpZD0xNzk4NSZmbD0mbXZpZD0mdGdpZD0mZXh0cmE9&&&2022&eu=1&&>

https://www.groupon.com/deals/gg-delivered-meals-for-two-or-for-a-family-2?p=1&utm_source=channel_goods_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20161114&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=Goods-PN-Hero&utm_campaign=a3d8e327-70c9-4561-b574-acf8af18d406_0_20161114_CIO

11/14/16 Monday 11:00 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 20 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Wishbone Balsamic Vinaigrette dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

11/14/16 Monday 10:15 P.M. I picked up the mail. The order with tracking of

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=4200683092748901015478100019791654> on the order for

[http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage SS_-P3 26-290-005_-11102016&Index=3](http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage_SS_-P3_26-290-005_-11102016&Index=3) for \$14.95 with free shipping arrived. I threw out the garbage. I went downtown to CVS. I bought ten 4 ounce cans of Bumble Bee chicken for a dollar each, buy one get one 50% off of 100 capsule Bean Aid for \$14.49 and \$7.24, three 12.5 ounce Kiwi and Lyme Alberto VO5 conditioner for \$1.27 each, two 12.5 ounce Kiwi and Lyme Alberto VO5 shampoo for \$1.27 each and .40 tax for \$38.38 total. I then went further downtown. I sat out for a while in front of the Senior Center. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by the Apple store, and I chatted with one of the floor people. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I won \$10 for \$9 profit. Back around 1987, when Donald Trump first move to Greenwich, I saw

him walking out of the Greenwich Cigar store on Sunday morning with a New York Times walking back to Indian Harbor. That is the only time I recall seeing him. At the bottom of Greenwich Avenue, he walked in front of my yellow Volkswagen Dasher wagon with weak brakes, and I was barely able to stop for him crossing the street. I chatted with two relatives on my wireless telephone. I stopped by CVS again, and I bought two bags of sour head and two bags of nerd 90% discounted Halloween candy for \$2.51 total. I chatted with a customer about the waterfront. I finished my complete walk of Greenwich Avenue for the first time in about a month since my right leg acted up. I then went to the Stop and Shop. I bought two 8 ounce bars of Cabot's Hunters seriously sharp cheddar cheese for \$2 each, a 42 ounce Quaker Old Fashioned oatmeal for \$4.79, a 15 ounce box of Cheez-Its for \$3, two 5 ounce New York Texas Toast Caesar croutons for \$1 each, a 6 ounce Dole baby spinach for \$2.50, a 6 ounce can of Pearl jumbo black pitted olives, a bag of reduced produce cherry tomatoes for \$1.26, a cucumber for .69, and organic bananas for .79 a pound for \$1.88 for \$26.47 total. I then returned home, and I put away my groceries. CIO

11/14/16 Monday 5:05 P.M. \$110 ThinkPad

<http://www.newegg.com/Product/Product.aspx?Item=N82E16834321949&ignorebbr=1> refurbished.

I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

11/14/16 Monday 4:10 P.M. I went back to bed until 4 P.M.. I had a telephone call from the SafeLink Obama phone, and instead of rolling over my 220 minutes every month, I will now just get 550 minutes a month. CIO

11/14/16 Monday 1:40 P.M. I rested some more until 1:15 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I added \$27.06 to my AT&T Go Phone, so I now have \$494.56 on the account good until February 12, 2017. CIO

11/14/16 Monday 8:25 A.M. I rested until 7:30 A.M., when a relative called. CIO

11/14/16 Monday 2:20 A.M. I rested until 1 A.M.. I watched episode 1 of "Roman Empire, Reign of Blood". I will now try to go to bed for the night. CIO

11/13/16 Sunday 11:55 P.M. I will now rest for a while. Happy Birthday on Monday November 14, 2016 https://en.wikipedia.org/wiki/Charles,_Prince_of_Wales and <http://www.princeofwales.gov.uk/>. CIO

11/13/16 Sunday 10:10 P.M. I watched the rest of "The Windsors from George to Kate".

11/13/16 Sunday 10:10 P.M. 10,000 BTU air conditioner half price with coupon code "NEWHA50" for \$87.50 and \$38.39 shipping

<http://www.newegg.com/Product/Product.aspx?Item=N82E16896498004&ignorebbbr=1> and <https://www.walmart.com/ip/Cool-Living-CL-WAC10A-10-000-BTU-Window-Air-Conditioner/38086776> for specs. It will not fit in the small air conditioner window opening in my building since it is 14 inches high. CIO

11/13/16 Sunday 9:30 P.M. I reheated nine ounces of Perdue white breast meat chicken short strips, which I ate with a baked potato with Smart Balance spread and extra virgin olive oil, and steamed baby carrots with Smart Balance spread, garlic powder, ground black pepper, oregano, Lowry's seasoned salt, grated parmesan and Romano cheese and extra virgin olive oil and a 12 ounce glass of diet Fresca. CIO

11/13/16 Sunday 8:45 P.M. I threw out the garbage. I went by CVS on Greenwich Avenue. I bought buy one get one 50% off of CVS 12 packs of AAA Max alkaline batteries for \$9.99 and \$4.99 and .95 tax for \$15.93 total. I then sat out for a while downtown. I chatted with a relative. I then went by the Stop and Shop. I bought four 13 ounce Marie Callender meals for \$2.50 each, a 5 quart box of powdered milk for \$7.29, a 64 ounce Ocean Spray cranraspberry juice for \$2.50, a 64 ounce Ocean Spray crangrape juice for \$2.50, a 8 ounce Stop and Shop parmesan and Romano cheese for \$3.69, and .45 can return for \$25.53 total. I then returned home, and I put away the groceries. I watched the program on CBS 60 Minutes about Donald Trump and family. CIO

11/13/16 Sunday 5:25 P.M. I went through <http://scott-mike.com/bf.htm> . I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown and moon watch. CIO

11/13/16 Sunday 4:40 P.M. I rested until 4:15 P.M.. CIO

11/13/16 Sunday 1:40 P.M. I rested some more until 1:30 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will send out my weekly notes. CIO

End of Scott's Notes week of 11/13/16

11/13/16 Sunday 7:55 A.M. I watched part of "The Windsors, from George to Kate". I ate a bowl of dark UTZ sourdough pretzels. I went to bed at 1 A.M.. I chatted with a relative at 4:30 A.M.. I finally woke up at 7:30 A.M.. CIO

11/12/16 Saturday 11:05 P.M. I rested until 11 P.M.. CIO

11/12/16 Saturday 9:05 P.M. I watched episode 1 of "World War II, and the Man of Steel". I ate a bag of microwave popcorn. CIO

11/12/16 Saturday 8:05 P.M. I rested some more. I chatted with a relative. CIO

11/12/16 Saturday 6:50 P.M. I ate a 13.6 ounce Maria Callender steak and potatoes meal with Smart Balance Spread and a 12 ounce glass of diet Fresca. I am resting from the exhausting week. CIO

11/12/16 Saturday 6:10 P.M. I rested a while. I chatted with a friend. CIO

11/12/16 Saturday 5:00 P.M. I threw out the garbage. I picked up the mail. I washed the breakfast dishes. CIO

11/12/16 Saturday 4:40 P.M. Big 12,000 BTU air conditioning unit 115 pounds for \$115 <http://www.newegg.com/Product/Product.aspx?Item=N82E16896498005&ignorebbbr=1> with coupon code "NEWHA50" and free shipping. CIO

11/12/16 Saturday 4:00 P.M. I rested some more until 3:45 P.M.. CIO

11/12/16 Saturday 1:45 P.M. I slept some more until 1:30 P.M.. At 9 A.M., a neighbor rang my bell, and wanted me to call maintenance for him, since his cell phone did not work. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/12/16 Saturday 7:50 A.M. I woke up at 7 A.M., and I chatted with a friend. CIO

11/11/16 Friday 9:55 P.M. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt. I will then go to bed. CIO

11/11/16 Friday 9:45 P.M. I watched "The Queen's Worst Year" which was 1992. As I recall my worst year was 1982, ten years earlier. I ate a bowl of extra dark sourdough pretzels. CIO

11/11/16 Friday 8:45 P.M. Trump T shirts https://www.amazon.com/Donald-Trump-President-America-Shirt/dp/B013IU1JQM/ref=pd_zg_rss_ts_a_apparel_1&tag=bestdeals016-20?th=1&psc=1. CIO

11/11/16 Friday 8:30 P.M. This might be a bargain, if you are going to the inaugural https://www.groupon.com/deals/ga-bk-the-fairfax-at-embassy-row-1?p=4&utm_source=groupon_getaways_im&utm_medium=email&division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20161111&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=getaways_deal&utm_campaign=6378c570-4861-4989-992a-62d503739fd8_0_20161111 20% off today with coupon code "GET20".

<http://view.klm-mail.com/?qs=f9fb2d73c92a720b8b5cd5c865090cdfdb9f06d8f7059cf1ee12bfbfe57b5b967b607cb74ea3ef4f75a02979063635719578bdcbaf235f974ae70f0ca522912db50cf3528a03024c6>
CIO

11/11/16 Friday 7:50 P.M. I put a few handfuls of baby spinach and spring salad on a dinner plate. I added one half of a peeled and sliced cucumber, 10 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Wishbone Balsamic Vinaigrette dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

11/11/16 Friday 7:05 P.M. I went downtown, and I sat out in front of the Senior and the Arts center. I chatted with a friend. I walked upper Greenwich Avenue. I stopped by CVS, and I bought two 1 ounce Lipton dried onion soup for a dollar each and a 15 ounce Hazelnut dried powdered milk creamer for \$2.99 for \$4.99 total. Where MacInspires used to be next to the Granola store, there is a temporary Holiday winter clothing store. MacInspires moved just west on Putnam Avenue. After walking upper Greenwich Avenue, I sat out for a while. I then used the bathroom at Starbucks. I then bought an Ace's High scratch card at Zen Stationary for a dollar, but I lost. I then chatted with a floor person at Apple store. I lived above the Apple store on the corner during April and May of 1984. The apartments at that location are still there. I then chatted with the Tesla store about silicone rubber bushings instead of regular rubber bushings. I then returned back to the Senior Center. I went to the Acme grocery store. I bought two 16 ounce Utz extra dark Sourdough pretzels for \$4.44 and three 12 packs of 12 ounce diet Fresca for \$14.96 and \$1.80 can deposit for \$21.21 total. I then went to the Putnam Shell at 401 West Putnam Avenue, and I bought \$10 of self service V-Power premium gasoline \$3.339 a gallon for 2.996 gallons at odometer reading of 114394 miles for 40.2 miles driven since Sunday November 6, 2016 for 13.418 miles per gallon in local traffic. I then returned home. I used my little folding cart from the back of the Volvo wagon to bring up the Fresca. I chatted with a neighbor. There is no mail on the Veterans Day Holiday today. I chatted with a relative. CIO

11/11/16 Friday 1:35 P.M. I ordered in 2 XL a Elf Graphic
<http://www.hanes.com/shop/SearchDisplay?categoryId=21343&doorId=2&storeId=10702&catalogId=11051&langId=-1&sType=SimpleSearch&resultCatEntryType=2&showResultsPage=true&searchSource=Q&pageView=&beginIndex=0&pageSize=20&searchTerm=holiday#facet:-70000000000000001503508876,-7000000000000000704877101110&productBeginIndex:0&orderBy:&pageView:grid&minPrice:&maxPrice:&pageSize:20&> for \$7.49 and .48 tax for \$7.97 with free shipping. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up and go downtown to Greenwich Avenue. Prince Charles' birthday is November 14
https://en.wikipedia.org/wiki/Charles,_Prince_of_Wales . CIO

11/11/16 Friday 12:30 P.M. I rested some more until 12:15 P.M.. I chatted with a friend at 10 A.M.. CIO

11/11/16 Friday 5:45 A.M. I woke up at 10:30 P.M., and I watched the last episode 10 of "The Crown". I went back to bed until 5 A.M.. I chatted with a friend. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements.

Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=4200683092748901015478100019791654> on the order for http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage_SS--P3_26-290-005--11102016&Index=3 for \$14.95 with free shipping. CIO

11/10/16 Thursday 8:35 P.M. I put a few handfuls of baby spinach and spring salad on a dinner plate. I added one half of a peeled and sliced cucumber, 10 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Wishbone Balsamic Vinaigrette dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

11/10/16 Thursday 7:35 P.M. I watched episode 9 of "The Crown". CIO

11/10/16 Thursday 6:20 P.M. I rested until 5:30 P.M.. I chatted with a friend and a relative. I threw out the garbage. I picked up the mail. CIO

11/10/16 Thursday 4:40 P.M. I rested until 2:30 P.M.. I chatted with one friend twice and another friend once. I watched episode 8 of "The Crown". I ate a bowl of dark sourdough pretzels. CIO

11/10/16 Thursday 1:35 P.M. I ordered

http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage_SS--P3_26-290-005--11102016&Index=3 for \$14.95 with free shipping. CIO

11/10/16 Thursday 1:05 P.M. I rested until 12:30 P.M.. I washed the breakfast dishes. CIO

11/10/16 Thursday 10:45 A.M. I woke up at 10:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/10/16 Thursday 5:35 A.M. I will now go back to bed. CIO

11/10/16 Thursday 5:30 A.M. I put away the clean laundry. I will now eat a bowl of the pineapple mixture with a glass of cold filtered water. CIO

11/10/16 Thursday 4:30 A.M. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

11/10/16 Thursday 4:15 A.M. I have 50 minutes to go on two dry cycles. CIO

11/10/16 Thursday 3:50 A.M. I woke up at 3 A.M.. I put clean linens on the bed. I started two loads of wash. I threw out the garbage and the old periodical literature. I watered the plants. CIO

11/09/16 Wednesday 10:00 P.M. Since I think my existing jump start systems hold enough charge, I cancelled the order for <https://www.walmart.com/ip/St Stanley-1000-Amp-Peak-Jump-Starter-with-Compressor/13035281> with free shipping for \$69.98 and \$4.44 tax for \$74.42 total <http://www.stanleytools.com/products/automotive-tools/other-tools/power-station/500-instant-1000-peak-amp-jump-starter-with-compressor/j5c09> . I watched episode 7 of "The Crown". I ate a bag of microwave popcorn. I will now shut down the primary work computer, and I will go to bed. CIO

11/09/16 Wednesday 8:35 P.M. http://volcano.si.edu/reports_weekly.cfm CIO

11/09/16 Wednesday 8:20 P.M. I threw out the garbage. I went downtown, and I sat out for a while on Greenwich Avenue contemplating the state of the world. My knee braces came lose. I went by the Greenwich Library, and I chatted with a couple of staff members. I then went to the Stop and Shop. I bought buy one get two free of Thomas' English muffins for \$4.39 all, a 8 ounce bar of Stop and Shop Swiss cheese for \$2, a 6 ounce can of Pearls jumbo black pitted olives for \$2.19, two 5 ounce bags of Stop and Shop cheese and garlic croutons for \$1.19 each, a 16 ounce Kraft Balsamic vinegar for \$1.89, a pint of grape tomatoes for \$2.50, organic bananas for .79 a pound for \$1.81, two cucumbers for .69 each, a six ounce bag of Dole baby spinach for \$1.99, and a Vidalia sweet onion for \$1.29 a pound for .75 for \$21.28 total. I then returned home, and I sat outside. I then put away my groceries. I chatted with a relative. CIO

11/09/16 Wednesday 5:35 P.M. I put a few handfuls of baby spinach and spring salad on a dinner plate. I added one half of a peeled and sliced cucumber, 10 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Ken's Caesar dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now go downtown shortly. I will try to rearrange the Thomas English muffins in the freezer, so they are stored better. CIO

11/09/16 Wednesday 4:50 P.M. This might be better than McDonalds
<http://greenwichprimemeats.com/menu/salads/> . CIO

11/09/16 Wednesday 4:20 P.M. I threw out the garbage. I sat outside for a long period of time chatting with neighbors. I picked up the mail. CIO

11/09/16 Wednesday 1:55 P.M. I took a 22.8 ounce container of Folger's decaffeinated coffee, and I put half in an empty same container, and I added 6 ounces of Starbucks Veranda coffee to each container, and 6 ounces of Starbucks Hazelnut coffee to each container, and I shook the containers to mix them all up, so I have two 23.4 ounce containers of the coffee mixture. CIO

11/09/16 Wednesday 1:40 P.M. Tracking number is "1Z204E38YW26049651" at www.ups.com on the order for for \$17.95 with free shipping
<http://www.ebay.com/itm/OxGord-25-Ft-6-Gauge-Emergency-Power-Booster-Cable-Emergency-Car-Battery-Jumper/390817023430?rt=nc&soffid=100&soffType=SaleAndClearence&trksid=p5731.m3795> . Tracking is
<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=74899998790725095604> on the order for
[http://www.newegg.com/Product/Product.aspx?sdtid=9291303&SID=01c3dac6a66f11e69f30024bd1b5dd530INT&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction--cables--na--na&Item=N82E16890703001&cm_sp=for\\$9.99](http://www.newegg.com/Product/Product.aspx?sdtid=9291303&SID=01c3dac6a66f11e69f30024bd1b5dd530INT&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction--cables--na--na&Item=N82E16890703001&cm_sp=for$9.99) with free shipping. I will now make my bed. I will then shower and clean up. I chatted with a relative. CIO

11/09/16 Wednesday 12:25 P.M. I chatted with a friend. CIO

11/09/16 Wednesday 11:55 A.M. I rested some more until noon. I chatted with a Manhattan friend at 9:30 A.M.. The Manhattan friend is going to check out the Trump Tower to see what is going on. CIO

11/09/16 Wednesday 7:25 A.M. I chatted with the neighbor who needed a ride, and the neighbor was already at the hospital, so I don't need to give the neighbor a ride. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/09/16 Wednesday 7:10 A.M. I chatted with a relative. CIO

11/09/16 Wednesday 6:40 A.M. I ordered this for backup
[http://www.newegg.com/Product/Product.aspx?sdtid=9291303&SID=01c3dac6a66f11e69f30024bd1b5dd530INT&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction--cables--na--na&Item=N82E16890703001&cm_sp=for\\$9.99](http://www.newegg.com/Product/Product.aspx?sdtid=9291303&SID=01c3dac6a66f11e69f30024bd1b5dd530INT&AID=10440897&PID=1225267&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction--cables--na--na&Item=N82E16890703001&cm_sp=for$9.99) with free shipping. I guess one could

make money selling Summer White House post cards in Bedford, New York <http://bedford.dailyvoice.com/politics/presidential-run-puts-spotlight-on-trumps-bedford-estate/553288/> and other tourist items. Bedford claims to be a very private community, but there are a lot of very public people that live there. I have an old classmate who is the President of Wilmington Trust Private Banking there. One of the few people I chat with was born and raised there, but he likes the ocean, so he does not live there. He prefers Bridgeport for some odd reason. CIO

11/09/16 Wednesday 6:20 A.M. A neighbor who needs a ride for surgery this morning rang my bell at 3 A.M. and 5 A.M., and I told him to ring again at 7:30 A.M., so I can get him to the hospital by 8 A.M.. This has disrupted my normal sleeping pattern, since he also woke me up at 1 A.M.. This will also be the third time I have driven him in the early morning to the hospital for the surgery. Since the neighbor is elderly, I am trying to put up with the annoyance. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I chatted with a friend. CIO

11/09/16 Wednesday 1:10 A.M. <http://www.foxbusiness.com/markets/2016/11/08/trump-takes-key-swing-states-dow-futures-plunge-more-than-700-points.html>

<http://www.foxnews.com/leisure/2016/11/07/mcdonalds-suing-florence-for-20-million-after-city-blocks-proposed-restaurant/> . CIO

11/08/16 Tuesday 11:55 P.M. I have been working the internet. If one looks at <http://www.foxnews.com/> and <http://www.tcpalm.com/> and evaluates the results and trends, it looks like <https://www.donaldjtrump.com/> might be the next www.whitehouse.gov . A good cure for Potomac Fever is to visit Washington D.C. on a winter day when it is zero degrees Fahrenheit, and have to walk around out in the cold all day. A neighbor checked in to make sure I give him a ride in the morning. CIO

11/08/16 Tuesday 9:00 P.M. I watched episode 6 of "The Crown". I will now eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. I am supposed to drive a neighbor to the hospital around 8 A.M. in the morning. CIO

11/08/16 Tuesday 7:40 P.M. Tracking is https://www.ups-mi.net/packageID/PackageID.aspx?PID=92419999985330573025627506&contact_email=mikescot@optonline.net&bta_tid=256328844976000454557858831369578734447769276571431047662583431682493877549906924992805 on the order for for \$14.99
<http://www.calendars.com/Nature/Volcanoes-Wall-Calendar/prod201500005519/?categoryId=cat00741&seoCatId=cat00741> , for \$7.99
<http://www.calendars.com/Assorted-Europe/Romantic-Europe-Wall-Calendar/prod201500000070/?categoryId=cat00712&seoCatId=cat00712> , for \$7.99
<http://www.calendars.com/National-Parks/National-Parks-Wall-Calendar/prod201500005129/?categoryId=cat00731&seoCatId=cat00731> , for \$7.99
<http://www.calendars.com/Golf/Worlds-Toughest-Golf-Holes-Wall-Calendar/prod201500003101/?categoryId=cat00407&seoCatId=cat00407> and for \$7.99
<http://www.calendars.com/Globetrotter/World-Wonders-Wall->

Calendar/prod201700006101/?categoryId=cat00719&seoCatId=cat00719 and for \$14.99
[http://www.calendars.com/England/London-Wall-](http://www.calendars.com/England/London-Wall-Calendar/prod201500000540/?categoryId=cat100020&seoCatId=cat100020)
Calendar/prod201500000540/?categoryId=cat100020&seoCatId=cat100020 and \$7.50 off
 with "ENJOY25" for \$54.44 total and \$3.46 tax for \$57.90 total with free shipping. CIO

!!!!!! 11/08/16 Tuesday 7:15 P.M. New neighbor

<https://www.google.com/search?q=giant+malamute&biw=1680&bih=875&tbm=isch&tbo=u&source=univ&sa=X&sqi=2&ved=0ahUKEwii-Ii-sZrQAhVkl0MKHS2FBN8QsAQIGg> .
 CIO

11/08/16 Tuesday 6:20 P.M. I ordered <https://www.walmart.com/ip/Stanley-1000-Amp-Peak-Jump-Starter-with-Compressor/13035281> with free shipping for \$69.98 and \$4.44 tax for \$74.42 total <http://www.stanleytools.com/products/automotive-tools/other-tools/power-station/500-instant-1000-peak-amp-jump-starter-with-compressor/j5c09> . I ordered for \$17.95 with free shipping <http://www.ebay.com/itm/OxGord-25-Ft-6-Gauge-Emergency-Power-Booster-Cable-Emergency-Car-Battery-Jumper/390817023430?rt=nc&soffid=100&soffType=SaleAndClearence&trksid=p5731.m3795> . CIO

11/08/16 Tuesday 6:00 P.M. I put a few handfuls of baby spinach and spring salad on a dinner plate. I added one half of a peeled and sliced cucumber, 10 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Ken's Caesar dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I chatted with a relative. CIO

11/08/16 Tuesday 4:50 P.M. I chatted with neighbors. I picked up the mail. The order with tracking of <https://wwwapps.ups.com/WebTracking/processRequest?tracknum=1Z867R2RYW91361059> on the order for 5 in XXL for \$11.99 each http://www.kohls.com/product/prd-2636455/mens-croft-barrow-classic-fit-turtleneck.jsp?ci_mcc=ci&utm_campaign=MENS%20KNITS&utm_medium=CSE&utm_source=google&utm_product=79205558&CID=shopping15&gclid=CJWagcKZ_c8CFVRahgodqHsPVw&gclsrc=aw.ds&dclid=CLDUh8KZ_c8CFW--swodrm4LQg 2 in jade, 1 in limoge for and 20% off with "CRAZYDEAL" coupon for \$12 off and \$8.95 shipping and \$3.62 tax for \$60.52 total arrived. I sat outside briefly. CIO

11/08/16 Tuesday 4:10 P.M. I threw out the garbage. I went to the New Lebanon school in Byram, and I voted Republican. There was no line. I then to downtown Greenwich Avenue, and I stopped by CVS, and then I sat out for a while at the Senior Center. I chatted with the salesperson at the Tesla dealership. They are still using rubber boots on constant velocity joints. The rubber boot deteriorates after about fifty thousand miles. I would think they would have invented a better material by now. I chatted with an Apple sales person. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a

dollar, and I lost. I met up with a neighbor. I used the bathroom at the Senior Center. I sat out for a while with the neighbor. I drove the neighbor back to our apartment building and dropped him off. I have to drive him tomorrow. I changed my clothes. I went to the Greenwich Hospital. I chatted with a relative. AT&T cut the relative's Comcast cable, so the relative in Florida does not have television until November 15, 2016. Tell, AT&T if they don't fix it sooner, I have the capability of cutting the Trans Atlantic cable to get even. I had an ultra sound on my Aorta at the Hospital, and it supposedly is all right. I then drove down Greenwich Avenue, and there was no parking in front of the Subway sandwich shop, so I drove by Meneros' butcher hoping to buy a steak sandwich, but there was no parking there. I then went to the Greenwich Hospital Thrift, and I toured their new holiday display. I bought a silver plate wine funnel for \$2.50. I then returned home, and I chatted with neighbors and the building custodian. I chatted with a relative. CIO

11/08/16 Tuesday 8:50 A.M. I chatted with a friend. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go out to the New Lebanon school to vote Republican. I also have a 1:30 P.M. appointment today. CIO

11/08/16 Tuesday 7:55 A.M. I woke up at 7 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will now set my clocks and watches back an hour. CIO

11/07/16 Monday 10:10 P.M. I watched episode 5 of "The Crown". I ate a bowl of Utz Sourdough dark pretzels. I will now shut down the primary work computer, and I will go to bed. CIO

11/07/16 Monday 9:00 P.M. Apple Ipad 3 <http://www.ebay.com/itm/Apple-iPad-3rd-WiFi-Tablet-Black-or-White-16GB-32GB-64GB-GREAT-CON-R-D-/182309609829?var=&hash=item2a727fe165:m:meegc3z5oEKE6zOLO7ibG4w> . CIO

11/07/16 Monday 8:05 P.M. I put a few handfuls of baby spinach and spring salad on a dinner plate. I added one half of a peeled and sliced cucumber, 10 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Ken's Caesar dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

11/07/16 Monday 7:10 P.M. I threw out the garbage. I went by the Greenwich Town Hall Department of Social Services, and I waited a while, and I chatted with my social worker, and I gave the social worker my paper work for my Holiday Aid application. I then went downtown, and I sat in front of the Senior Center. I chatted with a relative. I walked down to Zen Stationary and I bought an Ace's High scratch card for a dollar, and I lost. I then returned back to in front of the Senior Center. Two friends of mine from Manhattan

showed up walking up Greenwich Avenue, and I met up with them. We walked up Greenwich Avenue. We stopped by Saks Fifth Avenue and CVS. We then returned back down Greenwich Avenue, and we got in my car. We drove down Greenwich Avenue. They were having a special automobile event at the Sundown Saloon. We drove down Steamboat Road and we looked at my old neighborhood which has changed quite a bit. We drove through Bruce Park to the Gopher Ice Cream parlor in Cos Cob, and one of my friends ate a hot fudge sundae. We then drove back through Bruce Park, and I dropped my friends off at the Greenwich Train station. I then went by the Stop and Shop, and I bought buy one get two free of six packs of Thomas' English muffins for \$4.39 all and a half gallon of Stop and Shop orange juice for \$2.50 for \$6.89 total. I then returned home, and I picked up the mail. I chatted with a relative. CIO

11/07/16 Monday 1:45 P.M. I washed the breakfast dishes. I have my Holiday Air form ready. I will try to drop if off at the Greenwich Department of Social Service today, when I go out. I will now make my bed. I will then shower and clean up. I already went through <http://scott-mike.com/bf.htm> . No bargains from Asia today. I filled up the paper tray in the Brother All Purpose machine. CIO

11/07/16 Monday 11:55 A.M. I went back to bed until 11 A.M.. I chatted with a friend. CIO

11/07/16 Monday 9:25 A.M. I woke up at 8:30 A.M.. I drove a neighbor to the Greenwich Hospital and dropped him off. I returned back to my apartment building. I set my Volvo wagon clock back an hour. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will now set my clocks and watches back an hour. CIO

11/06/16 Sunday 10:35 P.M. <http://archpaper.com/2016/05/yale-center-for-british-art-conservation/#gallery-0-slide-0> I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt. I will then go to bed. CIO

11/06/16 Sunday 9:45 P.M. I watched episode 4 of "The Crown". Back in January 1973, when I was visiting Hurley Haywood at the Waldorf Towers, I went outside to have a cigarette on the patio of St. Bartholomew's Church across the street from the entrance. I observed somebody that looked like the Duke of Windsor getting out of a grey Buick sedan that was chauffeured and entering the Waldorf Towers. I did not know at the time that the Duke of Windsor had died in June of 1972, so it must have been somebody that looked like him.

<https://www.floridamemory.com/solr-search/results/?q=collection%3A%22Florida%20Photographic%20Collection%22%20AND%20subject%3A%22Visits%20of%20state%22&searchbox=1&query=Visits%20of%20state&year=&gallery=1&search-type=> CIO

11/06/16 Sunday 8:25 P.M.

<https://www.google.com/search?q=Duke+of+Windsor+images&biw=1680&bih=910&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwiNgebBvZXQAhVm5YMKHUvkDTAQsAQIGg>

<https://www.google.com/search?q=billy+baldwin+interior+designer+images&biw=1680&bih=910&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwiTrbz3vZXQAhUj4YMKHcorAO8QsAQIJw> . They look a bit alike, and they knew each other. CIO

11/06/16 Sunday 8:25 P.M. I chatted with a neighbor. CIO

11/06/16 Sunday 7:45 P.M. I put a few handfuls of baby spinach and spring salad on a dinner plate. I added one half of a peeled and sliced cucumber, 10 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Stop and Shop Swiss cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Wish-Bone Italian dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I chatted with a friend. CIO

11/06/16 Sunday 6:10 P.M. I threw out the garbage. I went downtown. I sat out for a while at the outside of the Senior and the Arts center. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$10 for \$9 profit. I stopped by the Apple store, and I chatted with a sales associate. I walked further downtown, and I chatted with a photographer from Port Chester. I chatted with a couple from Viet Nam who were looking for the trolley car to tour around downtown. I just walked lower Greenwich Avenue and the train station area. I chatted with a relative. I drove over to CVS. I bought buy one get one 50% off of Listerine one quart Total Care stain remover mouth wash for \$9.29 and \$4.64 and a 17 ounce Pacific organic chicken and wild rice soup for \$1.99 and .88 tax for \$16.80 total. I then went to the Acme grocery store. I bought two 16 ounce Utz sourdough dark pretzels for \$3 each, two 3 package boxes of Snackin extra butter popcorn for \$1.49 each, 32 ounces of Dannon vanilla yogurt for \$2.99, a 22 ounce Signature flat bread pizza with chicken and bacon for \$5, and two 7 ounce Green Giant frozen vegetables for \$1 each for \$18.97 total. I then went to the Stop and Shop, and I bought buy one get two free of Thomas' English muffins for \$4.39 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$7 of self service premium gasoline for \$3.339 a gallon for 2.095 gallons at odometer reading of 114354 miles for 28.4 miles driven since Sunday October 30, 2016 for 13.557 miles per gallon in local traffic. I then returned home. I chatted with a neighbor. I put away my groceries. CIO

11/06/16 Sunday 1:50 P.M. I chatted with a friend. I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will shower and clean up. I will go downtown. CIO

11/06/16 Sunday 1:10 P.M. I rested until 12:30 P.M.. CIO

11/06/16 Sunday 10:45 A.M. Norton billed me \$90.89 for automatic renewal on my Norton Internet Security Account. I called 1-800-745-6034, and they cancelled the charge which will go through in about a week. I have a five license copy that I will install, when it expires in a little less than a month. CIO

11/06/16 Sunday 10:10 A.M. I woke up at 10 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will now set my clocks and watches back an hour. CIO

End of Scott's Notes week of 11/05/16

11/05/16 Saturday 11:55 P.M. I will now send out my weekly notes. I will then eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

11/05/16 Saturday 11:35 P.M. It said that the Duke of Windsor's allowance was ten thousand pounds a year when his brother died, so that means according to this <https://www.theguardian.com/notesandqueries/query/0,5753,-18471,00.html> , it would be about 204400 pounds a year which would be \$255,878.14 according to this <https://www.google.com/#q=204400+pounds+to+dollars> . CIO

11/05/16 Saturday 11:25 P.M. I watched episode 3 of "The Crown". I ate a bowl of dark sourdough pretzels. I have not seen too much of the British anymore in America. I guess possibly the long term British residents have become Americanized a bit. Alas, other than a few friends that have managed to hang on and family members, I don't hear too much from anyone anymore. I guess in keeping with the private "Old Guard" we have little to offer but maintaining routine as best we see fit and we can afford. My annual calendar order is very expensive, but it is a way of keeping the moveable art display going in my apartment as long as I can afford it. Since no one ever visits me, I do not have any viewpoint other than my own as to how to maintain my apartment, but over time I do seem to get a few things done. The computer laboratory environment may not make sense to a television watcher, but since I have worked with home computers since September 1989, it has kept me busy on a limited budget as best as I see fit. Maintaining test and backup systems is important considering how many times outside saboteurs have tried to sabotage my home computer efforts for what reason, I have not idea, unless they don't like the people that I represent. CIO

11/05/16 Saturday 9:45 P.M. I ordered for \$14.99
<http://www.calendars.com/Nature/Volcanoes-Wall-Calendar/prod201500005519/?categoryId=cat00741&seoCatId=cat00741> , for \$7.99
<http://www.calendars.com/Assorted-Europe/Romantic-Europe-Wall-Calendar/prod201500000070/?categoryId=cat00712&seoCatId=cat00712> , for \$7.99
<http://www.calendars.com/National-Parks/National-Parks-Wall->

[Calendar/prod201500005129/?categoryId=cat00731&seoCatId=cat00731](http://www.calendars.com/Golf/Worlds-Toughest-Golf-Holes-Wall-Calendar/prod201500005129/?categoryId=cat00731&seoCatId=cat00731) , for \$7.99
[http://www.calendars.com/Golf/Worlds-Toughest-Golf-Holes-Wall-Calendar/prod201500003101/?categoryId=cat00407&seoCatId=cat00407](http://www.calendars.com/Globetrotter/World-Wonders-Wall-Calendar/prod201500003101/?categoryId=cat00407&seoCatId=cat00407) and for \$7.99
[http://www.calendars.com/Globetrotter/World-Wonders-Wall-Calendar/prod201700006101/?categoryId=cat00719&seoCatId=cat00719](http://www.calendars.com/England/London-Wall-Calendar/prod201700006101/?categoryId=cat00719&seoCatId=cat00719) and for \$14.99
<http://www.calendars.com/England/London-Wall-Calendar/prod201500000540/?categoryId=cat100020&seoCatId=cat100020> and \$7.50 off with "ENJOY25" for \$54.44 total and \$3.46 tax for \$57.90 total with free shipping. CIO

11/05/16 Saturday 8:55 P.M. I was told by a neighbor that the fire call was for a household mixture gas that resulted from a water leak in the building causing two common household ingredient to mix and cause the toxic gas in the apartment downstairs close to mine. The residents were in the hospital last night, and the fire department aired out the apartment. Last week there was a smoke detector alarm in the apartment, but no smoke, so it might have been going on for a while. I went by CVS on Greenwich Avenue, and I bought from the 75% off candies two 10.57 ounce M&M mixed bag and M&M peanut mixed bag for \$1.17 each and two skittles fun size 10.57 ounce for .99 each for \$4.32 total. I then sat for a while further downtown. I chatted with a local walker with my wireless telephone. I then went by the Stop and Shop. I bought buy one get two free of six packs of Thomas' English muffins for \$4.39 all three, a 16 ounce package of Stop and Shop deli sliced Swiss cheese for \$4.99, two 8 ounce bars of Stop and Shop Swiss cheese for \$2 each, a five quart box of powdered milk for \$7.29, a six ounce can or extra large black pitted olives for \$1.69, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$3.69, two 5 ounce Stop and Shop cheese and garlic croutons \$1.19 each, two 12 ounce generic honey for \$2.50 each, a 16 ounce guaranteed value deli slice ham for \$3.99, a pint of grape tomatoes for \$2.50, two 5 ounce Dole salad blend and baby spinach for \$1.50 each, a Vidalia sweet onion for \$1.29 a pound for .80, and two cucumbers for .69 and .65 can return for \$43.76 total. I then returned home. The neighbor told me about the toxic gas problem. I chatted with a relative. I put away my groceries. CIO

11/05/16 Saturday 6:10 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 10 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Wish-Bone Italian dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I chatted with a relative. The building fire alarm went off a little while ago, and the fire department came here and reset it. I will now go downtown. CIO

11/05/16 Saturday 4:45 P.M. It seems the Yale library is still using Windows 7. I guess they are cheap. I finished updating the apps on the Apple Ipad 2. I removed three NASA apps and a Night Sky app to free up space. I have 1.9 gigabytes of free space on it. I picked up the mail. I chatted with neighbors. I sat outside briefly. CIO

11/05/16 Saturday 3:25 P.M. <http://its.yale.edu/> CIO

11/05/16 Saturday 3:15 P.M. Not very busy in Connecticut
<http://www.ct.gov/dot/cwp/view.asp?a=2354&q=415220> . CIO

11/05/16 Saturday 3:05 P.M. \$15 and free shipping
<https://www.amazon.com/AMERICAN-CONVERSION-APC-5-Outlet-Suppressor/dp/B00C2CLSZK> . CIO

11/05/16 Saturday 2:55 P.M.
http://www.ncsa.illinois.edu/news/story/ncsa_remembers_klaus_schulten CIO

11/05/16 Saturday 2:50 P.M. I am updating some of the apps on the Apple Ipad 2. CIO

11/05/16 Saturday 2:15 P.M. I threw out the garbage and the PS2 keyboard and mouse shipping box. I sat outside for a while, and I chatted with a neighbor. Not much happening in the greater southwestern Connecticut area. I have a relative of a distant relative running for a Democratic judge in New Hampshire. CIO

11/05/16 Saturday 1:15 P.M. \$18 <http://www.ebay.com/itm/OxGord-25-Ft-6-Gauge-Emergency-Power-Booster-Cable-Emergency-Car-Battery-Jumper/390817023430?rt=nc&soffid=100&soffType=SaleAndClearence&trksid=p5731.m3795>

\$70 <https://www.walmart.com/ip/Stanley-1000-Amp-Peak-Jump-Starter-with-Compressor/13035281> with free shipping. I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will then shower and clean up. I am stuck on the sick ward in my apartment. I am feeling a little bit better, but I am still weak. CIO

11/05/16 Saturday 12:35 P.M. I went back to bed until noon. I chatted with a friend. I washed the breakfast dishes. From what I can feel, I guess I am still sick. CIO

11/05/16 Saturday 9:30 A.M. I woke up at 9 A.M.. I chatted with a neighbor earlier, and a friend twice earlier and two relatives. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/04/16 Friday 8:55 P.M. I watched episode 2 of "The Crown". I will now go back to bed. CIO

11/04/16 Friday 7:45 P.M. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 10 cherry tomatoes, 10 pitted extra large black olives, a 4 ounce tin of Bumble Bee crab meat drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, grated

Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Wish-Bone Italian dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

11/04/16 Friday 7:05 P.M. I watched episode 1 of "The Crown". I ate a bowl of dark sourdough pretzels. CIO

11/04/16 Friday 5:45 P.M. http://volcano.si.edu/reports_weekly.cfm CIO

11/04/16 Friday 4:55 P.M. I rested until 4:30 P.M.. I threw out the garbage. I sat outside for a brief spell. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9374869903501247896570> on the two orders for two <http://www.ebay.com/itm/New-Mini-3-Port-USB-2-0-Rotating-Splitter-Adapter-Hub-For-PC-Laptop-Notebook-Mac/311405010015?trksid=p2141725.c100338.m3726&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20150313114020%26meid%3Dce3332257c7f4751bc15147b4122bcd2%26pid%3D100338%26rk%3D8%26rkt%3D29%26mehot%3Dpp%26sd%3D162089320298> for \$4.99 each and a dollar discount on ordering two and \$1.49 shipping for \$10.47 total each order. I put one on the left side of the Acer touchbook, one on the left side of Dell E4600 laptop, one on the front of the Dell Optiplex 740, and one on the front of the HP desktop. I will now make my bed. I will then shower and clean up. CIO

11/04/16 Friday 2:10 P.M. I rested some more until 1:45 P.M.. I chatted with a friend and two relatives. I ate a 13 ounce Marie Callender chicken fettuccini dinner with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. CIO

11/04/16 Friday 11:55 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

11/04/16 Friday 11:55 A.M. <http://www.carrvalleycheese.com/> CIO

11/04/16 Friday 11:25 A.M. Tracking is <https://wwwapps.ups.com/WebTracking/processRequest?tracknum=1Z867R2RYW91361059> on the order for 5 in XXL for \$11.99 each http://www.kohls.com/product/prd-2636455/mens-croft-barrow-classic-fit-turtleneck.jsp?ci_mcc=ci&utm_campaign=MENS%20KNITS&utm_medium=CSE&utm_source=google&utm_product=79205558&CID=shopping15&gclid=CJWagcKZ_c8CFVRahgodqHsPVw&gclsrc=aw.ds&dclid=CLDUh8KZ_c8CFW--swodrm4LQg 2 in jade, 1 in limoge for and 20% off with "CRAZYDEAL" coupon for \$12 off and \$8.95 shipping and \$3.62 tax for \$60.52 total. I washed the breakfast dishes. CIO

11/04/16 Friday 11:20 A.M. I chatted with a relative at 10 A.M.. I woke up at 11 A.M.. CIO

11/04/16 Friday 8:25 A.M. I woke up at 8:15 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance

Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/04/16 Friday 3:10 A.M. I ordered four for \$1.63 each <http://www.ebay.com/itm/USB-Male-to-PS2-Female-Cable-Adapter-Converter-Use-for-Keyboard-Mouse/321478973486?trksid=p2047675.c100009.m1982&trkparms=aid%3D888007%26algo%3DDISC.MBE%26ao%3D1%26asc%3D40293%26meid%3D1850ab297271478fb6a5702c35c7ef75%26pid%3D100009%26rk%3D1%26rkt%3D1%26sd%3D381151928665> for \$6.52 total with free shipping from China. CIO

11/04/16 Friday 2:45 A.M. I woke up at 2:30 A.M.. I have been taking a CVS Sinus and Pain Congestion tablet every four hours. CIO

11/03/16 Thursday 9:40 P.M. I rested some more until 7:15 P.M.. I chatted with a relative, and I rested some more until 9:15 P.M.. I will now rest some more. I have heard more aircraft noise recently. Possibly they have changed their flight paths again <http://airport.westchestergov.com/about-us/environmental-management-system/noise-abatement> . I read in the past that if Hilary Clinton becomes President more aircraft will fly over the Belle Haven and Byram sections of Greenwich instead of Chappaqua. CIO

11/03/16 Thursday 5:40 P.M. A neighbor rang my door bell, and I told the neighbor I was sick. I put a few handfuls of baby spinach on a dinner plate. I added one half of a peeled and sliced cucumber, 10 cherry tomatoes, 10 pitted extra large black olives, a 3.75 ounce tin of Bumble Bee sardines with oil, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cracker Barrel Vermont extra sharp cheddar cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, oregano, and Kraft Zesty Italian low fat dressing and Wish-Bone Italian dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Schweppes Ginger Ale. I will now rest for a while. CIO

11/03/16 Thursday 4:45 P.M. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=%20%20%20%20%209205596900076504685109> on the order for http://flash.newegg.com/Product/9SIA0AJ3CZ3885?icid=WP_4_10262016 for \$6.89 with free shipping and the order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400111699000693415525> on the order for in blue for \$14.50 <https://www.amazon.com/Case-Logic-11-6-Inch-INT-111-Black/dp/B00XREHX6K?th=1> with free shipping from Technology Galaxy with free shipping arrived. I threw out the keyboard shipping box. I went by the Chase Bank at Deerfield Place. I then went by the Wells Fargo Bank at the Stop and Shop shopping center, and I paid my rent to the Greenwich Housing Authority. I then went by the Stop and Shop. I bought three 13 ounce Marie Callender meals for \$2 each, a 8 ounce Stop and Shop parmesan and Romano cheese for \$3.69, a 5 ounce Stop and Shop cheese and garlic croutons for \$1.19, two 16 ounce Wish-Bone Italian dressing for \$2 each, a 6 ounce can of Stop and Shop extra large black pitted olives for \$1.49, two 9 ounce Perdue white cooked

breast short strips meat for \$3 each, two baking potatoes for .99 a pound for \$1.59, a Vidalia sweet onion for \$1.29 a pound for .93, two pints of angle cherry tomatoes for \$3.99 both, bananas for .49 a pound for \$1.07, 2 cucumbers for .69 each, a 16 ounce bag of baby carrots for \$1.49, and a 6 ounce bag of Dole baby spinach for \$2.50 for \$35.32 total. I then returned home, and I put away my groceries. CIO

11/03/16 Thursday 2:20 P.M. I ate a 12 5/8ths ounce Stouffer's Deluxe French bread pizza with a 12 ounce glass of diet Schweppes Ginger Ale. CIO

11/03/16 Thursday 1:40 P.M. I chatted with a neighbor. I threw out the garbage. I sat outside for a while. I chatted with a relative. CIO

11/03/16 Thursday 12:40 P.M. I went through <http://scott-mike.com/bf.htm> . I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I am still sick, so I will not be going downtown. CIO

11/03/16 Thursday 12:10 P.M. I went back to sleep until noon. I have some cold medication that I am taking. CIO

11/03/16 Thursday 7:45 A.M. I woke up at 7:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/02/16 Wednesday 9:00 P.M. <https://www.markwinslowpotter.com/>

<http://shakespeare.mit.edu/>

My new October 2016 www.eversource.com bill is \$138.31 for 782 kWh for 26,97 kWh per day over 29 days with an average temperature of 56.2 degrees Fahrenheit.

For October 2015, it was \$150.52 for 871 kWh for 30.03 kWh per day over 29 days with an average temperature of 54.8 degrees Fahrenheit.

<http://ProCouponCode.com>

http://www.nytimes.com/2016/11/01/nyregion/this-tiny-west-village-garden-is-public-space-but-you-cant-go-in.html?emc=edit_th_20161101&nl=todaysheadlines&nlid=46729&r=0

<https://hourofpower.org/>

CIO

11/02/16 Wednesday 8:20 P.M. I slept on and off all day with my cold, so I can not go to sleep yet. I ate a <http://scott-mike.com/em.htm> with a glass of cold filtered water. CIO

11/02/16 Wednesday 7:20 P.M. I finished watching "Into the Inferno", and I ate a bowl of dark sourdough pretzels. I will now go back to bed for a while. CIO

11/02/16 Wednesday 6:00 P.M. \$185 <http://www.ebay.com/itm/13-MacBook-Unibody-White-2-26GHz-250GB-HD-4GB-RAM-MC207LL-A-A1342-2009-/252498169189?hash=item3aca104d65:g:vxMAAOSwA3dYEIPI> .

\$200 <http://www.ebay.com/itm/Apple-MacBook-13-2-4GHz-4GB-RAM-250GB-HDD-Laptop-A1342-MC516LL-A-Notebook-094-/131991272028?hash=item1ebb4afa5c:g:On4AAOSwHMJYE6sN>

\$235 <http://www.ebay.com/itm/Apple-Macbook-13-UNIBODY-2-4GHz-4GB-250GB-EL-CAPITAN-10-11-MC516LL-A-/261957336386?hash=item3cfddfbfd42:g:EnUAAOSwunJWFE~5> CIO

11/02/16 Wednesday 5:35 P.M. I rested a half hour. I chatted with a relative. CIO

11/02/16 Wednesday 4:00 P.M. I started watching "Into the Inferno". I ate a bag of microwave popcorn. I will now rest a while. CIO

11/02/16 Wednesday 3:10 P.M. I threw out the garbage. I sat outside for a while. I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405509699939379553506 on the order for this cane for \$18.69 with free shipping <http://www.ebay.com/itm/Quad-Cane-Small-Base-Bariatric-500lbs-Walking-Aid-Medical-Mobility-Adjustable/381466896990?trksid=p2047675.c100009.m1982&trkparms=aid%3D888007%26algo%3DDISC.MBE%26ao%3D1%26asc%3D39798%26meid%3D588d4db6c34c45ac8ec7176e745ae9a5%26pid%3D100009%26rk%3D2%26rkt%3D2%26sd%3D401172550980> arrived. The cane adjusts to the right height. CIO

11/02/16 Wednesday 2:30 P.M. <http://www.ctbites.com/home/2016/10/27/the-national-geoffrey-zakarians-first-year-in-greenwich-new.html> . CIO

11/02/16 Wednesday 2:15 P.M. I ate a 8 7/8ths ounce Stouffers baked chicken breast with mashed potatoes and Smart Balance spread on the mashed potatoes and a 12 ounce glass of diet Schweppes Ginger Ale. CIO

11/02/16 Wednesday 1:55 P.M. <http://stores.ebay.com/TekReplay?trksid=p2047675.l2563> Apple Stuff. CIO

11/02/16 Wednesday 1:50 P.M. Cheap \$39 Get Away <http://www.jetblue.com/deals/elect-a-vacation/> CIO

11/02/16 Wednesday 1:45 P.M. I ate a bowl Utz dark sourdough pretzels. I am just resting today and surfing the internet a little bit. CIO

11/02/16 Wednesday 12:55 P.M.

http://macpaw.com/landings/land387?campaign=search_text_cmm3_sierra_en&ci=344590086&adgroupid=31277921965&adpos=1o2&ck=%2Bmac%20%2Bos%20%2Bsierra&targ&etid=kwd-199354366326&match=b&gnetwork=g&creative=138846395206&placement=&placecat=&accname=cmm&gclid=CP_Nn9PAitACFQsehgod6_oM3g and \$183
<http://www.ebay.com/itm/Apple-MacBook-MC207LL-A-A1342-13-3-2-26GHz-4GB-250GB-SIERRA-MacOS-Laptop-DvD-/291922718448?hash=item43f7f32ef0:g:ItsAAOSwx2dYEO~n> or
 "http://www.ebay.com/itm/262138093778?" for \$260 CIO

11/02/16 Wednesday 10:55 A.M. Soup is supposed to be good for cold or flu. I took a 3 ounce package of chicken Ramen noodles, and I put them in a plastic microwave pot with the contents of the flavor pouch, and I added a 15 ounce can of Campbell's French Onion soup and 15 ounces of water, and I put the lid on, and I microwaved it for four minutes. I then put the onion soup in my large Cobalt Blue soup bowl that I bought many years ago at the Merry Go Round Mew Thrift shop for a few dollars, and I seasoned it with ground black pepper, and I ate it with a 12 ounce glass of Schweppes diet ginger ale. I did not dress too warmly, when I went out this past Monday, so that if how I probably caught my cold. The Greenwich Hospital Garden cafe on the first floor was serving a gourmet roast beef sandwich for \$10 yesterday. CIO

11/02/16 Wednesday 9:55 A.M. One Franklin

https://www.amazon.com/dp/B00OQVZDJM/ref=ods_DP_Eink_EarlyS_MT . CIO

11/02/16 Wednesday 9:45 A.M. Eight years old for \$100 <http://www.ebay.com/itm/Apple-Macbook-4-1-A1181-MB402LL-A-2-1Ghz-C2D-2GB-Ram-250GB-HD-OS-10-7-Lion-/192010788899?hash=item2cb4bc2023:g:cIkAAOSwPCVX9XMK> or
<http://www.ebay.com/itm/APPLE-MACBOOK-13-3-160GB-2GB-MINT-WHITE-VINTAGE-L-K-/122201075295?hash=item1c73c06e5f:g:RakAAOSwHsRYCXly> or \$125
http://flash.newegg.com/Product/9SIAAJ24VG4510?icid=WP_9_10302016 . Coming up at noon EDT today <http://flash.newegg.com/search?keyword=MLL42LL%252FA> . Macbook Pro. CIO

11/02/16 Wednesday 9:30 A.M. I chatted with a relative. Tracking is

<https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=%20%20%20%209205596900076504685109> on the order for
http://flash.newegg.com/Product/9SIA0AJ3CZ3885?icid=WP_4_10262016 for \$6.89 with free shipping. I am not going out, because it feels like I have the beginning of a cold and the sniffles that started yesterday. CIO

11/02/16 Wednesday 8:30 A.M. <http://www.greenwichtime.com/news/us-world/article/Melborne-Cup-revelers-called-out-for-being-10461616.php> CIO

11/02/16 Wednesday 8:20 A.M. Tracking is

<https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9374869903501247896570> on

the two orders for two http://www.ebay.com/itm/New-Mini-3-Port-USB-2-0-Rotating-Splitter-Adapter-Hub-For-PC-Laptop-Notebook-Mac/311405010015?_trksid=p2141725.c100338.m3726&_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20150313114020%26meid%3Dce3332257c7f4751bc15147b4122bcd2%26pid%3D100338%26rk%3D8%26rkt%3D29%26mehot%3Dpp%26sd%3D162089320298 for \$4.99 each and a dollar discount on ordering two and \$1.49 shipping for \$10.47 total.

11/02/16 Wednesday 8:15 A.M. <http://www.greenwichlibrary.org/digital-library/> . CIO

11/02/16 Wednesday 7:40 A.M. I woke up at 6:45 A.M.. I chatted with a neighbor who is going to have a hernia surgery today, but he does not need a ride, but he might need a ride tomorrow back from the hospital. I gave him my telephone number. I chatted with a friend who told me in Bridgeport, one can go on a fishing boat for \$60 to go for black fish that one is allow to catch 7 or 8 from the boat. The black fish are ugly and weigh about seven pounds, but they taste like lobster which is why they call them the "Poor Man's Lobster". However, from land one is only allow to catch two black fish. CIO

11/02/16 Wednesday 5:20 A.M. I will now go back to bed. CIO

11/02/16 Wednesday 5:00 A.M. I made up a fresh batch of punch. I used the pineapple tool to peel and core the fresh pineapple. I mixed the pineapple chunks with Angostura bitters, lemon juice, and punch, and I put them in a Rubbermaid container in the refrigerator. I threw out the pineapple garbage and the fruit juice containers. I put away the clean laundry. CIO

11/02/16 Wednesday 3:35 A.M. I have 55 minutes to go on two dry cycles. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/02/16 Wednesday 3:15 A.M. I woke up and ate 8 ounces of Dannon vanilla yogurt. I woke up at 2 A.M.. I put clean linens on the bed. I also took off the summer quilt and put it in a plastic bag on the left closet shelf, and I put on the white electric blanket and the extra comforter that I put at the end of the bed. Thus the bed is ready for winter. I started two loads of laundry, and I have 10 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

11/01/16 Tuesday 5:45 P.M. I rested 45 minutes. I watched episode 2 of "The Wheelchair President". I ate a bowl of dark sourdough pretzels. I chatted with a relative. I will now go to bed. CIO

11/01/16 Tuesday 3:50 P.M. I returned back from my appointment. I have a couple of follow up appointments in the next two weeks. I picked up the mail. The order with tracking number of "1Z6953Y8YW56966489" at www.ups.com on the order for \$6.89 with

free shipping a PS2 keyboard and wired mouse

http://flash.newegg.com/Product/9SIA0AJ3CZ3885?icid=WP_4_10262016 arrived. I ate a 9.5 ounce Stouffer's Lean Cuisine chicken masala dinner with a 12 ounce glass of Schweppes diet ginger ale and a bowl of dark sourdough pretzels. I will now take a nap. CIO

11/01/16 Tuesday 11:20 A.M. I ordered 5 in XXL for \$11.99 each

http://www.kohls.com/product/prd-2636455/mens-croft-barrow-classic-fit-turtleneck.jsp?ci_mcc=ci&utm_campaign=MENS%20KNITS&utm_medium=CSE&utm_source=google&utm_product=79205558&CID=shopping15&gclid=CJWagcKZ_c8CFVRahgodqHsPVw&gclsrc=aw.ds&dclid=CLDUh8KZ_c8CFW--swodrm4LQg 2 in jade, 1 in limoge for and 20% off with "CRAZYDEAL" coupon for \$12 off and \$8.95 shipping and \$3.62 tax for \$60.52 total. I washed the breakfast dishes. I will now make my bed. I will shower and clean up. I will then go out to my 1:30 P.M. appointment early. CIO

11/01/16 Tuesday 10:50 A.M. \$13 Lantern

<http://www.ebay.com/itm/161484638763?rmvSB=true>

https://www.tanga.com/deals/search?page=2&q=Ipad&category_tree.lvl1=Computers%2FTablets%20%26%20Networking%20%3E%20Tablets%20%26%20eBook%20Readers&category_name=Tablets%20%26%20eBook%20Readers

\$100 <https://www.tanga.com/deals/7437044fbf72/apple-ipad-2-mc769ll-a-16gb-wifi-black-grade-b>

\$130 http://flash.newegg.com/Product/9SIA4R84RV7053?icid=WP_5_10312016

I went through <http://scott-mike.com/bf.htm> . CIO

11/01/16 Tuesday 10:15 A.M. I chatted with a friend. I rested some more until 10 A.M.. CIO

11/01/16 Tuesday 7:10 A.M. I woke up at 6:15 A.M.. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$176, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$76 for premium Cable TV. However that includes \$55 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I ordered http://flash.newegg.com/Product/9SIA0AJ3CZ3885?icid=WP_4_10262016 for \$6.89 with free shipping. I ordered two <http://www.ebay.com/itm/New-Mini-3-Port-USB-2-0-Rotating-Splitter-Adapter-Hub-For-PC-Laptop-Notebook-Mac/311405010015?trksid=p2141725.c100338.m3726&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20150313114020%26meid%3Dce3332257c7f4751bc15147b4122bcd2%26pid%3D100338%26rk%3D8%26rkt%3D29%26mehot%3Dpp%26sd%3D162089320298> for \$4.99 each and a dollar discount on ordering two and \$1.49 shipping for \$10.47 total. I will now eat breakfast. I ate breakfast of oatmeal with honey

and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/31/16 Saturday 6:20 P.M. I ate two 2 ounce Sandwich Brothers cheeseburgers with a glass of cold filtered water. I took another Mucinex. I chatted with a relative. I will now go back to bed. CIO

12/31/16 Saturday 6:05 P.M. I watched episode 7 of "The Medici, Masters of Florence". CIO

12/31/16 Saturday 4:55 P.M. I rested until 4:30 P.M.. A neighbor delivered the order with tracking of

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=74899998266855442088> on the order for

<http://www.newegg.com/Product/Product.aspx?Item=N82E16803154020&ignorebbr=1> for \$7.99 with \$4 off with coupon code "1226ACS08" and \$1.99 shipping for \$5.98 total. CIO

12/31/16 Saturday 12:55 P.M. I reheated two 3 ounce Perdue chicken cutlets for 2.5 minutes in the microwave oven, and I ate them with steamed Brussels sprouts seasoned with Smart Balance spread, Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil, a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice.

Sale http://www.llbean.com/?qs=3080290_59JLB7sBj1c-yAd_OybB.U38rU8.vrZfXA&cvosrc=Affiliate.linkshare.59JLB7sBj1c . CIO

12/31/16 Saturday 11:45 A.M. I threw out the garbage. I went by the Chase Bank at Deerfield Place. I then went by the Wells Fargo Bank at the Stop and Shop plaza, and I paid my rent to the Greenwich Housing Authority. I then went by the Stop and Shop, and I bought a 59 ounce Simply Orange orange juice for \$3, five 9 ounce Lean Cuisine meals for \$2 each, and two 10.5 ounce frozen Brussels sprouts for \$2 each for \$17 total. I then went by CVS, and I picked up a prescription. I bought a 24 capsule Mucinex Sinus-Max for \$18.99 less a \$5 off CVS internet coupon for \$13.99 total. I then bought three 12 can boxes of 12 ounce Diet Fresca for two for \$11 and \$5.69 for the single one \$1.80 can deposit and \$1.06 tax for \$19.55 total. I then parked downtown briefly, and I went by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$9 of self service V-Power premium gasoline for \$3.439 a gallon for 2.617 gallons at odometer reading of 114608 miles for 36.4 miles driven since Thursday December 22, 2016 for 13.91 miles per gallon in local traffic. I then returned home. I used my little folding cart to bring up the Fresca. I put away my purchases. I took a daytime Mucinex. I chatted with a relative. CIO

12/31/16 Saturday 8:30 A.M. Tracking is
https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400110200882262684210 on the order for
https://www.amazon.com/gp/product/B01FLI4NNA/ref=as_li_tl?ie=UTF8&tag=dealnews4portwall-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B01FLI4NNA&linkId=7a506d79d99334098ca706cdbc093cf7 for \$3.49 with coupon code "LUMS2017" with free shipping.

refurbished Panasonic Toughbook \$460
https://flash.newegg.com/Product/9SIA9GX4Y92824?icid=WP_6_12292016

http://www.aarp.org/health/healthy-living/info-2015/heart-attack-triggers.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-123016-TS1-1743307&ET_CID=1743307&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

<http://view.reply.reaganfoundation.org/?qs=06dc99a199a70518933ed18a6f5b3fcdfcc2b5514c7b279ee991f53460cb2dc50414c7c04b7324184436a63ce1db772c4919198e3d09393971a68f1850c351dc8c4020f508c0b589>

At <https://sitecontrol.webhosting.optimum.net/> , I now have to started paying \$6.95 a month for my <http://mikelouisscott.com/> , which I will keep.

http://volcano.si.edu/reports_weekly.cfm

I will now make my bed. I will then shower and clean up and go downtown. CIO

12/31/16 Saturday 7:10 A.M. I chatted with a friend. I washed the breakfast dishes. I threw out the garbage. I picked up the mail. I got my rent statement from the Greenwich

Housing Authority. I got the order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400109699939551452839> on the order for \$4 <http://www.ebay.com/itm/US-Plug-AC-DC-Power-Supply-Input-120VAC-60-Hz-Output-12VDC-900ma-Solar-Centurion-/222335499549?hash=item33c43a7d1d:g:kX8AAOSwU-pXr6Vx> and \$2.95 shipping for \$6.95 total. I hooked it up to the Slaymaker jump start system, and it seems to work just fine. CIO

12/31/16 Saturday 6:35 A.M. I slept some more until 6:15 A.M.. I took another dosage of CVS Night Time Cough and Cold relief.

<https://madeby.google.com/home/> CIO

12/31/16 Saturday 3:30 A.M. I rested until 3:15 A.. I woke up briefly at 12:30 A.M., and I took a dosage of CVS night time pain and cold relief. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/30/16 Friday 6:00 P.M. I rested until 6 P.M.. I chatted with a relative at 5 P.M. and 6 P.M.. I had some CVS night time cold and pain relief. I took a dosage of that. I will now go back to bed. CIO

12/30/16 Friday 11:00 A.M. I rested until 10:30 A.M.. I ate a 14 ounce Marie Callender sweet and sour chicken dinner with Smart Balanace spread on the vegetables and a 12 ounce glass of diet Fresca. CIO

12/30/16 Friday 7:55 A.M. I chatted with a friend, and I rested some more until 7:45 A.M.. I have had a mild cold for the last three days, so I am pretty much just staying in bed. I am taking CVS All Day Pain Relief. CIO

12/30/16 Friday 6:25 A.M. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$176, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$76 for premium Cable TV. However that includes \$55 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I washed the breakfast dishes. CIO

12/30/16 Friday 5:50 A.M. I went back to bed until 5:30 A.M.. CIO

12/30/16 Friday 1:35 A.M. I chatted with a relative at 5 P.M.. I woke up at 1 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce

cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/29/16 Thursday 4:05 P.M. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9361289673090225227290 on the order for https://www.amazon.com/Schultz-Purpose-10-15-10-Plant-8-Ounce/dp/B00BARNKVI/ref=sr_1_1?ie=UTF8&qid=1482488409&sr=8-1&keywords=schultz+liquid+plant+food for \$9.99 and \$6.89 shipping for \$16.88 total was delivered to my relative in Florida. CIO

12/29/16 Thursday 4:05 P.M. I went to my 2 P.M. appointment. Afterwards, I went to the Acme grocery store. With my \$25 Greenwich Department of Social Services card, I bought a 68 ounce can of Capatriti extra virgin oil for \$15.99, six 2 ounce Sandwich Brothers Angus cheeseburgers for \$4.99, organic bananas for .69 a pound for .89, Brussels sprouts for \$3.99 a pound for \$5.39, two baking potatoes for \$1.78 a pound for \$2.90, and .95 can return for \$29.21 total. I then returned home in the pouring rain. It has been raining so heavily, I think the drought might be over, so it might be all right to flush the toilets after number one. I picked up the mail. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

12/29/16 Thursday 12:55 P.M. I chatted with a friend. I will now head out to my 2 P.M. appointment. CIO

12/29/16 Thursday 12:25 P.M. I ate a 11.5 ounce Stouffer's Swedish meatballs with a 12 ounce glass of diet Fresca. CIO

12/29/16 Thursday 11:55 A.M. High Bridge in China now open <http://www.bbc.com/news/world-asia-38458556> . CIO

12/29/16 Thursday 11:50 A.M. One of my mother's older brothers lived in https://en.wikipedia.org/wiki/Fremont,_Michigan where Gerber Baby Food is. I recall once touring the Gerber Baby Food factory, and then the Post and Kellogg's factories nearby, where they made corn flakes. CIO

12/29/16 Thursday 11:30 A.M. My first Christmas Eve off Nantucket in December 1983, I walked into Rue De Croissant on Railroad Avenue in Greenwich, and I ate a turkey croissant, and Cliff Robinson and Dina Merrill https://en.wikipedia.org/wiki/Dina_Merrill were there. I also saw them at the Fogarty House in Key West in February 1982 at the Cabana bar. It can get cold in Palm Beach, so some people venture further south. CIO

12/29/16 Thursday 11:20 A.M. I guess it takes money to hang with the Trumps <http://www.maralagoclub.com/> . My class president at www.lfc.edu was Henry Post who was Marjorie Post's grandson. He used to enjoy decorating the local Holiday Inn. He also lived with a local politician's daughter in Manhattan. CIO

12/29/16 Thursday 10:55 A.M. I have a young relative that works for <https://www.algolia.com/> . CIO

12/29/16 Thursday 10:45 A.M. I drank a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I chatted with a relative. CIO

12/29/16 Thursday 10:15 A.M. <http://www.pcmag.com/slideshow/story/331464/18-hidden-roku-tricks-for-streaming-success>

<https://www.rokuguide.com/private-channels> CIO

12/29/16 Thursday 10:00 A.M. I watched episode 6 of "The Medici, Masters of Florence". I ate a bag of microwave popcorn. I chatted with a relative. CIO

12/29/16 Thursday 8:35 A.M. <http://www.geekwire.com/2012/microsofts-starting-median-pay-beats-rivals-91500/> . CIO

12/29/16 Thursday 8:30 A.M. I showed a neighbor how to use his Philips universal remote control to get his Toshiba TV working. It now works. CIO

12/29/16 Thursday 8:00 A.M. I read back issues of www.pcmag.com off my Apple Ipad 2 from Zenio available at the www.greenwichlibrary.org .I chatted with a friend. I ate a 13 ounce Marie Callender chicken alfredo bake dinner with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. CIO

12/29/16 Thursday 6:10 A.M. I threw out the garbage and the Amazon shipping box. I removed the duct tape from the Volvo wagon rear tail light repair. I chatted with a neighbor. It is clear out and not snowing yet. The Greenwich Fire Department is supposed to occupy the new central Greenwich Fire Station this week. CIO

12/29/16 Thursday 5:25 A.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. CIO

12/29/16 Thursday 5:20 A.M. I ordered http://www.gamiss.com/smart-watches-11433/product25088/?lkid=23664&utm_source=shareasale&utm_medium=shareasale&utm_campaign=shareasale for \$6.99 with coupon code "GMHOT39" with free shipping.

I bought https://www.amazon.com/gp/product/B01FLI4NNA/ref=as_li_tl?ie=UTF8&tag=dealnews4portwall-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B01FLI4NNA&linkId=7a506d79d99334098ca706cdb093cf7 for \$3.49 with coupon code "LUMS2017" with free shipping. CIO

12/29/16 Thursday 4:30 A.M. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400109699939551452839> on

the order for \$4 <http://www.ebay.com/itm/US-Plug-AC-DC-Power-Supply-Input-120VAC-60-Hz-Output-12VDC-900ma-Solar-Centurion-/222335499549?hash=item33c43a7d1d:g:kX8AAOSwU-pXr6Vx> and \$2.95 shipping for \$6.95 total. CIO

12/29/16 Thursday 4:30 A.M. Acer 24 inch monitor \$75 with free shipping <http://www.bestbuy.com/site/acer-ka240h-24-led-fhd-monitor-black/5588523.p?skuId=5588523&loc=0&ref=8575135&acampID=538fa988cda811e68ca87e5cd90b33c20INT&productCategoryId=pcmcat200900050014> CIO

12/29/16 Thursday 4:20 A.M. I rested some more until 4 A.M.. CIO

12/29/16 Thursday 1:05 A.M. I woke up at 1 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/28/16 Wednesday 9:35 P.M. I rested until 9 P.M.. I ate a 13 ounce Marie Callender chicken alfredo dinner with grated parmesan and Romano cheese on it and a 12 ounce glass of diet Fresca. CIO

12/28/16 Wednesday 2:20 P.M. I ate a 13.8 ounce Marie Callender steak and potatoes dinner with Smart Balance spread on the vegetables and a 12 ounce glass of diet Fresca. CIO

12/28/16 Wednesday 1:50 P.M. I rested until 1 P.M.. I used the Crazy Glue that I bought yesterday, and I glued another piece of clear plastic over the broken rear passenger side tail light lens on my Volvo wagon. I held it in place until the glue sets with duct tape. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=%209361289688090123631986> on the order for <https://www.amazon.com/gp/product/B01G1CBYAK> for \$14 with coupon code "OPBWMIWQ" and \$7.79 shipping for \$21.81 total arrived. I put it on the primary work computer chair. CIO

12/28/16 Wednesday 8:25 A.M. For the older Slaymaker jump start system in the bedroom, I ordered for \$4 <http://www.ebay.com/itm/US-Plug-AC-DC-Power-Supply-Input-120VAC-60-Hz-Output-12VDC-900ma-Solar-Centurion-/222335499549?hash=item33c43a7d1d:g:kX8AAOSwU-pXr6Vx> and \$2.95 shipping for \$6.95 total. The one that came with it broke. I chatted with a relative. CIO

12/28/16 Wednesday 7:40 A.M. I chatted with a friend. I read back issues of www.pcworld.com off the Zinio feed from the www.greenwichlibrary.org . I washed the breakfast dishes. CIO

12/28/16 Wednesday 6:05 A.M. There was a Florida politicians on television this morning saying they should quit funding expensive hurricane insurance for multimillion dollar homes on the waterfront. He mentioned that plenty of people in Florida live in less expensive \$25,000 houses.

Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=74899998266855442088>
on the order for

<http://www.newegg.com/Product/Product.aspx?Item=N82E16803154020&ignorebbr=1> for \$7.99 with \$4 off with coupon code "1226ACS08" and \$1.99 shipping for \$5.98 total. CIO

12/28/16 Wednesday 5:20 A.M. I woke up at 5 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/28/16 Wednesday 3:25 A.M. I watched episode 5 of "The Medici, Masters of Florence". I will now try to go back to bed. CIO

12/28/16 Wednesday 2:05 A.M. I put away the clean laundry. I chatted with a friend. CIO

12/28/16 Wednesday 12:50 A.M. I ate a 13.1 ounce Stouffers bourbon steak dinner with Smart Balance spread on the vegetables and a 12 ounce glass of diet Fresca. CIO

12/28/16 Wednesday 12:30 A.M. I have 55 minutes to go on two dry cycles. CIO

12/28/16 Wednesday 12:10 A.M. I put clean linens on the bed. I started two loads of wash, and I have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

12/27/16 Tuesday 11:35 P.M. I rested until 11 P.M.. CIO

12/27/16 Tuesday 6:10 P.M. I chatted with a relative. I ate a 11.5 ounce Swedish meatballs with a 12 ounce glass of diet Fresca. I chatted with a relative. CIO

12/27/16 Tuesday 5:20 P.M. I threw out the garbage. I went to CVS on Greenwich Avenue, and I picked up two prescriptions. I bought a Loctite Superglue gel for \$5.79 and .37 tax for \$6.16 total. I then sat out for a while at the park across from CVS. I then went to my 4 P.M. appointment. After my 4 P.M. appointment, I drove a neighbor home. I picked up the mail. CIO

12/27/16 Tuesday 2:10 P.M. I chatted with a relative. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go downtown. I have a 4 P.M. appointment. CIO

12/27/16 Tuesday 1:10 P.M. I woke up at 1 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also make up a fresh batch of punch. CIO

12/27/16 Tuesday 9:55 A.M. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9361289673090225227290> on the order for https://www.amazon.com/Schultz-Purpose-10-15-10-Plant-8-Ounce/dp/B00BARNKVI/ref=sr_1_1?ie=UTF8&qid=1482488409&sr=8-1&keywords=schultz+liquid+plant+food for \$9.99 and \$6.89 shipping for \$16.88 total.

Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=%209361289688090123631986> on the order for <https://www.amazon.com/gp/product/B01G1CBYAK> for \$14 with coupon code "OPBWMIWQ" and \$7.79 shipping for \$21.81 total. CIO

12/27/16 Tuesday 9:45 A.M. I have been doing systems maintenance on the primary work computer. While doing that I watched episodes 2, 3, and 4 of "The Medici, Masters of Florence". I also ate a bowl of Utz sourdough dark pretzels and a bag of microwave popcorn. I went to bed at 6:15 A.M.. I woke up at 9:45 A.M. to shut down the computer after the maintenance was completed. I have to wake up at 1 P.M.. I have a 4 P.M. appointment today. CIO

12/27/16 Tuesday 1:45 A.M. On my Ipad 2, I read some back issues of www.pcworld.com . CIO

12/27/16 Tuesday 12:50 A.M. <http://www.pfaltzgraff.com/tea-rose/set-of-4-rim-soup-bowls/K42501290.html> soup bowls and also microwave proof for oatmeal in the microwave

or single one for less at the bottom of the page
<http://www.pfaltzgraff.com/dinnerware/bowls/soup-and-cereal-bowls> .

http://www.aarp.org/health/conditions-treatments/info-03-2013/7-ways-to-prevent-arthritis-photos.html?cmp=EMC-DSO-NLC-RSS---CTRL-122616-P1-1730352&ET_CID=1730352&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=#slide1

<https://www.reaganfoundation.org/>

<http://www.thirteen.org/blog-topic/the-british-telly-dish/>

<http://www.thirteen.org/downton-abbey/>

Swiss Family Robinson <http://www.greenwichtime.com/local/article/Swiss-family-sails-into-Greenwich-harbor-giving-10816565.php> CIO

12/27/16 Tuesday 12:30 A.M. I mailed the returned Christmas card in the mail room downstairs. I threw out the garbage. I have a 4 P.M. appointment today. CIO

12/26/16 Monday 11:50 P.M. I ordered

<http://www.newegg.com/Product/Product.aspx?Item=N82E16803154020&ignorebbbr=1> for \$7.99 with \$4 off with coupon code "1226ACS08" and \$1.99 shipping for \$5.98 total.

\$25 Rice Cooker

<http://www.newegg.com/Product/Product.aspx?Item=N82E16896095030&ignorebbbr=1>

\$7.49 Hanes Sweat Pants with free shipping http://www.hanes.com/shop/hanes/sale/mens-sale/sale-mens4/hanes-sport-mens-ultimate-cotton-sweatpants-hof360?mid=24366&source=LINK_AD:Z:HANES&SiteId=NKa3hZyYoHA-yJwqGZnMJdB_8iomBFXW5g&cm_mmc=Linkshare--NA--NA--NA&d1=LINKSH

I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. CIO

12/26/16 Monday 11:00 P.M. I went back to bed until 10:30 P.M.. CIO

12/26/16 Monday 7:50 P.M. I chatted with a friend at 4 P.M.. I finally woke up at 7:45 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/26/16 Monday 9:50 A.M. I rested until 8:30 A.M.. I ate a bag of microwave popcorn. I watched episode of "Medici, Masters of Florence". I chatted with a relative. I will now try to go back to bed. CIO

12/26/16 Monday 6:45 A.M. I chatted with a friend. I threw out the garbage. I printed out another envelope for the Christmas card that was returned, and I used another .47 Forever stamp on it. Hopefully with bold text printing the envelope will go through. I will now go to bed for the day. CIO

12/26/16 Monday 5:55 A.M. Earlier, I went through <http://scott-mike.com/bf.htm> which can be useful in saving money, if you happen to have any. I watched "Killswitch". I have been eating some M&Ms. CIO

12/26/16 Monday 4:20 A.M. \$5 Flashlight

http://www.ebay.com/itm/361531600068?ul_noapp=true CIO

12/26/16 Monday 4:05 A.M. Watch Cap

<https://www.amazon.com/gp/product/B01D3NL0I6?tag=dealighted0b-20>

\$105 Asus Tablet refurbished

http://www.newegg.com/Product/Product.aspx?Item=N82E16834231535&nm_mc=OTC-RSS&cm_sp=OTC-RSS-Tablets-ASUS-N82E16834231535

\$90 AOC 24 inch monitor

http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage-SS-P2-24-160-170-12262016&Index=2

\$8 Tire Gauge

https://flash.newegg.com/Product/9SIA1ZZ54D2985?icid=WP_40_12242016_CIO

12/26/16 Monday 3:30 A.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with Frank's hot sauce, 10 ounces of steamed Green Giant broccoli and cauliflower with cheese sauce, and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca. CIO

12/26/16 Monday 2:30 A.M. I threw out the garbage. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I found a little baby seal stuffed animal in front of the pub across from the movie theatre. I put it on the dining table monitor, when I got home. At Carriage House Motors, they have a vintage red www.ford.com pickup truck with a Christmas tree on its back load area. I walked up Arch street for a change. The only place open was the Polish Club on Arch Street. There were a few commuters walking to and from the train station. In the trash heap in front of Jonathan Adlers across from CVS, there is a small peg black framed cork peg board, which I don't need. After my walk, I went by CVS at 644 West Putnam Avenue, and I bought four 40 ounce Tide Simply Fresh detergent for \$2.94 each, four 16 ounce Campbell's Lite clam chowder for \$1.50 each, and a 10.25 ounce Lays Family potato chips for \$2.99 less a \$5 CVS internet coupon and .57 tax for \$16.32 total. I then returned home, and I put away my purchases. CIO

12/25/16 Sunday 11:15 P.M. I will now wash the breakfast dishes. I will then make my bed. I will then shower and clean up. CIO

12/25/16 Sunday 11:00 P.M.

!!!!!! https://youtu.be/FvSsmBDY_fk Queens Elizabeth II 2016 Christmas Broadcast

<https://www.royal.uk/>

<https://www.royal.uk/christmas-broadcast-2016>

I went back to bed until 10:30 P.M..

Story of Life App <https://itunes.apple.com/us/app/attenborough-story-of-life/id1124476992?mt=8> CIO

12/25/16 Sunday 8:20 P.M. I woke up at 8 P.M.. While asleep, I chatted with two friends and two relatives. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/25/16 Sunday 8:40 A.M. I watched "Fannie's Last Supper". I ate a bag of microwave popcorn. I chatted with a relative. CIO

12/25/16 Sunday 7:20 A.M. \$120 <http://www.ebay.com/itm/Westinghouse-32-Class-31-5-Diag-LED-1080p-Smart-HDTV-Black-/201745386323?hash=item2ef8f64b53&rmvSB=true>

<http://www.bestbuy.com/site/westinghouse-32-class-31-5-diag--led-1080p-smart-hdtv-black/5247504.p?skuId=5247504> . CIO

12/25/16 Sunday 6:50 A.M. I opened up my Christmas Gifts. My black artic parka fits just fine. I got this http://www.landsend.com/products/mens-flagship-flannel-shirt/id_293778 from a relative. One can review my notes for the last month to see what else I have purchased. The primary items are the orders for <http://www.ebay.com/itm/Apple-MacBook-13-3-7-1-Laptop-A1342-4GB-250GB-Bluetooth-Webcam-10-/272451893520?hash=item3f6f65f910:g:glAAAOSwcLxYlHdG> for \$130.19 and for a Apple laptop <http://www.ebay.com/itm/Apple-MacBook-13-2-1-2006-A1181-Core-2-Duo-1-83GHz-4GB-250GB-MA699L-A-14594-/152329500003?hash=item23778bb563:g:VI8AAOSwo4pYNgQG> for \$54.99 and <http://www.ebay.com/itm/Apple-iPad-2-Wi-Fi-16GB-Black-MC769LL-A-A1395-Grade-C-/262666879687?hash=item3d282a82c7> and Ipad 3 <https://vod.ebay.com/vod/FetchOrderDetails?sspagename=STRK%3AMESO%3AVPS&itimid=112207768944&transid=1589556216001> for \$89.99 . CIO

12/25/16 Sunday 6:25 A.M. I rested until 6 A.M.. I drank a 12 ounce glass of 50% punch and 50% diet Fresca.

<http://www.greenwichtime.com/news/article/Where-the-heaviest-drinking-Americans-live-10817374.php>

<http://www.internationaldebutanteball.com/> CIO

End of Scott's Notes week of 12/25/16

12/25/16 Sunday 2:30 A.M. I watched series 4 episode 11 and 12 of "A Place to Call Home". I will now send out my weekly notes. CIO

12/25/16 Sunday 12:40 A.M. Merry Christmas. I finished working on the Mac Book. For my Christmas Dinner, I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with Frank's hot sauce, 10 ounces of steamed Green Giant broccoli and cauliflower with cheese sauce, and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca. CIO

12/24/16 Saturday 11:50 P.M. I read the Mac for Seniors for Dummies book. I put the Amazon Music Program for Mac on my latest Mac, and I am now downloading my music to it, since I have a lot of spare hard drive space on it. CIO

12/24/16 Saturday 10:05 P.M. \$50 bread maker

http://www.newegg.com/Product/Product.aspx?Item=N82E16896268090&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-dealnews.com--na--na--na&cm_sp=&AID=10446076&PID=552179&SID=V0Y4d3N3b0tNcTBBQUNoUnRLTUFBQURB

http://promotions.newegg.com/NEemail/Dec-0-2016/ChristmasEveSale_39otwe9l_24/index-landing.html?et_cid=30948&et_rid=3060610&et_pl=&email64=cHJhdmVlbn11c2ljQGdtYWlsLmNvbQ==&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-DealsPlus--na--na--na&cm_sp=&AID=10446076&PID=2026489&SID=D0D0D0D2

\$15 Brita pitcher

<https://www.walmart.com/ip/8470932?&u1=&oid=213728.1&wmlspartner=pnkDUx/cu3o&sourceid=19617198502678163452&affillinktype=10&veh=aff>

CIO

12/24/16 Saturday 8:45 P.M. I threw out the garbage. I gave a neighbor a ride to and back from CVS on West Putnam Avenue. I then toured CVS on Greenwich Avenue. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I drove through Bruce Park and north on Indian Field Road and west on East Putnam Avenue. There was a full house of people going to Christ Church for Christmas service. I stopped by Whole Foods at closing, and I bought a rotisserie chicken for \$8.99 and two baking potatoes for .99 a pound for \$1.42 for \$10.41 total. They gave me a free poinsettia plant. I then returned home. I chatted with a neighbor. I picked up the mail. A Christmas card to a relative was returned, so I must have the wrong address. I put the poinsettia plant on the left side outside of the apartment entrance door. CIO

12/24/16 Saturday 6:15 P.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go out. I will first take a neighbor to CVS on West Putnam Avenue. After I return the neighbor, I will then go downtown. CIO

12/24/16 Saturday 5:40 P.M. I chatted with a relative. CIO

12/24/16 Saturday 5:30 P.M. I chatted with a relative at 11 A.M.. I woke up at 5 P.M.. A neighbor delivered the order with tracking of <https://www.fedex.com/apps/fedextrack/?tracknumbers=9261293150404347272731> on the order for in black in Big 3XL with 50% off with coupon code "KSGIFT50" <http://www.kingsizedirect.com/large-size/Arctic-Snorkel-Coat.aspx?Pfid=254463&DeptId=23936&ProductTypeId=1&PurchaseType=J&pref=np&rec=Certona> for \$37.99 and \$7.99 shipping for \$45.98 total. 12/26/16 Monday 9:50 A.M.

12/24/16 Saturday 6:15 A.M. I watched episode 12 of "Olive Stone's Untold History of the United States". I ate a bag of microwave popcorn. CIO

12/24/16 Saturday 5:05 A.M. I threw out the garbage. I picked up the mail. CIO

12/24/16 Saturday 4:35 A.M. I went back to bed until 4:30 A.M.. CIO

12/24/16 Saturday 1:30 A.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with Frank's hot sauce, 8 ounces of steamed baby carrots with Smart Balance spread and extra virgin olive oil, and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

12/24/16 Saturday 12:50 A.M. <https://twitter.com/realDonaldTrump> . I wonder whom the new ambassador to the Court of St. James will be. CIO

12/24/16 Saturday 12:40 A.M. I rested some more until 12:30 A.M.. CIO

12/23/16 Friday 7:45 P.M. \$180

[http://www.newegg.com/Product/Product.aspx?Item=N82E16858753958&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=524403_desktop](http://www.newegg.com/Product/Product.aspx?Item=N82E16858753958&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=524403_desktop)

<https://www.techbargains.com/deal/439946/schumacher-xp2260>

The order with tracking of

https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405510200793240809255 on the order for for a Dutch relative for \$19.95 <http://www.longitudebooks.com/find/p/109973/> and \$4.95 shipping for \$24.90 and \$3 gift wrap for \$27.90 total arrived at my relative's house. CIO

12/23/16 Friday 6:45 P.M. I went to bed after the last note. A neighbor rang my bell at 9 A.M.. The neighbor's television would not turn off. I told him to unplug the television. I ate a 6 ounce can of Blue Diamond smokehouse almonds. I slept until 6 P.M.. I chatted with two relatives. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a

toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/23/16 Friday 7:35 A.M. Well, Old News is better than no news. CIO

12/23/16 Friday 7:25 A.M. <http://blog.ctnews.com/propertyrounds/2014/03/03/a-bit-about-the-rockefellers-history-in-greenwich/>

<http://www.greenwichtime.com/business/article/375-years-of-Greenwich-real-estate-From-farmland-6534925.php> CIO

12/23/16 Friday 7:10 A.M. <http://www.nytimes.com/1986/09/14/nyregion/end-of-the-era-for-lavish-estates.html> I ate four ounces of Cabot's Seriously Extra Sharp Vermont Cheddar Cheese. CIO

12/23/16 Friday 6:35 A.M. For a friend that has 12 orchids, I ordered another one with free shipping here <http://www.ebay.com/itm/NEW-Schultz-All-Purpose-10-15-10-Plant-Food-Plus-8-ounce-Liquid-Fertilizer-/151919545267?hash=item235f1c4bb3:g:GHYAAOSwLVZVnDK-> for \$11.99. I chatted with a friend. CIO

12/23/16 Friday 6:05 A.M. My father's third wife and widow sells inexpensive homes in Florida here <https://www.homelight.com/agents/jane-scott-fl-03164447> . CIO

12/23/16 Friday 5:55 A.M. Since the web page says they quit manufacturing it, I ordered another one with free shipping here <http://www.ebay.com/itm/NEW-Schultz-All-Purpose-10-15-10-Plant-Food-Plus-8-ounce-Liquid-Fertilizer-/151919545267?hash=item235f1c4bb3:g:GHYAAOSwLVZVnDK-> for \$11.99. I have found that it works very well with household plants. CIO

12/23/16 Friday 5:40 A.M. I could have gotten it cheaper with free shipping here <http://www.ebay.com/itm/NEW-Schultz-All-Purpose-10-15-10-Plant-Food-Plus-8-ounce-Liquid-Fertilizer-/151919545267?hash=item235f1c4bb3:g:GHYAAOSwLVZVnDK-> for \$11.99 CIO

12/23/16 Friday 5:35 A.M. <http://www.monsanto.com/products/pages/monsanto-product-brands.aspx> . Maybe I should give up on computers and start fiddling around a green house. I sent a relative https://www.amazon.com/Schultz-Purpose-10-15-10-Plant-8-Ounce/dp/B00BARNKVI/ref=sr_1_1?ie=UTF8&qid=1482488409&sr=8-1&keywords=schultz+liquid+plant+food for \$9.99 and \$6.89 shipping for \$16.88 total. I drank a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

12/23/16 Friday 4:55 A.M. <http://www.beyondthegildedage.com/search/label/Connecticut> . Some people still live like this <http://www.ctpost.com/news/article/Great-Estates-explores-Greenwich-s-gems-of-the-5324286.php> . CIO

12/23/16 Friday 4:40 A.M. His Majesty Prince Charles <https://www.facebook.com/topic/Charles-Prince-of-Wales/107906689237163?source=whftrt&position=1&trqid=6367225765219640664> . CIO

12/23/16 Friday 4:25 A.M. I could not sleep, and I woke up at 4 A.M.. Maybe the Robotic Control program was reprogrammed to give me less sleep. Possibly I am psychic with somebody traveling over these Holidays. I saw in an article that one actor was able to lose 70 pounds for a part by eating just an apple and a can of tuna fish a day. I ate a bowl of Utz Sourdough dark pretzels. In the larger size, these have sold out <http://www.llbean.com/llb/shop/18215?feat=field%20jacket-SR0&page=original-field-coat-with-wool-nylon-liner> . I still have mine that I bought last year from Ebay for \$40 from North Carolina. I guess the Maine Preppy look is getting popular again, but you have to wear it with <http://www.llbean.com/llb/shop/506697?nav=sr&term=bean+boot> . Alas, nobody communicates with me, since having been a Bush neighbor since 1962 or possibly before, people figure the government as usual is eaves dropping on me like they do on most everyone else. I have visited other friends and family where the telephone never rings and nobody ever visits. While traveling in the old days including Europe before cell phones, one was used to living without communications. Well not too much happening in this neck of the woods. CIO

12/23/16 Friday 12:25 A.M. I went through <http://scott-mike.com/bf.htm> . I will now shut down the primary work computer, and I will go to bed. Friday is suppose to be sunny and warmer, so I guess I will try to hoof it around the Holiday shoppers again. CIO

12/22/16 Thursday 11:30 P.M. I watched series 4 episode 10 of "A Place to Call Home". Since for the past month, I have been on a daytime schedule to do physical therapy twice a week on my right leg, I have been more conspicuous in the daytime in Greenwich compared to more my usual nocturnal routines. Thus people whom have not seen me frequently downtown might be confused, particularly the back country people whom rarely go downtown with the masses. For what it is worth having lived in Greenwich, Connecticut since June 1962 and frequently walking Greenwich Avenue since December 1983 when I returned from Nantucket, more than likely some of the more experienced "Old Guard" might have some sort of vague recollection as to whom I am and what my position is within the community in terms of my back ground and half million dollar education and various experiences, but for all I know that "Old Guard" might be pushing up tulips if you get my drift. CIO

12/22/16 Thursday 10:10 P.M. http://volcano.si.edu/reports_weekly.cfm

<https://www.reaganfoundation.org/forms/donations-2016/> When Ronald Reagan was a famous actor, he had to pay 90% Federal Income Tax, so he did not have that much money.

!!!!!! https://www.washingtonpost.com/news/speaking-of-science/wp/2016/12/21/a-supervolcano-caused-the-largest-eruption-in-european-history-now-its-stirring-again/?utm_term=.65a027136e07&wpisrc=nl_az_most CIO

12/22/16 Thursday 9:00 P.M. I chatted with a relative. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with Frank's hot sauce, 8 ounces of steamed baby carrots with Smart Balance spread and extra virgin olive oil, and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

12/22/16 Thursday 7:40 P.M. I threw out the garbage. I went downtown, and I sat out for a while at the Senior and the Arts Center. I then went to my 2 P.M. appointment. After my appointment. I went back downtown. I stopped by the men's store at Ralph Lauren. They have some items 60% off. I sat out for a while at the Senior and the Arts Center. I then went by the Apple computer store, but they were not chatty today. I stopped by Euro Chasse, and I told them about the hospital in Innsbruck, Austria where they have the ear cleaning machine like Boston Eye and Ear that nobody else can afford in the New York area. I said hello to a beautiful groomed black standard poodle at Herbs and Tonic. The owner said it was bred in Michigan. I bought an Ace's High scratch card for a dollar at Zen Stationary, and I lost. I got my new parking permit for the Senior and the Arts center for \$5. I put it in my driver's side inside lower windshield location, and I put the old one in the glove box. I stopped by the jewelry store going out of business on the south side of Saks Fifth Avenue, and I told them a few things they might not know. I chatted with Manfreidi jewelry. I toured CVS, and I used the bathroom there. I chatted with the Scottish cosmetics person about a friend spending the Christmas Holidays in Scotland and another former friend that worked for Elizabeth Arden. I chatted with Lexington clothing, and I told them about Swedish Royalty, I have seen in the past. I could not sit at the top of Greenwich Avenue, because they have a water pipe leak they are working on there. I chatted with LaCoste, and I told them they should open a shop in St. Bart's. I sat out after my walk. I then stopped by Grannick's Pharmacy, and they told me the Mason and Pearson brushes they sell are \$80. I bought for half price a cell phone selfie stick for \$5.49 and .35 tax for \$5.84 total. I then drove by the Computer SuperCenter, and I told them about a famous computer person that I recognized downtown who must have come back east for the Holidays. They have a 32 inch Samsung TV there for \$300 which seems a bit pricey. I then went to the Stop and Shop. I chatted with a Swedish couple from Minnesota about Swedes and Sweden. I chatted with an African American about www.llbean.com guide coats. I chatted with someone from Port Chester that looked like Terry Beasley from Sydney, Australia. I bought a rotisserie chicken for \$4.99, a 5 quart box of Stop and Shop powdered milk for \$7.39, a Caribbean green avocado for \$2, two baking potatoes for .99 a pound for \$1.80, and one pound bag of petit carrots \$2.79 for \$18.97 total. I returned home, and I picked up the mail. I put away my purchases. I got a letter from the State of Connecticut Social Services that because of the \$2 Cost of Living Increase in my Supplement Social Security, they are lowering my FICA Food Stamps by \$1 to \$166 a month. I got a \$25 Acme grocery store gift card from Greenwich Social Services for my Holiday Aid. CIO

12/22/16 Thursday 11:40 A.M. http://online-learning.harvard.edu/courses?sort_by=date_added&cost%5B%5D=free

Florida Seafood <http://legendseafood.net/> . I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go downtown. I have a 2 P.M. appointment today. CIO

12/22/16 Thursday 11:05 A.M. Tracking is <https://www.fedex.com/apps/fedextrack/?tracknumbers=9261293150404347272731> on the order for in black in Big 3XL with 50% off with coupon code "KSGIFT50" <http://www.kingsizedirect.com/large-size/Arctic-Snorkel-Coat.aspx?PflId=254463&DeptId=23936&ProductTypeId=1&PurchaseType=J&pref=np&rec=Certona> for \$37.99 and \$7.99 shipping for \$45.98 total. CIO

12/22/16 Thursday 10:15 A.M. I woke up at 9:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements.

<http://www.bbc.com/news/uk-38401857> Prince Charles. CIO

12/22/16 Thursday 2:35 A.M. I watched series 4 episode 9 of "A Place to Call Home". I ate a bag of microwave popcorn. I will now go to bed. I have to be up at 11 A.M. for a 2 P.M. appointment this afternoon. CIO

12/22/16 Thursday 2:35 A.M. I rested until 2:30 A.M.. CIO

12/22/16 Thursday 1:05 A.M. I reheated two 3 ounce Perdue chicken cutlets for 2.5 minutes in the microwave oven, and I ate them with steamed sliced yellow squash, and steamed sliced green squash, and a steamed sliced green pepper seasoned with Smart Balance spread, Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil, and cherry tomatoes with a vinaigrette dressing and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

12/22/16 Thursday 12:15 A.M. I threw out the garbage. I met up with my neighbor. I took the neighbor for a ride down Greenwich Avenue and down Steamboat Road and around the Greenwich Train Station and by the old Greenwich Hospital Thrift Shop, where they have built condos and back to the Port Chester line and back to CVS on West Putnam Avenue. My neighbor bought supplies. I bought four 3 package boxes of Movie Theatre Butter microwave popcorn for \$1 each for \$4 total. I then returned my neighbor back to our building, and I helped him unload his purchases. I then drove back through downtown Greenwich which was still totally deserted. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$7.18 of self service V-Power premium gasoline for \$3.339 a gallon for 2.127 gallons at odometer reading of 114572 miles for 25.2 miles driven since

Wednesday December 14, 2016 for 11.848 miles per gallon in local traffic. I then returned home, and I chatted with a neighbor. I forgot to pick up the mail, but I only have one fund raising letter in the mail box. CIO

12/21/16 Wednesday 8:20 P.M. I went Bottom Fishing <http://scott-mike.com/bf.htm> . I will now make my bed. I will then shower and clean up. I chatted with a neighbor. Around 9 P.M., I will give the neighbor a ride to CVS on West Putnam Avenue. See all the snow birds at <http://liveduvalstreet.com/> . Rich People up north in the North Country can afford these <https://www.canadagoose.com> and <http://www.thebay.com/webapp/wcs/stores/servlet/en/thebay/brand/hudsonsbaycompany/home/bedding-> . CIO

12/21/16 Wednesday 7:35 P.M. I chatted with two relatives. I washed the breakfast dishes. CIO

12/21/16 Wednesday 7:05 P.M. <http://www.blair.com/> has clearance items.

http://www.blair.com/p/137681.uts?cid=pl_bl_google_pla_gen&src_code=209N&pr_code=pr_code&adpos=1o2&creative=45110413521&device=c&matchtype=&network=g&product_id=9104999&gclid=CIiR_O-htECFRKHswodixYCHA Flannel Pajamas CIO

12/21/16 Wednesday 6:30 P.M. Since Christmas Day and New Years fall on a Sunday, the following Monday is a Federal Holiday <https://www.opm.gov/policy-data-oversight/snow-dismissal-procedures/federal-holidays/#url=2016> and <https://www.opm.gov/policy-data-oversight/snow-dismissal-procedures/federal-holidays/#url=2017> . CIO

12/21/16 Wednesday 6:25 P.M. I went back to bed until 6:25 P.M.. A neighbor rang my bell and delivered two packages. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998790725515236> on the order for <http://www.newegg.com/Product/Product.aspx?Item=N82E16817288004&ignorebbbr=1> with \$5 off with coupon code "1213GBYC176" and .99 shipping for \$8.98 total and the order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=74899998266855374518> on the order for <http://www.newegg.com/Product/Product.aspx?Item=N82E16803154020&ignorebbbr=1> with \$4 off with promo code "1213GBYC17" and \$1.99 shipping for \$5.98 total arrived. CIO

12/21/16 Wednesday 3:55 P.M. I woke up at 3:30 P.M.. I chatted with a friend. The clocks were flashing, so the power was off some time while, I was asleep. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/21/16 Wednesday 7:35 A.M. I ate three ounces of Blue Diamond smokehouse almonds and a 6 ounce glass of 50% diet Fresca and 50% punch. I will now try to go back to bed. CIO

12/21/16 Wednesday 7:00 A.M. I put away the clean laundry. I chatted with a friend. CIO

12/21/16 Wednesday 6:10 A.M. <http://www.bbc.com/news/science-environment-38106482>

I ordered <https://www.amazon.com/gp/product/B01G1CBYAK> for \$14 with coupon code "OPBWMIWQ" and \$7.79 shipping for \$21.81 total. I will use it for my old primary computer chair. I went through <http://scott-mike.com/bf.htm> . CIO

12/21/16 Wednesday 5:25 A.M. I have 55 minutes to go on two dry cycles. I sat outside briefly. CIO

12/21/16 Wednesday 4:55 A.M. I woke up, and I ate some Utz sourdough dark pretzels, 3 ounces of Blue Diamond Smokehouse almonds, and a glass of cold filtered water. I finally woke up again at 4 A.M.. I put clean linens on the bed. I started two loads of wash, and I have ten minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

12/21/16 Wednesday 1:15 A.M. I watched episode 11 of "Olive Stone's Untold History of the United States". I will now shut down the primary work computer. I will then go to bed. CIO

12/21/16 Wednesday 12:05 A.M. <https://www.cnet.com/news/2016-space-nasa-crispr-robots-artificial-intelligence-self-driving-cars/?ftag=CAD1acfa04&bhid=19320261445054572381627874410804>

<http://www.dailymail.co.uk/femail/article-4051632/Zara-Tindall-arrives-Queen-s-Christmas-lunch-silver-dress-wore-year-s-event.html>

http://reaganlibrary.colorgraphicsonline.com/Museum_Store_Catalog/#.WFoKfq_bi70

https://www.nytimes.com/video/arts/design/100000004809596/a-sneak-peek-at-the-2nd-avenue-subway.html?emc=edit_th_20161220&nl=todaysheadlines&nid=46729

I saw a big Newfoundland dog going into CVS this evening with its owner. CIO

12/20/16 Tuesday 11:35 P.M. I reheated two 3 ounce Perdue chicken cutlets for 2.5 minutes in the microwave oven, and I ate them with steamed sliced yellow squash, and steamed sliced green squash, and a steamed sliced red pepper seasoned with Smart Balance spread, Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil, and cherry tomatoes with a

vinaigrette dressing and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

12/20/16 Tuesday 10:35 P.M. I threw out the garbage. I have recently been going to physical therapy twice a week at the Greenwich Hospital for my right leg. I was told today that my problem might be that I don't drink enough water which causes salt to build up in the muscle tissue causing Charlie Horses and muscle cramps. I will have to start drinking more water. I have two Brita water containers in my refrigerator. As I was leaving the Greenwich Hospital, I stopped by the gift shop, and I bought a 6 inch red poinsettia plant for \$3. I photographed the beautiful large Christmas tree in the lobby with my AT&T Go Phone. Somehow it transfers pictures to my Microsoft account, so they might show up sooner or later. I then went downtown. I chatted with a relative. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Tesla dealership, and I chatted about wild animals and Vermont. I stopped by the Apple store, but they were not chatty. I bought an Ace's High scratch card for a dollar at the Greenwich Cigar store, and I lost. The branch bank to the left of the entrance of the Greenwich Train Station has closed. I stopped by the Gym Fitness equipment shop to the left of the Greenwich train station door, and I chatted about Norway. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I used the bathroom at Starbucks. I chatted with the coffee vendor about a missing friend from Brazil. An old architectural digest magazine shows Anderson Cooper's Hideaway in Brazil. I chatted with a regular walker. I stopped by CVS, and I bought four 15 ounce cans of Campbell's condensed mushroom soup for .88 a can and two 6 ounce Blue Diamond Smokehouse almonds for \$2.50 each for \$8.52 total. I chatted with a relative. I stopped by AT&T store, and they told me I should call up AT&T Go Phone if I want to change my plan and save the \$500 I have accumulated on the phone good at 10 cents a minutes every three months, until I pay \$27 to renew it again and keep the balance. I don't chat with it much, since I have other telephone services. I sat out at the Greenwich Common, and they have Holiday Lights and greenery on the lamp posts, so it looks very festive. Most of Greenwich Avenue has Holiday lights on it. I sat out a while more. I then went by the Greenwich Library, and I chatted with three staff members. I checked out Macs for Seniors for Dummies. I then went by the Stop and Shop. I bought a 64 ounce Ocean Spray cranraspberry juice for \$1.99 and a 64 ounce Ocean Spray crangrape juice for \$1.99, a 48 ounce Stop and Shop old fashioned oatmeal for \$3, two 12 ounce packages of Perdue chicken cutlets for \$2.99 each, and two baking potatoes for .99 a pound for \$1.67 for \$14.63 total. 12 ounce packages of Dockside crab or lobster cakes are on sale for \$5.99 and a lot of the prepared \$6.99 meals are a third off. I then returned home. I picked up the mail. I put away my purchases. I put the red poinsettia plant in a soup bowl on table to the left of the primary work computer sitting on top of the second Dell D410 laptop which I never use. I still have to take the beta of Windows 10 off of it which has expired, but Windows XP still works on both of them. CIO

12/20/16 Tuesday 2:50 P.M. I will now make my bed. I will then shower and clean up. I will then go out to my 4:30 P.M. appointment. CIO

12/20/16 Tuesday 1:50 P.M. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998790725506678> on the order with \$10 off with promo code "HKNGDECPT28" , I ordered <http://www.newegg.com/Product/Product.aspx?Item=N82E16833164030&ignorebbbr=1> for \$14.99 with free shipping has arrived. CIO

12/20/16 Tuesday 1:35 P.M. I woke up at 1:30 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/20/16 Tuesday 4:30 A.M. Lobster Rolls at our local Stop and Shop are \$7.49. Lobster cakes at the local Acme grocery store are \$2.49 apiece. CIO

12/20/16 Tuesday 4:25 A.M. I will now go to bed. I have to be up at 1:30 P.M. this afternoon to make it to a 4:30 P.M. appointment. CIO

12/20/16 Tuesday 4:20 A.M. It says here http://dunhamwilcox.net/ny/southampton_hist.htm , there was a John Scott in Southampton, Long Island in 1662. CIO

12/20/16 Tuesday 4:35 A.M. \$15 <https://www.christianbook.com/kjv-personal-size-giant-reference-imitation/9781598562460/pd/562460?event=Bibles|1001621> . Basically I don't travel anymore, but I get to see a few visitors coming my way out here from time to time. Alas, the younger generation are probably still enjoying the hot spots in the nearby Big Apple. I like the quiet more peaceful life out in the country. Also with an automobile the grocery stores are more user friendly. Most of the people I knew in Manhattan were from Long Island, since Connecticut has equally enjoyable suburbs, I don't feel the need to explore out on Long Island anymore which is about ten times busier than the rural environment of Connecticut. The landscape is a lot more flatter out on Long Island. CIO

12/20/16 Tuesday 3:35 A.M. I rested until 2:45 P.M.. I ate a bowl of Utz sourdough dark pretzels. I opened up a 10.5 ounce can of Bar Harbor New England style lobster bisque, and I put in a plastic microwave proof pot with lid and five ounces of milk, and I heated on 60% microwave power for five minutes. I put it in the large Cobalt blue soup bowl with 20 broken saltine crackers with a couple of tablespoons of grated parmesan and Romano cheese on it and fresh ground pepper. I ate it with a 12 ounce glass of diet Fresca. Diet Fresca tastes a little bit like Schweppes Bitter lemon soda which is basically lemon quinine water. A friend of mine and his family have gone to Jolly Old England for the holidays, but I have not noticed if any English tourists have come our way on the rebound. Of course I have not been out too much recently in the general public because of the colder damper weather. I guess any English that I might have seen around when I used Fred Von Mierers apartment from 1973 to 1975 near the British consulate have probably all retired to Spain, or where ever they go when they retire. Actually I did not meet that many English visitors around the British consulate, because the Irish were always protesting in

front of their consulate on Third Avenue. Fred's Chemical Bank branch was across the street from the consulate, and his liquor store where he had a charge account was just north of the British consulate. Fred did introduce me to Kip Forbes whose family had a townhouse in London. I did spend a bit of time back then near the Greta Garbo home for wayward boys in Greenwich Village which during World War II was the headquarters of British Intelligence in Manhattan, and the Fabians were active around Henry Kissinger's neighborhood on East 52nd street where Greta Garbo also lived. CIO

12/20/16 Tuesday 1:00 A.M. I watched episode 10 of "Olive Stone's Untold History of the United States". I ate a bag of microwave popcorn. CIO

12/19/16 Monday 11:35 P.M. I read some back issues of www.pcworld.com with my Ipad 2 from the www.greenwichlibrary.org magazine Zinio collection. I renewed my www.aarp.org membership for another year for \$16 good until May 30, 2018. For my old Apple Iphone, I recharged my <https://www.h2owirelessnow.com> with \$10 more, so I now have \$19.05 on it good until March 29, 2017. CIO

12/19/16 Monday 10:15 P.M. I ate 6 ounces of reheated white turkey breast meat with steamed broccoli crowns, sliced yellow squash, and sliced green squash seasoned with Smart Balance spread, Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil, and cherry tomatoes with a vinaigrette dressing and a 12 ounce glass of diet Fresca. CIO

12/19/16 Monday 9:30 P.M. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9405510200793240809255> on the order for for a Dutch relative for \$19.95 <http://www.longitudebooks.com/find/p/109973/> and \$4.95 shipping for \$24.90 and \$3 gift wrap for \$27.90 total.

http://reaganlibrary.colorgraphicsonline.com/Museum_Store_Catalog/#.WFiP_a_bi70

<https://www.reaganfoundation.org/programs-events/events-calendar/presidents-reagans-birthday-lunch-and-tour/>

Travel umbrella \$14 http://www.rakuten.com/prod/travel-umbrella-waterproof-canopy-auto-open-close-for-one-hand/q/sellerid/38661666/305232825.html?scid=em_Promotional_20161219_Dedicated&add=17580&rmatt=tsid:1012038|cid:4438|cgid:44383068684

http://english.hi.is/environment_and_natural_resource/environment_and_natural_resources_studies

<https://shop.donaldjtrump.com/collections/packs>

http://www-01.ibm.com/software/collaboration/events/connect/?cm_mmc=Email_Events-IBM+Social+IBM+Collaboration+Solutions+Events- -WW+WW- -Email+3+Opening+Sessions+Whitespace+IT&cm_mmca1=000000UY&cm_mmca2=10001

377&cm_mmca3=M00004732&cvsorc=email.Events.M00004732&cvo_campaign=IBM%20Social IBM%20Collaboration%20Solutions%20Events-WW WW&cmp=ec&cn=connect17decitmlr

https://www.groupon.com/deals/the-bruce-museum-5?p=1&utm_source=newsletter_im&utm_medium=email&division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20161219&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=deal-page&utm_campaign=8900c17d-1eef-4854-9938-b06817bf6337 0 20161219 treatment2

http://www.nytimes.com/2016/12/18/science/polar-bears-global-warming.html?emc=edit_th 20161219&nl=todaysheadlines&nlid=46729&r=0

http://www.nytimes.com/2016/12/18/us/politics/when-donald-trump-partied-with-richard-nixon.html?emc=edit_th 20161219&nl=todaysheadlines&nlid=46729

https://www.christianbook.com/page/promotion/christmas-promotions/shopping-countdown?p=1193205&emid=U2FsdGVkX1_oFH95yaO01799wFEDvt9AFla8eqzoxQtQ34nKhFbeSqjp9zLvIWIO&oc=SPEEDJOY&utm_source=EPMS&utm_medium=email&utm_campaign=20161219_1193205&utm_term=Ends%20Today:%20Last%20Minute%20Christmas%20Sale%20+%20Upgrade%20to%202nd%20Day%20Air&utm_content=OPT ONLINE.NET

CIO

12/19/16 Monday 8:50 P.M. I threw out the garbage. I picked up the mail. CIO

12/19/16 Monday 8:15 P.M. It is 21 degrees Fahrenheit outside
http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WFiEtq_bi71 , so I will not be going downtown in the frigid arctic conditions. CIO

12/19/16 Monday 8:00 P.M. \$89
http://www.quill.com/sku/sku?SKU=52635034&mcode=AFF_699881_PRODUCTFEED 24
inch Dell monitor.

I ordered in black in Big 3XL with 50% off with coupon code "KSGIFT50"
http://www.kingsizedirect.com/large-size/Arctic-Snorkel-Coat.aspx?Pfid=254463&DeptId=23936&ProductTypeId=1&PurchaseType=J&pref=np&rec=Certona for \$37.99 and \$7.99 shipping for \$45.98 total. I will now make my bed. I will then shower and clean up. CIO

12/19/16 Monday 7:00 P.M. http://www.newyorksocialdiary.com/

David Rockefeller picture on this page <http://www.newyorksocialdiary.com/party-pictures/2016/celebrating-the-many-accomplishments> .

<http://www.friendsrock.org/> I chatted with a relative. CIO

12/19/16 Monday 6:35 P.M. I went back to bed until 6:15 P.M.. I washed the breakfast dishes. CIO

12/19/16 Monday 2:50 P.M. I woke up at 2:30 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/19/16 Monday 5:15 A.M. I read back issues of www.pcworld.com magazine. I drank a 6 ounce glass of V8 juice. I will now shut down the primary work computer, and I will go to bed. CIO

12/19/16 Monday 4:15 A.M. Royal Family dressed up
<https://www.instagram.com/p/BNxUIvPhZvO/> . CIO

12/19/16 Monday 3:45 A.M. <http://www.stamfordymca.org/> is probably the cheapest place to stay in the area, but their web site does not mention rates. The best homeless shelter is the Westport Homeless shelter <http://www.homelessshelterdirectory.org/cgi-bin/id/city.cgi?city=Westport&state=CT> , but they usually fill up in the cold weather. CIO

12/19/16 Monday 3:35 A.M. This
<http://www.americasbestvalueinn.com/bestv.cfm?idp=1615> at \$72 a night is about the cheapest in this area according to
<http://www.trivago.com/?iPathId=443467&bDispMoreFilter=false&aDateRange%5Barr%5D=2017-10-05&aDateRange%5Bdep%5D=2017-10-06&aCategoryRange=0%2C1%2C2%2C3%2C4%2C5&iRoomType=7&sOrderBy=relevance%20desc&aSortingOrderBoosting%5B%5D=distance&aPartner=&aOverallLiking=1%2C2%2C3%2C4%2C5&iGeoDistanceLimit=16093&iOffset=0&iLimit=25&iIncludeAll=0&bTopDealsOnly=false&iViewType=0&aPriceRange%5Bto%5D=0&aPriceRange%5Bfrom%5D=0&aGeoCode%5Blng%5D=-73.613609&aGeoCode%5Blat%5D=41.038891&bIsSeoPage=false&mgo=false&th=false&aHotelTestClassifier=&bSharedRooms=false&bIsSitemap=false&rp=&cpt=44346703&iFilterTab=0&> . CIO

12/19/16 Monday 3:25 A.M. Casa Marina Hotel in Key West for \$227 a night
https://www.amoma.com/hotel.php?key=201612212016122212050000005000000500001111121003&id=191644&referrer=06658traHty5C_us&curid=USD&langid=1&sessionKey=LSEtdjJnNUtqSDN0QWw3Yk9vMFRPeWI2ODRmWWNJejRCZEdlUzhiUFZWVjJzRW9uc0ErRUpPMCtUdXdFWjhrM0xsV0UwQm9EcHp3SE8vWkRtU0RRNHhIR1dxWENsY05x

alNnVTczQng0L0piQnc9&bids=3UT0TG8Jp5E&reqsource=2&clickThroughId=54877993
2

Well, there was hardly anyone downtown this past evening, so it is not too busy around here during the cold evenings.

<http://www.trivago.com/?cpt=813902&iRoomType=7&iPathId=34385&iGeoDistanceItem=8139&aDateRange%5Barr%5D=2016-12-21&aDateRange%5Bdep%5D=2016-12-22&iViewType=0&bIsSeoPage=false&bIsSitemap=false> shows other Key West locations. Probably the cheapest <https://www.boydscampground.com/>. Further up the Florida Keys might be cheaper <http://pennekamppark.com/activities/>. CIO

12/19/16 Monday 2:55 A.M. I watched series 1 episode 9 and 10 of "Versailles". I ate a bag of microwave popcorn. CIO

12/19/16 Monday 12:55 A.M. If one looks at a World Map https://www.google.com/search?q=world+map&biw=1680&bih=886&tbm=isch&imgil=NRHSu9R3ewNJ3M%253A%253B19EM_vJbKFXQIM%253Bhttp%25253A%25252F%25252Fgeology.com%25252Fworld%25252Fworld-map.shtml&source=iu&pf=m&fir=NRHSu9R3ewNJ3M%253A%252C19EM_vJbKFXQIM%252C_&usg=__LbibiW7X0O5ON6ptfitoeF5Az10%3D&ved=0ahUKEwjwvsSEyP_QAhUJ1oMKHSzIBuAQyjcIMw&ei=O3VXWLC1FomsjwSsypuADg#imgrc=NRHSu9R3ewNJ3M%3A, one might notice how far south or north countries in the Western Hemisphere are compared to countries in the Eastern Hemisphere. CIO

12/19/16 Monday 12:50 A.M. <http://view.klm-mail.com/?qs=6483cf9cbddce2275123e871f29fdaf83aa852bd5148a1312348ebb017c078da76000731793450248bf89e342fdc530711f32e71329f144a7eb87bf83b8a5e05099274633097f37d>

CIO

12/19/16 Monday 12:10 A.M. I ate 6.5 ounces of reheated white turkey breast meat with steamed baby carrots, broccoli crowns, sliced yellow squash, and sliced green squash seasoned with Smart Balance spread, Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil, and cherry tomatoes with a vinaigrette dressing and a 12 ounce glass of diet Fresca. I watch the www.foxnews.com program about the American revolution. CIO

12/18/16 Sunday 10:30 P.M. I threw out the garbage. I went by the Acme grocery store. I bought a 32 ounce Dannon vanilla yogurt for \$2.99, a 48 ounce Smart Balance spread for \$6.79, and two 11.5 ounce Stouffer's Swedish meatballs for \$2.57 each less .60 can return for \$14.32 total. I then went by CVS on Greenwich Avenue. I bought two 12 packs of diet Fresca for \$4.99 each and \$1.20 can deposit, and two 17 ounce Pacific organic chicken and wild rice soup for \$2 each, and two 14 ounce Kashi almonds clusters cereal for \$2.99 each less a \$5 off \$15 CVS coupon and .49 tax for \$18.65 total. I then sat out for a while further downtown watching the slow activity at Starbucks. There are a few more trees decorated

on lower Greenwich Avenue. I chatted with a relative. It was too cold and damp to walk. I then went by the Stop and Shop. I bought a 59 ounce Florida Natural Valencia orange juice for \$1.88, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$3.69, a reduced Carnegie prepared 12.5 white turkey breast meat for \$4.68, reduced yellow squash for \$1.46, reduced green squash for \$1.24, reduced cherry tomatoes for \$1.20, and reduced red and green pepper for .80 and bananas for .49 a pound for .63 for \$15.58 total. I then returned home, and I used my little cart from the rear of the Volvo wagon to carry up the Fresca. I put away the other groceries. I let a neighbor in. CIO

12/18/16 Sunday 7:00 P.M. I rested some more until 6:45 P.M.. I washed the breakfast dishes. I will now eat some of the pineapple mixture. I will make my bed. I will shower and clean up. I will go downtown. CIO

12/18/16 Sunday 2:50 P.M. I chatted with a relative. I rested until 2:40 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 12/18/16

12/18/16 Sunday 6:25 A.M. I watched series 1 episode 8 of "Versailles". I will now send out my weekly notes. CIO

12/18/16 Sunday 6:25 A.M. I chatted with a friend. <https://www.tripadvisor.com/> shows the <http://keyambassador.com/> for \$221 a night. Key Ambassador is next to the Key West jet port on Roosevelt Avenue where the coral beach is also. It is also on the far side of the island a long walk into town, if one wants to be near the dining and tourist action. CIO

12/18/16 Sunday 6:05 A.M. I went back to bed until 5:30 A.M.. I ate a large bowl of Campbell's mushroom soup with 10 saltine crackers and a 12 ounce glass of diet Fresca. CIO

12/18/16 Sunday 2:10 A.M. I rested some more until midnight. I watched series 1 episode 6 and 7 of "Versailles". I ate a bag of microwave popcorn and a 6 ounce glass of V8 juice. CIO

12/17/16 Saturday 10:05 P.M. I went back to bed until 9:30 P.M.. I ate a 15 ounce Marie Callender spaghetti and tomato meat sauce with grated parmesan and Romano cheese and a slice of garlic bread and a 12 ounce glass of diet Fresca. CIO

12/17/16 Saturday 7:50 P.M. I bought for a Dutch relative for \$19.95 <http://www.longitudebooks.com/find/p/109973/> and \$4.95 shipping for \$24.90 and \$3 gift wrap for \$27.90 total.

I chatted with a relative.

http://www.ebay.com/itm/Footprints-In-The-Sand-1oz-999-Fine-Round-by-SilverTowne-/291105994338?_trkparms=5373%3A0%7C5374%3AFeatured%7C5079%3A6000000123

\$8 <http://www.newegg.com/Product/Product.aspx?Item=N82E16812119283&ignorebbbr=1>

I ate some Lays salt and vinegar potato chips and a 6 ounce glass of V8 juice.

CIO

12/17/16 Saturday 6:45 P.M. I went back to bed until 6 P.M.. I chatted with a relative. I washed the breakfast dishes. CIO

12/17/16 Saturday 4:30 P.M. <http://keyambassador.com/> . I chatted with a friend. CIO

12/17/16 Saturday 4:10 P.M. I went outside, and I cleaned about three inches of snow off my Volvo wagon. I picked up the mail. CIO

12/17/16 Saturday 3:15 P.M. I chatted with a friend at 9 A.M. and a relative at 12:30 P.M.. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/17/16 Saturday 3:00 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

12/17/16 Saturday 2:55 A.M. I watched series 1 episode 5 of "Versailles". I ate a bag of microwave popcorn, and I drank 6 ounces of V8 juice. When I was in France in February 1992 for the Winter Olympics at Albertville, I toured the Louvre and Versailles. While at Versailles, I could hear gun shots being fired from a nearby shooting range. When coming back up from the reflecting pond, I saw a large tall man about six feet six inches tall about 30 years old with long curly blond hair down to his waist with his shorter girl friend or wife. He looked like he could be a new king of France or somebody from its old Royal Court. There was no furniture in Versailles except for a large Royal bed in the Kings chamber. However, I don't think the Royalty were that tall, because when at the Louvre I looked at the Crowns of the King and Queen of France, and they looked like they belong to very tiny people probably about four feet tall or slightly larger. It says here <http://www.tenfactsabout.co.uk/0036louisxiv.htm> Louis 14 was five foot four inches tall. I have a few pictures that I took on that trip. <http://scott-mike.com/mlsparis.jpg> . CIO

12/16/16 Friday 11:35 P.M. I ate a 14 ounce Maria Callender sweet and sour chicken dinner with Smart Balance Spread on the vegetables and a 12 ounce glass of diet Fresca. CIO

12/16/16 Friday 11:05 P.M. I rested until 11 P.M.. CIO

12/16/16 Friday 9:35 P.M. I watched series 1 episode 2, 3, and 4 of "Versailles". I ate two bowls of Utz sourdough dark pretzels. CIO

12/16/16 Friday 6:35 P.M. I ate a 11.5 ounce Stouffer's Swedish meatballs and a 12 ounce glass of diet Fresca. CIO

12/16/16 Friday 6:05 P.M. I chatted with a friend. CIO

12/16/16 Friday 5:35 P.M. I threw out the garbage. I picked up the mail. The order with tracking of <https://wwwapps.ups.com/WebTracking/processRequest?TypeOfInquiryNumber=T&InquiryNumber1=1ZR106A00391917591> on the order for eight for \$3.73 each https://www.amazon.com/Staples-Clamp-Binder-Clear/dp/B00WKZ3SE8/ref=pd_cart_rp_1_3?encoding=UTF8&psc=1&refRID=3KMWJKPMJDAC810W XK5V for \$29.84 total with free shipping arrived. I dropped a package from <http://www.omahasteaks.com/> outside a neighbor's door. CIO

12/16/16 Friday 4:40 P.M. Tracking is <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998790725515236> on the order for <http://www.newegg.com/Product/Product.aspx?Item=N82E16817288004&ignorebbr=1> with \$5 off with coupon code "1213GBYC176" and .99 shipping for \$8.98 total.

Tracking is <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=74899998266855374518> on the order for <http://www.newegg.com/Product/Product.aspx?Item=N82E16803154020&ignorebbr=1> with \$4 off with promo code "1213GBYC17" and \$1.99 shipping for \$5.98 total.

I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will not be going downtown in this Siberian weather. It is currently 25 degrees Fahrenheit outside http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WFRem6_bi71 . No snow in Kennebunkport <http://www.kennebunkportbeachwebcam.com/> . CIO

12/16/16 Friday 4:05 P.M. I chatted with a relative. I went back to bed until 3:30 P.M.. CIO

12/16/16 Friday 1:20 P.M. I woke up at 1 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/16/16 Friday 1:40 A.M. I read some back issues of PC World and Architectural Digest magazines. I will now shut down the primary work computer, and I will eat 8 ounces of Dannon vanilla yogurt, and then I will go to bed. CIO

12/16/16 Friday 12:40 A.M. I watched episode 1 of "Versailles". CIO

12/15/16 Thursday 11:15 P.M. I got back up at 11 P.M.. I am just about to eat a large bowl of Campbell's cream of broccoli soup with ten saltine crackers and a glass of cold filtered water. CIO

12/15/16 Thursday 9:30 P.M. I watched episode 9 of "Olive Stone's Untold History of the United States". I ate a bag of microwave popcorn and a few handfuls of almonds. I will now rest for a while. CIO

12/15/16 Thursday 8:00 P.M. I finished checking out the apps on the second Apple laptop. It all seems to work just fine. However, there really are not that many free apps, unless one puts games on it. CIO

12/15/16 Thursday 7:00 P.M. I ate a 14 ounce Marie Callender Salisbury steak dinner with Smart Balance spread on the vegetables and a 12 ounce glass of diet Fresca. Back in February 1982, when it was minus 26 degrees Fahrenheit in Manhattan, Julie Bolton had me move out of her apartment on West 74th Street, which she did not use too much, but kept her dogs there. For a week, I stayed with Bobby Fink from Hollywood, Florida on East 52nd street in a warm studio above a small Episcopal church. Julie gave me a \$100, so I flew down to Key West which was quite busy with the cold weather up north. I met a Canadian that looked Prince Andrew, Steve Bahl of Fennimore cheese, a Costa Rican military police man, a man that looked like Nelson Rockefeller. I also met Steve Salisbury from Salisbury, Connecticut, and he looked like George H.W. Bush, and he lived in a trailer next to the Boca Chica Naval Base with a man that looked Ronald Reagan. The man that looked like Ronald Reagan used to rake the white gravel at the Fogarty House on Duval Street. Thus that trip was the last time, I was in Key West. CIO

12/15/16 Thursday 6:30 P.M. <http://www.cntraveler.com/story/the-perfect-weekend-in-greenwich-connecticut>

\$115 http://www.rakuten.com/prod/dell-760-mt-c2d-3-0ghz-4096mb-500gb-hdd-dvd-optical-drive-w7p64-1-year/q/sellerid/18919707/279296360.html?scid=em_Promotional_20161215_Dedicated&ad=17916&rmatt=tsid:1012038|cid:4438|cgid:44383068684

<https://www.ctbiglist.com/index.asp>

<https://www.taftschool.org/alumni/secure/gift.aspx>

https://www.washingtonpost.com/news/post-nation/wp/2016/12/14/a-treasure-hunter-found-3-tons-of-sunken-gold-and-cant-leave-jail-until-he-says-where-it-is/?utm_term=.6dc086d42c4c&wpisrc=nl_az_most CIO

12/15/16 Thursday 6:00 P.M. I threw out the garbage. I picked up the mail. I chatted with a relative. Starting tomorrow, with coupon in the Acme grocery store circular, prime rib of roast beef is \$4.77 a pound. I guess we should have the "Freezing Norwegian Patrol" working the downtown area. CIO

12/15/16 Thursday 4:55 P.M. I bought <http://www.newegg.com/Product/Product.aspx?Item=N82E16803154020&ignorebbr=1> with \$4 off with promo code "1213GBYC17" and \$1.99 shipping for \$5.98 total.

I ordered <http://www.newegg.com/Product/Product.aspx?Item=N82E16817288004&ignorebbr=1> with \$5 off with coupon code "1213GBYC176" and .99 shipping for \$8.98 total. I went through <http://scott-mike.com/bf.htm> . I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will not be going downtown, because it is 23 degrees Fahrenheit outside at the moment http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WFMPPr6_bi71 . CIO

12/15/16 Thursday 3:55 P.M. Tracking is <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998790725506678> on the order with \$10 off with promo code "HKNGDECPT28" , I ordered <http://www.newegg.com/Product/Product.aspx?Item=N82E16833164030&ignorebbr=1> for \$14.99 with free shipping. CIO

12/15/16 Thursday 3:25 P.M. I went back to bed until 3:15 P.M.. I chatted with a friend at 2 P.M.. CIO

12/15/16 Thursday 12:55 P.M. The NOAA weather radio went off at 7 A.M.. I chatted with a friend at 9 A.M.. I woke up at 12:45 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/15/16 Thursday 1:30 A.M. I read a couple of back issues of www.pcworld.com magazine from the Greenwich Library online. I will now shut down the primary work computer, and I will go to bed. CIO

12/15/16 Thursday 12:55 A.M. I ate a 12.8 ounce Marie Callender country fried chicken breast dinner with macaroni and cheese and a 12 ounce glass of diet Fresca. CIO

12/15/16 Thursday 12:30 A.M. I watched episode 8 of "Olive Stone's Untold History of the United States". I ate a bag of microwave popcorn.

http://volcano.si.edu/reports_weekly.cfm

https://www.ifly2017.com/EN_US/50 CIO

12/14/16 Wednesday 10:55 P.M. I went out to the Acme grocery store. I bought five 13 ounce give or take Marie Callender meals for \$2 each for \$10 total. I then went by the ATM machine at the Chase Bank at Deerfield Place. I then sat out for a while downtown observing the late night activity at Starbucks. I then went by the Putnam Shell at 481 West Putnam Avenue, and I bought \$8.50 of self service V-Power premium gasoline for \$3.339 a gallon for 2.546 gallons for at odometer reading of 114546 miles for 29.8 miles driven since Thursday December 8, 2016 for 11.705 miles per gallon in local traffic. I then returned home, and I sat outside for a while. I then put away the groceries. CIO

12/14/16 Wednesday 8:50 P.M. I am just about to eat a 12 ounce Marie Callender fish filet dinner with Smart Balance spread on the vegetables and a 12 ounce glass of diet Fresca. CIO

12/14/16 Wednesday 8:40 P.M. I put away the clean laundry. I chatted with a relative. CIO

12/14/16 Wednesday 7:35 P.M. I chatted with a relative. CIO

12/14/16 Wednesday 7:15 P.M. \$95 <http://www.ebay.com/itm/Canon-imageCLASS-MF217w-Wireless-Black-and-White-All-In-One-Printer-/192038020249?hash=item2cb65ba499:g:kLAAOSwImRYOLUS> . CIO

12/14/16 Wednesday 7:05 P.M. I have 55 minutes to go on two dry cycles. CIO

12/14/16 Wednesday 6:40 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash that are almost done. I chatted with a neighbor. I picked up the mail. My Supplement Social Security income as of the first of the year is going from \$733 to \$735 a month. I threw out the garbage and the old periodical literature. I watered the plants. CIO

12/14/16 Wednesday 5:25 P.M. \$115 <http://www.ebay.com/itm/322340025330?rmvSB=true> laptop

<https://itunes.apple.com/app/id868692227> Goat program for free

<https://www.amazon.com/Mars-Veterinary-Wisdom-Panel-Identification/dp/B01EHX2BH0?> Breed DNA test kit \$57

<http://www.ebay.com/itm/Microsoft-Mobile-Mouse-1850-Wireless-Mouse-Black-/322234401609?&rmvSB=true> Microsoft wireless mouse \$7

I ordered with \$10 off with promo code "HKNGDECPT28" , I ordered <http://www.newegg.com/Product/Product.aspx?Item=N82E16833164030&ignorebbbr=1> for \$14.99 with free shipping. CIO

12/14/16 Wednesday 4:40 P.M. I went back to bed until 4:15 P.M.. My appointment tomorrow was cancelled. I washed the breakfast dishes. CIO

12/14/16 Wednesday 1:35 P.M. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998734348177204> on the order for heavily discounted headset for \$13.99 with free shipping <http://www.newegg.com/Product/Product.aspx?Item=9SIA38N1068567> arrived. CIO

12/14/16 Wednesday 1:10 P.M. I woke up at 1 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/13/16 Tuesday 10:40 P.M. I watched series 4 episode 8 of "A Place to Call Home". I ate a bowl of Utz sourdough dark pretzels. I will now shut down the primary work computer, and I will eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

12/13/16 Tuesday 9:30 P.M. Ipad Mini 2 \$180
<https://www.nfm.com/DetailsPage.aspx?productid=39320932> . CIO

12/13/16 Tuesday 9:25 P.M. I watched Donald J. Trump rally from Wisconsin. Now that it is colder, one can order <http://www.carrvalleycheese.com/> . Moo! I ate a bag of microwave popcorn. A former Ford Taurus wagon driver that I know is now driving a <http://www.chevrolet.com/equinox-fuel-efficient-suv.html> . CIO

12/13/16 Tuesday 8:45 P.M. I ate a 15 ounce Marie Callender beef pot roast dinner with a 12 ounce glass of diet Fresca. CIO

12/13/16 Tuesday 8:20 P.M. I picked up the mail. The order with tracking of https://wwwapps.ups.com/WebTracking/processInputRequest?sort_by=status&tracknums_displayed=1&TypeOfInquiryNumber=T&loc=en_us&InquiryNumber1=1Z2561FRYW98041981&track.x=0&track.y=0 on the order for two <http://www.pipingrock.com/glucosamine-chondroitin/advanced-double-strength-glucosamine-chondroitin-msm-plus-5593> for \$18.99 each and \$3.95 shipping for \$41.93 total arrived. I threw out the garbage. I went out to my 4:30 P.M. appointment. After my 4:30 P.M. appointment, I went downtown, and I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with

the Apple computer store. I chatted with a relative. I stopped by CVS, and I bought a 240 count box of Equal sweetener packets for \$3.99 and three 6 ounce Annie's macaroni and white cheese for a dollar each for \$6.99 total. I chatted with a J House guest from Chicago that works in high tech. I stopped by CVS, and I chatted with a regular. I returned home. CIO

12/13/16 Tuesday 2:50 P.M. I have a 4:30 P.M. appointment today. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

12/13/16 Tuesday 2:45 P.M. I ate a 14.5 ounce Marie Callender slow cooked beef dinner with Smart Balance spread on the vegetables and a 12 ounce glass of diet Fresca. CIO

12/13/16 Tuesday 2:15 P.M. I opened some of the programs on the Apple MacBook. CIO

12/13/16 Tuesday 1:05 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

12/13/16 Tuesday 12:05 P.M. I went back to bed until noon. I washed the breakfast dishes. CIO

12/13/16 Tuesday 7:35 A.M. I woke up at 7:15 A.M.. I will now eat breakfast. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/12/16 Monday 10:55 P.M. I ate a bowl of Utz sourdough dark pretzels and two slices of Swiss cheese. I will now rest for a while. CIO

12/12/16 Monday 10:40 P.M. I watched series 4 episode 7 of "A Place to Call Home". CIO

12/12/16 Monday 9:35 P.M. Tracking is
<https://wwwapps.ups.com/WebTracking/processRequest?TypeOfInquiryNumber=T&InquiryNumber1=1ZR106A00391917591> on the order for eight for \$3.73 each
https://www.amazon.com/Staples-Clamp-Binder-Clear/dp/B00WKZ3SE8/ref=pd_cart_rp_1_3?encoding=UTF8&psc=1&refRID=3KMWJKPMJDAC810W XK5V for \$29.84 total with free shipping.

Birthday Boy <http://www.sinatra.com/> CIO

12/12/16 Monday 9:10 P.M. I put a couple of tablespoons of extra virgin olive oil in a frying pan on medium high electric burner heat, and once the oil was hot in about four minutes, I sautéed the one pound T-Bone Porterhouse steak on both sides over medium electric burner heat turning every half minutes and at first seasoning it with garlic powder, ground black pepper, and Italian seasoning on both sides, and the last few minutes with a few tablespoons of Kikkoman soy sauce. I ate with A1 steak sauce and Lea and Perrins Worcestershire sauce, along with a baked potato with Smart Balance spread and extra

virgin olive oil, and steamed broccoli crowns and steamed baby carrots with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. That is the way ordinary American used to eat in the old days. Of course by today's prices at the grocery store, that is about a \$10 meal which is a little bit more than the \$2 Maria Callender meals. CIO

12/12/16 Monday 8:15 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. I chatted with a friend. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I chatted tech at the Apple store. I chatted with a chauffeur from Morocco. I bought an Ace's High scratch card for a dollar at the Greenwich Cigar store, and I lost. I chatted with a friend. I toured the RH Baby and Children's store. I chatted with a friend. I noticed two jewelry stores in the block across from St. Mary's are going out of business. I chatted with a local security individual further up the street at Shreve Krup and Lowe. At CVS, I bought an 8 ounce bottle of organic maple syrup for \$3.99. I chatted about gardening with someone from Sam Bridge nursery. I used the bathroom at Starbucks. I bought another Ace's High scratch card for a dollar at Zen Stationary, and I lost. I sat outside for a while at the Senior and the Arts Center. I then went to the Acme grocery store, and I bought three 13 ounce Marie Callender dinners for \$2 each, a T-Bone Porterhouse steak for \$6.99 a pound for \$6.50, broccoli crowns for \$2.49 a pound for \$1.49, and a baking potato for \$1.78 a pound for \$1.34 for \$15.33 total. I then returned home, and I picked up the mail. CIO

12/12/16 Monday 3:20 P.M. \$99.99 <http://www.bestbuy.com/site/westinghouse-32-class-31-5-diag-led-720p-hdtv-black-high-gloss/5499101.p?skuId=5499101> and add a small item such as <http://www.bestbuy.com/site/corliving-6-hdmi-cable-black/5655976.p?skuId=5655976> for \$7.99 for over a \$100 and get \$25 off \$100 with Visa Checkout for \$82.98 plus tax or <http://www.bestbuy.com/site/insignia-32-class-31-5-diag-led-720p-smart-roku-tv-black/4822001.p?skuId=4822001> for \$104.99 with Visa Check Out. I chatted with a relative. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

12/12/16 Monday 2:25 P.M. I went back to bed until 2 P.M.. I chatted with a relative. Tomorrow is the Aga Khan's birthday <https://www.facebook.com/AgaKhanIV/> . CIO

12/12/16 Monday 12:05 P.M. I chatted with a friend at 7 A.M.. I woke up at 11:45 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. This Friday, we are suppose to get a Siberian cold front that will bring the local temperature outside down to 12 degrees Fahrenheit. CIO

12/12/16 Monday 1:10 A.M. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt. I will then go to bed. CIO

12/12/16 Monday 12:25 A.M. I watched some www.foxnews.com about Donald J. Trump and another program about the American revolution. I ate a bag of microwave popcorn. I took the ripe pineapple, and I used the pineapple tool to core it and slit up the slices and mixed them with Angostura bitters and lemon juice and punch, and I put them in a flat Rubbermaid container in the refrigerator. I threw out the garbage and the pineapple remains. I will now fiddle with the new used Apple laptop. CIO

12/11/16 Sunday 11:00 P.M. http://www.smithsonianmag.com/travel/the-town-that-polar-bears-built-180961250/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20161211-Weekender&spMailingID=27291298&spUserID=NzQwNDUzNTI4NzcS1&spJobID=942110678&spReportId=OTQyMTEwNjc4S0 CIO

http://www.smithsonianmag.com/smart-news/oldest-community-monks-uk-discovered-180961327/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20161211-Weekender&spMailingID=27291298&spUserID=NzQwNDUzNTI4NzcS1&spJobID=942110678&spReportId=OTQyMTEwNjc4S0 CIO

12/11/16 Sunday 10:45 P.M. I ate a 13.8 ounce Marie Calender steak and potatoes dinner with Smart Balance spread on the vegetables and a 12 ounce glass of diet Fresca. CIO

12/11/16 Sunday 9:45 P.M. I wrote a Christmas letter <http://scott-mike.com/xmas2016.htm> , and I printed out enough copies for my 32 Christmas cards that I prepared to insert with them. With the Microsoft Office program, I printed out the envelopes from my address list. I used 38 47 cent forever stamps for postage because I had three overseas letters. I cleaned about an inch of snow off my Volvo wagon, and I mailed the Christmas cards at the central Greenwich Post Office. I then stopped by CVS, and I bought three 2 ounce Italian spices for a dollar each two three ounce ground pepper for a dollar each for \$5 total. I then returned home. CIO

12/11/16 Sunday 5:55 P.M. I threw out the garbage. I chatted with a relative. I will now work on my Christmas letter and cards. CIO

12/11/16 Sunday 5:10 P.M. I chatted with a friend. I will now make my bed. I will then shower and clean up. I will not be going downtown in the frigid weather. CIO

12/11/16 Sunday 4:50 P.M. I looked at the posted menu of the <http://gingermanct.com/> , the other day, and a hamburger is \$15 and fish and chips are \$20. At the Acme grocery store, a T-Bone steak is \$6.99 a pound on sale. I am just about to eat a 14 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetable and a 12 ounce glass of diet Fresca. CIO

12/11/16 Sunday 4:35 P.M. I rested some more until 4:15 P.M.. I chatted with a friend. CIO

12/11/16 Sunday 2:15 P.M. \$65 http://www.staples.com/Dell-E515dw-Mono-Laser-Printer/product_1667713?affiliateref=cj&cvosrc=affiliate.cj.404255&PID=404255&cm_mmc=CJ-_-404255-_-404255-_-10422268&SID=522622_desktop&cvo_campaign=Coupon&AID=10422268&storeId=10001&CID=AFF%3A404255%3A404255%3A10422268&CJPIXEL=CJPIXEL

\$8 <http://www.ebay.com/itm/Swiss-Wear-Fur-Insulated-Snow-Repellent-Boots-Limited-Edition-/390724137277?siteId=0&pguid=812&rmvSB=true> CIO

12/11/16 Sunday 1:55 P.M. I went back to bed until 1:30 P.M.. I chatted with a relative at noon. I washed the breakfast dishes. CIO

12/11/16 Sunday 10:10 A.M. I woke up at 10 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 12/10/16

12/10/16 Saturday 10:10 P.M. https://www.christianbook.com/page/promotion/bible-promotion?p=1193041&emid=U2FsdGVkX18A7ORN0Ph17pfs0NscWms05i3mgPI0QwEdxlvtQSFWayW6HB834g8E&oc=JOY16&utm_source=EPMS&utm_medium=email&utm_campaign=20161210_1193041&utm_term=Free%20Shipping%20+%20Bibles...just%20in%20time%20for%20Christmas%20gifting&utm_content=OPTONLINE.NET

http://www.nytimes.com/2016/12/09/books/high-on-hitler-and-meth-book-says-nazis-were-fueled-by-drugs.html?emc=edit_th_20161210&nl=todaysheadlines&nid=46729&r=0

I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

12/10/16 Saturday 10:10 P.M. I watched episode 7 of "Olive Stone's Untold History of the United States". I ate a bag of microwave popcorn and two slices of Swiss cheese. The new fire station in downtown Greenwich looks like it is nearly completed from the outside, but I don't know if the inside work has been done yet. CIO

12/10/16 Saturday 8:55 P.M. I threw out the garbage. I went by the Acme grocery store. I bought a 16 ounce Utz sourdough dark pretzels for \$3, three 13 ounce Marie Callender dinners for \$2 each and organic bananas for .79 a pound for .92 less .55 can return for \$9.37 total. I then sat out for a while downtown. I chatted with a relative. I chatted with a Starbucks regular. I did not feel like walking in the colder night air. I returned back to Villa Michael. CIO

12/10/16 Saturday 6:50 P.M. I will now dress up warmly, and I will go downtown to the freezing Siberian tundra of Greenwich Avenue to see the remains of the day. CIO

12/10/16 Saturday 6:45 P.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with Frank's hot sauce, 10 ounces of steamed baby carrots with Smart Balance spread and extra virgin olive oil, and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. I chatted with a relative. CIO

12/10/16 Saturday 5:45 P.M. I have the second Apple MacBook mostly setup, except for a few minor details, which I will work on later. I got a visiting group of "Random Acts of Kindness" delivering cookies. I picked up the mail. CIO

12/10/16 Saturday 2:40 P.M. I chatted with a relative. I have both Apple laptop power cords connected to the far left terminal switch on the control panel they both sit on when not used. On the latest Apple laptop, I am installing a software update that will take 20 minutes. CIO

12/10/16 Saturday 2:05 P.M. I threw out the garbage and the house slipper shipping box. The house slippers are a bit tight, but they will do besides my primary pair. I will now configure the www.apple.com laptop with the Sierra operating system. CIO

12/10/16 Saturday 1:30 P.M. The order with tracking of https://www.fedex.com/apps/fedextrack/?tracknumbers=784906820502&cntry_code=us on the order for in medium in brown for \$9.99 http://www.saksoff5th.com/main/ProductDetail.jsp?PRODUCT%3C%3Eprd_id=845524442131958&R=601396167607&P_name=Saks+Fifth+Avenue&Ntt=slippers&N=0&FOLDER%3C%3Efolder_id=2534374302024054&bmUID=lyuqFaR&site_refer=AFF001&mid=38801&siteID=lw9MynSeamY-BWaBA5JaM2pFbEo6Qem0MA and free shipping with code "ship4free" and .63 tax for \$10.62 total arrived. I chatted with the FedEx person about poverty in America. I gave him a diet Schweppes Ginger Ale.

<https://www.microsoftstore.com/>

I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will then shower and clean up. I noticed yesterday that the jewelry store just south of Saks Fifth Avenue on Greenwich Avenue is going out of business, and recently a new cosmetician shop has opened next door to it. CIO

12/10/16 Saturday 12:55 P.M. I went back to bed until 12:30 P.M.. I washed the breakfast dishes. CIO

12/10/16 Saturday 10:50 A.M. I woke up at 10:30 A.M.. The order with tracking number of "1Z3R9Y520303935141" at www.ups.com on the order for <http://www.ebay.com/itm/Apple-MacBook-13-3-7-1-Laptop-A1342-4GB-250GB-Bluetooth->

Webcam-10-/272451893520?hash=item3f6f65f910:g:glAAAOSwcLxYLHdG for \$130.19 with free shipping arrived. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/09/16 Friday 9:35 P.M. Winter weather has arrived in our local tundra http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WEtoO6_bi71 I will now shut down the primary work computer, and I will go to bed. CIO

12/09/16 Friday 8:40 P.M. I watched episode 6 of "Olive Stone's Untold History of the United States". I ate some almonds. CIO

12/09/16 Friday 7:30 P.M. The jewelry store just south of Saks Fifth Avenue on Greenwich Avenue is going out of business. CIO

12/09/16 Friday 7:30 P.M. Snow Brush \$18
[https://www.amazon.com/gp/product/B0016GRTVU/ref=pe_2822740_217897380_em_4p_0](https://www.amazon.com/gp/product/B0016GRTVU/ref=pe_2822740_217897380_em_4p_0_t)
[ti](#)

http://volcano.si.edu/reports_weekly.cfm

\$130 with coupon code "684PT369XQXTXG" http://www.dell.com/en-us/shop/productdetails/inspiron-11-3162-laptop/fncwh101sb?dgc=CJ&cid=47997&lid=4279734&acd=12309198375458460&ven1=12255000-227502-1209_tbsegemail_inspiron11&ven3=812903648148301066

<http://www.gltrust.org/> CIO

12/09/16 Friday 6:55 P.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat with Frank's hot sauce, 10 ounces of steamed Brussels sprouts and baby carrots with Smart Balance spread, flavored with garlic powder, ground black pepper, oregano, grated parmesan and Romano cheese and extra virgin olive oil, and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

12/09/16 Friday 5:55 P.M. While downtown, I was handed a brochure for a new men's store in Greenwich www.suitsupply.com . CIO

12/09/16 Friday 5:55 P.M. I chatted with a relative. The order with tracking of <http://webtrack.dhlglobalmail.com/?trackingnumber=9274899996315716132582> on the order for <http://www.ebay.com/itm/TAYLOR-PRECISION-PRODUCTS-5-1-4-Inch-Diameter-Outdoor-Thermometer-/111993175380?hash=item1a13503d54:g:jGUAAOSwa~BYQDXn> for \$5.89 with free shipping was received by my relative in Florida. CIO

12/09/16 Friday 5:45 P.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Apple store, and I told one of the staff members how to reset the icons, so they are alphabetized. One has to be careful to use the right reset function for desktop from setup, or one could reset the whole device. I stopped by Winston Florist, and I chatted about tropical plants. I bought an Ace's High scratch card at the Greenwich Cigar store for a dollar, and I lost. I toured CVS looking for bargains. I sat out for a while after my walk. I then went to the Stop and Shop. I bought a rotisserie chicken for \$4.99, a 32.7 ounce Stop and Shop self rising supreme pizza for \$3.50, two baking potatoes for .99 a pound for \$1.65 and a one pound bag of baby carrots for \$1.49 for \$11.63 total. The Stop and Shop was not busy at 5 P.M., and their cooked chicken department had a full supply of cooked chickens and other items for any hungry people. I then returned home, and I chatted with a neighbor. I did not get any mail. The order with tracking of https://www.ups.com/WebTracking/processInputRequest?loc=en_US&Requester=DAN&tracknum=1Z306A450302679200&AgreeToTermsAndConditions=yes&WT.z_eCTAid=ct1_eml_Tracking_ct1_eml_tra_eml_1day&WT.z_edatesent=12082016 on the order for \$3.99 with coupon code "B7WCI7OF" https://www.amazon.com/dp/B01LXT0YGT/ref=cm_sw_r_cp_api_rCtrybKSJT4N7 plus \$6.03 shipping for \$10.02 total arrived. CIO

12/09/16 Friday 2:05 P.M. I chatted with a relative. CIO

12/09/16 Friday 1:40 P.M. \$59 Windows 10 Tablet https://www.microsoftstore.com/store/msusa/en_US/pdp/NuVision-TM800W610L-Signature-Edition-Tablet/productID.5078216000

\$49 Windows 10 Tablet [https://www.microsoftstore.com/store/msusa/en_US/pdp/NuVision-TM800W560L-Signature-Edition-Tablet/productID.608755100?tduid=\(91a7d682bf12fca30cb9e5a8bdab3d59\)\(256380\)\(2459594\)\(isIkAyUyNbM-NtVYd9IYx5yoTbGzt0pH9Q\)\(\)](https://www.microsoftstore.com/store/msusa/en_US/pdp/NuVision-TM800W560L-Signature-Edition-Tablet/productID.608755100?tduid=(91a7d682bf12fca30cb9e5a8bdab3d59)(256380)(2459594)(isIkAyUyNbM-NtVYd9IYx5yoTbGzt0pH9Q)())

[https://www.microsoftstore.com/store/msusa/en_US/cat/PC-sale/categoryID.69325700?icid=gm_17hol_12dd_modA_day5_windows10tablet&tduid=\(91a7d682bf12fca30cb9e5a8bdab3d59\)\(256380\)\(2459594\)\(NKa3hZyYoHA-qVPZJ8c8fzxAsqpacg9fJA\)\(\)](https://www.microsoftstore.com/store/msusa/en_US/cat/PC-sale/categoryID.69325700?icid=gm_17hol_12dd_modA_day5_windows10tablet&tduid=(91a7d682bf12fca30cb9e5a8bdab3d59)(256380)(2459594)(NKa3hZyYoHA-qVPZJ8c8fzxAsqpacg9fJA)())

https://www.dealsplus.com/All-Electronics_deals/p_inateck-ipad-pro-9-7-case-9-7-inch-ipad-pro-ultra-slim

\$270 https://flash.newegg.com/Product/9SIA9UW3ZZ7664?icid=WP_7_12062016
Panasonic Toughbook

I will now make my bed. I will then shower and clean up. I will then go downtown to the Avenue of Broken Computer Dreams. CIO

12/09/16 Friday 12:50 P.M. I woke up during the night, and I ate a bowl of Utz sourdough dark pretzels. I woke up at 12:30 P.M.. I washed the breakfast dishes. CIO

12/09/16 Friday 10:25 A.M. <https://thegiftbox.com/> . CIO

12/09/16 Friday 9:45 A.M. I woke up at 9:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/08/16 Thursday 9:35 P.M. With the two new deluxe restaurants on lower Greenwich Avenue, I noticed today that the Morrello Italian restaurant midway on Greenwich Avenue has gone out of business. I ate two White Castle cheeseburgers with a glass of cold filtered water. I will now shut down the primary work computer, and I will go to bed. I heard on the Fox Business News this morning that Microsoft stock has reached an all time high. CIO

12/08/16 Thursday 8:55 P.M. I watched series 4 episode 6 of "A Place to Call Home". I ate a bag of microwave popcorn. CIO

12/08/16 Thursday 7:50 P.M. Tracking is
https://wwwapps.ups.com/WebTracking/processInputRequest?sort_by=status&tracknums_displayed=1&TypeOfInquiryNumber=T&loc=en_us&InquiryNumber1=1Z2561FRYW98041981&track.x=0&track.y=0 on the order for two
<http://www.pipingrock.com/glucosamine-chondroitin/advanced-double-strength-glucosamine-chondroitin-msm-plus-5593> for \$18.99 each and \$3.95 shipping for \$41.93 total.

Tracking is
https://www.ups.com/WebTracking/processInputRequest?loc=en_US&Requester=DAN&tracknum=1Z306A450302679200&AgreeToTermsAndConditions=yes&WT.z_eCTAid=ct1_e ml Tracking_ct1_e ml tra_e ml 1day&WT.z_edatesent=12082016 on the order for \$3.99 with coupon code "B7WCI7OF"
https://www.amazon.com/dp/B01LXT0YGT/ref=cm_sw_r_cp_api_rCtrybKSJT4N7 plus \$6.03 shipping for \$10.02 total.

Tracking is
https://www.fedex.com/apps/fedextrack/?tracknumbers=784906820502&cntry_code=us on the order for in medium in brown for \$9.99
http://www.saksoff5th.com/main/ProductDetail.jsp?PRODUCT%3C%3Eprd_id=845524442131958&R=601396167607&P_name=Saks+Fifth+Avenue&Ntt=slippers&N=0&FOLDER%3C%3Efolder_id=2534374302024054&bmUID=lyuqFaR&site_refer=AFF001&mid=38801&siteID=lw9MynSeamY-BWaBA5JaM2pFbEo6Qem0MA and free shipping with code "ship4free" and .63 tax for \$10.62 total. CIO

12/08/16 Thursday 7:25 P.M. I chatted with a relative. CIO

12/08/16 Thursday 7:00 P.M. I went out with a neighbor to get the neighbor's cane that he left in my Volvo wagon. I chatted with another neighbor. I heated and ate a 14.25 ounce Chef Boyardee ravioli which I ate with a 12 ounce glass of diet Fresca. CIO

12/08/16 Thursday 6:15 P.M. I threw out the garbage. I went to my 3 P.M. appointment early. I took my \$20 eight inch tablet, but it did not work too well. The Ipad 2 and 3 are a bit too big to take on the road for appointments. After my 3 P.M. appointment, I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by CVS, and I bought a 16 ounce Blue Diamond smokehouse almonds for \$5.99. After my walk, I sat out for a while. I chatted with a friend who broke his television. He bought the Insignia 32 inch at Best Buy for \$110 and tax <http://www.bestbuy.com/site/insignia-32-class-31-5-diag--led-720p-hdtv-black/5326401.p?skuId=5326401>. I then went by the Putnam Shell at 481 West Putnam Avenue, and I bought \$9.30 of self service premium V-Power gasoline for \$3.339 a gallon for 2.785 gallons at odometer reading of 114516 miles for 38.2 miles driven since November 30, 2016 for 13.717 miles per gallon in local traffic. I then returned home. I sat outside for a while. I picked up the mail. I let the UPS delivery person in the building. CIO

12/08/16 Thursday 1:45 P.M. \$12 <http://www.icpenney.com/st-johns-bay-long-sleeve-classic-fit-flannel-shirt/prod.jump?ppId=pp5007920091&catId=SearchResults&searchTerm=johnsbay>

I will now head out to my 3 P.M. appointment. CIO

12/08/16 Thursday 12:55 P.M. I washed the breakfast dishes. I went back to bed until 12:15 P.M.. I ate a 13 ounce Marie Callender chicken alfredo dinner with grated parmesan and Romano cheese and a 12 ounce glass diet Fresca. I have a 3 P.M. appointment this afternoon. I will now make my bed. I will then shower and clean up. CIO

12/08/16 Thursday 10:55 A.M. I chatted with a relative. I order two <http://www.pipingrock.com/glucosamine-chondroitin/advanced-double-strength-glucosamine-chondroitin-msm-plus-5593> for \$18.99 each and \$3.95 shipping for \$41.93 total. CIO

12/08/16 Thursday 9:05 A.M. I woke up at 8 A.M.. I chatted with a friend. The friend broke his flat screen television. I told him, www.bestbuy.com has the Insignia 32 inch flat screen television for \$110 for \$30 off. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/07/16 Wednesday 8:05 P.M. I watched series 4 episode 5 of "A Place to Call Home". I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

12/07/16 Wednesday 7:05 P.M. I ate the other two slices of reheated pizza and a 12 ounce of diet Fresca. CIO

12/07/16 Wednesday 6:20 P.M. I chatted with a relative. CIO

12/07/16 Wednesday 6:05 P.M. Maybe they should start a disco at the Senior Center for old people to get some exercise. CIO

12/07/16 Wednesday 6:00 P.M. I rested until 5 P.M.. I chatted with a friend. I threw out the garbage. I chatted with a neighbor. I picked up the mail. Netflix and Acorn TV has not been working, although the internet is as fast as ever. All I can figure out is that with the severe cold in the upper Midwest, more people are staying inside watching Netflix and Acorn TV maxing out its capacity. CIO

12/07/16 Wednesday 2:25 P.M. I tried watching internet video, but the internet was too slow for some odd reason. I ate a bag of microwave popcorn. I will now take a nap. CIO

12/07/16 Wednesday 1:40 P.M. Yesterday at lunch hour, when I was sitting in front of the Senior and the Arts center, either an eagle or a hawk dive bombed me, just narrowly missing me. Lots of people witnessed it. CIO

12/07/16 Wednesday 1:40 P.M. I took a 24 ounce Signature bacon and chicken pizza with ranch sauce, and I put it on a baking tray, and I added garlic powder, ground black pepper, Italian spices, and grated parmesan and Romano cheese and extra virgin olive oil, and I baked it at 400 degrees Fahrenheit in the Farberware convection oven for 19 minutes, and I cut it into four slices with a pizza cutter, and I ate half of it with a 12 ounce glass of diet Fresca. I put the other half in a flat Rubbermaid container in the refrigerator. CIO

12/07/16 Wednesday 12:55 P.M. The Hanes order from November 11, 2016 does not appear to have gone through. CIO

12/07/16 Wednesday 12:40 P.M. I chatted with a relative. I read some back issues of www.pcworld.com. I fiddled with the combination Acer laptop and tablet that I got for Christmas a year ago, and I have not used very much. It takes over five minutes to start up. However, the tablet features are somewhat user unfriendly compared to the Apple Ipad, but it does work, and one can always use its attached keyboard when stumped. CIO

12/07/16 Wednesday 10:30 A.M. I washed the breakfast dishes. I made my bed. I will now shower and clean up and not go downtown, since it is damp out. CIO

12/07/16 Wednesday 8:50 A.M. I ordered eight for \$3.73 each
<https://www.amazon.com/Staples-Clamp-Binder->

Clear/dp/B00WKZ3SE8/ref=pd_cart_rp_1_3?_encoding=UTF8&psc=1&refRID=3KMWJ KPMJDAC810WXK5V for \$29.84 total with free shipping.

\$80 with free shipping http://www.bestbuy.com/site/acer-ka240h-24-led-fhd-monitor-black/5588523.p?skuId=5588523&ref=199&loc=NKa3hZyYoHA&acampID=1&siteID=NKa3hZyYoHA-NPBelWFJAQotIpIhe_bAjA CIO

12/07/16 Wednesday 8:05 A.M. I went back to bed until 8 A.M.. I chatted with a friend. CIO

12/07/16 Wednesday 6:15 A.M. http://www.nytimes.com/2016/12/06/nyregion/robert-douglass-dead.html?emc=edit_th_20161207&nl=todaysheadlines&nliid=46729 CIO

12/07/16 Wednesday 6:05 A.M. I threw out the garbage. I put away the clean laundry. CIO

12/07/16 Wednesday 5:30 A.M. I made up a fresh batch of punch. CIO

12/07/16 Wednesday 4:40 A.M. I have 55 minutes to go on two dry cycles. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/07/16 Wednesday 4:15 A.M. I woke up at 3:30 A.M.. I put clean linens on my bed. I started two loads of wash, and I have 10 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. I saw on a documentary recently that after World War II in Germany, the only money in Germany was Lucky Strike cigarettes. When I knew James Warburg senior, he used to smoke Lucky Strike cigarettes. CIO

12/06/16 Tuesday 7:25 P.M. I chatted with a relative. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat with Frank's hot sauce, 10 ounces of steamed Brussels sprouts with Smart Balance spread, flavored with garlic powder, ground black pepper, oregano, grated parmesan and Romano cheese and extra virgin olive oil, and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca. I chatted with a relative. I will now take a nap. CIO

12/06/16 Tuesday 6:25 P.M. I went out early with a neighbor. I took the neighbor by the Wells Fargo bank at the Stop and Shop plaza. I then went to my 4:30 P.M. appointment early. After my appointment, I met up with the neighbor, and we went by the CVS on West Putnam Avenue. My neighbor got some groceries. I bought five 3 pack boxes of generic butter microwave popcorn for a dollar a three pack for \$5 total. I then returned home. I did not get any mail today. I left a package outside a neighbor's apartment. CIO

12/06/16 Tuesday 2:55 P.M. http://www.nytimes.com/2016/12/04/us/newport-rhode-island-mansion-complaints.html?emc=edit_th_20161205&nl=todaysheadlines&nid=46729&r=0
CIO

12/06/16 Tuesday 2:25 P.M. My www.eversource.com electricity bill for November 2016 was \$130.55 for 738 kWh for 21.71 kWh per day over 34 days with an average temperature of 46.7 degrees Fahrenheit. For November 2015, it was \$138.04 for 794 kWh for 24.06 kWh per day over 33 days with an average temperature of 48.6 degrees Fahrenheit. CIO

12/06/16 Tuesday 2:15 P.M. I ate a 11.5 ounce Stouffer's Swedish meatballs with a 12 ounce glass of diet Fresca. CIO

12/06/16 Tuesday 1:50 P.M. I threw out the garbage. I went by the Valley Road Post Office, and I bought thirty .47 forever Holiday stamps for \$28.20. I then went by the Chase Bank at Deerfield Place. I then went by the Wells Fargo Bank at the Stop and Shop shopping center plaza, and I paid my rent to the Greenwich Housing Authority. I also paid an extra \$27.50 for my toilet seat repairs. I then went downtown, and I sat out for an hour in front of the Senior and the Arts Center. The construction there is to build a handicap access ramp, but it has changed the architectural integrity of the building. They are also putting new shingles on the Board of Education building roof. I gave a neighbor a ride back to my building. I have a 4:30 P.M. appointment this afternoon. CIO

12/06/16 Tuesday 11:00 A.M. I ordered for \$3.99 with coupon code "B7WCi7OF"
https://www.amazon.com/dp/B01LXT0YGT/ref=cm_sw_r_cp_api_rCtrybKSJT4N7 plus \$6.03 shipping for \$10.02 total.

[https://www.microsoftstore.com/store/msusa/en_US/pdp/Lenovo-Ideapad-110-15IBR-80T7-Signature-Edition-Laptop/productID.5072364200?tduid=\(9cd5e064fa8d796408c9cf38214986d5\)\(256380\)\(2459594\)\(pnkDUx_cu3o-BTBvpvkjBJv9GGxA1zD.Ag\)\(\)](https://www.microsoftstore.com/store/msusa/en_US/pdp/Lenovo-Ideapad-110-15IBR-80T7-Signature-Edition-Laptop/productID.5072364200?tduid=(9cd5e064fa8d796408c9cf38214986d5)(256380)(2459594)(pnkDUx_cu3o-BTBvpvkjBJv9GGxA1zD.Ag)())

I went through <http://scott-mike.com/bf.htm> . I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown. CIO

12/06/16 Tuesday 10:20 A.M. I rested until 10 A.M.. Tracking is
<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=61299998734348177204>
on the order for heavily discounted headset for \$13.99 with free shipping
<http://www.newegg.com/Product/Product.aspx?Item=9SIA38N1068567> . CIO

12/06/16 Tuesday 8:10 A.M. I woke up at 8 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/05/16 Monday 9:15 P.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat with Frank's hot sauce, 10 ounces of steamed Brussels sprouts with Smart Balance spread, flavored with garlic powder, ground black pepper, oregano, grated parmesan and Romano cheese and extra virgin olive oil, and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Freca. I will now take a nap. CIO

12/05/16 Monday 8:30 P.M. I sat out for a while. I went downtown at 4:45 P.M.. I went by CVS. I bought two one pound tins of Danish Cookies for \$5.49 both. I then bought two 1 liter bottles of CVS ant cavity fluoride mouthwash for \$2.99 each and buy one 5.5 ounce Crest Glamour whitening toothpaste for \$5.99 and the second one for \$2.99 and .95 tax for \$15.91 total. I then went further downtown. I chatted with a relative. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$2 for a dollar profit. I used the bathroom at Starbucks. I chatted with a regular. I stopped by CVS again, and I bought two more 14 ounce boxes Kashi square cereal for \$2.99 each for \$5.98 total. I then finished my walk, and I sat out for a while. I then went by the Stop and Shop. I bought a 8 pack of Stop and Shop large eggs expire January 12, 2017 for \$1.49, a 5 quart box of Stop and Shop powdered milk for \$7.29, a 42 ounce Quaker Old Fashioned oatmeal for \$4.79, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$3.69, a 12 ounce generic honey for \$2.50, a 12 ounce bag of Brussels sprouts for \$2.50, two baking potatoes for .99 a pound for \$1.62 and a rotisserie chicken for \$4.99 for \$28.87 total. I then returned home. I picked up the mail. I put away my purchases. CIO

12/05/16 Monday 3:40 P.M. I threw out the garbage. I sat outside for a while waiting for the mail which has not come yet. I let UPS in the building. CIO

12/05/16 Monday 2:45 P.M. Tracking number is "1Z3R9Y520303935141" at www.ups.com on the order for <http://www.ebay.com/itm/Apple-MacBook-13-3-7-1-Laptop-A1342-4GB-250GB-Bluetooth-Webcam-10-272451893520?hash=item3f6f65f910:g:glAAOSwLxYlHdG> for \$130.19 with free shipping. CIO

12/05/16 Monday 2:45 P.M. I rested a while more. I ate some pretzels and croutons. I will now make my bed. I will then shower and clean up. CIO

!!!!!! 12/05/16 Monday 1:05 P.M. One Lincoln less a Lincoln. Most popular flashlight on the internet with free shipping <http://www.ebay.com/itm/Ultrafire-CREE-XM-L-T6-Zoomable-2000-Lumen-Tactical-LED-Flashlight-Torch-Lamp-361531600068?hash=item542cf66cc4:g:mLEAAOSwh-1W5chf> .

Last one <http://www.ebay.com/itm/STATIONARY-KIT-FINE-BUSINESS-PAPER-50-SHEETS-ENVELOPES-28-LB-WHITE-NIP-122238276552?hash=item1c75f813c8:g:pzIAAOSwux5YNK1j> . CIO

12/05/16 Monday 12:55 P.M. I ate a 16 ounce Stouffer's stuffed peppers with grated parmesan and Romano cheese on it and a 12 ounce glass of diet Fresca. I will now take a nap. CIO

12/05/16 Monday 12:20 P.M. I fiddled with the Ipad 2. I put out my two heavy winter hats on the hat rack at the apartment entrance for when it gets colder. CIO

**12/05/16 Monday 11:10 A.M. One Franklin less a Lincoln with free shipping
https://flash.newegg.com/Product/9SIA5YV4VE2552?icid=WP_13_11302016 CIO**

12/05/16 Monday 10:40 A.M. I went back to bed until 10:15 A.M.. CIO

12/05/16 Monday 7:35 A.M. While asleep a friend that drinks too much wine called me up three times. I finally woke up at 7 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/04/16 Sunday 7:05 P.M. I watched episode 5 of "Olive Stone's Untold History of the United States". I will now shut down the primary work computer, and I will go to bed. CIO

12/04/16 Sunday 5:50 P.M. I chatted with a relative. CIO

12/04/16 Sunday 4:25 P.M. I will now take a nap. CIO

12/04/16 Sunday 4:15 P.M. I put a few handfuls of baby spinach on a dinner plate. I added, a peeled and sliced cucumber, 29 cherry tomatoes, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont Seriously Sharp Hunters cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian spices, and Kraft Balsamic dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Schweppes Ginger Ale. CIO

12/04/16 Sunday 3:25 P.M. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I bought a 18 double roll bundle of Scott toilet paper for \$6.99 and .44 tax for \$6.43 total. I then bought two 14 ounce boxes of Kashi cereal for \$2.99 each for \$5.98 total. I then drove further downtown. I chatted with two relatives. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I toured the Apple store. I got a free cup of coffee at Le Pain Cotiane. I bought an Ace's High scratch card for a dollar at the Greenwich Cigar store, and I won \$4 for a \$3 profit. I used the bathroom at Le Pain Cotiane. I toured CVS again. I sat out a while after my walk. The Avenue was busy with Holiday strollers. It looked like they might have electric lights being installed further down the Avenue. I then went to the Stop and Shop.

I bought buy one get two free of six packs of Thomas' English muffins for \$4.39 all, a 64 ounce Stop and Shop grape juice for \$3.29, a 64 ounce Ocean Spray cranraspberry juice for \$2.50, two 16 ounce Wish Bone blue cheese dressing for \$2 each, a 12 ounce bag of Brussels sprouts for \$2.50 and .75 can return for \$15.93 total. I then returned home. I sat outside for a while. I put away my groceries. CIO

12/04/16 Sunday 10:15 A.M. There was a possibly Italian man walking around downtown yesterday with a new full length red wool over coat, so maybe that is a new fashion trend in Europe. CIO

12/04/16 Sunday 10:15 A.M. Electric cars are nothing new in Greenwich. I read about a year ago, that back in 1914, there were two old maid sisters in Belle Haven that drove around in an electric car. I washed the breakfast dishes. I will now make my bed. I will then go downtown to Greenwich Avenue to people watch. In life I have a Swiss perspective, and I like to see what always comes next after the movers and shakers show up to do their thing. CIO

!!!!!! 12/04/16 Sunday 9:00 A.M. I bought <http://www.ebay.com/itm/Apple-MacBook-13-3-7-1-Laptop-A1342-4GB-250GB-Bluetooth-Webcam-10-/272451893520?hash=item3f6f65f910:g:glAAAOSwcLxYLHdG> for \$130.19 with free shipping. It has the Sierra operating system on it. CIO

12/04/16 Sunday 9:00 A.M. I rested some more until 9 A.M.. CIO

12/04/16 Sunday 7:45 A.M. I chatted with a friend. CIO

12/04/16 Sunday 6:55 A.M. I woke up while sleeping, and I ate a bowl of Utz sourdough dark pretzels and a 12 ounce glass of 50% Schweppes Ginger Ale and 50% punch. I went back to bed until 6:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 12/03/16

12/03/16 Saturday 7:55 P.M. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

12/03/16 Saturday 7:30 P.M. I ate a 13 ounce Marie Callender chicken alfredo dinner with grated parmesan and Romano cheese and a 12 ounce glass of Schweppes diet Ginger Ale. I chatted with a relative. CIO

12/03/16 Saturday 6:55 P.M. I put the box with the Halogen cooker on the floor in the right living room closet. I threw out the garbage. I went downtown. They were having the

Holiday Stroll on Greenwich Avenue with lots of food vendors and holiday shoppers. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Apple store, and I told them the news about my \$55 Apple laptop. I chatted with the Canadian horse carriage drivers. I was told the reindeer are at Sam Bridge nursery this year. I chatted with a fisherman from Melbourne, Florida. He told me Michae in Hebrew means, "He that is like God" or something like that. I chatted with the Tesla sales person at the sales tent in front of the Senior Center. I bought an Ace's High scratch card at the Greenwich Cigar store for a dollar, and I lost. I picked up a prescription at CVS. The Greenwich Baptist church gave me a card for a free cup of coffee at the Belgium coffee shop. After my walk, I went to the Acme grocery store. I bought four 12 packs of 12 ounce diet Fresca for \$5.49 each and \$2.40 can deposit and two 16 ounce Stouffer's stuffed peppers for \$3.69 each for \$31.54 total. I then returned home. I used my little folding cart from the back of the Volvo wagon to bring up the soda, and the I put the little folding cart back in the back of the Volvo wagon. I picked up the mail. The order with tracking of https://www.groupon.com/track_order/c2805a52b21b11e6b51a002590c1237e?view=shiny on the order for <https://www.groupon.com/deals/gg-trident-ipad-cases> in French Garden Black in in Ipad 2 3 4 Kraken for \$9.99 and \$3.99 shipping and .88 tax for \$14.86 total arrived. I took the old black leather case off the Ipad 2, and I put the new case on it. I chatted with a neighbor about the price of tea in China. CIO

12/03/16 Saturday 1:50 P.M. I helped a neighbor out with his computers. I will now dress up warmly, and I will go downtown to see all of the hoards of Holiday shoppers are whatever is left on Greenwich Avenue. CIO

12/03/16 Saturday 1:05 P.M. I ate the rest of the rotisserie chicken with Frank's hot sauce and a baked potato with Smart Balance spread and extra virgin olive oil and a 12 ounce glass of Schweppes Ginger Ale. The order with tracking of <http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=845390187231690> on the order for Halogen Oven for \$29.99 [http://www.newegg.com/Product/Product.aspx?Item=0S7-000G-00001&ignorebbr=1&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)- -na- -na- -na&cm_sp=&AID=10446076&PID=404255&SID=521238](http://www.newegg.com/Product/Product.aspx?Item=0S7-000G-00001&ignorebbr=1&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)- -na- -na- -na&cm_sp=&AID=10446076&PID=404255&SID=521238) desktop with coupon code "EMCFFHE24" with free shipping arrived. I chatted with the FedEx delivery person about J.E.E.. I did not open the package. I will save it for a Christmas gift. CIO

12/03/16 Saturday 11:55 A.M. I gave up drinking alcohol what little I drank back in September 1989, when I invested in personal computers. In my old internet directory, there is this for indulgent types <http://scott-mike.com/006.htm> . CIO

12/03/16 Saturday 11:55 A.M. I chatted with a relative. CIO

12/03/16 Saturday 11:50 A.M. I threw out the garbage. I chatted with neighbors. CIO

12/03/16 Saturday 10:35 A.M. I chatted with two relatives. CIO

12/03/16 Saturday 9:50 A.M. I ordered in medium in brown for \$9.99
http://www.saksoff5th.com/main/ProductDetail.jsp?PRODUCT%3C%3Eprd_id=845524442131958&R=601396167607&P_name=Saks+Fifth+Avenue&Ntt=slippers&N=0&FOLDER%3C%3Efolder_id=2534374302024054&bmUID=lyuqFaR&site_refer=AFF001&mid=38801&siteID=lw9MynSeamY-BWaBA5JaM2pFbEo6Qem0MA and free shipping with code "ship4free" and .63 tax for \$10.62 total.

I ordered heavily discounted headset for \$13.99 with free shipping
<http://www.newegg.com/Product/Product.aspx?Item=9SIA38N1068567> .

I washed the breakfast dishes. I will now make my bed. I will then shower and clean up.
 CIO

!!!!!! 12/03/16 Saturday 8:55 A.M. <http://www.wreathscrossamerica.org/volunteer-at-arlington/> CIO

12/03/16 Saturday 8:50 A.M. I went back to bed until 8:30 A.M.. CIO

12/03/16 Saturday 6:25 A.M. I woke up at 5:30 A.M.. I chatted with a friend. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/02/16 Friday 5:05 P.M. I ate a 11.5 ounce Stouffer's Swedish meatballs with a 12 ounce glass of diet Schweppes Ginger Ale. I will now shut down the primary work computer, and I will go to bed. CIO

12/02/16 Friday 4:35 P.M. Tracking is
<http://webtrack.dhlglobalmail.com/?trackingnumber=9274899996315716132582> on the order for <http://www.ebay.com/itm/TAYLOR-PRECISION-PRODUCTS-5-1-4-Inch-Diameter-Outdoor-Thermometer-/111993175380?hash=item1a13503d54:g:jGUAAOSwa~BYQDXn> for \$5.89 with free shipping.

<http://www.bodenusa.com/> CIO

12/02/16 Friday 4:15 P.M. I chatted with a friend. I watched episode 4 of "Olive Stone's Untold History of the United States". I ate a bowl of Utz dark sourdough pretzels. I threw out the garbage. I picked up the mail. CIO

12/02/16 Friday 1:35 P.M. I read back issues of PC Magazine and then www.pcworld.com . I will now take a nap. CIO

12/02/16 Friday 1:15 P.M. <http://theshelterpetproject.org/> . CIO

12/02/16 Friday 12:25 P.M. I chatted with a relative. CIO

12/02/16 Friday 12:20 P.M. I ate a rotisserie chicken leg and thigh and three 1/4 inch thick slices of white breast meat, 12 ounces of steamed Brussels sprouts with Smart Balance spread, flavored with garlic powder, ground black pepper, oregano, grated parmesan and Romano cheese and extra virgin olive oil, and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Schweppes Ginger Ale. When I visited California four or five times between 1978 and 1980, I noticed in Santa Cruz, California, there were a lot of Brussels Sprout fields on the ocean, and the Brussels Sprouts were as big as tennis balls. CIO

12/02/16 Friday 11:30 A.M. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I bought buy one get one free of 250 capsule CVS 400 iu Vitamin E for \$18.79 both, and four 18 ounce Campbell's Lite New England clam chowder for \$1.50 each for \$24.79 total. I chatted with a neighbor. I then went further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. At Zen Stationary, I bought an Ace's High scratch card for a dollar, and I lost. I chatted with McArdle McMillan putting up the display in front of Saks Fifth Avenue. They told me, there would not be any reindeer this year. I stopped by CVS again. I used the bathroom at the Senior and the Arts center. I chatted with the neighbor again. I then went to the Stop and Shop. I bought buy one six pack get two six packs free of Thomas' English muffins for \$4.39 all, two 19 ounce Stouffer's meat and tomato lasagna for \$3.50 each, a two pound bag of Stop and Shop long grain white rice for \$2.99, a rotisserie chicken for \$4.99, organic bananas for .79 a pound for \$1.80, a cucumber for .69, and two baking potatoes for .99 a pound for \$1.46 for \$23.32 total. I then returned home, and I put away my purchases. CIO

12/02/16 Friday 7:35 A.M. \$80 <http://www.ebay.com/itm/Canon-imageCLASS-MF217w-Wireless-Black-and-White-All-In-One-Printer-/192038020249?rmvSB=true>

\$28 <https://www.amazon.com/Norton-Security-Premium-Devices-Card/dp/B0144NYEY6?tag=delt-20&m=ATVPDKIKX0DER>

\$70 <http://www.newegg.com/Product/Product.aspx?Item=N82E16828116412&ignorebbr=1>

Tracking is

<http://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=845390187231690> on the order for Halogen Oven for \$29.99

[http://www.newegg.com/Product/Product.aspx?Item=0S7-000G-00001&ignorebbr=1&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)- -na- -na- -na&cm_sp=&AID=10446076&PID=404255&SID=521238](http://www.newegg.com/Product/Product.aspx?Item=0S7-000G-00001&ignorebbr=1&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)- -na- -na- -na&cm_sp=&AID=10446076&PID=404255&SID=521238) desktop with coupon code

"EMCFFHE24" with free shipping.

I washed the breakfast dishes. I will now make my bed. I will then go downtown to Green Witch Avenue. CIO

12/02/16 Friday 6:50 A.M. I chatted with a friend. I went back to bed until 6:40 A.M.. CIO

12/02/16 Friday 3:10 A.M. I chatted with a friend twice. I woke up at 2:45 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/01/16 Thursday 4:55 P.M. I watched episode 3 of "Olive Stone's Untold History of the United States". I ate a bowl of Utz dark sourdough pretzels. I will now shut down the primary work computer, and I will go to bed. CIO

12/01/16 Thursday 3:45 P.M. I picked up the mail. CIO

12/01/16 Thursday 3:25 P.M. http://volcano.si.edu/reports_weekly.cfm

https://www.whitehouse.gov/blog/2016/11/30/how-see-white-house-dollar-bill?utm_source=email&utm_medium=email&utm_content=email658-text1&utm_campaign=ar

http://www-01.ibm.com/software/collaboration/events/connect/?cm_mmc=Email_Outbound-_-IBM+Social+IBM+Collaboration+Solutions+Events-_-WW+WW-_-Registration+Open+Connect&cm_mmca1=000000UY&cm_mmca2=10001376&cm_mmca3=M00003144&cvo_src=email.Outbound.M00003144&cvo_campaign=IBM%20Social+IBM%20Collaboration%20Solutions%20Events-WW+WW&cmp=ec&cn=connect17regitmlr. CIO

12/01/16 Thursday 3:00 P.M. I chatted with a friend. I threw out the garbage. CIO

!!!!!! 12/01/16 Thursday 1:45 P.M. <https://www.rokuguide.com/private-channels>. I am back up reading back issues of PC magazine. CIO

12/01/16 Thursday 12:50 P.M. I ate a 11.5 ounce Stouffers Swedish meatballs with a 12 ounce glass of diet Schweppes Ginger Ale. I will now go to bed. CIO

12/01/16 Thursday 12:10 P.M. I chatted with a friend. I read some back issues of PC Magazine. CIO

12/01/16 Thursday 11:20 A.M. I rested some more until 11:15 A.M.. CIO

12/01/16 Thursday 10:20 A.M. \$100 Ipad 2 with case
https://www.tanga.com/deals/aa65ce4eaa1a/apple-ipad-2-mc769ll-a-free-aduro-folio-case-stand?affiliate_network=tanganetwork&click_id=534709cd150488203a0530f3eabb5465&affiliate=dealnews&utm_source=tanganetwork&utm_campaign=dealnews

I chatted with a relative. For a relative in hot Florida, I ordered <http://www.ebay.com/itm/TAYLOR-PRECISION-PRODUCTS-5-1-4-Inch-Diameter-Outdoor-Thermometer-/111993175380?hash=item1a13503d54:g:jGUAAOSwa~BYQDXn> for \$5.89 with free shipping. CIO

12/01/16 Thursday 9:40 A.M. I ordered Halogen Oven for \$29.99 [http://www.newegg.com/Product/Product.aspx?Item=0S7-000G-00001&ignorebbr=1&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-_na-_na-_na&cm_sp=&AID=10446076&PID=404255&SID=521238](http://www.newegg.com/Product/Product.aspx?Item=0S7-000G-00001&ignorebbr=1&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-_na-_na-_na&cm_sp=&AID=10446076&PID=404255&SID=521238) desktop with coupon code "EMCFFHE24" with free shipping. CIO

12/01/16 Thursday 9:15 A.M. I rested some more until 9 A.M.. CIO

12/01/16 Thursday 6:35 A.M. I put a few handfuls of baby spinach on a dinner plate. I added 20 cherry tomatoes, 7 pitted extra large black olives, a 4 ounce tin of Bumble Bee chicken drained and rinsed underneath cold water, one fourth of a diced Vidalia onion, 25 cheese and garlic croutons, twenty .25 inch by .25 inch by 1.75 inch pieces of Cabot Vermont Seriously Sharp Hunters cheese, grated Parmesan and Romano cheese, ground black pepper, garlic powder, Lawry's seasoned salt, Italian spices, and Kraft Balsamic dressing and extra virgin olive oil. I ate it with a 12 ounce glass of diet Schweppes Ginger Ale. CIO

12/01/16 Thursday 5:20 A.M. <http://www.theonion.com/article/obama-finally-fulfills-campaign-promise-spend-one--54785> . I think that is a breach of Secret Service protocol. I watched series 4 episode 4 of "A Place to Call Home". CIO

12/01/16 Thursday 3:35 A.M. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$176, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$76 for premium Cable TV. However that includes \$55 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. CIO

12/01/16 Thursday 2:15 A.M. If one looks at https://en.wikipedia.org/wiki/List_of_Apple_operating_systems , one can see https://en.wikipedia.org/wiki/MacOS_Sierra is the latest operating system, and if one searches www.ebay.com for "macOS Sierra" under Apple laptops, one can find a list of used Apple laptops starting at about \$220 http://www.ebay.com/sch/Apple-Laptops/111422/i.html?from=R40&sop=15&nkw=macOS+Sierra&rt=nc&LH_BIN=1 that will run the latest operating system. CIO

12/01/16 Thursday 1:30 A.M. <http://www.greenwichtime.com/news/article/Thousands-expected-at-Rockefeller-Christmas-tree-10645433.php> . In the old days in Manhattan, the Salvation Army bell ringer at Rockefeller Center, if one looked closely looked like Nelson

Rockefeller. To live in New York City, one has to be skinny, because they don't eat much food, and the walk a lot. CIO

12/01/16 Thursday 1:15 A.M. I woke up and ate a bowl of Utz dark sourdough pretzels. I finally woke up at 1 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/31/17 Tuesday 10:45 A.M. I will now rest some more. CIO

01/31/17 Tuesday 10:30 A.M. I read a couple of back issues of www.pcworld.com off Zinio from the www.greenwichlibrary.org . I ate a bowl of goldfish crackers. CIO

01/31/17 Tuesday 9:25 A.M. I ate 21 ounces of Campbell's cream of chicken soup with half of it milk and a package of Ramen chicken noodles with flavor package and a 12 ounce glass of cold filtered water. I heated the soup mixture for 8 minutes at 60% power in a microwave proof pot with lid. CIO

01/31/17 Tuesday 8:50 A.M.

https://jet.com/product/detail/5addf3df1f7544e88d21aa74aff2554e?jcmp=semnb:ggl:g_nb_cons_dsa_shopping_food_beverage_tobacco_new:DSA_food_beverages_tobacco_food_items:inurl%3A_mcid%3A%20103470198%23inurl%3A_product_category%3A%20food%2C%20beverages%20%26%20tobacco_id_412%23inurl%3A_product_category%3A%20food%20items_id_422:SEM_654204379_36657283894_dsa-

274620775123:na:na:na:2&code=SEMNB15&gclid=CNyRpt_B7NECFYmLswodRkEHEA
 . Thai noodles. I chatted with a friend. CIO

01/31/17 Tuesday 7:15 A.M. <http://www.mountainyahoos.com/Globe/> Snow Reports

I will now make my bed. I will then shower and clean up. CIO

01/31/17 Tuesday 6:20 A.M. I washed the breakfast dishes. It is 23 degrees Fahrenheit outside right now. CIO

01/31/17 Tuesday 6:00 A.M. I rested some more until 5:45 A.M.. CIO

01/31/17 Tuesday 1:20 A.M. I woke up at 12:30 A.M.. I guess I am sleeping so much because I have Norwegian Hibernation Complex. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

01/30/17 Monday 6:10 P.M. I chatted with two relatives. CIO

01/30/17 Monday 5:25 P.M. I went through <http://scott-mike.com/bf.htm> . I will now eat a honeybell. CIO

01/30/17 Monday 4:55 P.M. I rested until 4:45 P.M.. I picked up the mail. The order with tracking of https://wwwapps.ups.com/WebTracking/processRequest?HTMLVersion=5.0&Requester=NES&AgreeToTermsAndConditions=yes&loc=en_US&tracknum=9241999998539816819540 for the order for <https://www.christianbook.com/imitation-leather-burgundy/9780718084837/pd/084837?event=Promotion|1001577> for \$7.49 and \$3.99 postage for \$11.48 total arrived. CIO

01/30/17 Monday 10:10 A.M. I rested until 10 A.M.. CIO

01/30/17 Monday 8:40 A.M. I ate three 3 ounce Perdue chicken patties and 16 ounces of Stop and Shop baked onion rings and a 12 ounce glass of diet Fresca. CIO

01/30/17 Monday 7:50 A.M. I watched episode 3 of "Victoria". CIO

01/30/17 Monday 6:40 A.M. I would like these <http://www.6pm.com/p/new-balance-mw812-white/product/7626936/color/14> for \$64.32 and \$4.08 tax for \$68.40 total with free shipping, but I can't afford them, and I still have plenty of fairly new shoes. I chatted with a friend. CIO

01/30/17 Monday 6:00 A.M. <https://www.bonhams.com/> . CIO

01/30/17 Monday 5:55 A.M. <http://www.greenwichtime.com/news/article/Fairfield-County-s-income-inequality-worst-in-10892525.php> . CIO

01/30/17 Monday 5:45 A.M. Tracking is [https://tools.usps.com/go/TrackConfirmAction_input?qt_c_tLabels1=9400109699939636870930&ppid=PPX000875&cnac=US&rsta=en_US\(en_AR\)&cust=&unptid=27617a4c-e62d-11e6-a69f-441ea1470e54&t=&cal=29dda5cbb2e5f&calc=29dda5cbb2e5f&calf=29dda5cbb2e5f&unp_tpcid=email-shipping-notification-buyer&page=main:email&pgrp=main:email&e=op&mchn=em&s=ci&mail=sys](https://tools.usps.com/go/TrackConfirmAction_input?qt_c_tLabels1=9400109699939636870930&ppid=PPX000875&cnac=US&rsta=en_US(en_AR)&cust=&unptid=27617a4c-e62d-11e6-a69f-441ea1470e54&t=&cal=29dda5cbb2e5f&calc=29dda5cbb2e5f&calf=29dda5cbb2e5f&unp_tpcid=email-shipping-notification-buyer&page=main:email&pgrp=main:email&e=op&mchn=em&s=ci&mail=sys) on the order for http://www.bonanza.com/listings/ZIPPO-CIA-Lighter-New-in-Box-Rare-raised-emblem-Free-Shipping-/405902469?st_id=43055751 for \$39.60 with free shipping. However, I am not in the CIA. A friend of mine had a father who was in the OSS in World War II, and another former friend was E. Howard Hunt's godson. Plus my family were Dorothy Bush's neighbor, when her son ran the CIA in the 1970s. My father used to enjoy drinking alcohol in some of the more plush places around the world. He once told me he knew Ian Fleming. Another friend knew David Wise who wrote the definitive book on the CIA. Also my grandfather Clarence Scott looked like James Jesus Angleton. Polaroid also made the cameras and film for the CIA Black Bird. Also back in 1973, Time Magazine printed that Polaroid photographers were in the CIA, and I had been a Polaroid photographer. Also at Ronald Reagan's inaugural in January 1981, I had a drink of a vodka and tonic next to Stansfield Turner at the Sheraton Hotel on the north side of the White House. I had seen him in San Francisco airport about a year before.

Old time Harriman associate <https://www.facebook.com/peter.duchin.7> . CIO

01/30/17 Monday 4:45 A.M. Ipad mini \$150
http://www.a4c.com/dailydeal/showdeal/1?utm_expid=75927249-1.auhGAsgSQwCF9HC16PFMEw.0&siteID=59JLB7sBj1c-Zp2awk.Ldl1zf0uIe950IQ

I went through <http://scott-mike.com/bf.htm> .

I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

01/30/17 Monday 3:45 A.M. I rested some more until 3:30 A.M.. I also ate a honeybell earlier. CIO

01/30/17 Monday 12:25 A.M. I woke up at midnight. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/29/17 Sunday 12:50 P.M. Big Buck item <http://www.ebay.com/itm/1944-Volkswagen-Schwimmwagen-type-166-/172498180096> . I chatted with two relatives. I will now shut down the primary work computer, and I will go to bed. CIO

01/29/17 Sunday 11:50 A.M. I ate three 3 ounce Perdue chicken patties with 12 ounces of steamed Brussels sprouts flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

01/29/17 Sunday 11:05 A.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I said hello to a former neighbor from Steamboat Road. I stopped by CVS, and I bought a 18 double roll bundle of Scott toilet paper for \$9.99 and .63 tax for \$10.62 total. The Greenwich Running company at the top of Greenwich Avenue is closing their store. However, they are still open at www.jackrabbit.com and in Rye and Bronxville. I chatted with a friend after my walk. Amongst all of the grey squirrels in central Greenwich, there is now a black squirrel. I sat out for a while enjoying the slow day. There were not many people around. I then went to the Stop and Shop. I bought a 59 ounce container of Simply Orange orange juice with calcium for \$3, a 42 ounce Quaker old fashioned oatmeal for \$4.04, two 28.8 ounce Perdue frozen chicken breast patties for \$4.99 each, two 12 ounce Brussels sprouts for \$2.50 each, and two baking potatoes for .99 a pound for \$2.46 for \$24.48 total. I then returned home, and I put away my purchases. I chatted with a relative twice. CIO

End of Scott's Notes week of 01/29/17

01/29/17 Sunday 6:30 A.M. I ate a bowl of goldfish crackers. I will now send out my weekly notes. I will then go downtown for a breath of fresh air. CIO

01/29/17 Sunday 5:45 A.M. I have eaten a bacon blue cheeseburger with bloody Mary here before <http://www.petestavern.com/>. Prime rib \$17.95 on Tuesday nights <http://www.petestavern.com/specials/>. CIO

01/29/17 Sunday 5:40 A.M. I bought http://www.bonanza.com/listings/ZIPPO-CIA-Lighter-New-in-Box-Rare-raised-emblem-Free-Shipping-/405902469?st_id=43055751 for \$39.60 with free shipping. CIO

01/29/17 Sunday 4:25 A.M. I will now make my bed. I will then shower and clean up. CIO

01/29/17 Sunday 4:05 A.M. CIA Zippo 50th anniversary lighter <http://www.ebay.com/itm/50th-Anniversary-CIA-Zippo-Lighter-Never-Struck-/182437471985?hash=item2a7a1ee6f1:g:ZgkAAOSwZQRYhnel>. I think I have three Zippo lighters. I have the Sterling Silver Zippo lighter that says Zeus that May Ellen,

Donahue gave me for High School graduation, a Greenwich Country Club Zippo lighter and a United States Marine Corps Zippo lighter the last that I looked.

\$80 https://flash.newegg.com/Product/9SIA42K5796992?icid=WP_4_01272017

I went through <http://scott-mike.com/bf.htm> . CIO

01/29/17 Sunday 3:35 A.M. There was a report on the BBC news that somebody in England and Wales is stabbed with a knife every 16 minutes, so it is not to safe over there either. I ate a honeybell orange with breakfast. I washed the breakfast dishes. CIO

01/29/17 Sunday 3:10 A.M. I rested until 2:45 P.M.. I picked up the mail. CIO

01/29/17 Sunday 12:35 A.M. I woke up at 12:15 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/28/17 Saturday 4:30 P.M. I ate a 18 ounce can of Campbell's New England Clam Chowder light with dried parsley and oyster crackers and a 12 ounce glass of diet Fresca. CIO

01/28/17 Saturday 3:15 A.M. I woke up at 3:10 P.M.. CIO

01/28/17 Saturday 9:10 A.M. I will now rest some more. CIO

01/28/17 Saturday 9:10 A.M. I watched "Nazi Gold in Argentina". I ate a bag of microwave popcorn. A neighbor rang my bell to check on me. CIO

01/28/17 Saturday 6:45 A.M. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of diet Fresca. CIO

01/28/17 Saturday 6:15 A.M. I bought for \$3.99 and .25 tax for \$4.24 with free shipping http://www.ebay.com/itm/Buckingham-Palace-Official-Souvenir-Guide/142106245593?_trksid=p2047675.c100005.m1851&_trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D1%26asc%3D20150604093004%26meid%3Dbccbb6f2cc7245dd9e743c3dbe5524c0%26pid%3D100005%26rk%3D1%26rkt%3D6%26sd%3D37182822271&rt=nc CIO

01/28/17 Saturday 4:25 A.M. Best Buy has refunded me the money on the LG Tablet less the \$5.99 UPS return shipping. I will now eat a honey bell orange. I will then wash the breakfast dishes. I will then make my bed. I will then shower and clean up. CIO

01/28/17 Saturday 4:10 A.M. Tracking is <https://wwwapps.ups.com/WebTracking/processRequest?HTMLVersion=5.0&Requester=>

NES&AgreeToTermsAndConditions=yes&loc=en_US&tracknum=9241999998539816819540 for the order for <https://www.christianbook.com/imitation-leather-burgundy/9780718084837/pd/084837?event=Promotion|1001577> for \$7.49 and \$3.99 postage for \$11.48 total.

Tracking is

<https://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=4200683092748901015478100021391194&type=4> on the order for

[https://www.newegg.com/Product/Product.aspx?Item=N82E16833122616&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=528373](https://www.newegg.com/Product/Product.aspx?Item=N82E16833122616&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=528373) desktop for \$17.99 with coupon code "EMCRBCG39" with free shipping.

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9449009699938137662961> on the order for <http://www.ebay.com/itm/The-Greenwich-Country-club-100-Years-History-1892-1992-Greenwich-Conn-/332104519622?hash=item4d52f8cfc6:g:D70AAOSwnHZYirhI> for \$18 and \$5 shipping for \$23 total.

I went through <http://scott-mike.com/bf.htm> . CIO

01/28/17 Saturday 3:50 A.M. George H.W. Bush great grandfather's signature \$56 <http://www.ebay.com/itm/Buckeye-Steel-hand-signed-George-Bushs-Great-Grandfather-Samuel-P-Bush-/302071128375?hash=item4654d7a137:g:xWYAAOSwv0tVK-VZ>

\$64 Greenwich Country Club book <http://www.ebay.com/itm/The-Greenwich-Country-Club-1892-1992-/191780683718?hash=item2ca704ffc6:g:IqUAAOSwa-dWljrg> and \$110 from Australia <http://www.ebay.com/itm/USED-LN-The-Greenwich-Country-Club-1892-1992-by-William-L-Quirin-/232030758852?hash=item36061c67c4:g:Of8AAOSw-YVXmohd> . I chatted with the <http://www.greenwichcountryclub.org/> , and as usual they will be closed during the month of February. I know some of their members also belong to the <https://www.johnsislandclub.org/> in Vero Beach, Florida. Former President Gerald Ford attended the opening of the John's Island Club around 1977. CIO

01/28/17 Saturday 3:05 A.M. I rested some more until 3 A.M.. CIO

01/28/17 Saturday 12:35 A.M. I went back to bed until 12:15 A.M.. CIO

01/27/17 Friday 10:15 P.M. I went back to bed until 10 P.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/27/17 Friday 5:45 P.M. At 2 P.M., a neighbor rang my front outside door ringer and told me that the order from <http://www.halegroves.com/> for two dozen honeybell oranges

arrived. I also picked up the mail. I ate two of the honeybells. I put the package on the lower level of the refrigerator to refrigerate it. I chatted with two relatives and two friends. All day while I was trying to sleep, I was bothered by obnoxious telemarketers. I complained to Verizon which was no help. I got up at 5:15 P.M.. I might try to rest some more. CIO

01/27/17 Friday 9:55 A.M. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

01/27/17 Friday 9:50 A.M. The LG tablet return is out for delivery to Best Buy. The UPS tracking number is "1Z30Y81R9097027192" at www.ups.com . I ate a bowl of goldfish crackers. CIO

01/27/17 Friday 7:50 A.M. I watched "The Ultimate Guide to Penny Pinching". I ate a bag of microwave popcorn. CIO

01/27/17 Friday 6:30 A.M. I bought <http://www.ebay.com/itm/The-Greenwich-Country-club-100-Years-History-1892-1992-Greenwich-Conn-/332104519622?hash=item4d52f8cfc6:g:D70AAOSwnHZYirhI> for \$18 and \$5 shipping for \$23 total. CIO

01/27/17 Friday 6:15 A.M. CIA Zippo Lighter <http://www.ebay.com/itm/50th-Anniversary-CIA-Zippo-Lighter-Never-Struck-/182431887557?hash=item2a79c9b0c5:g:ZgkAAOSwZQRYhnel> . CIO

01/27/17 Friday 6:05 A.M. I ate a 14 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and a 12 ounce glass of diet www.coke.com . CIO

01/27/17 Friday 5:25 A.M. King James Bible on sale, I ordered <https://www.christianbook.com/imitation-leather-burgundy/9780718084837/pd/084837?event=Promotion|1001577> for \$7.49 and \$3.99 postage for \$11.48 total. CIO

01/27/17 Friday 3:40 A.M. Stay in touch with President Trump <https://www.whitehouse.gov/contact> . CIO

01/27/17 Friday 2:45 A.M. I ordered [https://www.newegg.com/Product/Product.aspx?Item=N82E16833122616&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-na-na&cm_sp=&AID=10446076&PID=404255&SID=528373](https://www.newegg.com/Product/Product.aspx?Item=N82E16833122616&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-na-na&cm_sp=&AID=10446076&PID=404255&SID=528373) desktop for \$17.99 with coupon code "EMCRBCG39" with free shipping.

I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. CIO

01/27/17 Friday 1:30 A.M. I watched the www.foxnews.com interview with President Trump until 11 P.M.. I went back to bed until 1:15 A.M.. CIO

01/26/17 Thursday 9:40 P.M. I chatted with a relative at 7 P.M.. I drank a 12 ounce glass of 50% punch and 50% diet Freca. I chatted with the relative twice more. Another relative has the mumps. I woke up at 9:15 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/26/17 Thursday 9:40 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

01/26/17 Thursday 9:20 A.M. I threw out the garbage. I went downtown, and I sat out for a while observing the early morning activity. I chatted with a friend. I then drove over to CVS on Greenwich Avenue, and I bought two DiGeorno 32 ounce Supreme pizzas for \$10 or \$5 each. I then returned home, and I sat outside for a while. I put the pizzas in the freezer. I will now reheat and eat the other half of the pizza that I baked this morning. I will eat it with a 12 ounce glass of diet Fresca. CIO

01/26/17 Thursday 7:30 A.M. I watched "Harry and Snowman". I will now go downtown for a brief spell. CIO

01/26/17 Thursday 5:50 A.M. <http://www.geosociety.org/>

Dutch news <http://www.bbc.com/news/world-europe-38718286>

I only ate half of the pizza. I refrigerated the other half in a flat Rubbermaid container. CIO

01/26/17 Thursday 5:15 A.M. I took a 31.5 ounce Di Georgno self rising supreme pizza, and I put it on a baking pan, and I seasoned it with garlic powder, Lowry's seasoned salt, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil. I am baking it for 20 minutes in the Farberware convection oven at 400 degrees Fahrenheit. I will cut it into quarters with a pizza wheel cutter, and I will eat it with a 12 ounce glass of diet Fresca. CIO

01/26/17 Thursday 5:05 A.M. I watched "Patterns of Evidence, Exodus". I still have a theory that their is ancient "Time Lock" hidden in Lanzarote <https://en.wikipedia.org/wiki/Lanzarote> that no one has discovered yet. CIO

01/26/17 Thursday 2:15 A.M. <http://www.cnn.com/2017/01/25/autos/gallery/tbt-cruising-van-nuys-los-angeles/index.html> . I guess my 1971 rusted out Subaru wagon and my 1971 Volvo 2 door sedan under whelmed California, when I visited from 1978 to 1980. Alas my sister wrecked my 1967 black Mustang convertible.

<https://www.bloomberg.com/news/articles/2017-01-26/american-beef-boom-is-probably-over-putting-squeeze-on-tyson> CIO

01/26/17 Thursday 2:05 A.M. <http://www.bbc.com/news/world-us-canada-38697059>
Whales off Manhattan. CIO

01/26/17 Thursday 1:45 A.M. Well not much happening in the wee hours of the morning.
CIO

01/26/17 Thursday 1:05 A.M. I will now make my bed. I will then shower and clean up.
CIO

01/26/17 Thursday 12:45 A.M. I saw someone wearing this downtown, a men's camel hair coat <http://www.ralphlauren.com/product/index.jsp?productId=106281626> for \$2,495. I gave my old Camel Hair coat that I bought for \$40 at the Greenwich Hospital Thrift Shop to Neighbor to Neighbor when I out grew it. When I first graduated from www.lfc.edu, and I moved to Manhattan in 1973, I had a new Brooks Brothers black overcoat that I had bought for \$100 back then. I was invited to a party on the upper east side of Manhattan, and I left the coat on the bed, and when I went to leave, someone had made off with the new coat. CIO

01/26/17 Thursday 12:20 A.M. <http://www.greenwichtime.com/tv/article/Mary-Tyler-Moore-who-turned-the-world-on-with-a-10883884.php>

I washed the breakfast dishes. I threw out the garbage. I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction_input?strOrigTrackNum=93748200937403862440117042 on the order for in Natural in 3 XL <http://www.hanes.com/shop/hanes/men/apparel/thermals--1/hanes-x-temp-mens-thermal-pants-28565> for \$13.99 and .89 tax for \$14.88 total with free shipping with coupon code "SHIPJANFREE" arrived. The order for http://www.gamiss.com/smart-watches-11433/product25088/?lkid=23664&utm_source=shareasale&utm_medium=shareasale&utm_campaign=shareasale for \$6.99 with coupon code "GMHOT39" with free shipping from China arrived. CIO

01/25/17 Wednesday 10:55 P.M. I woke up at 7 P.M., and I chatted with a relative. I ate a bowl of goldfish crackers along with a 12 ounce glass of 50% punch and 50% diet Fresca. I finally woke up at 10:30 P.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/25/17 Wednesday 1:40 P.M. I went downtown, and I went by CVS on Greenwich Avenue, and I picked up two prescriptions. I then went to my 11 A.M. appointment. I next sat out downtown for a while. I chatted with a relative. I walked over to Zyn Stationary,

and I bought an Ace's High scratch card for a dollar, but I lost. I then sat out for a while more. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$10 of self service V-Power premium gasoline for \$3.439 a gallon for 2.907 gallons at odometer reading of 114675 miles for 38.9 miles driven since Sunday January 15, 2017 for 13.382 miles per gallon in local traffic. I then returned home. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

01/25/17 Wednesday 9:50 A.M. I ate a toasted sesame seed bagel with Smart Balance spread and a glass of cold filtered water. I will now go out early for my 11 A.M. appointment. CIO

01/25/17 Wednesday 9:30 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

01/25/17 Wednesday 9:05 A.M. I threw out the garbage. I went downtown, and I mailed the LG tablet back to Best Buy at the UPS package store just east of Greenwich Avenue. I noticed the Greenwich Running Company at the top of Greenwich Avenue is going out of business. I sat downtown for a while observing the regular morning activity. I then went by the Stop and Shop. I bought two sesame seed bagels for .69 each, a 12 ounce generic honey for \$2.59, a 9.5 ounce Utz wavy potato chips for \$3, and organic bananas for .79 a pound for \$1.69 and .80 can return for \$7.86 total. I then returned home, and I put away the groceries. I ate a toasted sesame seed bagel with Smart Balance spread and a glass of cold filtered water. I made up a batch of fresh punch. CIO

01/25/17 Wednesday 6:50 A.M. I watched "Papa". I will now dress up warmly, and I will go downtown. CIO

01/25/17 Wednesday 4:50 A.M. I put away the clean laundry. CIO

01/25/17 Wednesday 3:30 A.M. I have 55 minutes to go on two dry cycles. CIO

01/25/17 Wednesday 3:00 A.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have 20 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

01/25/17 Wednesday 2:00 A.M. refurbished 19 inch monitor \$37
<https://flash.newegg.com/Product/9SIAAJ24WU0213> . CIO

01/25/17 Wednesday 1:50 A.M. I rested until 1:45 A.M.. CIO

01/24/17 Tuesday 11:40 P.M. I ate 14 ounces of the Mexican chicken mixture with 12 ounces of steamed Brussels sprouts flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

01/24/17 Tuesday 10:45 P.M. I rested some more until 10:30 P.M.. Earlier I went through <http://scott-mike.com/bf.htm> . CIO

01/24/17 Tuesday 9:10 P.M. I have a 11 A.M. appointment tomorrow. CIO

01/24/17 Tuesday 8:45 P.M. I chatted with a relative. I threw out the garbage. I did not get any mail today. I washed the breakfast dishes. CIO

01/24/17 Tuesday 7:45 P.M. I rested some more until 7:15 P.M.. CIO

01/24/17 Tuesday 4:55 P.M. I printed out a UPS label to ship the LG tablet back to Best Buy. There will be a \$5.99 charge for shipping. I will drop it off at the package store tomorrow just east of the top of Greenwich Avenue. The UPS tracking number is "1Z30Y81R9097027192" at www.ups.com . CIO

01/24/17 Tuesday 4:15 P.M. I woke up at 4 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/24/17 Tuesday 5:35 A.M. I ate a <http://scott-mike.com/em.htm> without the ham with a glass of cold filtered water. I will now try to go to bed again. CIO

01/24/17 Tuesday 4:55 A.M. I reinstalled more apps on the Nokia Lumia cell phone. CIO

01/24/17 Tuesday 3:10 A.M. <https://www.royal.uk/>

<https://www.royal.uk/contact>

<http://www.express.co.uk/news/royal/757614/Queen-Elizabeth-II-Sandringham-church-visit-warm-coat> . CIO

01/24/17 Tuesday 2:55 A.M. I watched episode 1 and 2 of "Hidden Houses". CIO

01/24/17 Tuesday 1:35 A.M. I rested until 1:15 A.M.. I ate two bowls of extra cheddar goldfish crackers and a glass of cold filtered water. CIO

01/23/17 Monday 10:10 P.M. I will now go to bed. CIO

01/23/17 Monday 10:05 P.M. The second episode of "Queen Victoria" was not in the PBS listings last night, and I watched it off the internet off my Roku device. It is also available for download off the internet here <http://www.pbs.org/video/2365926959/> . CIO

01/23/17 Monday 10:00 P.M. I finished installing most of the apps on the Nokia Go Phone. A lot of them would not install. Possibly their servers are busy. I chatted with a friend

who is back in the Big Apple keeping an eye on things for me. I ate a 9 ounce Stouffer's Lean Cuisine with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. CIO

01/23/17 Monday 7:55 P.M. I chatted with a relative and a friend. On my Windows 10 Nokia Lumia 640 cell phone, I cleaned and reinserted the micro sim card, so the stored telephone numbers now work again. The 16 GB micro SD card with my apps on it quit working also, so I moved the unused 32 GB micro SD card from the 8 inch tablet to the Nokia Lumia cell phone. However, I am now having to reinstall most of the apps. I carry it with me all of the time, but I hardly ever use it. CIO

01/23/17 Monday 5:55 P.M. new 27 inch Dell monitor for \$125 plus tax and free shipping with Visa Checkout <http://www.bestbuy.com/site/dell-se2717hx-27-ips-led-hd-freesync-monitor-piano-black/5695900.p?skuId=5695900> . CIO

01/23/17 Monday 5:35 P.M. I chatted with a relative. The NOAA weather radio broadcast does work in my bedroom off the Radio Shack NOAA weather radio, and I did get a warning about a month ago. CIO

01/23/17 Monday 5:20 P.M. NOAA Weather Radio alerts are not working in my apartment, but it is here <http://www.weather.gov/okx/wxradio> and it says here it is still degraded from where it comes from in Upton, Long Island <http://www.nws.noaa.gov/nwr/> . CIO

01/23/17 Monday 4:45 P.M. I threw out the garbage. I am back from my 3 P.M. appointment. I picked up the mail. I got a Christmas Card from the King and Queen of the Netherlands <https://www.royal-house.nl/> . It has started to rain with some bad weather heading our way. CIO

01/23/17 Monday 1:25 P.M. I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will then shower and clean up. I will then head out for my 3 P.M. appointment. CIO

01/23/17 Monday 1:05 P.M. I washed the breakfast dishes. CIO

01/23/17 Monday 12:10 P.M. I woke up at noon. My appointment was changed to 3 P.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/23/17 Monday 3:45 A.M. I read some computer magazines off the Ipad 2. CIO

01/23/17 Monday 3:00 A.M. I rested until 2:50 A.M.. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

01/23/17 Monday 12:25 A.M. I watched episode 2 of "Victoria" on the PBS channel off the Roku device. I have a 5:30 P.M. appointment today, so I will have to be up earlier. CIO

01/22/17 Sunday 10:35 P.M. I took a 31.5 ounce Di Georgno self rising supreme pizza, and I put it on a baking pan, and I seasoned it with garlic powder, Lowry's seasoned salt, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil. I am baking it for 18 minutes in the Farberware convection oven at 400 degrees Fahrenheit. I will cut it into quarters with a pizza wheel cutter, and I will eat it with a 12 ounce glass of diet Fresca. CIO

01/22/17 Sunday 10:20 P.M. http://www.smithsonianmag.com/travel/six-former-presidential-homes-you-can-visit-this-inauguration-year-180961800/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20170122-Weekender&spMailingID=27615990&spUserID=NzQwNDUzNTI4NzcS1&spJobID=964028049&spReportId=OTY0MDI4MDQ5S0 CIO

01/22/17 Sunday 10:10 P.M. I threw out the garbage. I went downtown to CVS. I bought two DiGeorno 32 ounce Supreme pizzas for \$10. I then bought four 12.6 ounce Ajax orange dishwashing detergent for .88 each and .22 tax for \$3.74 total. I then drove further down Greenwich Avenue, and I sat out for a while on a very slow night. I chatted with a relative. I then went to the Stop and Shop. I bought buy one get two free of Thomas' six packs of English muffins \$4.39 all three six packs, a quart of Dannon vanilla yogurt for \$2.99, a 16 ounce package of Stop and Shop deli sliced Swiss cheese for \$4.99, two 19 ounce Stouffer's meat lasagnas for \$3 each, a 64 ounce Ocean Spray cranberry juice for \$2.79, a 64 ounce Ocean Spray cranberry juice for \$2.79, a 42 ounce Quaker Old Fashioned oatmeal for \$4.04, and a 16 ounce Stop and Shop deli sliced honey ham for \$5.99 for \$33.98 total. I then returned home, and I put away my groceries. DiGeorgno pizzas are also \$5 at the Stop and Shop. CIO

01/22/17 Sunday 7:55 P.M. I chatted with a relative.

\$108 <https://www.techbargains.com/brother-mfc-l2700dw-deals>

I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go downtown. CIO

01/22/17 Sunday 7:05 P.M. I rested some more until 7 P.M.. CIO

01/22/17 Sunday 4:40 P.M. I chatted with a relative at 10:30 A.M. and another relative at 12:30 P.M.. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I woke up at 4:15 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/22/17 Sunday 7:30 A.M. I ate five deli slices of honey ham rolled up with three slices of Swiss cheese. I rested until 7 A.M..

<http://www.ayalalandpremierhomes.com/> CIO

End of Scott's Notes week of 01/22/17

01/22/17 Sunday 2:45 A.M. I will now send out my weekly notes. I will then try to go to bed. CIO

01/22/17 Sunday 2:45 A.M. I watched season 4 episode 3 of "Sherlock Holmes" on the PBS channel on the Roku device. CIO

01/22/17 Sunday 1:05 A.M. DiGeorno pizzas are two for \$10 at www.cvs.com . CIO

01/22/17 Sunday 12:10 A.M. I took a 26 ounce Pizza Uno Supreme deep dish pizza <http://www.unofoods.com/> , and I seasoned it with Lowry's seasoned salt, ground black pepper, Italian seasoning, and garlic powder, and I put grated parmesan and Romano cheese on it along with extra virgin olive oil, and I backing it in the Farberware convection over for about 35 minutes at 350 degrees Fahrenheit. I will eat it with a 12 ounce glass of diet Fresca. CIO

01/21/17 Saturday 11:15 P.M. The temperature device shows the surface temperature that one points it at, but it does not show air temperature. CIO

01/21/17 Saturday 10:15 P.M. I threw out the garbage. I picked up the mail. The filler item for the order with tracking of https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9200199799709419521166 on the order for <http://www.bestbuy.com/site/dynex-case-for-apple-iphone-5-and-5s-green-white/1525681.p?skuId=1525681> for \$1.49 and .10 tax for \$1.59 total with free shipping arrived. My neighbor's mail is being forwarded into my mail box. I hope they change it soon. CIO

01/21/17 Saturday 10:00 P.M. I went through <http://scott-mike.com/bf.htm> . I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

01/21/17 Saturday 8:25 P.M. I rested some more until 8 P.M.. I was refunded the funds on the LG tablet. I will mail it back once I receive the email with the free shipping label. CIO

01/21/17 Saturday 4:50 P.M. I chatted with a friend at 5 A.M.. I chatted with a relative at 12:30 P.M.. I finally woke up at 4:30 P.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of

50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/21/17 Saturday 4:00 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

01/21/17 Saturday 3:55 A.M. <https://www.whitehouse.gov/contact> . CIO

01/21/17 Saturday 3:30 A.M. Well, I finished watching the inaugural. I ate two bowls of goldfish crackers and a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

01/21/17 Saturday 1:30 A.M. For Night Owls, one can watch the Inaugural here <https://www.whitehouse.gov/live/inauguration-45th-president-united-states> . CIO

01/21/17 Saturday 1:15 A.M. I watched series 3 episode 4 of "The Brokenwood Mysteries". I ate a bag of microwave popcorn. CIO

01/20/17 Friday 11:45 P.M. <https://www.verywell.com/>

http://www.aarp.org/work/social-security/info-2016/ways-to-retire-on-social-security-alone.html?cmp=EMC-DSO-NLC-RSS---CTRL-012017-P1-1809897&ET_CID=1809897&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

http://volcano.si.edu/reports_weekly.cfm CIO

01/20/17 Friday 11:15 P.M. I rested until 10 P.M.. I fiddled with my cell phones. My Iphone 3 works with the AT&T micro simm card, if one uses the adapter to enlarge it, but it does not recognize the Go Phone telephone numbers. I put them all back to the way they were before. CIO

01/20/17 Friday 8:55 P.M. I ate a ham and Swiss cheese sandwich on 15 grain whole wheat toasted bread with Hellmann's mayonnaise and Dijon mustard and Italian spices and ground black pepper and extra virgin olive oil with potato chips and a Kosher dill pickle slice and a 12 ounce glass of diet Fresca. CIO

01/20/17 Friday 8:15 P.M. I put my AT&T GoPhone micro simm card in the LG device, but it is only a tablet and not a cell phone, so I will have to return it. It worked fine, but I don't need another tablet. CIO

01/20/17 Friday 6:30 P.M. I threw out the garbage. I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=9200199799709419521166 on the order for <http://www.bestbuy.com/site/lg-g-pad-7-0-7-8gb-wi-fi-4g-lte-at-t-black/1121006.p?skuId=1121006&productCategoryId=> for \$99.99 and \$4.76 tax and \$25 off with Visa Checkout on \$100 purchase and <http://www.bestbuy.com/site/dynex-case-for->

apple-iphone-5-and-5s-green-white/1525681.p?skuId=1525681 for \$1.49 and .10 tax for \$81.34 total with free shipping arrived. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400110200881279818434> on the order for for \$15.99 with free shipping https://flash.newegg.com/Product/9SIA1PU4YX1661?icid=WP_27_01142017 arrived. CIO

01/20/17 Friday 6:10 P.M. \$104.99 with Visa Checkout http://www.bestbuy.com/site/brother-mfc-l2700dw-wireless-black-and-white-all-in-one-laser-printer-gray/8162018.p?ref=199&loc=59JLB7sBj1c&acampID=1&siteID=59JLB7sBj1c-k0D6qdJG_jD8q7_QOKsXXg

http://online-learning.harvard.edu/courses?sort_by=date_added&cost%5B%5D=free

\$85 cheap desktop https://flash.newegg.com/Product/9SIAAJ256C7070?icid=WP_5_01202017

I chatted with a friend. I will now wash the breakfast dishes. CIO

01/20/17 Friday 5:25 P.M. I rested some more until 5 P.M.. CIO

01/20/17 Friday 1:40 P.M. I woke up at 12:30 P.M.. I watched some inaugural coverage . www.whitehouse.gov probably has changed. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/20/17 Friday 4:05 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

01/20/17 Friday 3:35 A.M. I ate two bowls of extra cheddar goldfish crackers with a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

01/20/17 Friday 2:35 A.M. I watched series 3 episode 3 of "The Brokenwood Mysteries". CIO

01/20/17 Friday 12:35 A.M. I ate 14 ounces of the Mexican beef mixture with 12 ounces of steamed Brussels sprouts flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

01/19/17 Thursday 11:40 P.M. I threw out the garbage. I took a long drive, and I drove all of the way over to Staples in Old Greenwich. On the clearance shelf, they have a few PCI USB cards for \$22, if one needs them. I was going to buy a case of paper, but it was

not the sale price as shown on the internet for \$31. Instead it was still last week's prices. I bought buy two get one free of 500 sheet packages \$15.98, and then from the clearance table up front I bought a 500 sheet box of Granite Ivory rag paper for \$20.50 and \$2.32 tax for \$38.80 total. I had to argue to get the sale price on the rag paper, since the computer tried to ring up the higher price. It was on the clearance table and it was priced at the lower price. I then went by the Greenwich Library, and I chatted with two reference librarians. The library was open past 9 P.M., so it must be exam time again. I then sat out downtown for a while watching nothing go on. I then drove down by the waterfront on Steamboat Road, and they still have the port-o-pottie down there next to the Indian Harbor Yacht Club for convenience. There is some sort of construction going on at the Indian Harbor Yacht Club. I then went by the Stop and Shop. I bought a 30 ounce Pepperidge Farm extra cheddar goldfish crackers for \$7.99, a Stop and Shop 14 ounce Mexican chicken dinner for \$3.99, and a 14 ounce Stop and Shop Mexican beef dinner for \$3.99, two 12 ounce bags of Brussels sprouts for \$2.50, and two baking potatoes for .99 a pound for \$1.83 for \$22.80 total. I then returned home. I used my little folding cart to bring up the paper. I chatted with neighbors. I put away the groceries. CIO

01/19/17 Thursday 6:20 P.M. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I will go downtown to Green Witch Avenue to see if anything is going on. Being on a night time frequently, I never really expect too much to be going on. CIO

01/19/17 Thursday 5:50 P.M. I am watching the Trump party at the Lincoln Memorial on www.foxnews.com with the www.army.mil band. CIO

01/19/17 Thursday 5:40 P.M. I rested some more until 5:30 P.M.. I chatted with a relative. CIO

01/19/17 Thursday 2:45 P.M. I woke up at 2:30 P.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/19/17 Thursday 4:45 A.M. Bright torch \$15.26
https://flash.newegg.com/Product/9SIA1NV0M07084?icid=WP_37_01132017 . I will now shut down the primary work computer, and I will eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

01/19/17 Thursday 4:20 A.M. I watched "Lo and Behold, Reveries of the Connected World". I drank a 12 ounce glass of 50% punch and 50% diet Fresca. When I met Vincent Butler in Santa Cruz, California on Labor Day weekend in 1980, he gave me an FM radio in a Fresca can to give to my mother which I did. I guess one could put a computer in a soda can today. CIO

01/19/17 Thursday 12:50 A.M. I ate a bag of microwave popcorn. I watched series 3 episode 2 of "The Brokenwood Mysteries". CIO

01/18/17 Wednesday 11:25 P.M. I put away the clean laundry. Best bowl of chili in Manhattan <http://pjclarkes.com/> and other beverages. CIO

01/18/17 Wednesday 10:05 P.M. I have 55 minutes to go on two dry cycles. CIO

01/18/17 Wednesday 9:45 P.M. Tracking is https://tools.usps.com/go/TrackConfirmAction_input?strOrigTrackNum=93748200937403862440117042 on the order for in Natural in 3 XL <http://www.hanes.com/shop/hanes/men/apparel/thermals--1/hanes-x-temp-mens-thermal-pants-28565> for \$13.99 and .89 tax for \$14.88 total with free shipping with coupon code "SHIPJANFREE" . CIO

01/18/17 Wednesday 9:30 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have 25 minutes to go the wash cycles. I watered the plants. CIO

01/18/17 Wednesday 8:35 P.M. <http://www.greenwichtime.com/technology/businessinsider/article/McDonald-s-just-made-a-major-change-to-the-Big-10863561.php> CIO

01/18/17 Wednesday 8:30 P.M. I went through <http://scott-mike.com/bf.htm> . I rested until 7:45 P.M.. I ate a ham and Swiss cheese sandwich on 15 grain whole wheat toasted bread with Hellmann's mayonnaise and Dijon mustard and Italian spices and ground black pepper and extra virgin olive oil with 8 ounces of store potato salad and a Kosher dill pickle slice and a 12 ounce glass of diet Fresca. I threw out the garbage. I picked up the mail. CIO

01/18/17 Wednesday 6:10 P.M. I chatted with two relatives.

\$1.49 flashlight https://flash.newegg.com/Product/9SIA67038T2853?icid=WP_6_01122017 . I washed the breakfast dishes. CIO

01/18/17 Wednesday 5:25 P.M. I rested some more until 5 P.M.. Tracking is <https://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=88079028056> on the order for two for \$1.49 each https://flash.newegg.com/Product/9SIA67038T2853?icid=WP_6_01122017 for \$2.98 total. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9200199799709419521166> on the order for <http://www.bestbuy.com/site/lg-g-pad-7-0-7-8gb-wi-fi-4g-lte-at-t-black/1121006.p?skuId=1121006&productCategoryId=> for \$99.99 and \$4.76 tax and \$25 off with Visa Checkout on \$100 purchase and <http://www.bestbuy.com/site/dynex-case-for-apple-iphone-5-and-5s-green-white/1525681.p?skuId=1525681> for \$1.49 and .10 tax for \$81.34 total with free shipping. CIO

01/18/17 Wednesday 3:00 P.M. <http://www.bbc.com/news/world-us-canada-38667118> .
Bushs in hospital. CIO

01/18/17 Wednesday 2:40 P.M. I went back to bed until 2:30 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/18/17 Wednesday 10:50 A.M.
http://www.greenwichtime.com/news/george_h_w_bush/article/George-H-W-Bush-hospitalized-in-Houston-10864539.php CIO

01/18/17 Wednesday 10:50 A.M. <http://www.lg.com/us/support-mobile/lg-LGV400> . CIO

01/18/17 Wednesday 10:40 A.M. I ate 8 ounce of Dannon yogurt before going to bed. I woke up at 9:30 A.M.. I ordered <http://www.bestbuy.com/site/lg-g-pad-7-0-7-8gb-wi-fi-4g-lte-at-t-black/1121006.p?skuId=1121006&productCategoryId=> for \$99.99 and \$4.76 tax and \$25 off with Visa Checkout on \$100 purchase and <http://www.bestbuy.com/site/dynex-case-for-apple-iphone-5-and-5s-green-white/1525681.p?skuId=1525681> for \$1.49 and .10 tax for \$81.34 total with free shipping. I ordered https://www.amazon.com/Leather-Case-TOOGOO-Fashion-Folding/dp/B01KTET93A/ref=sr_1_24?ie=UTF8&qid=1484752886&sr=8-24&keywords=lg-v400+case for \$4.28 total. CIO

01/18/17 Wednesday 3:45 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

01/18/17 Wednesday 3:30 A.M. With a penny filler, one can get this for \$75 with \$25 off with Visa Check out it will work with an AT&T Go Phone micro SD sim card <http://www.bestbuy.com/site/lg-g-pad-7-0-7-8gb-wi-fi-4g-lte-at-t-black/1121006.p?skuId=1121006&productCategoryId=> , but a used Apple would probably be better. CIO

01/18/17 Wednesday 2:40 A.M. I ate six slices of deli sliced ham with three slices of deli sliced Swiss cheese. I put one slice of the ham on either side of the Swiss cheese and rolled it up. CIO

01/18/17 Wednesday 1:25 A.M. I moved the Cuisine Art coffee machine to the far left kitchen counter. I moved the Krups cappuccino espresso machine to the center kitchen counter. I think it makes a better more full flavor cup of coffee. I drank a cup of coffee with Equal sweetener and milk. My new coffee mixture is about 60% Folgers decaffeinated, 25% Gevalia breakfast blend, and 15% Eight O'clock hazelnut. CIO

01/18/17 Wednesday 12:45 A.M. Fort Lauderdale restaurant <http://www.o-bhouse.com/> .
CIO

01/18/17 Wednesday 12:30 A.M. <http://www.hotelscoti.com/> in Florence, Italy. CIO

01/17/17 Tuesday 11:55 P.M. For some reason the Roku Netflix, Acorn, PBS and other internet TV stations are not working. I ate a bag of microwave popcorn. CIO

01/17/17 Tuesday 10:50 P.M. I watched "Alice Through the Looking Glass". In the old days of Disney, it was more like Tom Sawyer.

Why one has to be cautious in Florida, because there are big gators

<https://weather.com/science/nature/news/massive-alligator-caught-on-camera-polk-county-florida> . CIO

01/17/17 Tuesday 8:40 P.M. This might work with my AT&T Go Phone sim card
<http://www.ebay.com/itm/Apple-iPhone-5-16GB-Factory-Unlocked-Black-and-White-Smartphone/361046029881?rt=nc&soffid=5001682002&soffType=OrderSubTotalOffer&trksid=p5731.m3795> . CIO

01/17/17 Tuesday 8:25 P.M. I could upgrade my AT&T GoPhone with this model
<http://www.bestbuy.com/site/at-t-gophone-samsung-galaxy-express-prime-4g-lte-with-16gb-memory-prepaid-cell-phone/4984900.p?skuId=4984900> , but I really can't afford it, and I don't know if it has the Samsung battery problems that I have heard about. CIO

01/17/17 Tuesday 8:05 P.M. I bought <https://www.att.com/cellphones/samsung/galaxy-express-prime-prepaid-refurb.html#sku=sku7960263>

01/17/17 Tuesday 8:05 P.M. I called up the AT&T GoPhone people att 800-901-9878, and keep asking for operator, <https://www.paygonline.com> , and they did me a favor, and they are extending my existing account for a year, so I don't have to add \$25 every three months, so I have \$493.86 good on it until January 17, 2018. CIO

01/17/17 Tuesday 7:40 P.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with Frank's red hot barbecue sauce, 12 ounces of steamed Brussels sprouts flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

01/17/17 Tuesday 6:15 P.M. I reported my \$590 grant to www.eversource.com . CIO

01/17/17 Tuesday 5:20 P.M. https://www.nytimes.com/2017/01/16/world/europe/norway-us-russia-marines.html?emc=edit_th_20170117&nl=todaysheadlines&nid=46729&r=0
CIO

01/17/17 Tuesday 5:00 P.M. I threw out the garbage. I picked up the mail. I got a letter stating that my Energy Assistance amount this year is \$590. I am supposed to call the

electricity company to let them know, but at the moment, there is a half hour wait, so they will call me back then. CIO

01/17/17 Tuesday 4:10 P.M. <https://slickdeals.net/f/9677920-hanes-ecosmart-men-s-or-women-s-christmas-fleece-sweatshirts-5-each-more-free-s-h> , I ordered <https://slickdeals.net/f/9677920-hanes-ecosmart-men-s-or-women-s-christmas-fleece-sweatshirts-5-each-more-free-s-h> in 2XL for \$4.99 with free shipping with coupon code "SHIPJANFREE" and .32 tax for \$5.31 total. Also 10% off with "TAKETEN" .

Tracking is

https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400110200881279818434 on the order for for \$15.99 with free shipping
https://flash.newegg.com/Product/9SIA1PU4YX1661?icid=WP_27_01142017

I ordered in Natural in 3 XL <http://www.hanes.com/shop/hanes/men/apparel/thermals--1/hanes-x-temp-mens-thermal-pants-28565> for \$13.99 and .89 tax for \$14.88 total with free shipping with coupon code "SHIPJANFREE" .

I will now make my bed. I will then shower and clean up. CIO

01/17/17 Tuesday 3:00 P.M. I went back to bed until 2:30 P.M.. I chatted with a relative. I washed the breakfast dishes. CIO

01/17/17 Tuesday 9:15 A.M. I woke up at 8 A.M.. I chatted with a friend. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/17/17 Tuesday 1:30 A.M. I rested until 1 A.M.. I ate a large bowl of Campbell's French Onion soup with a package of chicken Ramen noodles with flavor packet and a 12 ounce glass of 50% punch and 50% diet Fresca. The <https://www.weforum.org/events/world-economic-forum-annual-meeting-2017> is going on this week in Davos, Switzerland. Bloomberg Business News <https://www.bloomberg.com/> covers it in it early morning broadcasts from across the Pond. It supposed to be colder there this year than usual. The Big Buck people should try wearing expensive <http://www.canadagoose.com/us/en/home-page> clothing. CIO

01/16/17 Monday 11:20 P.M. I watched "Secrets of the Solar System". I ate a bag of microwave popcorn. I will now try to go to bed. CIO

01/16/17 Monday 9:35 P.M. I mixed 24 ounces of Folgers decaffeinated coffee with 12 ounces of Gevallia breakfast coffee and 10 ounces of Eight O'clock hazelnut coffee, and I put it in two Folgers decaffeinated containers. I ate a ham and Swiss cheese sandwich on 15 grain whole wheat toasted bread with Hellmann's mayonnaise and Dijon mustard and

Italian spices and ground black pepper and extra virgin olive oil with 8 ounces of store potato salad and a Kosher dill pickle slice and a 12 ounce glass of diet Fresca. CIO

01/16/17 Monday 4:10 P.M. I threw out the garbage. I went downtown, and I stopped by CVS on Greenwich Avenue. I bought buy one get one free of CVS 120 capsule 1000 mg fish oil for \$13.79 less a \$3 off CVS store coupon for \$10.79 total. I then went further downtown. I chatted with a relative and a friend. The whole time I was downtown, one could not see any stars because of the overcast skies, but there was a star like object in the western sky, and I don't think it was a planet, since one could not see stars, so possibly it was the space station. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$4 for \$3 profit. I toured the Apple store. I chatted with someone trying to get into the closed Senior and the Arts center for Alliance Francaise. I chatted with Brooks Brothers and Edmunds shoes. I stopped CVS again, and I used the bathroom. I bought four 10 ounce Pamalolive antibacterial dishwashing detergent for .99 each and .25 tax for \$4.21 total. I then bought two 3 package boxes of Orrville Rickenbacher movie theatre butter popcorn for \$5 all. After I finished my walk, I sat out for a while more observing the space station or whatever it is. I then went by the Acme grocery store. I bought deli potato salad for \$3.99 a pound for \$4.69 and buy one get one free of 24 ounce Pizza Uno Sicilian sausage pizza for \$8.99 both \$13.68 total. I then returned home, and I put away my purchases. CIO

01/16/17 Monday 4:10 P.M. \$95 with Visa checkout 32 inch TV
<http://www.bestbuy.com/site/insignia-32-class-31-5-diag--led-720p-hdtv-black/5326401.p?skuId=5326401&ref=199&loc=59JLB7sBj1c&acampID=1&siteID=59JLB7sBj1c-ZqfULzFuB5GIMKXDX6SyKw>

50 inch TV \$205 with Visa checkout <http://www.bestbuy.com/site/westinghouse-50-class-50-diag--led-1080p-hdtv-black-high-gloss/7617022.p?skuId=7617022&ref=199&loc=NKa3hZyYoHA&acampID=1&siteID=NKa3hZyYoHA-GYR7whi8LIQPIBRTOhJx.A>

I bought for \$15.99 with free shipping
https://flash.newegg.com/Product/9SIA1PU4YX1661?icid=WP_27_01142017 .

I ordered two for \$1.49 each
https://flash.newegg.com/Product/9SIA67038T2853?icid=WP_6_01122017 for \$2.98 total.

I washed the breakfast dishes. I will now make my bed. I will then shower and clean up, and I will go downtown. CIO

01/16/17 Monday 3:10 P.M. I rested some more until 2:45 P.M.. CIO

01/16/17 Monday 12:20 P.M. A neighbor rang my bell at 10:30 A.M.. I told the neighbor not to bother me. I woke up at noon. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50%

punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/16/17 Monday 8:15 A.M. <http://www.greenwichtime.com/news/world/article/Who-are-the-8-richest-people-All-men-mostly-10859806.php> CIO

01/15/17 Sunday 11:35 P.M. Various Key Rings
<http://www.ebay.com/sch/m.html?odkw=lexus&ssn=cruisingmall&item=142023437693&osacat=0&from=R40&trksid=p2046732.m570.l1313.TR2.TRC1.A0.H0.Xlexus+key+ring.TRS0&nkw=lexus+key+ring&sacat=0>

CIO

01/15/17 Sunday 11:25 P.M. \$255 with Visa Checkout for 55 inch HDTV
<https://slickdeals.net/f/9673448-55-insignia-ns-55d510na17-1080p-led-hdtv-255-open-box-230-238-w-visa-checkout-free-shipping-free-store-pickup-best-buy> CIO

01/15/17 Sunday 11:00 P.M. On www.pbs.org Channel 13, I watched "Victoria" for two hours. It is also available at anytime on the PBS channel on the Roku device. CIO

01/15/17 Sunday 8:50 P.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with Frank's red hot barbecue sauce, 12 ounces of steamed Brussels sprouts flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

01/15/17 Sunday 8:00 P.M. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I bought three 12 packs of 12 ounce diet Fresca for \$10 and \$1.80 can deposit for \$11.80 total. I then bought four buy one get one 50% off of 6 ounce Airwick air freshener refills for \$7.79 for two and \$3.89 for two and a \$5 off \$15 CVS internet coupon and \$1.17 tax for \$19.53 total. I then went further downtown, and I sat out for a while people watching. I then went by the Stop and Shop. I bought a 59 ounce container of Florida Natural orange juice with calcium for \$3, a 45 ounce Smart Balance spread for \$6.99, a 8 pack of large Stop and Shop eggs expire February 16, 2017 for \$1.49, a 64 ounce Welch's grape juice for \$3.99, a 64 ounce Ocean Spray lite cranraspberry juice for \$2.79, a 3.5 ounce McCormack's whole peppercorns for \$6.69, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$3.69, a 16 ounce Stop and Shop deli sliced honey ham for \$5.99, a rotisserie chicken for \$4.99, two 12 ounce bags of Brussels sprouts for \$2.50 each, two baking potatoes for .99 a pound for \$1.89, organic bananas for .79 a pound for \$1.45 for \$47.26 total. I then went to the Putnam Shell at 401 West Putnam Avenue, and I bought \$8.01 of self service V-Power premium gasoline for \$3.439 a gallon for 2.33 gallons at odometer reading of 114636 miles for 27.8 miles since Saturday December 31, 2016 for 11.932 miles per gallon in local traffic. I then returned home. I used my little folding cart

from the back of the Volvo wagon to brink up the Fresca. I put away my groceries. I chatted with a relative. CIO

01/15/17 Sunday 4:45 P.M. I chatted with a friend and a relative. On www.pbs.org , they start the series tonight on Queen Victoria around 8 or 9 P.M.. CIO

01/15/17 Sunday 4:30 P.M. Sharp 50 inch TV \$225 available for pickup in Norwalk now with Visa Checkout http://www.bestbuy.com/site/sharp-50-class-49-5-diag--led-1080p-smart-hdtv-roku-tv-black/4863102.p?ref=199&loc=NKa3hZyYoHA&acampID=1&siteID=NKa3hZyYoHA-hM8g53eMp57T_4uWZWd00A

<https://slickdeals.net/f/9674048-acer-h6-series-23-ips-led-monitor-85> \$85 23 inch monitor with Visa checkout.

I will now make my bed. I will then shower and clean up. I will go downtown. CIO

01/15/17 Sunday 4:00 P.M. I washed the breakfast dishes. CIO

01/15/17 Sunday 3:50 P.M. I rested some more until 3:30 P.M.. CIO

01/15/17 Sunday 1:30 P.M. I woke up at 1 P.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 01/14/17

01/14/17 Saturday 10:25 P.M. I ate two White Castle cheeseburgers with a glass of cold filtered water. I will now send out my weekly notes. I will then go to bed. CIO

01/14/17 Saturday 9:10 P.M. Grade C Win 10 I7 laptop refurbished \$118
http://www.newegg.com/Product/Product.aspx?Item=N82E16834261472&ignorebbbr=1&m_mc=KNC-GoogleAdwords-PC&cm_mmc=KNC-GoogleAdwords-PC--pla--Notebooks--N82E16834261472&gclid=CJetvoOGw9ECFQtWDQodDhgHZg&gclsrc=aw.ds

Grade B \$141

http://www.newegg.com/Product/Product.aspx?Item=N82E16834319265&ignorebbbr=1&m_mc=KNC-GoogleAdwords-PC&cm_mmc=KNC-GoogleAdwords-PC--pla--Notebooks--N82E16834319265&gclid=CP-VhLWIw9ECFVIMDQodlcQGOA&gclsrc=aw.ds CIO

01/14/17 Saturday 8:55 P.M. I watched Season 4 episode 2 of "Sherlock" off the PBS channel of the Roku device. CIO

01/14/17 Saturday 7:05 P.M. I ate a bag of microwave popcorn. I watched series 3 episode 1 of "The Brokenwood Mysteries". I am just about to eat a 18 ounce can of Campbell's New England Lite clam chowder with dried parsley and ten broken saltines and a 12 ounce glass of diet Fresca. CIO

01/14/17 Saturday 5:15 P.M. I picked up the mail. The order with Tracking is https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9400109699937236741346 on the order for two <http://www.ebay.com/itm/VOLVO-AUTO-LEATHER-KEYCHAIN-KEY-CHAIN-RING-FOB-050-/142023437693> for \$6.39 each with free shipping for \$12.78 total arrived. I already had two on my two regular Volvo key chains, and I put one on the shop key chain, and I still have a spare one. It has snowed lightly outside, so I can not venture downtown. CIO

!!!!!! 01/14/17 Saturday 4:45 P.M. \$29 auto tracking device <http://www.smartfinancialtips.co/offer/trackr/pizza2.php?gclid=CLjTm-bMwtECFY-LswodhfEHrg> . CIO

01/14/17 Saturday 4:40 P.M. Off my Ipad 2, I read from the www.greenwichlibrary.org from their Zinio magazines the December 2016 issue of www.pcmag.com and the October 2016 Greenwich Magazine Food Issue. They mentioned the web address of this local gourmet food truck <http://www.lobstercraft.com/> which I sometimes sea parked outside the Greenwich Library across from J.P. Morgan. CIO

!!!!!! 01/14/17 Saturday 3:15 P.M. Lord Snowdon passes away https://www.nytimes.com/2017/01/13/world/europe/antony-armstrong-jones-earl-snowdon-dies.html?emc=edit_th_20170114&nl=todaysheadlines&nid=46729&r=0

<http://www.bbc.com/news/uk-11483331> CIO

01/14/17 Saturday 3:00 P.M. I threw out the garbage. CIO

01/14/17 Saturday 2:25 P.M. I chatted with a friend. I took four large eggs that expired January 12, 2017, and I broke them in a mixing bowl, and I added a few tablespoons of milk and Italian seasoning, and I mixed them all together, and I fried them in a medium high electric temperature pan on an electric burner with a couple of tablespoons of extra virgin olive oil and a tablespoon of Smart Balance spread, and I ate the scrambled eggs with a toasted English muffin with Smart Balance spread and a 12 ounce glass of diet Fresca. I will now make my bed. I will then shower and clean up. I will not be going downtown, because at 28 degrees Fahrenheit, it is a bit too cold for me. CIO

01/14/17 Saturday 1:50 P.M. 32 inch Smart TV \$120 <http://www.ebay.com/itm/Westinghouse-32-Class-31-5-Diag-LED-1080p-Smart-HDTV-Black->

/192076630112?siteId=0&pguid=938d17ae1590abc305a00ba0ffc943f7&AdChoicePreference=true&rmvSB=true

Change purse \$6

https://flash.newegg.com/Product/9SIAB7G5198540?icid=WP_29_01142017

I went through <http://scott-mike.com/bf.htm> . CIO

01/14/17 Saturday 1:20 P.M. I washed the breakfast dishes. CIO

01/14/17 Saturday 12:30 P.M. I rested some more until 12:15 P.M.. A neighbor rang my bell at 10:30 A.M. to use my telephone. His telephone was discharged. Somebody else rang my bell at 12:15 P.M., but nobody was at the door. CIO

01/14/17 Saturday 6:15 A.M. I woke up at 6 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/13/17 Friday 11:40 P.M. I will now try to go to bed. CIO

01/13/17 Friday 11:20 P.M. I rested until 9 P.M.. I watched Season 4 episode 1 of "Sherlock" off the PBS channel of the Roku device. I ate a bag of microwave popcorn. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

01/13/17 Friday 7:55 P.M. http://volcano.si.edu/reports_weekly.cfm CIO

01/13/17 Friday 7:45 P.M. I watched series 2 episode 4 of "The Brokenwood Mysteries". CIO

01/13/17 Friday 5:35 P.M. I took a 30 ounce Stop and Shop supreme self rising pizza, and I put it on a baking sheet, and I seasoned with garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese, and extra virgin olive oil. I am baking it in the Farberware convection oven at 400 degrees Fahrenheit for 23 minutes. I will eat all of it with a 12 ounce glass of diet Fresca. CIO

01/13/17 Friday 5:10 P.M. I chatted with a relative. CIO

01/13/17 Friday 5:00 P.M. Earlier I went through <http://scott-mike.com/bf.htm> . I cleaned up the paper work at the apartment entrance. I emptied the Staples paper shredder, and I lubricated it. I threw out the garbage and the old periodical literature. I picked up the mail. CIO

01/13/17 Friday 3:50 P.M. I chatted with a friend. I made up a fresh batch of punch. CIO

01/13/17 Friday 3:25 P.M. refurbished i7 desktop

<http://www.newegg.com/Product/ProductList.aspx?Submit=ENE&N=-1&IsNodeId=1&Description=i7%20desktop&bop=And&Order=PRICE&PageSize=36> . I

will now make my bed. I will then shower and clean up. CIO

01/13/17 Friday 2:45 P.M. I rested some more until 2:15 P.M.. I washed the breakfast dishes. CIO

01/13/17 Friday 10:40 A.M. I woke up at 10:30 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/12/17 Thursday 10:40 P.M. I ate 20 ounces of Campbell's mushroom soup flavored with ground black pepper and Italian seasoning diluted with milk with 10 broken saltine crackers and a 12 ounce glass of diet Fresca. CIO

01/12/17 Thursday 9:10 P.M. refurbished I5 desktop \$157

http://www.newegg.com/Product/Product.aspx?Item=9SIA2PF50Y3513&cm_re=i5-9SIA2PF50Y3513-Product . CIO

01/12/17 Thursday 8:40 P.M. I watched series 2 episode 3 of "The Brokenwood Mysteries". I ate a bag of microwave popcorn. I chatted with a friend. CIO

!!!!!! 01/12/17 Thursday 6:40 P.M. Self Help in a Heart Attack:

This is from Dr. Geetha Krishnaswamy, Please give your 2 minutes and read this:

1. Let's say it's 7.25pm and you're going home (alone of course) after an unusually hard day on the job.
2. You're really tired, upset and frustrated.
- 3 Suddenly you start experiencing severe pain in your chest that starts to drag out into your arm and up in to your jaw. You are only about five km from the hospital nearest your home.
4. Unfortunately you don't know if you'll be able to make it that far.
5. You have been trained in CPR, but the guy who taught the course did not tell you how to perform it on yourself.
6. HOW TO SURVIVE A HEART ATTACK WHEN ALONE? Since many people are alone when they suffer a heart attack without help, the person whose heart is beating improperly and who begins to feel faint, has only about 10 seconds left before losing consciousness.
7. However, these victims can help themselves by coughing repeatedly and very vigorously. A deep breath should be taken before each cough, and the cough must be deep and prolonged, as when producing sputum from deep inside the chest. A breath and a cough must be repeated about every two seconds without let-up until help arrives, or until the

heart is felt to be beating normally again.

8. Deep breaths get oxygen into the lungs and coughing movements squeeze the heart and keep the blood circulating. The squeezing pressure on the heart also helps it regain normal rhythm. In this way, heart attack victims can get to a hospital.

9. Tell as many other people as possible about this. It could save their lives!!

10. A cardiologist says If everyone who gets this mail kindly sends it to 10 people, you can bet that we'll save at least one life.

11. Rather than sending jokes, please... contribute by forwarding this mail which can save a person's life.

12. If this message comes around you... more than once... please don't get irritated... You should instead, be happy that you have many friends who care about you & keeps reminding you how to deal with a Heart attack.

From: DR. N Siva (Senior Cardiologist)

Please copy and paste... The next life you save just might your loved one..

<http://www.johanpersyn.com/how-to-survive-a-heart-attack-when-alone/>

End of Note: CIO

01/12/17 Thursday 6:25 P.M. I woke up at 6 P.M.. I picked up the mail. I sat outside briefly. CIO

01/12/17 Thursday 4:30 P.M. I ate 8 ounces of steamed Brussels sprouts flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and 15.5 ounces of Marie Callender three meat and four cheese lasagna with grated parmesan and Romano cheese and a cup of chamomile tea with Equal sweetener and lemon juice. I will now rest for a while. CIO

01/12/17 Thursday 3:40 P.M. I threw out the garbage. I went by the Greenwich Hospital Thrift Shop. I then drove out to Grass Island. They have torn down the building there, and they look like they might be rebuilding it. I went downtown. I chatted with a friend. I walked lower Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I then went by the Acme grocery store, and I bought six Marie Callender chicken pot pies for \$2.50 each and two beef pot pies for \$2.50 each and six pack of White Castle cheeseburgers for \$4.49, and a 16 ounce bottle of Frank's hot barbecue sauce for \$3.59 for \$28.08 total. I then returned home, and I put away my groceries. There were a lot of people out on a warmer day. CIO

01/12/17 Thursday 12:10 P.M. I chatted with a relative. The relative is sending me two dozen Honeybells at the end of January. One can order citrus from Florida here <http://www.halegroves.com/> and <http://petersongroves.com/> from Vero Beach <https://verobeach.com/>. CIO

01/12/17 Thursday 11:55 A.M. St. Barts is supposed to be the most deluxe island in the Caribbean <http://www.st-barths.com/en/home.html> . I know the Rothschild family had a \$18 million Villa for sale there about five years ago.

Skateboard \$50

https://flash.newegg.com/Product/9SIA90855A3689?icid=WP_23_01112017

I will now wash the breakfast dishes. I will then make my bed. I will then shower and clean up. It is 55 degrees Fahrenheit outside and overcast, so I will go downtown to the wenders of Greenwich Avenue. CIO

01/12/17 Thursday 11:20 A.M. I rested some more until 11 A.M.. CIO

01/12/17 Thursday 7:10 A.M. I woke up, and I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I finally woke up at 6:45 A.M.. I chatted with a friend. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/11/17 Wednesday 10:35 P.M. I chatted with a relative. I watched series 2 episode 2 of "The Brokenwood Mysteries". I ate a bag of microwave popcorn. I will now shut down the primary work computer, and I will go to bed. CIO

01/11/17 Wednesday 7:35 P.M. I chatted with a relative. CIO

01/11/17 Wednesday 7:05 P.M. I chatted with neighbors. I have 55 minutes to go on two dry cycles. CIO

01/11/17 Wednesday 6:40 P.M. Tracking is

<https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400109699937236741346> on the order for two <http://www.ebay.com/itm/VOLVO-AUTO-LEATHER-KEYCHAIN-KEY-CHAIN-RING-FOB-050-/142023437693> for \$6.39 each with free shipping for \$12.78 total.

https://www.nytimes.com/2017/01/10/business/media/clare-hollingworth-reporter-who-broke-news-of-world-war-ii-dies-at-105.html?emc=edit_th_20170111&nl=todaysheadlines&nid=46729&r=0

CIO

01/11/17 Wednesday 6:30 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash and have fifteen minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. CIO

01/11/17 Wednesday 5:30 P.M. I threw out the garbage. I did not get any mail today. I chatted with a relative. <http://www.foxnews.com/world/2017/01/10/journalist-clare-hollingworth-who-broke-news-ww-ii-dies.html>

<http://www.bbc.com/news/entertainment-arts-38573643> . CIO

01/11/17 Wednesday 4:35 P.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with McHilney's Tabasco sauce and A1 Steak sauce, 10 ounces of steamed Brussels sprouts flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

01/11/17 Wednesday 3:55 P.M. I rested some more until now. CIO

01/11/17 Wednesday 1:55 P.M. More stuff <https://simergphotos.com/2012/12/20/2012-simerg-photo-collection-his-highness-the-aga-khan-alamut-bagamoyo-jeffersons-quran-tanganyika-the-white-house-and-more/>

<https://simergphotos.com/> . CIO

01/11/17 Wednesday 1:45 P.M. \$170 i5 Desktop
[http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage SS- - P5_9SIA2PF3W50105- -01112017&Index=5](http://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage_SS--P5_9SIA2PF3W50105--01112017&Index=5) CIO

01/11/17 Wednesday 1:15 P.M. After the Trump press conference, I rested some more. Trump is using the law firm of <https://www.morganlewis.com/> . I guess if I got a Trump appointment, I would have to give away my bench in front of the Senior and the Arts center on Greenwich Avenue. I washed the breakfast dishes. CIO

01/11/17 Wednesday 11:00 A.M. I rested some more until 10:30 A.M.. CIO

01/11/17 Wednesday 9:00 A.M. I woke up, and I ate some Danish butter cookies. I finally woke up at 8:30 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. Donald Trump is supposed to have a press conference today at 11 A.M.. CIO

01/10/17 Tuesday 8:25 P.M. <http://www.forbes.com/sites/garywalther/2013/01/16/top-caribbean-resorts-little-dix-bay-in-the-british-virgin-islands/#78ab4ee92514> . I once saw twin brothers at Benie Sez Liquor mart in Riverside wearing Little Dix Bay polo shirts, so I figured they might have been there. I have only briefly visited St. John's. CIO

01/10/17 Tuesday 8:20 P.M. I chatted with a relative and a friend. I ate a 6 ounce can of Signature French Fried Onion Rings. I will now shut down the primary work computer, and I will go to bed. CIO

01/10/17 Tuesday 7:20 P.M. https://www.nytimes.com/2017/01/09/us/pioneer-cabin-tree-sequoia.html?emc=edit_th_20170110&nl=todaysheadlines&nlid=46729&r=0

1. <http://www.bestcolleges.com/features/top-online-schools/>
2. <http://www.bestcolleges.com/features/top-online-schools/#accredited-online-associate-degree-programs>
3. <http://www.bestcolleges.com/features/top-online-schools/#accredited-online-bachelors-degree-programs>
4. <http://www.bestcolleges.com/features/top-online-schools/#online-colleges-by-state>
5. <http://www.bestcolleges.com/features/top-online-schools/#why-online-education>
6. <http://www.bestcolleges.com/features/top-online-schools/#financing-your-online-degree>
7. <http://www.bestcolleges.com/features/top-online-schools/#resources-to-help-you-succeed>

CIO

01/10/17 Tuesday 6:55 P.M. I watched series 1 episode 5 and 6 and series 2 episode 2 of "The Brokenwood Mysteries". I ate a bag of microwave popcorn. I chatted with a relative. CIO

01/10/17 Tuesday 4:50 P.M. I picked up the mail. I chatted with neighbors. CIO

01/10/17 Tuesday 3:40 P.M. http://www.hanes.com/shop/hanes/sale/all-sales/sale4/hanes-mens-thermal-pant-25442?D1=SEARCHA&cm_mmc=Google_-PLAs_-NA_-NA&ef_id=WHFtsAAABEy0loPW:20170110195423:s

\$80 <http://www.ebay.com/itm/192038020349?afsrc=1&rmvSB=true> 24 inch monitor

\$591 battery powdered bicycle

https://flash.newegg.com/Product/9SIA4V13720932?icid=WP_29_01102017

\$90 https://flash.newegg.com/Product/9SIAAJ24AK8397?icid=WP_16_01092017

I went through <http://scott-mike.com/bf.htm> .

I ordered two <http://www.ebay.com/itm/VOLVO-AUTO-LEATHER-KEYCHAIN-KEY-CHAIN-RING-FOB-050-/142023437693> for \$6.39 each with free shipping for \$12.78 total. I will now rest a while. CIO

01/10/17 Tuesday 2:30 P.M. I am just about to eat half of 31 ounce Marie Callender three meat and four cheese lasagna with grated parmesan and Romano cheese on it along with a 12 ounce glass of diet Fresca. CIO

01/10/17 Tuesday 2:15 P.M. I threw out the garbage. I went to my 10:30 A.M. appointment. I then went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I made change for a parker. I stopped by the Chase Bank on the North Side of Saks Fifth Avenue, and I got more parking change. I stopped by CVS, and I used the bathroom. I bought a blue Power 30 Pin to USB cable for \$5.99 and .38 tax for \$6.37 total. I noticed at the top of Greenwich Avenue at the small Subway sandwich store, they are advertising a one foot steak and cheese sandwich for \$6 plus tax. I sat out for a while after I finished my walk. The new fire station is not yet opened. I went by the Greenwich Library, and I returned Mac Pro Laptop for Seniors for Dummies. I chatted with two regulars. I then returned home. I chatted with a neighbor. CIO

01/10/17 Tuesday 9:00 A.M. I have a 10:30 P.M. appointment. I will now shower and clean up. I will then head out to my appointment. CIO

01/10/17 Tuesday 8:50 A.M. I washed the breakfast dishes. I made my bed. I chatted with a friend. CIO

01/10/17 Tuesday 7:55 A.M. I woke up and ate some Danish butter cookies. I finally woke up at 7:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I chatted with a friend. CIO

01/09/17 Monday 9:10 P.M. I watched series 1 episode 4 of "The Brokenwood Mysteries". I will now shut down the primary work computer. I will then go to bed. I have to be up at 7:30 A.M. in the morning for a 10:30 A.M. appointment. CIO

01/09/17 Monday 6:45 P.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with McHilney's Tabasco sauce and A1 Steak sauce, 10 ounces of steamed Brussels sprouts flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. CIO

01/09/17 Monday 5:50 P.M. I chatted with a friend. I threw out the garbage. I went by the Chase Bank at Deerfield Place. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Senior and the Arts Center. I stopped Grannick's briefly. I went by CVS, and I bought four 14 ounce boxes of Kashi almond clusters for \$2.99 each, three 16 ounce Campbell's Lite clam chowder for \$1.50 each, four 3 ounce Bumble Bee sardines for \$5 less a \$5 CVS internet coupon for \$16.84 total. I sat out for a while after I finished my walk. I then went by the Stop and Shop. I bought a 12 ounce generic honey for \$2.59, a rotisserie chicken for \$4.99, two 12 ounce bags of Brussels sprouts for \$2 each and two baking potatoes for .99 each for \$1.70 for \$13.28 total. I then returned home. I picked up the mail. I put away my groceries. I chatted with a relative. CIO

01/09/17 Monday 1:50 P.M. I went through <http://scott-mike.com/bf.htm> . I rested some more. I washed the breakfast dishes. I made my bed. I am throwing out the old Christmas wreath from previous years. I packed up the new Christmas wreath and the artificial Christmas tree in a large plastic bag, and I put it on the center top closet shelf. I put the second poinsettia plants outside on the other side of the front door from the other one. I will now shower and clean up. I will then go downtown. Having been on a night time schedule for many years, I don't know how to do too much during the daytime. CIO

01/09/17 Monday 12:05 P.M. I rested some more until 11:30 A.M.. The reason that I sleep so much is that the risperdone that I take for my medication makes me tired and sleep more. CIO

01/09/17 Monday 9:00 A.M. I chatted with a friend at 8 A.M.. I finally woke up at 8:45 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/08/17 Sunday 8:20 P.M. I watched series 1 episode 3 of "The Brokenwood Mysteries". I ate a bag of microwave popcorn. CIO

01/08/17 Sunday 5:30 P.M. I chatted with a relative. CIO

01/08/17 Sunday 5:15 P.M.

<http://us.hellomagazine.com/royalty/1201506035109/buckingham-palace-issues-statement-queen-elizabeth-hospital-visit/>

Looks pretty cold down there <http://www.senate.gov/general/capcam.htm> . Alas my friend that once invited me to a Presidential Inaugural is not going this time. CIO

01/08/17 Sunday 5:05 P.M. I chatted with a relative. I ate a 14 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

01/08/17 Sunday 3:55 P.M. I watched series 1 episode 2 of "The Brokenwood Mysteries". I chatted with a friend. CIO

End of Scott's Notes week of 01/08/17

01/08/17 Sunday 1:55 P.M. http://online-learning.harvard.edu/courses?sort_by=date_added&cost%5B%5D=free

I went through <http://scott-mike.com/bf.htm> . I ate some almonds and a 12 ounce glass of 50% punch and 50% diet Fresca. I will now send out my weekly notes. CIO

01/08/17 Sunday 12:15 P.M. I chatted with a friend at 10:30 A.M.. The friend got his order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405509699937209058313 on the order for <http://www.ebay.com/itm/NEW-Schultz-All-Purpose-10-15-10-Plant-Food-Plus-8-ounce-Liquid-Fertilizer-/151919545267?hash=item235f1c4bb3:g:GHYAAOSwLVZVnDK-> for \$11.99. I slept some more until 11:30 A.M.. I watered my plants with 7 drops of Schultz liquid plant food per quart of water. I washed the breakfast dishes. CIO

01/08/17 Sunday 9:25 A.M. I cleaned off about 4 inches of loose snow off my Volvo wagon. CIO

01/08/17 Sunday 8:55 A.M. I woke up at 8:45 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/07/17 Saturday 9:15 P.M. I chatted with a friend. I will now take a night time Mucinex and try to rest some more. CIO

01/07/17 Saturday 8:45 P.M. New Ambassador to the Court of St. James https://en.wikipedia.org/wiki/Woody_Johnson and other lesser appointees https://en.wikipedia.org/wiki/Political_appointments_of_Donald_Trump . I chatted with a friend. CIO

01/07/17 Saturday 8:30 P.M. Michigan Mafia https://en.wikipedia.org/wiki/Grosse_Pointe,_Michigan and <https://www.fordhouse.org/> CIO

01/07/17 Saturday 8:20 P.M. <http://www.thegreatcourses.com/index.php/tgc/courses/specialoffer?sa=SOSW1&ai=13975>

8?ai=139758 . I watched series 1 episode 1 of "The Brokenwood Mysteries". I ate a bag of microwave popcorn. CIO

01/07/17 Saturday 6:30 P.M. See what is happening in Greenwich Politics
<http://rtm.greenwich.org/> . CIO

01/07/17 Saturday 6:20 P.M. Bibles on Sale
https://www.christianbook.com/page/promotion/fab-friday?p=1193337&emid=U2FsdGVkX1_6vcsktQ87PmTTS4StY9MNgkiSWIBWbNg4CyAEWvTviIJbTgGhoZ0b&utm_source=EPMS&utm_medium=email&utm_campaign=20170106_1193337&utm_term=Fab%20Friday%20Deals%20on%20Bibles%20and%20More&utm_content=OPTONLINE.NET

CIO

01/07/17 Saturday 6:10 P.M. \$10 plus shipping http://www.staples.com/Dell-Wireless-KeyBoard-Mouse-KM117/product_2456353?affiliateref=cj&cvosrc=affiliate.cj.4485850&PID=4485850&cm_mmc=CJ_-4485850_-4485850_-11965372&SID=6f710c26d52a11e695ddc6f3587172b40INT&cv_campaign=Coupon&AID=11965372&storeId=10001&CID=AFF%3A4485850%3A4485850%3A11965372&CJPIXEL=CJPIXEL

CIO

01/07/17 Saturday 5:35 P.M. I chatted with a relative. It is sort of strange that at <http://www.liveduvalstreet.com/> , nobody in Key West has a tan. CIO

01/07/17 Saturday 5:20 P.M. I threw out the garbage down the garbage chute. I saw outside in the front hallway chatting with neighbors. I picked up my mail. CIO

01/07/17 Saturday 4:20 P.M. I got the new Restoration Hardware catalog yesterday. It is half as big as the old Sears and Roebuck catalogs in the old days. Back in the old days in America, when people had Out Houses, they would frequently use the Sears and Roebuck catalog for toilet paper. When I first visited Florence, Italy in January 1972, the toilet paper was a bit like waxed paper. It was a bit better in Albertville, France in February 1992. I am a cold weather person, but I am limited on cold weather funds. I do have four wheel all wheel drive on my 2005 Volvo XC 70 wagon along with fairly new all season radial tires. However, I worry about the other person, so I generally do not drive on snow. I will now shower and clean up. CIO

01/07/17 Saturday 3:40 P.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with Frank's hot sauce, 8 ounces of steamed baby carrots flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and a baked potato with Smart Balance spread and extra

virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. I also took another daytime Mucinex. CIO

01/07/17 Saturday 2:35 P.M. I rested a bit. I washed the breakfast dishes. I will now make my bed. I guess we are back to Siberian Sam's social club. CIO

01/07/17 Saturday 1:30 P.M. I ate some Danish butter cookies and some almonds. CIO

01/07/17 Saturday 12:45 P.M. I rested some more until 12:30 P.M.. I chatted with a relative. It is snowing out. We are supposed to get three to six inches. It started around noon. CIO

01/07/17 Saturday 8:45 A.M. I woke up at 3 A.M., and I took a night time Mucinex. I woke up at 7:30 A.M., and I chatted with a friend. I finally woke up at 8:30 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will take a day time Mucinex. CIO

01/06/17 Friday 7:30 P.M. I ate a 16 ounce Stouffers stuffed peppers with grated parmesan and Romano cheese on it along with a 12 ounce glass of diet Fresca. Tomorrow January 7 is Russian Orthodox Christmas

<http://mospatusa.com/parishdirectory.html?type=details&id=4> . I took another daytime Mucinex. CIO

01/06/17 Friday 6:50 P.M. I chatted with a relative. My www.eversource.com electricity bill for December 2016 was \$189.46 for 1117 kWh for 36.03 kWh per day over 31 days with an average temperature of 35.8 degrees Fahrenheit. For December 2015, it was \$169.62 for 972 kWh for 28.59 kWh per day over 34 days with an average temperature of 44.2 degrees Fahrenheit. CIO

01/06/17 Friday 6:35 P.M. <https://www.trumphotels.com/>

http://volcano.si.edu/reports_weekly.cfm CIO

01/06/17 Friday 5:40 P.M. I watched "Secrets, America's Lost Pyramids". I chatted with a friend and a relative. I picked up the mail. CIO

01/06/17 Friday 3:00 P.M. <http://instantwatcher.com/> . CIO

01/06/17 Friday 2:20 P.M. I chatted with a friend. I will now make my bed. I will then shower and clean up. When I used to drink dry French white table wine, I would drink Valbon or Rene Junot. I gave up drinking alcohol, about February 1992, when I got back from the Winter Olympics in Albertville, France, and I was spending more time on personal computers. In other words, I started using my bar money for computers. CIO

01/06/17 Friday 2:05 P.M. <http://www.greenwichtime.com/news/houston-texas/houston/article/George-H-W-and-Barbara-Bush-celebrate-72-years-10839575.php>
CIO

01/06/17 Friday 12:20 P.M. I will now rest some more. CIO

01/06/17 Friday 11:55 A.M. I chatted with a friend. I checked my Volvo wagon, and the remaining snow had melted off of it. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405509699939560318143 on the order for <http://www.ebay.com/itm/NEW-Schultz-All-Purpose-10-15-10-Plant-Food-Plus-8-ounce-Liquid-Fertilizer-/151919545267?hash=item235f1c4bb3:g:gHYAAOSwLVZVnDK-> for \$11.99 was delivered. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405509699937209058313 on the order for <http://www.ebay.com/itm/NEW-Schultz-All-Purpose-10-15-10-Plant-Food-Plus-8-ounce-Liquid-Fertilizer-/151919545267?hash=item235f1c4bb3:g:gHYAAOSwLVZVnDK-> for \$11.99 is out for delivery. CIO

01/06/17 Friday 11:25 A.M. I took a daytime Mucinex. I ate some Danish butter cookies. I washed the breakfast dishes. CIO

01/06/17 Friday 10:50 A.M. I rested some more until 10:30 A.M.. My 1:30 P.M. appointment today was changed to 10:30 A.M. next Tuesday. CIO

01/06/17 Friday 7:45 A.M. I chatted with a friend at 7:30. I took a daytime Mucinex at 8:30 A.M.. I ate some almonds and Danish butter cookies. I took a night time Mucinex at 3 A.M.. I finally woke up at 7:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/05/17 Thursday 6:05 P.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with Frank's hot sauce, 8 ounces of steamed baby carrots flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener and lemon juice. I also took another daytime Mucinex. CIO

01/05/17 Thursday 5:15 P.M. I went downtown to CVS. I bought a 24 capsule daytime and night time Mucinex for \$19.29 less a dollar off coupon from the mail for \$18.29 total. I then bought buy one get one free of 60 capsule MSM 1000 mg for \$8.49 both less a \$8 CVS Bonus Bucks from the previous purchase for .49 total. I then went by the Stop and Shop. I

bought a five quart box of Stop and Shop powdered milk for \$7.39, a rotisserie chicken for \$4.99, a pound of baby carrots for \$1.49, organic bananas for .79 a pound for \$1.43, and two baking potatoes for .99 a pound for \$1.59 for \$16.34 total. I then returned home. I picked up the mail. I put away my purchases. CIO

01/05/17 Thursday 3:10 P.M. I threw out the garbage. I will now dress up warmly, and I will go downtown for some supplies. CIO

01/05/17 Thursday 2:30 P.M. I rested a while. I chatted with a friend who is back from England and Scotland. I will now make my bed. I will then shower and clean up. I took another daytime Muscinex. I am beginning to feel a little bit better, but it all takes time. CIO

01/05/17 Thursday 1:30 P.M. I ate a 9 ounce Stouffer's Lean Cuisine chicken sesame dinner with grated parmesan and Romano cheese on it and a 12 ounce glass of diet Fresca. I will now rest some more. CIO

01/05/17 Thursday 1:10 P.M. I washed the breakfast dishes. I chatted with a relative twice and a friend. I went through <http://scott-mike.com/bf.htm> . CIO

01/05/17 Thursday 12:05 P.M. I chatted with a relative at 11 A.M.. I continued to rest until noon. CIO

01/05/17 Thursday 10:05 A.M. I rested some more until 10 A.M.. I cancelled my 2 P.M. appointment for today and my 1:30 P.M. appointment for tomorrow. CIO

01/05/17 Thursday 7:55 A.M. I woke up at 3 A.M., and I took a Night Time Mucinex. I finally woke up at 7:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also take a daytime Mucinex. CIO

01/04/17 Wednesday 10:10 P.M. I rested until 9:30 P.M.. I ate a 11.5 ounce Stouffer's Swedish meatballs with a 12 ounce glass of diet Fresca. I also took another daytime Mucinex. I threw out the garbage. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=9400110200882262684210> on the order for https://www.amazon.com/gp/product/B01FLI4NNA/ref=as_li_tl?ie=UTF8&tag=dealnews4portwall-20&camp=1789&creative=9325&linkCode=as2&creativeASIN=B01FLI4NNA&linkId=7a506d79d99334098ca706cdb093cf7 for \$3.49 with coupon code "LUMS2017" with free shipping arrived. I still am feeling the effects of my cold or flu, and I don't think I will make it to my appointment tomorrow. I need to do laundry, but I don't have the energy to do it right now. I need to rest some more. CIO

01/04/17 Wednesday 2:40 P.M. I ate a 14 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and a 12 ounce glass of diet Fresca. I took another daytime mucinex. CIO

01/04/17 Wednesday 2:10 P.M. I renewed my www.forbes.com subscription for another year for \$4.50 with discount coupon "69829" at http://www.xpbargains.com/index.php/send_deal/354843 . I will now wash the breakfast dishes. CIO

01/04/17 Wednesday 1:25 P.M. I rested some more until 1 P.M.. I can hear more air traffic at the nearby airport, so possibly it has gotten busier around here. I leave my Christmas decorations up until after January 7, Russian Christmas https://en.wikipedia.org/wiki/Christmas_in_Russia . CIO

01/04/17 Wednesday 8:15 A.M. I woke up at 12:30 A.M., and I took another night time Mucinex. I finally woke up at 8 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will take a day time Mucinex. CIO

01/03/17 Tuesday 8:05 P.M. For deluxe camping \$42 http://www.rakuten.com/prod/p/q/sellerid/27178463/275838872.html?ranMID=36342&ranEAID=lw9MynSeamY&ranSiteID=lw9MynSeamY-0EGt0gZNbnYY5azvNP1qDA&scid=af_linkshare&adid=18094&siteID=lw9MynSeamY-0EGt0gZNbnYY5azvNP1qDA . CIO

01/03/17 Tuesday 7:55 P.M. I ate two 2 ounce Sandwich Brothers angus cheeseburgers with a 12 ounce glass of diet Fresca. I took a night time Mucinex. I will now try to go back to bed. CIO

01/03/17 Tuesday 7:35 P.M. I woke up at 7 P.M.. I chatted with a relative. I picked up the mail. CIO

01/03/17 Tuesday 4:15 P.M. I chatted with a relative. I rested until about 2:30 P.M.. I watched part of a Acorn TV movie called "Blood". I then watched a Netflix documentary "Arresting Britain's most Dangerous Fugitives". CIO

01/03/17 Tuesday 12:45 P.M. I will now rest some more. CIO

01/03/17 Tuesday 12:30 P.M. I reheated two 3 ounce Perdue chicken cutlets for 2.5 minutes in the microwave oven, and I ate them with steamed Brussels sprouts seasoned with Smart Balance spread, Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil, a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca

and a cup of chamomile tea with Equal sweetener and lemon juice. I also took another daytime Mucinex. CIO

01/03/17 Tuesday 11:50 A.M. \$20

[http://www.newegg.com/Product/Product.aspx?Item=N82E16896095030&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=525635_desktop](http://www.newegg.com/Product/Product.aspx?Item=N82E16896095030&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=525635_desktop)

I went through <http://scott-mike.com/bf.htm> . CIO

01/03/17 Tuesday 11:15 A.M. From my Microsoft Money Sunset program, I printed out two copies each of my December 2016, and my 2016 Annual income versus spending reports, I used two 47 cent forever stamps to mail one set to an interested relative. I put the envelope in the mail room drop downstairs. CIO

01/03/17 Tuesday 10:35 A.M. People walking the Kennebunk beach

<http://www.kennebunkportbeachwebcam.com/> . CIO

01/03/17 Tuesday 10:30 A.M. I threw out the garbage. CIO

01/03/17 Tuesday 9:50 A.M. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

01/03/17 Tuesday 9:20 A.M. I rested until 9 A.M.. I cancelled my 4 P.M. appointment this afternoon. CIO

01/03/17 Tuesday 7:10 A.M. Tracking is

https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405509699937209058313 on the order for <http://www.ebay.com/itm/NEW-Schultz-All-Purpose-10-15-10-Plant-Food-Plus-8-ounce-Liquid-Fertilizer-/151919545267?hash=item235f1c4bb3:g:gHYAAOSwLVZVnDK-> for \$11.99. Tracking is https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9405509699939560318143 on the order for <http://www.ebay.com/itm/NEW-Schultz-All-Purpose-10-15-10-Plant-Food-Plus-8-ounce-Liquid-Fertilizer-/151919545267?hash=item235f1c4bb3:g:gHYAAOSwLVZVnDK-> for \$11.99. CIO

01/03/17 Tuesday 6:15 A.M. I woke up at 9 P.M., and I ate 8 ounces of Dannon vanilla yogurt. I woke up again at 12:30 A.M., and I took a night time Mucinex. I finally woke up at 6 A.M.. 01/03/17 Tuesday 8:05 P.M.

01/02/17 Monday 6:00 P.M. I woke up at 5:45 P.M., and I chatted with a relative. I ate two 2 ounce Sandwich Brothers angus cheeseburgers and a 12 ounce glass of diet Fresca. I also took another daytime Mucinex. I will now rest some more. CIO

01/02/17 Monday 11:45 A.M. I rested until 11:15 A.M.. I ate two ounces of Blue Diamond smokehouse almonds. I also ate a 9 7/8ths Stouffers Lean Cuisine sesame chicken dinner

with grated parmesan and Romano cheese on it and a 12 ounce glass of diet Fresca. I also took another daytime Mucinex. CIO

01/02/17 Monday 9:10 A.M. <https://slickdeals.net/f/9623320-norwegian-air-us-cities-new-years-sale-book-by-jan-4-2017>

\$230 http://www.bestbuy.com/site/westinghouse-50-class-50-diag--led-1080p-hdtv-black-high-gloss/7617022.p?ref=199&loc=59JLB7sBj1c&acampID=1&siteID=59JLB7sBj1c-kZ4lJz_Nu8wO9nwS.pNKVQ

I went through <http://scott-mike.com/bf.htm> .

I washed the breakfast dishes. CIO

01/02/17 Monday 8:45 A.M. I rested some more until 8:15 A.M.. I chatted with a friend. I wonder if since Donald J. Trump has that name, if his friends ever called him "D.J." CIO

01/02/17 Monday 4:45 A.M. I woke up at 12:30 A.M., and I took another night time Mucinex. I woke up again at 4:30 A.M.. I will now eat breakfast. I ate breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

01/01/17 Sunday 6:50 P.M. I chatted with two friends. I will now rest some more. CIO

01/01/17 Sunday 6:15 P.M. I rested until 6 P.M.. I am just about ready to eat a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. I also took a night time Mucinex. CIO

01/01/17 Sunday 1:10 P.M. I watched episode 8 of "The Medici, Masters of Florence". I ate a bag of microwave popcorn. Back in the winter of 1972, when I was a Art History student in Florence, Italy, I lived near the Medici Palace at the Pensione Adria next to the San Trinita bridge. I only paid \$40 a week for a small quiet inside room which included continental breakfast and a full five course dinner at night. Such is life. I chatted with a friend. CIO

01/01/17 Sunday 11:30 A.M. I ate a 8.5 ounce Stouffer's Lean Cuisine Thai Ginger beef dinner with a 12 ounce glass of diet Fresca. I took a daytime Mucinex. CIO

01/01/17 Sunday 11:10 A.M. I chatted with a relative. There is a cooking smoke alarm going off for a neighboring apartment, but no emergency. I threw out the garbage. CIO

01/01/17 Sunday 10:50 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

01/01/17 Sunday 10:15 A.M. I put out my six new calenders from www.calenders.com . One is on the front of the refrigerator and the other five are on the living room closets. CIO

01/01/17 Sunday 10:00 A.M. I chatted with a relative. I washed the breakfast dishes. CIO

01/01/17 Sunday 9:10 A.M. I threw out the garbage and the right light shipping box. I picked up the mail.

http://www.nytimes.com/2017/01/01/world/europe/sick-with-a-cold-queen-elizabeth-misses-new-years-service.html?_r=0

<http://www.express.co.uk/news/royal/748462/Queen-Elizabeth-II-health-update-latest-cold-ill>

<http://www.cnn.com/2017/01/01/europe/queen-elizabeth-misses-new-year-church-service/>
CIO

01/01/17 Sunday 8:30 A.M. I rested some more until 8:15 A.M.. CIO

01/01/17 Sunday 4:30 A.M. I rested until 4:15 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I took a day time Mucinex. CIO

End of Scott's Notes week of 01/01/17

01/01/17 Sunday 12:20 A.M. I went through <http://scott-mike.com/bf.htm> . I will now send out my weekly notes. I will then go back to bed. CIO

01/01/17 Sunday 12:20 A.M. Happy New Years. I rested until midnight. I watched the New Years crowd in Times Square briefly on www.foxnews.com . I took a night time Mucinex. CIO

02/28/17 Tuesday 9:20 P.M. I ate a toasted bagel with Smart Balance spread. I chatted with a relative at 9 A.M.. I finally woke up at 9 P.M.. I am listening to President Trump's speech to Congress. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I chatted with a relative. CIO.

02/28/17 Tuesday 6:30 A.M. I will now shut down the primary work computer, and I will go to bed. The Scottish Night Watch or Black Watch or the Dutch Night Watch is still trying to do its job. CIO

02/28/17 Tuesday 6:15 A.M. I watched episode 3 of "Reggie Perrin". I ate a bag of microwave popcorn. I chatted with a friend. I guess with all of these years personal computers and the internet since August 1989, I have become a high tech prisoner with no place to go in the real world. Possibly I might even be a nerd, and nobody wants to associate with Nerds. However, I see a lot of people whom appear to have money particularly women walking around downtown using their personal devices. People no longer carry larger tablets and laptops, but it is mostly large cell phones like the Iphone 6 or Samsung Galaxy that I see the women carrying. As usual women always have like to gab on the telephones. It is hard to tell if the men are carrying cell phones or not. I still walk around with my www.army.mil passport case with my Nokia Windows 10 phone that I bought for \$40 and my free Obama phone that I get free time on. I was thinking with drinks costing \$15 a drink in Manhattan, one could try to sell those tiny two ounce bottles of liquor at a profit at some public place where they would not mind, but like cigarettes, that is probably controlled. One of my friends that emailed the legal web site for help told

me I should call the disability legal web site. Still I think it is best to go along with the Greenwich Housing Authority and down size my apartment throwing out a lot of the redundant electronic equipment I don't need anymore and some of the support smaller pieces of furniture and do a complete house cleaning. That would probably take about three days. I could do a quick low level format on the computers I throw out. I have 30 days to do it all. There also are a number lesser things that I could do to neaten up the apartment. Still I have been worn out recently sleeping over 14 hours a day. I have the follow up with my medical doctor this Wednesday afternoon to follow up on the recent tests that I have had. If I get a clean bill of health, I guess I could start the clean up process soon after that. I am trying to save money, so I am not buying expensive food. I also am stocked up on a lot of inexpensive food. Since it is winter, I guess I have a bit of Cabin Fever, since at my age of 67 I am not fit enough for regular exercise walking, so I am pretty much stuck inside until it warms up a bit. With all of the years that I used the Greenwich Library for periodical reading, the printed periodicals are no longer there, and one has to use one's Ipad to read them off the Greenwich Library Zinio Account. Having been friends with Fred Von Mierers, when he was supposed to take over Billy Baldwin's interior decorating business, my apartment has bits and pieces of when I tried on my limited budget to make it look more upscale looking. I have other expenses outside of my apartment like maintaining my XC70 Volvo Wagon which is eleven years old with 118,000 miles. To save on expenses, I don't drive that much except a mile away to downtown. I guess the truth is that the internet is for the younger generation, so those involved with it, do not like the "Old Guard" of computers. I hear one of my cell phone buzzing frequently, but I can not figure out which one it is to pick it up. However, it is probably just another telemarketer. I do not regularly use a cell phone, except for when I am walking downtown. I do not have any friends locally. However, a new neighbor volunteered to help me move my old CRT televisions, if and when I decide to throw them out. CIO

02/28/17 Tuesday 5:00 A.M. I went through <http://scott-mike.com/bf.htm> . Alas Greenwich Avenue as upscale as it has become is still brick and mortar stores, so it seems from my viewpoint with everyone shopping off the internet, it might explain why it is much slower on Greenwich Avenue anymore. Weekends still bring out a few people. I noticed in a store window on West Elm Street just west of Greenwich Avenue on the north side, they have a lot of exercise bikes, so possibly there is a fitness facility there. CIO

02/28/17 Tuesday 4:45 A.M. Dutch Politics <http://www.bbc.com/news/world-europe-39109725> . CIO

02/28/17 Tuesday 3:50 A.M. I woke up at 3:45 A.M.. CIO

02/28/17 Tuesday 2:10 A.M. I watched episodes 1 and 2 of "Reggie Perrin". It shows some of the newer side of England from what I know. CIO

02/28/17 Tuesday 12:55 A.M.
<http://view.reply.reaganfoundation.org/?qs=c18a79391e7c6a2b932c775c3d41bd88832f43588ef4b9dd1ec0360ab6785c8708f504b99a628e57c55174798fc2f8ab900e642bb7dd48b5cf95228253ceeda6c86d373ede2b338e>

<https://www.moneysavingpro.com/blog/ultimate-guide-to-avoiding-online-scams/>

https://www.christianbook.com/page/promotion/bible-sale?p=1194007&emid=U2FsdGVkX18WRVVywQEsatKvfdcYalCbCEq2o1mKdiRpIrAJn17Tefby-LIy9DTN&utm_source=EPMS&utm_medium=email&utm_campaign=20170227_1194007&utm_term=End-of-Winter%20Bible%20Sale&utm_content=OPTONLINE.NET CIO

02/28/17 Tuesday 12:35 A.M. I ate a 14 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the meal and a toasted bagel with Smart Balance spread on it and a 12 ounce glass of diet Fresca. CIO

02/27/17 Monday 11:55 P.M. I threw out the garbage. I went by the Greenwich Library, and I chatted with a reference librarian. I then went by the ATM machine at the Chase Deerfield branch. I went by the Stop and Shop, and I bought six bagels for \$3.45 and a 59 ounce Tropicana orange juice with calcium for \$3 for \$6.45 total. I then went by CVS on Greenwich Avenue, and I bought two 14 ounce Kashi GoLean cereal for \$3 each for \$6 total. I then sat out for a while downtown watching not too much go on. I chatted with a friend. I drove down by the waterfront on Steamboat Road. They are still doing construction on the waterfront at the Indian Harbor Yacht Club. The Port-O-Potty is no longer by the pier on Steamboat Road, so maybe it was for the construction. I then went by the Shell Station at 401 West Putnam Avenue, and I bought \$8 of self service V-Power premium gasoline for \$3.439 a gallon for 2.325 gallons at odometer reading of 114818 miles for 30.9 miles driven since Saturday February 18, 2017 for 13.291 miles per gallon in local traffic. I then returned home. I chatted with a neighbor. The neighbor showed me his simpler apartment. Alas I have lived here 28 years, so I have a more complex apartment computer laboratory. I am not just sitting here waiting to die. CIO

!!!!!! 02/27/17 Monday 8:05 P.M. Having put on weight since I quit smoking cigarettes a year and a half ago, I now weigh 258 pounds. However, with the extra weight on the diabetic scale, I am now a 6.9 when 7.0 is diabetic. Being closed to being diabetic is probably what is making me sleepy so much of the time. CIO

02/27/17 Monday 7:30 P.M. I threw out the garbage. I picked up the mail. I got my own letter from the Greenwich Housing Authority about having to improve my apartment setup. I got a check from a relative paying for the Schultz liquid plant food. Someone sent me a book by Subir Chowdhury titled "The Difference" When Good Enough Isn't Enough. I will now drink a cup of coffee with Equal sweetener and milk. I will also eat a toasted bagel with Smart Balance spread. I will then wash the breakfast dishes. I will make my bed. I will then shower and clean up. I will then go downtown. I chatted with a relative. CIO

02/27/17 Monday 7:00 P.M. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qtC_tLabels1=%209405509699939711834300 on the order for for a relative two for \$11.99 each of <http://www.ebay.com/itm/NEW-Schultz-All-Purpose-10-15-10-Plant-Food-Plus-8-ounce-Liquid-Fertilizer->

/151919545267?hash=item235f1c4bb3:g:GHYAAOSwLVZVnDK- for \$23.98 total with free shipping was received. However, one of the two bottles leaked its contents, so I requested the shipper to send another bottle. CIO

02/27/17 Monday 6:45 P.M. I cancelled my 2:30 P.M. appointment, because I don't feel well. I went back to bed. I chatted with a relative around 3 P.M.. I woke up at 6:30 P.M.. CIO

02/27/17 Monday 11:55 A.M. I woke up at 11:30 A.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

02/27/17 Monday 7:30 A.M. I chatted with a neighbor. CIO

02/27/17 Monday 6:00 A.M. The snow is melting in Kennebunkport
<http://www.kennebunkportbeachwebcam.com/> . CIO

02/27/17 Monday 5:50 A.M. I could not sleep. I chatted with a friend. CIO

02/27/17 Monday 4:45 A.M. I watched "The Lovers". I ate a bag of microwave popcorn. I have a 2:30 P.M. appointment today. I will now try to go to bed and wake up at 11:30 A.M.. CIO

02/27/17 Monday 2:45 A.M. I rested an hour. CIO

02/27/17 Monday 1:05 A.M. I chatted with a friend. CIO

02/27/17 Monday 12:50 A.M.

Welcome to CLRP

To request legal representation, call our office from 9:00 AM to 4:00 PM at 1-877-402-2299

Mission

Connecticut Legal Rights Project, Inc., (CLRP) is a statewide non-profit agency which provides legal services to low income individuals with mental health conditions, who reside in hospitals or the community, on matters related to their treatment, recovery, and civil rights. CLRP represents clients in accordance with their expressed preferences in administrative, judicial, and legislative venues to enforce their legal rights and assure that personal choices are respected and individual self-determination is protected. CLRP develops and supports initiatives to promote full community integration which maximizes opportunities for independence and self-sufficiency.

Due to a lack of available resources and staff, CLRP attorneys and paralegals will only offer representation in cases that have substantial legal merit, and cannot accept every case.

For an intake please call 1-877-402-2299 between 9 AM to 4 PM, Monday through Friday.

Types of Cases CLRP May Accept

- Americans with Disabilities Act, Rehabilitation Act, Connecticut Patients' Bill of Rights, death or substantial injury in a state-facility, and right to community-based services;
- Obtaining or maintaining stable housing by preventing eviction, public housing authority interventions, (including housing voucher issues) investigating housing denials and discrimination in obtaining or retaining housing, and requesting reasonable accommodations.

CLRP only represents clients who are Connecticut residents

CIO

02/27/17 Monday 12:40 A.M. I ate a 11.5 ounce Stouffer's Swedish meatballs with a toasted bagel with Smart Balance spread and a 12 ounce glass of diet Fresca. The last person that I still know in this area grew up in Bedford, New York next to Helen Clay Frick, and for the last decade he has lived on the waterfront in Bridgeport, Connecticut. He has only visited once in eight years, although before that he used to visit all of the time. He knows the area quite well, and his relatives are heirs to the founders of Citibank, so he manages to survive, but he also drinks too much wine. CIO

02/26/17 Sunday 11:55 P.M. When I visited Paradise Island in Nassau in the Bahamas in February 1978, Richard Mercy of 21 Eaton Square https://en.wikipedia.org/wiki/Eaton_Square, London SW, England put me up for a few days in a cottage at Paradise Island with his cousin named Romsey. When I returned back to Key West, he wrote me care of General Delivery there. He did look a bit like Prince Charles, but extremely pale like he had never been in the sun. Since Prince Charles had served in the Royal Navy in the Caribbean in that period, he would not be that pale. When I was mugged by someone from Bermuda in Manhattan about twenty years ago or more, I was told by the mugger that Richard Mercy was a banker. CIO

02/26/17 Sunday 11:40 P.M. I threw out the garbage. I have not been down in Key West since February 1982, when someone hacked the Federal computer system and filed a false report on me which caused me a bit of difficulty back then, since people did not know Federal computer systems could be hacked. Obviously my local attorneys knew better. With all of the IBM people around here, there are also quite a few hackers. CIO

02/26/17 Sunday 10:50 P.M. I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will then shower and clean up. I will not go downtown to see if there are any boot legers around the south shore of Connecticut, since most of them seem to be down in Key West. CIO

02/26/17 Sunday 9:55 P.M. I rested a bit. I chatted with a friend. CIO

02/26/17 Sunday 8:35 P.M. I washed the breakfast dishes. CIO

02/26/17 Sunday 8:15 P.M. I went back to bed until 8 P.M.. I chatted with a relative. CIO

02/26/17 Sunday 6:45 P.M. I woke up at 6:30 P.M.. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I chatted with a relative. CIO.

02/26/17 Sunday 5:55 A.M. I read the March 2017 issue of www.pcmag.com off my Ipad 2. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I will now eat 8 ounces of Dannon vanilla yogurt, and I will go to bed. CIO

End of Scott's Notes week of 02/26/17

02/26/17 Sunday 4:30 A.M. I will now send out my weekly notes. CIO

02/26/17 Sunday 4:30 A.M. I watched episode 1 of "The Eighties". I don't think I watched much television in that period. What is happening with the Government https://en.wikipedia.org/wiki/Political_appointments_of_Donald_Trump . CIO

!!!!!! 02/26/17 Sunday 3:15 A.M. For www.wh.gov , I have the old comments line telephone number at 1-202-456-1111 and general switch board at 1-202-456-1414 <https://www.whitehouse.gov/contact/write-or-call> . They used to have a fax line, and I once faxed them a picture of Abraham Lincoln. CIO

02/26/17 Sunday 3:10 A.M. This toilet bowl jar cleaner is also available <http://www.acehardware.com/product/index.jsp?productId=2564117&cp=2568443.2568448.2626059.12140572.2627327.2627316.1260483> and https://www.acemart.com/sanitation/restroom/cleanup/fresh-products-bbbc-blue-bowl-toilet-bowl-cleaner/FRSBBBC?utm_source=bing&utm_medium=cse&utm_term=FRSBBBC&utm_campaign=CPC%20Strategy%20-%20Google%20Shopping&utm_content=All%20Products . CIO

02/26/17 Sunday 2:30 A.M. I ate a 9 ounce Evol steak dinner which I put a little bit of soy sauce on along with a toasted bagel with Smart Balance Spread and a 12 ounce glass of diet Fresca. In the old days in the 1970s at night, when one was bored, one could always check out the Darien rest area off I-95 to see the traveling public, but the gasoline to go there today would be expensive. Walgreens and CVS in Old Greenwich Riverside are opened all night, but that would be \$3 of \$4 of gasoline, and I have my own nearby all night CVS. I used to be able to buy Automatic Bowl Fresh at Walgreens for about \$2, but not anymore. One can buy 12 eight ounce jars here for about \$36

https://www.amazon.com/dp/B00FPQHCOG/ref=twister_B00FPQJ14?encoding=UTF8&psc=1 or here <http://bowlfresh.com/product/bowl-fresh-automatic-cleaner/> . CIO

02/26/17 Sunday 1:25 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

02/26/17 Sunday 12:20 A.M. I rested some more until midnight. I reset the clocks. I washed the breakfast dishes. I made my bed. I put the new Logitech wireless keyboard and mouse set in the upper right corner of the bedroom with the other sets. I will now shower and clean up. CIO

02/25/17 Saturday 10:25 P.M. The electricity went off for about five minutes. The BBC program was not on my system. I threw out the garbage. I went by the Stop and Shop, and I bought six bagels for \$2.94, a 64 ounce Ocean Spray cranberry juice for \$2.79, a 64 ounce Welch's grape juice for \$3.99 less .40 can deposit for \$9.32 total. I then went by CVS on Greenwich Avenue, and I bought two 12 packs of 12 ounce diet Fresca for \$10 and \$1.20 can deposit and .63 tax for \$11.83 total. I then drove through a quiet downtown area without anything going on. I returned home, and I put away my groceries. CIO

02/25/17 Saturday 8:55 P.M. I chatted with a relative. I was told on the BBC News Channel at 9 P.M., they are going to have Richard Attenborough's new show about the planet Earth. CIO

02/25/17 Saturday 7:40 P.M. I woke up at 9 A.M., and I ate a 12 ounce glass of 50% punch and 50% diet Fresca. I finally woke up at 7:30 P.M.. I chatted with a friend. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

02/25/17 Saturday 6:10 A.M. I will now try to go back to bed. CIO

02/25/17 Saturday 6:00 A.M. I watched "Secrets of Her Majesty's Secret Service" for the second time <http://instantwatcher.com/title/80012477> . Alas, although I have Scottish, English, Dutch roots, nobody is interested in me, since power brokers are interested in people with wampum. CIO

02/25/17 Saturday 4:45 A.M. I rested until 4:30 P.M.. I ate the other half of the pizza with a 12 ounce glass diet Fresca. CIO

02/25/17 Saturday 3:30 A.M. I watched episodes 5 and 6 of "Black Books". I will now rest for a while. CIO

02/25/17 Saturday 2:25 A.M. http://volcano.si.edu/reports_weekly.cfm CIO

!!!!!! 02/25/17 Saturday 1:55 A.M. I received email from my social worker that I failed my Section 8 Greenwich Housing Authority inspection. My social worker is going to setup an appointment to visit me with someone who will suggest how to remedy the situation. Still I think I will have to have the energy to do most of the improvements myself which will be difficult, since I am totally worn out recently. CIO

02/25/17 Saturday 1:55 A.M. Besides weighing 258 pounds, I also have a 54 inch waist thus I am a bit on the Portly side at 6 feet tall. Thus I guess the general public does not like being seen with overweight individuals. As much as I try to lose weight by exercise walking, I never seem to lose any weight. I guess with old age at near 67 years and the more sedentary lifestyle in front of the various computers is not a way to lose weight. However, Bill Gates <https://www.gatesnotes.com/globalpages/contactbillgates> is 5 foot 9.5 inches tall and 140 pounds, so maybe he should publish some of his secrets to staying lean and thin in the computer world. I have a feeling he is a vegan. CIO

02/25/17 Saturday 1:20 A.M. I took a 31.5 ounce Di Giorgno self rising crust supreme pizza, and I put it on a baking pan, and I seasoned it with garlic powder, ground black pepper, Italian seasoning, grated Parmesan and Romano cheese, and extra virgin olive oil, and I am baking it in Farberware convection oven at 400 degrees for about 20 minutes. I will eat half of it with a 12 ounce glass of diet Fresca. I will put the other half in a flat Rubbermaid container, and I will refrigerate it to eat later. The pizzas in America are quite filling and heavy. Back in the old country, the pizzas have very thin crusts without much sauce on them. CIO

02/25/17 Saturday 12:50 A.M. La Coste sale items
http://www.6pm.com/lacoste/UgKsCeABAEICAhwK.zso?PID=4068665&AID=10705449&utm_source=dealnews+Ltd.&splash=none&utm_medium=affiliate

\$17 <http://www.ebay.com/itm/As-Seen-on-TV-Gotham-Steel-2-Deep-Square-Copper-Frying-Pan-BRAND-NEW-/122344376946?trkparms=5373%3A0%7C5374%3AFeatured> CIO

02/25/17 Saturday 12:05 A.M. My last roommate in Manhattan who was a legal secretary for Cyrus Vance used to vacation here [https://en.wikipedia.org/wiki/Scotland, Connecticut](https://en.wikipedia.org/wiki/Scotland,_Connecticut) which is near [https://en.wikipedia.org/wiki/Pomfret, Connecticut](https://en.wikipedia.org/wiki/Pomfret,_Connecticut) another remote part of Connecticut compared to the busier section where I currently live. CIO

02/24/17 Friday 11:50 P.M. I threw out the garbage. I sat outside for a while enjoying the warmer evening. I did not get any mail today. CIO

02/24/17 Friday 10:45 P.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. CIO

02/24/17 Friday 10:30 P.M. 20% off with promo code "TV" at www.scottevest.com . CIO

02/24/17 Friday 10:20 P.M. I rested some more until 10 P.M.. I made up a batch of punch. CIO

02/24/17 Friday 5:55 P.M. I woke up at 5:45 P.M.. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I chatted with a relative. CIO

02/24/17 Friday 4:40 A.M. I will now try to go to bed. CIO

02/24/17 Friday 4:25 A.M. <https://www.royal.uk/queen-and-duke-visit-national-cyber-security-centre-0> . CIO

02/24/17 Friday 4:10 A.M. I watched episode 3 and 4 of "Black Books". I ate a bag of microwave popcorn. I also drank a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

02/24/17 Friday 2:40 A.M. I watched episode 1 and 2 of "Black Books". I have noticed over the years that nobody seems too interested in my computer efforts, but since I have invested a small fortune in my computer efforts, I am continuing to maintain my home computer laboratory on a more simplistic down scale side of reality. CIO

02/24/17 Friday 1:25 A.M. 27 inch AOC monitor \$130 <http://www.quill.com/aoc-led-monitors/cbs/50119753.html?promoCode=&Effort Code=901&Find Number=304162&m=0> . CIO

02/24/17 Friday 1:20 A.M. I ate a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of diet Fresca. CIO

02/24/17 Friday 12:50 A.M. I went through <http://scott-mike.com/bf.htm> . I put away the clean laundry. CIO

02/24/17 Friday 12:20 A.M. Tracking is <https://tools.usps.com/go/TrackConfirmAction?qtctLabels1=%209405509699939711834300> on the order for for a relative two for \$11.99 each of <http://www.ebay.com/itm/NEW-Schultz-All-Purpose-10-15-10-Plant-Food-Plus-8-ounce-Liquid-Fertilizer-/151919545267?hash=item235f1c4bb3:g:HYAAOSwLVZVnDK-> for \$23.98 total with free shipping. CIO

02/23/17 Thursday 11:35 P.M. I have 55 minutes to go on two dry cycles. As a minor note, my flowering Amarillo only cost \$3 as a bulb from the Stop and Shop clearance shelf 14 months ago. It looked like it had already started to bloom and fail back then, but alas it is now in full bloom. They still have a couple of retractable dog leashes for \$8 on the Stop and Shop clearance shelf. CIO

02/23/17 Thursday 11:05 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have 15 minutes to go on the wash cycles. I watered the plants with seven drops of Schultz liquid plant fertilizer to a quart of water. CIO

02/23/17 Thursday 9:55 P.M. I ate a toasted bagel with Smart Balance spread. I washed the breakfast dishes. Well, I guess I am back on a night time schedule. CIO

02/23/17 Thursday 9:30 P.M. I rested some more until 9 P.M.. I threw out the garbage. I picked up the mail. The older elevator is now repaired. CIO

02/23/17 Thursday 6:05 P.M. I woke up at 6:00 P.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I chatted with a relative. CIO

02/23/17 Thursday 1:55 A.M. I watched "Oceans 11". I ate a bag of microwave popcorn. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt. I will then go to bed. CIO

02/22/17 Wednesday 11:20 P.M. I rest until 10:30 P.M.. I did not when any of the www.powerball.com numbers. I could have bought a big thick juicy steak for the same ten bucks. However, a friend told me not to eat too much red meat. CIO

02/22/17 Wednesday 7:00 P.M. I heated and ate a 18.8 ounce can of Campbell's New England clam chowder light that I seasoned with dried parsley and ground black pepper and garlic powder and Italian seasoning, and I ate it with a toasted bagel with Smart Balance spread and a 12 ounce glass of diet Fresca. CIO

02/22/17 Wednesday 6:30 P.M. I threw out the garbage. The older elevator is still broken. I went downtown to CVS, and I picked up a prescription. I went to my 2:30 P.M. appointment. After my 2:30 P.M. appointment, I walked the entire length of Greenwich Avenue and the train station area. I chatted with a friend. I sat out at various locations. I used the bathroom at the Senior and the Arts Center. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I also bought five \$2 Powerball tickets for tonight's drawing which is about \$450 million. I toured the Apple store and Winston Florists. I used the bathroom at CVS. I finished my walk, and I returned home, and I picked up the mail. I chatted with a relative. I ordered for a relative two for \$11.99 each of <http://www.ebay.com/itm/NEW-Schultz-All-Purpose-10-15-10-Plant-Food-Plus-8->

ounce-Liquid-Fertilizer-/151919545267?hash=item235f1c4bb3:g:HYAAOSwLVZVnDK-
for \$23.98 total with free shipping that the relative will repay me for. CIO

02/22/17 Wednesday 12:35 P.M. I went through <http://scott-mike.com/bf.htm> . I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. I have a 2:30 P.M. appointment. CIO

02/22/17 Wednesday 11:10 A.M. I woke up at 11 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

02/22/17 Wednesday 3:50 A.M. I woke up at 3 A.M.. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I went through <http://scott-mike.com/bf.htm> . I will now try to go back to bed. CIO

02/22/17 Wednesday 1:40 A.M. I will now go to bed. I have a 2:30 P.M. appointment today, so I have to be up at 11 A.M.. CIO

02/22/17 Wednesday 1:35 A.M. From www.snapfish.com , I ordered two sets of 17 pictures for \$3.41 each set with one set going to a relative. CIO

02/22/17 Wednesday 1:10 A.M. Pictures of my Amarillo plant <http://scott-mike.com/am/> . CIO

02/22/17 Wednesday 12:50 A.M. http://travel.aarp.org/articles-tips/articles/info-2016/train-trips-photo.html?cmp=EMC-DSO-NLC-TRVL-TRAVEL--MCTRL-022117-TS1-1902167&ET_CID=1902167&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I=#slide1

Visit a cheaper warm hotel in San Antonio, Texas https://www.groupon.com/deals/ga-bk-wyndham-san-antonio-riverwalk-12?p=3&utm_source=groupon_getaways_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20170221&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=getaways_deal&utm_campaign=059dad1d-2455-414d-9c86-b06bc00c0842_0_20170221

https://www.reaganfoundation.org/programs-events/events-calendar/big-band-dinner-and-dance-a-tribute-to-the-big-band-era/?j=1905809&e=mikescot@optonline.net&l=306_HTML&u=50650061&mid=7210265&jb=577

https://www.nytimes.com/2017/02/19/your-money/who-are-the-richest-of-the-rich.html?emc=edit_th_20170221&nl=todaysheadlines&nlid=46729&r=0 CIO

02/22/17 Wednesday 12:30 A.M. I ate a ham and Swiss cheese sandwich on 15 grain whole wheat toasted bread with Hellmann's mayonnaise and Dijon mustard and Golds horseradish and Italian spices and ground black pepper and extra virgin olive oil with Utz wavy potato chips and a Kosher dill pickle slice and a 12 ounce glass of diet Fresca. CIO

02/21/17 Tuesday 11:55 P.M. The older building elevator is still broken in my building. I threw out the garbage. I went by the Stop and Shop. I bought six various bagels for \$2.94, a 48 ounce Smart Balance spread for \$6.99, organic bananas for .79 a pound for \$2.34 and .40 can return for \$11.87 total. I then went downtown. They are doing night time street electrical repair across from Ralph Lauren. I chatted with two relatives. I walked the entire length of Greenwich Avenue and the train station area starting with upper Greenwich Avenue first. I stopped by CVS, and I bought three Nature's Valley oat clusters cereal 15.5 ounce for \$2.99 each and two 14.5 ounce Chef Boyardee ravioli for \$1 each for \$10.97 total. After walking lower Greenwich Avenue I sat out for a while watching Starbucks close. I then check the mileage from 16 Old Track Road to the front of the Greenwich Train station, and it is just over a half mile with sidewalks the whole way. However, there is not a street sign for Old Track Road, just a sign for McDermott Paint. I then went back by the Stop and Shop. I bought a quart of Dannon Vanilla yogurt for \$2.99, an eight pack of large eggs expire April 1, 2017 for \$1.49, a 16 ounce Frank's Hot Sauce for \$3.79, a 8 ounce Gray Poupon course mustard for \$3.59, two 9 ounce Brachs spicy jelly beans for \$1.50 and .19 tax for \$15.05 total. I then returned home, and I put away my groceries. CIO

02/21/17 Tuesday 7:15 P.M. I rested some more until 7 P.M.. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I will go downtown. Two of my Amarillo flowers are in full bloom and it has a third flower about to bloom and two or three more flowers will come out of another bud soon. They are yellow and pink. CIO

02/21/17 Tuesday 4:15 P.M. I went to bed after the last note. I woke up around 4 A.M., and I ate a 12 ounce glass of 50% punch and 50% diet Fresca. I chatted with a friend at 8 A.M.. The friend is going to visit Newport, Rhode Island. I chatted with a relative at 2:30 P.M.. I finally woke up at 4 P.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

02/21/17 Tuesday 1:15 A.M. <https://www.jenreviews.com/quinoa/> CIO

02/21/17 Tuesday 12:50 A.M. I ate 11 small Snickers candy bars. I rested until 12:30 A.M.. I heated and ate a 15 ounce can of Chef Boyardee spaghetti and meatballs which I seasoned with garlic powder, ground black pepper, Italian seasoning, and Frank's red hot

barbecue sauce, and I ate it all with a toast onion bagel with Smart Balance spread and a 12 ounce glass of diet Fresca. CIO

02/20/17 Monday 9:55 P.M. \$99.99 <http://www.bestbuy.com/site/hisense-32-class-31-5-diag--led-720p-hdtv-black/5613203.p?skuId=5613203> add filler such as \$4.99 <http://www.bestbuy.com/site/dynex-2-way-coaxial-splitter-silver/8448567.p?skuId=8448567> for over \$100 and see if one can get \$25 off \$100 with Visa Check Out. CIO

02/20/17 Monday 9:45 P.M. I rested some more until 9:30 P.M.. CIO

02/20/17 Monday 7:10 P.M. I chatted with a relative. CIO

02/20/17 Monday 7:00 P.M. I woke up at 6:30 A.M.. I chatted with a relative. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese on top of it and a toasted onion bagel with Smart Balance spread and a 12 ounce diet Fresca. CIO

02/20/17 Monday 3:40 P.M. I went to my 2 P.M. appointment early. After my appointment, I sat outside downtown at the Senior and the Arts center observing the Holiday shoppers. I then returned home. I chatted with a neighbor. The older of the two elevators in the building is broken. I will now rest a while. CIO

02/20/17 Monday 12:10 P.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I will then go downtown for my 2 P.M. appointment. CIO

02/20/17 Monday 11:05 A.M. I chatted with a friend and a relative at 8 A.M.. I finally woke up at 11 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

02/20/17 Monday 3:45 A.M. I rested until 12:30 A.M.. I watched the more recent version of Disney "Around the World in 80 Days". I ate a bag of microwave popcorn. I will now go to bed. I have to be awake at 11 A.M. to make it to my 2 P.M. appointment. CIO

02/19/17 Sunday 11:15 P.M. \$79 with \$70 off https://www.microsoftstore.com/store/msusa/en_US/pdp/NuVision-TM800W610L-Signature-Edition-Tablet/productID.5078216000?icid=gm_fy17_pres_PC_modF_NuVision8Win10. CIO

02/19/17 Sunday 11:05 P.M. Earlier I went through <http://scott-mike.com/bf.htm>. Not much happening in this neck of the woods of greater southwestern Connecticut on the border with New York State which seems to make all of the money. I washed the breakfast dishes earlier. CIO

02/19/17 Sunday 11:00 P.M. <http://kuow.org/post/what-will-happen-when-mount-rainier-erupts>

<http://www.smithsonianmag.com/smart-news/volcano-maybe-killed-neanderthals-stirring-once-again-180961549/>

<http://www.infowars.com/the-most-dangerous-mountain-in-the-united-states-what-would-happen-if-mt-rainier-erupted/>

<https://www.science.gov/topicpages/m/mount+rainier+volcano.html>

https://volcanoes.usgs.gov/volcanoes/mount_rainier/ CIO

02/19/17 Sunday 10:50 P.M. I heated and ate a 17 ounce Pacific organic chicken and wild rice soup which I put ground black pepper on, and I ate it with a toasted onion bagel with Smart Balance spread and a 12 ounce glass of diet Fresca. CIO

02/19/17 Sunday 10:00 P.M. I watched "Victoria". Tomorrow is the Presidents' Holiday. However, I have a 2 P.M. appointment scheduled. CIO

02/19/17 Sunday 8:55 P.M. Some of the J Loft apartment prices in Greenwich
http://www.realtor.com/realestateandhomes-detail/16-Old-Track-Rd_Greenwich_CT_06830_M30307-87450 . CIO

02/19/17 Sunday 8:40 P.M. I washed the breakfast dishes. I rested some more until 8:30 P.M.. CIO

02/19/17 Sunday 7:10 P.M. I went back to bed until 6:30 P.M.. I chatted with a friend and two relatives. I ate four small Snickers bars. CIO

02/19/17 Sunday 4:00 P.M. I woke up drank a 12 ounce glass of 50% punch and 50% diet Fresca. I chatted with a friend at 8 A.M.. I finally woke up at 4 P.M., and I chatted with a relative. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 02/19/17

02/19/17 Sunday 12:55 A.M. I watched the second half of "Alexander". I will now send out my weekly notes. I will then go to bed. CIO

02/18/17 Saturday 11:25 P.M. I ate a toasted onion bagel with Smart Balance spread and a glass of cold filtered water. CIO

02/18/17 Saturday 11:10 P.M. https://www.nytimes.com/2017/02/17/world/europe/london-smog-air-pollution.html?emc=edit_th_20170218&nl=todaysheadlines&nid=46729&r=0

<http://www.cassioburycourt.com/>

<http://www.cassioburycourt.com/article/89/cannabis-legalisation-in-the-uk-a-cost-benefit-analysis-%5binfo%5dgraphic>

CIO

02/18/17 Saturday 10:35 P.M. I picked up the mail. I threw out the garbage. I went by the Chase Bank ATM at Deerfield Place. I went by the Stop and Shop. I bought 6 onion bagels for \$2.94, a 59 ounce Simply Orange orange juice with calcium for \$3 and a five quart box of Stop and Shop powdered milk for \$7.39 for \$13.33 total. I then went downtown. I chatted with a relative. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS, and I bought buy one 10.59 ounce bag of Snickers candy bars get two free for \$4.99 and .32 tax for \$5.31 total. I used the bathroom at CVS. Sitting on the bench at the top of Greenwich Avenue, I ate about 14 tiny Snickers candy bars. I then returned to CVS, and I bought buy one 10.59 ounce bag of Snickers candy bars get two free for \$4.99 and .32 tax for \$5.31 total again. After I finished my walk, I went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8 of self service V-Power premium gasoline for \$3.439 a gallon for 2.326 gallons at odometer reading of 114787 miles for 26.4 miles driven since Saturday February 11, 2017 for 11.35 miles per gallon in local traffic. I then returned home. I will now heat two White Castle cheeseburgers for a minute in the microwave and eat them with a glass of cold filtered water. CIO

02/18/17 Saturday 6:45 P.M. I went through <http://scott-mike.com/bf.htm> . I chatted with a relative. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown. CIO

02/18/17 Saturday 5:55 P.M. I went back to bed until 5:30 P.M.. I chatted with a relative. I am watching the President Trump rally on www.foxnews.com . CIO

02/18/17 Saturday 3:05 P.M. I woke up at 2:30 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

02/18/17 Saturday 1:25 A.M. I watched the first half of "Alexander". I ate a bag of microwave popcorn. I drank at 12 ounce glass of 50% punch and 50% diet Fresca. I will now go to bed. CIO

02/17/17 Friday 11:05 P.M. http://volcano.si.edu/reports_weekly.cfm CIO

02/17/17 Friday 10:45 P.M. I put away the clean laundry. CIO

02/17/17 Friday 10:10 P.M. For local living <http://www.rent.com/connecticut/greenwich-apartments/jlofts-greenwich-4-100060827> and <http://www.jhousegreenwich.com/j-lofts.html> . CIO

02/17/17 Friday 10:05 P.M. <http://www.jhousegreenwich.com/> in Greenwich, Connecticut is suppose to be where all of the high tech people gather in the evening. However, one needs a car to get there. CIO

02/17/17 Friday 10:00 P.M. I have a younger relative that works for <https://www.algolia.com/> . I could be their East Coast office. CIO

02/17/17 Friday 9:50 P.M. I went through <http://scott-mike.com/bf.htm> . I ate a 11.5 ounce Swedish meatballs with a toasted onion bagel with Smart Balance spread and a 12 ounce glass of diet Fresca.

02/17/17 Friday 9:20 P.M. I have 55 minutes to go on two dry cycles. CIO

02/17/17 Friday 8:50 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of laundry, and I have 15 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. The Amarillo is just beginning to open up with two flowers. Maybe I could go downtown to Winston Florist and sell it. I picked up the mail. I got my return Christmas letter from <https://www.royal.uk/> , so we know the are still over there in Jolly Old England. CIO

02/17/17 Friday 7:35 P.M. I washed the breakfast dishes. Possibly if one is hard up on Greenwich Avenue, one could try pan handling from the cocktail hour crowd at the East End restaurant at the bottom of Greenwich Avenue. Particularly if some guy is picking up a girl and a had a few too many, he might not want to appear cheap. One would probably have to dress down for such an adventure. CIO

02/17/17 Friday 7:05 P.M. I rested some more until 7 P.M.. I chatted with a relative at 5 P.M.. I will now east a toasted onion bagel with Smart Balance spread. CIO

02/17/17 Friday 2:00 P.M. I woke up at 2 P.M., and I ate a toasted bagel with Smart Balance spread. I finally woke up at 1:45 P.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/16/17 Thursday 11:50 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

02/16/17 Thursday 11:40 P.M. Trump family history <http://www.esquire.com/news-politics/a49247/search-for-trump-grave/> . CIO

02/16/17 Thursday 11:25 P.M. This is the beautiful downtown Greenwich, Connecticut harbor hotel. It has a beautiful view of the Sewer Plant, but it is in a nice local neighborhood <http://delamar.com/greenwich/> . CIO

02/16/17 Thursday 11:20 P.M. <https://www.gatesnotes.com/2017-Annual-Letter> . CIO

02/16/17 Thursday 11:05 P.M. I ate another toasted bagel with Smart Balance spread and a glass of cold filter water. CIO

02/16/17 Thursday 10:15 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

02/16/17 Thursday 9:15 P.M. I ate a 15 ounce can of heated Hormel chili without beans seasoned with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, and Frank's red hot barbecue sauce and a toasted bagel with Smart Balance spread and a 12 ounce glass of diet Fresca. CIO

02/16/17 Thursday 8:45 P.M. I threw out the garbage. I went to my 4:30 P.M. appointment early. After my 4:30 P.M. appointment, I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I chatted with a relative. I chatted with cosmetician next to Saks Fifth Avenue. I stopped by CVS, and I bought buy one get one free of CVS 500 mg. Vitamin C 250 capsule for \$10.79 both bottles. I chatted with the Swedes at the Lexington Shop. I chatted with a local walker retrieving discarded security equipment from the closed Running store at the top of Greenwich Avenue. I chatted with the Egyptian at AT&T. I found a large Vermont coffee mug. I chatted with guy with ear loops at the CFCF coffee shop. I bought an Ace's High scratch card for a dollar at Zen Stationary, and I lost. I bought a Ace's High scratch card at the Greenwich Cigar store for a dollar, and I lost. I sat out for a while in front of the Senior and the Arts center for a while. Also the new Grand restaurant is closed for remodeling. A local walker told me the bright star in the western sky this time of year is the planet Venus. I then went to the Stop and Shop. I chatted with a Checkoslovakian. I bought six onion bagels for \$2.94. I then returned home, and I picked up the mail. CIO

02/16/17 Thursday 2:20 P.M. I rested some more until 2 P.M.. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. I will then go downtown. I have a 4:30 P.M. appointment. CIO

02/16/17 Thursday 11:10 A.M. I woke up at midnight, and I ate a toasted bagel with Smart Balance spread. I finally woke up at 10:45 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/15/17 Wednesday 10:35 P.M. I watched "The Three Musketeers". I ate a bag of microwave popcorn. I will now shut down the primary work computer, and I will wait to go to bed. CIO

02/15/17 Wednesday 8:25 P.M. http://travel.aarp.org/articles-tips/articles/info-2017/hawaiian-cruise.html?cmp=EMC-DSO-NLC-RSS-TRAVEL-GOODLIFE-CTRL-021517-P5-1884055&ET_CID=1884055&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I= CIO

02/15/17 Wednesday 7:40 P.M. I chatted with a relative. I ate a toasted bagel with Smart Balance spread and a glass of cold filtered water. CIO

02/15/17 Wednesday 6:50 P.M. I threw out the garbage. I went by the Stop and Shop, I bought six various bagels for \$2.94 and .30 can return for \$2.64 total. I then went by the Greenwich Library, and I chatted with a reference librarian. I then returned back home to Chez Mike's. CIO

02/15/17 Wednesday 4:45 P.M. I ate a 9 ounce Stouffers orange chicken with a 12 ounce glass of diet Fresca. A false pull cord alarm is going off. I threw out the garbage. I picked up the mail. I will now make my bed. I will then go downtown to Green Witch Avenue. CIO

02/15/17 Wednesday 4:10 P.M. I chatted with a friend. CIO

02/15/17 Wednesday 3:40 P.M. With the \$8 cash I found downtown recently that makes \$50 total cash I have found in downtown Greenwich in 33 years, since I returned off Nantucket. CIO

02/15/17 Wednesday 3:40 P.M. <https://www.expatistan.com/price/cocktail/new-york-city> . \$15 for a cocktail in the Big Apple. CIO

02/15/17 Wednesday 3:30 P.M. <http://www.greenwichtime.com/news/article/After-near-miss-German-shepherd-tries-to-win-10932480.php>

02/15/17 Wednesday 3:30 P.M. American spy ship
"[https://en.wikipedia.org/wiki/USNS_Kingsport_\(T-AG-164\)](https://en.wikipedia.org/wiki/USNS_Kingsport_(T-AG-164))" CIO

02/15/17 Wednesday 3:25 P.M. I chatted with a friend. CIO

02/15/17 Wednesday 3:05 P.M. When I went down to Washington D.C. in February 1983 after I finished the garage apartment in Plandome Manor, Long Island, I had a little extra money. I had cocktails at <http://www.1789restaurant.com/> , where I met Dr. John Gillespie who was Lyndon Johnson's heart surgeon. He had gone to school at Carnegie Melon and designed Georgetown Medical Center and was designing other hospitals. I was staying at the Dutch Inn which is now the <http://www.thegrahamgeorgetown.com/> , and he told me it

was a flop house, so he had me move to the more expensive <http://www.georgetowninn.com/> which was next to a bakery that claimed to bake two million croissants everyday. Dr. Gillespie claimed that Washington D.C. is the most powerful city in the world which from my perspective I sort of doubt. Georgetown looked a historical Greenwich Village area. I did see the new indoor shopping mall in Georgetown. Dr. Gillespie did not like the fact that I was wearing a Brooks Brother's brown New Zealand leather bomber jacket that I had just bought in Manhattan for half price for \$250, and thought a sports jacket would have been more appropriate attire. I think I have made two visits since. Washington D.C. is an older historical town steeped in history but not too glamorous with all of its Indiana Limestone Federal buildings. Back then even the new www.fbi.gov building was surrounded by pornography shops. When I drove around D.C. on July 3, 1976 coming from Greenville, South Carolina, I noticed the buildings around embassy row were more architecturally pleasing. When I flew back from Ronald Reagan's 1981 inaugural from National airport, it was on the Boeing 727 www.time.com magazine jet to Westchester Country airport that some local Greenwich friends gave me a free ride on. The last time I was in Washington D.C. it was a zero degree Fahrenheit morning, when this picture was taken <http://scott-mike.com/mlsdc.jpg>. George H.W. Bush was away in Argentina, so it was not very busy. I think when one visits Washington D.C. if one has money, one has to think in terms of history and what one does. In my poorer days, when I was hitchhiking down to Florida or driving, I would stop by Dulles International Airport for a pit stop. I once got a ride around Washington D.C. coming north in a crab and clam truck which I thought was sort of interesting, since I was headed to www.nantucket.net. CIO

02/15/17 Wednesday 2:10 P.M. I woke up at 2 P.M.. Earlier, I received a call from a friend that I was too tired to answer. CIO

02/15/17 Wednesday 11:00 A.M. I went through <http://scott-mike.com/bf.htm>. I went downstairs, and I chatted with neighbors, and I sat outside briefly. I signed my redetermination papers for the Greenwich Housing Authority Section 8. I will now rest some more. I need to buy some more bagels today. CIO

02/15/17 Wednesday 8:50 A.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. Recently I have been sleeping 14 hours a day or slightly less. I guess the ageing process has finally caught up with me. I have noticed a lot of older people seem a bit grumpy, when one chats with them in public. It is probably because they are a bit deaf. CIO

02/15/17 Wednesday 7:30 A.M. I chatted with a friend at 10 A.M.. I woke up about midnight, and I ate 10 rosemary and extra virgin olive oil triscuits with 1 inch by 1.25 inch by 3/16th inch slices of Westminster cheddar cheese on them. Later I ate a toasted bagel with Smart Balance spread with a glass of cold filtered water. I finally woke up at 6 A.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/14/17 Tuesday 9:05 P.M. I will now shut down the primary work computer. I will then go to bed. I have to be up at 7 A.M. to sign my redeterminations papers for the Greenwich Housing Authority in the Community Room downstairs at 10 A.M.. CIO

02/14/17 Tuesday 8:50 P.M. <http://www.gltrust.org/> CIO

02/14/17 Tuesday 8:40 P.M. I ate a 14 ounce Stouffers chicken enchilada with a toasted bagel with sesame seeds with Smart Balance spread and a 12 ounce glass of diet Fresca. CIO

02/14/17 Tuesday 7:40 P.M. I threw out the garbage. I sat out for a while downtown. I got to go early to my 5:30 P.M. appointment at 5 P.M.. I then went downtown to the busier Greenwich Avenue area. I walked lower Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$2. I chatted with the Tesla dealership. I chatted with the Apple store. I told them women frequently talk too much and frequently do not know that much. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by the Norwegian sports shop just east of the Greenwich Train station. They have a lot of weight room equipment like I use for physical fitness. I still enjoy walking more. I chatted with a regular at Starbucks. There were a lot of people having cocktails at the bottom of Greenwich Avenue at the East End Bar. I then returned home. All quiet on the western front. CIO

02/14/17 Tuesday 3:40 P.M. If one looks at <http://scott-mike.com/computer.htm> , one gets a good idea about how much all of my computer equipment has cost. CIO

02/14/17 Tuesday 3:35 P.M. I will now go downtown to wait around a bit until my 5:30 P.M. appointment. CIO

02/14/17 Tuesday 3:35 P.M. I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction_input?qtC_tLabels1=9205599799660150879691 on the order for http://www.bestbuy.com/site/searchpage.jsp?st=Logitech+-+MK570+Comfort+Wave+Wireless+Keyboard+and+Optical+Mouse&_dyncharset=UTF-8&id=pcat17071&type=page&sc=Global&cp=1&nrp=&sp=&qp=&list=n&af=true&iht=y&usc=All+Categories&ks=960&keys=keys for \$34.99 and \$6.99 shipping and \$2.67 tax for \$44.65 total arrived. I am not really keen on throwing away a lot of my older computer equipment, since I starved myself and economized over 25 years to afford it. I would rather try to put some of it to good used. CIO

02/14/17 Tuesday 3:10 P.M. I was inspected by the Greenwich Housing Authority. The inspector took some pictures. The inspector thinks I should downsize some of my computer equipment. However, nobody wants my older computer equipment. I guess I have to wait to see what happens next. CIO

02/14/17 Tuesday 1:25 P.M. I chatted with a relative. I went through <http://scott-mike.com/bf.htm> . CIO

02/14/17 Tuesday 12:25 P.M. I chatted with a relative. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. I have the Section 8 inspector inspecting my apartment at 2:15 P.M.. I have another appointment downtown at 5:30 P.M.. CIO

02/14/17 Tuesday 11:30 A.M. I woke up at 11:15 A.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

02/13/17 Monday 11:15 P.M. I ate a toasted bagel with bird seed on it with Smart Balance spread and a glass of cold filtered water. I will now go to bed. CIO

02/13/17 Monday 11:00 P.M. <http://www.greenwichtime.com/local/article/Greenwich-may-be-heading-for-permanent-water-10924650.php> CIO

02/13/17 Monday 10:50 P.M. I watched "End Day". CIO

02/13/17 Monday 9:35 P.M. Tracking is [https://tools.usps.com/go/TrackConfirmAction input?qt_c_tLabels1=9205599799660150879691](https://tools.usps.com/go/TrackConfirmAction_input?qt_c_tLabels1=9205599799660150879691) on the order for <http://www.bestbuy.com/site/searchpage.jsp?st=Logitech+-MK570+Comfort+Wave+Wireless+Keyboard+and+Optical+Mouse&dyncharset=UTF-8&id=pcat17071&type=page&sc=Global&cp=1&nrp=&sp=&qp=&list=n&af=true&iht=v&usc=All+Categories&ks=960&keys=keys> for \$34.99 and \$6.99 shipping and \$2.67 tax for \$44.65 total.

Steak https://www.groupon.com/deals/statler-grill-8?p=1&utm_source=newsletter_im&utm_medium=email&t_division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20170213&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=deal-page&utm_campaign=bc11aec4-5a58-49b4-8eca-c3e895a14891_0_20170213_treatment1 CIO

02/13/17 Monday 9:10 P.M. I heated and ate a 18.8 ounce can of Campbell's New England clam chowder lite that I seasoned with dried parsley and ground black pepper, and I ate it with a toasted bagel with hemp seed with Smart Balance spread and a 12 ounce glass of diet Fresca. Tomorrow at 2:15 P.M., the Section 8 apartment inspector is going to inspect my apartment. I also have an appointment at 5:30 P.M.. CIO

02/13/17 Monday 8:35 P.M. I threw out the garbage. I went downtown, and I stopped by the Stop and Shop, and I bought six bagels with hemp seed for \$2.94. I then went downtown. Tonight from 10 P.M. to tomorrow at 6 A.M., they are going to be cleaning the snow off Greenwich Avenue, so nobody can park there. I chatted with a relative and a friend. The friend checked with a local travel agent, and it is now \$3,500 for a hotel on the

beach in Puerto Rico for a week. Round trip airfare there is \$700. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I toured the Apple store. Their stock was a big gainer today. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by CVS, and I bought three 18.8 ounce cans of Campbell's New England clam chowder for \$1.50 each a 18.8 ounce can of Campbell's sirloin burger with vegetables and noodles for \$1.50 for \$6 total. On the way down Greenwich Avenue, I stopped by CVS again, and I used the bathroom. I clean the snow off the bench on the north side of the veterans monument. I then returned home. I picked up the mail. CIO

02/13/17 Monday 4:45 P.M. I will now make my bed. I will then shower and clean up. I will then go downtown to see all of my glorious fans. CIO

02/13/17 Monday 4:25 P.M. I washed the breakfast dishes. I will now bottom fish <http://scott-mike.com/bf.htm> . CIO

02/13/17 Monday 4:10 P.M. I rested some more until 4 P.M.. CIO

02/13/17 Monday 12:55 P.M. I woke up at 1 A.M., and I ate a toasted bagel with Smart Balance spread. I went back to bed until 12:30 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/12/17 Sunday 10:40 P.M. I watched "Victoria", and the I watched part of a program about historical royal dress. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt, and then I will go to bed. CIO

02/12/17 Sunday 8:15 P.M. This is my four slice bagel toaster <http://www.100market.net/product/rowenta-to-912-4-slice-toaster-pearl/> . I got it from the 70% off rack at the Greenwich Hardware store for about \$30 many moon ago. I think I just saw Steven Hawking being wheeled by at www.liveduvalstreet.com/ . CIO

02/12/17 Sunday 8:05 P.M. I ate a toasted bagel with Smart Balance Spread and a glass of cold filtered water. I chatted with a relative twice. CIO

02/12/17 Sunday 7:30 P.M. As I have said many times before, I am descended from the Dutch Boven family that arrived in the United States of America in 1842 in Holland, Michigan making me half Dutch on my mother's side, and I am one fourth English on my father's side from the Gard family that arrived in York, Maine in 1640, and one fourth Scottish from the Scott family on my father's side that arrived from Scotland and settled in West Pennsylvania in 1723 and went on to North Carolina, Kentucky, and finally Illinois where my Grandfather Scott lived. CIO

02/12/17 Sunday 7:20 P.M. <https://www.scott-sports.com/global/en/country> CIO

02/12/17 Sunday 7:05 P.M. Scottish Roots

http://blog.ctnews.com/greenwichtime/sponsoredarticles/adv/?prx_t=s4wCA9lgMAXEENA&ntv_fr CIO

02/12/17 Sunday 7:05 P.M. I ate a 16 ounce Maria Callender mushroom chicken pot pie with a 12 ounce glass of diet Fresca. I guess I am more affluent today living off of disability income than in the period from 1973 to 1983, when I was a dishwasher and traveling around the country to other areas. When I was traveling around the country when gasoline was 59 cents a gallon, I could not afford to eat at fast food restaurants, so I would go into the grocery stores along the road and buy Colby cheese, yogurt, and orange juice which was my main diet. Of course back then I was half my current weight and was at 135 pounds. Well, Ronald Reagan got elected, but I could not even afford a television to see what he was doing in the White House. I just knew bits and pieces from the discarded New York Times that I saw lying around. Now that I am fully informed with the internet and www.foxnews.com all of my extra disability income is going to pay for communications as opposed to better food and lifestyle. CIO

02/12/17 Sunday 6:25 P.M.

http://info.forbes.com/CM_EM_170212_FRB_FBC_Billionaire-Secrets-Download-Page.html?k=EM_170212_FRB

https://www.nytimes.com/2017/02/09/world/europe/netherlands-prisons-shortage.html?emc=edit_th_20170212&nl=todaysheadlines&nid=46729&r=0 CIO

02/12/17 Sunday 6:15 P.M. I put the new 16 GB microSD card in the Digital 2 tablet. The old one is broken. I chatted with a friend and a relative. CIO

02/12/17 Sunday 5:25 P.M. I threw out the garbage in the garbage chute. I picked up the mail from yesterday. CIO

02/12/17 Sunday 4:40 P.M. I ordered

<http://www.bestbuy.com/site/searchpage.jsp?st=Logitech+-+MK570+Comfort+Wave+Wireless+Keyboard+and+Optical+Mouse&dyncharset=UTF-8&id=pcat17071&type=page&sc=Global&cp=1&npr=&sp=&qp=&list=n&af=true&iht=y&usc=All+Categories&ks=960&keys=keys> for \$34.99 and \$6.99 shipping and \$2.67 tax for \$44.65 total. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. CIO

02/12/17 Sunday 3:35 P.M. I woke up at noon. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. I chatted with a relative. I rested some more until 3 P.M.. I chatted with another relative. I will now eat a toasted bagel with Smart Balance spread. CIO

End of Scott's Notes week of 02/12/17

02/12/17 Sunday 12:50 A.M. I watched "Witness for the Prosecution". I ate a bag of microwave popcorn. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

02/11/17 Saturday 10:25 P.M. I ate a toasted bagel with Smart Balance spread. CIO

02/11/17 Saturday 9:50 P.M. I ate a ham and Swiss cheese sandwich on 15 grain whole wheat toasted bread with Hellmann's mayonnaise and Dijon mustard and Golds horseradish and Italian spices and ground black pepper and extra virgin olive oil with Utz wavy potato chips and a Kosher dill pickle slice and a 12 ounce glass of diet Fresca. CIO

02/11/17 Saturday 9:20 P.M. I threw out the garbage. I went by the Stop and Shop. I bought two one gallon containers of linen scented bleach for \$2.99 each, six seeded and onion bagels for \$2.99, a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$3.69, a 64 ounce container of Welch's grape juice for \$3.99, a 64 ounce container of Ocean Spray cranraspberry juice for \$2.79 less .50 can return, and organic bananas for .79 a pound for \$1.71 for \$20.60 total. I then went to CVS, and I bought buy one 250 count CVS antacid extra strength chewable berry flavor pills for \$8.79 and the second one for \$4.39 for \$13.18 total. I then sat out for a while in front of the senior and the arts center. I chatted with a relative. It was not too busy downtown. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8 of self service V-Power premium gasoline for \$3.439 a gallon for 2.325 gallons at odometer reading of 114761 miles for 30.7 miles driven since Saturday February 4, 2017 for 13.205 miles per gallon in local traffic. I then returned home, and I put away my purchases. CIO

02/11/17 Saturday 6:50 P.M. I made up a fresh batch of punch. CIO

02/11/17 Saturday 6:35 P.M. I went through <http://scott-mike.com/bf.htm> . I will now wash the breakfast dishes. I will then make my bed. I will then shower and clean up. I will then go downtown. CIO

02/11/17 Saturday 5:35 P.M. I went back to bed until 5:30 P.M.. CIO

02/11/17 Saturday 1:30 P.M. I woke up at 1:15 P.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/10/17 Friday 10:15 P.M. I ate a bowl of goldfish crackers. I will now try to go to bed or rest for a while. CIO

02/10/17 Friday 10:05 P.M. <http://www.metropolitan-touring.com/> Galapagos cruises CIO

02/10/17 Friday 9:45 P.M. I ate 10 rosemary and extra virgin olive oil triscuits with 1 inch by 1.25 inch by 3/16th inch slices of Westminster cheddar cheese on them. CIO

02/10/17 Friday 9:30 P.M. <https://www.facebook.com/WhiteHouse/>

http://nyfw.com/schedule-february-9-2017?utm_source=nyfw&utm_campaign=020817&utm_medium=email New York Fashion Week

http://volcano.si.edu/reports_weekly.cfm . CIO

02/10/17 Friday 9:10 P.M. I watched "Star Men". I ate a bag of microwave popcorn. CIO

02/10/17 Friday 6:40 P.M. I threw out the garbage. I picked up the mail. The older elevator is broken. CIO

02/10/17 Friday 6:25 P.M. I ate a 11.5 ounce Swedish meatballs with 8 ounces of potato salad and a 12 ounce glass of diet Fresca. I chatted with a relative. CIO

02/10/17 Friday 4:40 P.M. The Verizon web page now shows I can get caller ID for \$13.99 a month. However, Amazon has already cancelled the Call Blocker. If I should decide that I need it, I can always pay the extra \$20 for the Call Blocker. I chatted with a friend. CIO

02/10/17 Friday 4:10 P.M. Unfortunately to get Verizon caller ID, one also has to get call waiting with both being about \$26 a month, so I cancelled the call blocker at Amazon. I chatted with a friend. I will now wash the breakfast dishes. CIO

02/10/17 Friday 3:20 P.M. I bought a telephone call blocker for \$79.99 with free shipping https://www.amazon.com/gp/product/B0191XMBV2/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&linkCode=as2&tag=dealcatcher I went through <http://scott-mike.com/bf.htm> . CIO

02/10/17 Friday 2:45 P.M. Snow on the beach in Kennebunk
<http://www.kennebunkportbeachwebcam.com/>

Nantucket Beach Video <https://www.youtube.com/watch?v=8so7QUD29Xc&t=10s>

Nantucket web cams <http://nantucket.net/photos/web-cams.php> . CIO

02/10/17 Friday 2:30 P.M. I went back to bed until 2:20 P.M.. CIO

02/10/17 Friday 10:55 A.M. I chatted with a friend at 6 A.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and

a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/09/17 Thursday 10:50 P.M. I will now try to go to bed for the rest of the night, or maybe I will just rest a while. CIO

02/09/17 Thursday 10:30 P.M. I chatted with a friend. I watched "Shakespeare, the Legacy". I ate a bag of microwave popcorn. CIO

02/09/17 Thursday 8:20 P.M. Trickle Charge System \$12.49
https://flash.newegg.com/Product/9SIA0XA1C19626?icid=WP_23_02072017 . CIO

02/09/17 Thursday 8:05 P.M. I chatted with a relative. CIO

02/09/17 Thursday 7:35 P.M. I renewed my Domain Name registration and protection <http://scott-mike.com/> for \$63.97 for another year starting in mid May 2017.

<http://store.britannica.com/products/copy-of-1768-encyclopaedia-britannica-replica-set>
 CIO

02/09/17 Thursday 6:55 P.M. I heated and ate 9 ounces of Perdue boneless breast of white meat chicken short cuts with Frank's red hot barbecue sauce on the chicken and a baked potato with Smart Balance spread and extra virgin olive oil and a 12 ounce glass of diet Fresca. CIO

02/09/17 Thursday 6:10 P.M. I chatted with a relative. CIO

02/09/17 Thursday 5:55 P.M. I threw out the garbage down the garbage chute. There was no mail today. I dressed up warmly, and I cleaned about five inches of snow off my Volvo wagon, so it is good to go whenever I need to go out. CIO

02/09/17 Thursday 4:50 P.M. Alas the democrats have taken all of their money and headed to Key West <http://www.liveduvalstreet.com/> . With all of the saloons in Key West, there are a lot of people from New Orleans that run them. For family fun, there is always <https://verobeach.disney.go.com/> . CIO

02/09/17 Thursday 4:45 P.M. I had two no person telephone calls which makes four for today. I chatted with a friend. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. CIO

02/09/17 Thursday 3:50 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

02/09/17 Thursday 3:35 P.M. We supposedly have had eight inches of snow so far. CIO

02/09/17 Thursday 3:20 P.M. I went back to bed until 3 P.M.. CIO

02/09/17 Thursday 12:05 P.M. I went back to bed until 9 A.M.. I chatted with a friend and a relative. I had three telemarketing calls including the National Rifle Association <https://home.nra.org/> which offered me a five year membership for a discount \$140. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/09/17 Thursday 6:10 A.M. I will now go back to bed. CIO

02/09/17 Thursday 5:35 A.M. I chatted with a neighbor. I put away the clean laundry. CIO

02/09/17 Thursday 5:05 A.M. I went through <http://scott-mike.com/bf.htm> . There are still no cheap bargains. CIO

02/09/17 Thursday 4:35 A.M. I ate a toasted onion bagel with Smart Balance spread and a glass of cold filtered water. CIO

02/09/17 Thursday 4:15 A.M. I have 55 minutes to go on two dry cycles. CIO

02/09/17 Thursday 3:50 A.M. I woke up at 3 A.M.. I put clean linens on the bed. I started two loads of wash, and I have 15 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. The Amarillo plant has two buds on it that soon will be flowers. CIO

02/08/17 Wednesday 8:55 P.M. I will now shut down the primary work computer, and I will eat a toasted bagel with Smart Balance spread, and I will go to bed. CIO

02/08/17 Wednesday 8:50 P.M. <http://iavcei2017.org/>

<https://www.reaganfoundation.org/store/portraits-of-courage-by-george-bush/c-24/p-2378>

<https://www.reaganfoundation.org/> CIO

02/08/17 Wednesday 8:20 P.M. I ate a 9 ounce Evol steak dinner with 8 ounces of potato salad and a 12 ounce glass of diet Fresca. CIO

02/08/17 Wednesday 8:00 P.M. I threw out the garbage. I went downtown. I sat out for a while in front of the Senior and the Arts Center. I then went to my 2:15 appointment. I then went back downtown, and I sat out for a while at the Senior and the Arts Center. I used the bathroom there. I found a five dollar bill and three one dollar bills for \$8 total. I chatted with a friend. I walked down to Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I walked upper Greenwich Avenue. I stopped by CVS, and I bought two 14.5 ounce Chef Boyardee meatballs and spaghetti for \$1 each and a 24 ounce Mott's apple sauce for \$1.99 for \$3.99 total. I finished my walk, and I sat out for

a while more downtown. I then went by the Acme grocery store. I bought two 16 ounce cans of Del Monte white creamed corn for \$1 each, two 16 ounce cans of Del Monte green beans for \$1 each, a 12 ounce jalapeno and cheddar Cheez-its for \$2.50, two 11.5 ounce Stouffer's Swedish meatballs for \$2.57, a Tropicana pineapple for \$1.99, a pint of Reser everything potato salad for \$3.99, and four onion bagels for .59 each for \$19.98 total. I then returned home. A neighbor needed a ride to CVS on West Putnam Avenue, so I gave him a ride. While he was shopping, I bought seven 3 package boxes of Movie Theatre microwave popcorn a \$1 each box less a \$1 off CVS coupon for \$6 total. I then bought two 9 ounce Evol steak dinners for \$3.50 each for \$7 total. I chatted with a local business person. I chatted with a relative. I noticed on the lower first floor down parking level, by the elevators, they have three electric car charging stations. I took my neighbor home, and I helped him get his groceries in the building. I picked up the mail. The order with tracking of

<https://www.newegg.com/Info/TrackOrder.aspx?Trackingnumber=4200683092748901015478100021542831> on the order for a 16 GB microSD card for \$5.99 with free shipping

<https://www.newegg.com/Product/Product.aspx?Item=N82E16820211742&ignorebbr=1> arrived. I was told by a neighbor between tonight and Saturday, we are suppose to get 12 to 18 inches of snow. This says 7 to 11 inches of snow

<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WJu9dtHbi71> and this 8 to 14 inches of snow

<http://www.greenwichtime.com/weather/article/Major-winter-storm-is-headed-our-way-10916821.php> . CVS on West Putnam Avenue has snow shovels. Today I cancelled my 6:30 P.M. appointment tomorrow. I noticed on the community room door, the appointment to sign the redetermination papers has been changed to next Wednesday

February 13, 2017 between 10 A.M., and 11:30 A.M.. Snow removal <http://casesnow.com/>

. I ate a toasted onion bagel with Smart Balance spread and a glass of cold filtered water. I chatted with a relative a couple of times. CIO

02/08/17 Wednesday 11:30 A.M. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up, and I will then go downtown. I have a 2:15 P.M. appointment today. CIO

02/08/17 Wednesday 9:40 A.M. I woke up at 9:30 A.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/07/17 Tuesday 8:15 P.M. I watched the rest of the www.foxnews.com interview with President Trump. Apparently he works from 5 A.M. to 1 A.M.. I think he should take a nap in the afternoon. I ate a bag of microwave popcorn. I will now shut down the primary work computer, and I will go to bed. CIO

02/07/17 Tuesday 7:40 P.M. <http://travel.aarp.org/articles-tips/articles/info-2016/samantha-brown-travel-survival-tips-video.html?cmp=EMC-DSO-NLC-TRVL-TRAVEL--MCTRL-020717-TS1F->

1861941&ET_CID=1861941&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

https://www.nytimes.com/2017/02/06/technology/personaltech/windows-10-automatic-restart.html?emc=edit_th_20170207&nl=todaysheadlines&nid=46729&r=0 CIO

02/07/17 Tuesday 7:25 P.M. I finished watching "Knowing". CIO

02/07/17 Tuesday 5:45 P.M. I chatted with a relative. CIO

02/07/17 Tuesday 5:15 P.M. <http://www.cnn.com/2017/02/07/health/dalai-lama-humor-how-you-can-have-it-too/index.html> . CIO

02/07/17 Tuesday 5:10 P.M. I am just about to eat a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. CIO

02/07/17 Tuesday 4:55 P.M. <http://www.greenwichtime.com/policereports/article/Elderly-NY-man-victim-of-accident-cops-10914622.php> . CIO

02/07/17 Tuesday 4:50 P.M. I chatted with a neighbor. CIO

02/07/17 Tuesday 4:40 P.M. I chatted with a friend. I picked up the mail. I saw the building custodian ending his day. CIO

02/07/17 Tuesday 3:55 P.M. I chatted with a local walker. CIO

02/07/17 Tuesday 3:15 P.M. I ate two 3 ounce White Castle cheeseburgers with a glass of cold filtered water. CIO

02/07/17 Tuesday 3:00 P.M. Live like a Mafia godfather
<http://www.theoldhomesteadsteakhouse.com/> CIO

02/07/17 Tuesday 2:50 P.M. <https://www.washingtonian.com/2015/11/05/the-10-best-steakhouses-in-washington-dc/> CIO

02/07/17 Tuesday 2:25 P.M. I ate here a couple of times when it was Lucas' steak house
<http://gabrielesofgreenwich.com/> . On can no longer buy Trump steaks.
https://www.amazon.com/Freehawk-Election-Democrats-Republicans-Hilarious/dp/B01H742KRW/ref=sr_1_2?ie=UTF8&qid=1486495086&sr=8-2&keywords=trump+steaks . CIO

02/07/17 Tuesday 2:10 P.M. If one is rich in this area, one can go eat a bite of a cow at
<http://www.chuckssteakhouse.com/> , and they no longer are in Darien, but they are in Danbury
<http://www.chucksdanbury.com/dinner.htm> . A New York Rib Eye Steak is

currently \$7.99 a pound at the Acme grocery store. I threw the garbage down the chute. CIO

02/07/17 Tuesday 1:30 P.M. I went through <http://scott-mike.com/bf.htm> . They are getting three to five inches of snow in Kennebunkport, Maine this afternoon <http://www.kennebunkportbeachwebcam.com/> . Check out their menu <http://www.alissons.com/> . I will now make my bed. I will then shower and clean up. It is raining here today. CIO

02/07/17 Tuesday 1:00 P.M. I washed the breakfast dishes. CIO

02/07/17 Tuesday 12:30 P.M. I went back to bed until 12:15 P.M.. CIO

02/07/17 Tuesday 8:10 A.M. I woke up at 8:00 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell.

https://twitter.com/POTUS?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor

<https://twitter.com/POTUS> CIO

02/06/17 Monday 8:25 P.M. I watched President Trump's interview on www.foxnews.com . I will now shut down the primary work computer, and I will go to bed. CIO

02/06/17 Monday 7:50 P.M. I watched episode 4 of "Victoria". I watched part of "Knowing". I ate a bag of microwave popcorn. CIO

02/06/17 Monday 6:00 P.M. I chatted with a relative. CIO

02/06/17 Monday 5:50 P.M. I heated and ate 9 ounces of Perdue boneless breast of white meat chicken short cuts with Frank's red hot barbecue sauce on the chicken and a 9 ounces of deli potato salad and a 12 ounce glass of diet Schweppes Ginger Ale. CIO

02/06/17 Monday 5:25 P.M. Tracking is <https://www.newegg.com/Info/TrackOrder.aspx?Trackingnumber=4200683092748901015478100021542831> on the order for a 16 GB microSD card for \$5.99 with free shipping <https://www.newegg.com/Product/Product.aspx?Item=N82E16820211742&ignorebbr=1> .

https://www.groupon.com/deals/vanderbilt-museum-2?p=11&utm_source=crm_im_Merchandising&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20170206&uu=b0d984ba-1234-11e4-9921-

00259060b5be&CID=US&tx=0&s=body&c=deal-button-11_Merchandising&d=deal-page&utm_campaign=22381830-375e-4931-a6d3-013998aa982b_0_20170206_CIO

02/06/17 Monday 4:55 P.M. I went to my 2:30 P.M. appointment. After my appointment, I sat out for a while in front of the Senior and the Arts Center. I chatted with a relative. It was not too busy downtown today. I returned home. I sat outside for a while. I picked up the mail. The order with tracking of [https://tools.usps.com/go/TrackConfirmAction_input?qtC_tLabels1=9400109699939636870930&ppid=PPX000875&cnac=US&rsta=en_US\(en_AR\)&cust=&unptid=27617a4c-e62d-11e6-a69f-441ea1470e54&t=&cal=29dda5cbb2e5f&calc=29dda5cbb2e5f&calF=29dda5cbb2e5f&unp_tpcid=email-shipping-notification-buyer&page=main:email&pgrp=main:email&e=op&mchn=em&s=ci&mail=sys](https://tools.usps.com/go/TrackConfirmAction_input?qtC_tLabels1=9400109699939636870930&ppid=PPX000875&cnac=US&rsta=en_US(en_AR)&cust=&unptid=27617a4c-e62d-11e6-a69f-441ea1470e54&t=&cal=29dda5cbb2e5f&calc=29dda5cbb2e5f&calF=29dda5cbb2e5f&unp_tpcid=email-shipping-notification-buyer&page=main:email&pgrp=main:email&e=op&mchn=em&s=ci&mail=sys) on the order for http://www.bonanza.com/listings/ZIPPO-CIA-Lighter-New-in-Box-Rare-raised-emblem-Free-Shipping-/405902469?st_id=43055751 for \$39.60 with free shipping arrived. The www.cia.gov lighter is brand new, and still sealed like it has never been used. I know the original United States of America intelligence agents after the American Revolution were tobacco buyers and sellers around the world, since the old U.S.A. produced a lot of tobacco. Alas, I don't smoke anymore for health reasons. CIO

02/06/17 Monday 1:30 P.M. Golf Shoes \$46 <http://www.ebay.com/itm/New-Balance-NBG574-Mens-Microfiber-Leather-Golf-Shoes-/291952039574?trkparms=5373%3A0%7C5374%3AFeatured%7C5079%3A6000000632>

I went through <http://scott-mike.com/bf.htm> . I chatted with a relative. I will now head out to my 2:30 P.M. appointment. CIO

02/06/17 Monday 12:40 P.M. I heated and ate a 18 ounce Campbell's New England clam chowder lite with dried parsley and 10 broken saltine crackers added and a 12 ounce glass of diet Fresca. CIO

02/06/17 Monday 12:20 P.M. I threw out the garbage. I went downtown to the Chase Bank at Deerfield Place. I then went by the Wells Fargo Bank at the Stop and Shop shopping center, and I paid my rent to the Greenwich Housing Authority. I then went downtown. I walked lower Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I used the bathroom at the Senior and the Arts Center. I returned home. CIO

02/06/17 Monday 9:05 A.M. I rested some more until 8:45 A.M.. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. I will then go downtown. CIO

02/06/17 Monday 6:05 A.M. I chatted with a friend. http://blog.ctnews.com/greenwichtime/sponsoredarticles/adv/?prx_t=O48CAkk0MAUkEN A Snow in Lake Tahoe. CIO

02/06/17 Monday 5:50 A.M. I woke up at 9:30 P.M., and I ate a toasted bagel with seeds with Smart Balance spread and a glass of cold filtered water. The Superbowl was tied and going into overtime. I went back to bed until 5:30 P.M.. New England won the Superbowl. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with seeds with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/05/17 Sunday 8:40 P.M. I am a little bit tired after all of my walking today. I will now shut down the primary work computer and turn off the televisions, and I will go to bed. I have a 2:30 P.M. appointment tomorrow. CIO

02/05/17 Sunday 8:05 P.M. I ate a 11.5 ounce Stouffer's Swedish meatballs and 9 ounces of potato salad and a 12 ounce glass of diet www.coke.com. I have a small TV to the right of the primary work computer, so I can watch part of the superbowl while doing some regular computer work. Being on a night schedule most of my life, I am not used to watching televised sports. Tomorrow Monday February 6, 2017 is Ronald Reagan's 106th birthday <https://www.reaganfoundation.org/>. The last time I was in Cayo Hueso during the winter of 1982, I met somebody that looked like Ronald Reagan that lived with somebody that looked like George H.W. Bush in an old Air Stream trailer next to the Boca Chica Air Naval Station. The man that looked like Ronald Reagan like raking white gravel in the lawn of the Fogarty House were Cliff Robertson and Dina Merrill liked having a drink at the Cabana bar. The bartender was named Michael, and he also worked at the Gordon Folger in Nantucket or maybe it was Le Languedoc in Nantucket. I think he worked as a baker in Nantucket. CIO

02/05/17 Sunday 7:25 P.M. I threw out the garbage. I chatted with a couple of neighbors. I went downtown to CVS on Greenwich Avenue. I bought two 12 packs of 12 ounce cans of diet Fresca and one 12 pack of 12 ounce cans of diet Canada Dry Ginger Ale for \$10 and \$1.80 can deposit for \$11.80 total. I then bought two 2.72 ounce garlic powder for \$1 each, two .75 ounce Italian seasoning for \$1 each and two 1.5 ounce ground black pepper for \$1 each for \$6 total. I then went further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped Zen Stationary, and I bought an Ace's High scratch card, and I won another scratch card that I lost on. I toured the Apple store. I toured the Starbucks store. I chatted with Vineyard Vines. I toured the CVS store, and I used the bathroom. On a dumpster, I found three DVD videos in their cases. They are "On the backroads Province", "National Geographic, Inside Shock and Awe", and "The First Wives Club". I sat out for a while after finishing my walk. During my walk, I chatted with a relative and two friends. I then went to the Acme grocery store. I bought buy one get two free of six packs of Thomas' English muffins for \$4.39 all three, four 11.5 ounce Stouffer's Swedish meatballs for \$2.57 each, two 12 ounce grilled Perdue chicken strips for \$2.98 each, potato salad for \$3.99 a pound for \$4.55, and two bagels with seeds for .69 each for \$26.56. I then returned home. I used my little folding cart to bring up the soda. I chatted with a neighbor who if his bets on the Super

Bowl win, he is taking off on a road trip to Florida. I chatted with a relative. I am watching the Superbowl which sort of interferes with my regular work. CIO

02/05/17 Sunday 2:00 P.M. I ate a 14 ounce Stouffer's chicken enchilada with a 12 ounce glass of diet Schweppes Ginger Ale. I will now make my bed. I will then shower and clean up. I guess I will then go downtown and walk around Green Witch Avenue for all that it is worth. I guess nobody will recognize me with my new short hair cut. CIO

02/05/17 Sunday 1:25 P.M. It is a warmer winter up north. There is no snow at the beach in Kennebunkport, Maine <http://www.kennebunkportbeachwebcam.com/>. Alas all of the rich unemployed democrats are drinking alcohol down at <http://www.liveduvalstreet.com/>. CIO

02/05/17 Sunday 1:20 P.M. I filled out the Greenwich Housing Authority redetermination form, and I copied the supporting documentation. I submit it in the community room this Thursday February 9, 2017 between 10 A.M. and 11:30 A.M.. CIO

02/05/17 Sunday 12:55 P.M. There are no bargains from Asia today at <http://scott-mike.com/bf.htm>. I think most of these telemarketing telephone call we get anymore are from Asia through the internet. It seems they record other people's telemarketing messages, and when one presses 1 for a person, they get on the line from Asia to launch their scams. CIO

02/05/17 Sunday 12:20 P.M. I rested some more until noon. CIO

02/05/17 Sunday 10:30 A.M. I washed the breakfast dishes. CIO

02/05/17 Sunday 10:10 A.M. I rested some more until 10 A.M.. CIO

02/05/17 Sunday 8:20 A.M. I woke up at 8 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. One does not need a beach pass at the beach this time of year, and one can walk dogs through March 30, 2017. However, it is a \$125 fine according to big sign, if one does not use a leash. I noticed at the Stop and Shop on West Putnam Avenue that in the clearance section they have three retractable dog leashes. CIO

End of Scott's Notes week of 02/04/17

02/04/17 Saturday 7:10 P.M. I ate another toasted bagel with seeds with Smart Balance spread and a glass of cold filtered water.

My www.eversource.com electricity bill for January 2017 was \$180.25 for 989 kWh for 35.32 kWh per day over 28 days with an average temperature of 35.7 degrees Fahrenheit. For January 2016 , it was \$209.51 for 1081 kWh for 37.28 kWh per day for 29 days with an average temperature of 34.7 degrees Fahrenheit.

http://volcano.si.edu/reports_weekly.cfm

https://www.nytimes.com/2017/02/02/world/europe/paris-turns-to-flower-growing-toilet-to-fight-public-urination.html?emc=edit_th_20170203&nl=todaysheadlines&nid=46729&r=0

<http://www.greenwichlibrary.org/greenwich-reads-together/>

https://www.nytimes.com/video/us/100000004906483/hawaiian-volcano-pours-lava-into-pacific-ocean.html?emc=edit_th_20170202&nl=todaysheadlines&nid=46729

<https://gltrust.org/donate/business-partners/>

I will now send out my weekly notes. I will eat another toasted bagel with seeds and Smart Balance spread. I will then go to bed. CIO

02/04/17 Saturday 6:00 P.M. I threw out the garbage. I drove over to Old Greenwich, and I went by the Chase branch there, and then I went to the <https://thehaircutplace.co/> in Old Greenwich, and I got my hair cut short for \$28 and \$5 tip for \$33 total. I then walked over to the Rummage Room thrift shop, but it closes at 1 P.M. on Saturday. I checked out the bagel shop, but it was busy. I toured the front of CVS. I drove around Tod's Point. I then went by Staples in Old Greenwich. I bought five USB 2.0 five port PCI cards from the clearance section for \$1 each and .32 tax for \$5.32 total. I then drove back to central downtown Greenwich Avenue. I chatted with a relative and a friend. I walked the upper Greenwich Avenue, and I sat out at various locations. I stopped by CVS, and I bought 10 three ounce Bumble Bee sardines for \$1 each, and two 12 ounce Gold Emblem hazelnut coffee for \$4.99 each for \$19.98 total. I then bought buy one get one 50% off of CVS athletes foot cream one ounce for \$12.49 and \$6.24 for \$18.73 total. I then finished my walk. I then went by the Stop and Shop, and I bought two 12 packs of Orrville Rickenbacher butter popcorn for \$3 each, a 45 ounce Smart Balance spread \$6.99, and four bagels with seeds for .69 each for \$15.75 total. I then went by Putnam Shell at 401 West Putnam Avenue, and I bought \$12 of self service V-Power premium gasoline for \$3.439 a gallon for 3.488 gallons at odometer reading of 114730 miles for 55.1 miles driven since Wednesday January 25, 2017 for 15.798 miles per gallon in local traffic. I then returned home. I picked up my mail. I got my rent statement from the Greenwich Housing Authority, and I also got my redetermination form. The LG tablet case https://www.amazon.com/Leather-Case-TOOGOO-Fashion-Folding/dp/B01KTET93A/ref=sr_1_24?ie=UTF8&qid=1484752886&sr=8-24&keywords=lg-v400+case for \$4.28 total that I don't need arrived from China. I ate a toasted bagel with Smart Balance spread. I chatted with a relative. CIO

02/04/17 Saturday 11:50 A.M. I heated and ate a 14.5 ounce Chef Boyardee spaghetti and meatballs meal which I ate with potato chips and a glass of cold filtered water. From what I can figure out, the Superbowl is on tomorrow on Fox Channel 5 at 6:30 P.M.. Since it is on channel 5, one does not need Cable TV. CIO

02/04/17 Saturday 11:10 A.M. I chatted with a relative. I guess I will go downtown, once I clean up. CIO

02/04/17 Saturday 10:40 A.M. I bought a 16 GB microSD card for \$5.99 with free shipping <https://www.newegg.com/Product/Product.aspx?Item=N82E16820211742&ignorebbbr=1> . I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

02/04/17 Saturday 10:10 A.M. I saw this truck downtown the other day <http://www.truffaseedco.com/> . Lots of Wild Bird Seed for your bird friends. CIO

02/04/17 Saturday 9:50 A.M. I rested some more until 9:30 A.M.. CIO

02/04/17 Saturday 6:35 A.M. I woke up at 6:15 A.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/03/17 Friday 5:50 P.M. <http://www.bbc.com/news/uk-38851097>
<http://www.bbc.com/news/world-europe-38860907>

I will now shut down the primary work computer, and I will go to bed. CIO

02/03/17 Friday 5:30 P.M. I chatted with a relative. CIO

02/03/17 Friday 5:20 P.M. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with Frank's red hot barbecue sauce, 10 ounces of steamed Brussels sprouts flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil, and a 12 ounce glass of diet Fresca. CIO

02/03/17 Friday 4:45 P.M. I threw out the garbage. I went by the Acme grocery store. I bought a 2.5 ounce Thai Kitchen spring onion soup for \$2.19 and bananas for .69 a pound for .90 and .65 can return for \$2.44 total. I went downtown, and I sat out for a while downtown. I then went to my 1:30 P.M. appointment. While waiting, I chatted with a relative. I then went back downtown. I walked the upper Greenwich Avenue area. www.hobbs.com from England is opening a store just south of Betteridge Jewelers. Saks has opened one of its two boutique stores across from Saks, and another one is under construction. I stopped by CVS, and I bought two 20 bag boxes of Cosy chamomile tea for

\$2.99 each box for \$5.98 total. After my walk, I sat out downtown for a while. I used the bathroom at the Senior and the Arts center. I then went by the Stop and Shop. I bought two 14 ounce Stouffer's chicken enchiladas meals for \$2.24 each and a five quart package of Stop and Shop powdered milk for \$7.39 for \$11.87 total. I then returned home. I picked up the mail. The order with tracking of <https://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=4200683092748901015478100021391194&type=4> on the order for [https://www.newegg.com/Product/Product.aspx?Item=N82E16833122616&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=528373](https://www.newegg.com/Product/Product.aspx?Item=N82E16833122616&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)-na-na-na&cm_sp=&AID=10446076&PID=404255&SID=528373) desktop for \$17.99 with coupon code "EMCRBCG39" with free shipping arrived. The <https://slickdeals.net/f/9677920-hanes-ecosmart-men-s-or-women-s-christmas-fleece-sweatshirts-5-each-more-free-s-h>, I ordered <https://slickdeals.net/f/9677920-hanes-ecosmart-men-s-or-women-s-christmas-fleece-sweatshirts-5-each-more-free-s-h> in 2XL for \$4.99 with free shipping with coupon code "SHIPJANFREE" and .32 tax for \$5.31 total. Also 10% off with "TAKETEN" was canceled. I received a letter from the Greenwich Housing Authority that I will have my section 8 inspection on February 14, 2017 at 2:15 P.M.. CIO

02/03/17 Friday 11:15 A.M. I will now dress up warmly and go out downtown for my 1:30 P.M. appointment. CIO

02/03/17 Friday 11:10 A.M. Catch a Wave <http://abc7.com/weather/cams/laguna-beach/> CIO

02/03/17 Friday 11:05 A.M. Poor Man's Paradise <http://www.liveduvalstreet.com/>. CIO

02/03/17 Friday 10:50 A.M. I took a 10.25 ounce can of Campbell's condensed mushroom soup, and I put it in a plastic microwave pot with lid, and I added ten ounces of milk, and I seasoned it with garlic powder, ground black pepper, and Italian seasoning, and I microwaved it for five minutes on power level 60%. I ate it in a large cobalt blue soup bowl with ten broken saltines in it and a 12 ounce glass of cold filtered water. I have a 1:30 P.M. appointment today. CIO

02/03/17 Friday 9:20 A.M. Dell 27 inch monitor \$140 https://www.neweggbusiness.com/Product/Product.aspx?Item=9B-24-260-488&nm_mc=KNC-GoogleBiz-PC&cm_mmc=KNC-GoogleBiz-PC-pla-Monitors+-LCD+Flat+Panel-9B-24-260-488&gclid=COTEzoaO9NECFYKKswod3dQFDg with free shipping. On the Chinese flashlights, I was able to insert the small key ring tether into the small base hole using the end of a paper clip and wrapping it through the loop. CIO

02/03/17 Friday 8:20 A.M. <https://www.gatesnotes.com/About-Bill-Gates/A-Conversation-with-Warren-Buffett>

Round trip Seattle to Shanghai \$447 <https://www.fatwallet.com/forums/hot-deals/1552413>

I washed the breakfast dishes. I went through <http://scott-mike.com/bf.htm> . I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. Ronald Reagan's birthday is February 6 <https://www.reaganfoundation.org/> . The <https://www.greenwichhospital.org/> has a coffee shop, where one can get lunch for about \$10. Asia Noodle soup for \$2 <https://jet.com/product/Simply-Asia-Noodle-Soup-Bowl-Sesame-Chicken-25-oz/8dcb5f2515e24d34bd10ad71d45234f8> . CIO

02/03/17 Friday 7:40 A.M. I rested some more until 7 A.M.. I put a AA alkaline battery in each of the small Chinese flashlights. One installs the key ring tether by wrapping it around the threads of the battery insert. CIO

02/03/17 Friday 5:15 A.M. I woke up at 5 A.M.. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/02/17 Thursday 5:25 P.M. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

02/02/17 Thursday 5:00 P.M. I chatted with a friend. I ate a rotisserie chicken leg and thigh and wing and three 1/4 inch thick slices of white breast meat and other white breast meat with Frank's red hot barbecue sauce, 12 ounces of steamed Brussels sprouts flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and a baked potato with Smart Balance spread and extra virgin olive oil, and a 12 ounce glass of diet Fresca. CIO

02/02/17 Thursday 4:15 P.M. I went downtown to CVS on Greenwich Avenue. I put two quarters in the parking meter in front of Chipoltes, and it did not work. I put a piece of paper in the coin slot saying it was broken. At CVS, I picked up a prescription. I bought buy one get one 50% off of 81 mg. 200 capsule Bayer aspirin for \$12.49 and \$6.24 for \$18.73 total. I then went further downtown, and I sat out for a while. I then went to my 1:30 P.M. appointment. After my 1:30 P.M. appointment, I went back downtown. I walked lower Greenwich Avenue and the train station area. I stopped by the Apple store. At the Greenwich Cigar store, I bought an Ace's High scratch card for a dollar, and I lost. I sat out for a while after my walk. I then went by the Stop and Shop. I bought a rotisserie chicken for \$4.99, a 12 ounce bag of Brussels sprouts for \$2.50, two 7 ounce National Westminster cheddar cheese for \$2.99 each, and a baking potato for .99 a pound for .85 for \$14.32 total. I then returned home. I picked up the mail. The order with tracking of <http://webtrack.dhlglobalmail.com/?trackingnumber=420068309241999996333666295538> on the order for \$3.99 and .25 tax for \$4.24 with free shipping <http://www.ebay.com/itm/Buckingham-Palace-Official-Souvenir-Guide/142106245593?trksid=p2047675.c100005.m1851&trkparms=aid%3D222007%26algs%3DSIC.MBE%26ao%3D1%26asc%3D20150604093004%26meid%3Dbccbb6f2cc7245dd9e743c3dbe5524c0%26pid%3D100005%26rk%3D1%26rkt%3D6%26sd%3D3718282>

22271&rt=nc arrived. The order for two for \$1.49 each https://flash.newegg.com/Product/9SIA67038T2853?icid=WP_6_01122017 for \$2.98 total arrived from China. The Taylor Graham gallery <http://www.taylorandgraham.com/> is now on the second floor of the new building on the bottom of Greenwich Avenue on the east side.

Snow removal <http://casesnow.com/>. CIO

02/02/17 Thursday 11:35 A.M. I will now make my bed. I will then head out early to my 1:30 P.M. appointment. I probably will sit downtown a while before going to the appointment. CIO

02/02/17 Thursday 11:25 A.M. I woke up at 10 A.M.. I finished watching "The Impossible". CIO

02/02/17 Thursday 8:30 A.M. I have a 1:30 P.M. appointment today. I will now rest some more. CIO

02/02/17 Thursday 7:35 A.M. I am back from my 7 A.M. appointment. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will also eat a honeybell. CIO

02/02/17 Thursday 6:05 A.M. I started watching "The Impossible". I will now shower and clean up. I have a 7 A.M. appointment. CIO

02/02/17 Thursday 5:40 A.M. I put away the clean laundry. CIO

02/02/17 Thursday 4:15 A.M. I have 55 minutes to go on two dry cycles.

https://www.iflymagazine.com/EN_US/february-2017?utm_content=US_EN&utm_campaign=ifly55&utm_medium=mail&utm_source=Initial_55&&WT.i_vid=59129346 CIO

02/02/17 Thursday 3:45 A.M. Happy Ground Hogs Day. I woke up at 3 A.M.. I put clean sheets on my bed. I started two loads of wash, and I have fifteen minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. The Amarillo that I bought for Christmas 2015 as a clearance item for \$3 at the Stop and Shop looks like it might be getting ready to bloom. The box was a red and white flower. CIO

02/01/17 Wednesday 5:10 P.M. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

02/01/17 Wednesday 5:05 P.M. I ate a ham and Swiss cheese sandwich on 15 grain whole wheat toasted bread with Hellmann's mayonnaise and Dijon mustard and Golds

horseradish and Italian spices and ground black pepper and extra virgin olive oil with potato chips and a Kosher dill pickle slice and a 12 ounce glass of diet Fresca. CIO

02/01/17 Wednesday 4:30 P.M. I threw out the garbage. I went downtown to CVS. I bought two 14 ounce boxes of Kashi almond clusters cereal for \$2.99 each for \$5.98 total. I then went to my 2 P.M. appointment early. After my 2 P.M. appointment, I sat out downtown for a while. I then returned home. I picked up the mail. The order with tracking of https://tools.usps.com/go/TrackConfirmAction?qt_c_tLabels1=9449009699938137662961 on the order for <http://www.ebay.com/itm/The-Greenwich-Country-club-100-Years-History-1892-1992-Greenwich-Conn-/332104519622?hash=item4d52f8cfc6:g:D70AAOSwnHZYirhI> for \$18 and \$5 shipping for \$23 total arrived. CIO

02/01/17 Wednesday 12:20 P.M. I will now head out to my 2 P.M. appointment. CIO

02/01/17 Wednesday 12:15 P.M. <http://www.bbc.com/news/science-environment-38825330> Volcano action in Hawaii. CIO

02/01/17 Wednesday 12:05 P.M. I watched "Putin's Hidden Treasure". It was in French. CIO

02/01/17 Wednesday 11:05 A.M. I chatted with a relative. CIO

02/01/17 Wednesday 10:45 A.M. Thai onion noodles
https://www.amazon.com/dp/B000GZWDNG/ref=dra_a_cs_mr_hn_xx_P3097_100?tag=dradisplay-20&ascsubtag=959976f2a1a3f14b4669d59d71d92abd_S. CIO

02/01/17 Wednesday 10:45 A.M. WiFi extender \$22
https://flash.newegg.com/Product/9SIA6PF37R9438?icid=WP_11_01262017 CIO

02/01/17 Wednesday 10:30 A.M. I ate three 3 ounce Perdue chicken patties with 12 ounces of steamed Brussels sprouts flavored with Lowry's seasoned salt, garlic powder, ground black pepper, Italian seasoning, Smart Balance spread, grated parmesan and Romano cheese, and extra virgin olive oil and a 12 ounce glass of diet Fresca. CIO

02/01/17 Wednesday 9:45 A.M. I have a 2 P.M. appointment today. CIO

02/01/17 Wednesday 9:45 A.M. Snow at the beach up north
<http://www.kennebunkportbeachwebcam.com/>. CIO

02/01/17 Wednesday 9:05 A.M. <http://blog.ctnews.com/propertyrounds/2014/03/03/a-bit-about-the-rockefellers-history-in-greenwich/>

<http://www.greenwichtime.com/news/article/Rockefeller-family-holdings-shrinking-in-Glenville-5280896.php>

<http://www.nytimes.com/1986/09/14/nyregion/end-of-the-era-for-lavish-estates.html>

<http://www.vanityfair.com/news/2006/07/greenwich200607> CIO

02/01/17 Wednesday 8:20 A.M. Tracking is

<http://webtrack.dhlglobalmail.com/?trackingnumber=420068309241999996333666295538>

on the order for for \$3.99 and .25 tax for \$4.24 with free shipping

http://www.ebay.com/itm/Buckingham-Palace-Official-Souvenir-Guide/142106245593?_trksid=p2047675.c100005.m1851&_trkparms=aid%3D222007%26aligo%3DSIC.MBE%26ao%3D1%26asc%3D20150604093004%26meid%3Dbccbb6f2cc7245dd9e743c3dbe5524c0%26pid%3D100005%26rk%3D1%26rkt%3D6%26sd%3D37182822271&rt=nc CIO

02/01/17 Wednesday 8:15 A.M. I went through <http://scott-mike.com/bf.htm> . I will now make my bed. I will then shower and clean up. CIO

02/01/17 Wednesday 7:40 A.M. I threw out the garbage. I cleaned an inch of snow and ice off my Volvo wagon. Fox Business news said that Bill Gates will be a Trillionaire in 25 years if he lives that much longer. CIO

02/01/17 Wednesday 6:40 A.M. I rested some more until 6:30 A.M.. CIO

02/01/17 Wednesday 3:50 A.M. I printed out the two copies of the January 2017 Microsoft Money Sunset Income versus Spending report, and I used a stamp to mail one copy to a relative. I mailed the envelope in the mail room downstairs. CIO

02/01/17 Wednesday 3:35 A.M. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$179, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$79 for premium Cable TV. However that includes \$55 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

02/01/17 Wednesday 3:05 A.M. I watched part of "The Giver", and I ate bag of microwave popcorn. A neighbor knocked on my door at 2 P.M.. I chatted with a friend a 5 P.M. and a relative at 7:30 P.M.. I also had the usual telemarketing calls which are quite annoying. I finally woke up at 2:50 A.M.. CIO

03/31/17 Friday 11:00 P.M. http://volcano.si.edu/reports_weekly.cfm

I watched episode 1 of "The Hatfields and the McCoys". I went outside twice. I will now shut down the primary work computer, and I will go outside, and then I will go to bed. CIO

03/31/17 Friday 8:20 P.M. I heated and ate 12 ounces of Purdue short strips white boneless breast of chicken meat with a baked potato with Smart Balance Spread and a 12 ounce glass of diet Fresca. I will now go outside briefly. CIO

03/31/17 Friday 7:45 P.M. I rested until 7 P.M.. I chatted with a relative. I went outside briefly. CIO

03/31/17 Friday 5:10 P.M. I went outside for a while. I sat in the lobby for a while. I charged up my old Apple Iphone 203-524-9074 with <https://www.h2owirelessnow.com/> with \$10 at ten cents a minutes good until June 29, 2017. I never use it, but I keep it maintained. CIO

03/31/17 Friday 4:05 P.M. I went out to my 1:30 P.M. appointment. Afterwards, I sat out downtown for a while with my green umbrella. I went by Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the www.apple.com store briefly. I then sat out in the rain some more. I then returned home, and I chatted with a neighbor. I picked up the mail.

I set up an Apple desk in the bedroom on the near empty desk. I put a second switched power strip with the better of the two Apple laptops with mouse and mouse pad connected to it. It has the Dell B1160W laser printer installed on it which also turns on from the power strip. The LAN connection is turned on by the right rear switch on the power strip by the primary work computer. I also put to the left of the Apple laptop, I have my Ipad 3 connected up and my older Apple Iphone. I put the metal apple on the desk too. CIO

03/31/17 Friday 12:25 P.M. I went outside again, and I chatted with neighbors. Sitting outside with my umbrella in the cold damp rainy weather recently has started to activate my Northern European genes which seem to be used to this weather. The weather actually wakes me up a bit as opposed to just sitting inside in the warm apartment. In watching Netflix over the recently years, I know it is cold, damp, and rainy in northern Europe, so I guess I have to get used to it. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go out to my 1:30 P.M. appointment. CIO

03/31/17 Friday 11:45 A.M. I went outside briefly. I threw out the garbage. CIO

03/31/17 Friday 10:50 A.M. I woke up at 10:30 A.M.. I went outside. I threw out the garbage. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/31/17 Friday 4:15 A.M. I ate three slices of Stop and Shop deli ham and three slices of Stop and Shop deli Swiss cheese and six ounces of potato salad and three small Kosher dill pickles and a glass of cold filtered water. Bon Soir. CIO

03/31/17 Friday 3:45 A.M. I watched part of program again about the Tsars of Russia. I went out briefly. It is raining out. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$195, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$79 for premium Cable TV. However that includes \$55 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I also paid my first payment of four on my six month www.geico.com automobile policy. I will go outside again. I will then go to bed, and I will be up at 10 A.M.. CIO

03/31/17 Friday 2:35 A.M. Even though I was homeless in Fort Lauderdale, I figured out I might have some contacts. My half sister had her deb party there in the 1950s. The oldest condo on the beach is called the Illini for University of Illinois alumni. https://en.wikipedia.org/wiki/Wayne_Huizenga family had a cottage on Lake Michigan just two doors south of my grandmother Boven's cottage. One of the Swimming Hall of Fame contractors was a Boven. Bill Barthoamew's Yacht the "Black Hawk" was at the Bahia Mar as was my mother's boy friend's yacht. Also the www.forbes.com yacht "The Highlander" was at Pier 66. However during the cold winter down there, nobody was around except a few homeless street kids. Wiley Middleton

<https://www.middletonplace.org/> built Port Everglades. He also had been the first Cadillac dealer in Manhattan and had started General Motor Acceptance corporation, so he traveled around on GM buses driven by Grey Hound. He always told me if I had nothing better to do, to try sell <http://www.cadillac.com> automobiles. At the dinner hour, there were thousands of yellow or white Cadillacs or Lincoln Continentals moving around. The Queen Elizabeth II used to show up at Port Everglades, and the Captain told me the only people that could afford the VIP suite were the Rockefellers or the Kennedys. They would off load Rolls Royce and Bentley automobiles from England headed towards Palm Beach. CIO

03/31/17 Friday 2:05 A.M. I have a 1:30 P.M. appointment today. I ate a 13 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and 8 ounces of potato salad and a 12 ounce glass of diet Fresca. I will now go outside briefly. When I go outside, I am smoking cigar cigarettes. I hope to quit smoking again soon, when my doctor prescribes the 28 mg. Nicotine patch. CIO

03/31/17 Friday 1:30 A.M. I went outside briefly. I mixed up two containers for 11 ounces each of Folger's decaffeinated coffee and 12 ounces each of Gold Emblem hazelnut coffee. Folger was Benjamin Franklin's mother's family name from www.nantucket.net. In the summer of 1977 and half the summer of 1978, I worked at the Gordon Folger Hotel on Nantucket as a \$2.15 an hour pot scrubber next to a very hot cast iron stove. They served meat loaf for dinner though. The hotel was owned by the Bowman family from Quebec as I recall. I would probably appear as the darkly tanned skinny person in the staff photos for those two summers, since I had been down homeless in Florida the previous two winters. My work those two summers does not show up on my social security record, since I was constantly threatened down in Florida, I did not use my real social security number, but a slight variation there of. Being threatened from what I know because I looked like the DEA agent from the beach in Fort Lauderdale lead me to sleeping in my 1966 Chevrolet Biscayne with the State Police parked around me on I-95, sleeping in the car at the tax free Indian reservation truck stop west of Fort Lauderdale, and camping out with my ditty bag and www.army.mil poncho around Fort Lauderdale, Boca Raton, and Key West. Alas, I don't know if any of it was true, but it seemed to me that it was. I quite frankly could not figure out why I would have any enemies, since I pretty much got along with everyone in Manhattan. CIO

I could not fill out my Connecticut Social Security Husky redetermination online, because my account is locked. I thus filled out the paper work and documentation. I went out to the central Greenwich Post Office, and I mailed it downtown. I then sat out downtown watching not too much go on at the late hour. I then went by Putnam Shell at 401 West Putnam Avenue, and I bought \$7 of self service premium V-Power gasoline for \$3.439 a gallon for 2.036 gallons at odometer reading of 114873 miles for 24.4 miles driven since Thursday March 16, 2017 for 11.985 miles per gallon in local traffic. I then by CVS at 644 West Putnam Avenue, and I bought two 15.7 ounce Nature Valley Honey Nut Clusters cereal for \$3 each for \$6 total. I then returned home. I sat outside for a while. In the old days before 1990 before personal computer and the internet, I used to go over to White Plains, New York for some disco and networking activity. Alas none of the people I ever

met bothered to keep up with me. I moved the recent paperwork from the bedroom desk to the white bureau left center drawer at the bedroom entrance. Thus the bedroom desk is mostly cleared off. CIO

03/30/17 Thursday 10:05 P.M. When I sit outside on the west side of my building overlooking the baseball field, I can see large windows over at Putnam Green which look like they have large monitors with computer games running.

<http://view.klm-mail.com/?qs=e90d8989ef0a2aeaff3b21c5db258f35ee45430f3103bb88c901de9ae75d19bbaeb16021bb1dfd7387a23db6e15a094db2d5a80bd439de81d2accd19c4d75d4962c2f1fdf38e3035>

CIO

03/30/17 Thursday 9:10 P.M. When I woke up, I made my bed, so I could move the file cabinet out of the bedroom. I just washed the breakfast dishes. I will now go outside briefly. I will then shower and clean up. CIO

03/30/17 Thursday 8:55 P.M. I chatted with a friend and a relative. I went outside briefly. CIO

03/30/17 Thursday 7:40 P.M. I chatted with a friend. I went outside briefly. I found a dollar bill, so I have been well paid for all of my work. I moved the paper work from the folding TV table to the left of the bedroom desk, and I put it on the bedroom desk to be sorted out and stored away in one of the empty drawers. I put the folding TV table in the corner where the file cabinet was. CIO

03/30/17 Thursday 7:10 P.M. I was awake until 5:30 A.M.. I ate four slices of Stop and Shop deli ham and four slices of Stop and Shop deli Swiss cheese and eight ounces of potato salad and three small Kosher dill pickles and a glass of cold filtered water. I woke up at 5 P.M.. I sat outside a while chatting with neighbors. I picked up the mail. I cleared out the file cabinet area in the bedroom, and I was able to remove the four drawer steel file cabinet without its drawers from my apartment, and I used my little cart to wheel it out to the dumpster area. In the corner where the file cabinet was, I put my spare wireless keyboards and spare toner cartridges. I put that area of the bedroom back together. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/30/17 Thursday 3:35 A.M. I watched "The Battle of Britain, the Real Story". I went outside briefly. Since pretty much everybody in the world ignores me except for my relatives, my political perspective is more of that of a Swiss Neutral, waiting to see what happens next or comes next or shows up next. I really don't know too much about the overall world situation. There do seem to be a lot of people down south in the winter, and some of them show up here in the summer. I usually only watch the www.foxnews.com, when I eat meals. They do not really tell one too much, since they seem to be mainly

focused on politics. I will now shut down the primary work computer. I will go outside briefly. I will then eat 12 ounces of Dannon vanilla yogurt, and then I will go to bed. CIO

03/30/17 Thursday 2:05 A.M. I went outside briefly. I went through <http://scott-mike.com/bf.htm> . CIO

03/30/17 Thursday 1:25 A.M. On the Westinghouse 32 inch LCD television in the bedroom, I used a three cable YnPr to hook up the Daewoo DVD and Videotape player. The remote control is a bit buggy, but the Daewoo consul buttons work just fine. Of course on has the change the Westinghouse input to YnPr. CIO

03/30/17 Thursday 12:40 A.M. I will now go outside again. I do not drive around late at night anymore, because there never seems to be anyone around. CIO

03/30/17 Thursday 12:30 A.M. When I went outside, I chatted with a neighbor. CIO

03/29/17 Wednesday 11:45 P.M. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese and 8 ounces of potato salad and a 12 ounce glass of diet Fresca. I will now go outside briefly and throw out the garbage. I will then shower and clean up. CIO

03/29/17 Wednesday 11:10 P.M. I have the 32 inch Westinghouse LCD television hooked up on the white bureau in the bedroom at the entrance to the living room coaxial cable and also wireless Netflix. I did not hook up the Daewoo VCR DVD player, but I might do that later. For some reason the bedroom cable box works just fine of the HDMI cable to the Haier 32 inch LCD television, but the coaxial cables does not work. It might be a splitter or cable, but the living room 32 in Westinghouse LCD television works fine off the bedroom cable box coaxial cable. I have both the two televisions in the living room and the two televisions in the bedroom setup, so they can each have a different cable box, so one can watch two channels at a time. I straightened up the boxes behind the television on the white bureau, and I threw out some items. I also put the spare laser toner boxes on top of the left and center hallway bookcases. CIO

03/29/17 Wednesday 9:05 P.M. I went outside, and I chatted with neighbors. I was able to throw out the 100 pound Sony 27 inch CRT television that was on the white bureau in the bedroom and the 70 pound 24 inch CRT Orion television that was on top of that. I put them out by the dumpster. I lowered each to the floor, and I rolled them out with my www.cvs.com folding wheel cart. I am a bit bushed, but mission accomplished. I will now put the 32 inch Westinghouse flat screen TV from the bedroom desk on the white bureau by the bedroom door for easier viewing. I will store computer parts boxes behind it. I chatted with a relative. CIO

03/29/17 Wednesday 7:40 P.M. I went outside, and I chatted with a neighbor. I chatted with a friend. I washed the breakfast dishes. I made my bed. CIO

03/29/17 Wednesday 6:35 P.M. Steve www.forbes.com has his left arm in a sling in a commercial on television. CIO

03/29/17 Wednesday 6:05 P.M. I went outside briefly. I chatted with a relative. CIO

03/29/17 Wednesday 5:35 P.M. I chatted with a relative about 11 A.M.. I had five telemarketing calls and three of them were the same for card holder services. One would think the government would get rid of them. I woke up at 5 P.M. I went outside. I picked up the mail. I went outside again. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/29/17 Wednesday 4:20 A.M. I watched "Can Alzheimer's be Stopped?". I went outside. I will now shut down the primary work computer. I will go outside again. I will then go to bed. CIO

03/29/17 Wednesday 3:00 A.M. I ate four slices of Stop and Shop deli ham and four slices of Stop and Shop deli Swiss cheese and eight ounces of potato salad and three small Kosher dill pickles and a glass of cold filtered water. CIO

03/29/17 Wednesday 2:35 A.M. I went outside twice. It quit raining. Today is supposed to be a nice day http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WNtPNAL_q71 . All of my friends at the Senior Center probably will be out in full force. Alas I am as usual on a night schedule. I threw out the old www.ge.com cordless telephone and the old speaker system from the bedroom desk. I put the T-Mobile router and Netgear switch with their power supplies from the bedroom desk in a grocery bag in the left lower bookcase shelf in the living room. I trimmed the golden pathos plant back which had grown too big.

!!!!!! I guess I am too old to change my ways
https://www.expatlaw.nl/dutch_american_friendship_treaty.htm , and I don't 4,500 Euros.

<http://www.dutchamericanchamber.com/>

<http://www.dutchamericanchamber.com/contact-2/> CIO

03/29/17 Wednesday 1:10 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

03/29/17 Wednesday 12:55 A.M. I watched "Hitler's Secret Attack on America". I went outside briefly. CIO

03/28/17 Tuesday 11:40 P.M. <http://view.klm-mail.com/?qs=de80a8bcfb3d98b2bcf20b4eccc4f3e789ad0dbc08b93a8546659900c3628e0b1652c66bb3475a06be2102be99de32e8b00cb4f317cb192b7da57147abdac3d8dddeae1ad1e1de2>
 2

<https://www.gcds.net/support-gcds/give-online> . CIO

03/28/17 Tuesday 11:30 P.M. I went outside briefly. CIO

03/28/17 Tuesday 11:10 P.M. I heated and ate 12 ounces of Purdue short strips white boneless breast of chicken meat with a baked potato with Smart Balance Spread and a 12 ounce glass of diet Fresca. CIO

03/28/17 Tuesday 10:05 P.M. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. I picked up a prescription. I sat out for a while downtown. I stopped by www.starbucks.com , and I chatted with a www.navy.mil veteran. I then went by the www.greenwichlibrary.org , and I chatted with two staff members. I then went by the Stop and Shop on West Putnam Avenue, and I bought four 13 ounce Marie Callender meals for \$2.50 each. Two are sweet and sour chicken. Two are chicken Alfredo. I also bought a six pack of Thomas' New York Everything bagels for \$2.99, a 59 ounce Florida Natural orange juice with calcium for \$3, a 16 ounce Stop and Shop deli sliced Swiss cheese for \$4.99, a 16 ounce Stop and Shop deli sliced honey ham for \$5.99, a 64 ounce Ocean Spray cranraspberry juice for \$2.79, a 64 ounce Welch's grape juice for \$3.99, a five quart box of powdered milk for \$7.39, a 46 ounce Red Skin potato salad for \$6.99, organic bananas for .79 a pound for \$1.52, and .30 can return for \$49.35 total. I then returned home, and I sat outside briefly. I then put away my groceries. I will now go outside again. CIO

03/28/17 Tuesday 6:50 P.M. I went outside again, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. I chatted with a friend. I will now shower and clean up, and I will go downtown. CIO

03/28/17 Tuesday 5:50 P.M. I went outside twice. I guarded the UPS truck. I chatted with a relative. CIO

03/28/17 Tuesday 5:00 P.M. Before going to bed, I ate three deli slices of honey ham and three deli slices of Swiss cheese and two small kosher pickles. I woke up at 5:30 A.M., and I went outside. I let a neighbor in. I went to bed after that. I heard the dumpster being emptied by the garbage man about 8:30 A.M.. I finally woke up at 4 P.M.. I went outside, and I picked up the mail. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/28/17 Tuesday 3:40 A.M. I went outside briefly. I will now shut down the primary work computer, and I will go to bed.

<http://www.bbc.com/news/world-australia-39409693>

<http://www.bbc.com/news/business-39409313> CIO

03/28/17 Tuesday 3:10 A.M. I ate a 17.6 ounce Pacific organic wild rice and chicken soup with ground black pepper and a 12 ounce glass of diet Fresca <http://www.fresca.com/> . CIO

03/28/17 Tuesday 2:30 A.M. I went outside, and I checked out the environment. All is quiet in the greater southwestern Connecticut area on the border with New Amsterdam. CIO

03/28/17 Tuesday 2:10 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

03/28/17 Tuesday 1:55 A.M. I moved the Peak 2 million watt rechargeable lantern from the bedroom bookcase to on top of the shelf on the Ricoh color laser printer at the kitchen entrance, and I am charging it up. CIO

03/28/17 Tuesday 1:45 A.M. I went outside for a while. I said, "Hello" to a neighbor. I moved all of my socks from the drawer in the chest along side the Ethan Allen recliner to the bottom drawer of the living room mahogany bureau. CIO

03/28/17 Tuesday 1:20 A.M. I watched episode 3 "Martin Clunes, Islands of Australia". CIO

03/28/17 Tuesday 12:25 A.M. I went outside, and I walked around the building. I chatted with a neighbor. <http://www.cnbc.com/2017/03/27/reuters-america-exclusive-ferromexs-owner-nears-deal-to-buy-florida-railway-sources.html> . CIO

03/27/17 Monday 11:55 P.M. https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=newsletter_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20170327&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=deal-page&utm_campaign=18e05b51-cbd2-491d-b587-36f4f2acbba9_0_20170327_treatment0 I will now go outside for a bit. CIO

03/27/17 Monday 11:45 P.M. I took the knit hats, gloves, mittens, and scarves that were on the www.harvard.edu chair at the hallway entrance, and I put them in the hallway closet on the middle shelf. My other Icelandic knit cap has disappeared. CIO

03/27/17 Monday 11:05 P.M. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese and 8 ounces of potato salad and a 12 ounce glass of diet Fresca. I will now go outside briefly. I will then shower and clean up. CIO

03/27/17 Monday 10:30 P.M. I moved five loads or about 650 pounds of stuff. I emptied out the drawers in the white bureau in the bedroom and the second blue and yellow Rubbermaid hamper. I put the various flags in the top drawer of the white bureau. I have a few bathing suits in the middle drawer and the bottom drawer and the Rubbermaid hamper are empty. I mostly threw out old linens and shorts and bathing suits that are too

small. I also threw out all of the old telephone equipment that was underneath the right side of the bed. I also threw out two new scientific telescope and microscope kits. Thus I have room to store some stuff in the white bedroom bureau. CIO

03/27/17 Monday 8:45 P.M. I went outside, and I chatted with neighbors a couple of times. I moved about four loads or 400 pounds of stuff out of my apartment. I cleared out a lot of the kitchen items. I also threw out the Sharp microwave oven. I put the new Frigidaire microwave on the left side of the stove. I put the small appliances and microwave cooking items on the small plastic shelf on the blue kitchen bookcase. I threw out the four aluminum containers. I threw out the plastic case file from underneath the bedroom desk. I stored the Cuisine Art coffee maker on the floor on the right side of the bedroom desk. CIO

03/27/17 Monday 6:30 P.M. I went outside twice. I chatted with a relative and a friend. I will now wash the breakfast dishes. I will then make my bed. I will then start throwing out more stuff. CIO

03/27/17 Monday 4:50 P.M. I chatted with a relative at 8 A.M.. I woke up, and I went outside at 2:30 P.M.. I went back to bed until 4:15 P.M.. I went outside again, and I picked up the mail. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/27/17 Monday 5:45 A.M. I went outside for a while. I ate a toasted bagel with Smart Balance spread and three deli slices of honey ham and three deli slices of Swiss cheese with a glass of cold filtered water.

https://www.nytimes.com/2017/03/24/us/tennessee-polk-corpse-president.html?emc=edit_th_20170327&nl=todaysheadlines&nlid=46729&r=0

https://www.nytimes.com/2017/03/26/nyregion/david-rockefeller-development-nyc.html?emc=edit_th_20170327&nl=todaysheadlines&nlid=46729

I will go outside briefly, and then I will try to go to bed again. CIO

03/27/17 Monday 4:20 A.M. I could not sleep. I took the 25 foot coaxial cable that I had used for the bathroom, and I used it from the bedroom splitter to the 32 inch Westinghouse flat screen television on the bedroom desk, so it is now all hooked up to the cable system and Netflix. CIO

03/27/17 Monday 2:30 A.M. <http://www.greenwichtime.com/business/article/Forbes-Connecticut-adds-to-billionaire-list-11014619.php>

I will now shut down the primary work computer. I will go outside, and then I will go to bed. CIO

03/27/17 Monday 2:05 A.M. I watched episode 2 "Martin Clunes, Islands of Australia". I ate a bag of microwave popcorn. I went outside briefly. CIO

03/27/17 Monday 12:45 A.M. I fiddled with the bedroom 32 inch Westinghouse flat screen TV. Its coaxial cable is broken. I could either try to fix it or go to CVS and see if they have a 25 foot Phillips coaxial cable. However, I will relocate it, once I get the two big CRT TVs out of the bedroom, so I don't really need the cable. I filled out my Food Stamp SNAP redetermination form, and I mailed it the mail room downstairs. I went outside, and I chatted with a neighbor. CIO

03/27/17 Monday 12:05 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

03/26/17 Sunday 11:50 P.M. I watched episode 1 "Martin Clunes, Islands of Australia". I went outside, and I chatted with neighbors. CIO

03/26/17 Sunday 10:25 P.M. <https://www.scdkey.com/microsoft-windows-10-pro-oem-cd-key-global-1227-20.html?tag=tbemail-20&ascsubtag=c03de7c0-383e-4946-a03d-3cc44b4b4f41> CIO

03/26/17 Sunday 10:15 P.M. When I went outside, I threw the white two drawer file cabinet in the dumpster. Nobody want it. I got my green umbrella out of the Volvo wagon, so when I stand outside in the rain, I won't get wet. CIO

03/26/17 Sunday 9:40 P.M. I ate a 13 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and 8 ounces of potato salad and a 12 ounce glass of diet Fresca. I will now go outside briefly. I will then shower and clean up. CIO

03/26/17 Sunday 8:55 P.M. I threw out six loads or about 800 pounds of various items. I moved the 32 inch Westinghouse TV from the bathroom to bedroom desk. I don't have it hooked up to Cable box yet, but I have it hooked up the Roku wireless device. I threw out all of the IBM and Microsoft operating system boxes and two new IDE and two used IDE hard drives. I moved most of the bric a brac of the left living room stereo setup and also two heavy big Lloyds speakers and threw them all out. I put one small speaker in the left top bookshelf and another small speaker above it on the left bookcase. I might later be able to drill holes to lower the upper shelf more, so that both speakers fit on the top shelf. I cleared about a third of the various items in the hallway bookcases. I moved the two medium size stereo speaker to the middle shelf of the right hallway bookcase. Thus the top of the hallway bookcases is mostly all cleared out except for the small book light and the Swiss Cross Bow and the Chinese vase with teak stand. I put the three candle sticks on the dining table. I threw out a lot of keep sake books too. I went outside a number of times, and I chatted with neighbors. I also chatted with a relative. I was told that <http://www.wnd.com/2016/09/friends-of-hillary-say-she-has-parkinsons/> . CIO

03/26/17 Sunday 5:15 P.M. The fire alarm was a non emergency call. I chatted with a friend. I went outside briefly, and I threw out the garbage and an old Lakso fan. I washed

the breakfast dishes. I made my bed. I will now move more stuff around and throw out more stuff. CIO

03/26/17 Sunday 3:45 P.M. I ate 12 ounces of Dannon vanilla yogurt before going to bed. I woke up at 2:30 A.M.. I went outside. I watched a Cablevision BBC program about the planet Earth. I went outside again. I ate two chocolate chip cookies. I went back to bed at 4 A.M.. I woke up at 3 P.M.. I went outside again. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. The building emergency pull cord bell is going off. CIO

End of Scott's Notes week of 03/26/17

03/26/17 Sunday 1:00 A.M. I finished watching "Howard's End". I went outside twice. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go outside briefly. I will then go to bed. CIO

03/25/17 Saturday 10:30 P.M. https://www.theguardian.com/news/2017/mar/15/stranger-in-the-woods-christopher-knight-hermit-maine?CMP=oth_b-aplnews_d-1 CIO

03/25/17 Saturday 10:20 P.M. I chatted with a friend that volunteers around Manhattan including the <http://www.metmuseum.org/>. The only paper that I saved out of the over ton of paper that I have thrown out recently was my ticket to the <https://www.rijksmuseum.nl/nl/> in February 1992 before the Albertville, France Olympics, when they had all of the Rembrandt paintings from around the world. I went outside briefly. CIO

03/25/17 Saturday 9:15 P.M. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese and 8 ounces of potato salad and a 12 ounce glass of diet Fresca. I will now go outside briefly. CIO

03/25/17 Saturday 8:50 P.M. I went outside, and I chatted with a neighbor. When I knew Frederick Von Mierers real name Fred Mayers, he was one of the Rockefeller family interior decorators, so I learned a bit about trying to put apartments together as best one can do on a limited budget. I guess there are a lot of Rockefellers in the area for David's funeral, but there is news on the internet about it, so I guess the funeral was private <http://heavy.com/news/2017/03/david-rockefeller-family-photos-children-kids-brothers-grandchildren-sister-richard-neva-peggy-eileen-abby-parents/>. His grandfather John D. Rockefeller was buried in Ohio, so maybe he was buried out there in the family mausoleum. CIO

03/25/17 Saturday 8:10 P.M. I chatted with a friend. CIO

03/25/17 Saturday 7:30 P.M. I threw out another thousand pounds of stuff mostly paper in eight cart loads. I emptied the large bedroom desk drawer, and the two drawer file cabinet, and the four drawer file cabinet. I also threw out the two drawer file cabinet, and I threw out the four drawers from the four drawer file cabinet. I threw out the old wireless keyboard and mice boxes. I put the desk accessories in the large left file drawer. In about a week and a half a Greenwich Housing Authority maintenance man will move the empty four drawer file cabinet. To get at it, one has to move the left night stand which is not too complicated. I chatted with neighbors during my moving breaks. I chatted with a relative. I will now go outside briefly. I will then shower and clean up. I figured tomorrow Sunday is a day of rest, so I will try to relax tomorrow. I drank a 12 ounce glass of diet Fresca. CIO

03/25/17 Saturday 4:00 P.M. I went outside again. I washed the breakfast dishes. I made my bed. I will go outside again. I will then start throwing out more stuff. CIO

03/25/17 Saturday 2:45 P.M. I woke up at 2 P.M.. I sat outside briefly, and I chatted with a neighbor. I picked up the mail. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/25/17 Saturday 1:30 A.M. I watched part of "Howard's End". I sat outside briefly. I will now shut down the primary work computer, and I will go to bed. CIO

03/25/17 Saturday 12:25 A.M. I went outside, and I chatted with a neighbor. I ate two chocolate chip cookies and three deli slices of honey ham and three deli slices of Swiss cheese with a glass of cold filtered water. CIO

03/24/17 Friday 11:35 P.M. I went outside, and I chatted with a neighbor. I put away the clean laundry. It had been 13 days, since I did laundry. I will now go outside again. CIO

03/24/17 Friday 10:30 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

03/24/17 Friday 10:10 P.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I now have 55 minutes on the dry cycle. I threw out the garbage and the old periodical literature. I watered the plants. I chatted with a neighbor. CIO

03/24/17 Friday 8:25 P.M. I ate a 13 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and 8 ounces of potato salad and a 12 ounce glass of diet Fresca. I will now go outside briefly. CIO

03/24/17 Friday 8:05 P.M. I went through my email. CIO

03/24/17 Friday 7:55 P.M. I woke up at 7 P.M.. I chatted with a relative. I went outside briefly. I did not get any mail today. CIO

03/24/17 Friday 4:05 P.M. I used the AT&T laser lens CD cleaner CD to clean the Sony 200 CD Juke Box lens. I left the cleaner CD in its CD jewel case on top of the machine. I threw out the garbage. I will now take a nap. CIO

03/24/17 Friday 3:10 P.M. I put the rest of the CDs in the Sony Juke Box. I tried to put them in similar order as my list. However, I can not find the computer copy of my CD list, and it seems that some of the CDs are not in the right order on the list. I went outside, and I chatted with a neighbor. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/24/17 Friday 2:00 P.M. The order with tracking of https://www.fedex.com/apps/fedextrack/?tracknumbers=785997987469&cntry_code=us on the order for <http://www.ebay.com/itm/Sony-CDP-CX225-MegaStorage-200-CD-Changer-Tested-Working/172503777798?trksid=p2047675.c100009.m1982&trkparms=aid%3D888007%26algo%3DDISC.MBE%26ao%3D1%26asc%3D41375%26meid%3Dc39a9e198af042e8b508465860ec50ef%26pid%3D100009%26rk%3D1%26rkt%3D2%26sd%3D192122258988> for \$49.99 and \$21.36 shipping for \$71.35 total arrived. I set it up on the middle shelf of the left living room bookcase. It did not come with a remote control, but my old Sony remote control works with it, by changing upper left hand corner switch on the 300 CD changer remote control. I have most of the CDs back in, but I still have to sort out some. I threw out the shipping box. I chatted with neighbors. CIO

03/24/17 Friday 11:50 A.M. I went outside again, and I chatted with a neighbor. CIO

03/24/17 Friday 11:05 A.M. I woke up at 4:30 A.M., and I went outside again. I chatted with a friend. I went back to bed at 5:15 A.M.. I woke up again at 10:30 A.M. from two nuisance telephone calls. I went outside again. I chatted with a neighbor. I will now go back to sleep again. CIO

03/24/17 Friday 2:55 A.M. I will now shut down the primary work computer. I will go outside briefly. I will then go to bed. CIO

03/24/17 Friday 2:35 A.M. I went outside for a bit. I found 8 chocolate chip cookies in the Community Room that I retrieved, and I ate two. I also ate four deli slices of honey ham and four deli slices of Swiss cheese with a glass of cold filtered water. CIO

03/24/17 Friday 1:20 A.M. Still a few bookings left <http://www.balmoralcastle.com/availability.htm> and <http://www.balmoralcastle.com/acatalog/Whisky-Collection.html> . Back in my www.lfc.edu days, a lot of students used to tell me the cheapest way to get to Europe was Icelandic airways, but one had to spend a night in Iceland. CIO

03/24/17 Friday 1:05 A.M. Well if one is cold, pot scrubbing next to hot cast iron stove is a very hot and sweaty job. CIO

03/24/17 Friday 1:00 A.M. I went outside, and I chatted with a neighbor.

www.nantucket.net is not that cheap. I used to pay in 1977 \$8 for a roast beef sandwich at the A&P deli. I only got \$50 though for a five gallon pale of opened sea scallops which cost a lot more. The secret recipe for Portuguese bread is the same recipe as French bread, but the loaves are shaped differently. One of the secret ingredients they used in the cooking at the Le Languedoc restaurant was Arrow Root. The kept a supply of filet mignons in the cooler for a valued customer. The Grennon family that were half owners of Le Languedoc restaurant also owned Sister Kate's bar in Stowe, Vermont, which was very popular with the après ski group of people. A lot of the waiters at Le Languedoc restaurant were from the Stowe Ski patrol, and I was told in the winter it was minus 40 degrees Fahrenheit up on top of the mountain, so when I showed up out of Key West, they did not feel sorry for me feeling cold. I once went to farm auction with Ed Grennon, and a hard working farmer only got 50 cents each for 8 foot by 5 inch fence poles, so money was short and limited in Vermont. In 1977, an organic pizza was only \$2 at www.dartmouth.edu . I used to enjoy sitting in the comfortable easy chairs in the stacks at the Baker Library. Dartmouth College has a scholarship program for Native Americans. I once knew somebody from Norwalk named Richard that had gone to Dartmouth College, and he told me they had a program, where they gave a student \$5 and sent them down to Manhattan for a week to survive, and they had to write a paper on the experience, when they got back. I saw Richard when I was down in Key West in 1982, and I saw him once again at Cats Discothèque in Oslo, Norway in February 1983. I recall also seeing at an obscure bar in Greenwich Village with a lot of other tall people. He once visited our last house in Greenwich with a fellow classmate from the University of Houston, where had also gone to school. Richard was about 6 foot 3 inches tall and looked like Mick Jagger. I have never seen him besides that. I guess some people do not hang out in public observing the world. CIO

03/24/17 Friday 12:15 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

03/24/17 Friday 12:05 A.M. I went outside, and I chatted with two neighbors. The good news is that I have lost ten pounds at 253.4 pounds stark naked.

<http://gltrust.org/events/>

They also want me to take the 32 inch Westinghouse flat screen television out of the bathroom, so I do not electrocute myself. I will store it on the bedroom desk maybe hooked up to Netflix. About the fifth year, I was lying here in my living room on my slate blue foam rubber love seat, and lightning hit the room above me, and the bolt of lighting went right through me, but I was on the foam rubber sofa. Two of my cordless telephone and part of my stereo system was knocked out. However, I seem to have gotten better on electricity. Also when I was homeless in Nantucket in the summer of 1975, I used to take naps on Benjamin Franklin's mother's grave in the old Quaker cemetery. Her grave site

had a monument in a Quaker cemetery which normally does not have headstones, so it too was always getting hit by lightning. CIO

03/23/17 Thursday 10:55 P.M. I threw out about four hundred pounds more of stuff in five cart loads. I threw out the two De Longhi oil filled radiators, two new Ricoh laser printers, a laptop stand, two bags of old parts from in front of the stereo system, two Kensington Control Panels and bags of old parts and cables from underneath the living room desk and the bedroom. I also threw out two day back packs and a green canvas suitcase and two throw pillows. I sat outside a number of times and chatted with neighbors. I was told by the Greenwich Housing Authority maintenance man that HUD is cracking down on the local Greenwich Housing Authority. I went downtown to the Stop and Shop. I bought two Marie Callender 13 ounce Sweet and Sour chicken dinners for \$2.50 each, two 13 ounce Marie Callender chicken Alfredo dinners for \$2.50 each, a 46 ounce red skin potato salad for \$4.69 and a six pack of Thomas New York Everything bagels \$2.99 and .40 can return for \$17.27 total. I chatted with two guys from Georgia. I sat downtown briefly watching the remains of Starbucks after they closed. I returned home, and I put away my groceries. I will now shower and clean up. CIO

03/23/17 Thursday 6:50 P.M. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese and 8 ounces of potato salad and a 12 ounce glass of diet Fresca. I will now go outside briefly. CIO

03/23/17 Thursday 6:10 P.M. My social worker and the Greenwich Housing Authority maintenance man showed up at 4:45 P.M.. In two weeks, the Greenwich Housing Authority maintenance man is going to remove my two CRT TVs from the bedroom. I have to empty the file cabinets, and he will also remove the Steel Case file cabinet from the bedroom. He measured to make sure there is enough clearance. My social worker said, I can only have one power strip or control panel or surge protector plugged into one outlet which I will have to work on sooner or later. I also can not have the stereo speakers on top of the bookcase, so the left speakers will have to go on the floor, and the right speakers will have to go into the hallway bookcase and not on top of them. I was also told that I should get rid of one of the kitchen microwave ovens. I went outside to see my social worker off. I chatted with two relatives. CIO

03/23/17 Thursday 4:40 P.M. I threw out about 700 pounds or six cart loads of old computer equipment from the bedroom desk. That included five IBM and Lenovo ThinkCentres, two Acer 19 and 20 inch flat screen monitors, and a NEC 22 inch flat screen monitor. I also threw out the old keyboards and mice and headsets and web cams and control panels and old speaker systems. I saved the new AOC 22 inch flat screen monitor, and I put out the 20 inch flat screen TV on the bedroom desk. Thus the bedroom desk is mostly cleared. My social worker and a Greenwich Housing Authority worker are going to visit me at 4:45 P.M. to see about moving out the two big CRT televisions from the bedroom and possibly the file cabinets. CIO

03/23/17 Thursday 2:25 P.M. I went outside briefly. I washed the breakfast dishes. I will now start throwing out more stuff. CIO

03/23/17 Thursday 1:20 P.M. I went outside briefly. I chatted with a neighbor. CIO

03/23/17 Thursday 1:05 P.M. I went outside briefly, and I chatted with neighbors. We now have to be more than 50 feet away from the building, when we smoke like a 100 feet or more. I will try to quit smoking again, when I get the higher dosage patches. I chatted with a relative. CIO

03/23/17 Thursday 12:40 P.M. I woke up at noon, when the building custodian checked my apartment to see if there was smoke. I said not. I was sitting outside, and I ran into the Greenwich Housing Authority Section 8 inspector. She inspected my apartment again, and I failed. She said I have to get rid of more stuff. She also told us we can not smoke on the benches outside the door. Thus we have to smoke further away from the building. I also made my bed. I will now eat breakfast. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/23/17 Thursday 2:30 A.M. I went outside briefly. I drank a 6 ounce glass of 50% punch and 50% diet Fresca. I will now try to go back to sleep. CIO

03/23/17 Thursday 2:10 A.M. I first visited Key West with Brian Hibbs on Halloween in 1976. It was all boarded up and totally deserted. We had driven down from Fort Lauderdale, where I was homeless waiting for my unemployment checks from Daniel construction. I hitchhiked down to Key West at the first of 1977, when my 1966 baby blue Chevrolet Biscayne four door sedan was towed and impounded at the Fort Lauderdale swimming hall of fame for too many parking tickets. Initially I slept underneath the annex of the Episcopal Church which I think was called St. Lukes. I also camped out in a palm grove across from the Catholic church. I was somewhat tan having been in south Florida since the third week of September 1976. Jimmy Eldert showed up in February 1976, and he put me up for a couple of days in a trailer next to the Boca Chica Naval station. I can not will recall where else I might have slept. I did hitchhike to Naples, Florida with Jim Eldert to visit his grandparents, but they were not there, so I washed dishes for a day at the Howard Johnson's there for a day for some money. I left Key West around the second week in April 1976, when I got six months of unemployment checks at \$87 for every week or about \$2,400. Rob Glore cashed my checks. He had the craft shop across the street from the Key West post office. I got my car out of the pound in Fort Lauderdale for about \$200. I drove down to Key West, and I picked Jimmy Eldert up, and we stopped by Fort Lauderdale again. We then toured Disney World and St. Augustine. We stopped by Jacksonville to see Hurley Haywood. I then put Jim on an Eastern airline plane for about \$250, so he could return to the University of New Hampshire. I drove north and got my car fixed with shocks for about \$400 at a Firestone garage in southern Georgia. I toured Plains, Georgia. I then drove north. I stopped by Greenwich, and I got a U-Haul trailer, and I moved my belongings to barn in Norwich, Vermont for about \$20 a month storage. I returned to Nantucket. I gave the car away in Nantucket to the Nantucket Hospital thrift shop along with most of my belonging in the car. I opened scallops on the island, and I left for a Science convention in Boston and two weeks cleaning up Sister Kate's bar in Stowe,

Vermont and to visit Jim at the University of New Hampshire, where we stayed at the Exeter, New Hampshire Inn for about a \$100. We toured Dartmouth College, and stayed at the Wilder Motel at White River Junction for about \$40. I hitchhiked back to Greenwich and then up to the University of New Hampshire for the Seabrook demonstration and then down to Williamsburg, Virginia, where I slept on the minister of the Presbyterian Church's front porch. I toured the area and Jamestown too. I then went back up north Greenwich and the University of New Hampshire and as far north as Bowden College and then a couple of days in Portland, Maine before returning to Nantucket for the season as a pot scrubber in various restaurants.

I returned to south Florida hitch hiking down in late November 1977. I had moved my belongings out of Norwich, Vermont to a relative's house in the Philadelphia area. I found work at Le Vieille Maison in Boca Raton for \$2.15 an hour for several months and was camping out in a tent in a grove by the north side of the Boca Inlet. After my three side trips to Paradise Island in the Bahamas, I returned to Key West where Jim Eldert had showed up. I tried camping out in the palm grove across from the Catholic church. I then met John Bolton who had a key to the abandoned Casa Marina Hotel construction project. We stayed in the hotel and its annex for a couple of months, and another deserted building on the harbor briefly. We tried going north in April 1978, when I got a \$700 Income tax return. We hitch hiked to Atlanta, and bought a few hundred dollars of camping gear, and stayed at a hotel across from the Fox theatre for about \$60. We took a Greyhound to Ashville, North Carolina, and we tried hiking the Appalachian trail for four days camping out. We left the trail when it snowed, and we camped out on the beach at Huntington Island and Hilton Head. There were alligators around in Hilton head. We hitch hiked back down to Key West with someone that gave us a ride the whole way. Around the first of May, we hitch hiked as far north as Washington D.C., and we took the Amtrak to Stamford, and stayed with my relative in Greenwich for a couple of days before returning to Nantucket until around the middle of October 1978. We bought a \$150 Subaru wagon that I put a new clutch in, and we did our trip to the West Coast returning back to Key West in December 1978. We drove north to Manhasset, Long Island for Christmas and also Greenwich. We then returned south to Daytona where we stayed with John's sister at a motel on the beach. We might have made a side trip to Key West for a day or two. In August 1980, we left Port Washington, Long Island to drive across country, but we drove up through Canada and down to Key West before driving across country on Interstate 10. In February 1982, when it was minus 20 degrees Fahrenheit in Manhattan, my roommate John's mother had me move out of her apartment. She gave me a \$100, so I flew down to Key West. I stayed with Steve Bahl for a few days, and a couple of other people. I was shipped back up north over a month because of a mistaken legal problem. I then returned in April 1982 to Plandome Manor to build the garage apartment for the next 10 months at \$2 an hour. After the side trips to Florida, Washington D.C., and Oslo, Norway, I returned to Nantucket in April 1983. I left Nantucket around Halloween 1983 driving down with a relative to Florida, and I returned to Nantucket two weeks later. I finally left Nantucket at the end of November 1983, and I took the Amtrak from Manhattan to Toronto for two weeks, and then I was homeless in Manhattan for two different week periods and two different week Greenwich Hospital stays which determined that I was disabled. I finally

got my first apartment in Greenwich near Christmas time 1983, and I have been back here ever since. CIO

03/23/17 Thursday 1:20 A.M. Well at least I don't drink <http://www.liveduvalstreet.com/>. I have not had a drink in over 20 years. CIO

03/23/17 Thursday 1:05 A.M. I ate a 8 ounces of potato salad and a 12 ounce glass of 50% punch and 50% diet Fresca. I could only sleep for 45 minutes. I went outside briefly. CIO

03/22/17 Wednesday 11:25 P.M. I will now shut down the primary work computer. I will go outside briefly. I will then go to bed. CIO

03/22/17 Wednesday 10:30 P.M. I went outside briefly. I ordered in 3XB in green red and white, and in navy white and red and red blue check for \$8.80 each

03/22/17 Wednesday 10:30 P.M. <http://philipcoppens.com/michaelscott.html> . CIO

03/22/17 Wednesday 10:20 P.M. I watched episode 1 of "Treasures of the Earth, Gems". About halfway through the first video they mention a gemologist named "Michael Scott" "[https://en.wikipedia.org/wiki/Michael_Scott_\(Apple\)](https://en.wikipedia.org/wiki/Michael_Scott_(Apple))" who was the first President of www.apple.com computer. His first task was to tell Steve Jobs to take a bath because he stank. He lives in the Silicone Valley. He is big and fat like me and about five years older than me. CIO

03/22/17 Wednesday 8:25 P.M. I chatted with two relatives. I went through my email. I will now go outside briefly. CIO

03/22/17 Wednesday 7:45 P.M. Tracking is https://www.fedex.com/apps/fedextrack/?tracknumbers=785997987469&cntry_code=us on the order for <http://www.ebay.com/itm/Sony-CDP-CX225-MegaStorage-200-CD-Changer-Tested-Working/172503777798?trksid=p2047675.c100009.m1982&trkparms=aid%3D888007%26algo%3DDISC.MBE%26ao%3D1%26asc%3D41375%26meid%3Dc39a9e198af042e8b508465860ec50ef%26pid%3D100009%26rk%3D1%26rkt%3D2%26sd%3D192122258988> for \$49.99 and \$21.36 shipping for \$71.35 total. CIO

03/22/17 Wednesday 7:40 P.M. I threw out the garbage. I chatted with a neighbor. I chatted with a friend. I will then shower and clean up. CIO

03/22/17 Wednesday 7:20 P.M. I also threw out the Ionic Pro air purifier. CIO

03/22/17 Wednesday 7:15 P.M. I ate a 13 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and 8 ounces of potato salad and a 12 ounce glass of diet Fresca. I will now go outside briefly. CIO

03/22/17 Wednesday 6:35 P.M. On the oak dining table, I threw out the IBM ThinkCentre and the Lenovo ThinkCentre after doing low level formats on them. I also threw out the two 19 inch Acer flat screen monitors. I threw out the cables, and a control panel, and two stands and a speaker system. I moved a Microsoft wireless mouse and keyboard to the Dell Optiplex 760 to the right of the primary computer work station. The smaller items and keyboards and mice, I put in a white plastic garbage bag on the bedroom desk. I cleaned off the round oak dining table, and I organized it with my smaller items that I leave around it. I drank a 12 ounce glass of diet Fresca. I will now go outside briefly. CIO

03/22/17 Wednesday 4:25 P.M. From the small white bookcase just inside the bedroom entrance, I removed all of the old Microsoft beta software CDs and the other old software CDs about 150 pounds, and I threw them out in the dumpster. In the empty white bookcase, I moved some of my shoes from the right side back side bedroom door shoe rack, and I put them in the small white bookcase. The bedroom door now opens more fully about 24 inches which is really all it needs to do, since any wider is blocked by the white bedroom bureau at the bedroom entrance. CIO

03/22/17 Wednesday 3:20 P.M. I went outside again. I did not get any mail. I will now make up a fresh batch of punch. I will wash the breakfast dishes. I will make my bed. CIO

03/22/17 Wednesday 2:30 P.M. I went outside again. CIO

03/22/17 Wednesday 2:00 P.M. I woke up at 9:30 A.M., and I went outside briefly. I finally woke up at 1:30 P.M., and I went outside briefly. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/22/17 Wednesday 1:35 A.M. I will now try to go to bed. CIO

03/22/17 Wednesday 12:45 A.M. <http://www.greenwichtime.com/business/article/Forbes-Connecticut-adds-to-billionaire-list-11014619.php> . CIO

03/22/17 Wednesday 12:35 A.M. I ate a ham and Swiss cheese sandwich on toasted 15 grain bread with Hellmann's mayonnaise and Dijon mustard and ground black pepper, 8 ounces of potato salad, and a small Kosher dill pickle and a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

03/22/17 Wednesday 12:05 A.M. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with a sales staff associate at the www.apple.com store. I chatted with someone that looked like the ancient DNA expert from Denmark in the video last night. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I

chatted with two locals at www.starbucks.com . I toured www.cvs.com , and I used the bathroom. I then went to the Stop and Shop, and I bought a quart jar of Mount Olive small kosher dill pickles for \$2, a quart jar of Mount Olive kosher dill pickle slices for \$2, and 46 ounces of red skin potato salad for \$4.68 for \$8.68 total. I chatted with someone from Newfoundland who has become successful here. I chatted with another local that used to live in Washington D.C.. I returned home to Chez Mike's. CIO

03/21/17 Tuesday 5:35 P.M. I moved the framed Gold Magazine with all of the professional golfer autographs from above the bedroom closet door to the right closet floor. That way, it can not fall on one's head, when one opens the bedroom closet doors. I chatted with two relatives. I will now go outside briefly. CIO

03/21/17 Tuesday 5:05 P.M. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I will then go downtown to enjoy the warmer evening. CIO

03/21/17 Tuesday 5:00 P.M. I chatted with a friend. I threw out the garbage. I sat outside for a while. CIO

03/21/17 Tuesday 4:05 P.M. I picked up the mail. The order with tracking of https://www.ups.com/WebTracking/processInputRequest?loc=en_US&Requester=DAN&tracknum=1ZEW9678YW96291079&AgreeToTermsAndConditions=yes&WT.z_eCTAid=ct1 eml Tracking ct1 eml tra myc upgl&WT.z_edatesent=03172017 on the order for 32 ounces of <https://www.pipesandcigars.com/p/peter-stokkebye-84-turkish-pipe-tobacco/1440011/#p-107299> for \$1.75 an ounce for \$56 and \$6.99 shipping for \$62.99 total arrived. I sat outside a while, and I chatted with the Fedex and a neighbor. CIO

03/21/17 Tuesday 3:30 P.M. At 4 A.M., I woke up, and I ate a bowl of goldfish crackers and a 12 ounce glass of 50% punch and 50% diet Fresca. I went back to bed until 3 P.M.. I went outside briefly. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I am half Dutch, and the Dutch have a long tradition of "The Night Watch". I am also one fourth Scottish, and the Scottish have a long tradition of "The Black Water". Thus I tend to be nocturnal on my natural biological clock. CIO

03/21/17 Tuesday 1:55 A.M. I will now shut down the primary work computer. I will go outside briefly. I will then go to bed. CIO

03/21/17 Tuesday 1:40 A.M. I finished watching the show. I went outside for a while. I pulled the Ethan Allen recliner forward about 15 inches. Now if one pulls up the front part of the green slip cover, one can fully recline in it to relax or even sleep on it. Thus I don't need a sofa. The Ethan Allen recliner was \$1250 new, and I bought it for \$75 at the old Greenwich Hospital Thrift shop about five years ago. Its originally cranberry upholstery is in mint condition, and I leave the green slip cover on it to preserve it, when I am just watching internet television from it. I will now eat a toasted bagel with Smart Balance

spread and a 12 ounce glass of 50% punch and 50% diet Fresca. Back in the old days from October 1973 to February 1975, when I used to drive into Manhattan frequently in my mother's new chocolate colored Chevrolet Monte Carlo with vinyl roof, I would frequent park on Mitchell Place off Beekman Place. One could buy the next days www.nytimes.com at 54th street and 2nd Avenue at 11 P.M.. I would visit some friends and pubs. I would always try to come out by 4 A.M. before the Rush Hour in. I would stop at all night bagel shop at 74th street and Third Avenue and bring out some fresh bagels for my relative. A lot of people thought I was still working for www.cbsnews.com since I had worked at the West 57th Street Broadcast center during the spring and early summer of 1973. Alas, Watergate was the big news, and Nixon republicans like myself were on our way out. I did keep an eye on Nixon's townhouse on East 65th Street. Of course Gerald Ford was from Grand Rapids, Michigan near Holland, Michigan and Nelson Rockefeller was fairly established in Manhattan. Nelson drove a brown Oldsmobile 98 that was always parked on Fifth Avenue in front of his apartment building with New York license plate 1908. CIO

03/21/17 Tuesday 12:05 A.M. I am watching "Great Human Odyssey". I went outside briefly. CIO

03/20/17 Monday 10:50 P.M. I went outside, and I chatted with neighbors. CIO

03/20/17 Monday 9:35 P.M. I chatted with a friend. I went outside briefly. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese and 7 ounces of seafood salad and a 12 ounce glass of 50% punch and 50% diet Fresca. I will now go outside briefly. I will then shower and clean up. CIO

03/20/17 Monday 7:35 P.M. I bought <http://www.ebay.com/itm/Sony-CDP-CX225-MegaStorage-200-CD-Changer-Tested-Working/172503777798?trksid=p2047675.c100009.m1982&trkparms=aid%3D888007%26algo%3DDISC.MBE%26ao%3D1%26asc%3D41375%26meid%3Dc39a9e198af042e8b508465860ec50ef%26pid%3D100009%26rk%3D1%26rkt%3D2%26sd%3D192122258988> for \$49.99 and \$21.36 shipping for \$71.35 total.

03/20/17 Monday 7:35 P.M. <http://www.ebay.com/itm/SONY-CDP-CX335-300-Disc-Mega-Storage-CD-Disc-Player/371893502314?trksid=p2047675.c100005.m1851&trkparms=aid%3D222007%26algo%3DSIC.MBE%26ao%3D2%26asc%3D41375%26meid%3D011f85aad20a4717acf7f7aae718eb94%26pid%3D100005%26rk%3D5%26rkt%3D6%26sd%3D222147563541>

<http://www.ebay.com/itm/Sony-Model-CDP-CX230-MegaStorage-200CD-Player-Compact-Disc-Changer-Jukebox-/162433713664?hash=item25d1cdc600:g:rOgAAOSwXYtYysPl>, but I never really used it, so I might wait a while. I will now go outside a while. I will make my bed. I picked up the mail earlier. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

03/20/17 Monday 5:50 P.M. I chatted with a relative. I threw out four old oranges and a pineapple. I chatted with a neighbor. CIO

03/20/17 Monday 5:25 P.M. I woke up at 5 P.M..

https://www.nytimes.com/2017/03/20/business/david-rockefeller-dead-chase-manhattan-banker.html?_r=0

<http://money.cnn.com/2017/03/20/news/economy/donald-trump-bill-gates/> . CIO

03/20/17 Monday 4:25 P.M. I turned on the dophin light that been out for a while. I washed the breakfast dishes. I will now rest for a while. CIO

03/20/17 Monday 4:10 P.M. I threw out the garbage. I sat outside a while. CIO

03/20/17 Monday 3:25 P.M. I threw out the broken fan. I chatted with a neighbor. When I have time, I have to sort the music CDs into their jewel cases. Now for breakfast. CIO

03/20/17 Monday 3:00 P.M. I opened up the Sony 300 CD carousel player, and it broke because some of the CDs had fallen out of the rack, when I moved it. I was not able to fix it. I removed the CDs. I threw it out. I still have to five disk CD players hooked up the stereo system. My window fan to blow the heat around broke, so I put another Lasko fan on the window ledge to blow the heat around. I will throw out the broken fan shortly. CIO

03/20/17 Monday 2:15 P.M. Before I had breakfast, and I took my wake up riperdone which slows me down, I used my little folding cart from the back of the Volvo wagon, and I threw out my 75 pound 24 inch Sony Trinitron television and its 75 pound stand which was quite a hoist. I put the Sony 300 disc CD player on the left bookcase shelf. I never use it, but it has all of my CDs in it. However, it does not work. I fixed it a number of years ago, and I have not used it, but it still does not work. CIO

03/20/17 Monday 1:05 P.M. I woke up at 12:30 P.M., and I chatted with a relative. I went outside, and I chatted with neighbors. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/20/17 Monday 2:15 A.M. I went outside briefly. I will now shut down the primary work computer, and I will go to bed. I saw Canadian geese flying north today, so maybe spring is on the way. CIO

03/20/17 Monday 2:00 A.M. I watched "Vikings Unearthed". I ate a bag of microwave popcorn. CIO

03/19/17 Sunday 11:35 P.M. I went outside briefly. CIO

03/19/17 Sunday 11:15 P.M. I ate a 13 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and 7 ounces of seafood salad and a 12 ounce glass of diet Fresca. CIO

03/19/17 Sunday 10:45 P.M. I ventured out to face the Irish, and there was nobody downtown, and it was perfectly clean, so they did a most excellent job of cleaning up Greenwich Avenue after the St. Patrick's Day parade. I stopped by CVS on Greenwich Avenue, and I bought two 12 packs of 12 ounce diet Fresca for \$10 and \$1.20 can deposit, four 10.5 ounce cans of Campbell's mushroom soup for .88 each, and four 4 ounce tins of Bumble Bee chicken for .88 each and two 14 ounce boxes of Kashi Go Lean cereal for \$2.99 each for \$24.20 total. I then drove down to the Senior Center area, and I sat out for a while. I chatted with a relative. I chatted with a 77 year old Starbucks regular customer. I walked down as far as Richard's. I returned to Starbucks, and I used the bathroom. I chatted with another regular Starbucks customer. They have an odd brand of 12 ounce coffee called Taichai or something like that is only 57 cents a 12 ounce cup. We chatted some more outside. I then went by the Stop and Shop which was not busy at all. I bought six Everything bagels for \$2.99, a 8 ounce package of Stop and Shop deli sliced Swiss cheese for \$2.50, two Marie Callender 13 ounce Sweet and Sour chicken dinners for \$2.50 each, two 13 ounce Marie Callender chicken Alfredo dinners for \$2.50 each, a 16 ounce package of Stop and Shop deli sliced honey ham for \$5.99, two 8 ounce Perdue chicken Frieta grills boneless breast of chicken strips for \$3 each, fresh asparagus for \$2.99 a pound for \$3.23, two baking potatoes for .99 a pound for \$1.63, and about 14 ounces of seafood salad for \$3.14 less .25 can return for \$35.23 total. They still have lobster rolls there for \$7.49. I then returned home. I used to my little folding cart from the back of the Volvo wagon to bring up the Fresca. I chatted with a neighbor. I then put my other groceries away. CIO

03/19/17 Sunday 6:05 P.M. I woke up at 5:30 P.M.. I went outside briefly. I chatted with a friend. I will now wash the breakfast dishes. I will then make my bed. One of the reasons I might be feeling so weak is that I am not eating enough protein in food to give me energy. However, going on at close to age 67, it might be the aging process. It is too bad that I can not get any strong young people to help me out on my decluttering of the apartment, but for a long time, I have not even been able to get someone to help me put in and take out the air conditioners twice a year. I think they should start a young people civilian draft in this country to get some of the young people to do some hard work for the old people. I guess I will also shower and clean up and go downtown for supplies. CIO

03/19/17 Sunday 4:45 P.M. I chatted with a neighbor. CIO

03/19/17 Sunday 4:40 P.M. I went outside, and I drank my coffee. I am feeling a bit weak in strength today, so I don't have much energy to do anything at the moment. CIO

03/19/17 Sunday 4:15 P.M. I went back to bed until 3:30 P.M.. I chatted with a friend. I went outside, and I chatted with a neighbor. CIO

03/19/17 Sunday 2:10 P.M. I went outside briefly. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of

50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/19/17 Sunday 1:50 P.M. I woke up at 1 A.M., and I ate a toasted bagel with Smart Balance Spread and a 12 ounce glass of 50% punch and 50% diet Fresca. I finally woke up at 1 P.M.. I went outside, and I chatted with neighbors. CIO

End of Scott's Notes week of 03/18/17

03/18/17 Saturday 10:35 P.M. I will now send out my weekly notes. I will then shut down the primary work computer. I will then go outside briefly. I will then go to bed. CIO

03/18/17 Saturday 10:35 P.M. Out in www.nantucket.net , when I returned from Oslo, Norway in April, 1983, I returned to working at <http://languedocinn.com/> French restaurant as the head dishwasher for \$8.75 an hour which was my last job ever. I lived at the Inn on Hussey street nearby. In the summer when the restaurant was quite busy serving up to 250 meals at night, I would start work at 10 A.M.. I would usually make a three egg cottage omelet with cottage cheese and eat it with milk and French bread with butter. The restaurant would open for lunch at 11 A.M.. I would wash the dishes and the glassware in the dishwasher. I would also clean some of the pots and pans in the large metal sink which had been my first job as pot scrubber for \$2.15 an hour in 1977. One uses a paint scraper and heavy steel sponge to clean the burnt material off the pots and pans. The dishwasher had three five gallon pails of dishwashing detergent and other chemicals underneath it which they replaced every few days. I would have to breath all of those chemicals in the steam from the dishwasher. I would have to put the glassware out by the bar, which meant I would show up all hot sweaty in my new pink LaCoste polo shirt that I had bought for \$40 at Murray's Toggery shop. The waiters would bring an endless stream of dishes, silverware, and glassware to the dishwasher. The plates would go back on the chef's line. Sometime, I would also have to bring the silverware out to the dining area. After lunch was over at 2 P.M., I would do some cleaning up of the restaurant. I would frequently then jog out to the beach and back which was about 10 miles. I would be back at the restaurant at 4 P.M.. I would prep some of the food peeling 100 pound bags of onions and cutting them in the industrial Cuisine Art machine and peeling and cutting 50 pound bags of green beans. At about 5 P.M., I would eat a fish dinner such as filet of sole and one or two vegetables sautéed with a glass of milk and French bread with butter. The restaurant would get busy about 6 P.M.. I would work mostly as a dishwasher with two other young college students Billy and Nicky and Phillip moving the endless chain of dishes, glassware, and silverware. We always chatted amongst ourselves. As a pot scrubbers, one had to get used to the all of the irate chefs with French knives in their hands. Others were doing prep work or making salads and deserts. I would take about two breaks for a tonic and cigarette. About 11 P.M. the restaurant would close. Then one had to do a complete breakdown of the kitchen cleaning everything including the chef's area, the floors, work areas, and any dirty areas. During clean up period, we would listen to disco music like we

were all dancing. The chef would drink about six bottles of www.perrier.com since he was part owner, but we had to get by on tonic. About 4 A.M., when the bakery crew arrived, we would depart, and I would go home and collapse for about five or six hours to return to the same old routine. In the 1978, when I was a pot scrubber, there, I would also bring my roommate home a meal. I also had to transport two one hundred pound pales of garbage pales out back for the morning garbage. I would get one beer at the end of the work shift. I did it about six days a week. On my day off, I would go to the beach on the south shore and suntan, and in the evening I would enjoy a \$2 bottle of French white wine. I would frequently sit downtown on my day off and people watch downtown and walk around the wharf area. I paid \$50 a week for my basement 8 foot by 12 foot room with a two by four bed. I cleaned up the in bathroom of the guest house. I had an old black and white TV with one cable channel with "No Time for Sergeants", "Our Miss Brooks" and "Ole Susannah". The Inn was only about a hundred yards from the restaurant. The restaurant was across the street from the Jared Coffin house. I would also have to frequently sweep the brick sidewalk in front of the restaurant. There was no air conditioning in the kitchen. Thus I was use to going really fast in the restaurant, when I came off the island for good in December 1983, and the Greenwich Hospital put me on medication. CIO

03/18/17 Saturday 9:50 P.M. I chatted with a relative. I watched "Bombing Hitler's Super Gun". It told how Joe Kennedy Jr. died in World War II. CIO

03/18/17 Saturday 8:50 P.M. I went outside. I ate a roast beef and Swiss cheese sandwich on a Kaiser roll. I intermixed four deli slices of medium rare roast beef about four ounces with four slices of Stop and Shop Swiss cheese about four ounces on a Kaiser roll with bird seed that I spread Hellmann's mayonnaise on both slices of the roll with Gold's hot horse radish on the roast beef and ground black pepper. I ate it with Utz wavy potato chips and a 12 ounce glass of diet Fresca. I chatted with a relative. I went outside briefly. CIO

03/18/17 Saturday 7:40 P.M. I always try to explain myself to the world at <https://www.gatesnotes.com/globalpages/contactbillgates> and <https://www.whitehouse.gov/contact> . CIO

03/18/17 Saturday 7:15 P.M. Tracking is https://www.ups.com/WebTracking/processInputRequest?loc=en_US&Requester=DAN&tracknum=1ZEW9678YW96291079&AgreeToTermsAndConditions=yes&WT.z_eCTAid=ct1 eml Tracking ct1 eml tra myc upg1&WT.z_edatesent=03172017 on the order for 32 ounces of <https://www.pipesandcigars.com/p/peter-stokkebye-84-turkish-pipe-tobacco/1440011/#p-107299> for \$1.75 an ounce for \$56 and \$6.99 shipping for \$62.99 total. CIO

03/18/17 Saturday 7:10 P.M. I went outside again, and I chatted with neighbors. I chatted with a friend. CIO

03/18/17 Saturday 6:50 P.M. I chatted with Cablevision. I chatted on another number to Hostaway at 1-800-504-5710 Ext 350, and I chatted with them in Bulgaria again. Suddenly FTP started working again at <http://mikelouisscott.com/> , so I can upload my content. CIO

03/18/17 Saturday 6:05 P.M. I went outside again. I chatted with Hostaway again, and we could not resolve the problem. I tried another computer, and FTP still did not work. I will now go outside again. I will then shower and clean up. CIO

03/18/17 Saturday 5:05 P.M. I went outside twice, and I chatted with neighbors. I picked up the mail. I chatted with Hostaway 1-866-467-8929 that runs <http://mikelouisscott.com/> , and although the web site is working now, I can not upload to it. Hostaway told me, there was nothing wrong at their end. CIO

03/18/17 Saturday 3:20 P.M. I went outside briefly. I made my bed. I washed the breakfast dishes. CIO

03/18/17 Saturday 2:50 P.M. I went outside briefly, and I chatted with a neighbor. Back in 1976, when I was homeless down in South Florida, I drove up from Fort Lauderdale to West Palm Beach, and I bought a www.sears.com fishing rod and reel for \$30. I explored Palm Beach for about a half dozen times, but I could not afford it. I once noticed during the Super Bowl in 1977, in Palm Beach there were a lot of "Old Guard" moving around during the Super Bowl. I guess a lot of older people live quietly in those big old houses. About fifteen years ago, I had a Taft School classmate call me from Mar Largo, where he was living. He died four days after Teddy Kennedy. The main post office square in Palm Beach is Scott Square, so a Scott family member must have been down there early. A relative here in Greenwich, once knew Henry Flagler's daughter. I once explored the Breakers Hotel in Palm Beach, and like all Flagler Hotels in Florida, there was an Episcopal church next to it. A good friend of mine's father used to be part of the Palm Beach polo group before World War II. My grandfather Boven in Holland, Michigan used to drive down to St. Augustine, Florida in the 1920s, which must have been quite a trip on the old roads. What Florida used to look like in the Old Days <http://scott-mike.com/photo/old-florida-post-card-011506.jpg> . CIO

03/18/17 Saturday 1:55 P.M. I went outside again. It is starting to snow lightly. We are not suppose to get much snow. By my count, we have 14 cigarette smokers in the building. CIO

03/18/17 Saturday 1:35 P.M. I went outside at 11:30 P.M.. I woke up at 1 A.M., and I ate 6 ounces of red skin potato salad. I woke up at 9 A.M., and I went outside. I finally woke up at 1 P.M.. I went outside, and I chatted with two neighbors. I chatted with a friend. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/17/17 Friday 9:55 P.M. I went outside, and I chatted with neighbors. I ate a toasted bagel with Smart Balance spread and a 12 ounce glass of 50% punch and 50% diet Fresca. I will now shut down the primary work computer, and I will go outside, and then I will go to bed. CIO

03/17/17 Friday 9:25 P.M. <https://nationalzoo.si.edu/webcams/panda-cam?cam=panda03> .

<https://www.royal-house.nl/>

<https://www.instagram.com/p/BQKXffNh3Uv/?hl=en> Queen Elizabeth II photo

<https://www.royal.uk/royal-residences-st-jamess-palace> CIO

03/17/17 Friday 9:00 P.M. <http://www.greenwichtime.com/weather/article/NWS-Several-inches-of-snow-likely-this-11008879.php> CIO

03/17/17 Friday 8:55 P.M. I watched series 2 episode 6 of "Reggie Perrin". I went outside. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

03/17/17 Friday 8:00 P.M. I watched series 2 episode 5 of "Reggie Perrin". I sat outside a while. I chatted with a friend. I sat in the community room, and I chatted with a neighbor. I sat outside a while. CIO

03/17/17 Friday 5:35 P.M. I chatted with a relative. CIO

03/17/17 Friday 5:30 P.M. I went outside briefly. I threw out the garbage. CIO

03/17/17 Friday 5:15 P.M. I ate a roast beef and Swiss cheese sandwich on a Kaiser roll. I intermixed three deli slices of medium rare roast beef about three ounces with three slices of Stop and Shop Swiss cheese about three ounces on a Kaiser roll with bird seed that I spread Hellmann's mayonnaise on both slices of the roll with Gold's hot horse radish on the roast beef and ground black pepper. I ate it with 5 ounces of red skin potato salad and a 12 ounce glass of 50%diet Fresca and 50% punch. CIO

03/17/17 Friday 4:55 P.M. I gave a neighbor a new HP DeskJet printer that I had never used. I went outside briefly. CIO

03/17/17 Friday 4:25 P.M. http://volcano.si.edu/reports_weekly.cfm

https://www.nytimes.com/2017/03/16/world/europe/scotland-independence-paisley.html?emc=edit_th_20170317&nl=todaysheadlines&nid=46729&r=0

03/17/17 Friday 4:25 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

03/17/17 Friday 4:00 P.M. From the floor behind the Ethan Allen recliner, I moved some computer parts in their boxes to the left lower hallway bookcase. I threw out the Siemens's router with some empty computer parts boxes. I chatted with neighbors. One of whom was walking a Great Dane. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

03/17/17 Friday 2:45 P.M. I threw out most of my old Encyclopedia Britannicas except for the few I use to prop up items. I threw out the fourteen thousand pages of print outs of Scott's Notes in their clamp binders. I threw out all of the old paper work from the hallway bookcases. It was about six full loads with my little folding wire shopping cart. I will now shower and clean up. CIO

03/17/17 Friday 12:10 P.M. I went outside briefly. I washed the breakfast dishes. I made my bed. CIO

03/17/17 Friday 11:50 A.M. I went outside again. CIO

03/17/17 Friday 10:55 A.M. I went outside twice. I tried to help a neighbor get out of her parking place. CIO

03/17/17 Friday 10:20 A.M. Until I quit smoking again, I ordered 32 ounces of <https://www.pipesandcigars.com/p/peter-stokkebye-84-turkish-pipe-tobacco/1440011/#p-107299> for \$1.75 an ounce for \$56 and \$6.99 shipping for \$62.99 total. CIO

03/17/17 Friday 10:05 A.M. I woke up at 1 A.M., and I ate a toasted bagel with Smart Balance spread. I finally woke up at 9:30 A.M.. I went outside briefly, and I chatted with a neighbor. I chatted with a friend. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. When I visited Oslo, Norway in the middle of February 1983, there was six feet of snow on the ground. By the time I departed shortly after St. Patrick's Day, all of the snow had melted. Thus I brought sun shinny warm weather to Oslo, Norway. Western Europe is a relatively small area, so forever, people have been moving around in those areas, so nobody from those areas really know where they are from. CIO

03/16/17 Thursday 10:05 P.M. I watched series 2 episode 3 and 4 of "Reggie Perrin". I will now shut down the primary work computer. I will go outside briefly, and then I will go to bed. CIO

03/16/17 Thursday 8:55 P.M. I went outside briefly. CIO

03/16/17 Thursday 8:20 P.M. I ate a roast beef and Swiss cheese sandwich on a Kaiser roll. I intermixed four deli slices of medium rare roast beef about four ounces with three slices of Stop and Shop Swiss cheese about three ounces on a Kaiser roll with bird seed that I spread Hellmann's mayonnaise on both slices of the roll with Gold's hot horse radish on the roast beef and ground black pepper. I ate it with 5 ounces of red skin potato salad and a 12 ounce glass of diet Fresca. A relative thinks I should eat more sweet potatoes. I think the last time I visited Washington D.C. around 1993, when it was zero degrees Fahrenheit, I had a prime rib of roast beef medium rare for dinner with horse radish on the roast beef and a baked potato with butter. I can not remember, if I had a drink. I used to drink ice tea, when I went out to dinner. CIO

03/16/17 Thursday 7:50 P.M. If one needs any heavy equipment to move snow and ice, one might try www.navistar.com . I went outside twice, and I chatted with a neighbor in the warmer community room. I tried to watch the program on Netflix last night about Gallipoli, but it was in Turkish with English subtitles. In the community room, I picked up a paper on Diabetes. CIO

03/16/17 Thursday 7:00 P.M. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I stopped by the Apple store to let them see I am still around. I chatted with another computer person. He was not interested in my spare computers. I used the bathroom at the Senior Center. Their check in computer is broken for the last month at the Senior Center. I chatted with a Brooks Brothers employee. I chatted with a friend. I toured CVS. I chatted with a Greenwich Avenue resident. I chatted with a local elderly walker who stayed home. I finished my walk. I used the bathroom at Starbucks. I was told at the Pickwick Plaza at the top of Greenwich, Deutsche Bank and Interactive brokers are now tenants. No parking is allowed on Greenwich Avenue tonight, and they are going to remove the snow from Greenwich Avenue and the nearby side streets. I went to the Stop and Shop. I bought deli sliced roast beef for \$9.99 a pound for \$10.39, six bagels with seeds for \$2.99, three Kaiser rolls with bird seed for \$2.07, a 8 ounce Gold's hot horse radish for \$2.29, a five pack of Stop and Shop powdered milk for \$7.39, a 12 ounce generic honey for \$2.59, red skin potato salad for \$3.59 a pound for \$3.62, organic bananas for .79 a pound for \$1.24 and .85 can return for \$31.73 total. I then went to the Putnam Shell at 401 West Putnam Avenue, and I bought \$10 of self service premium V-Power gasoline for \$3.439 a gallon for 2.909 gallons for at odometer reading of 114855 miles for 36.6 miles driven since Tuesday February 28, 2017 for 12.852 miles per gallon in mixed traffic. I then returned home, and I put away my groceries. I chatted with a relative. The old elevator in my building is still broken. CIO

03/16/17 Thursday 1:40 P.M. I went outside twice. I washed the breakfast dishes. I made my bed. I chatted with two friends and a neighbor. I will now shower and clean up, and then I will go downtown. CIO

03/16/17 Thursday 12:50 P.M. I threw out the garbage. I sat outside for a while. CIO

03/16/17 Thursday 11:55 A.M. I woke up at 11:30 A.M.. I went outside briefly. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/15/17 Wednesday 11:30 P.M. I went outside for a while more. I ate a bowl of microwave popcorn and a 12 ounce glass of 50% punch and 50% diet Fresca. I was series 2 episode 2 of "Reggie Perrin". I will now shut down the primary work computer. I will go outside briefly. I will then go to bed. CIO

03/15/17 Wednesday 10:10 P.M. I went outside for a while. I sat out in the lobby for a while. CIO

03/15/17 Wednesday 9:35 P.M. In south Florida, when I was down there and washing dishes in Nantucket, I frequently did not get my hair cut, so my long dirty blond hair was down to my waist. See all of the old hippies <http://www.liveduvalstreet.com/> . I did not use drugs and only had a few beers in that period in South Florida. I did smoke cigarettes though. CIO

03/15/17 Wednesday 9:05 P.M. <http://www.bbc.com/news/world-europe-39285803> . I was told by a Norwegian neighbor that Norwegians used to live in the Outer Hebrides. CIO

03/15/17 Wednesday 9:00 P.M. I chatted with a relative. I watched "Prince Philip". I went outside briefly. Back in the winter of 1976 - 1977, when the King of Norway was on vacation in Fort Lauderdale, I started spending a lot of time going between Howard Hughes' people in Fort Lauderdale and Juan Tripp's people in Key West bypassing everything in between. It was 20 degrees Fahrenheit at 7 A.M. on Thanksgiving morning according to the Bank sign next to the Swimming Hall of Fame in Fort Lauderdale. One winter night in 1977, when my old 1966 Chevrolet Biscayne had been towed at the Swimming Hall of Fame for too many parking tickets, I started hitchhiking down to Key West. I recall having to walk half the way on a very cold night. I remember stopping at a Howard Johnson's for a bowl of oatmeal on the Florida Keys road to revive myself. In the winter of 1977 and 1978, I managed to obtain a job dishwashing at the Le Vielle Maison, but I did not have a car, so I camped out in a tent on the north side of the Boca Inlet. I would walk and hitchhike down to Fort Lauderdale in the day time returning back at 4 P.M. for my \$2.15 hour job as a dishwasher at the very posh restaurant. When I got my final \$87 check, I bought a round trip Eastern airlines ticket to Nassau from Fort Lauderdale, and for three days, I was treated royally in the Bahamas by Richard Mercy and his friends. However, when I returned to Fort Lauderdale I was left on the street again, and when I returned to Key West, I met John Bolton, who told me he was the architect on the Casa Marina Hotel project. I believed him since he had the key to the building and financing. Life on the road in Florida is very rough, and it does get colder down there. CIO

03/15/17 Wednesday 7:30 P.M. I went outside again.

<http://www.rileyvolvocarsstamford.com/king-of-sweden-day.htm?euid=186bbc66-fe23-4216-83b2-4443efe12835>

<http://marathonwinter.com/>

<https://geraldrfordfoundation.org/>

<https://advantages.aarp.org/en/travel.html?cid=MEAD0314170078U14&MemberID=3017272372> CIO

03/15/17 Wednesday 7:05 P.M. I ate a roast beef and Swiss cheese sandwich on a Kaiser roll with Hellmann's mayonnaise and seasoned with ground black pepper, a dill pickle slice and Utz wavy potato chips and a 12 ounce glass of diet Fresca. CIO

03/15/17 Wednesday 6:35 P.M. I went outside a number of times and sat in the community room for a long time chatting with a neighbor. The neighbor's red Volvo wagon was towed away for needed repairs. I picked up the mail. CIO

03/15/17 Wednesday 2:55 P.M. I went through <http://scott-mike.com/bf.htm> . I went outside, and I chatted with neighbors. I was able to set the Ring Tone and Vibration on my Obama Phone, so I can now answer it. I carry it with me, when I go out of the apartment. My Obama telephone number is 1-203-219-4953. I went outside again. I will now shower and clean up. CIO

03/15/17 Wednesday 2:00 P.M. I went outside, and I chatted with neighbors. CIO

03/15/17 Wednesday 1:20 P.M. I went outside again, and I chatted with a neighbor, and I drank my coffee out of the Vermont coffee cup. I chatted with a relative and a local walker. I cleaned the breakfast dishes. I will now make my bed. CIO

03/15/17 Wednesday 12:30 P.M. I went outside briefly. CIO

03/15/17 Wednesday 11:45 A.M. I went back outside. I had parked in a tenant's parking place they had shoveled out, so when they returned I parked my Volvo wagon up by the family units in a clear spot. CIO

03/15/17 Wednesday 11:10 A.M. I chatted outside with a neighbor last night before going to bed. I woke up at 10 A.M.. I dressed up warmly, and I went outside, and I removed about five inches of snow and two inches of ice crusted snow from my Volvo wagon. I then rock and rolled it out of its parking place, and I put it in a clear parking place. I chatted with a neighbor. I chatted with a friend. I will eat breakfast of oatmeal with honey and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/14/17 Tuesday 10:20 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

03/14/17 Tuesday 10:10 P.M. Thinks are hopping down in Cayo Hueso <http://www.liveduvalstreet.com/> . CIO

03/14/17 Tuesday 9:55 P.M. I ate three slices of deli honey ham and three slices of deli Swiss cheese and a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

03/14/17 Tuesday 9:35 P.M. I went outside, and I chatted with a neighbor. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

03/14/17 Tuesday 9:00 P.M. I watched series 1 episode 6 and series 2 episode 1 of "Reggie Perrin". CIO

03/14/17 Tuesday 7:05 P.M. I went outside twice, and I threw out the garbage and chatted with a neighbor. I sat in the lobby. I chatted with a friend. The Canadian Prime Minister Trudeau <http://pm.gc.ca/eng> was visiting Manhattan today, so he must have felt right at home. CIO

03/14/17 Tuesday 6:25 P.M. https://enterprise.microsoft.com/en-us/articles/blog/microsoft-in-business/how-cdss-supercharges-case-workers-to-better-serve-californias-most-vulnerable-citizens/?mkt_tok=eyJpIjoiWW1KaVIUSTFaalpoWmprdyIsInQiOiJ2SGpCTGFIN1FEbU9XaUo1eno4WDJnQXFcL0YzaXZjaTZcL3JxbStqYXROVU95cWNWeTI4RWIFZFBjZGx3YVByQWlhY1A1Ykx5eVRMb9m9HZ1ExWjVLdWc4QjB3UkwxTmhQdUNUSzFVNzICRExhajk5MXA1STZVTWkwaEQ1R2Q1QlFITXc3TXMzVFdQS3BIY2N4MUVHS1wvNFwvZ0tSTWpmXC9SblNJRlltWklmc25oVT0ifQ%3D%3D

https://www.nytimes.com/2017/03/13/world/europe/britain-brexite-scotland-independence.html?emc=edit_th_20170314&nl=todaysheadlines&nlid=46729&r=0

CIO

03/14/17 Tuesday 6:10 P.M. I ate a roast beef and Swiss cheese sandwich on a Kaiser roll with Hellmann's mayonnaise and seasoned with ground black pepper, a dill pickle slice and Utz wavy potato chips and a 12 ounce glass of diet Fresca. I chatted with a relative. CIO

03/14/17 Tuesday 5:35 P.M. I chatted with a local walker who lives downtown. I chatted with a neighbor in the community room for a long time. I went outside twice. I will not clean the snow off my Volvo wagon, until after tonight in case ice from sleet builds up on it overnight. CIO

03/14/17 Tuesday 3:25 P.M. They are supposed to get 12 to 20 inches of snow in Kennebunkport, Maine <http://www.kennebunkportbeachwebcam.com/>. Here in Greenwich, Connecticut on the edge of the tropics, we only got about five inches of snow. I went through <http://scott-mike.com/bf.htm>. CIO

03/14/17 Tuesday 3:05 P.M. I went outside, and I chatted with a neighbor. The building custodian used his snow blower to blow the snow away from the backs of the cars on the driveway. CIO

03/14/17 Tuesday 2:35 P.M. <http://heavy.com/news/2017/03/connecticut-snowfall-snow-totals-winter-storm-stella-2017-by-town-city-weather-service-official-newtown-danbury-how-many-inches/>. CIO

03/14/17 Tuesday 2:25 P.M. I rested until 1:30 P.M.. There is a new telemarketing scam that woke me up. They are calling up people to try to sell low cost funeral contracts. I went outside briefly. I will now make my bed. I will then shower and clean up. CIO

03/14/17 Tuesday 12:55 P.M. I chatted with a neighbor downstairs. I sat outside briefly. I washed the breakfast dishes. CIO

03/14/17 Tuesday 11:50 A.M. I chatted with a relative. I went outside briefly. CIO

03/14/17 Tuesday 11:20 A.M. I chatted with a relative. CIO

03/14/17 Tuesday 11:15 A.M. I woke up at 1:30 A.M., and I went outside. I woke up again at 8:30 A.M., and I went outside. There was about five inches of snow on the ground. I finally woke up at 10:45 A.M., and I went outside, and the snow has turned to rain. I chatted with a friend. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I was told yesterday that Starbucks and the Apple store will be closed on Greenwich Avenue today. CIO

03/13/17 Monday 10:35 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

03/13/17 Monday 10:25 P.M. I ate a roast beef and Swiss cheese sandwich on a Kaiser roll with Hellmann's mayonnaise and seasoned with ground black pepper, a dill pickle slice and Utz wavy potato chips and a 12 ounce glass of diet Fresca. I sat outside briefly.

Town of Greenwich Emergency Notice:

Town of Greenwich, CT

March 13, 2017--4:00 PM

The Town of Greenwich Board of Selectmen have declared a SNOW EMERGENCY effective 6:00 PM today until further notice. The Town is currently expected to receive up to 12-24 inches of snow by midnight Tuesday and blizzard conditions are likely. The SNOW EMERGENCY requires parked vehicles to moved off of designated and signed SNOW EMERGENCY roads. This measure is needed to facilitate the clearance of roads. As an alternate, vehicles may be parked in municipal parking lots during the SNOW EMERGENCY.

The storm may also bring strong winds gusting to 60 MPH which may bring down trees and power lines. Residents should be prepared for power outages. The lobby of the Public Safety Complex at 11 Bruce Place will be open 24 hours a day as a warming center if needed. Additional warming centers may be opened if needed.

Residents are urged to remain off the roads during the storm as driving may be hazardous.

Residents in low lying coastal areas should be aware of the potential for flooding conditions, especially around noon-time on Tuesday.

A list of SNOW EMERGENCY roads is available on the Town of Greenwich website, www.greenwichct.org, under Departments—Public Works—Highway Division.

Anyone experiencing an emergency should call 9-1-1. Non-emergency situations should be reported to the public safety dispatch center at 203-622-8004 or 203-622-8005.

The Town has assembled extra public safety, public works and parks and recreation crews to deal with any issues arising from the storm and we have coordinated with representatives from Eversource, our electricity provider.

The Greenwich Town Hall will be closed for business on Tuesday, March 14th due to the storm.

Greenwich Point park and the Holly Hill Transfer Station will be closed Tuesday, March 14th, until further notice.

Greenwich Public Schools have announced that all public schools will be closed on March 14th.

Updated information will be posted on the Town web site as it becomes available.

End of Notice: CIO

03/13/17 Monday 9:35 P.M. I made three copies of the Volvo service record, and I put two copies and the original in the bedroom with my paper work. I put the third copy and my new www.geico.com insurance card for the policy that starts on April 8, 2017 in the Volvo glove box. I sat outside a while, and I chatted with neighbors. CIO

03/13/17 Monday 9:05 P.M. I sat outside waiting for Stamford Volvo. While waiting a neighbor gave me two packs of Senca Silver 100s for the toaster. I went back up to my apartment, and I called up Stamford Volvo, and I gave them additional instructions. They picked my up at 4:45 P.M. We drove on I-95 East to Stamford Volvo. It was quite busy out.

The bill was \$1,746.82 that a relative paid for.

They told me that the weight of all the keys and other items on my key chain could have caused the ignition cylinder to malfunction. Thus I am only using the primary key with the Stant gas key and the steering wheel bar key. The labor rate was \$135 an hour.

The column lock was \$346.50 less \$15 core return.

The labor for the column lock was \$337.50

The serpentine belt was \$56.67 and the labor \$270

The new battery was \$189.90 and \$67.50 labor

8 quarts of transmission fluid was \$207.36, and two hose clamps for \$12.14 and \$169.95 labor

Total Labor \$844.95

Total Parts \$797.57

Total Tax \$104.30

Total Invoice: \$1746.82

I then drove back on I-95 to Indian Field Road exit 4. I drove north to Putnam Avenue east. I chatted with a relative and friend. I stopped by CVS on Greenwich Avenue, and I picked up a prescription. I went further downtown. I chatted with a local. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I could not beat

a nine for a \$1,000 prize. I stopped by the Apple store, and I chatted with a woman from India and Dubai, maybe she will bring us warm weather, so it does not snow. I chatted with a relative. I then went by the Greenwich Library, and I chatted with a local night watchman. I then stopped by the Chase Bank ATM at Deerfield Place. I then went to the Stop and Shop. I bought three bagels for \$2.07, three Kaiser rolls for \$2.07, buy one loaf of Arnold 12 grain bread get one free for \$4.49, a 45 ounce Smart Balance spread for \$6.49, a 59 ounce Tropicana orange juice with calcium for \$3, a 16 ounce Stop and Shop deli sliced Swiss cheese for \$4.99, a 32 ounce Dannon vanilla yogurt for \$2.99, Stop and Shop deli sliced roast beef for \$9.99 a pound for \$10.89, a 12 ounce low fat Nabisco triscuits for \$3.89, a 64 ounce Ocean Spray cranraspberry juice for \$2.79, a 64 ounce Welch's grape juice for \$3.99, a 9.5 ounce Utz wavy potato chips for \$3 for \$50.66 total. I returned home. I parked by car rear end first, so it might be easier to get out of my regular parking place in the snow. I had the town of Greenwich Snow warning on my answering machine. I put away the groceries. CIO

03/13/17 Monday 4:00 P.M. Stamford Volvo is coming to pick my up at 4:30 P.M.. CIO

03/13/17 Monday 3:55 P.M. <http://iavcei2017.org/registration.html>

https://en.wikipedia.org/wiki/Commonwealth_Day

https://www.nytimes.com/2017/03/12/us/snow-storm-blizzard-forecast-tuesday-northeast.html?emc=edit_th_20170313&nl=todaysheadlines&nid=46729&r=0

<http://www.greenwichtime.com/local/article/Blizzard-warning-issued-with-higher-snow-totals-10997255.php> .CIO

03/13/17 Monday 3:40 P.M. I went outside, and I chatted with a neighbor. I gave the neighbor my new \$10 ToastMaster 4 slice toaster that I bought for \$10 from www.macys.com at Christmas time. I dressed up warmly to be ready to go to Stamford Volvo whenever they call me up. CIO

03/13/17 Monday 3:05 P.M. I called up Stamford Volvo. The car should be ready today. They will call me up to arrange to pick me up, so I can pick up the car. CIO

03/13/17 Monday 3:00 P.M. My social worker and the fire marshal visited me. I have a lot of problems in my apartment to pass the fire marshal inspection. I need to:

- 1: Eliminate extension cords and power strip chaining
- 2: Eliminate power strips and chaining
- 3: Down size the apartment and get rid of about 30% of the clutter
- 4: Open up width of passage in the rooms

5: Do not pile stuff above the furniture

6: Get rid of all of the unused computer equipment

7: In kitchen do not use extension cords but plug directly into sockets

8: Do not have wall splitters on the electrical sockets.

9: Get rid of CRT televisions

My social worker is going to contact a Greenwich Housing Authority worker to help me eliminate the heavy items. My social worker is also going to contact the Greenwich Housing Authority about giving me more time to meet the Section 8 Inspection deadline.
CIO

03/13/17 Monday 1:20 P.M. I chatted with a relative.

http://forecast.weather.gov/showsigwx.php?warnzone=CTZ009&warncounty=CTC001&firewxzone=CTZ009&local_place1=Greenwich%20CT&product1=Blizzard+Warning&lat=41.049&lon=-73.623#.WMbUGtFV-70 . CIO

03/13/17 Monday 1:15 P.M. I went outside, and I chatted with a neighbor's relative and the building custodian. CIO

03/13/17 Monday 12:50 P.M. I went outside, and I chatted with a neighbor. I called the Stamford Volvo parts department, and the ignition part has arrived from Germany. They will call me back to let me know if my Volvo wagon will be ready today. I chatted with a relative. CIO

03/13/17 Monday 11:55 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

03/13/17 Monday 11:20 A.M. I sat outside twice. I chatted with a neighbor in the lobby. I will now shower and clean up. I have my social worker and fire marshal showing up at 1:30 P.M. this afternoon to inspect my apartment and make suggestions on passing the Section 8 inspection. My Volvo wagon might be ready today if the ignition part arrives from Germany. CIO

03/13/17 Monday 10:30 A.M. <http://www.foxnews.com/world/2017/03/13/scotlands-leader-seeks-new-independence-referendum.html>

<http://www.express.co.uk/news/politics/754516/Dutch-election-2017-will-Geert-Wilders-win-latest-polls-Netherlands-election> CIO

03/13/17 Monday 10:25 A.M. I washed the breakfast dishes. I made my bed. CIO

03/13/17 Monday 10:10 A.M. I went outside again. I let Meals on Wheels in the building.
CIO

03/13/17 Monday 9:55 A.M. I went outside briefly. CIO

03/13/17 Monday 9:10 A.M. <http://www.greenwichtime.com/local/article/Blizzard-watch-in-effect-for-most-of-state-10996608.php>

<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WMaZfNFV-71>

http://forecast.weather.gov/showsigwx.php?warnzone=CTZ009&warncounty=CTC001&firewxzone=CTZ009&local_place1=Greenwich%20CT&product1=Blizzard+Warning&lat=41.049&lon=-73.623#.WMaZmdFV-70

12 to 20 inches of snow expected. CIO

03/13/17 Monday 9:05 A.M. I woke up at 7:30 P.M., and I ate some Utz way potato chips. I went outside briefly. I finally woke up at 8:30 A.M.. I chatted with a friend. I went outside for a bit. I threw out the garbage. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/12/17 Sunday 6:05 P.M. I went outside, and I chatted with neighbors. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt. I will go to bed. CIO

03/12/17 Sunday 5:50 P.M. <http://www.bbc.com/news/uk-scotland-39205436> More Scotland news. I chatted with a friend. I chatted with a relative. CIO

03/12/17 Sunday 5:20 P.M. I sat outside twice. I chatted with a friend. CIO

03/12/17 Sunday 4:15 P.M. I watched episode 5 of "Reggie Perrin". CIO

03/12/17 Sunday 3:40 P.M. http://www.smithsonianmag.com/smart-news/pollens-found-grave-bronze-age-woman-paint-picture-bygone-scotland-180962437/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20170312-Weekender&spMailingID=28204894&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1001557213&spReportId=MTAwMTU1NzIxMwS2 CIO

03/12/17 Sunday 3:30 P.M. I ate a 15 ounce can of Hormel chili without beans with two small bags of oyster crackers and, I seasoned the chili with ground black pepper and Frank's barbecue hot sauce, and I ate it with three slices of deli sliced honey ham and three slices of deli sliced Swiss cheese and a 12 ounce glass of diet Fresca. I chatted with a relative. CIO

03/12/17 Sunday 2:55 P.M. I sat outside a few times. I sat in the lobby and the community room a few times chatting with a neighbor. CIO

03/12/17 Sunday 11:40 A.M. I went outside, and I surveyed the local tundra. I will now shower and clean up. CIO

03/12/17 Sunday 11:25 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

03/12/17 Sunday 11:05 A.M. I chatted with a relative. CIO

03/12/17 Sunday 11:00 A.M. I washed the breakfast dishes. I sat outside a while. I made my bed. CIO

03/12/17 Sunday 10:05 A.M. I went outside again, and I said "Hello" to a neighbor. I chatted with a local walker. It is 19 degrees Fahrenheit outside. CIO

03/12/17 Sunday 9:50 A.M. I woke up at 9 A.M.. I went outside briefly. I set the clocks and my watch forward. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 03/11/17

03/11/17 Saturday 6:30 P.M. I chatted with a friend. I chatted with a neighbor. I chatted with another neighbor outside. I chatted with a relative.
https://en.wikipedia.org/wiki/Wayne_Huizenga has a company called Waste Management www.wm.com which it might take to clear out the New York City area. I will now send out my weekly notes, and I will then go to bed. I will eat 8 ounces of Dannon vanilla yogurt. Move the clocks ahead an hour tonight for daylight savings time. CIO

!!!!!! 03/11/17 Saturday 6:05 P.M. <http://casesnow.com/> snow management. CIO

!!!!!! 03/11/17 Saturday 5:45 P.M. Blizzard coming Monday night and Tuesday with 12 to 18 inches of snow.
http://forecast.weather.gov/showsigwx.php?warnzone=CTZ009&warncounty=CTC001&firewxzone=CTZ009&local_place1=Greenwich%20CT&product1=Blizzard+Watch&lat=41.049&lon=-73.623#.WMR8h9FV-70 . CIO

03/11/17 Saturday 5:45 P.M. I sat outside twice, and I chatted with neighbors in the lobby. I picked up the mail. I read part of the www.time.com magazine. I ate 11 triscuit crackers with 1.5 inch by 1.5 inch by .25 slices of Westminster English cheddar cheese and a glass cold filtered water. I chatted with a relative and a friend. CIO

03/11/17 Saturday 4:00 P.M. I watched episode 4 of "Reggie Perrin". CIO

03/11/17 Saturday 3:15 P.M. I backed up some files to the Seagate 1 TB Rosewill external hard drive. I sat outside and in the lobby for a while. CIO

03/11/17 Saturday 2:30 P.M. I ate a 18.8 ounce can of Campbell's New England clam chowder light with dried parsley and ground pepper and two packages of oyster crackers and a 12 ounce glass of diet Fresca. CIO

03/11/17 Saturday 2:05 P.M. I went through about a hundred old used AA, AAA, and D batteries testing them, and I came up with a dozen that are still good. The threw out the bad ones. I sat outside for a while. I chatted with a Norwegian neighbor who is getting a new car. CIO

03/11/17 Saturday 1:30 P.M. I chatted with a friend. I sat outside for a while. I sat in the front lobby for a while. I chatted with a relative. There was nobody around to chat with. Just east of the I-95 Exit 5 in Old Greenwich, there is a <https://www.bostonmarket.com/location/old-greenwich-ct-92/> and <https://www.bostonmarket.com/wp-content/uploads/pdfs/restaurant/Tier%2016.pdf> which is probably the best deal on restaurant food in Greenwich. Then one can walk off your heavy meal at the Tod's Point beach in Old Greenwich. CIO

03/11/17 Saturday 12:05 P.M. I went outside, and I threw out the garbage. I chatted with a relative. I was told <http://fortune.com/2016/06/17/inequality-jackson-wyoming/> . I will now shower and clean up. CIO

03/11/17 Saturday 11:25 A.M. https://www.scdkey.com/microsoft-windows-10-pro-oem-cd-key-global_1227-20.html

I went through <http://scott-mike.com/bf.htm> . CIO

03/11/17 Saturday 11:05 A.M. I washed the breakfast dishes. I made my bed. CIO

03/11/17 Saturday 10:40 A.M. I chatted with a relative at 10 A.M.. I went outside briefly. I will make up a fresh batch of punch. CIO

03/11/17 Saturday 9:25 A.M. I woke up at 9 A.M.. I went outside briefly. It is 22 degrees Fahrenheit. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/11/17 Saturday 5:35 A.M. I chatted with a friend. I am now going back to bed for a while. CIO

03/11/17 Saturday 5:20 A.M. I put away the clean laundry. CIO

03/11/17 Saturday 4:10 A.M. I ate a <http://scott-mike.com/em.htm> along with a glass of cold filtered water. CIO

03/11/17 Saturday 3:55 A.M. I have 55 minutes to go on two dry cycles. CIO

03/11/17 Saturday 3:25 A.M. I put clean linens on the bed. I started two loads of wash, and I have 15 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

03/11/17 Saturday 2:40 A.M. I woke up and ate the rest of the Cheez-its and three slices of deli ham and three slices of deli Swiss cheese. I woke up at 2 A.M.. I went outside briefly. Yesterday morning at 2 A.M., we had a cooking smoke fire call at 2 A.M.. Unfortunately when I am asleep in my bedroom, I can not hear the fire alarm out in the hallway. It is 18 degrees Fahrenheit outside right now

<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WMOogNFV-71> . Maybe we should activate the freezing Norwegian patrol. CIO

03/10/17 Friday 5:35 P.M. I sat downstairs in the lobby. I chatted with a relative. I chatted for a long while with a neighbor. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. It is supposed to be down the teens the next few nights <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WMMpDtFV-71> . CIO

03/10/17 Friday 3:10 P.M. I ate a 18 ounce can of Campbell's Italian Wedding spinach and meatball soup flavored with garlic powder, ground black pepper, and Italian seasoning with two packages of oyster crackers and a 12 ounce glass diet Fresca. CIO

03/10/17 Friday 2:40 P.M. I went outside, and I chatted with a neighbor. The snow has stopped, and it is clear out. There is no snow or ice on the road. I chatted with Stamford Volvo, and the ignition part has not come in yet. It has to come from Germany. It hopefully will be here on Monday or Tuesday. I chatted with a relative and a friend. I chatted with a neighbor. Earlier I went through <http://scott-mike.com/bf.htm> . Alas there are no bargains that I can afford or that I need. Such is life. CIO

!!!!!! 03/10/17 Friday 1:55 P.M. <https://www.gofundme.com/w9vzvvy24> Someone who needs help. CIO

03/10/17 Friday 1:30 P.M. I went outside, and I walked around the front side of the building. It looks like we have gotten about four inches of snow. None of it is sticking on the road. Maybe it is the local Irish hacking me for being pro British. In the local mid 1970s days, the local blue collar youth hung out at Augie's in Cos Cob, so maybe that is where the hackers are hanging out causing their mischief. CIO

03/10/17 Friday 12:50 P.M. Hacking has been an ongoing problem all of these years. When I used a telephone internet connection, I once has the bios hacked on three computers in one night. CIO

03/10/17 Friday 12:40 P.M. I went downstairs, and I chatted with a neighbor. I stood outside a while. I have been smoking about five cigarettes a day, which I plan to quit, when I get my car back. I have been under stress with the failed Section 8 inspection and straightening up the apartment, the car repairs, and the computer failure. Being disabled, I do things in my own time and at my own pace, and I gradually get things done. Having worked in the past, and having maintained my current apartment for 29 years, I think I know what I am doing. A friend keeps suggesting that I get rid of the Ethan Allen recliner and clear out some items underneath the living room window and put in a love seat, but I never entertain guests, and for my own usage the apartment is setup just fine. From my own perspective, I don't think the CIA has ever hacked my computers, since they would have no reason to do so. I personally think it might be some of the local youth whom might be causing the problems. They obviously have a lot of free time. In the past, the hacking occurred around the school holidays at Thanksgiving, Christmas, Easter, and Summer recess which leads me think it might be the local youth. Why they might do it is beyond me. Obviously since 1989, some of them might have grown up a bit. CIO

03/10/17 Friday 12:10 P.M. http://volcano.si.edu/reports_weekly.cfm . I chatted with a friend. CIO

03/10/17 Friday 11:45 A.M. As a United States citizen, I am pretty much a mutt as to my background being half Dutch, one fourth Scottish and one fourth English. However, when one goes overseas, the English and the Scottish don't always get along with the Dutch. Instead of working on home computers since 1989, I would have been better off trying to work for <http://www.heineken.com/> , but my psychiatrist would not have liked that. <http://www.usa.philips.com/> is a Dutch electronics company, but I do not speak Dutch. CIO

03/10/17 Friday 11:20 A.M. I chatted with a relative. I cleaned the breakfast dishes. I made my bed. From the bedroom entrance, I moved a new power supply and the 5 TB Samsung external hard drive to the right side of the middle shelf on the bookcase along side the bedroom window. I threw out the broken SATA drive and a used power supply and three other boxes. I chatted with a neighbor. I will now shower and clean up.

03/10/17 Friday 10:10 A.M. I went back to bed until 9:30 A.M.. A neighbor rang my bell. I went downstairs to the neighbor's apartment to help him out with a minor computer problem. I stood outside, and I chatted with another neighbor. CIO

03/10/17 Friday 7:00 A.M. I woke up, and I went outside and chatted with a neighbor at 7:30 P.M.. I ate 8 ounces of potato salad and some Cheez-its. I went back to bed at 8 P.M.. I woke up at 6:30 A.M.. I went outside, and I chatted with a neighbor. It is just beginning to snow outside lightly, it is currently 33 degrees Fahrenheit, so it might not snow that much. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and

milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/09/17 Thursday 5:35 P.M. I sat downstairs in the lobby. I chatted with three friends and neighbors. I picked up my mail. I got my www.lfc.edu alumni magazine. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

03/09/17 Thursday 4:20 P.M. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. CIO

03/09/17 Thursday 3:35 P.M. Queen Elizabeth II video <http://www.bbc.com/news/uk-39220461> . CIO

03/09/17 Thursday 3:25 P.M. A neighbor stopped by the visit. We chatted about the internet. We then sat outside and chatted with another neighbor. I chatted with Stamford Volvo. They still have not gotten the ignition part, but they said if it is ready tomorrow, they might be able to pick me up in the snow to pick it up. CIO

03/09/17 Thursday 2:15 P.M. Somebody is high tech in Key West
http://www.floridakeyswebcams.tv/?utm_source=SouthernmostWebcam&utm_medium=Button&utm_campaign=SouthernmostWebcam . CIO

03/09/17 Thursday 2:10 P.M. <http://www.islandcompany.com/catalog/mens-resort-wear/graphic-tee-shirts/> . CIO

03/09/17 Thursday 2:05 P.M. In August of 1980, I drove with a friend through Key West on our way to California. We picked up a miniature palm coconut that I donated to the Botanical garden at Stamford University when we visit Palo Alto on that trip. Then in February 1982, I returned to Key West when it was minus 26 degrees Fahrenheit in Manhattan, but I ran out of places to say, so I was arrested for sleeping on the beach which is a serious crime in Florida. I have not been back to Key West since, although I have visited Vero Beach and Bayonet Point and Fort Lauderdale since then. I had a private friend in Key West that was related to the Dupont family, and he owned the craft shop across from the Post Office. He later became a dog walker in Manhattan. CIO

03/09/17 Thursday 1:55 P.M. It is busy down in Cayo Hueso
<http://www.liveduvalstreet.com/> . When I was down there in the winter of 1977 and 1978, I was told that we part of a local commune, and we would benefit whenever the place became more prosperous. Alas prosperity passed me by. The winter of 1979, I visited down there briefly, but I was living with a friend and his sister on the beach in Daytona, which is cooler. We eventually did get some Food Stamps for support. My friend's sister was going to Emory Riddle Aeronautical University. During Spring break they gave away free packages of 5 Marlboro cigarettes. I used to fish off the jetty. A friend of Fred Von Mierers from mid town Manhattan who did catering had a family house down there on the

beach, but I never saw him around. I did once explore Canaveral National Seashore, and I saw lots of sharks out in the ocean, and I supposed there were alligators on the inland river side. CIO

03/09/17 Thursday 1:45 P.M. I sat outside a while and chatted with neighbors. My social worker is going to visit with the Fire Marshall this coming Monday March 13, 2017 at 1:30 P.M. to inspect my apartment. CIO

03/09/17 Thursday 12:30 P.M. I went outside, and I sat outside for a while. I walked around the building. I chatted with neighbors. I sat outside some more. CIO

03/09/17 Thursday 11:20 A.M. I cleaned the wire rack in the bathroom to the right of the toilet. It is one of those full length wire racks that one can buy at Home Depot. I threw out half of the old bottles that I no longer need. I sat outside, and I chatted with neighbors. I will now shower and clean up. CIO

03/09/17 Thursday 10:15 A.M. I sat outside a while. I cleaned the breakfast dishes. I made my bed. I will now clean the dusty wire rack in the bathroom. CIO

03/09/17 Thursday 9:40 A.M. I chatted with a neighbor. CIO

03/09/17 Thursday 9:35 A.M. I rested some more until 9 A.M.. I sat outside for a while. I chatted with a neighbor. We are supposed to get three to five inches of snow tomorrow, so I don't know if Stamford Volvo will be able to pick me up to get my car, if it is ready. I chatted with a relative. CIO

03/09/17 Thursday 7:20 A.M. I went outside twice. I chatted with a friend. CIO

03/09/17 Thursday 6:30 A.M. I woke up at 6 A.M.. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/08/17 Wednesday 4:05 P.M. I will now shut down the primary work computer. I will eat 8 ounces of Dannon vanilla yogurt. I will then go to bed. CIO

03/08/17 Wednesday 3:55 P.M. I threw out the garbage. I picked up the mail. I got my www.geico.com insurance cards for the policy that starts on April 8, 2017. I sat outside chatting with a neighbor. CIO

03/08/17 Wednesday 2:45 P.M. Off the Roku device, I watched on PBS, episode 7 of "Victoria". I had a telephone call from the Service Department at Stamford Volvo. They had not gotten the message to proceed that I gave yesterday, so they will start and hopefully have my car ready this Friday. They had already ordered the ignition switch. CIO

03/08/17 Wednesday 12:55 P.M. I ate a Marie Callender 16 ounce chicken pot pie and a 12 ounce glass of diet Fresca. If anyone thinks I have not done too much all of these years since 1989 with personal computers, I have also walked around downtown Greenwich and Tod's Point frequently over the 33 years, since I returned from Nantucket. When one walks, one sees more reality than when one simply stays at home watching television. Last October 2016, my right leg froze while walking Greenwich Avenue in the early morning hours, so I have been doing physical therapy since then. It might have to do with all of the weight I put on up at 258 pounds since I quit smoking. Every pound above the knees is the equivalent to four pounds at the knees. Also in Manhattan, Nantucket, and Key West, and in my youth down in Decatur, Alabama and Pensacola, Florida, I also walked a lot and played golf. Thus I think it would be safe to say, I am a professional walker. Still at my more senior age, I have been relaxing more at home. Since none of the people on the internet know how to communicate directly, I still have to make my own decisions as to what is best from my perspective. I put the photographs in the latest photo albums along with all of Queen Elizabeth II's letters and envelopes. One thing I am fairly confident about is somebody over in England probably still speaks English. Alas, since I am also half Dutch, I don't know the Dutch language. CIO

03/08/17 Wednesday 12:10 P.M. I woke up at 11:45 A.M.. CIO

03/08/17 Wednesday 10:35 A.M. I went through <http://scott-mike.com/bf.htm> . I will now take a nap. CIO

03/08/17 Wednesday 10:15 A.M. I chatted with a relative. I sat outside a while. I walked around the building. I chatted with a neighbor. CIO

03/08/17 Wednesday 8:10 A.M. I will not clean the dusty cleaning supply wire rack in the bathroom today. I have done my work on the computers this shift. I will now shower and clean up. CIO

03/08/17 Wednesday 8:05 A.M. Before going to bed, I ate 8 ounces of potato salad and a 1.5 inch by 1 inch by 1 inch chunk of Westminster British cheese. I woke up at 4:15 A.M.. When I started up the primary Dell computer, it was not working properly. I tried restoring the November 24, 2016 backup, but it would not restore. I tried doing a low level format of the first hard drive with the Seagate Utilities, but it would not work. I took out the 240 GB SATA drive that came with the computer, and I put in the almost new used 320 GB Seagate DATA drive that I have salvaged from the FIC computer. I was able to do a low level format of it with the Seagate Utilities. I then restore the Windows 10 Complete PC backup from November 24, 2016. I restore the changed and new files that I had saved on the second hard drive. It all seems to be running fine. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I washed the breakfast dishes. I made my bed. I chatted with a friend. I went outside three times this morning, and the third time, I chatted with a neighbor. CIO

03/07/17 Tuesday 5:20 P.M. I chatted with two relatives. I will now shut down the primary work computer, and I will go to bed. CIO

03/07/17 Tuesday 4:55 P.M. I went outside, and I chatted with a neighbor. CIO

03/07/17 Tuesday 4:20 P.M. From www.snapfish.com , I ordered 17 pictures for \$1.53, and \$2.49 shipping and .34 tax for \$4.36 total. They are for another relative. CIO

3/07/17 Tuesday 4:00 P.M. I showed my social worker and home health care assistant around my apartment. They suggested that I have the fire department do an inspection sometime soon, so it will give me time to make any adjustments. They also suggested that I dust the cleaning supply rack in the bathroom. I chatted with a relative. CIO

3/07/17 Tuesday 2:40 P.M. I sat outside for a while. I chatted with a neighbor about old Mercedes. I picked up the mail. The order from www.snapfish.com for 17 pictures for \$3.41 arrived. CIO

3/07/17 Tuesday 1:50 P.M. <http://www.bbc.com/news/technology-39193008> . CIO

3/07/17 Tuesday 1:40 P.M. I sat downstairs, and I chatted with neighbors. I chatted with a regular walker who lives downtown. I have my social worker and a home health aid coming to my apartment at 2:30 P.M. to give me recommendations on passing my next Section 8 inspection. Two of my best friends only weigh 135 pounds, so while I have put on weight, they have lost weight. I went through my email earlier. CIO

3/07/17 Tuesday 1:00 P.M. <https://www.onblastblog.com/html5-cheat-sheet/> CIO

3/07/17 Tuesday 12:35 P.M. I ate a 11.5 ounce Stouffer's Swedish meatballs with a toasted bagel with Smart Balance spread and a 12 ounce glass of diet Fresca. CIO

3/07/17 Tuesday 12:05 P.M. I chatted with a relative who is an engineer. The relative told me to go ahead and have the ignition switch, serpentine belt, battery, and transmission fluid changed which will be about \$1,750 that my relative will pay for. I called up Stamford Volvo, and I told John in the service department to go ahead and proceed with the repairs. It will take two or three days to get the ignition switch. Once the car is ready, Stamford Volvo will pick me up and bring me over there to pick up the car. CIO

3/07/17 Tuesday 11:50 A.M. I chatted with a relative and a friend. CIO

3/07/17 Tuesday 11:40 A.M. I chatted with a relative. At www.cars.com , dealers sell my same car with its mileage for about \$5,000, so it is worth repairing for \$1750. CIO

3/07/17 Tuesday 11:20 A.M. I chatted with a relative. I also chatted with Stamford Volvo again, and they told if I did the \$1,750 repairs, it would be safe to drive to Maine in the summer as opposed to doing all of the \$2730 repairs. My relative said if I have any more

problems, they might get me a used Subaru. I am still waiting to hear from my relative the engineer. CIO

3/07/17 Tuesday 11:15 A.M. I chatted with a relative twice. I chatted with Paul at Stamford Volvo at 1-888-452-2939. At www.kbb.com my Volvo XC70 with 115,000 miles is worth \$2,000 for dealer trade in and \$3,500 for private party sale. Stamford Volvo told me the Ignition switch, serpentine belt, battery, and transmission fluid need to be replaced which would be about \$1,750. Also the brake lines and motor mounts and front sway bar links need to be replaced which would bring it \$2730 plus tax. I am waiting to hear from a relative who is familiar with the car to tell me what to do. Stamford Volvo wants me to let them know by 3 P.M., so they can order the ignition switch. I went through <http://scott-mike.com/bf.htm> . CIO

3/07/17 Tuesday 10:00 A.M. Since I don't have the Volvo wagon for the next few days, I had to cancel my physical therapy appointment for tomorrow which was for evaluation, and the rest of the appointments for the month, until I am able to do another evaluation appointment. CIO

3/07/17 Tuesday 9:55 A.M. I chatted with two neighbors outside. CIO

3/07/17 Tuesday 9:30 A.M. I chatted with Stamford Volvo. It is going to be \$700 to replace the ignition switch. They have to order it, and that will take two or three days to get the part. I chatted with a friend and two relatives. A relative is going to pay for the repair. CIO

3/07/17 Tuesday 8:40 A.M. I chatted with a friend. I washed the breakfast dishes. I will now make my bed. I will then shower and clean up. CIO

3/07/17 Tuesday 8:10 A.M. I went back to bed until 8 A.M.. CIO

3/07/17 Tuesday 3:30 A.M. After the last note, I sat outside a while. I picked up the mail. I went to bed. I woke up at 3 P.M.. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

3/06/17 Monday 3:45 P.M. I ate a 19 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. I will now shut down the primary work computer, and I will go to bed. CIO

3/06/17 Monday 3:10 P.M. I threw out the garbage. I met up with a neighbor downstairs. I took my neighbor downtown to the TD Bank. I then went by the Chase Bank at Deerfield Place. We then went to the Wells Fargo Bank at the Stop and Shop center, and we paid our rent to the Greenwich Housing Authority. I then went to the Stop and Shop, and I bought an Almond Danish for \$1.29 and a box of 40 Hefty extra strong draw string kitchen garbage bags for \$7.99 and .51 tax for \$9.79 total. I found an apple in the Stop and Shop

3/06/17 Monday 6:20 A.M. I cleaned the bathroom sink and vanity. I cleaned the toilet. I cleaned the bathtub and shower stall around it. I cleaned the floor around the toilet and the bathtub and sink. At 258 pounds, when I was on my knees in front of the toilet cleaning it, a friend called, and it was awfully hard to get up quickly to answer the phone. I chatted with a friend. I cleaned the surfaces in the bathroom with Windex surface cleaner. I cleaned the toilet bowl with Clorox toilet bowl cleaner. I cleaned the bathtub with Comet scouring cleaner. CIO

3/06/17 Monday 5:05 A.M. I washed the breakfast dishes. I made my bed. CIO

3/06/17 Monday 4:25 A.M. I went back to bed until 4:15 A.M.. CIO

3/06/17 Monday 2:00 A.M. It is cold out at 23 degrees Fahrenheit
<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WL0ICn-3ETh> . CIO

3/06/17 Monday 1:35 A.M. I chatted with a relative at 2:30 P.M.. I ate a few ounces of Jalapeño Cheez-its. I slept until 1:15 A.M.. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

3/05/17 Sunday 12:05 P.M. I ate a toasted bagel with Smart Balance spread and a glass cold filtered water. I will now try to go to bed for the day and night. CIO

3/05/17 Sunday 11:40 A.M. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I bought two 12 ounce CVS Gold Emblem breakfast blend coffee for \$8.28 total. I chatted with a member of Christ Church. The fire department was responding to a call just south of CVS. I then went further downtown. I chatted with a relative. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I won a free card, and then I lost. I stopped by Starbucks, and I chatted with a visitor from Norwalk who looked high tech. I bought two organic bananas for .69 a pound for .60, a 16 ounce Reser red skin potato salad for \$3.99, and four bagels for .59 each less .40 can deposit for \$6.55 total. I then returned home to Chez Mike's. CIO

3/05/17 Sunday 8:00 A.M. My social worker with a home aid are inspecting my apartment this Tuesday afternoon at 2:30 P.M. to give me some tips about passing my Greenwich Housing Authority Section 8 Inspection. I will now make my bed. I will then shower and clean up. I will then go downtown. I don't have enough energy to walk Greenwich Avenue. At close to age 67, I am getting older particular in the cold weather of winter. I chatted with another local walker, and he is also sleeping over 14 hours a day. Walking in cold weather for older people wears them out. CIO

3/05/17 Sunday 7:30 A.M. Not much snow in Kennebunk, Maine
<http://www.kennebunkportbeachwebcam.com/> . CIO

3/05/17 Sunday 7:30 A.M. I rested for a half hour. I ate a 16 ounce Stouffer's stuffed peppers with grated parmesan and Romano cheese on it and a 12 ounce glass diet Fresca. In the old day in Greenwich in the 1970s, when I only weighed 130 pounds, Stouffer's frozen meals were very popular back then. They had frozen 8 ounce packages of creamed chipped beef, lobster thermador, and shrimp thermador. The last two came with packages of white rice. The chipped beef was good on an English muffin. In Greenwich Village where the students in Manhattan tend to gravitate, Eggs Florentine or Eggs Benedict or a cheese omelet all of with English muffin and coffee was about \$3. New Yorkers like walking a lot, so they tend not to eat too much food and they stay lean and hungry. To heavier suburban individuals whom are use to shopping regularly in grocery stores and using automobiles, the New York lifestyle is not considered that user friendly. I used to help run my family's various houses in Greenwich and elsewhere in this area, which takes a lot of effort. I think the only job I have had on the books in Greenwich is when in the fall of 1973, I worked as a waiter at Boodles. I once made a \$100 on a busy Sunday afternoon brunch. The interns at the Greenwich Hospital seemed to have the most money to spend. I once was able to carry five or six plates of entrees along one arm at one time. CIO

3/05/17 Sunday 6:05 A.M. I will now rest some more. CIO

3/05/17 Sunday 5:35 A.M. I drank a 12 ounce glass of diet Fresca. Diet Fresca from my perspective, so of tastes like cactus juice. When I met Vincent Butler in Santa Cruz, California on Labor Day weekend in 1980, when I was out in California campaigning for Ronald Reagan, he invited me to stay with him for Labor Day weekend, since his wife was visiting Lake Tahoe. As I recall, I was hitchhiking to Santa Cruz after having just returned to San Jose from Maui. We drank about three half gallons of Smirnoff Vodka, so it was a lost weekend. He had all of the old German march songs that we enjoyed listening to. He gave me a radio in a Fresca can that I sent to my mother in Kennebunkport, Maine. I think afterwards, I spent a few days drying out in a very good rehab place with Iranians in Santa Cruz drinking fresh orange juice. I normally did not drink too much back then, but when one encountered a heavy drinker, it could be a disaster. CIO

3/05/17 Sunday 5:20 A.M. Moonshine Movers is done for the day. In the bedroom, I cleared out a lot of the computer parts boxes from the upper bookcase by the bedroom window and also to the left of that bookcase. In the living room, I cleared out the bookcase behind the Sony Trinitron television. I left the two new Seagate 320 GB IDE hard drives and the old OS/2 and earlier Windows operating systems on the shelf. I left another box of new IDE cable to the left of the dumpster. I also cleared out the center hallway bookcase shelf. In two plastic bags, I threw out about a dozen new Mad Dog CPU coolers that I left to the left of the dumpster. I guess that in all was about ten runs to dumpster with my little folding cart. I am worn out and finished with downsizing for the day. The place from my perspective is looking better. However, I have lived here for 28 years, so to the newcomer, it does not appear as a new apartment. CIO

3/05/17 Sunday 3:45 A.M. I put my two Iview 7 inch tablets in their boxes, and I put them in the bookcase at the hallway entrance. I also took my two old Nokia cell phones with

their power supplies, and another inexpensive Google Android cell phone with its power supply, and I put them in plastic zip lock bags in the same book case. CIO

3/05/17 Sunday 3:25 A.M. Back in my youth, when I worked as a dishwasher pot scrubber at Le Languedoc on www.nantucket.net , I would work from 4 P.M. to 4 A.M. six or seven days a week, and the last five hours of the day was cleaning up the restaurant which was a lot of work after dishwashing pot scrubbing all night earlier. The chef who was in front of the hot cast iron stoves during the dining hours, would drink up to six bottles of www.perrier.com to keep from getting dehydrated. I sometimes also worked the three to four hour lunch shift. I became very good using an aluminum French omelet pan over a natural gas flame to cook a three egg omelet. I would make it like a crepe cooking it on side with butter and then flipping it, so it puffed up. I just drank a 8.5 ounce Perrier with Angostura bitters. CIO

3/05/17 Sunday 3:05 A.M. I threw out two suitcases. I kept my Pan AM, Air Canada, and KLM flight bags in my small suitcase with wheels. I threw out a new 100 piece container set. I left both the suitcases and the container set on the left side of the dumpster to be claimed. I threw out some small computer boxes. CIO

3/05/17 Sunday 2:45 A.M. I threw out the garbage. I threw out six kitchen garbage bags of old socks and boxer shorts. I threw out two old laser cartridges. I threw out two broken DVD/RW drives. I threw out a box full of IDE cables. I put my old out of date self made tobacco products on the left floor of the bedroom closet, where the Premier machines are. CIO

3/05/17 Sunday 1:55 A.M. I made my bed. I ate a toasted bagel with Smart Balance spread and a cup of coffee with Equal sweetener and milk. One of my father Louis Dale Scott's old companies Monsanto first started out making artificial sweetener. The Monsanto www.monsanto.com family were from Saint Croix were Sephardic Jews from Brazil. The first shoot on my Amarillo plants has lost it three blooms, but the second shoot now has four white blooms with a pink tinge. Back to house cleaning. CIO

3/05/17 Sunday 1:20 A.M. I woke up at 1 A.M.. CIO

End of Scott's Notes week of 03/04/17

3/04/17 Saturday 8:35 P.M. I ate a 18.8 ounce can of Campbell's New England clam chowder light with dried parsley and a toasted bagel with Smart Balance spread and a 12 ounce glass of diet Fresca. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

3/04/17 Saturday 8:35 P.M. http://volcano.si.edu/reports_weekly.cfm CIO

03/04/17 Saturday 8:20 P.M. I moved the Dell E6400 laptop from the laptop stack on the round oak table to the small computer table to the left of the primary work computer. I sorted out the paper work at the apartment entrance. CIO

03/04/17 Saturday 7:40 P.M. I rested until 7 P.M.. I threw out the garbage. Someone claimed the three old laptops. I picked up the mail. The rent bill from the Greenwich Housing Authority arrived. CIO

03/04/17 Saturday 12:30 P.M. I ate a 19 ounce Stouffer's lasagna with tomato meat sauce with grated parmesan and Romano cheese on it and two 12 ounce glass of diet Fresca. CIO

03/04/17 Saturday 11:55 A.M. I rested a half hour. I went through <http://scott-mike.com/bf.htm> . CIO

03/04/17 Saturday 10:50 A.M. I straightened up the items underneath the www.harvard.edu chair. I threw out the old wooden and plastic clothes hangers. I saved the white plastic hangers which take up less room. I am done with the work for today. I am a bit tired, so I will try to rest for a while. CIO

03/04/17 Saturday 10:30 A.M. I quick low level formatted the two Dell E410 laptops and the Panasonic CF29 laptop, and I threw them out by the left side of the dumpster with their power supplies. I also threw out my old Radio Shack NOAA weather radio. I drank a 8.5 ounce glass cold www.perrier.com with Angostura bitters. The laptop accessories I put in a kitchen garbage bag on the floor on the right side of the bedroom desk. CIO

03/04/17 Saturday 9:25 A.M. I threw out another 19 inch Eizo monitor. I threw out an old Lexmark Laser printer E238 part. I gave a neighbor 23 quart Ball mason jars along with 24 ounces of Peter Stockebye Turkish pipe tobacco. CIO

03/04/17 Saturday 8:45 A.M. I chatted with a relative. CIO

03/04/17 Saturday 8:35 A.M. I threw out the 12 inch plant pot with its plastic tray that was on the center of mahogany bureau. It has one small pathos plant in it. I sorted out the old magazines from the magazine rack, and I threw them away. I sorted out the paperwork in the bedroom, and I threw a lot of it away. I also threw out my last three years of receipts and printed out computer receipts. I threw out the metal letter divider. I threw out the broken frame that held Queen Elizabeth II's Christmas letters. I put the letters on the left hallway shelf for now. CIO

03/04/17 Saturday 7:40 A.M. I ate another toasted bagel with Smart Balance spread and a 12 ounce glass of 50% punch and 50% cold filtered water. I washed the breakfast dishes. I made my bed. I pulled out the Hoover vacuum cleaner and its accessories from in storage to the right side of the bedroom desk, and I have it setup in the living room between the Ethan Allen recliner and the round oak dining table to have it easily available for use. It is an \$800 unit that I bought for \$75 as a clearance items form Linens and Things many moons ago. CIO

03/04/17 Saturday 6:50 A.M. I went back to bed until 6:30 A.M.. CIO

03/04/17 Saturday 1:30 A.M. I chatted with a friend at 9 P.M.. I woke up at 1:15 A.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/03/17 Friday 5:20 P.M. I ate the roast beef sandwich and potato salad with a 12 ounce glass of diet Fresca. I will now shut down the primary work computer, and I will go to bed for the night. CIO

03/03/17 Friday 5:00 P.M. I sat outside and the lobby for a longer period of time. I chatted with a relative and a local walker on my wireless telephone. I chatted with a neighbor for a long time. The mail arrived, but I did not get any mail. I showed the neighbor the recent changes in my apartment. I gave the neighbor a spare paper shredder that I had in the bedroom. CIO

03/03/17 Friday 3:15 P.M. I threw out the garbage. There was an automobile wreck just west of the Stop and Shop that damaged an electrical pole. I went by CVS on Greenwich Avenue. I then went to my 1:30 P.M. early. After my appointment, I sat outside downtown for a while. I then went by the Stop and Shop. I bought six various bagels for \$2.94, a roast beef and Swiss cheese sandwich on a Kaiser roll with Hellmann's mayonnaise for \$3.99, and red skin potato salad for \$3.29 a pound for \$1.88 for \$8.26 total. On my way home the wreck was cleaned up, and the electrical company was working on the electrical pole. CIO

03/03/17 Friday 11:25 A.M. I woke up at 11:20 A.M.. I chatted with a relative earlier at 9 A.M.. I will now make my bed. I will then shower and clean up. CIO

03/03/17 Friday 8:20 A.M. I ate a 11.5 ounce Stouffer's Swedish meatballs with a toasted bagel with Smart Balance spread and a 12 ounce glass of diet Fresca. I chatted with a relative. I will now rest for a while. I have a 1:30 appointment this afternoon. CIO

03/03/17 Friday 7:50 A.M. I threw out the small brass and glass table at the hallway entrance and the small folding wicker chair that was underneath it. CIO

03/03/17 Friday 7:35 A.M. My www.eversource.com electricity bill for February 2017 was \$157.85 for 854 kWh for 30.50 kWh per day for 28 days with an average temperature of 38.9 degrees Fahrenheit. For February 2016, it was \$181.27 for 920 kWh for 31.72 kWh per day for 29 days with an average temperature of 33.7 degrees Fahrenheit.

<https://www.britannica.com/biography/Alexander-Graham-Bell?source=ONTHISDAY>

https://www.nytimes.com/2017/03/02/world/europe/sweden-draft-conscription.html?emc=edit_th_20170303&nl=todaysheadlines&nlid=46729&r=0

<http://www.msn.com/en-us/foodanddrink/restaurantsandnews/heres-what-the-queen-eats-for-breakfast-lunch-and-dinner/ar-AAAnGEb5?li=BBnb7Kz&ocid=mailsignout#page=1>

CIO

03/03/17 Friday 7:15 A.M. I threw out the old primary Gigabyte computer, and its 20 inch Dell monitor. I also threw out the FIC server, and its Eizo 19 inch monitor. I threw out the Epox computer, and its 10 inch Compaq monitor. I did low level formats on the first two. I could not do a low level format on the Epox computer. I also saved an almost new 1 gigabyte SATA drive from the FIC server. Their accessories, I bagged and put with the other accessories on the bedroom desk. Thus I have now thrown out five tower computers and detached and stacked five desktop computers. I drank at 8.25 www.perrier.com with Angostura bitters. CIO

03/03/17 Friday 4:10 A.M. I washed the breakfast dishes. I made my bed. CIO

03/03/17 Friday 3:40 A.M. I went back to bed until 3:30 A.M.. CIO

03/03/17 Friday 12:40 A.M. I woke up at 12:15 A.M.. I will now eat breakfast. I ate breakfast of Nature's Valley oat clusters cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/02/17 Thursday 10:55 A.M. I ate a 14.5 ounce Chef Boyardee beef ravioli with Frank's hot sauce and a toasted bagel with Smart Balance spread and a 12 ounce glass of cold filtered water. I will now go to bed. CIO

03/02/17 Thursday 10:15 A.M. I got back up at 6:30 A.M.. I disassembled the four computers in the center of the living room in front of the mahogany bureau and along side the Ethan Allen recliner. I stacked them on the bedroom desk with their various accessories stored in plastic bags and their monitors. I put away the two DeLonghi oil filled radiators underneath the bedroom desk. I threw out the small table along side the Ethan Allen recliner and the small office chair with it. I threw out the laptop table from in front of the Ocosmo TV. I moved the mahogany night stand with the sock drawer along side the Ethan Allen recliner. I threw out the big 20 inch Dell monitor on the bedroom desk. I threw out the Hoover Rug cleaner and its accessories and the Hoover rug shampoo. I threw out the ice trays. I threw out the round metal trays that I used to use with the Sharp Convection oven. I threw out the two poinsettia plants from the front entrance of the apartment. I threw out two old comforters. I threw out two www.army.mil extreme cold weather sleeping bags. I threw out the Minolta laser printer. I drank two 12 ounce glass of diet Fresca. CIO

03/02/17 Thursday 5:50 A.M. I think I will now rest for a while. The computer equipment is heavy, and at my age I am weaker. CIO

03/02/17 Thursday 5:40 A.M. I threw out the brass hat rack and valet stand and the Bombay small chest that were at the apartment entrance. From the bedroom desk, I threw out two 19 inch Eizo monitors along with the Abit desktop and the Dell Latitude 4600i desktop. I did quick low level formats on them before throwing them out. I saved a DVD/RW drive. The Abit still has an expensive video card in it. I threw out three laptop shipping boxes. CIO

03/02/17 Thursday 3:55 A.M. I went through <http://scott-mike.com/bf.htm> . I put away the clean laundry. CIO

!!!!!! 03/02/17 Thursday 3:05 A.M. <http://greenwichtownparty.org/> CIO

03/02/17 Thursday 2:55 A.M. <http://www.buddhastatuesnow.com/>

<http://campaign.r20.constantcontact.com/render?m=1101287699505&ca=0d5024f1-0186-43e7-80b2-4c246a56445b>

CIO

03/02/17 Thursday 2:30 A.M. I have 55 minutes go on two dry cycles. The old elevator is broken again.

<http://video.foxnews.com/v/5344123009001/?#sp=show-clips> CIO

03/02/17 Thursday 2:05 A.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash and have fifteen minutes to go on the wash cycles. I picked up the mail. I threw out the garbage and the old periodical literature. I watered the plants. CIO

03/02/17 Thursday 12:55 A.M. I washed the breakfast dishes. CIO

03/02/17 Thursday 12:05 A.M. I chatted with a relative at 4:30 P.M.. I woke up at 11:55 P.M.. I will now eat breakfast. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

03/01/17 Wednesday 3:25 P.M. I went to my 1:30 P.M. appointment early. I am just on the edge of diabetes, which I was told that I should try to control through diet. I am also suppose to continue the physical therapy on my right leg twice a week for another month. After that I sat out for a while downtown watching a very slow day for the brick and mortar shops. I then returned home. CIO

03/01/17 Wednesday 11:45 A.M. I chatted with a friend. CIO

03/01/17 Wednesday 11:40 A.M. I ate a 16 ounce Marie Callender chicken pot pie with 16 ounces of 50% punch and 50% diet Fresca. I will now make my bed. I will then shower and clean up. I will then go out early to my 1:30 P.M. appointment. CIO

03/01/17 Wednesday 11:00 A.M. I woke up at 11 A.M.. Today is Ash Wednesday. CIO

03/01/17 Wednesday 7:35 A.M. I ate 10 rosemary and extra virgin olive oil triscuits with 1 inch by 1.25 inch by 3/16th inch slices of Westminster cheddar cheese on them. I also drank a 8.45 ounce glass of www.perrier.com with Angostura Bitters. CIO

03/01/17 Wednesday 7:05 A.M. I woke up again at 7 A.M.. CIO

03/01/17 Wednesday 5:50 A.M. I will now rest a while. I will get up at 10:30 A.M. to get ready for my 1:30 P.M. appointment. CIO

03/01/17 Wednesday 5:45 A.M. It says Edsel Ford https://en.wikipedia.org/wiki/Edsel_Ford_II went to this school when younger <https://www.eaglebrook.org/page> . CIO

03/01/17 Wednesday 5:20 A.M. I ate a 18.8 ounce Campbell's sirloin and vegetable soup with some soy sauce in it and a toasted bagel with Smart Balance spread and a 12 ounce glass of diet Fresca. I chatted with a friend. CIO

03/01/17 Wednesday 4:50 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

03/01/17 Wednesday 3:30 A.M. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$195, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$79 for premium Cable TV. However that includes \$55 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. CIO

03/01/17 Wednesday 3:05 A.M. I printed out two copies of my Microsoft Money Sunset February 2017 Income versus Spending Report, and I have one copy with a 47 cent forever stamp ready to mail to an interested relative. CIO

03/01/17 Wednesday 2:20 A.M. The internet appears to be working again. CIO

03/01/17 Wednesday 2:05 A.M. I will now make my bed. I will then shower and clean up. Optimum is performing internet maintenance, so it does not work at the moment. CIO

03/01/17 Wednesday 1:55 A.M. I threw out the garbage. I sat outside for a while. I did not get any mail yesterday. I cleaned the breakfast dishes. CIO

03/01/17 Wednesday 1:15 A.M. After President Trump's speech, I went back to bed until 1 A.M.. I had email from my social worker offering to inspect my apartment today with

her assistant to suggest improvements, but I have a medical appointment at 1:30 P.M. about the same time. Thus probably next Tuesday March 7, 2017 from 2:30 to 5 P.M., they will take a look at my apartment. CIO

04/30/17 Sunday 6:10 P.M. I went outside, and I chatted with a neighbor. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

04/30/17 Sunday 5:00 P.M. I ate six slices of Stop and Shop deli honey ham and three slices of Stop and Shop deli Swiss cheese and eight ounces of pasta salad and two baby kosher dill pickles and a 12 ounce glass of diet Fresca. CIO

04/30/17 Sunday 4:20 P.M. I threw out the garbage. I went downtown, and I stopped the www.chase.com ATM machine at the top of Greenwich Avenue. I then toured www.cvs.com. I then sat out across the street from CVS at the little park. I chatted with a relative. I then went back by CVS and for 75% off, I bought two automobile purse holders for relatives for \$2.49 each and .32 tax for \$5.30 total. I put the purse holders in the back of my Volvo wagon to give to other relatives. I then sat out at the top of Greenwich Avenue. I then went further downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I bought an Aces High scratch card for a dollar, and I lost. I toured the www.apple.com store. I sat out at the bottom of Greenwich Avenue listening to the music from the East End restaurant. I chatted with a relative. There was a fire department call at the rear alley of the CFCE coffee shop. I toured CVS. I chatted with someone with their arm in a sling. I went back by CVS, and I bought two six packs of White Castle frozen cheeseburgers for \$8. I finished my walk. I sat out for a brief spell. I then went by the Stop and Shop. I bought buy one get two free of six packs of Thomas' English muffins for \$4.39 a reduced meat eye round of beef about 2.5 pounds for \$6.76, two one pound bags of baby carrots for \$1 each, two baking potatoes for .99 a pound for \$1.63 for \$14.78 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bough \$8.15 of self service premium gasoline for \$3.439 a gallon for 2.369 gallons at odometer reading of 115018 miles for 36 miles driven since Tuesday April 18, 2017 for 15.197 miles per gallon in local traffic. I then returned home. I chatted with a neighbor. I put away my groceries. CIO

04/30/17 Sunday 9:50 A.M. I went outside, and I chatted with a neighbor.

Office 2016 \$29 with coupon code "SKbensbargains1" https://www.scdkey.com/office2016-professional-plus-cd-key-global_1530-20.html

I went through <http://scott-mike.com/bf.htm>. I will now wash the breakfast dishes. I will make my bed. I will go outside briefly. I will then shower and clean up, and I will go downtown. Basically when all of the rich Country Club people from down south start

coming north this time of year, they make the town appear more upscale, but they seem to get all of the money at the detriment to the locals. CIO

End of Scott's Notes week of 04/30/17

04/30/17 Sunday 9:00 A.M. I will now send out my weekly notes. CIO

04/30/17 Sunday 8:45 A.M. I went back to bed until 8:15 A.M.. I sat outside briefly. CIO

04/30/17 Sunday 5:30 A.M. I went outside a couple of times. Gates Foundation holdings don't seem to be in high tech

<http://www.gurufocus.com/holdings.php?GuruName=Bill+Gates> . CIO

04/30/17 Sunday 3:35 A.M. I woke up at 3 A.M.. I went outside briefly. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/29/17 Saturday 6:10 P.M. I went outside, and I chatted with neighbors. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

04/29/17 Saturday 4:20 P.M. They don't open until mid May <http://languedocbistro.com/> . One of my neighbors saw a wolf outside of our building. CIO

04/29/17 Saturday 4:15 P.M. I ate a 10 ounce Banquet Salisbury steak dinner with Smart Balance spread on the vegetables and six ounces of Italian pasta salad and a 14 ounce glass of www.perrier.com with lemon juice. CIO

04/29/17 Saturday 3:10 P.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I toured the Apple store. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with a Metro North Police officer. I chatted with the Italian tailor on the second floor above the East End restaurant. I found out that www.starbucks.com gives away free glasses of ice water. I chatted with Zara customer with a cute dog. I refilled my Starbucks ice water cup at the CVS bathroom. I sat out for a while enjoying the tulips at the veterans monument. I then went by the Stop and Shop. I bought four 10 ounce Banquet meals for a \$1 each and a 40 ounce container of Italian pasta salad for \$4.68 and .45 can return for \$8.23 total. I returned home, and I chatted with a neighbor. I put away my groceries. I drank a 12 ounce glass of www.perrier.com with Angostura bitters I will now go outside again. CIO

04/29/17 Saturday 10:00 A.M. I made my bed. I ate a 10.78 ounce Banquet Swedish meatballs dinner with six ounces of pasta salad and a 12 ounce glass of diet Fresca. I will

now go outside, and I will throw out the garbage. I will then shower and clean up, and I will go downtown. CIO

04/29/17 Saturday 9:40 A.M. I rested until 9 A.M.. I went outside. I chatted with a friend who is moving out of Manhattan back down south. CIO

04/29/17 Saturday 6:50 A.M. https://www.nytimes.com/2017/04/28/business/time-inc-decides-not-to-sell-itself.html?emc=edit_th_20170429&nl=todaysheadlines&nlid=46729&r=0

http://volcano.si.edu/reports_weekly.cfm

https://www.pbs.org/video/3000273548/?utm_source=ott&utm_medium=email&utm_term=%20&utm_content=%20&utm_campaign=nova_2017

I will now go outside again. CIO

04/29/17 Saturday 6:35 A.M. I woke up at 6:15 A.M.. I went outside again. CIO

04/29/17 Saturday 4:05 A.M. I washed the breakfast dishes. I will now rest some more. CIO

04/29/17 Saturday 3:55 A.M. I went outside, and I chatted with a neighbor. The neighbor told me coyotes don't bark. CIO

04/29/17 Saturday 3:35 A.M. I went outside again. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$195, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$79 for premium Cable TV. However that includes \$55 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I will now go outside again and moon watch. CIO

04/29/17 Saturday 2:35 A.M. My tulip pictures from downtown:

<http://scott-mike.com/tulip/>

<http://mikelouisscott.com/tulip/>

CIO

04/29/17 Saturday 2:25 A.M. I went outside again. CIO

04/29/17 Saturday 1:35 A.M. I woke up at 12:30 A.M.. I went outside, and I chatted with a neighbor. I heard dogs possibly coyotes barking out by the playing field. There were no do walkers out there. I did not get any mail. I ate breakfast of Kashi cereal and milk, a

toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/28/17 Friday 12:45 P.M. The order with tracking of "1ZA427060398015433" at www.ups.com on the order for ten http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 each carton and \$12.99 shipping for \$112.89 total arrived. CIO

04/28/17 Friday 12:25 P.M. I went outside, and I chatted with neighbors. I chatted with a relative. I will now take a nap. CIO

04/28/17 Friday 11:35 A.M. I went outside and I chatted with a relative. I ate a 18 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. I will now go back outside. CIO

04/28/17 Friday 10:20 A.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with a Starbucks regular, and I used the bathroom at Starbucks. I picked a up prescription at CVS. I bought two 14 ounce Kellogg's Special K almond cluster cereal for \$2.50 each for \$5 total. After I finished my walk, I sat out for a while longer. I photographed the tulips around the Veterans monument with my Nokia Go Phone, but I don't know how to send them are transfer them to my primary work computer. On the way home, I noticed they are tearing down the old building on the west side of the Rolls Royce dealership on West Putnam Avenue. After I returned home, I sat outside for a while. I am now 252 pounds, so I have lost a bit of weight. CIO

04/28/17 Friday 6:05 A.M. I will now go downtown. CIO

04/28/17 Friday 6:05 A.M. <http://view.klm-mail.com/?qs=c82c0d432549245b60760e4da42a0a5a81439eb00b55c90b6cb428196a85e8db608a3f3269073c4e28569e512d38f38c10233505412f79475d26b4edbdbc7bff8ddd1bd7e117c618>

CIO

04/28/17 Friday 5:55 A.M. I went outside, and I chatted with a neighbor. The newspaper person delivered the newspapers. CIO

04/28/17 Friday 4:20 A.M. I went back to bed until 4 A.M.. I went outside briefly. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

04/28/17 Friday 2:05 A.M. I went outside again. One of the few night jobs out on www.nantucket.net used to be the night watchman job at the Steamship Authority, where not too much was going on at night. I guess one could be the night watchman at the Island Beach Ferry Dock in Greenwich next to the teen center. CIO

04/28/17 Friday 1:15 A.M. I went outside again. I chatted with a neighbor. I got my new Senior Beach pass in the mail yesterday. CIO

04/28/17 Friday 1:00 A.M. I chatted with a relative at 5 P.M.. I woke up at midnight. I went outside twice. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/27/17 Thursday 1:20 P.M. I straightened up the bathroom. I went outside, and I chatted with a neighbor. I ate six slices of Stop and Shop deli honey ham and three slices of Stop and Shop deli Swiss cheese and eight ounces of pasta salad and two baby kosher dill pickles and a 12 ounce glass of 50% punch and 50% diet Fresca. I will now shut down the primary work computer, and I will go to bed. CIO

04/27/17 Thursday 12:20 P.M. Four men worked on replacing the hot water tank until about 11:45 A.M.. I sat outside while they were doing it. I chatted with two relatives and three friends. One of the maintenance men have to come back next week to attach a pipe underneath kitchen sink. The building custodian will repair the bathroom ceiling once it dries out, if it needs it. I put the items back in place in the hallway and the living room. I still have to put the bathroom back together. I drank a 12 ounce glass of diet Fresca. I met our new tenant manager. I chatted with a relative. CIO

04/27/17 Thursday 9:25 A.M. The maintenance man is here to replace or fix the hot water tank. I went outside briefly. I chatted with a relative. CIO

04/27/17 Thursday 8:40 A.M. I watched episode 2 of "Death Comes to Pemberley". I sat outside twice. I chatted with a relative. I put a sign on the building custodian's door. When the Greenwich Housing Authority opened at 8:30 A.M., I called them, and they are sending over somebody right away. CIO

04/27/17 Thursday 6:25 A.M. The night time emergency person showed up, but he could not turn off the water in the bathroom ceiling, since he did not have a ladder available. I have to wait until 8 A.M., when the building custodian arrives. There is a minor drip out of the ceiling at the left side entrance to the bathroom that I put a bucket underneath. I went outside briefly. CIO

04/27/17 Thursday 5:25 A.M. I called the Greenwich Housing Authority again, and they said the emergency crew got the message. CIO

04/27/17 Thursday 5:20 A.M. I went outside briefly. I moved the chair and other items from the hallway entrance, so they can replace the hot water tank which is above the bathroom sink in the ceiling. It is leaking into the bathroom sink, so it is not flooding the apartment. It is about 20 years, since it has been replaced. One has to access it from the false ceiling above the bathroom hall entrance. CIO

04/27/17 Thursday 5:00 A.M. The hot water tank above the bathroom ceiling has started leaking with a steady steam into the bathroom sink. I called the Greenwich Housing Authority at 1-203-869-1138 to let them know. CIO

04/27/17 Thursday 4:50 A.M. I went through <http://scott-mike.com/bf.htm> . I ate a 16 ounce Marie Callender chicken pot pie with 8 ounces of pasta salad and a 12 ounce glass of diet Fresca. CIO

04/27/17 Thursday 3:30 A.M. I went outside again. I will now go outside again. CIO

04/27/17 Thursday 2:05 A.M. I went back to bed until 1:30 A.M.. I went outside, and I chatted with two of my neighbors. My two neighbors have recently twice seen a coyote around the east side of our building along side the patch of woods. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

04/26/17 Wednesday 11:25 P.M. I went outside twice. CIO

04/26/17 Wednesday 10:05 P.M. I chatted with two relatives around 5:30 P.M.. I woke up at 9:30 P.M.. I went outside, and I picked up the mail. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/26/17 Wednesday 7:35 A.M. I watched episode 1 of "Death Comes to Pemberley". I went outside briefly. I will now go to bed. CIO

04/26/17 Wednesday 5:55 A.M. I went outside again. I still have my old outdated DOD directory on the internet <http://scott-mike.com/dod.htm> . CIO

04/26/17 Wednesday 5:35 A.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

04/26/17 Wednesday 5:10 A.M. The cheapest Starbucks coffee is \$2.07 and refills are .53 <https://www.starbucks.com/store-locator/store/13569/greenwich-301-greenwich-avenue-greenwich-ct-068306505-us> . That is all the democrats do is sit in Starbuck and surf their laptops. CIO

04/26/17 Wednesday 5:00 A.M. I went outside briefly. CIO

04/26/17 Wednesday 4:45 A.M. I ate a 13 ounce Marie Callender chicken alfredo dinner with grated parmesan and Romano cheese and eight ounces of pasta salad and two baby Kosher dill pickles and a 12 ounce glass of diet Fresca. CIO

04/26/17 Wednesday 4:15 A.M. I went outside a while. I put away the clean laundry. CIO

04/26/17 Wednesday 3:30 A.M. <https://www.yellowpages.com/tarrytown-ny/24-hour-diners> CIO

04/26/17 Wednesday 3:05 A.M. I have 45 minutes to go on two dry cycles. I went outside briefly. CIO

04/26/17 Wednesday 2:30 A.M. I threw out the garbage and the old periodical literature. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I have 15 minutes to go on the wash cycles. I went outside briefly. I watered the plants. CIO

04/26/17 Wednesday 1:05 A.M. Tracking is "1ZA427060398015433" at www.ups.com on the order for ten http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 each carton and \$12.99 shipping for \$112.89 total. They are coming from Vero Beach, Florida, so somebody down there must still smoke. CIO

04/26/17 Wednesday 1:00 A.M. I went outside again. CIO

04/26/17 Wednesday 12:35 A.M. I slept some more until 12:15 A.M.. I went outside again. CIO

04/25/17 Tuesday 10:15 P.M. I went outside again. CIO

04/25/17 Tuesday 9:55 P.M. I woke up at 9 P.M., and I chatted with a relative. I went outside briefly. I picked up the mail. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/25/17 Tuesday 6:45 A.M. <https://www.olympic.org/pyeongchang-2018> . CIO

04/25/17 Tuesday 6:40 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

04/25/17 Tuesday 6:15 A.M. I watched "Secrets of Westminster" and "Hitler's Olympics". I went outside three times, and I chatted with neighbors. CIO

04/25/17 Tuesday 3:15 A.M.
http://brantfoundation.org/exhibitions/browse/upcoming/?utm_source=Default&utm_campaign=df69901a0f-EMAIL_CAMPAIGN_2017_04_20&utm_medium=email&utm_term=0_0bc38bf761-df69901a0f-163298261

<http://view.klm-mail.com/?qs=6f0e45320f60060b9a8e2403d4cb38f0bb5d60c1b98f988e9ec7fce27d49b953a63ef378987f59715805dbcf51dfb5964a1258bef7bd56c7af510ff1fbc3863f1d126a2b2d7fa72f>

CIO

04/25/17 Tuesday 3:00 A.M. I ate a 18 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. CIO

04/25/17 Tuesday 1:35 A.M. I ordered ten http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 each carton and \$12.99 shipping for \$112.89 total. This is in case I can not quit smoking soon. CIO

04/25/17 Tuesday 12:25 A.M. I went outside briefly. I said hello to a neighbor. I will shower and clean up. CIO

04/25/17 Tuesday 12:05 A.M. I threw out the garbage. I went downtown to the Stop and Shop, and I bought five bagels and one hard roll for \$2.99, a 59 ounce Florida Natural orange juice with calcium for \$3, a 64 ounce Ocean Spray cranraspberry juice for \$2.50, a 64 ounce Welch's grape juice for \$3.50, and a 40 ounce Italian pasta salad for \$6.99 for \$18.53 total. I then went downtown. I sat out for a long period of time, and I chatted with a local dog walker. I then returned home. The fire alarm had gone off, and the night time person had reset it. CIO

04/24/17 Monday 9:20 P.M. I went outside, and I chatted with a neighbor. I will now make my bed. I will wash the breakfast dishes. I will go downtown. CIO

04/24/17 Monday 8:00 P.M. I went outside, and I chatted with a neighbor. CIO

04/24/17 Monday 7:35 P.M. I woke up at 6 P.M., and I chatted with a relative. I woke up at 7 P.M., and I chatted with a fund raiser from www.lfc.edu. I went outside briefly. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/24/17 Monday 5:55 A.M. When I worked expediting in the first half of 1976 for Daniel Construction in Greenville, South Carolina, my boss who was in charge of shipping had a ten foot long stack of books which were the rules and regulations for the Interstate Commerce Commission that govern how products and items are shipped in this country. I went outside again. I will now try to go to bed again. CIO

04/24/17 Monday 5:40 A.M. I could not sleep. I went outside briefly. I ate six slices of Stop and Shop deli honey ham and three slices of Stop and Shop deli Swiss cheese and eight ounces of pasta salad and two baby kosher dill pickles and a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

04/24/17 Monday 3:40 A.M. I made up a fresh batch of punch. CIO

04/24/17 Monday 3:25 A.M. I will now go back to bed for a while. CIO

04/24/17 Monday 3:10 A.M. I went outside, and I will now go outside again. CIO

04/24/17 Monday 2:40 A.M. I ate 3 ounces of Cheez-its and a 6 ounce glass of 50% punch and 50% diet Fresca. I went outside briefly, and I will now go outside again to keep an eye out on the vast wasteland of Southwestern Connecticut decimated by the invaders from New Amsterdam. CIO

04/24/17 Monday 2:10 A.M. I went outside, and I chatted with a neighbor. I bought for \$15.22 https://www.scdkey.com/microsoft-windows-10-pro-oem-cd-key-global_1227-20.html?ebay-elva . CIO

04/24/17 Monday 12:55 A.M. I ate a Banquet 9.7 ounce sweet and sour chicken dinner with six ounces of pasta salad and a 12 ounce glass of diet Fresca. CIO

04/24/17 Monday 12:25 A.M. I went outside a couple of times. Not much happening in the greater hinterlands of southwestern Connecticut. On this past Thursday night, when I went out for a walk of the entire length of Greenwich Avenue, I turned out the lights in my apartment, when I went out, but when I returned the lights were on. That has happened a number of times before, so I thought it might be a senior moment. However, on my web sites, my Lake Forest College www.lfc.edu transcripts disappeared and also on my local computer. It appears they were deleted on March 30, 2017, the day that I removed the steel file cabinet from my bedroom.

I reposted them here:

<http://scott-mike.com/lfctr1.jpg>

<http://scott-mike.com/lfctr2.jpg> .

Quite frankly in my older years, I feel I have forgotten more than I will ever learn. CIO

04/23/17 Sunday 10:45 P.M. Need You Forget <http://pubs.acs.org/doi/abs/10.1021/cen-v035n014b.p024> . CIO

04/23/17 Sunday 10:30 P.M. I went outside, and I chatted with neighbors. What most people do not seem to realize up north is that the Florida flag https://en.wikipedia.org/wiki/Flag_of_Florida has changed a few times over the years. CIO

04/23/17 Sunday 9:40 P.M. When I was visiting south Florida in the winter of 1977, my 1966 Chevrolet Biscayne was towed from the Swimming Hall of Fame in Fort Lauderdale for too many parking tickets. Thus on two or three trips down to Key West, I hitchhiked the Florida Keys highways and toll road from Fort Lauderdale. Once going north midway in the Florida Keys, I found an www.af.mil NORAD flight suit in the bushes along the highway. It was for a colonel with the SAC and NORAD patches. It was comfortable to wear, so I started wearing it, although I had long blond hair down to my waist. I even once did my laundry in it at the entrance to Homestead Air Force base. Nobody in Key West

seemed to mind me wearing it. However, when I was wearing it in Nantucket that summer of 1977, Bob Mulleran a skier from Fairfield whose father worked for www.exxon.com wanted it, so I gave it to him. Rob was on of Ed Grennon's friends from Stowe, Vermont, so possibly Ed Grennon ended up with it. Basically a lot of poor people go to Army Navy stores and thrift shops, so more than likely a lot of spare uniforms are worn by them. When a friend of mine from Jay Peak, Vermont first went to Germany, I gave him a www.army.mil major's wool jacket that I had bought at the Greenwich Hospital Thrift shop. While at www.lfc.edu a lot of the students used to wear military clothes, but the college was next to Great Lakes Naval Station and Ford Sheridan, so possibly they were wearing their uniforms. One of the few people I ever saw wearing a military uniform in Manhattan was Al Haig, when he was parking his old black Rambler on the north side of the FDR Post Office building on Third Avenue by P.J. Clarks. Once when I flew out of Washington D.C. on a Air Florida jet to Westchester airport, everone on the jet was wearing senior grade military uniforms, but around here, one rarely sees anyone wearing military uniforms except at graduation at www.usma.mil . Most people just blend in blue jeans and flannel shirts or polo shirts and shorts in the summer. Of course some of the older people sometime wear sports jackets on week days to look more professional. CIO

04/23/17 Sunday 9:20 P.M. I woke up at 8:30 P.M.. I chatted with a relative. I went outside, and I chatted with a neighbor. CIO

!!!!!! 04/23/17 Sunday 2:55 P.M. Windows 10 OEM Professional Product Key \$15.22
<https://www.scdkey.com/microsoft-windows-10-pro-oem-cd-key-global-1227-20.html?ebay-elva> CIO

04/23/17 Sunday 2:55 P.M. I threw out the garbage. I will now shut down the primary work computer, and I will go to bed. CIO

04/23/17 Sunday 2:30 P.M. I heated and ate the two chicken tenders with a Kosher dill pickle slice and six ounces of pasta salad and a 12 ounce glass of diet Fresca. CIO

04/23/17 Sunday 2:05 P.M. I went downtown to CVS on Greenwich Avenue. I bought two 12 packs of 12 ounce cans of diet Fresca for \$10 and \$1.20 can deposit and .63 tax for \$11.83 total. I guess the now have tax on soda in Connecticut. I had not read anything to that effect. I then went downtown the area around the Senior Center. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zen Stationary and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I won a free card that I won \$4 on for a net profit on scratch cards today for \$2. I chatted with a local on my wireless telephone. I stopped by Marmot and Vineyard Vines. I toured CVS again. After my walk I sat out for a while, and I chatted with a relative. I then went by the Stop and Shop. I bought two 9.25 ounce Banquet Sweet and Sour chicken dinners for \$1.25 each, two 24 ounce Mount Olive baby Kosher dill pickles for \$2 each, a pint of pasta salad for \$2.20, and some fried chicken tenders for \$2.44 and bananas for .49 a pound for .37 for \$11.51 total. I then returned home. I chatted with neighbors. I used my little cart to bring up the soda. CIO

04/23/17 Sunday 9:15 A.M. I rested bit more. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I never drank too much alcohol in the past, and I completely gave it up around 1990. I obviously could never afford to drink it like the rich people. I went outside briefly. I will make my bed again. I will then go downtown to see if the Indians left any wooden nickels around. CIO

04/23/17 Sunday 7:40 A.M. I rested a bit. I went through <http://scott-mike.com/bf.htm> . I will now eat some Cheez-it crackers, and then I will rest some more. CIO

End of Scott's Notes week of 04/23/17

04/23/17 Sunday 6:10 A.M. I will now send out my weekly notes. I will then take a nap. CIO

04/23/17 Sunday 6:00 A.M. I watched "Secrets of Scotland Yard". I will now go outside briefly. CIO

04/23/17 Sunday 4:45 A.M. I went outside briefly. CIO

04/23/17 Sunday 4:25 A.M. <https://www.forbes.com/sites/kerryadolan/2017/03/20/forbes-2017-billionaires-list-meet-the-richest-people-on-the-planet/#5e028d1462ff>

<https://www.forbes.com/billionaires/list/#version:realtime> . CIO

04/23/17 Sunday 4:15 A.M. Big Bucks <https://www.cnet.com/products/acer-predator-21x/preview/> \$9,000. CIO

04/23/17 Sunday 4:10 A.M. I ate a 13 ounce Marie Callender steak and potatoes meal with Smart Balance Spread on the vegetables with six ounces of pasta salad and a 12 ounce glass of diet Fresca. CIO

04/23/17 Sunday 3:50 A.M. Lots of vacant ambassador jobs
https://en.wikipedia.org/wiki/Ambassadors_of_the_United_States CIO

!!!!!! 04/23/17 Sunday 3:35 A.M. <http://tropical.colostate.edu/> . CIO

04/23/17 Sunday 3:30 A.M. I went outside briefly. I said "Hello" to a late night neighbor. CIO

04/23/17 Sunday 3:20 A.M. https://www.nytimes.com/2017/04/21/world/europe/emma-morano-world-oldest-woman.html?emc=edit_th_20170422&nl=todaysheadlines&nlid=46729&r=0

<https://www.nytimes.com/2017/04/21/sports/golf/arnold-palmer-latrobe-country-club.html>
 . CIO

04/23/17 Sunday 2:45 A.M. I went outside briefly. CIO

04/23/17 Sunday 2:15 A.M. Before I started using personal computers in August 1989, I used to frequently drive into Manhattan at night and network with night people in Manhattan. One could drive into Manhattan on I-95 West to the Cross Bronx Expressway, and then get off and take the Willis Avenue bridge into Manhattan, so one did not have to pay the toll on the Triboro Bridge. On that short cut, there is also a 24 hour car wash and other gasoline stations. I also used to drive over to a pub next to a bowling alley in White Plains and network with various night people. There are two major hospitals in White Plains and about seven five star hotels, so there are more night people over there working the grave yard shift. I guess they also have to clean up the mega malls at night. Nearby Greenwich on Anderson Hill Road, there is the <http://www.doralarrowwood.com/> and just west of it is the <https://www.purchase.edu/> college campus. Like all college campuses, some of their students are always moving around this area at all hours of the day. Just north of that is the <http://www.whiteplainsairport.com/> which brings a lot of visitors into this area including a lot of people from Atlanta on Delta airlines. I have a feeling some of the Atlanta people might have <http://www.gatech.edu/> connections, and they might be working their different agenda in this area. I will now shower and clean up. CIO

04/23/17 Sunday 1:50 A.M. Back in the 1950s, when my family used to drive from Decatur, Alabama to Holland, Michigan in the summer, we would stop by and visit my paternal grandparents in Champaign, Illinois. Also a couple of times, we visited some of my paternal grandmother's Gard family relatives in down state Illinois on the farm in Robinson, Illinois, where my grandfather Scott owned farm property. Some of my younger distant cousins liked playing with baby wolf cubs in the woods, and we once had a fight in the chicken coop throwing chickens at each other. My mother's relatives in Holland, Michigan were very religious, but even in August it is cold there. In the family cottage on Lake Michigan, we would have to use a kerosene stove on cold August mornings, since the cottage was not insulated or heated. It did have hot water though. Thus not only being exposed to the Gulf of Mexico in 1952 to 1954 in Pensacola, Florida, and the Tennessee River in Decatur, Alabama, and Lake Michigan in Holland, Michigan, I had a bit of waterfront experience before moving to Greenwich in June 1962. I was never a good swimmer though, and I only knew how to sail a sun fish or row a wooden row boat. I guess www.nantucket.net was the most dangerous rough waterfront that I ever covered. Steamboat Road has become so exclusive that I don't go down there anymore very much. The old white Barney and Jenkins apartment building just north of the Indian Harbor Yacht Club is chained off and deserted. They are going to tear it down soon and build a new 8 unit condo complex. CIO

04/23/17 Sunday 1:20 A.M. I went outside, and I chatted with a neighbor. I will now wash the breakfast dishes, and I will make my bed. CIO

04/23/17 Sunday 12:30 A.M. I went back to bed until midnight. I went outside for a while. CIO

04/22/17 Saturday 7:20 P.M. I chatted with a relative. I went outside briefly. I picked up the mail. CIO

04/22/17 Saturday 6:20 P.M. I woke up at 6 P.M.. I chatted with a relative. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/22/17 Saturday 6:55 A.M. I went outside briefly. I ate six slices of Stop and Shop deli honey ham and three slices of Stop and Shop deli Swiss cheese and six ounces of pasta salad and one kosher dill spear and a 12 ounce glass of diet Fresca. I will now shut down the primary work computer, and I will go to bed. CIO

04/22/17 Saturday 6:15 A.M. I made my May 7, 2017 www.geico.com automobile insurance payment. It is the second of four payments on the six month policy. CIO

04/22/17 Saturday 4:45 A.M. <http://www.bbc.com/news/uk-39675418>

04/22/17 Saturday 4:45 A.M. I watched "The Man Who Lost His Head". I went outside briefly. I will now go outside again briefly. CIO

04/22/17 Saturday 2:35 A.M. <https://www.forbes.com/sites/kerryadolan/2016/06/29/billion-dollar-clans-americas-25-richest-families-2016/#8ab2ee132f59> . CIO

04/22/17 Saturday 2:10 A.M. http://volcano.si.edu/reports_weekly.cfm

https://www.nytimes.com/2017/04/20/world/canada/iceberg-ferryland-newfoundland.html?emc=edit_th_20170421&nl=todaysheadlines&nlid=46729&r=0

https://www.nytimes.com/2017/04/20/us/harry-huskey-dead-computer-pioneer.html?emc=edit_th_20170421&nl=todaysheadlines&nlid=46729 CIO

04/22/17 Saturday 1:45 A.M. I went outside briefly. It is pretty quiet around here at night and in the early morning hours. The tulips are just about to bloom downtown on Greenwich Avenue at the veterans monument. I think they are red this year by the couple that have bloomed. <http://www.tuliptime.com/> and <http://www.cityofholland.com/> . Although my mother's Boven family <http://www.hollandhospital.org/birth-center/boven-birth-center.aspx> are from Holland, Michigan, I do not think I have visited there since 1962, when I moved here. The local Dutch here do not pay any attention to me. Holland, Michigan has 60 million tulips <http://www.dutchvillage.com/> . I don't know that much about tulips, but the last time I planted any was when I finished garage apartment at 21 Circle Drive at Plandome Manor, Long Island in February 1983. I think one is suppose to

plant tulips in the fall. Tulips originally came to the Netherlands from Iran. During once Dutch financial crisis, the Dutch used tulip bulbs for money. CIO

04/22/17 Saturday 1:25 A.M. I heated and ate two 3 ounce Perdue chicken cutlets along with a baked potato with Smart Balance spread and six ounces of pasta salad and a Kosher dill pickle spear and a 12 ounce glass of diet Fresca. CIO

04/22/17 Saturday 12:45 A.M. I threw out the garbage. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue and the train station area. It was very slow out. There was not much going on. I sat out at various locations. There are seven vacant store fronts on upper Greenwich Avenue. St. Claire stationary is moving from across the street from CVS to 25 Lewis Street. After my walk, I sat out for a while. I then returned home. CIO

!!!!!! 04/21/17 Friday 10:00 P.M. Hale and Farewell
<http://www.legacy.com/obituaries/greenwichtime/obituary.aspx?n=andrew-c-rockefeller&pid=185155642> . I threw out the garbage. I picked up the mail. I will now wash the breakfast dishes. I will make my bed. I will then go downtown to see the remains of the day. CIO

04/21/17 Friday 9:35 P.M. I went back to bed until 9 P.M.. CIO

04/21/17 Friday 6:30 P.M. I woke up at 5:30 A.M.. I chatted with a relative. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/21/17 Friday 7:45 A.M. I will now shut down the primary work computer, and I will go to bed. The www.metmuseum.org/ is suppose to have a roof top garden in season with bar. CIO

04/21/17 Friday 7:25 A.M. I ate six slices of Stop and Shop deli honey ham and three slices of Stop and Shop deli Swiss cheese and six ounces of pasta salad and two kosher dill spears and a 12 ounce glass of diet Fresca. CIO

04/21/17 Friday 6:35 A.M. The grass is beginning to turn green in Kennebunkport, Maine
<http://www.kennebunkportbeachwebcam.com/> . CIO

04/21/17 Friday 6:35 A.M. This is supposed to be Aga Khan when he was younger
<http://mikelouisscott.com/agakhan01.jpg> . CIO

04/21/17 Friday 4:45 A.M. Birthday Girl <https://www.royal.uk/> . CIO

04/21/17 Friday 4:45 A.M. I watched "Mr. Morgan's Last Love". CIO

04/21/17 Friday 2:35 A.M. <http://www.foxnews.com/politics/2017/04/20/george-h-w-bush-gets-special-visitor-at-hospital.html> . CIO

04/21/17 Friday 2:30 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

!!!!!! 04/21/17 Friday 2:10 A.M. <https://www.ada.gov/> . CIO

04/21/17 Friday 1:05 A.M. I drank a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/21/17 Friday 12:50 A.M. Yesterday, I uploaded two proofs of residency to the Park and Recreation, and today I applied for a free for a senior pass at http://www.greenwichct.org/Government/Departments/Parks_and_Recreation/webtrac/?wbp=2 .

<https://www.nytimes.com/2017/04/19/nyregion/de-blasio-smoking-new-york-city-tobacco.html> . CIO

04/21/17 Friday 12:15 A.M. I heated and ate two 3 ounce Perdue chicken cutlets along with a baked potato with Smart Balance spread and three ounces of pasta salad and two ounces of red skin potato salad and a 12 ounce glass of diet Fresca. CIO

04/20/17 Thursday 11:55 P.M. I did not get any mail. I threw out the garbage. I went by the Stop and Shop. I bought a 40 ounce pasta fiesta salad for \$6.99 less .45 can return for \$6.54 total. I then went downtown to Senior Center area of Greenwich Avenue. Starbucks was closed. I walked lower Greenwich Avenue and the train station area. There were a few pub crawlers moving around lower Greenwich Avenue. I then sat out downtown in front of the Senior Center for a while watching a few pedestrians walk by. I then returned to my apartment building in Byram. I sat outside for a while. CIO

04/20/17 Thursday 9:45 P.M. I woke up at 9 P.M.. I chatted with a friend. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. I will then go downtown. CIO

04/20/17 Thursday 7:40 P.M. I rested some more until 7:30 P.M.. CIO

04/20/17 Thursday 5:55 P.M. I chatted with a relative. CIO

04/20/17 Thursday 5:00 P.M. I woke up at 4:30 P.M.. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. Sometime, I need to order these <http://www.airdelights.com/BBL-1.html?gclid=CKyutID2s9MCFU5YDQodJgsImA> ultra big bowl toilet cleaner. CIO

04/20/17 Thursday 3:35 A.M. I will now shut down the primary work computer. I will then go to bed. CIO

04/20/17 Thursday 3:15 A.M. I ate six slices of Stop and Shop deli honey ham and three slices of Stop and Shop deli Swiss cheese and two ounces of red skin potato salad and three ounces of pasta salad and two kosher dill spears and a 12 ounce glass Fresca. diet Fresca tastes a little bit like Schweppes Bitter Lemon

<https://www.britishcornershop.co.uk/product.asp?id=30633&curr=usd&gclid=CMvWuaK5stMCFdqFswodLkkMWw> and <https://www.britishcornershop.co.uk/> . Alas, although I have tried to be Anglophile on my limited income over these years, I have never actually visited the United Kingdom, England, Scotland, Wales, Northern Ireland, or even Ireland, so I am a little behind the times. When my family were members of the Greenwich Country Club, there was a golf trophy in the lobby dedicated to Queen Victoria.

<http://www.foxnews.com/tech/2017/04/19/nasa-has-stunning-video-giant-asteroid-thats-set-to-whiz-past-earth.html> CIO

04/20/17 Thursday 2:35 A.M. Tomorrow Friday, April 21 is Queen Elizabeth II's birthday <https://www.royal.uk/> . CIO

04/20/17 Thursday 2:30 A.M. <http://www.greenwichtime.com/news/article/Notable-2017-college-commencement-speakers-11083812.php> . CIO

04/20/17 Thursday 2:30 A.M. I went through the lower 220 channels on the Cable TV to see what else is on besides www.foxnews.com . There is a lot of content, but most of it seems geared towards a younger audience. CIO

04/20/17 Thursday 1:10 A.M. I ate 8 ounces of pasta salad with a glass of cold filtered water. All I can figure out is the reason that I am sleeping so much is that I am almost diabetic, and being almost diabetic has made me more tired than usual. I was told by a relative who is a nurse that the nicotine patches also makes one sleepy. <http://www.bbc.com/news/39642662> free food. CIO

04/20/17 Thursday 12:50 A.M. I watched series 4, episodes 2 and 3 of "Men Behaving Badly". CIO

04/19/17 Wednesday 10:35 P.M. I will now make my bed. I will then shower and clean up. CIO

04/19/17 Wednesday 10:15 P.M. I ate a 13 ounce Marie Callender chicken alfredo dinner with grated parmesan and Romano cheese and four ounces of red skin potato salad and a 12 ounce glass of diet Fresca. CIO

04/19/17 Wednesday 9:45 P.M. I rested until 9:30 P.M.. I chatted with a relative. CIO

04/19/17 Wednesday 8:25 P.M. Microwave rice steamer \$12

https://www.amazon.com/gp/product/B00BTIVNT4/ref=as_li_tl?ie=UTF8&camp=1789&creative=390957&linkCode=as2&tag=dealcatcher

<https://www.walmart.com/ip/Cosco-Shifter-Multi-Position-Folding-Hand-Truck-and-Cart/46887167?u1=V1BmOHVnb0tNcXdBQWVLNWVTSUFBQUJv&oid=368707.1&wmlspartner=NKa3hZyYoHA&sourceid=27383595722251192624&affillinktype=10&veh=aff>

I went through <http://scott-mike.com/bf.htm> . CIO

04/19/17 Wednesday 7:55 P.M. I threw out the garbage. I did not get any mail. CIO

04/19/17 Wednesday 7:45 P.M. I went back to bed until 7:30 P.M.. I washed the breakfast dishes. CIO

04/19/17 Wednesday 6:05 P.M. I went back to bed until 6 P.M.. I chatted with a relative. CIO

04/19/17 Wednesday 3:20 P.M. I did a Husky Health survey at noon. I woke up at 3 P.M.. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/19/17 Wednesday 2:00 A.M. I ate four slices of Stop and Shop deli ham and four slices of Stop and Shop deli Swiss cheese and four ounces of red skin potato salad and two small kosher dill pickles and a 12 ounce glass Fresca. I will now shut down the primary work computer, and I will go to bed. CIO

04/19/17 Wednesday 1:40 A.M. I watched series 4, episodes 1 of "Men Behaving Badly". I ate a bag of microwave popcorn. I watched again "Secrets of Chatsworth". CIO

04/18/17 Tuesday 11:55 P.M. <http://gltrust.org/events/> CIO

04/18/17 Tuesday 11:45 P.M. I ate a 13 ounce Marie Callender steak and potatoes meal with four ounces of pasta salad and a 12 ounce glass of diet Fresca. CIO

04/18/17 Tuesday 11:20 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. I sat out for a while. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. Rag and Bone is still on Greenwich Avenue, they just moved across the street from Hobbs. I stopped by CVS, and I bought a double roll of cloth tape for \$6.29 and .40 tax for \$6.69 total. The National is still undergoing redecoration on lower Greenwich Avenue. It was a quiet evening with not too much going on. After my walk, I went to the Stop and Shop. I bought a 16 ounce package of Stop and Shop deli Swiss cheese for \$4.99, a 16 ounce package of Stop and Shop deli sliced honey ham for \$5.99, four 13 ounce Marie Callender meals for \$2.50 each, a 8 ounce

Stop and Shop parmesan and Romano cheese for \$2.99, a 42 ounce Quaker Old Fashioned oats for \$4.79, and a pint of pasta salad for \$3.29 for \$32.05 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8.85 of self service premium gasoline for \$3.439 a gallon for 2.572 gallons at odometer reading of 114982 miles for 33.2 miles driven since Wednesday April 12, 2017 for 12.902 miles per gallon in local traffic. I then returned home. I picked up the mail. I put away my groceries. CIO

04/18/17 Tuesday 8:00 P.M. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown to Greenwich Avenue. I guess one could call me Moon Dog McGee. CIO

04/18/17 Tuesday 7:15 P.M. I rested some more until 7 P.M.. I chatted with a relative at 5:45 P.M.. CIO

04/18/17 Tuesday 3:25 P.M. I woke up at 3:15 P.M.. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/18/17 Tuesday 1:25 A.M. I rested until 1 A.M.. I ate four slices of Stop and Shop deli ham and four slices of Stop and Shop deli Swiss cheese and four ounces of pasta salad and two small kosher dill pickles and a 12 ounce glass Fresca. CIO

04/18/17 Tuesday 12:05 A.M. I watched series 3, episodes 6 of "Men Behaving Badly". I will now rest for a while. CIO

04/17/17 Monday 11:10 P.M. I heated and ate two 3 ounce Perdue chicken cutlets along with a baked potato with Smart Balance spread and four ounces of pasta salad and a 12 ounce glass of diet Fresca. CIO

04/17/17 Monday 10:30 P.M. I went by the Stop and Shop. I bought six everything bagels for \$2.99, a 16 ounce Red Skin potato salad for \$2.20 and two baking potatoes for .99 a pound for \$1.48 for \$6.67 total. I then mailed the signed form letter to the Greenwich Housing Authority at the central post office. I then sat out for a while downtown observing Starbucks usual activity. I then drove over to CVS on Greenwich Avenue. I bought a 60 yard roll of 3M Duct tape for \$10.79 and .69 tax for \$11.48 total. I then sat outside for a while in the park across the street. I then bought two 7 ounce boxes of Cheez-its for \$4 total. I then drove the entire length of the Miracle Mile of Greenwich Avenue. I then returned home, and I chatted with a neighbor. CIO

04/17/17 Monday 8:05 P.M. I will now shower and clean up. I will then go downtown. CIO

04/17/17 Monday 8:00 P.M. I threw out the garbage. I sat outside for a while. I picked up the mail. I got my State Redetermination information, and my food stamps EBT is going

up a dollar to \$166 per month. I signed the Greenwich Housing Redetermination form, and I have it ready to mail. I received email that I will be having another Greenwich Housing Authority inspection around the third week of May 2017. I disconnected the three power strips by the stereo entertainment center. I removed one of the three power strips from the oak dining table. I disconnected the power cord to the Dell Optiplex 760 backup computer. I removed another power strip by the Stereo entertainment center. CIO

04/17/17 Monday 7:10 P.M. I washed the breakfast dishes. I made my bed. I will now start working with the cables. CIO

04/17/17 Monday 6:20 P.M. I chatted with a relative. CIO

04/17/17 Monday 6:05 P.M. I went back to bed until 6 P.M.. CIO

04/17/17 Monday 3:50 P.M. I chatted with a relative at noon. I woke up at 3:30 P.M.. I ate breakfast of Nature Valley cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/17/17 Monday 2:50 A.M. I watched series 3, episodes 4 and 5 of "Men Behaving Badly". I also watched "Scopion King 4". I will now shut down the primary work computer, and I will go to bed. CIO

04/17/17 Monday 12:20 A.M. I put away the clean dry laundry. CIO

04/16/17 Sunday 11:05 P.M. I went through <http://scott-mike.com/bf.htm> . I can hear a lot of jet traffic returning from the holidays at the nearby airport. CIO

04/16/17 Sunday 10:50 P.M. I drank a 12 ounce glass of diet Fresca. CIO

04/16/17 Sunday 10:45 P.M. I have 60 minutes to go on two dry cycles. CIO

04/16/17 Sunday 10:10 P.M. I put clean linens on the bed. I started two wash cycles, and I have 20 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

04/16/17 Sunday 9:30 P.M. I heated and ate two 3 ounce Perdue chicken cutlets along with a baked potato with Smart Balance spread and six ounces of pasta salad and a 12 ounce glass of diet Fresca. CIO

04/16/17 Sunday 9:00 P.M. I threw out the garbage. I went downtown, and I sat out in front of the Senior and the Arts Center for a while. I walked upper Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought four Chinese chili spice 5.5 ounce Pringles for .49 each for \$1.98 total. They no longer carry Alberto VO5 shampoo and conditioner. I bought two 12 ounce Suave Apple shampoo for \$1.49 each and a 30

ounce Suave Conditioner for \$3.29 and .40 tax for \$6.67 total. I then finished my walk, and I sat out for a while. I then went by CVS on West Putnam Avenue, and they no longer carry Alberto VO 5 shampoo and conditioner. I returned home, and I sat outside for a while. CIO

04/16/17 Sunday 6:20 P.M. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown to Greenwich Avenue. CIO

04/16/17 Sunday 5:40 P.M. I went back to bed until 5:30 P.M.. I chatted with a friend and a relative. CIO

04/16/17 Sunday 2:10 P.M. Happy Easter. I woke up at 2 P.M.. I ate breakfast of Nature Valley cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 04/16/17

04/16/17 Sunday 12:15 A.M. I will now send out my weekly notes. I will then head off to bed. CIO

04/16/17 Sunday 12:05 A.M. <http://www.grosvenorlondon.com/home/> . CIO

04/15/17 Saturday 11:55 P.M. Rinfret <http://www.rinfretltd.com/> Interior Decoration shop on the north side of the Apple store on Greenwich Avenue has a for rent sign on their building.

http://stores.ebay.com/adidas?_trksid=p2047675.l2563 Adidas store.

I went through <http://scott-mike.com/bf.htm> . CIO

04/15/17 Saturday 11:20 P.M. I ate a 6 ounce bowl of Cheez-its with a glass of cold filtered water. Orthodox Easter Sunday is the same date as Western Christian Easter Sunday this year. CIO

04/15/17 Saturday 11:05 P.M. I watched series 3, episodes 2 and 3 of "Men Behaving Badly". CIO

04/15/17 Saturday 9:35 P.M. I threw out the garbage, and I sat outside a while. Besides having been neighbors of various Presidents, I have been around other VIPs including members of the British, Norwegian, Swedish, and Danish Royal families. Perhaps I have been around other famous people and not known about it. CIO

04/15/17 Saturday 8:45 P.M. I took the one pound salmon steak, and I put it in a Pyrex pie dish, and I added about a quarter cup of lemon juice. I got both sides wet with lemon juice. I seasoned the top side with Italian seasoning and Smart Balance spread, and I am baking it in the Farberware oven at 325 degrees Fahrenheit for 30 minutes. I will eat it with 4 ounces of red skin potato salad and 8 ounces of pasta salad with a 12 ounce glass of diet Fresca. CIO

04/15/17 Saturday 8:30 P.M. I threw out the garbage. I went downtown, and I sat out for a while. I walked lower Greenwich Avenue and the train station area. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I sat out for a while longer. I then went by the Stop and Shop. I bought an older salmon steak for 60% off for \$3.47, 8 large Stop and Shop eggs expire May 26, 2017 for \$1.49 and .35 can return for \$4.61 total. I then returned home. I picked up the mail. CIO

04/15/17 Saturday 5:50 P.M. I chatted with another relative. CIO

04/15/17 Saturday 5:30 P.M. I chatted with a relative. I will eat a toasted bagel with Smart Balance spread. I will then shower and clean up. I will then go downtown to Greenwich Avenue to observe the vast hoards of visitors to our little community. CIO

04/15/17 Saturday 4:50 P.M. Pied a Terre in London
<http://www.grosvenorlondon.com/properties/residential-property-search/belgravia/22-eaton-square-flat-b/?area=2> CIO

04/15/17 Saturday 4:40 P.M. If one knows how to cook, I noticed yesterday the Stop and Shop has lots of various size prime ribs of beef for \$5.99 a pound. CIO

04/15/17 Saturday 4:30 P.M. See the Rich and Infamous down in Cayo Hueso
<http://www.liveduvalstreet.com/> . CIO

04/15/17 Saturday 4:15 P.M. I will now wash the breakfast dishes. I will then make my bed. CIO

04/15/17 Saturday 3:50 P.M. I rested some more until 3:45 P.M.. CIO

04/15/17 Saturday 11:50 A.M. I chatted with a relative. CIO

04/15/17 Saturday 11:15 A.M. I woke up at 10:30 A.M.. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/14/17 Friday 10:40 P.M. I ate a five ounce bowl of Cheez-its and a 12 ounce glass of 50% punch and 50% diet Fresca. I will now try to go to bed. CIO

04/14/17 Friday 10:30 P.M. I watched series 2 episode 6 and series 3 episode 1 of "Men Bahaving Badly". CIO

04/14/17 Friday 9:10 P.M. http://volcano.si.edu/reports_weekly.cfm . CIO

04/14/17 Friday 9:00 P.M. I heated the half pound of fried chicken tenders, and I put Frank's hot sauce on them, and I ate them with four ounces of red skin potato salad and six ounces of pasta salad and two small Kosher dill pickles and a 12 ounce glass of diet Fresca. CIO

04/14/17 Friday 8:35 P.M. I threw out the garbage. I went downtown. I chatted with a relative. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. Rag and Bone has closed their shop across the street from St. Mary's. I stopped by CVS, and I bought two Blade 7 ounce sensitive skin shaving gel for \$2.99 each and .38 tax for \$6.36 total. I chatted with two regular Friday evening cigar smokers. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I sat out for a while longer. I used the bathroom at Starbucks. I chatted with a regular. I went by the Stop and Shop. I bought a half pound of fried chicken tenders for \$3, two 12 ounce packages of Perdue chicken cutlets for \$1.99 each, a 45 ounce Smart Balance spread for \$6.49, bananas for .49 a pound for .78 and two potatoes for .99 a pound for \$1.50 for \$15.75 total. I then returned home. I picked up the mail. I put away my purchases. CIO

04/14/17 Friday 4:15 P.M. When I am naked as a jay bird on the Wal-Mart electronic bathroom scale, I weigh 252.4 pounds. CIO

04/14/17 Friday 4:05 P.M. I will now shower and clean up. I will the go downtown to Greeny Witchy Avenue. CIO

04/14/17 Friday 3:55 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

04/14/17 Friday 3:05 P.M. I went back to bed until 3:00 A.M.. I chatted with a relative. I will now wash the breakfast dishes, and I will make the bed. CIO

04/14/17 Friday 1:40 P.M. I went back to bed until 1:30 A.M.. CIO

04/14/17 Friday 10:45 A.M. I woke up at 10:30 A.M.. I ate breakfast of Nature Valley cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/13/17 Thursday 11:15 P.M. I watched series 2 episode 5 of "Men Behaving Badly". I will now shut down the primary work computer, and I will go to bed. CIO

04/13/17 Thursday 10:25 P.M. Train News

<http://www.greenwichtime.com/local/article/Metro-North-finds-slick-solution-for-11065159.php> . CIO

04/13/17 Thursday 10:15 P.M. I ate six ounces of Cheez-its. I drank a 8 ounce bottle of Coke and 6 ounces of Diet Fresca. It is too early to go to bed. We don't go for late night cruises anymore, since gasoline is very expensive. There are not many people downtown anymore outside of the commuting and dinner hour. CIO

04/13/17 Thursday 9:55 P.M. I watched series 2 episode 3 and 4 of "Men Behaving Badly". Now that I am not going out much at night anymore, I have to get used to having a regular night time routine instead of people watching at night. Of course I probably still have pretty good night vision after being out at night all of these years. With all of the problem of decluttering my apartment and trying to figure out how to take care of the electrical cables, I have sort of reached a mental block on my regular creative activity. Alas, not many people in Greenwich are interested in computers. They mostly like expensive real estate and expensive cars. CIO

04/13/17 Thursday 8:35 P.M. I ate a 19 ounce Stouffer's meat lasagna with grated parmesan and Romano cheese with a 12 ounce glass of diet Fresca and six small Snicker bars. CIO

04/13/17 Thursday 7:55 P.M. I threw out the garbage. I went downtown. I sat for a while in front of the Senior and the Arts Center. I chatted with a local walker for a long time. I chatted with a relative. I walked lower Greenwich Avenue and the train station area. I toured the Apple store. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I sat out for a while longer at the Senior and the Arts Center. I then drove to CVS. I bought two 12 packs of 12 ounce cans of diet Fresca for and one 12 pack of 12 ounce cans of diet Coke for \$11 and \$1.80 can deposit and two 14 ounce Kashi almond cluster cereal \$2.99 each for \$18.78 total. I then sat out for a while in the little park across the street from CVS. I then went to the Acme grocery store. I bought a 15 ounce box of original Cheez-its for \$3.49 and four 19 ounce Stouffer meat lovers lasagnas for \$2.99 each for \$15.45. I then returned home. I picked up the mail. I used my little cart to bring up the soda. I chatted with a neighbor about the price of tea in China. CIO

04/13/17 Thursday 3:10 P.M. Happy Birthday to a relative.

One Franklin https://www.jemjem.com/catalog/product/view/id/3749/s/clearance-ipad-mini-refurb-slate-16gb/category/133/?utm_source=DealNews&utm_medium=Affiliate&utm_campaign=ipadm1bkacc

\$14 https://flash.newegg.com/Product/9SIA10V3G94242?icid=WP_8_04082017

https://en.wikipedia.org/wiki/Maundy_Thursday

I will now shower and clean up and go downtown to observe the hoards of people exercise walking. CIO

04/13/17 Thursday 2:45 P.M. <http://www.thehour.com/news/article/A-trip-to-France-off-Interstate-95-11068101.php> and <http://www.greenwichtime.com/local/article/Greenwich-s-Bruce-Museum-showcases-10881009.php> . CIO

04/13/17 Thursday 2:25 P.M. I washed the breakfast dishes. I made my bed. CIO

04/13/17 Thursday 2:15 P.M. Old Hippies <http://www.liveduvalstreet.com/> . CIO

04/13/17 Thursday 2:05 P.M. <https://curiositystream.com/> . CIO

04/13/17 Thursday 1:55 P.M. I went back to bed until 1:45 P.M.. I drank a 8 ounce bottle of www.coke.com . CIO

04/13/17 Thursday 9:30 A.M. I woke up at 9 A.M.. I ate breakfast of Nature Valley cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/12/17 Wednesday 9:55 P.M. I watched series 2 episode 1 and 2 of "Men Behaving Badly". I will now shut down the primary work computer, and I will go to bed. CIO

04/12/17 Wednesday 8:55 P.M. <http://view.klm-mail.com/?qs=5484c7454c6214676fa2faba65f57fab8bd0cc02ce1c1dc949816ca4a01b28c9df909d8f231ddb7a28d1e08ce749a385d99597321e322cf0771974c095bdb0cf1a77b9db22162849>

CIO

04/12/17 Wednesday 8:40 P.M. I reheated the chicken and the fish sandwiches, and I ate them with 8 ounces of red skin potato salad and two small Kosher dill pickles and a 12 ounce glass of diet Fresca. CIO

04/12/17 Wednesday 8:20 P.M. I gave a neighbor a nine roll bundle of Scott paper towels, I still have a ten roll bundle. I never use them, since I don't cook bacon anymore. I went downtown on a warm afternoon. I walked the entire length of Greenwich Avenue and the train station area. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost again. I stopped by the <https://www.tesla.com/> dealership, and I chatted shop. I stopped the Senior and the Arts Center. I used the bathroom at www.starbucks.com . There is a new store opened just south of Betteridge Jewelers <https://www.hobbs.com/en/> . I toured www.cvs.com . The Pickwick Plaza main store front space is still for rent at the top of Greenwich Avenue. I stopped by the AT&T store. They are gardening around the lawn perimeter at St. Mary's. I sat out for a long while after my walk. I chatted with a relative. I then went by the Stop and Shop. I bought a dozen Everything bagels for \$2.99, a 59 ounce Simply Orange orange juice with calcium

for \$3, a 64 ounce Ocean Spray cranraspberry juice for \$2.50, a 64 ounce Welch's grape juice for \$3.50, a 46 ounce pasta salad for \$4.68, a fish cod sandwich for \$1.99, a chicken sandwich for \$2.49, and .40 can return for \$20.75 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8.88 of self service V-Power premium gasoline for \$3.439 a gallon 2.581 gallons for at odometer 114948 miles for 35.3 miles driven since Friday April 7, 2017 for 13.677 miles per gallon in local traffic. I then returned home, and I put away my groceries. CIO

04/12/17 Wednesday 3:25 P.M. My social worker inspected the apartment. We are going to try to hold off until mid May 2017 for the final inspection by the fire marshal. I still have to work on a lot of the power cords. I will now go downtown. I opened the living room window to air out the place with the Lasko fan going in front of it. CIO

04/12/17 Wednesday 2:30 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

04/12/17 Wednesday 2:00 P.M. <http://www.greenwichtime.com/news/article/A-trip-to-France-off-Interstate-95-11068101.php> . CIO

04/12/17 Wednesday 1:20 P.M. I threw out the garbage. I chatted with neighbors. CIO

04/12/17 Wednesday 12:50 P.M. I washed the breakfast dishes. I made my bed. I will now shower and clean up. CIO

04/12/17 Wednesday 12:35 P.M. I rested some more until 12:15 P.M.. I chatted with an associate. The associate is going to stop by my apartment at 2 P.M.. CIO

04/12/17 Wednesday 9:55 A.M. I woke up at 9:45 A.M.. I chatted with a friend. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/11/17 Tuesday 9:55 P.M. I chatted with a friend. I drank two 8 ounce www.coke.com and ate three small Snicker bars. I am having trouble sleeping, because it is a bit to warm. I will try to sleep without the covers on. CIO

04/11/17 Tuesday 8:10 P.M. I chatted with a relative of a friend. I drank a 12 ounce glass of diet Fresca.

https://www.groupon.com/deals/ga-gate-1-travel-reykjavik-11?p=1&utm_source=groupon_getaways_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20170411&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=getaways_deal&utm_campaign=63f9941c-546b-48a8-b455-fbd256791482_0_20170411

I will now try to go to bed. CIO

04/11/17 Tuesday 6:50 P.M. I ate 10 baby Snicker bars. I rested for about a half hour. CIO

04/11/17 Tuesday 5:55 P.M. I ate half of a rotisserie chicken with Frank's hot sauce and a baked potato with Smart Balance Spread and two small Kosher dill pickles and a 12 ounce glass of diet Fresca. I will now rest for a while.

<http://www.greenwichtime.com/news/houston-texas/houston/article/Jenna-Bush-Hager-talks-about-her-grandmother-s-11065504.php#photo-9885294> . CIO

04/11/17 Tuesday 5:25 P.M. I threw out the garbage. I went downtown. I sat out for a lone while in front of the Senior and the Arts Center. I chatted with a local walker. The local walker came out and we walked to West Elm Street to "Aux Delicieux", and the other walker drank a cup of coffee and ate a cookie. We then sat out for a long while at the Greenwich Common. I then sat out for a while longer at the veterans' monument. I tried to sign in at the Senior Center, but the sign in computer is still broken for almost two months. I sat outside in front of the Senior and the Arts Center. I then returned home, and I chatted with a neighbor. I picked up the mail, and I only got junk mail. CIO

04/11/17 Tuesday 12:10 P.M. Norway News <http://www.bbc.com/news/world-europe-39521570> . It is 73 degrees outside right now <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WOz-xaK1u71> . I will now shower and clean up, and I will go downtown to Greenwich Avenue to people watch. CIO

04/11/17 Tuesday 11:55 A.M. Manhattan Indians <http://www.cnyclive.com/> . CIO

04/11/17 Tuesday 11:55 A.M. Three of my Windows on the World <http://www.kennebunkportbeachwebcam.com/> and <http://www.liveduvalstreet.com/> and <http://nantucket.net/photos/web-cams.php> CIO

04/11/17 Tuesday 11:45 A.M. I went through <http://scott-mike.com/bf.htm> . I will now wash the breakfast dishes, and I will make my bed. CIO

04/11/17 Tuesday 10:55 A.M. I went back to bed until 10:30 A.M.. I chatted with a relative. CIO

04/11/17 Tuesday 7:20 A.M. I woke up at 7 A.M.. I chatted with someone who knows about an ill friend. I ate breakfast of Nature Valley cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/10/17 Monday 10:15 P.M. I will now try to go to bed. CIO

04/10/17 Monday 9:40 P.M. I ate half of a rotisserie chicken with Frank's hot sauce and a baked potato with Smart Balance Spread and a 12 ounce glass of diet Fresca. I threw out the garbage. I sat outside for a while. CIO

04/10/17 Monday 8:40 P.M. I threw out the garbage. I went downtown. I sat out in front of the senior center for a while. I chatted with a friend twice. I walked the entire length of Greenwich Avenue starting with upper Greenwich Avenue first. I sat out for a while in the little park opposite CVS, and I chatted with a relative. At Aux Delieux on West Elm street, they have a lot of prepared meals including filet mignon for \$40 a pound, but roast beef is \$12.99 a pound and many other items. At www.cvs.com, I bought a 12 double roll bundle of Scott toilet paper for \$6.99 and .44 tax for \$6.43 total. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I browsed the www.apple.com store. I sat on the bench in front of the Petit Coeteun Belgium bakery. I sat on a bench on the north side of Richard's. I returned to the benches in front of the senior center for a while. I then went by the Stop an Shop. I bought two 26 ounce jars of Vlassic Kosher dill spears for \$2 each, a rotisserie chicken for \$4.99 and two baking potatoes for .99 a pound for \$1.79 for \$10.78 total. I then returned home. I picked up the mail. I chatted with a relative. CIO

04/10/17 Monday 3:55 P.M. I rested a while. I will now make my bed again. I will shower and clean up, and I will go downtown. CIO

04/10/17 Monday 3:00 P.M. I ate a 10.78 ounce Banquet Swedish meatballs dinner with eight ounces of red skin potato salad and a 12 ounce glass of diet Fresca. CIO

04/10/17 Monday 2:40 P.M. I worked on decluttering the electronic cables in the living room. I threw out some electronic parts. I chatted with a neighbor. I sat outside for a while. CIO

04/10/17 Monday 12:40 P.M. I threw out the garbage. I sat outside for a long period of time. I let two people in the building. CIO

04/10/17 Monday 12:10 P.M. I chatted with a relative. I washed the breakfast dishes. I made my bed. CIO

04/10/17 Monday 11:30 A.M. I slept some more until 11:15 A.M.. CIO

04/10/17 Monday 8:10 A.M. I woke up at 8 A.M.. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/10/17 Monday 3:25 A.M. I put away the clean laundry. I will now go back to bed. CIO

04/10/17 Monday 2:45 A.M. <http://www.smithsonianmag.com/smart-news/new-pyramid-discovered-egypt->

180962813/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20170409-Weekender&spMailingID=28572096&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1021143400&spReportId=MTAyMTE0MzQwMAS2 CIO

04/10/17 Monday 2:35 A.M. I ate four slices of Stop and Shop deli ham and four slices of Stop and Shop deli Swiss cheese and eight ounces of red skin potato salad and a dozen sweet pickle slices and two small kosher dill pickles and a 12 ounce glass of 50% punch and 50% diet Fresca. I made up a fresh batch of punch. CIO

04/10/17 Monday 2:00 A.M. I have 55 minutes to go on two dry cycles. CIO

04/10/17 Monday 1:50 A.M. I put clean linens on the bed. I started two loads of laundry, and I am just about to do the dry cycles. I threw out the garbage and the old periodical literature. I chatted with a neighbor. I watered the plants. CIO

04/10/17 Monday 12:45 A.M. I woke up at 12:30 A.M.. Steamboat Road pier news story <http://www.greenwichtime.com/local/article/Fixing-Greenwich-s-Steamboat-landing-pier-11060200.php> . CIO

04/09/17 Sunday 6:05 P.M. I threw out the garbage. I went downtown to CVS on Greenwich Avenue. I picked up a prescription. I bought two 14 ounce Kashi Go Lean cereal for \$2.99 each for \$5.98 total. I then bought buy one get one free of CVS 1000 mg. Flaxseed oil tablets 250 capsules for \$21.79 both. I then drove further down Greenwich Avenue to the senior and the arts center. I sat out for a long period of time. I chatted with a friend. I chatted with a local walker. I sat outside some more. I finally walked lower Greenwich Avenue and the train station area. I stopped by the Apple store. I was told that there is an island off the coast of Maryland called Asquith Island that has wild ponies. I chatted with a friend and a few walkers. I sat out at the bottom of Greenwich Avenue. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I sat out for a while longer at the Senior and the Arts Center. I then drove over to the Greenwich Library. I chatted with a staff member. I sat out for a while at the Greenwich Library enjoying watching the jets in the sky. I then stopped by the upper Greenwich Avenue subway sandwich, and I bought a 12 inch meatball marinara Italian bread sandwich with Swiss cheese and lettuce, tomatoes, onion, green peppers, and olives for \$7 with tip. I then drove down to the Greenwich Common, and I ate my sandwich on the chess board table. I then chatted with a local walker. The local walker told me at the Elm Street cafe, one can get a filet mignon for \$5 which seems reasonable. I then sat out for a while longer. I then returned home. I chatted with a relative. I will now rest for a while. CIO

04/09/17 Sunday 12:35 P.M. I rested until noon. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown. CIO

End of Scott's Notes week of 04/09/17

04/09/17 Sunday 10:50 A.M. I will now send out my weekly notes. CIO

04/09/17 Sunday 10:40 A.M. I went back to bed until 10:30 A.M.. CIO

04/09/17 Sunday 6:55 A.M. I chatted with a friend at 9 P.M.. I woke up at 6:45 A.M.. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/08/17 Saturday 7:10 P.M. I chatted with one of my friends, and they have a ride back into the City, so I don't need to give them a ride to the train station. I will now shut down the primary work computer, and I will go to bed. CIO

04/08/17 Saturday 6:30 P.M. I ate a toasted bagel with Smart Balance Spread and a glass of cold filtered water. CIO

04/08/17 Saturday 5:50 P.M. I watched www.foxnews.com . I chatted with a relative. I am waiting for my guests to call back. CIO

04/08/17 Saturday 4:15 P.M. I picked up my friends at the Greenwich Train Station at 3:01 P.M.. While waiting I chatted with a lady traveling to Hartford. I also chatted with a relative and two friends. I showed my friends Steamboat Road, the new apartments <http://www.jhousegreenwich.com/j-lofts.html> on Old Track Road and the new apartments behind the Acme grocery store. One of my guests used the bathroom at Whole Foods. I took them to another location, and I dropped them off a somber private event. They will call me later after the event is over. I returned home. CIO

04/08/17 Saturday 1:50 P.M. <http://www.bbc.com/sport/horse-racing/39540944> Scottish horse. I will change my clothes and go out to pick up my friends. CIO

04/08/17 Saturday 1:20 P.M. <https://www.pipesandcigars.com/shop/royal-dutch-brand/1702091/> \$20 off

<https://www.britannica.com/biography/Buddha-founder-of-Buddhism>

http://volcano.si.edu/reports_weekly.cfm CIO

04/08/17 Saturday 1:05 P.M. I drank a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

04/08/17 Saturday 12:40 P.M. I ate a 10.78 ounce Banquet Swedish meatballs dinner with eight ounces of red skin potato salad and a couple dozen slices of butter pickle slices and a

12 ounce glass of diet Fresca. I chatted with a friend. I am going to pick up a couple of friends coming from Manhattan at the Greenwich train station at 3:01 P.M. today. CIO

04/08/17 Saturday 12:10 P.M. I threw out the garbage. I went downtown, and I sat out for a long while in front of the Senior and the Arts Center. I then ventured to Starbucks, and I chatted with a couple locals about Italy in the old days. I then stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I then sat out for a while longer in front of the senior and the arts center. I then went to the Acme grocery store. I chatted a local walker who was in a coma at Presbyterian St. Luke's in Manhattan for 58 days, but he recovered. I bought two 19 ounce Stouffers meat lasagnas for \$2.99 each, and two 16 ounce Stouffers stuffed peppers for \$2.99 each less .25 can deposit for \$11.71 total. I then returned home to Chez Mike's. CIO

04/08/17 Saturday 9:00 A.M. I went through <http://scott-mike.com/bf.htm> . I will now shower and clean up. I will then go downtown to Green Witch Avenue, where all of your hopes and wishes never come true. CIO

04/08/17 Saturday 8:35 A.M. <https://www.whitehouse.gov/contact> does not work. I will now wash the breakfast dishes. I will then make my bed. CIO

04/08/17 Saturday 8:10 A.M. According to a relative who is a nurse, the nicotine patches that I take to quit smoking also makes one sleepy. CIO

04/08/17 Saturday 8:05 A.M. I chatted with a friend. CIO

04/08/17 Saturday 7:50 A.M. I went back to bed until 7:30 A.M.. I threw out the garbage. I picked up the mail. CIO

04/08/17 Saturday 4:05 A.M. I chatted with a relative at 5:30 P.M.. I woke up at 4:00 A.M.. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/07/17 Friday 1:00 P.M. I ate four slices of Stop and Shop deli ham and four slices of Stop and Shop deli Swiss cheese and four ounces of Amish potato salad and a dozen sweet pickle slices and a 12 ounce glass of cold filtered water. I will now take a nap. CIO

04/07/17 Friday 12:30 P.M. I watched series 1 episode 5 and 6 of "Men Behaving Badly". I ate four baby Snicker bars. CIO

04/07/17 Friday 11:20 A.M. I heated and ate a 18.8 ounce can of Campbell's New England clam chowder with dried parsley and ground black pepper in it, and a 12 ounce glass of diet Fresca. I also ate five 1.25 inch by 1.25 inch by .33 inch pieces of Westminster cheddar cheese. Before going out, I went through <http://scott-mike.com/bf.htm> . CIO

04/07/17 Friday 10:45 A.M. I threw out the garbage. I went downtown to the Greenwich Senior Center, and I sat out in front of the building for a while. I went inside Starbucks briefly. Not much was going on downtown. It was quite slow by regular standards. The fire trucks are still in the new fire station, so I guess they have moved in. I then went by the Greenwich Library. I chatted with a regular patron who is only 39. Another regular patron older than myself was not around. I then went by the Stop and Shop. I bought a 46 ounce red skin potato salad for \$6.99, a six pack of New York Everything bagels for \$2.99, a five quart box of Stop and Shop powdered milk for \$7.39, bananas for .49 a pound for .43 for \$17.80 total. I then went by the Putnam Shell. I bought a \$10.40 of self service V-Power premium gasoline for \$3.439 a gallon for 3.025 gallons at odometer reading of 114913 miles for 33.9 miles driven since Friday March 31, 2017 for 11.207 miles per gallon in local traffic. I then returned home. I sat outside briefly. I put away my groceries. CIO

04/07/17 Friday 8:15 A.M. I will now shower and clean up. I will then go downtown. CIO

04/07/17 Friday 7:45 A.M. I washed the breakfast dishes. I made my bed. CIO

04/07/17 Friday 7:10 A.M. I went back to bed until 7 A.M.. I chatted with a friend. CIO

04/07/17 Friday 4:45 A.M. I woke up at 4:30 A.M.. I went back to bed until 4:30 A.M.. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/07/17 Friday 2:05 A.M. I woke up at 1:30 A.M.. I threw out the garbage. I found a neighbor's medicaid card that I left outside the neighbor's door. I picked up the mail. CIO

04/06/17 Thursday 11:15 A.M. I ate four 1.25 inch by 1.25 inch by .33 inch pieces of Westminster cheddar cheese. When I drove back with a friend from my first trip to California, I recall driving through Palm Springs in December 1978. It was at sunset, and one could not see too much. I recall buying gasoline at a www.shell.com station, and I think I might have bought some palm dates at a stand there. I guess I was on the main west east road that ran through town. I guess we all have the rainy day blues. I chatted with a relative. I might try to rest some more. CIO

04/06/17 Thursday 11:00 A.M. I watched series 1 episode 3 and 4 of "Men Behaving Badly". I ate ten baby Snicker bars. CIO

04/06/17 Thursday 9:50 A.M. I woke up at 9:45 A.M.. Dry and hot climate <http://www.palm-springs-listings.com/>. I think they should outlaw telemarketing telephone calls. CIO

04/06/17 Thursday 8:20 A.M. <http://mansionhomes.co/dream/billionaire-bill-gates-home-in-medina-washington/>

The weather here is getting to be like Seattle with rain all of the time. I will now rest for a while. CIO

04/06/17 Thursday 8:00 A.M. I chatted with a friend. I ate a 10.78 ounce Banquet Swedish meatballs dinner with four ounces of Amish potato salad and a couple dozen slices of butter pickle slices and a 12 ounce glass of diet Fresca. CIO

04/06/17 Thursday 7:20 A.M. I think they have a bit of money
[https://en.wikipedia.org/wiki/Bill %26 Melinda Gates Foundation](https://en.wikipedia.org/wiki/Bill_%26_Melinda_Gates_Foundation) and
<http://www.gatesfoundation.org/> , but I guess they do not think I would know what to do with a little bit of extra money, no mater how many times I contact them at
<https://www.gatesnotes.com/globalpages/contactbillgates> . I guess they do not want to disturb my quiet peaceful life on the quiet side of town versus their jet set existence
www.boeing.com and <http://www.boeing.com/commercial/787-10#/webcast> . Bill Gates' father was the head attorney for Boeing, so he grew up around a lot of well traveled engineers. CIO

04/06/17 Thursday 6:45 A.M. A good friend of mine once was the neighbor of the
<http://www.frick.org/> in Bedford, New York, but he got older and became more private. Although [https://en.wikipedia.org/wiki/Bethlehem Steel](https://en.wikipedia.org/wiki/Bethlehem_Steel) has not been doing well recently, before they got into the steel business, the Fricks still own
[https://en.wikipedia.org/wiki/Old Overholt](https://en.wikipedia.org/wiki/Old_Overholt) which I guess is quite profitable. CIO

04/06/17 Thursday 6:35 A.M. http://articles.courant.com/2007-05-13/news/0705130443_1_household-helpers-chairman-thomas-j-watson-oil-paintings

[https://en.wikipedia.org/wiki/North Haven, Maine](https://en.wikipedia.org/wiki/North_Haven,_Maine) . CIO

04/06/17 Thursday 6:15 A.M. Having worked since February 24, 2017 on decluttering my apartment, I am a little behind on current tech. On my Ipad 2 from the
www.greenwichlibrary.org Zinio account I read the April 2017 issues of www.pcmag.com and www.pcworld.com . I was told that <http://www.mercedesbenzgreenwich.com/> is still owned by a Watson family member. CIO

04/06/17 Thursday 4:40 A.M. I mailed the birthday card to my relative in the mail room downstairs with two .47 forever stamps. CIO

04/06/17 Thursday 4:10 A.M. I threw out the garbage. I picked up the mail. CIO

04/06/17 Thursday 3:30 A.M. I will now wash the breakfast dishes. I will then make my bed. I will then shower and clean up. There is supposed to be heavy rain today, so I will be stuck inside. CIO

04/06/17 Thursday 3:00 A.M. I went back to bed until 3 A.M.. CIO

04/06/17 Thursday 1:00 A.M. I woke up at 12:45 A.M.. I noticed yesterday morning that the fire trucks have been moved from the railroad parking lot by the boys club to the new fire station. I am not sure if that is the final move or not. I ate breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/05/17 Wednesday 6:15 P.M. I woke up at 6 P.M.. I chatted with a relative. I will now go back to bed. CIO

04/05/17 Wednesday 12:40 P.M. I ate a 12 ounce glass of 50% punch and 50% diet Fresca. I watched episode 2 of "Men Behaving Badly". I ate three .25 inch by 1.25 inch by 2.5 inch slices of Westminster cheddar cheese. CIO

04/05/17 Wednesday 11:45 A.M. I rested until 11:30 A.M.. I chatted with a relative twice. CIO

04/05/17 Wednesday 9:20 A.M. I chatted with a friend. I ate four slices of Stop and Shop deli ham and four slices of Stop and Shop deli Swiss cheese and six ounces of Amish potato salad and a dozen sweet pickle slices and a 12 ounce glass of cold filtered water. I will now take a nap. CIO

04/05/17 Wednesday 9:00 A.M. I threw out the garbage. I went by the www.chase.com ATM machine at Deerfield Place. I went downtown to the Senior and the Arts Center. I sat out for a while. I walked as far south as Zen Stationary, and I bought an Ace's High scratch card for a dollar, but I lost. I sat out some more. I then walked the upper Greenwich Avenue area. I stopped by www.cvs.com, and I bought a relative a www.hallmark.com birthday card for \$6.99 less a \$2 off cards CVS coupon and .32 tax for \$5.31 total. I then finished my walk of upper Greenwich Avenue. It was not very busy out. Next week the Greenwich schools are supposed to have Spring break, so it might be even slower. After my walk I went to the Acme Grocery store, and I bought six Banquet 10.78 ounce Swedish meatballs for \$10 total. I then returned home, and I put away my purchases. CIO

04/05/17 Wednesday 6:05 A.M. I ate a 16 ounce Maria Callender chicken pot pie with a 12 ounce glass of diet Fresca. Traditionally May is actually the hardest month of the year. I will now go downtown to "People Watch". CIO

04/05/17 Wednesday 5:25 A.M. McDonalds is opened at 5 A.M.
<https://www.mcdonalds.com/us/en-us/restaurant-locator.html?submit=true&radiusSelected=5&searchText=06830> . CIO

04/05/17 Wednesday 5:20 A.M. <http://sunrisesunset.willyweather.com/ct/fairfield-county/greenwich.html> CIO

04/05/17 Wednesday 5:00 A.M. <http://www.bbc.com/future/story/20170403-miamis-fight-against-sea-level-rise> . CIO

!!!!!! 04/05/17 Wednesday 4:55 A.M. This is why some people stay up in the north country <http://abcnews.go.com/US/giant-alligator-interrupts-south-carolina-golf-tournament/story?id=46426351> CIO

04/05/17 Wednesday 4:45 A.M. I hooked up a four port Netgear switch with two LAN cables to the bedroom Apple laptop computers, so when the Netgear switch is turned on with the power strip, both Apple laptops can be online with LAN connections. Of course they would also work off of wireless too. CIO

04/05/17 Wednesday 4:30 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

04/05/17 Wednesday 4:05 A.M. I used to know the head of the <http://www.lpct.org/> . He told me he was related to an "Old Guard" family out on Long Island. CIO

04/05/17 Wednesday 4:00 A.M. I threw out the garbage. I picked up the mail. A few years ago, I used to frequently walk the entire length of Greenwich Avenue and the train station area, but recently I have been saving my strength as I get older. CIO

04/05/17 Wednesday 3:30 A.M. I washed the breakfast dishes. I made my bed. I will now shower and clean up. CIO

04/05/17 Wednesday 2:55 A.M. I went back to bed until 2:30 A.M.. CIO

04/04/17 Tuesday 11:45 P.M. I slept some more until 9 P.M.. I chatted with a friend and a relative. I put on a 21 mg. Nicotine patch, so I will not be smoking anymore. I went back to bed until 11:30 P.M.. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/04/17 Tuesday 4:30 P.M. I went back to sleep until 4:15 P.M.. CIO

04/04/17 Tuesday 7:00 A.M. I went back outside again. It has quit raining for now. One of the reasons that I don't visit Manhattan at night anymore is that the elderly friend from Wilton that used to drive me into Manhattan at night moved further out to Bridgeport and at age 74 years, he no longer has good night vision to drive at night. CIO

04/04/17 Tuesday 6:25 A.M. <http://www.greenwichtime.com/business/article/Study-Connecticut-ranks-high-as-corporate-brand-11038785.php#photo-12642439> . CIO

04/04/17 Tuesday 6:10 A.M. I went outside again. I washed the breakfast dishes. I made my bed. CIO

04/04/17 Tuesday 5:35 A.M. I went outside again. The last time I went to Manhattan was about nine years ago for a Microsoft conference. On the way out at Grand Central Station, I saw someone that looked like Prince Charles and Prime Minister Gordon Brown looking at the newly remodeled Grand Central Station with a couple thousand men that looked like Prince Andrew. The pictures that I took that day are here <http://scott-mike.com/mls-030408/> . Alas I did not think about taking a picture of Prince Charles, but the British flag was flying at the Waldorf Astoria. I guess a lot of the famous royalty are pilots, so they can show up anywhere and anytime. CIO

04/04/17 Tuesday 4:00 A.M. I woke up at 3:30 A.M.. I went out briefly. It is raining cats and dogs. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/03/17 Monday 6:00 P.M. I went to my 1:30 P.M. appointment. I then went downtown, and I sat out for a while. I chatted with an Alliance Francais person as he unloaded art at the Senior Center. I returned home, and I chatted with neighbors. I picked up the mail. I went to the Chase Bank at Deerfield Place. I then went to the Wells Fargo Bank at the Stop and Shop Plaza, and I paid my rent to the Greenwich Housing Authority. I told the floor office that I am more concerned about Indian Point than Isis. I reminded him that Indian Point was completed in 1973, and San Onofre which was completed in 1982 has already been closed three years ago. I think Indian Point is owned by a Texas Energy Company. I then went by the Stop and Shop, and I bought two cod fish sandwiches for \$1.99 each and .25 tax for \$4.23. I then returned home. I ate the two fish sandwiches with 8 ounces of Amish potato salad and a dozen butter pickle slices and a 12 ounce glass of diet Fresca. I went outside. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

04/03/17 Monday 12:45 P.M. I went outside briefly, and I chatted with neighbors. I will head out to my 1:30 P.M. appointment shortly. CIO

04/03/17 Monday 12:25 P.M. Imagine having to maintain these places
<https://www.google.com/search?q=rockefeller+mansion+newport&sa=X&tbm=isch&tbo=u&source=univ&ved=0ahUKEwjfPy14jTAhUm4IMKHTs9A5cQsAQIag&biw=1680&bih=910&dpr=1> . CIO

04/03/17 Monday 11:55 A.M. I drank a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I went outside a while, and I chatted with neighbors. I have a 1:30 P.M. appointment today. CIO

04/03/17 Monday 10:50 A.M. I went outside, and I chatted with neighbors. At the top of Greenwich Avenue at One Lafayette Place, the former Greenwich United Way building has been sold to a new owner, and it is now up for rent. CIO

04/03/17 Monday 10:15 A.M. I went downtown. I sat out for a while downtown in front of the Senior Center. It was not very busy. Starbucks was not busy. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I drove over to www.cvs.com, and I bought three twelve packs of 12 ounce cans of diet Fresca for \$11 and \$1.80 can deposit for \$12.80 total. I then bought two 12 ounce bags of Gold Emblem hazelnut coffee for \$4.99 each, less a \$7 bonus bucks coupon from the previous purchase for \$2.98 total. I chatted with somebody that had what looked like my old Swiss Alpine back pack that I had bought in the winter of 1972 in the Florence, Italy flea market, but it was just an www.llbean.com copy. I sat outside for a while in the little park across from CVS. I then went by the Stop and Shop. I bought four 16 ounce Marie Callender chicken pot pies for \$2.50 each, a 16 ounce pack of Stop and Shop deli sliced Swiss cheese for \$4.99, two quart jars of Mount Olive small Kosher dill pickles for \$2 each, a 12 ounce generic honey for \$2.50, and .45 bottle and can return for \$21.13 total. The Maria Callender chicken pot pies were marked as being on sale for \$2.50, but that was last week, but they gave me the sale price. I then returned home. I chatted with neighbors. I put away my groceries. I brought up the Fresca with my little folding cart that I am keeping in the apartment for now. I will now go back outside again. CIO

04/03/17 Monday 6:40 A.M. I went outside, and I threw out the garbage, and I chatted with neighbors. I will now dress up warmly and go downtown observe the Monday morning rush, and then I will do some grocery shopping. Life in the Slow Lane. CIO

04/03/17 Monday 6:05 A.M. I ate a 13 ounce Marie Callender sweet and sour chicken dinner with Smart Balance spread on the vegetables and 8 ounces of Amish potato salad and a 16 ounce glass of www.coke.com.

04/03/17 Monday 5:30 A.M. I rested until 4:30 A.M.. I watched episode 1 of "Men Behaving Badly". I went outside, and I chatted with a neighbor. CIO

04/03/17 Monday 3:00 A.M. I watched "Undercover, How to Operate Behind Enemy Lines". I went outside briefly. CIO

04/03/17 Monday 1:25 A.M. One of the tenants was moved out today, and his movers left a whole lot of furniture out by our dumpster at 71 Vinci Drive, if anyone needs spare furniture. CIO

04/03/17 Monday 1:00 A.M. I went through <http://scott-mike.com/bf.htm>. I will now go outside briefly. I am no longer moon walking on Greenwich Avenue for better or worse. CIO

04/03/17 Monday 12:45 A.M. I went outside briefly. I have my 21 mg. Nicotine patches, so in a day or two I will try to quit smoking cigar cigarettes again. I have a medical appointment at 1:30 P.M. today. I disconnected and threw out the ceiling light from above the primary work computer. I moved the five emergency lanterns from the chest along side the Ethan Allen recliner to the top of the center and right bookcases in the hallway. I

put two line AT&T answering machine telephone on the cabinet along side the Ethan Allen recliner which already has the Panasonic four line telephone on it. CIO

04/02/17 Sunday 11:55 P.M. <https://www.unilever.com/> used to have an office across the street from the www.greenwichlibrary.org , but they moved elsewhere. CIO

04/02/17 Sunday 11:35 P.M. I went outside, and I chatted with a neighbor. I will now shower and clean up. It is pretty quiet here in the greater area of Southwestern Connecticut on the border with New Amsterdam. There is a Dutch Reform church in Rye, New York and another one in Tarrytown, New York, so there might be some down state Dutch people in the area whom maintain a low profile as they compete with the English. www.klm.com has an office nearby in White Plains, New York, so that would probably be the best place to look for any Dutch people left in the area. The Rockefellers used to claim they were of Dutch descent and we know the Vanderbilts and Roosevelts are Dutch. Of course that a tulip bulb won't even buy one a <http://www.heineken.com/> . I think <http://www.usa.philips.com/> is a Dutch company, and it is supposed to be the world's largest electronics company. It is very big in Asia. I will now shower and clean up. CIO

04/02/17 Sunday 10:20 P.M. <http://www.ebay.com/itm/ZTE-Trek-2-HD-K88-Wi-Fi-GSM-AT-T-Unlocked-8-Android-Tablet-Gray-5MP-N-/381874998395?hash=item58e9860c7b:g:IFIAAOSw-0xYNQKo> popular item. CIO

04/02/17 Sunday 10:10 P.M. I went outside again. CIO

04/02/17 Sunday 9:25 P.M. <http://www.greenwichtime.com/news/world/article/UK-s-Prince-Charles-visits-quake-hit-town-in-11044388.php> I always wonder if I have seen Prince Charles or not. I did see his parents on July 5, 1976. CIO

04/02/17 Sunday 8:55 P.M. I woke up at 8 P.M.. White asleep, I had a call from www.lfc.edu . I went outside twice. I chatted with a relative. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

04/02/17 Sunday 11:55 A.M. I chatted with a relative. I went outside, and I chatted with a neighbor. I will now shut down the primary work computer, and I will go to bed. CIO

04/02/17 Sunday 11:15 A.M. I ate four slices of Stop and Shop deli ham and four slices of Stop and Shop deli Swiss cheese and eight ounces of Amish potato salad and two small Kosher dill pickles and a 12 ounce glass of 50% punch and 50% diet Fresca. CIO

04/02/17 Sunday 11:00 A.M. I went outside, and I chatted with neighbors. CIO

04/02/17 Sunday 10:15 A.M. <http://www.gettyimages.com/photos/thomas-watson-jr.?excludenudity=true&sort=mostpopular&mediatype=photography&phrase=thomas%2>

0watson%20jr.&family=editorial . I was eating a \$250 New Years Eve dinner with a friend at the Homestead Inn, the night Tom Watson passed away
<http://www.nytimes.com/1994/01/01/obituaries/ibm-s-computing-pioneer-thomas-watson-jr-dies-at-79.html?pagewanted=all> . CIO

04/02/17 Sunday 10:00 A.M. <http://www.sun-sentinel.com/features/fl-fairchild-garden-column-040217-story.html> CIO

04/02/17 Sunday 9:45 A.M. I went outside, and I chatted with neighbors. I chatted with a friend. CIO

04/02/17 Sunday 8:40 A.M. I woke up at 8 A.M.. I still can not fall asleep. I went outside, and I chatted with a neighbor. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I still have my Haig Ultra golf clubs and Burton golf bag and two pairs of golf shoes that all total cost about \$400 at the <http://www.greenwichcountryclub.org/> in 1962. Alas I don't know anyone that plays golf. A relative is still in touch with the oldest member though. They think I am suspicious up north, since most of them have never been down south, and they don't seem to realize that there are a couple or more golf courses down south for better or worse.

Golf & Country Club - GreenwichCC

Welcome - Round Hill Club

Public Home. | The Stanwich Club

Burning Tree Country Club - Home

Home - Milbrook Club

Welcome - Innis Arden Golf Club

Tamarack Country Club Home Page

Public Home - Fairview Country Club

Griffith E. Harris Golf Course - Town of Greenwich, Connecticut

CIO

04/02/17 Sunday 6:55 A.M. I retrieved the computer keyboard drawer from the dumpster area. I put it on the bedroom desk with new Apple laptop on the top side, and the older Apple laptop on the lower keyboard drawer that slides out. CIO

End of Scott's Notes week of 04/02/17

04/02/17 Sunday 6:05 A.M.

<https://www.britannica.com/biography/Charlemagne?source=ONTHISDAY> . Dr. Kief when he was alive told me was related to Charlemagne. I will now send out my weekly notes. I will then go outside briefly. I will then go to bed. CIO

04/02/17 Sunday 6:05 A.M. I sorted out the recent paper work that I keep to the left side of my primary work computer for easy reference. A lot of it is medical information.

04/02/17 Sunday 6:05 A.M. I went through <http://scott-mike.com/bf.htm> . Being on a night schedule most of my life, I have learned to try to keep busy and not just watch television. Over my life until recently, I have spent a great deal of time walking around at night keeping an eye on things, much to no avail or no prosperity. CIO

04/02/17 Sunday 5:50 A.M. The blue night stand has been taken. I still have to declutter the electrical cords some time in the near future. Basically all of the other downsizing of the apartment is done. With all of the time on the computers and the internet over the years, particularly with the computer hacking which wasted a lot of my free time, I had not spent enough time maintaining the over all apartment. CIO

04/02/17 Sunday 5:30 A.M. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese and 8 ounces of potato salad and a 12 ounce glass of diet Fresca. I will now go outside briefly and throw out the garbage. CIO

04/02/17 Sunday 5:05 A.M. I sat outside briefly. I put away the clean laundry. CIO

04/02/17 Sunday 4:00 A.M. My www.eversource.com electricity bill for March 2017 was \$163.61 for 892 kWh over 29 days for 30.76 kWh per day with an average temperature of 36.1 degrees Fahrenheit. For March 2016, it was \$126.10 for 608 kWh for 32 days with an average of 19 kWh per day with an average temperature of 45.8 degrees Fahrenheit. CIO

04/02/17 Sunday 3:45 A.M. I have 50 minutes to go on two dry cycles. I moved the second paper shredder from the living room to the far left side of the bedroom desk. The primary paper shredder in the living room, I moved the rear underneath the oak dining table. CIO

04/02/17 Sunday 3:15 A.M. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash, and I am just about to start the dry cycles. I threw out the garbage and the old periodical literature. I watered the plants. I am also going to throw out the milk crate full of papers and files from underneath the bedroom desk. CIO

04/02/17 Sunday 2:10 A.M. I put the Dell E6410 laptop setup on top of the Dell E6400 laptop setup on the small table to the left of the primary computer setup. I threw out the small blue night stand at the apartment entrance. I emptied out the parts from the mahogany night stand to the right of the living room desk, and I put them in the lower drawer of the white bureau at the bedroom entrance. I threw out the mahogany night

stand and the keyboard drawer. I put the Netgear wireless router and the Netgear wireless router extender on the right side of the computer setup on the living room desk. I emptied out most of the drawers of the living room desk. It was about four loads or three hundred pounds of stuff. CIO

04/02/17 Sunday 12:20 A.M. I went outside briefly. I moved the older Apple laptop to underneath the newer Apple laptop on the bedroom desk. I still have the Asus Netbook and the Acer Laptop on the right side of the oak dining table in the living room. To use the older Apple laptop, one has to plug it in the newer Apple laptop LAN cable. CIO

04/01/17 Saturday 11:20 P.M. I went back to bed until 11 P.M.. I went outside briefly. I will now wash the breakfast dishes. I will make my bed. CIO

04/01/17 Saturday 5:50 P.M. I chatted with a relative at 10:30 A.M.. I finally woke up at 3:30 P.M.. I went downtown to www.cvs.com on Greenwich Avenue, and I picked up a prescription. I then went by the Acme grocery store, and I bought a 46 ounce Reece's Amish potato salad for \$6.99, and three New York Everything bagels for .69 each for \$9.06 total. I then returned home. I chatted with a friend. I chatted with neighbors. I picked up the mail. I ate breakfast of Kashi cereal and milk, a toasted onion bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 33% regular coffee and 67% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I chatted with a friend and a relative. CIO

04/01/17 Saturday 4:10 A.M. I will now go back outside, and then I will try to go back to bed. CIO

04/01/17 Saturday 3:40 A.M. I picked up the mail. CIO

04/01/17 Saturday 3:20 A.M. I ate four slices of Stop and Shop deli ham and four slices of Stop and Shop deli Swiss cheese and six ounces of potato salad and two small Kosher dill pickles and a 12 ounce glass of diet Fresca. I will now mail the envelope downstairs, and I will go outside briefly. CIO

04/01/17 Saturday 3:00 A.M. I printed out two copies of my Microsoft Money Sunset report for March 2017, and I have one copy read to mail to an interested relative. CIO

04/01/17 Saturday 2:35 A.M. I woke up at 2 A.M.. I went outside briefly. CIO

05/31/17 Wednesday 10:35 P.M. I went outside again. It started to rain again. I will now shut down the primary work computer, and I will go to bed for the night. CIO

05/31/17 Wednesday 10:15 P.M. I ate a 16 ounce Stouffer's stuffed peppers with grated parmesan and Romano cheese on it along with four ounces macaroni salad and three ounces of Italian pasta salad and a Kosher dill pickle slice and a 12 ounce glass of diet Fresca. CIO

05/31/17 Wednesday 9:20 P.M. I put an 8 inch and a 12 inch florescent bulb in the bathroom light above the bathroom sink. I threw out the garbage. I went downtown. I chatted with two relatives. I walked the entire length of Greenwich Avenue. I sat out at various locations. I used the bathroom at www.starbucks.com . I used the bathroom at www.cvs.com . After my walk, I chatted with a friend. I then walked lower Greenwich Avenue again, and I sat out at various locations. I chatted with the www.tesla.com guy. I bought an Ace's High scratch card for a dollar at Zyn stationary, and I lost. I then went by the www.greenwichlibrary.org , and I chatted with the reference librarian and a Security Guard. I browsed the reading area. I then went by the Stop and Shop. I bought two 10 ounce Banquet meals for \$1.25 each, and two 16 ounce macaroni salad for \$2.50 each and organic bananas for .79 a pound for \$1 for \$8.50 total. I then returned home. I put away my groceries. I chatted with a relative. CIO

05/31/17 Wednesday 3:25 P.M. I went outside again, and I chatted with neighbors. I will now wash the breakfast dishes, and I will make my bed. I will then go downtown to Greenwich Avenue. CIO

05/31/17 Wednesday 3:00 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

05/31/17 Wednesday 2:45 P.M. I went outside twice. I keep having a dream that I am stuck on a deserted island and my friends on the neighboring island will not let me off. CIO

05/31/17 Wednesday 1:45 P.M. Before going to bed, I ate four ounces of mixed nuts. I woke up at 1 P.M.. There was a fire smoke call for a neighbor. I went outside, and I chatted with a neighbor. I have lost 20 pounds in the last month, and I now weigh 245 pounds. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered

water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. Another Connecticut company moving away <http://fox61.com/2017/05/30/report-aetna-close-to-announcing-move-to-new-york/>. CIO

05/31/17 Wednesday 12:45 A.M. I went outside again. I will now shut down the primary work computer, and I will go to bed shortly. CIO

05/31/17 Wednesday 12:10 A.M. Tracking is <https://tools.usps.com/go/TrackConfirmAction?tLabels=9400109699937627876824> on the order for <http://www.ebay.com/itm/Pure-Copper-Magnetic-Bracelet-Arthritis-Energy-MEN-WOMEN-WRISTBAND-NEW-/221982552096?hash=item33af30f020:g:EjsAAOSwsFpWS-rJ> for \$10.86 with free shipping.

<http://www.geopetro.ethz.ch/>

CIO

05/30/17 Tuesday 11:55 P.M. I went outside. I ate a 9.5 ounce Banquet sweet and sour chicken dinner with three ounces of macaroni salad and three ounces of Italian rainbow pasta salad and a Kosher dill pickle slice and a 12 ounce glass of diet Fresca. CIO

05/30/17 Tuesday 11:10 P.M. I went downtown to www.cvs.com on Greenwich Avenue. I bought buy one get one free of CVS 120 capsule odorless 1000 mg fish oil capsules for \$13.79 total. I then went further downtown. I chatted with two relatives and a friend. I chatted with a local for a while. I then walked the entire length of Greenwich Avenue and part of West Putnam Avenue. With the vacant store on West Putnam Avenue there are over 20 vacant store fronts in the Greenwich Avenue area. I stopped by the www.apple.com store. I waved at the Tesla guy. I used the bathroom at Starbucks. They are starting to pour the cement on the new sidewalk in front of the Senior and the Arts Center. I toured CVS again. I looked at the menu at <https://www.blackstonessteakhouse.com/>. I told the bartender about <http://www.bernssteakhouse.com/>. I toured the small shopping center just west of Greenwich Avenue which has a www.fedex.com drop off location and <http://garelickandherbs.com/>. I chatted with a local Chinese resident. He told me China is now 10% Christian the Evangelical movement is taking over religion around the world. I then chatted with the same local again and a former resident. I used the bathroom at www.starbucks.com. I sat out a while longer. I then went by the www.acmemarkets.com, and I bought four 12 packs of 12 ounce diet <http://www.fresca.com/> for \$12 and \$2.40 can deposit and .91 tax for \$15.31 total. I then returned home. I sat outside a while. I let in a neighbor's relative. I used my little folding cart from the back of the Volvo wagon to bring up my soda. I then put it back in the rear of the Volvo wagon, and I sat out a while more. CIO

05/30/17 Tuesday 4:35 P.M. I went outside again, and I chatted with neighbors. The mail finally came. I got my www.time.com and www.forbes.com magazines. CIO

05/30/17 Tuesday 4:05 P.M. I will now wash the breakfast dishes. I will then make my bed. I will then go outside briefly. I will then go downtown to Green Witchy Avenue. I can not afford to drive to Darien or New Canaan, but they are supposed to be wealthy towns, so maybe someone whom could afford to drive there, could possibly make some newcontacts. For a deluxe dinner there used to be a Boston Market in downtown Darien. There is also a Starbucks next to the New Canaan train station. They used to have a dollar coin machine at the New Canaan train station that dispensed dollar coins for the parking meters. New Canaan is sort of old fashioned, and they read a lot on the 90 minutes trains each way into Manhattan. CIO

05/30/17 Tuesday 3:45 P.M. I went outside again. I did not get any mail. CIO

05/30/17 Tuesday 2:35 P.M. Local Pied A Terre up for auction
<http://www.decaroauctions.com/429-taconic-road-greenwich-connecticut/> . CIO

05/30/17 Tuesday 2:25 P.M. Since Stillman Rockefeller was on the board of directors of www.monsanto.com that brought my family to Greenwich in 1962, although I do not have a regular job, I feel like a Rockefeller volunteer in the local community. It does not pay much money, but I have a lot of experience. CIO

05/30/17 Tuesday 2:15 P.M. Hail and Farewell
<http://www.legacy.com/obituaries/greenwichtime/obituary.aspx?n=william-james-clark&pid=185647120> . I went outside again, and I chatted with neighbors. CIO

05/30/17 Tuesday 1:25 P.M. I woke up at 12:45 P.M.. I went outside briefly. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/29/17 Monday 10:50 P.M. I went outside again. I will now shut down the primary work computer, and I will go to bed. CIO

05/29/17 Monday 10:25 P.M. I ate a 11 5/8th ounce Stouffer's macaroni and beef meal with grated parmesan and Romano cheese on it along with three ounces of macaroni salad and three ounces of Italian pasta salad and a Kosher dill pickle slice and a 12 ounce glass of diet Fresca. CIO

05/29/17 Monday 9:55 P.M. My old copper bracelet was scratching my wrist, so I ordered <http://www.ebay.com/itm/Pure-Copper-Magnetic-Bracelet-Arthritis-Energy-MEN-WOMEN-WRISTBAND-NEW-/221982552096?hash=item33af30f020:g:EjsAAOSwsFpWS-rJ> for \$10.86 with free shipping. CIO

05/29/17 Monday 9:25 P.M. I chatted with a relative. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I used the bathroom at www.starbucks.com. I stopped by www.cvs.com, and I used the bathroom. I bought buy one get one 50% off of CVS three ounce Athletes Foot cream for \$12.49 and \$6.24 for \$18.73 total. I chatted with a local with arthritis. I told the local about the book, "The Arthritis Pain Cure" by Doctor Thasokolis where one takes Chondroitin Sulfate and Glucosamine and MSM. I noticed on the way down on Greenwich Avenue at the apartment building on the north side of St. Mary's Roman Catholic Church, they have a 750 square foot modern one bedroom apartment for rent for \$2,500 a month. I chatted with a local at Starbucks. I sat out, and I chatted with another local. I introduced one local to another local. I then drove back up to CVS, and I bought buy two six packs of White Castle cheese burgers for \$8 both. I then stopped by Putnam Shell at 401 West Putnam Avenue, and I bought \$6.01 of self service V-Power premium gasoline for \$3.439 a gallon for 1.747 gallons at odometer reading of 115151 miles for 25 miles drive since Tuesday May 23, 2017 for 14.311 miles per gallon in local traffic. I then returned home. I sat outside, and I chatted with neighbors. I put away my purchases. I will now go outside again. With fifteen or more vacant store fronts on Greenwich Avenue, I think some local entrepreneur could open up a coin Laundromat. CIO

05/29/17 Monday 4:35 P.M. I went outside again. I will now shower and clean up. I will then go downtown to Greenwich Avenue.

<http://www.vietvet.org/statewall.htm> . CIO

05/29/17 Monday 3:45 P.M. I went through <http://scott-mike.com/bf.htm> . I will now wash the breakfast dishes, and I will make my bed. CIO

05/29/17 Monday 3:35 P.M. Holland, Michigan pickle factory
<https://digitalholland.org/around-town/h-j-heinz-pickle-factory/> . I went outside again, and I chatted with neighbors. CIO

05/29/17 Monday 2:40 P.M. I went outside again. I saw three young deer out on the east lawn by the east woods last night when I returned from town. CIO

05/29/17 Monday 1:30 P.M. I woke up at 1 P.M.. I chatted with a relative. I went outside briefly. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/28/17 Sunday 11:25 P.M. I went outside again. I will now shut down the primary work computer, and I will go to bed. CIO

05/28/17 Sunday 10:45 P.M. I went outside again. CIO

05/28/17 Sunday 10:35 P.M. https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=newsletter_im&utm_medium=email&t_division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20170528&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=deal-page&utm_campaign=bc11aec4-5a58-49b4-8eca-c3e895a14891_0_20170528_treatment0

http://volcano.si.edu/reports_weekly.cfm

CIO

05/28/17 Sunday 10:10 P.M. I went outside twice. I ate a 11.5 ounce Stouffer's fettuccini Alfredo with grated parmesan and Romano cheese on it and 4 ounces of macaroni salad and 3 ounces of Italian pasta salad with a Kosher dill pickle slice and a 12 ounce glass of diet Fresca. CIO

05/28/17 Sunday 9:00 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. I chatted with two people in the small park across from www.cvs.com. I picked up a prescription at CVS, and I bought two 14 ounce Kashi cereal for \$7. I chatted with the two people again outside. One of them was local and one of them was from Oyster Bay, Long Island. I then went further downtown. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped the www.apple.com store. I sat out the bench of the bottom of Greenwich Avenue. I chatted with a relative. I used the bathroom at www.starbucks.com. I toured CVS again. I sat out at the park across from CVS again. I used the bathroom at Starbucks again. I chatted with a regular walker. I then went to the Stop and Shop. I bought a 59 ounce Tropicana pineapple and mango juice for \$2, a two pack of dishwashing wand refills for \$2.99, a 64 ounce Ocean Spray cranraspberry juice for \$2.79, a 64 ounce Ocean Spray crangrape juice for \$2.79, a 24 ounce Heinz dill pickles for \$1.99, and rainbow pasta for \$4.99 a pound for \$7.29 and .19 tax for \$20.04 total. I then returned home. I sat outside briefly. I put away my groceries. I am watching the www.pbs.org Channel 13 Memorial Day Concert from Washington D.C.. CIO

End of Scott's Notes week of 05/28/17

05/28/17 Sunday 3:20 P.M. I went outside again, and I chatted with a neighbor. I will now send out my weekly notes. I will then wash the breakfast dishes. I will make my bed. I will then go downtown to Greenwich Avenue. CIO

05/28/17 Sunday 3:00 P.M. I went outside, and I chatted with neighbors. I made up a fresh batch of punch. CIO

05/28/17 Sunday 1:25 P.M. I woke up at 12:45 P.M.. I went outside briefly. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee

and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/28/17 Sunday 12:45 A.M. I went outside. I will now shut down the primary work computer, and I will go to bed. CIO

05/28/17 Sunday 12:25 A.M. I ate half of the roast beef and ham sub sandwich with two slices of deli Swiss cheese on it and Hellmann's mayonnaise and horseradish and ground black pepper, and seven ounces of macaroni salad and Kosher dill pickle slice and a 12 ounce glass of diet Fresca. CIO

05/27/17 Saturday 11:40 P.M. I went outside again. I put away my clean laundry. I will now go outside again. CIO

05/27/17 Saturday 10:45 P.M. I went outside briefly. CIO

05/27/17 Saturday 10:25 P.M. I have 42 minutes to go on two dry cycles. I went outside, and I chatted with a neighbor. CIO

05/27/17 Saturday 9:50 P.M. I went outside, and I chatted with a neighbor. I put clean linens on the bed. I took off the comforters and the electric blanket, and I stored them on the left bedroom closet shelf. I put on the summer quilt. I showered, and I cleaned up. I started two loads of laundry, and I have five minutes to go. I threw out the garbage and the old periodical literature. I watered the plants. CIO

05/27/17 Saturday 7:40 P.M. <http://www.ebay.com/itm/adidas-Superstar-Shoes-Mens-White-/152559835899?trkparms=5373%3A0%7C5374%3AFeatured>

Need Security ?, try <http://www.g4s.us/> .\

https://flash.newegg.com/Product/9SIA9GX4Y92824?icid=WP_29_05252017

I went through <http://scott-mike.com/bf.htm> . CIO

05/27/17 Saturday 7:15 P.M. In Polaroid's research lab on Osborne Street in Cambridge, Massachusetts, I came up with X-Ray lithography in the summer of 1968. In the same research lab in the summer of 1971 while programming COBOL, I designed a laser printer with a real laser. Later on after the stock market crash of 1973, in Boca Raton, Florida where I was working as a dish washer in the most expensive French restaurant in Florida that Christmas Eve in 1977, I sat down in a coffee shop with an www.ibm.com employee, and I designed a desktop computer on a napkin based on what I knew about an IBM 360. However, none of the parts were yet invented, but the desktop computer is still basically the same. I once was smart and clever before old age set in. I went outside briefly. CIO

05/27/17 Saturday 6:20 P.M. I went outside twice, and I chatted with neighbors. I chatted with a relative. The older elevator in the building is broken again. I will now wash the breakfast dishes. CIO

05/27/17 Saturday 3:15 P.M. I went outside briefly, and I chatted with neighbors. I was told by a visitor last night, one can still buy clogs at <https://sandgrensclogs.com/?gclid=CNfsgu3ikNQCFdKPswodxt4L8w> . CIO

05/27/17 Saturday 2:10 P.M. I woke up at 8:30 A.M., and I chatted with a friend. The friend caught three striped bass over 28 inches yesterday. I went outside, and I chatted with neighbors. I then went back to bed. I chatted with a relative at 10 A.M.. I finally woke up at 1 P.M.. I went outside, and I chatted with a neighbor. I did not get any mail. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/27/17 Saturday 12:05 A.M. I chatted with a neighbor. I went downtown, and I walked the entire length of Greenwich Avenue one and a half times. I sat out at various locations. I chatted with a relative. I stopped by the www.apple.com store. At the Greenwich Cigar store, I bought an Ace's High scratch card for a dollar, and I lost. I sat out at the bench the East End restaurant. I used the bathroom at www.starbucks.com . I toured www.cvs.com , and I chatted with two people. I sat out for a while by the Senior and the Arts Center. I then walked lower Greenwich Avenue again. I stopped by Zyn Stationary, and I bought an Ace's High Scratch card for a dollar, and I won \$10 for \$8 profit for the day. I sat out at the bench by the Belgium bakery. I chatted with a local. I met a Starbucks regular, and we chatted for a long time. I then use the bathroom at Starbucks. I then went to the Stop and Shop. I bought two 11 ounce Stouffers Fettuccini Alfredo dinners for \$2.50 each and a roast beef sub for \$5.99 and .38 tax for \$11.37 total. I then returned back to Chez Mike's. I chatted with neighbors. I ate half of the roast beef sub sandwich with two slices of deli Swiss cheese on it and Hellmann's mayonnaise and horseradish and ground black pepper, and seven ounces of macaroni salad and a 12 ounce glass of diet A&W root beer. I went outside. I will now shut down the primary work computer, and I will go to bed. I will go outside briefly. CIO

05/26/17 Friday 3:55 P.M. I sat outside for a long time chatting with neighbors waiting for my social worker. When I went back up to my apartment, my social worker cancelled because they had to deal with this incident <http://www.greenwichtime.com/local/article/Electrical-fire-displaces-residents-at-Quarry-11176172.php> , but they have no money to deal with the problem. I will now eat 8 ounces of macaroni salad with a 12 ounce glass of diet Fresca. I will then go downtown to see the Holiday Weekend Crowds. The order with Tracking is <https://www.fedex.com/apps/fedextrack/?tracknumbers=718096221799> on the order for a dozen blue toilet cleaner <http://www.airdelights.com/BBL-1.html?gclid=CKyutID2s9MCFU5YDQodJgsImA> for \$36 and \$9.95 shipping for \$45.95 total arrived. CIO

05/26/17 Friday 2:25 P.M. I threw out eight old eggs and 12 ounces of Dannon vanilla yogurt and the Virginia peanut can. I sat outside for a while. I turned on all of the lights in the apartment for my social worker preview at 3 P.M.. In the warmer weather, I normally leave most of the lights turned off, so as not to generate too much heat, so the two air conditioners do not have to work as hard. CIO

05/26/17 Friday 1:55 P.M. I went outside, and I walked around the building. There was a black Persian cat on the west side of the building. I sat out at two different places for a long time. CIO

05/26/17 Friday 12:40 P.M. I threw out the garbage. I chatted with neighbors. I will now shower and clean up. CIO

05/26/17 Friday 11:55 A.M. Out in www.nantucket.net back in the fall of 1978, I bought a Penn reel, and a 14 foot split blank surf casting rod that I wrapped the line feeders on, and one day by the www.navy.mil Quonset hut on Lyon Farm Road, I caught 78 blue fish and 2 stripped bass in two hours that I filleted in the water to chum the water. I sold the blue fish filets to the <http://languedocinn.com/> for fifteen cents a pound and the stripped bass filets for 35 cents a pound. On my first trip to California, and the subsequent three trips, I never caught anything on the West Coast including Point Conception at Surf, California near the Bixby Ranch. The coast drops off too fast in California to catch any fish from shore. Also I did not catch any fish on the return trips in the Florida Keys. I think I drove two and a half times, and I flew one and a half times to and from the west coast. The head of Xerox Parc put me up in Laguna Beach and on my third trip a fourth generation Californian that had gone to www.mit.edu put me up in Santa Cruz. On the trips that I drove, I stayed mostly in camp grounds along the coast. Of course after election day in 1980, I returned back to Manhattan never to return to California. CIO

05/26/17 Friday 11:45 A.M. Believe it or not, there are sport fishermen in Key West and Nantucket. I could never afford that hobby though. One of my relatives once introduced me to the owner of Zebco fishing gear <http://www.zebcos.com/> back in 1971. CIO

05/26/17 Friday 11:35 A.M. I went outside again. I just chatted with a friend. The friend had just caught a big stripped bass at East Fairfield Beach, so I guess the stripped bass are running this time of year.
http://www.ct.gov/deep/cwp/view.asp?a=2696&q=322716&deepNav_GID=1630%20 . Alas the pier on Steamboat Road is fenced off. I will now wash the breakfast dishes, and I will make my bed. CIO

05/26/17 Friday 11:05 A.M. I went outside twice, and I chatted with neighbors. CIO

05/26/17 Friday 9:10 A.M. I woke up at 8:30 A.M.. I went outside briefly. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and

supplements. I will go outside again. My social worker is visiting me at 3 P.M. this afternoon. CIO

05/25/17 Thursday 8:50 P.M. I went outside briefly. I will now shut down the primary work computer, and I will go to bed. CIO

05/25/17 Thursday 8:25 P.M. I ate a 12.5 ounce Stouffer's spaghetti and meatballs dinner with grated parmesan and Romano cheese and 6 ounces of macaroni salad and a 12 ounce glass of diet Fresca. I chatted with a www.lfc.edu fund raiser. CIO

05/25/17 Thursday 7:50 P.M. I went to my 3 P.M. appointment early. Afterwards, I sat out for a while across from www.cvs.com in the little park. I chatted with three Verizon employees. I then picked up a prescription. I then sat out in the park across from CVS again. I then drove further downtown. I sat out for a while. I then walked lower Greenwich Avenue. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with Rinfret <http://www.rinfretltd.com/> Interior Decoration shop. They have a 50% off Going out of business sale. They are opening a small shop on Lewis Street in Greenwich without the merchandise. I chatted with the www.apple.com store. I chatted with Winston Florist. I sat out at the bottom of Greenwich Avenue. I used the bathroom at Starbucks. I sat out at the veterans monument. I then went by the Stop and Shop. I bought three Marie Callender 22 ounce chicken alfredo meals for \$2.50 each, a 8 ounce Stop and Shop parmesan an Romano cheese for \$2.99, a 6 ounce Golds horseradish for \$1.99, and organic bananas for .79 a pound for \$1.29 less .55 can return for \$13.19 total. I chatted with someone from the www.af.mil . I then returned home. I picked up the mail. I put away my groceries. I chatted with a relative and a friend. I went outside again. CIO

05/25/17 Thursday 1:20 P.M. I threw out the garbage. I chatted with neighbors. I will now shower and clean up and go out to my 3 P.M. appointment early. CIO

05/25/17 Thursday 12:45 P.M. <http://www.foxnews.com/us/us-slideshows/2017/05/24/fleet-week-begins-in-new-york-city.html#/slide/the-u-s--amphibious-assault-ship-uss-kearsarge-moves-past-lower-manhattan-as-part-of-new-york-s-fleet-week-as-seen-from-weehawken--n-i>

<http://www.cnn.com/2017/05/25/europe/queen-elizabeth-manchester-attack/index.html>
CIO

05/25/17 Thursday 12:40 A.M. I went outside, and I chatted with neighbors. For lunch, I ate 7 ounces of macaroni salad and a 12 ounce glass of diet A&W root beer. I chatted with a relative. I have a 3 P.M. appointment today. I will go out about 2 P.M. for it. CIO

05/25/17 Thursday 11:45 A.M. <http://www.bbc.com/future/story/20170519-does-it-matter-how-you-wash-and-dry-your-hands> CIO

I went outside again, and I chatted with a neighbor. I went I was in Oslo, Norway in the winter of 1983, I was told that I would have had more fun at Glen Eagles in Scotland <http://www.gleneagles.com/> . CIO

05/25/17 Thursday 11:15 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

05/25/17 Thursday 11:10 A.M. Graduation this Saturday May 27, 2017 at West Point www.usma.edu and <http://www.usma.edu/parents/siteassets/graduation%20activities%202017.docx.pdf> and Live Feed <https://www.dvidshub.net/webcast/11224> . CIO

05/25/17 Thursday 10:20 A.M. I chatted with a friend. I went outside in the duck weather again.

05/25/17 Thursday 10:20 A.M. I went outside, and I chatted with neighbors. I washed the breakfast dishes, and I made my bed. When I attended the <https://www.taftschool.org/> in Watertown, Connecticut from 1965 to 1968, U.S. Rubber in Naugatuck, Connecticut had a factory outlet, where one could buy top siders for \$8. I have a new pair like these https://www.kohls.com/product/prd-2759338/sonoma-goods-for-life-herb-boys-boat-shoes.jsp?ci_mcc=ci&utm_campaign=KIDS%20DRS/CAS%20SHOES&utm_medium=CS&utm_source=google&utm_product=65589431&CID=shopping15&utm_campaignid=204517412&gclid=CJ2E7a2di9QCFZxXDQodx7gLOg&gclsrc=aw.ds&dclid=CN2goK6di9QCFdVGNwodbt0Jlg . These are also available http://www.6pm.com/sperry-top-sider-men-shoes/CK_XAVICmAHAAQLiAgMYAQo.zso . In the spring of 1973, when I worked as a clerk typist at www.cbs.com , they complained about me wearing top siders to work, and Walter Cronkite was up in www.nantucket.net sailing his sail boat during Watergate, so he probably wore top siders. CIO

05/25/17 Thursday 9:45 A.M. I think the drought in Greenwich, Connecticut is over. That now means one can flush after number one. CIO

05/25/17 Thursday 9:40 A.M. I went outside again. CIO

05/25/17 Thursday 8:35 A.M. I woke up at 8 A.M.. I went outside in the pouring rain. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/24/17 Wednesday 6:35 P.M. <http://www.eonline.com/photos/14351/queen-elizabeth-ii-s-life-in-pictures> . I went outside. I will now shut down the primary work computer, and I will go to bed. Bon Soir. Possibly on Queen Victoria's Birthday, the Royal Forces get a grog ration. CIO

05/24/17 Wednesday 6:00 P.M. Tracking is <https://www.fedex.com/apps/fedextrack/?tracknumbers=718096221799> on the order for a

dozen blue toilet cleaner <http://www.airdelights.com/BBL-1.html?gclid=CKyutID2s9MCFU5YDQodJgsImA> for \$36 and \$9.95 shipping for \$45.95 total.

<https://geraldrfordfoundation.org/>

<https://www.fordlibrarymuseum.gov/>

CIO

05/24/17 Wednesday 5:40 P.M. I ate 9 ounces of Perdue chicken short strips, with a baked potato and steamed baby carrots with Smart Balance Spread and extra virgin olive oil on the vegetables and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener. I went outside, and I chatted with neighbors. I chatted with a relative. CIO

05/24/17 Wednesday 3:25 P.M. I threw out the garbage. I went downtown, and I sat for a while. I chatted with a relative. I walked most of the entire length of Greenwich Avenue, and I sat out at various locations. I chatted with a local and I walked up with the individual to the coffee shop across from www.cvs.com. I used the bathroom there. We sat out in the park there. The other walker bought a 12 pack of diet www.coke.com at CVS. We then walked down the Avenue. We sat out in front of Restoration Hardware. There is a lot of construction noise in front of the Senior and the Arts Center. We departed company. I used the bathroom in the basement rear of the Senior and the Arts Center. I sat out for a while longer. I then returned home, and I sat out for a while. I picked up the mail. CIO

05/24/17 Wednesday 11:25 A.M. I went outside, and I chatted with neighbors. I chatted with a relative. I will now shower and clean up. I will then go downtown to Greenwich Avenue to people watch. The local Indians are not giving away any wooden nickels. CIO

05/24/17 Wednesday 10:50 A.M. I went outside, and I chatted with neighbors. In the living room, I moved the small wooden chest with the telephone on it to underneath the Ocosmo HDTV, and I move the small mahogany tea table to along side the Ethan Allen recliner. Thus I don't have any telephone cables running underneath carpets. I will throw on the wooden keyboard drawer that was on top of the small chest. CIO

05/24/17 Wednesday 9:00 A.M. I went outside again. Queen Victoria's Birthday https://en.wikipedia.org/wiki/Queen_Victoria. I chatted with a friend. I will now wash the breakfast dishes and make my bed. CIO

05/24/17 Wednesday 8:00 A.M. I went outside, and I chatted with neighbors. CIO

05/24/17 Wednesday 6:55 A.M. I woke up twice, and I ate two White Castle cheeseburgers each time with a glass of cold filtered water. I also went outside the second time. I finally woke up at 6:15 A.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold

filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

05/23/17 Tuesday 7:35 P.M. I went outside briefly, and I chatted with neighbors. I will now shut down the primary work computer, and I will go to bed. My Town of Greenwich, Connecticut Social Worker will be stopping by my apartment this Friday, June 26, 2017 at 3 P.M. to check out my apartment. CIO

05/23/17 Tuesday 7:10 P.M. I went outside, and I chatted with a neighbor. I ate a 10 ounce Banquet macaroni and cheese dinner with 3 ounces of macaroni salad and a 12 ounce glass of diet Fresca. CIO

05/23/17 Tuesday 6:25 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I bought a marine blue Djeep lighter for \$2.65. I sat out in front of the Belgium bakery. I chatted with the www.apple.com store. I chatted with the Tesla store. I chatted with a French citizen that lives in Rye, New York. I used the bathroom at Starbucks. I stopped by the TD bank. I chatted with Saks Fifth Avenue. I chatted with Marmot. I chatted with Vineyard Vines. I stopped by www.cvs.com and I bought buy one get one free of 24 packs of CVS Alkaline batteries for \$14.99 both and .95 tax for \$15.94 total. I chatted with the www.chase.com bank at the top of Greenwich Avenue. I chatted with a friend. I chatted with a local Belgium resident. I sat out before and after CVS at the little park across the street. I chatted with the Saks Fifth Avenue Jewelry store security guard. I chatted with the TD bank. I chatted with a local resident. I used the bathroom at www.starbucks.com. I sat out for a while more. I then went by the Shell station at 401 West Putnam Avenue, and I bought \$9.86 of self service V-Power premium gasoline for \$3.439 a gallon for 2.868 gallons at odometer reading of 115126 miles 32.4 miles driven since Wednesday May 17, 2017 for 11.298 miles per gallon in local traffic. I then returned home, and I chatted with a neighbor. I then chatted with two relatives. CIO

05/23/17 Tuesday 11:55 A.M. I have lost another five pounds eating Italian pasta salad. I now weigh 248.2 pounds. CIO

05/23/17 Tuesday 11:30 A.M. I went outside again. I ate three ounces of potato salad and three ounces of macaroni salad and a 12 ounce glass of diet Fresca. I will now shower and clean up. I will then go downtown to Green Witch Avenue. CIO

05/23/17 Tuesday 10:50 A.M. I went outside three times, and I chatted with neighbors. I put both air conditioners in the bedroom and the living room, and I am now cooling down the apartment. I put a new batteries in the weather station and its outside sensor. I drank a 12 ounce glass of diet Fresca. I chatted with a relative. CIO

05/23/17 Tuesday 8:10 A.M. I went outside. I will now wash the breakfast dishes. I will make my bed. CIO

05/23/17 Tuesday 7:45 A.M. I went outside again. CIO

05/23/17 Tuesday 6:20 A.M. I chatted with a relative at 8 P.M. and 1 A.M.. I woke up at 5:30 A.M.. I went outside, and I chatted with a neighbor. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

05/22/17 Monday 6:10 P.M. I watched episode one of "Five Came Back". I went outside briefly. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

05/22/17 Monday 4:25 P.M. I went outside again. CIO

05/22/17 Monday 4:00 P.M. I ate half of the roast beef sub sandwich with two slices of deli Swiss cheese on it and Hellmann's mayonnaise and horseradish and ground black pepper, and three ounces of potato salad and three ounces of macaroni salad and a 12 ounce glass of diet A&W root beer. I missed my 3:30 P.M. appointment today, and it is rescheduled for this Thursday May 25, 2017 at 3 P.M.. CIO

05/22/17 Monday 3:25 P.M. I chatted with a relative. I went outside again. CIO

05/22/17 Monday 2:50 P.M. <http://www.greenwichtime.com/news/article/A-history-of-the-men-who-have-led-Ford-Motor-Co-11164507.php> CIO

05/22/17 Monday 2:30 P.M. I chatted with a friend. I went outside, and I chatted with neighbors. They cut the grass in the rain today. CIO

05/22/17 Monday 1:05 P.M. https://w3.blaylockwellness.com/LP/Health/BWR/BWR-Brain-Video-G?dkt_nbr=9bio8ssv&gclid=CN-v44H4g9QCFZ2PswodD70KGA . CIO

05/22/17 Monday 12:35 P.M. I went outside again, and I chatted with neighbors. I will now shower and clean up. <http://www.ctpost.com/news/article/Trump-s-former-Greenwich-home-on-the-market-for-6022435.php> . CIO

05/22/17 Monday 11:50 A.M. I went outside, and I chatted with a neighbor. I picked up the mail. I chatted with a local walker. I will now wash the breakfast dishes, and I will shower and clean up. CIO

05/22/17 Monday 11:00 A.M. I went through <http://scott-mike.com/bf.htm> . I chatted with a local walker. CIO

05/22/17 Monday 10:35 A.M. I went outside briefly. CIO

05/22/17 Monday 10:10 A.M. I went outside briefly. CIO

05/22/17 Monday 9:20 A.M. I went outside briefly. CIO

05/22/17 Monday 8:55 A.M. I woke up at 8 A.M.. I chatted with a friend. I went outside. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/21/17 Sunday 9:25 P.M. I chatted with a relative. I went outside. I ate half of the roast beef sub sandwich with two slices of deli Swiss cheese on it and Hellmann's mayonnaise and horseradish and ground black pepper, and four ounces of potato salad and two ounces of pasta salad and two ounces of macaroni salad and a 12 ounce glass of diet Fresca. I went outside. I will now shut down the primary work computer, and I will go to bed. CIO

05/21/17 Sunday 8:25 P.M. I went outside, and I chatted with neighbors. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. I bought two 12 packs of Sprite Zero and a 12 pack of diet Fresca for \$9 all and \$1.80 can deposit and .57 tax for \$11.37 total. I then sat out in the park across the street. I then used the ATM machine at the www.chase.com bank at the top of Greenwich Avenue. I then sat out at the top of Greenwich Avenue. I chatted with a couple from Russia. I drove down to the Senior Center area. I walked lower Greenwich Avenue and the train station area. I stopped by the www.tesla.com dealership, and I ate a free pastry. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I sat out at the bottom of Greenwich Avenue. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with two people from France. I used the bathroom at www.starbucks.com . I then sat out downtown for a long time. I chatted with a relative. I chatted with a woman from Nashville, Tennessee who came out here to explore with a Uber ride. I chatted with a local, and we walked up to the park across the street from CVS. I used the bathroom at the CFCF coffee shop. We chatted with another local. The first local went to www.cvs.com and bought a 12 pack of Coke and walked back down the Avenue. I then walked down the Avenue with the other local, and we sat out chatting. We then walked back up the Avenue, and we sat out in the park across from CVS chatting. I was told with my verified Connecticut license with the Star in the upper right corner, I am allowed to enter Canada without a passport, but I don't plan to drive up there anytime soon. I then departed the other local, and I walked up to the top of Greenwich Avenue, and then I toured CVS again. I then walked back down Greenwich Avenue to the Senior Center area. I went to the Greenwich Police Station, and they told me my Connecticut license is good to go to Canada, but it is better to have a passport. I guess if someone wants to go elsewhere after that. I chatted with someone from Ecuador and Texas. I then went by the Stop and Shop. I bought a roast beef sub for \$5.99 and .38 tax for \$6.37 total. I then returned home, and I chatted with a neighbor. I then sat outside briefly. CIO

End of Scott's Notes week of 05/21/17

05/21/17 Sunday 8:15 A.M. <http://www.dailymail.co.uk/femail/article-4524842/James-Matthews-Pippa-Middleton-wedding-photos.html>

I will now send out my weekly notes. I will then shower and clean up and go downtown to Greenwich Avenue to see the hoards of people coming and going from all of the local churches. In the old days, when the Rockefellers controlled the whole town, one had to go to church on Sunday in order to be paid. Probably night time people were exempt. CIO

05/21/17 Sunday 7:50 A.M. I went outside, and I chatted with neighbors. I drank a 12 ounce can of diet A&W root beer. I will now make my bed and wash the breakfast dishes. <http://www.greenwichtime.com/apple-business/article/Authority-pledges-major-changes-to-public-housing-11159688.php> . CIO

05/21/17 Sunday 6:40 A.M. I went back to bed until 5:30 A.M.. There was a report on Water's World that the Clintons like hiking in the woods north of me up in Chappaqua. They should be careful about wild animals or "Big Foot". Find your way to Clinton Country <https://www.mapquest.com/directions/from/us/connecticut/greenwich/06830-2900/71-vinci-dr-41.014033,-73.651599/to/us/ny/chappaqua/10514-1702/480-bedford-rd-41.177648,-73.750751> . I think I have only seen Hillary Clinton once, and that was on a slow night on Greenwich Avenue coming out of the former Figaro French restaurant with a neighbor of mine who is a retired postal worker. However, when I used to visit Irvington, New York to see Scott Nelson living above the bakery there, I saw about 50 women with Hillary Clinton's look, so I figured they might be Army Wives from the nearby military academy at West Point. There was one mention of Scott Nelson at being at a Cancer Fund Raising Party in South Hampton with the Clintons. He worked at the Chart House in Dobbs Ferry, and he claimed he had done catering at the Rockefeller estate in North Tarrytown. He had a bit of the Rockefeller family look, but I guess he was not a Rockefeller. This is what he looked like "http://scott-mike.com/scott_nelson.jpg" I lost track of him when I got on the internet around 1992. He told me he was going to go to dental school at www.columbia.edu . I think I originally met him in December 1983, when I came off Nantucket. I remember walking him back to a Swiss Hotel near the Waldorf Astoria. When I ran into him in White Plains, New York years later, he told me he was from Minnesota, and his father owned a gourmet meat company up there. I told him on a very cold night, I was from "Frost Bite Falls, Minnesota" like in the cartoon series "Rocky and His Friends". I went outside again. He visited my apartment a few times, and when I had the aquarium with the Brazilian angel fish, he thought my apartment looked "Very Rockefeller" with its setup back then. The last time I saw him, he was hanging out with a 6 foot 8 inch tall Consolidated Edison employee. Scott was about 6 foot 3 inches tall. CIO

05/21/17 Sunday 3:40 A.M. I ordered a dozen blue toilet cleaner <http://www.airdelights.com/BBL-1.html?gclid=CKyutID2s9MCFU5YDQodJgsImA> for \$36 and \$9.95 shipping for \$45.95 total.

05/21/17 Sunday 3:15 A.M. I went outside twice. I can hear a wild animal moving out in the woods on the east side of the building and another animal making a chirping noise. CIO

05/21/17 Sunday 2:10 A.M. I chatted with a friend briefly while I was asleep. I woke up at 1:30 A.M.. I went outside briefly. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/20/17 Saturday 12:40 P.M. I went outside briefly. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

05/20/17 Saturday 12:15 P.M. http://volcano.si.edu/reports_weekly.cfm

<http://view.klm-mail.com/?qs=c729cb75655793f8b3cea22dccef43beabbd67895a5b18287702a6e9ea632d480e16423c2c4fbd26cb1edb7b5a77b7595c70a0a982e29c24568d2cee357844f710c04faa676828ab>

https://www.nytimes.com/interactive/2017/05/18/climate/antarctica-ice-melt-climate-change.html?emc=edit_th_20170519&nl=todaysheadlines&nid=46729&r=0 CIO

05/20/17 Saturday 11:50 A.M. I ate half of the roast beef sub sandwich with two slices of deli Swiss cheese on it and Hellmann's mayonnaise and horseradish and ground black pepper, and four ounces of potato salad and three ounces of pasta salad and a baby kosher dill pickle and a 12 ounce glass of diet Fresca. I threw out the garbage, and I sat outside for a while. I put the two regular 40 watt bent tip bulbs in the light above the Rembrandt picture of the "Polish Rider". CIO

05/20/17 Saturday 10:45 A.M. I threw out the garbage. I went downtown to Greenland Avenue. I walked the entire length of Greenland Avenue and the train station area. I sat out at various locations. The glass door at the www.apple.com store is still broken with black plywood. I checked out the Citibank ATM next to the Greenland train station. The ATM machine gives information on Food Stamp EBT cards, but one can not use that card to enter the ATM. I watched Starbucks open. I chatted with a local bicycle rider. I used the bathroom at Starbucks. I sat out, and I gave a local disabled man four quarters to buy a soda. I chatted with another disabled local resident for a long time. I used the bathroom at Starbucks again. I drove up to www.cvs.com. I bought a package of rubber bands for \$1.87 and two regular 40 watt bend tip bulbs for \$6.79 and \$2.17 off with a 25% off CVS coupon and .41 tax for \$6.90 total. I sat out in the park across the street, and I chatted with three local people. I then went back to CVS, and I bought four 15 ounce Ragu Alfredo sauce for \$1 each for \$4 total. I then sat out for a while more at the park across the street. I chatted with the CFCE coffee shop counter person. I then drove back to the Senior and the Arts Center. I sat out for a while longer. I went by <http://www.zynsonline.com/>, and I bought an Ace's High scratch card for a dollar, and I lost. I bought a red Djeep lighter for \$2.49 and .18 tax for \$2.65 total. I then sat out for a while longer. At 9 P.M., I moved my car across the street, where I can park for free. I then sat out for a while longer. I chatted with a relative. I then returned home at 9:45 P.M., and I chatted with neighbors. I will now go outside again. CIO

05/20/17 Saturday 4:20 A.M. I will now go downtown to Greenland Avenue. CIO

05/20/17 Saturday 3:35 A.M. Of course, if I am not mistaken field corn can be used to make Bourbon whisky which might be more profitable. There are 65 million people in England, 4.5 million in Scotland, 7.5 million in Ireland, 2.5 million in Northern Ireland, and 2.5 million in Wales, and 85 percent of their food is imported. The grain in the Midwest before the St. Lawrence Seaway freezes can be shipped up the Great Lakes and through the St. Lawrence Seaway to Europe, but once it freezes, it has to go down the Mississippi River to the Port of New Orleans to large container ships to be shipped overseas. I went outside twice. When I was in Oslo, Norway in February and March 1983, the Norwegians thought corn flakes were a gourmet breakfast. There used to be a big thick book listing all of the people that ate <https://www.kelloggs.com/> corn flakes. The Kellogg's foundation used to be the largest foundation that gave the most money to American colleges and Universities. I will now shower and clean up. CIO

05/20/17 Saturday 3:15 A.M. Cost of farm land in Illinois <http://farmdocdaily.illinois.edu/2015/10/2016-farmland-price-outlook.html> . Then one has to plow the land. The one has to buy expensive www.monsanto.com genetically modified seeds to plant. Then one has to use expensive Monsanto fertilizer and weed control to maintain the growing corn. One has to pay to buy and maintain the expensive farm equipment from <https://www.deere.com/> . One has to pay for the laborers' help on the farm. Once one harvests the corn, one has to pay to store it in expensive storage silos and use a lot of expensive natural gas to dry the corn. Then once one has a lot of dried corn, one is dependent on the price of corn on the commodities market, and one has to pay to transport it to larger shippers who cost a lot of money to deliver it around the world. Field corn is used for feeding livestock and food and it can also be used for ethanol which costs money to make. Thus although a lot of farm land seems like it might be profitable investment, it is really not that profitable. Also one's yield of crop is very dependant on the weather. However, in the middle of America in the Midwest, there is a lot of farm land and farmers just getting by. Obviously one has to pay to maintain one's farm house and other daily needs. <http://www.adm.com/> knows something about the grain business, and they used to supply our local commercial bakery. CIO

05/20/17 Saturday 2:40 A.M.

<https://www.google.com/#q=how+many+bushels+of+corn+per+acre> and <https://www.google.com/#q=price+of+a+bushel+of+corn> equals \$667.95 per acre yield, if one is lucky. CIO

05/20/17 Saturday 2:35 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

05/20/17 Saturday 2:20 A.M. I went outside, and then I washed the breakfast dishes, and I made my bed. CIO

05/20/17 Saturday 12:10 A.M. I chatted with a relative before going to bed. I woke up, and I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I finally woke up at 11:30 P.M.. I had a telephone message from my social worker that she wants to look at my

apartment in the late afternoon next week. She also offered to have someone do a deep cleaning of my apartment, which I don't think is necessary. I can clean it myself in three or four hours. I went outside, and I picked up the mail. I got information from the Greenwich Department of Human Services about filing for the upcoming Renter's Rebate. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/19/17 Friday 1:10 P.M. I ate half of the roast beef sub sandwich with two slices of deli Swiss cheese on it and Hellmann's mayonnaise and horseradish and ground black pepper, and two ounces of potato salad and two ounces of pasta salad and a 12 ounce glass of www.coke.com Life and a 12 ounce glass of diet Fresca. I will now shut down the primary work computer, and I will go to bed. I will first go outside a minute. CIO

05/19/17 Friday 11:30 A.M. I went downtown. and I walked the entire length of Greenwich Avenue. I sat out at various locations. The www.apple.com store had its front door broken by a customer, and there is now a black sheet of plywood covering the entrance. I chatted with a local. I used the bathroom at www.starbucks.com . I drank some water from their bathroom sink. I toured CVS. I chatted with a local limo driver, they are Michaels limo at 1-203-629-2500 <http://michaelslimo.com> . I used the bathroom at the Senior and the Arts Center. I had a couple of glasses of water from the water dispenser in the cafeteria. I saved the cup. I went to Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I used the bathroom at Starbucks. I got another glass of water from the bathroom sink. I chatted with a local businessman suggesting that they should put a new Microsoft store in the new building store front at the bottom of Greenwich Avenue. I drank the water outside. I chatted with a local senior citizen. I saved the plastic water cup in my car. I then went to the Stop and Shop. I chatted with the www.pepsi.com man, and Pepsi owns Schweppes now. I suggested that they should produce Bitter Lemon again which is basically Quinine water and lemon flavoring I think with a bit of sweetener. I bought four 16 ounce macaroni salad for \$2.50 each, a roast beef sub for \$5.99, and a 48 ounce Smart Balance Spread for \$6.99 and .80 can return for \$22.18 total. I then returned home. I chatted with the Meals on Wheels delivery person. I put away my groceries. CIO

05/19/17 Friday 5:50 A.M. I went outside briefly. I ate five ounces of potato salad and three ounces of pasta salad and two baby Kosher dill pickles and a 12 ounce glass of diet Fresca. I will now shower and clean up, and I will go downtown to the Street of Lost Memories or a Stroll Down Memory Lane. CIO

05/19/17 Friday 5:05 A.M. I put out two more new pairs of white walking shoes with my other three older pairs of white walking shoes in front of the mahogany bureau in the living room. Anyone who knows my basic routine in Greenwich, Connecticut knows I have walked a lot on Greenwich Avenue for 33 years, since I returned from www.nantucket.net . Even in Nantucket, Manhattan, Long Island, and Key West, I was on my feet most of the time. I now have a lot better walking shoes which is important for professional walkers. I

went outside briefly. I moved my summer shirts to the left center of the bedroom closet and my winter shirts to the far left of the bedroom closet. CIO

05/19/17 Friday 4:35 A.M. <https://www.britannica.com/place/Mount-Saint-Helens>

These are available <http://www.6pm.com/p/new-balance-ml574pw-white/product/8938788/color/14> and <http://www.6pm.com/p/reebok-royal-ace-white-pure-silver-steel-reebok-royal/product/8213498/color/442417> and \$5 shipping. However, I have plenty of shoes. CIO

05/19/17 Friday 3:40 A.M. In the hotter temperature in my apartment and outside, all of my tropical memories are coming back to me. However tomorrow Saturday, the high will be only 68 degrees Fahrenheit, so I will be back to my cooler viewpoint. When the current cool spell ends in a week or so, I will install the two air conditioners in my apartment. Of course in the old days in Nantucket, I did not have air conditioning, and I was working in very hot kitchens next to cast iron stoves where it was over 130 degrees Fahrenheit. CIO

05/19/17 Friday 2:45 A.M. https://www.symantec.com/connect/blogs/what-you-need-know-about-wannacry-ransomware?pifcamid=16161_82457_0&product=Norton%20Security&version=22.9.1.12&plang=sym:EN&layouttype=ESD&buildname=Retail&heartbeatID=7947C108-70E3-4145-B10A-452995CB8546&eapenabled=false&env=prod&vendorid=1001830&plid=763&plgid=30&skup=21363441&skum=21363032&skuf=21352082&endpointid=7947C108-70E3-4145-B10A-452995CB8546&partnerid=1001830&lic_type=16&lic_attr=16928786&psn=3XGWM9HVJDD4&puid=6314&osvers=10.0&oslocale=iso:USA&oslang=iso:ENG&os=windows

I went back to bed until 2:30 P.M.. I went outside for a spell. I will now wash the breakfast dishes, make my bed, and set the electric clocks. I drank a 12 ounce glass of www.coke.com Life. CIO

05/19/17 Friday 12:40 A.M. I went outside, and I chatted with a neighbor. It is so hot in the apartment, I feel really tired. CIO

05/18/17 Thursday 10:35 P.M. I went outside a couple of times, and I chatted with neighbors. CIO

05/18/17 Thursday 9:10 P.M. I woke up at 8:30 P.M.. The clocks need to be reset, since the power was off for two hours today. I chatted with a relative. I went outside, and I chatted with neighbors. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/18/17 Thursday 9:15 A.M. I went outside, and I chatted with neighbors. I will now shut down the primary work computer, and I will go to bed. CIO

05/18/17 Thursday 8:40 A.M. I ate half of the roast beef sub sandwich with two slices of deli Swiss cheese on it and Hellmann's mayonnaise and horseradish and ground black pepper, and five ounces of potato salad and three ounces of pasta salad and two baby Kosher dill pickles and a 12 ounce glass of www.coke.com Life. I will now go back outside. CIO

05/18/17 Thursday 8:15 A.M. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. There is a deluxe Signature Bicycle shop on the west side of the train station entrance just west of Citicorp. Across the street at Carriage House Motors they have two nice Mercedes 190 SLs. Also they have about a thirty year old Rolls Royce station wagon with a full length sliding roof, like a Royal person might parade in. I walked up Arch street for a change. The Outdoor Traders building at Arch Street and Grigg Street is for sale. I walk across Grigg Street. The Apple store might have new chairs in the rear area. I used the bathroom at Starbucks when it first opened at 5 A.M.. After I finished the whole length of Greenwich Avenue, I bought an Ace's High scratch card at Zen Stationary and I won free scratch card that I lost on. I chatted with a local. I returned home, and I chatted with a neighbor. CIO

05/18/17 Thursday 3:30 A.M. I went outside briefly. Since it is suppose to go up to 89 degrees Fahrenheit today, I thought I would go out now for an early morning walk, when it is cooler. CIO

05/18/17 Thursday 3:05 A.M.
<https://www.trivago.com/?cpt=44346703&iRoomType=7&iPathId=443467&aDateRange%5Barr%5D=2017-06-11&aDateRange%5Bdep%5D=2017-06-12&iGeoDistanceItem=0&iViewType=0&bIsSeoPage=false&bIsSitemap=false&> for hospitality in this area. CIO

05/18/17 Thursday 2:45 A.M. I ate a couple of hand fulls of Virginia peanuts. I went outside briefly. On my last year of work out on Nantucket, I never filed an income tax return in 1984, and this says <https://www.irs.gov/businesses/small-businesses-self-employed/filing-past-due-tax-returns> on can not get an income tax return after three years. I drank a 12 ounce glass of diet Fresca. CIO

05/18/17 Thursday 2:20 A.M. I went outside briefly. I went through my email.
<http://www.cbc.ca/news/canada/british-columbia/trudeau-tech-summit-microsoft-1.4119396> . CIO

05/18/17 Thursday 1:45 A.M. My last full time job before disability was from Easter to Thanksgiving 1983, when I worked at the head dishwasher for \$8.75 an hour at <http://languedocinn.com/> out on www.nantucket.net . I would work the lunch shift from 11 A.M. to 2 P.M.. Then I would jog out the south shore and rest on the beach, and then I would start a 12 hour shift from 4 P.M. to 4 A.M.. It was usually six to seven days a week.

I worked as a dishwasher with three teenage boys from Milton Academy named Nicky, Billy, and Phillip, but they did not work as late as I did. I stayed in the basement of their inn on Hussey Street which I paid about \$60 a week for. It was a tiny simple room with a bunk bed made from two by fours and a chest of drawers. There was an old black and white television with one cable channel. Usually the Phil Silvers show our Our Miss Brooks or Old Susannah was showing on it. If I had a day off, I would buy a roast beef sandwich at the A&P for \$8, and later in the day I would buy a \$2 bottle of French white table wine that I would sip in the evening. I was so busy working, I never got to enjoy too much of the ambience of Nantucket. When I finally left Nantucket on the anniversary of John F. Kennedy's death, I saw Ted Kennedy in the early morning hours at the Hyannis airport, and Jackie Onassis was on my flight on Provincetown Boston Airlines to LaGuardia. When I arrived in Manhattan, I took the Amtrak up to Toronto, and I stayed there two weeks. When I returned to Manhattan, I was twice homeless for about a week in Manhattan, and I also had two Greenwich Hospital stays which after a \$7,500 complete physical they determined that I was disabled, and my social worker found me a small \$250 a month room at 100 Milbank Avenue, and I returned to a more quiet life in Greenwich, Connecticut. When I walked around particularly at night, I saw about a dozen black SAAB automobile sedans moving around all of the time. CIO

05/18/17 Thursday 12:50 A.M. I rested until 12:15 A.M.. I went outside briefly. It is warm in my apartment which makes me a bit tired. I don't leave the primary living room lights on, when it is warm to reduce heat. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. I don't go out late at night and in the early morning hours anymore, since at my age 67, I don't think I should be out there, when nobody is around. About 15 years ago, I used to chat with Dorothy Bush's homeless caddy from Hobe Sound, Florida who would be out there at night. CIO

05/17/17 Wednesday 10:55 P.M. I went outside again. I went through <http://scott-mike.com/bf.htm> . CIO

05/17/17 Wednesday 10:15 P.M. I went outside again. President Trump at www.wh.gov visits Connecticut today <http://www.foxnews.com/politics/2017/05/17/trump-takes-on-media-during-coast-guard-commencement-speech.html> . CIO

05/17/17 Wednesday 9:30 P.M. I went outside, and I chatted with neighbors. CIO

05/17/17 Wednesday 8:40 P.M. I went outside, and I chatted with a neighbor. I still have not yet installed the two air conditioners. I did set out two more fans in the living room. CIO

05/17/17 Wednesday 8:15 P.M. I woke up at 7:30 P.M.. I had a fund raising telephone call from www.lfc.edu . I chatted with a relative. I went outside, and I chatted with neighbors. I picked up the mail. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/17/17 Wednesday 10:15 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

05/17/17 Wednesday 9:55 A.M. I ate half of the roast beef sub sandwich with two slices of deli Swiss cheese on it and Hellmann's mayonnaise and horseradish and ground black pepper, and five ounces of potato salad and three ounces of pasta salad and two baby Kosher dill pickles and a 12 ounce glass of diet Fresca. I will now go back outside. CIO

05/17/17 Wednesday 9:25 A.M. I went downtown. I walked lower Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zyn stationary, and I bought an Ace's High scratch card for a dollar and I won \$2 for a dollar profit. The www.apple.com store appears to be closed with black curtains covering their front entrance, and one can see that they are remodeling or adding more chairs, so people can sit down, which I think is sensible. I chatted a local merchant. I went to the Greenwich Hospital at 7 A.M. to get my blood drawn for a diabetes test. I then sat downtown for a while more. The new construction at the front of the Senior and the Arts Center is quite noisy. I then went by the Acme grocery store. I then went by the Stop and Shop, and I bought a full roast beef sub sandwich for \$5.99 and deli Italian pasta salad for \$4.99 a pound for \$7.09 and .04 tax \$13.12 total. I then returned home, and I chatted with a neighbor. CIO

05/17/17 Wednesday 5:10 A.M. I went outside briefly. I still have my Haig Ultra golf clubs that cost \$300 in 1962 and my \$50 Burton Golf bag from Jasper, Alabama. Unfortunately I only have two pairs of golf shoes with metal spikes which they don't use anymore. I took my golf clubs down to Fort Lauderdale in the fall of 1976, but although Wiley Middleton always wore an Augusta golf hat, we could not afford to play golf as we patrolled south Florida. I once played the very long www.itt.com golf course outside of Boston, and from the back tees it was about 8,700 yards which is quite long for a golf course. I started the golf team at Greenwich Country Day School with Peter French as the golf coach. He grew up with Jack Nicholas, so he was a scratch golfer. Once he took us to the Thunderbird golf tournament at the Westchester Country Club, and he had me giving Jack two www.coke.com on every hole of the very hot days in July. I got a lot of professional golfers to sign my Golf magazine which I still have including Arnold Palmer on the front cover. Gary Player even had me sit down to breakfast with him while he read the magazine. I recall the professional golfers were very good at hitting a very long three irons accurately. I used to carry my full bag of golf clubs walking the entire 18 hole course with the very heavy golf bag, so I was in pretty good shape. I could drive a golf ball from the tee about 275 yards. My short game was not too good with three putts. I once had a Tony Lima putter that I became very excellent with putting with, and one day it disappeared from my bag which was stored at the golf shop at the Greenwich Country Club, so my short game went down after that. While on the junior club golf team at the Greenwich Country Club, I competed at a number of the local golf courses in the area. At the Taft School I only made the Junior Varsity Golf team, since we had a lot of excellent golfers. At www.lfc.edu I tried out for the Varsity golf team on a cold March day, but all of those big blond guys out in the Midwest were scratch golfers including Jeff Ward the captain of the golf team. I will now go downtown and sit out and watch the early morning rush hour. CIO

05/17/17 Wednesday 4:35 A.M. Scottish Rules, but I don't think we have any Dunlap golf balls here.

Golf & Country Club - GreenwichCC

Welcome - Round Hill Club

Public Home. | The Stanwich Club

Burning Tree Country Club - Home

Home - Milbrook Club

Welcome - Innis Arden Golf Club

Tamarack Country Club Home Page

Public Home - Fairview Country Club

Griffith E. Harris Golf Course - Town of Greenwich, Connecticut

The last time I played golf was with my father Louis Dale Scott around 1987 at his club in Bayonet Point in Newport Richey, Florida. On the ninth hole outside of his house I had an Eagle 3 on the par 5, and I think I went around the course in 46 and 39, but I had not been playing much golf for years before that. He introduced me to a retired British business man named Mr. Vickers at the club house. I think the last time I had played golf before that was in Kennebunkport with Mr. Woodruff around 1981, and I think I shot a 109 for 18 holes. I think before that I played golf in the summer 1975 at the Greenwich Country Club with Skip Waltz who was in charge of the Greens Committee and Chief of Security at Norton Simon and a Yale crew friend of Gerald Ford, and I recall shooting a very good 89 for 18 holes. When I was a regular golfer there in my youth I had an 8 handicap. The pond at the Greenwich Country Club is too deep to fish for golf balls with one's toes. I was the junior club champion there in 1968 competing against good friends. Afterwards, I took the loving cup that I could keep of for a year up to a Herb Meyers' house on Cherry Valley Road, and we filled it with champagne and drank some, and then I drove back to Boston. We were members of the Weston Country Club outside Boston, but I was always too busy working to play much golf. Back in 1969, I did once play a four some there with three Taft School classmates Myles McGough, Tommy Cookman and Mabon Childs, and later on that day we drove up to Kennebunkport which I guess was my first time there. I recall staying at the Marina motel on the waterfront there. CIO

05/17/17 Wednesday 3:55 A.M. I went outside a couple of times. I have to do something at 7 A.M. this morning, so I might go downtown earlier and sit out for a while. I am just about ready to drink a cup of coffee with Equal sweetener and milk. CIO

05/17/17 Wednesday 2:25 A.M. I updated my Tropical Weather page <http://scott-mike.com/weather.htm> . CIO

05/17/17 Wednesday 1:25 A.M. I went outside again. I ate 10 ounce Banquet Swedish meatballs dinner with 8 ounces of potato salad and two small Kosher baby dill pickles and a 12 ounce glass of www.coke.com Life. I will now go outside again. When I go outside, I smoke a couple of Richwood cigar cigarettes
http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html . The Colorado State Tropical Weather Forecasts are here <http://tropical.colostate.edu/> . CIO

05/17/17 Wednesday 12:40 A.M. I went outside twice, and I chatted with neighbors. I finally went downtown at 9:30 P.M.. I stopped by briefly at the Acme grocery store. I stopped by CVS on Greenwich Avenue, and I bought a 12 pack of 12 ounce cans of diet www.coke.com , a 12 pack of 12 ounce cans of Fanta orange soda, a 12 pack of 12 ounce cans of diet A&W root beer, and a 12 pack of diet Fanta all for \$12 and \$2.40 can deposit and .76 tax for \$15.16 total. I then sat out for a long time across the street from the Senior and the Arts Center. I chatted with a local about Greenwich in the old days. I then drove down by the waterfront on Steamboat Road. I then stopped by the www.shell.com station at 401 West Putnam Avenue, and I bought \$9 of self service premium V-Power gasoline for \$3.439 a gallon for 2.616 gallons at odometer reading of 115093 miles for 33.3 miles driven since Monday May 8, 2017 for 12.73 miles per gallon in local traffic. I then returned home, and I used my little folding cart to bring up the soda. CIO

05/16/17 Tuesday 6:50 P.M. I chatted with a relative. CIO

05/16/17 Tuesday 6:35 P.M. I went outside twice. I chatted with a neighbor. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I will then go downtown. CIO

05/16/17 Tuesday 5:30 P.M. I woke up at 4:30 P.M.. I went outside. I picked up the mail. I chatted with a relative. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/16/17 Tuesday 4:25 A.M. I went outside again. I will now shut down the primary work computer, and I will go to bed. CIO

05/16/17 Tuesday 4:00 A.M. I went outside briefly. Tomorrow
https://en.wikipedia.org/wiki/Norwegian_Constitution_Day

<https://www.royal-house.nl/>

<https://www.monarchie.be/en>

<http://www.royalcourt.no/> . CIO

05/16/17 Tuesday 3:10 A.M. I watched "1992, the Queen's Worst Year". I remember the day Windsor Castle caught fire on November 22, 1992, I picked up Terry Beasley from Sydney, Australia who was hitch hiking in my neighborhood, and I drove him along waterfront as far as Stratford, Connecticut. He was hitchhiking up to www.harvard.edu to visit a friend. He was very brilliant. One of the last things he told me was Beasley was the name of the earlier town where Windsor Castle was. When I left him, I turned on my old white Volvo's radio, and I heard about the fire at Windsor Castle. He thought Old Greenwich looked like England. Terry Beasley looked a bit like Prince Charles, and he had spent the previous night at the Episcopal Church in Rye, New York. He told me years before, he had toured the area in a limousine with fellow Australians. CIO

05/16/17 Tuesday 2:05 A.M. I went outside again.

<http://www.celebritynetworth.com/richest-politicians/republicans/bush-family-net-worth/>
CIO

05/16/17 Tuesday 1:30 A.M. I went outside briefly.

<http://www.bbc.com/news/av/technology-39646757/technology-testing-in-the-arctic-circle>

<http://www3.forbes.com/lists/the-richest-person-in-americas-50-largest-cities/> CIO

05/16/17 Tuesday 12:35 A.M. I ate 9 ounces of Perdue short strips, with a baked potato and steamed baby carrots with Smart Balance Spread and extra virgin olive oil on the vegetables and a 12 ounce glass of diet Fresca and a cup of chamomile tea with Equal sweetener. CIO

05/15/17 Monday 11:40 P.M. I went outside, and I chatted with a neighbor.

<https://www.eliterehabplacement.com/>

<https://www.eliterehabplacement.com/substance-abuse/teen/>

<https://www.eliterehabplacement.com/substance-abuse/treatment/dual-diagnosis/>

https://www.washingtonpost.com/news/animalia/wp/2017/05/14/scientists-have-identified-the-50-foot-creature-that-washed-up-on-an-indonesian-beach/?utm_term=.0e67ca2617f3&wpisrc=nl_az_most&wpmk=1

CIO

05/15/17 Monday 11:00 P.M. I chatted with a neighbor. I went downtown to www.cvs.com on Greenwich Avenue. I bought a 12 double roll bundle of Scott toilet paper for \$6.99 and .44 tax for \$7.43 total. I then went further downtown to the Senior and the Arts Center. The front of the Senior and the Arts Center is all fenced off for construction, but at night one can sneak around the pylons to sit in front. I used the bathroom at Starbucks. It was real slow downtown. I went to the Stop and Shop. I bought a 59 ounce container of Florida Natural orange juice with calcium for \$3, a 64 ounce Ocean Spray cranberry juice

for \$2.50, a 64 ounce Ocean Spray cranraspberry juice for \$2.50, a 42 ounce Quaker Old Fashioned oatmeal for \$4.79, a 48 ounce container of potato salad for \$6.99, a five quart box of Stop and Shop powdered milk for \$7.39, and bananas for .49 a pound for .48 for \$27.65 total. I returned home. I sat outside a while, and I chatted with a neighbor. I put away my groceries. CIO

05/15/17 Monday 8:10 P.M. I went outside twice. I washed the breakfast dishes. I made my bed. I chatted with two relatives. I will now shower and clean up and go downtown. CIO

05/15/17 Monday 6:50 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

05/15/17 Monday 6:40 P.M. I went outside twice, and I chatted with neighbors. I threw out the garbage. I did not get any mail. CIO

05/15/17 Monday 5:30 P.M. I woke up at 4:30 P.M.. I went outside for a while. I chatted with a relative. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/15/17 Monday 4:35 A.M. I went outside again. I will now shut down the primary work computer, and I will go to bed. CIO

05/15/17 Monday 4:10 A.M. I watched episode 1 of "Edward and Mrs. Simpson". I have watched it before, but I like seeing what England was like in the Old Days. CIO

05/15/17 Monday 3:10 A.M. I went outside again. <http://view.klm-mail.com/?qs=07e5a1d1b6c62d8895124e990af9b2dc9999241146bb48beb6ae7637b9ccf246ddf1f041dcb8228622b71f26549d0ad5af88a57f1b1c39f6be37511b86ba8e15b01c304f0652e6c4>

CIO

05/15/17 Monday 2:40 A.M. I ate a 10 ounce Banquet sweet and sour chicken dinner with 6 ounces of potato salad and two small baby Kosher dill pickles and a 12 ounce glass of www.coke.com Life. I will now go outside again. CIO

05/15/17 Monday 2:15 A.M. I sat outside briefly. I put away the clean laundry. If one notices in this picture <http://scott-mike.com/greece/mike-scott-greece-2-1972.jpg> , I look a bit like Howard Hughes. I did fly TWA to Paris from Boston January 1, 1972, and I returned from Athens, Greece to Boston on a 10.5 hour flight on TWA around the first of June 1972. CIO

05/15/17 Monday 1:30 A.M. I went outside again. Here is what I looked like in Greece in the spring of 1972

<http://scott-mike.com/greece/>

<http://mikelouisscott.com/greece/> . CIO

05/15/17 Monday 1:05 A.M. Windows 10 installed its updates. I also did a System Restore Backup. I have 40 minutes to go on two dry cycles. I threw out the garbage and the old periodical literature. I watered the plants. I went outside a second time. CIO

05/14/17 Sunday 11:35 P.M. With my www.lfc.edu classmates, I also visited the https://en.wikipedia.org/wiki/Sultan_Ahmed_Mosque while in Istanbul, Turkey. Istanbul had a lot of early 1950s Chevrolet cars that generated a lot of pollution. CIO

05/14/17 Sunday 11:10 P.M. In May 1972, I visited Selcuk, Turkey where St. Paul, the tax collector first preached. One can notice it is not too far from Syria, but I did not go further south. CIO

05/14/17 Sunday 11:00 P.M. I went outside. I put clean linens on the bed. I went outside again. CIO

05/14/17 Sunday 10:15 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

05/14/17 Sunday 10:00 P.M. I rested until 9:30 P.M.. I went outside. I washed the breakfast dishes. CIO

05/14/17 Sunday 7:25 P.M. I went outside again, and I chatted with a neighbor. CIO

05/14/17 Sunday 7:05 P.M. I chatted with a relative. I heard on the news last night that 4.5 million people have United States government security clearances, so possibly that is why people are not too chatty around here. I did see on the program about the large house in England, if one paints the trim with gold leaf, it will have 30 years versus 3 to 5 years for regular paint. However, that would be more expensive. In the program about NASA space camp, they said in the entire history of NASA they only spent \$680 billion which is less than the U.S.A. Defense department for a year. CIO

05/14/17 Sunday 6:30 P.M. I went outside, and I chatted with a neighbor. CIO

05/14/17 Sunday 5:10 P.M. I chatted with a relative. I went outside briefly. It started to rain again. CIO

End of Scott's Notes week of 05/14/17

05/14/17 Sunday 4:35 P.M. I went to bed after the last note. I woke up at 4 P.M.. I went outside briefly. I will now send out my weekly notes. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and

50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/14/17 Sunday 2:45 A.M. I ate a 10 ounce Banquet Salisbury steak dinner with Smart Balance Spread on the vegetables and 8 ounces of potato salad with two baby Kosher dill pickles and the last piece of birthday cake and a 12 ounce glass of diet Fresca. CIO

05/14/17 Sunday 2:05 A.M. I watched "The Mars Generation". I went outside briefly. I will now go outside again. CIO

05/13/17 Saturday 11:55 P.M. I went outside again. <https://www.gofundme.com/w9vzvy24> . CIO

05/13/17 Saturday 11:15 P.M. Adidas Country c'est tres cher n'est pas
<http://www.ebay.com/sch/i.html?sop=12&sacat=15709&nkw=adidas%20country&dcat=15709&US%2520Shoe%2520Size%2520%2528Men%2527s%2529=9%252E5> . CIO

05/13/17 Saturday 11:05 P.M. <http://www.afsa.org/list-ambassadorial-appointments> and <http://www.afsa.org/appointments-donald-j-trump> CIO

05/13/17 Saturday 11:00 P.M. The northern European countries on the East of the Atlantic Ocean tend to get a lot of rain from all of the moisture that is picked up by the Jet Stream across the Atlantic Ocean. CIO

05/13/17 Saturday 10:40 P.M. I went outside briefly. I chatted with neighbors. I will now shower and clean up. I will not wear socks, since they will get wet in my wet topsiders. Alas, I think the local drought might be over. One can probably flush after number 1. This is truly Scottish weather. CIO

05/13/17 Saturday 10:10 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

05/13/17 Saturday 9:55 P.M. I went outside briefly. It is wet foot day. CIO

05/13/17 Saturday 9:25 P.M. Live concert right now
<http://www.liveduvalstreet.com/crowdcam.cfm> . I will now wash the breakfast dishes and make my bed. CIO

05/13/17 Saturday 9:00 P.M. I went back to bed until 8:45 P.M.. I went outside again. It is cold and damp and heavy rain outside. CIO

05/13/17 Saturday 6:20 P.M. Lots of action here
<http://www.liveduvalstreet.com/crowdcam.cfm> and <http://www.portevergladeswebcam.com/> . CIO

05/13/17 Saturday 6:10 P.M. I went outside twice. CIO

05/13/17 Saturday 5:10 P.M. I chatted with a relative at 2 P.M.. I woke up at 4 P.M., and I chatted with a relative. I went outside. I picked up the mail. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/13/17 Saturday 2:10 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

05/13/17 Saturday 1:40 A.M. I went outside. I watched "Victorian Slum Lord, 1870". I will now go outside again. CIO

05/13/17 Saturday 12:25 A.M. http://volcano.si.edu/reports_weekly.cfm CIO

05/13/17 Saturday 12:10 A.M. <https://www.fool.com/investing/2016/08/24/jpmorgan-chase-is-10-times-bigger-than-you-think-i.aspx> . I went outside. I ate a 10 ounce Banquet spaghetti and meatball dinner with grated parmesan and Romano cheese and 8 ounces of potato salad and two baby Kosher dill pickles and a 12 ounce glass of www.coke.com Life and a piece of birthday cake. CIO

05/12/17 Friday 11:25 P.M. I went downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I used the bathroom at www.starbucks.com , and I chatted with a regular. I chatted with a relative and a friend. I toured www.cvs.com . After my walk, I sat out for a while, and I used the bathroom at Starbucks. After the United States of America, the Japanese are the second largest consumers of coffee. I then went to the Stop and Shop. I bought two 9 ounce Perdue short strips for \$2.39 each, two 12 ounce Stouffer's frozen meals for \$2.50 each, a 30 ounce Hellmann's olive oil mayonnaise for \$3.99, a pound of baby carrots for \$1.25, a 8 ounce jar of Gold's horseradish for \$1.99, two baking potatoes for \$.99 a pound for \$1.46 for \$18.47 total. I then returned home. I sat outside for a while. I chatted with a neighbor. I put away the groceries. I ate a few handfuls of Virginia peanuts. CIO

05/12/17 Friday 6:40 P.M. I washed the breakfast dishes. I made my bed. I went outside, and I chatted with a neighbor. I will now shower and clean up. I will then go downtown to Green Witchy Avenue to see all of the rich and powerful diners dining out on Friday night. CIO

05/12/17 Friday 5:55 P.M. I made up a fresh batch of punch. CIO

05/12/17 Friday 5:45 P.M. I went outside twice, and I chatted with neighbors. CIO

05/12/17 Friday 4:05 P.M. I woke up, and I ate a 12 ounce glass of 50% punch and 50% diet Fresca. I finally woke up at 3 P.M.. I chatted with a Dutch neighbor about other Dutch people I once knew. I picked up the mail. I delivered two packages to a neighbor. I ate breakfast of Kellogg's Special K Almond Cluster cereal and milk, a toasted English

muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/12/17 Friday 2:55 A.M. I went outside briefly. I went through <http://scott-mike.com/bf.htm> .

\$80 https://flash.newegg.com/Product/9SIA5YV5D21955?icid=WP_7_05092017 I will now shut down the primary work computer. I will go outside briefly, and I will then go to bed. CIO

05/12/17 Friday 2:15 A.M. I watched "Victorian Slum House, 1860". I will now go outside briefly. CIO

05/12/17 Friday 12:55 A.M. I ate some Virginia peanuts. Virginia peanuts seem to be larger than Georgia peanuts. I went outside briefly. CIO

05/12/17 Friday 12:10 A.M. I went outside briefly. CIO

05/11/17 Thursday 11:50 P.M. I put Hellmann's mayonnaise on the roast beef sub and horse radish and two slices of Swiss cheese, and I ate it with a 8 ounces of potato salad and a 12 ounce glass of diet Fresca and a piece of birthday cake. CIO

05/11/17 Thursday 11:30 P.M. The National restaurant on lower Greenwich Avenue is being refurbished. On whole second floor above it is the deluxe women's Becker salon. CIO

05/11/17 Thursday 11:15 P.M. I drove a neighbor the Shell Station on West Putnam Avenue and back. I then went downtown. The front entrance to the Senior and Arts Center will be closed for repairs as of May 15, 2017, so the people will have to use the rear entrance. They are in the process of installing a new handicap access ramp on the right front of the building. I chatted with a relative and two regular walkers. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by www.cvs.com and I bought buy one get one 50% off of Air Wick Virgin Island scent refills for \$7.79 and \$3.89 and .74 tax for \$12.42 total. I used the bathroom at CVS. I chatted with the Belgium Bakery refrigeration man from Romania. I chatted with two Lincoln Continental limousine drivers from Brazil. They told me that one way from Greenwich Avenue to Kennedy airport is \$125. They look to be very comfortable cars. I chatted with them a bit about Brazil. I used the bathroom at www.starbucks.com . Their most popular coffee is from Nicaragua. After my walk, I sat out for a while. I then went to the Stop and Shop. I bought a half of a roast beef sub for \$3.99, a pound of Stop and Shop deli sliced honey ham for \$5.99 and a pound of Stop and Shop deli sliced Swiss cheese for \$4.99 for \$14.97 total. I then returned home, and I sat outside briefly. CIO

05/11/17 Thursday 5:55 P.M. Nobody at the beach in Kennebunk, Maine <http://www.kennebunkportbeachwebcam.com/> . CIO

05/11/17 Thursday 5:50 P.M. I went outside again. www.chase.com is now working. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I will then go downtown. I have to drive a neighbor by the Shell station to get cigars and return him back. CIO

05/11/17 Thursday 5:05 P.M. I went outside, and I said "Good Bye" to the fire department. www.chase.com is not working right now. CIO

05/11/17 Thursday 4:50 P.M. I woke up at 6 A.M., and I went outside briefly. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I went back to bed. I chatted with a relative at 10 A.M. and 1 P.M.. I finally woke up at 3:30 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. I met a new neighbor. The fire alarm went off, and I checked the effected apartment, and it is just light cooking smoke. I called the Greenwich Housing Authority to reset the alarm. I can here the fire department outside right now. I will go outside again. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/11/17 Thursday 1:15 A.M. I went outside briefly. I will now shut down the primary work computer, and I will go to bed. CIO

05/11/17 Thursday 12:45 A.M. <https://www.drugabuse.gov/about-nida/organization/workgroups-interest-groups-consortia/community-epidemiology-work-group-cewg/meeting-reports/highlights-summaries-january-2014-4>

<http://www.webmd.com/mental-health/addiction/substance-abuse#1>

<https://www.eliterehabplacement.com/rehab-cost/>

<https://en.sgi-ontherocks.it/>

<http://view.klm-mail.com/?qs=fa4c91e2491e438bfd5048e0b84595e235054cb7b8621cc2b5d0bedbf2cdbe6849b31da21f76099dd458f3efb47af9cc54f257752fadfb1c4c20c595672dab49cece00ff0ff0ec84>

CIO

05/11/17 Thursday 12:25 A.M. The Adidas Country shoes that I wore were like this http://www.adidas.com/us/superstar-shoes/BY3715.html?pr=CUSTOMIZE_IMG_Superstar%2520Shoes , but with yellow gums soles that I bought for about \$40. CIO

05/11/17 Thursday 12:15 A.M. I threw out the garbage. In the old days, when one was allowed to drive up to Canada without an expensive U.S.A. passport, I visited <http://www.yorku.ca/> a few times. There was a <http://www.rcaf-arc.forces.gc.ca/> next to

the campus. Near that there was a warehouse about four sizes to the size of a football field, and it said <http://www.adidas.com/> . In those days, I learned that the Adidas shoes with two stripes on the side were for teenagers and the ones with three stripes on the side were for college students. I actually wore Adidas country sneakers regularly with three stripes until about age forty, so I guess the local Canadians thought I was a college student along with my Air Canada flight bag at the beach in the old days. I still have my Air Canada, KLM, and Pan Am flight bags, but alas at my senior age of 67, I don't feel comfortable traveling on limited income. The last time I was in Canada in December 1983, I stayed at the <https://www.wycliffecollege.ca/> on the couch in their library for two weeks. It was about zero degrees Fahrenheit outside, and I enjoyed walking around the underground streets in Toronto. I visited one pub with about 400 men over six feet six inches tall that was heated to 80 degrees Fahrenheit. When I left, I saw about five thousand young fair haired people leaving the Toronto Arena from a <http://www.argonauts.ca/> game. I bought my Iceland knit cap for \$40. In downtown Toronto, they have the world's largest travel bookstore with an ice skating rink outside. When I came down on the Amtrak, I chatted with George Cary's father in East Aurora, New York, and he gave me George's telephone out on Long Island, but I did not call him up for three years until, I was more established in Greenwich on Steamboat Road across from him. He was living with a very popular democrat family that were well once known, and are still established. Since I am a republican I was left to survive with the poorer republicans in Greenwich. CIO

!!!!!! 05/10/17 Wednesday 11:40 P.M. <http://www.express.co.uk/news/royal/802659/royal-family-crown-prince-haakon-norway-shaves-beard-king-harald-80th-birthday> CIO

05/10/17 Wednesday 11:35 P.M. I ate a half of a rotisserie chicken with Frank's hot sauce on it along with 4 ounces of Italian pasta salad and four ounces of potato salad and a 12 ounce glass of www.coke.com Life. CIO

05/10/17 Wednesday 10:55 P.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped at the www.apple.com store, and I gave them a pep talk. I bought an Ace's High scratch card at the Greenwich Cigar store, and I lost. Recently I have not been winning on Ace's High scratch cards, so maybe I should quit playing them. I chatted with a relative. I toured www.cvs.com . On the way down Greenwich Avenue, I used the bathroom at CVS. I chatted with a regular and a newcomer at www.starbucks.com . I used the bathroom there. I went to the Stop and Shop. I bought a 36 ounce can of Virginia Heritage peanuts for \$7.99, two 24 ounce Mount Olive baby kosher dill pickles for \$2 each, and a 48 container of Hans Kissle potato salad for \$6.99 for \$18.48 total. I then returned home. I chatted with a neighbor. I put away the groceries. CIO

05/10/17 Wednesday 5:20 P.M. I went outside again, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown to view the remains of the day on Greenwich Avenue. CIO

05/10/17 Wednesday 4:45 P.M. I went outside, and I chatted with a neighbor. I picked up the mail. The order with tracking of

<https://tools.usps.com/go/TrackConfirmAction.action?tRef=fullpage&tLc=1&text28777=&tLabels=9405515901639555669061> on the order for

https://www.newegg.com/Product/Product.aspx?Item=9SIA5AD2N46748&cm_re=250_GB_hard_drive-_1Z4-002P-000C3-_Product for \$19.95 with free shipping arrived. CIO

05/10/17 Wednesday 3:25 P.M. I chatted with a relative at 8:30 A.M.. I chatted with another relative at 1 P.M.. I finally woke up at 2:30 P.M.. I went outside, and I chatted with neighbors. I ate breakfast of Kellogg's Special K Almond Cluster cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

05/10/17 Wednesday 12:55 A.M. I will now shut down the primary work computer, and I will go to bed. CIO

05/10/17 Wednesday 12:35 A.M. I went outside briefly. I was told tonight by somebody from Florida that cigarettes only cost \$4 a package down there. CIO

05/10/17 Wednesday 12:15 A.M. I ate a half of a rotisserie chicken with Frank's hot sauce on it, a baked potato with Smart Balance Spread and extra virgin olive oil, steamed baby carrots with Smart Balance spread and extra virgin olive oil, a 12 ounce glass of diet Fresca, a piece of birthday cake, and a cup of chamomile tea with Equal sweetener. CIO

05/09/17 Tuesday 11:20 P.M. I went outside briefly. Recently, on a clear night, one has been able to see the planet Saturn in the southwest sky. It is the one with the rings around it. CIO

05/09/17 Tuesday 11:05 P.M. I went downtown. I walked the entire length of Greenwich Avenue. I chatted with a friend. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I sat out in front of the Belgium bakery. Rinfret <http://www.rinfretltd.com/> Interior Decoration shop on the north side of the Apple store on Greenwich Avenue has a everything must go sign. There are about 10 or more vacant store fronts on Greenwich Avenue. The tulips at the veterans monument were wiped out by the recent rain. I stopped by www.cvs.com, and I used the bathroom there. I bought two 17.5 ounce can of CVS mixed nuts for \$7.99 each for \$15.98 total. I chatted with a local walker. I chatted with somebody that had too much to drink with a bicycle. I told a Cadillac livery driver that <https://www.gmfinancial.com/> will finance a GM vehicle. I went to the Stop and Shop. I bought a rotisserie chicken for \$4.99, three 10 ounce Banquet frozen meals for \$1.25 each, and a baking potato for .99 a pound for .87 for \$9.61 total. I chatted with a big person in the frozen food department. I returned home, and I chatted with a neighbor. I put away my purchases. CIO

05/09/17 Tuesday 6:00 P.M. I rested until 4 P.M.. I went outside twice, and I chatted with neighbors. I picked up the mail. I chatted with two relatives. I will now eat a piece of my birthday cake. I will then wash the breakfast dishes. I will make my bed. I will shower

and clean up. I will then go downtown to Greenwich Avenue to sit out for a while and people watch. CIO

05/09/17 Tuesday 2:30 P.M. Tracking is

<https://tools.usps.com/go/TrackConfirmAction.action?tRef=fullpage&tLc=1&text28777=&tLabels=9405515901639555669061> on the order for

https://www.newegg.com/Product/Product.aspx?Item=9SIA5AD2N46748&cm_re=250_GB_hard_drive--1Z4-002P-000C3--Product for \$19.95 with free shipping. CIO

05/09/17 Tuesday 2:15 P.M. I went outside briefly. CIO

05/09/17 Tuesday 12:55 P.M. The building custodian finished working underneath the kitchen sink. I put the various items underneath the kitchen sink. I will now go outside and throw out the garbage. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/09/17 Tuesday 12:10 P.M. I woke up during the night, and I ate two White Castle cheese burgers with a glass of cold filtered water. I woke up at 6:30 A.M.. I removed all of the items from underneath the kitchen sink, and I put them on the oak dining table. I went back to bed until 10:30 A.M., when a relative called. I went back to sleep until 11:30 A.M., when a relative called. I chatted with the building custodian. He is now fixing the hot water tank breather pipe underneath the kitchen sink. I sat outside briefly. CIO

05/08/17 Monday 11:55 P.M. I went outside, and I chatted with a neighbor. I will now shut down the primary work computer and go to bed. I have to be up at 6:30 A.M.. I have the building custodian attaching a pipe underneath my kitchen sink at 10:30 A.M.. I have to remove all of the items from underneath the kitchen sink. Today coming up May 9 is my 67th birthday. CIO

05/08/17 Monday 11:25 P.M. <http://www.geosciences.it/pisa2017/>

<http://www.kiwireport.com/amazing-29-warships-will-totally-change-future/6/> CIO

05/08/17 Monday 11:05 P.M. I ate a 10 ounce Banquet sweet and sour chicken dinner with seven ounces of Italian pasta salad with two artichoke hearts cut into quarters and a 12 ounce glass of diet Fresca. CIO

05/08/17 Monday 10:30 P.M. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. I picked up prescription. I bought two 14 ounce Kashi honey almond clusters cereal for \$3 each less a \$1 off CVS coupon for \$5 total. I then bought four 12.6 ounce Ajax orange dishwashing liquid for .88 each and .22 tax for \$3.74 total. I then bought two 40 ounce jugs of Tide Simply Fresh for \$2.94 each and .37 tax for \$6.25 total. I then drove further downtown. It was very slow out. I walked the entire length of Greenwich Avenue. I sat out at various places. I chatted with a local twice. I stopped by

Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with the www.apple.com store, and I told them that the Fox Business News said today that their stock is now worth \$800 Billion. I chatted with someone outside the Belgium bakery. I chatted with someone one on the other side of the street. I chatted with a relative. I used the bathroom at CVS. I stopped by the Subway sandwich shop at the top of Greenwich Avenue, and I bought a six inch chicken teriyaki sub on Italian bread with Swiss cheese and all of the trimmings for \$3.72. I ate the sandwich at the Greenwich Common. I chatted with the local for a second time. I used the bathroom at www.starbucks.com. I sat for a while longer. I then went by the Stop and Shop. I bought a reduce price six inch three layer cake for \$3.99, two 10 ounce Banquet meals for \$1.25 each, a five quart box of Stop and Shop powdered milk for \$7.39, three 9.9 ounce M&Ms for \$1.07 each, a 12 ounce small Hershey bars for \$1.07, a 12 ounce generic honey for \$2.59, a 9 ounce Perdue short cuts for \$2.99, and bananas for .49 a pound for .62 for \$24.36 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$9 of self service V-Power premium gasoline for \$3.439 a gallon for 2.618 gallons at odometer reading of 115060 miles for 41.9 miles driven since Sunday April 30, 2017 for 16.005 miles per gallon in local traffic. I then returned home. I chatted with a neighbor. I put away my purchases. CIO

05/08/17 Monday 3:50 P.M. On Saturday, when I got the \$25 parking ticket, I used my Nokia cell phone to photograph my Senior Center parking permit which I printed out. I just now went downtown to the Greenwich Town Hall to the parking ticket place on the lower level southeast rear of the building, and I showed them the Senior Center parking permit, and they voided my \$25 parking ticket. There is now free 2 hour parking at the Greenwich Town Hall. One can smoke a cigarette at the lower level north east portico. I then returned home. I chatted with neighbors. I picked up the mail. They cut the grass here today. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I will then go downtown to people watch. CIO

05/08/17 Monday 1:10 P.M. I woke up at 12:30 P.M.. I went outside briefly. I ate breakfast of Kellogg's Special K Almond Cluster cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/08/17 Monday 12:15 A.M. I went outside briefly. I will now shut down the primary work computer, and I will go to bed. CIO

05/07/17 Sunday 11:55 P.M. <http://www.foxnews.com/world/2017/05/07/prince-harry-prince-william-reportedly-told-to-do-less-soul-baring-by-queen.html>

<https://www.royal.uk/> CIO

05/07/17 Sunday 11:30 P.M. I went outside, and I chatted with a neighbor. CIO

05/07/17 Sunday 11:00 P.M. I watched episode 3 of "Death Comes to Pemberley". I will go outside in a few minutes. CIO

05/07/17 Sunday 9:50 P.M. I went outside briefly. I threw out the garbage. CIO

05/07/17 Sunday 9:25 P.M. I ate a 18 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. I chatted with a relative. I will now go back outside. CIO

05/07/17 Sunday 8:15 P.M. I went through <http://scott-mike.com/bf.htm> . I went outside, and I chatted with neighbors. I put away the clean laundry. I will now go back outside. CIO

05/07/17 Sunday 6:55 P.M. I went outside, and I chatted with a neighbor. I have 55 minutes to go on two dry cycles. CIO

05/07/17 Sunday 6:15 P.M. I have five minutes and 25 minutes to go on two wash cycles. I threw out the garbage the old periodical literature. I watered the plants. CIO

05/07/17 Sunday 5:20 P.M. I chatted with a relative. I put clean linens on the bed. I went outside, and I chatted with neighbors. I chatted with a relative. I will now shower and clean up. CIO

05/07/17 Sunday 3:05 P.M. I went outside, and I chatted twice with neighbors. CIO

05/07/17 Sunday 1:40 P.M. I woke up at 6 A.M., when a neighbor got another pack of cigar cigarettes from me. The neighbor gave me \$5 for the five packs of cigar cigarettes that I had given her. I went back to bed until 10 A.M.. I chatted with a relative. I finally woke up at 1 P.M. I went outside, and I chatted with a neighbor. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 05/07/17

05/07/17 Sunday 1:05 A.M. I ate two White Castle cheeseburgers and a glass of cold filtered water. I went outside briefly. https://en.wikipedia.org/wiki/Aga_Khan_Palace and <https://www.facebook.com/AgaKhanIV/> possibly he still has his diamond the size of grapefruit that he uses as paper weight on his desk. I will now send out my weekly notes, and I will shut down the primary work computer, and I will go to bed. CIO

05/07/17 Sunday 12:30 A.M. https://en.wikipedia.org/wiki/Eaton_Square . Well, Fred Von Mierer's real name was Fred Mayers from Brooklyn, and his New York apartment at 420 East 49th Street was a \$150 a month rent controlled apartment with a half million dollars of antiques. However that address is just west of Beekman Place which is a posh neighborhood and just north of the United Nations. Fred moved to the apartment building

on First Avenue on the East side between 54th and 55th Street which is a pre war building with famous people like Noel Coward. Alas Fred took up preaching the India religion on New York Cable television in it early days, and he passed away around 1989 leaving behind his flock of followers. I was only around Fred's apartment at 420 East 49th Street from October 1973 to February 1975, when the New York City lifestyle became too exhausting for me. Fred was my neighbor in Nantucket in the summers of 1977, 1978, and 1983. He never told me what he was doing, and I thought he was still running Billy Baldwin's Interior decorating business https://www.amazon.com/s/ref=nb_sb_noss_2/142-4251556-7940208?url=search-alias%3Daps&field-keywords=Billy+Baldwin . I visited him at East 54th Street around 1988 before he died, and he told me was working for Mrs. Vanderbilt in Newport, Rhode Island. He was reading a five inch thick book in Chinese that were several hundred years old, and he a modern apartment in the prewar building where the cross country automobile rally from New York City to Malibu first started from its garage. CIO

05/07/17 Sunday 12:15 A.M. http://bleacherreport.com/articles/2708143-always-dreaming-wins-2017-kentucky-derby-lookin-at-lee-takes-distant-2nd?utm_source=cnn.com&utm_medium=referral&utm_campaign=editorial CIO

05/07/17 Sunday 12:05 A.M. I drank a 12 ounce glass of diet Fresca. I chatted with New Scotland Yard at 011442072301212. One can contact them on the internet at <https://www.met.police.uk/contact-us/> . I figure in England with 65 million that speak English, there is no shortage of people to talk with. I went outside briefly. CIO

05/06/17 Saturday 10:25 P.M. I went outside briefly.
https://renew.norton.com/content/clp-msm/us/en-us/rover/template.html?ctry=US&lang=en&site=US_SITE&vendor= NAVARRE symEp Vendor&storeid=901D3118-4058-72EA-4502-AF5DDE0853DA¤cy=USD&origin_subchannel=Online+&%252340%253B1st&%252341%253B¤t_subchannel=Online+&%252340%253B1st&%252341%253B&fluidUpSell=MORPH_ADD&ppf=NC-TG,NC-GG&pageCode=MidLifeOffer&incomingSku=21363441&ipf=ns&nss_security_vendor= NAVARRE&nss_num_scan=null&nss_threat_level=null&pversionid=null&days_to_expiration=204&incoming_product_subscription_length=0&dgaff=null&store=NAM_Catalog&sso=false&displayARPrice=false&pcCount=1-5

!!!!!! As if you forgot
<https://www.nitr.gov/subcommittee/lisn/jet/conferences/20040413/jetroadmapworkshop24.pdf> CIO

05/06/17 Saturday 9:40 P.M. I ate a 10 ounce Banquet turkey and stuffing dinner with Smart Balance Spread on the vegetables and 8 ounce of Italian pasta salad with two artichoke hearts cut into quarters and a 12 ounce glass of www.coke.com life. CIO

05/06/17 Saturday 9:00 P.M. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue, and I returned the Angel Light for \$10.62 cash refund. I then sat

out in the little park across the street. I then sat out at the top of Greenwich Avenue. I then drove down to the Senior and the Arts Center. I walked lower Greenwich Avenue and the train station area. I sat out at various places. I bought an Ace's High scratch card for a dollar at the Greenwich Cigar store, and I lost. I chatted with the store front to west of the Greenwich train station entrance for the Greenwich International Film Festival <http://www.greenwichfilm.org/>. I chatted with the www.apple.com store. I was told they are buying a lot historical old buildings for stores. I chatted with a British visitor, and I also chatted with a Canadian visitor. I used the bathroom at Starbucks. I sat out for a long time in front of the Senior Center. I started to walk upper Greenwich Avenue, but it began to cloud over. I had a \$25 parking ticket on my car, but I am legally allowed to park without paying with my Senior Center Parking permit. I stopped by the Greenwich Police Station, and they said to take it to the Town Hall. I sat out a while longer. When I started up my car, it said the alarm had gone off, and to check the car. I then drove to CVS on Greenwich Avenue. I sat out for a while across the street in the little park. I chatted with the CFCF coffee shop. I toured CVS, and I used the bathroom there. I chatted with a relative. I sat out for a while longer. When I started up the car, it said again the alarm had gone off. I drove down by the waterfront on Steamboat Road. It is full of people parking around the Indian Harbor Yacht Club. I returned home at 8:30 P.M. as it began to rain. I picked up the mail. CIO

05/06/17 Saturday 2:15 P.M. I went outside, and I chatted with neighbors. I will wash the breakfast dishes. I will make my bed. I will shower and clean up. I will then go downtown to Green Witch Avenue. CIO

05/06/17 Saturday 1:25 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

05/06/17 Saturday 1:10 P.M. I went outside, and I chatted with neighbors.

<http://www.tuliptime.com/>

<http://www.cityofholland.com/>

<http://www.dutchvillage.com/> CIO

05/06/17 Saturday 12:20 P.M. I woke up at 11:30 A.M., and I chatted with a relative. I went outside briefly. I ate breakfast of Kelloggs Special K Almond Cluster cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements.

<https://www.kentuckyderby.com/>

<https://www.bloomberg.com/news/articles/2017-05-05/my-gambling-problem-ends-kentucky-derby-day-david-papadopoulos>

<https://www.forbes.com/sites/guymartin/2017/05/06/kentucky-derby-2017-saturday-odds-and-last-minute-tips/#3d89bb37d52f> CIO

05/05/17 Friday 10:35 P.M. I went outside, and I chatted with a neighbor. I ate 4 ounces of Cheez-its and a 12 ounce glass of 50% punch and 50% diet Fresca. I will now shut down the primary work computer, and I will go to bed. CIO

05/05/17 Friday 9:45 P.M. I went outside, and I chatted with a neighbor. I went through <http://scott-mike.com/bf.htm> . CIO

05/05/17 Friday 9:10 P.M. I went outside, and I chatted with a neighbor.

<https://addictionresource.com/>

http://volcano.si.edu/reports_weekly.cfm

<http://view.klm-mail.com/?qs=1e280573dd584dff3493d9bb3fd26399a946f2f42c9a4f4144f5d6aba593e72d0d6c366dfe952a314f7a3a617fea4c150ebfc7cfc5609bfa4d130cb2d3f22d2ec5c5df80883f6272>

My www.eversource.com electricity bill for April 2017 was \$110.72 for 564 kWh for 17.62 kWh per day for 32 days with an average temperature of 55.1 degrees Fahrenheit. For April 2016, it was \$110.38 for 518 kWh for 17.27 kWh for 30 days with an average temperature of 50.4 degrees Fahrenheit. CIO

05/05/17 Friday 7:05 P.M. I went outside. I paid my third payment for June 8, 2017 on my www.geico.com insurance policy. For a spare part of the primary work computer, I ordered

https://www.newegg.com/Product/Product.aspx?Item=9SIA5AD2N46748&cm_re=250_GB_hard_drive--1Z4-002P-000C3--Product for \$19.95 with free shipping. CIO

05/05/17 Friday 7:05 P.M. I went outside, and I chatted with neighbors. I ate a 10 ounce Banquet spaghetti and meatball dinner with 8 ounces of Italian pasta salad with three artichoke hearts cut into quarters and a 12 ounce glass of diet Fresca. CIO

05/05/17 Friday 6:20 P.M. On the primary work computer, I reinstalled the SIIG Audio Card drivers, and the sound now works. CIO

05/05/17 Friday 5:55 P.M. I threw out the garbage. I went to my 1:30 P.M. appointment. I then parked at the top of Greenwich Avenue, and I stood underneath the covered portico at the Chase Bank at the top of Greenwich Avenue. I walked down in the rain to CVS. I bought buy one get one 50% off of Naproxen Sodium 40 liquid gels for \$7.79 and \$3.89 and a Night Angel electrical outlet face plate for \$9.99 and \$3 off with a CVS coupon and .44 tax for \$19.11. I then sat out for a while more underneath the portico. I chatted with a friend. I then drove down to the Senior Center, and I sat in their lounge using my wireless cell phone. When it quit raining, I sat outside for a while. I then returned home. I chatted

with a neighbor. I tried to install the Night Angel on the center kitchen counter plug, but it would not work, so I will return it. I took off the six outlet adapter, since I am not suppose to use them. I chatted with a friend. I sat outside for a while. I picked up the mail. I chatted with two relatives. CIO

05/05/17 Friday 12:25 P.M. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up, and I will go out to my 1:30 P.M. appointment. The sound is not working on my primary work computer. CIO

05/06/17 Friday 12:05 P.M. I went outside briefly. It is raining cats and dogs. CIO

05/05/17 Friday 11:30 A.M. <http://www.foxnews.com/world/2017/05/05/rescued-scottish-surfer-said-thought-would-die-after-32-hours-at-sea.html> . I went outside again. I let www.ups.com in the building. The building custodian is going to connect the pipe underneath the kitchen sink on Tuesday at 10:30 A.M.. CIO

05/05/17 Friday 11:15 A.M. <http://www.greenwichtime.com/business/article/Ralph-Lauren-closes-Greenwich-Avenue-store-amid-11121609.php>

<http://www.greenwichtime.com/local/article/celebrating-20-years-11122850.php#photo-12847329> CIO

05/05/17 Friday 11:05 A.M. I woke up at 10:30 A.M.. I went outside briefly. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/04/17 Thursday 11:05 P.M. I went outside, and I chatted with a neighbor. I will now shut down the primary work computer, and I will go to bed. I have a 1:30 P.M. appointment tomorrow. CIO

05/04/17 Thursday 10:35 P.M. I put horse radish on the roast beef sandwich, and I ate it with 8 ounces of Italian pasta salad with three artichoke hearts cut into quarters, and two small Kosher dill pickles and a 12 ounce glass of www.coke.com Life. I will now go outside again. CIO

05/04/17 Thursday 9:55 P.M. I went outside, and I sat out for a while. I picked up the mail. I went to the www.chase.com bank at Deerfield Place. I then went to the Wells Fargo Bank at the Stop and Shop shopping center, and I paid my rent to the Greenwich Housing Authority. I then went downtown, and I parked in front of the CFCF coffee shop park. There was a very nice jazz combo playing music there. I sat out listening to the music. For <http://www.greenwichartscouncil.org/Art-to-the-Avenue.html> there were nine various music groups up and down the entire length of Greenwich Avenue. I went to CVS, and I bought two 12 packs of 12 ounce cans of diet Fresca for \$3.99 each and \$1.20 can deposit for \$9.18 total. I sat out some more listening to the music in the little park. I chatted with a

relative. I left my car parked at that location, and I walked the entire length of Greenwich Avenue listening to the music. I sat out at various locations. I chatted with a friend. I chatted with two regulars at Starbucks. I played an Ace's High scratch card at Zen Stationary for a dollar, and I won \$2 for a dollar profit. A photographer took my picture at south side of the veterans monument. I toured CVS again. I then departed, and I went by the Stop and Shop, and I bought a roast beef and Swiss cheese sandwich on a Kaiser roll with mayonnaise and pepper for \$4.99. I then went by CVS on West Putnam Avenue, and I picked up a prescription. I then returned home, and I brought up the soda. I chatted with neighbors. I sat outside briefly. I will now go outside again. CIO

05/04/17 Thursday 3:20 P.M. I went outside, and I chatted with a Greenwich Housing Authority official. I sat outside for a while. I chatted with a relative. I washed the breakfast dishes. I made my bed. I will now shower and clean up. CIO

05/04/17 Thursday 1:00 P.M. I went outside briefly. Bill Gates is probably lonely living out there all by himself in Seattle, Washington, so one should probably contact him <https://www.gatesnotes.com/globalpages/contactbillgates> to let him know we have not forgotten him. CIO

05/04/17 Thursday 11:45 A.M. I went outside at 6 A.M., and I went back to bed until 10:30 A.M.. I went outside, and I chatted with a neighbor for a while. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/03/17 Wednesday 11:30 P.M. I went outside briefly. I threw out the garbage. I will now shut down the primary work computer, and I will go to bed. CIO

05/03/17 Wednesday 11:10 P.M. https://www.iflymagazine.com/EN_US/may-2017?utm_content=US_EN&utm_campaign=ifly58&utm_medium=mail&utm_source=Initial_58&&WT.i_vid=59129346

https://www.nytimes.com/2017/05/01/us/politics/secret-service-trump-protection.html?emc=edit_th_20170502&nl=todaysheadlines&nid=46729

http://www.smithsonianmag.com/science-nature/how-humble-moss-helped-heal-wounds-thousands-WWI-180963081/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20170430-Weekender&spMailingID=28849868&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1024152576&spReportId=MTAyNDE1MjU3NgS2

CIO

05/03/17 Wednesday 10:25 P.M. I went outside, and I chatted with a neighbor. I heard an animal making noise in the woods. CIO

05/03/17 Wednesday 10:05 P.M. I ate a 10 ounce Banquet Salisbury steak dinner with Smart Balance spread on the vegetables, a quarter of pound of sliced eye round of beef with Lea and Perrins Worcestershire sauce and 8 ounce of Italian pasta salad and a 12 ounce glass of diet Fresca. CIO

05/03/17 Wednesday 9:35 P.M. I went outside, and I was sitting on the east side of the building. I heard something big moving in the woods, so I sat in front of the building. Besides the coyotes that my neighbors have seen around the building recently, one of my neighbors has twice seen a wolf around the building recently. CIO

05/03/17 Wednesday 9:20 P.M. I went downtown. I went by the Chase Bank at Deerfield Place. I sat out at the Senior and the Arts Center, and I chatted with a local. Tomorrow night is <http://www.greenwichartscouncil.org/Art-to-the-Avenue.html> . I walked lower Greenwich Avenue. I chatted with an Apple customer. I sat in front of the Belgium bakery. I sat on the bench at the bottom of Greenwich Avenue by the new vacant store front. I sat on the bench on the north side of Richards. I sat some more in front of the Senior and the Arts building. I used the bathroom at Starbucks. I drove over to CVS on Greenwich Avenue. I toured the store. I sat out at the park across the street. I chatted with a relative. I went by the Acme grocery store. I bought a 12 ounce box of Cheez-its for \$3.49, buy one 12 ounce bag of Eight O'clock hazelnut ground coffee for \$6.99 and get one free, two 14 ounce artichoke hearts for \$2.99, a pint of pineapple chunks for \$2.99 and .50 can return for \$18.95 total. I then returned home. I chatted with a relative twice. I ate a dozen pineapple chunks. With all of the walking that I have been doing recently, my left leg is now bothering me. CIO

05/03/17 Wednesday 3:50 P.M. I went outside, and I chatted with a neighbor and a Greenwich Housing Authority official. I picked up the mail. I will now shower and clean up, and I will go downtown. CIO

05/03/17 Wednesday 2:55 P.M. I washed the breakfast dishes. I made my bed. I ate three 3/8th inch thick slices of cold eye round of beef with Lea and Perrins Worcestershire sauce on the beef and 8 ounces of Italian pasta salad and a 12 ounce of diet Fresca. I will now go outside again. CIO

05/03/17 Wednesday 2:30 P.M. I chatted with a relative. I went outside briefly. With the warmer winter, Connecticut's Lyme disease is supposed to be worst than ever this summer <http://www.aarp.org/health/conditions-treatments/info-2017/ticks-lyme-disease-record-high-2017-fd.html> . CIO

05/03/17 Wednesday 2:15 P.M. I rested until 12:30 P.M.. I chatted with a friend. I went outside, and I chatted with neighbors. I chatted with a relative. <http://www.greenwichtime.com/police-reports/article/Greenwich-bank-robbery-suspect-arrested-cops-11117887.php> . CIO

05/03/17 Wednesday 9:35 A.M. I went outside, and I chatted with neighbors. CIO

05/03/17 Wednesday 8:30 A.M. I went outside again.
<http://www.kennebunkportbeachwebcam.com/> . CIO

05/03/17 Wednesday 8:10 A.M. <http://www.greenwichtime.com/local/article/Steamboat-Road-pier-in-Greenwich-is-closed-11116232.php>

05/03/17 Wednesday 8:10 A.M. I woke up at 7:30 A.M.. I went outside briefly. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/02/17 Tuesday 11:40 P.M. I went outside briefly. A grey and white tuxedo cat walked by the building, if anyone lost a cat. I will now shut down the primary work computer, and I will go to bed. CIO

05/02/17 Tuesday 11:25 P.M. I ate a 10 ounce Banquet spaghetti and meatballs with grated parmesan and Romano cheese and 8 ounces of Italian pasta salad and a 12 ounce glass of diet Fresca. CIO

05/02/17 Tuesday 10:45 P.M. I went downtown. I went by the Chase ATM machine at the top of Greenwich Avenue. I walked the entire length of Greenwich Avenue. I was told <http://www.mealsonwheelsofgreenwich.org/> is now \$7 a day. I chatted with a relative. I toured www.cvs.com . I chatted with a local. I bought an Ace's High scratch card for a dollar at Zen Stationary, and I lost. I sat out on the bench in front of the Belgium bakery <http://www.lepainquotidien.com/store/greenwich/#.WQIAqsa1u70> . They were having cocktails as usual at the East End. I chatted with a Canadian from London, Ontario. There was a young tennis player from Poland exploring around. I sat out for a while in front of the Senior and the Arts Center, and I watched some of the pedestrian traffic. I then went by the Greenwich Library, and I chatted with two staff members. I then went to the Stop and Shop. I bought a 40 ounce container of pasta salad for \$4.68, two 10 ounce Banquet frozen meals for \$1 each, a 12 ounce Lea and Perrins Worcestershire Sauce for \$3.79, and three bananas for .49 a pound for .62 for \$11.09 total. I chatted with a relative of a former neighbor. I also chatted with a Financial Services person from Brussels, Belgium. I then returned home, and I put away my groceries. CIO

05/02/17 Tuesday 5:10 P.M. I woke up from my nap at 4 P.M.. I went outside twice. I picked up the mail. I chatted with a relative. I will now make my bed. I will shower and clean up. I will then go downtown to Green Witch Avenue to watch the Starbucks World go by. CIO

05/02/17 Tuesday 1:35 P.M. I went outside briefly. I will now take a nap. CIO

05/02/17 Tuesday 1:10 P.M. I ate four 1/4th inch thick slices of cold eye round of beef with Lea and Perrins Worcestershire sauce on the beef and 7 ounces of Italian pasta salad and a 12 ounce of diet Fresca. When one lives on the low budget supplemental security income,

one can not afford to eat at deluxe fast food restaurants which are way beyond my budget. However, having worked as a dishwasher pot scrubber in many posh restaurants, I know how to come up with good food, if one keeps a keen eye out at the grocery store. Thus I am like the grocery store spy or detective. CIO

05/02/17 Tuesday 12:45 P.M. I think we are pushing summer
http://www.killenrealestate.com/nantucket_killen_cam.php . CIO

05/02/17 Tuesday 12:25 P.M. I went outside, and I chatted with neighbors and DPW employee. I chatted with a relative and two friends. CIO

05/02/17 Tuesday 10:55 A.M. I went outside briefly. I drank a 12 ounce glass of Coca Cola Life www.coke.com and <https://us.coca-cola.com/coke-life/> . It has pure cane sugar like the original Coca Cola, and it tastes very good. CIO

05/02/17 Tuesday 10:20 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

05/02/17 Tuesday 10:00 A.M. I threw out the garbage. I chatted with neighbors. I washed the breakfast dishes. I made my bed. CIO

05/02/17 Tuesday 9:00 A.M. I went outside twice. CIO

05/02/17 Tuesday 7:55 A.M. I woke up at 7 A.M.. I went outside briefly. I ate breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

05/01/17 Monday 10:15 P.M. I went outside briefly. I will now shut down the primary work computer, and I will go to bed.

05/01/17 Monday 9:50 P.M. I ate two White Castle cheeseburgers with 7 ounces of Italian pasta salad and two small Kosher dill pickles and a 12 ounce glass of diet Fresca. CIO

05/01/17 Monday 9:35 P.M. I went downtown. I walked lower Greenwich Avenue and the train station area. I stopped by the www.apple.com store, and I told them with \$256 billion cash that they have overseas, they should start a Swiss Bank. I sat on the bench in front of the Belgium bakery. I chatted with a Subaru owner. I told the owner that Howard Hughes designed the original Subaru based on aeronautics. I bought an Ace's High scratch card for a dollar at the Greenwich Cigar store, and I lost. I chatted with someone buying a package Nat Sherman cigarettes. I sat on the bench on west side of the Greenwich train station entrance observing the fund building across the street next. The bench is next to entrance of the Citibank bench. I told the People Bank parking lot attendant, they could build a nice sidewalk cafe in their parking lot. I chatted with www.cavaliergalleries.com , and I told them they should read the autobiography of Bevenuto Cellini about the lost was method of producing sculpture. I sat on the bench on the north side of Richards. I chatted with somebody from Italy eating the Italian Ice from the store on the south side of

Starbucks. I drank two glasses of water at the Senior Center, and I chatted with two employees. One employee told me it would take three days to see the Getty Museum in Sherman Oaks, California. If I ever went to California again, I probably would not come back, and try to live in Leisure World on the East Side of Laguna Beach, California. I chatted with a local about a mutual former Greenwich resident. I chatted with a relative. I chatted with a regular Starbucks customer. I chatted with a Starbucks employee and a local Porsche driver. I chatted with a dog walker from Westport. I chatted with a couple from Jamaica. I drove over to CVS on Greenwich Avenue. I bought a 12 pack of Coca Cola Life for \$3.99 and .60 can deposit and .25 tax for \$4.84 total. I chatted with an elf. I sat out briefly in the park across the street. I returned home. I chatted with two neighbors. I picked up the mail. CIO

05/01/17 Monday 2:35 P.M. I went outside twice, and I chatted with neighbors. I sold four packs of my Richwood cigar cigarettes to a neighbor for \$5 to be paid later. I will now go downtown to celebrate May Day. CIO

05/01/17 Monday 1:50 P.M. I chatted with a relative. I took the 2.25 pound eye round of beef, and I placed it on a wire rack in baking pan, and I seasoned it with garlic powder, ground black pepper, Italian seasoning and barbecue sauce, all around. I baked it in the Farberware oven at 350 degrees Fahrenheit for 50 minutes. I ate two 5/8th inch thick slices with Lea and Perrins Worcestershire sauce with a baked potato and steamed baby carrots with Smart Balance Spread and extra virgin olive oil on the vegetables and a 12 ounce glass of diet vegetables. I washed the dishes and pans. I put the remaining eye round of beef in a Rubbermaid container in the refrigerators. CIO

05/01/17 Monday 11:00 A.M. I went outside, and I chatted with a neighbor. I will now try using the \$156 www.apple.com laptop in the bedroom. Maybe I will have better luck with that. CIO

05/01/17 Monday 10:05 A.M. I washed the breakfast dishes. I went outside, and I chatted with a neighbor. I will now make my bed. I will then shower and clean up. CIO

05/01/17 Monday 9:50 A.M.

<http://www.tcpalm.com/story/news/investigations/2017/04/26/bill-gates-foundation-backs-janicki-bioenergy/99452498/> . Well they also have contaminated water in Europe too. CIO

05/01/17 Monday 9:25 A.M. I went outside, and I chatted with neighbors. CIO

05/01/17 Monday 8:45 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

05/01/17 Monday 8:25 A.M. Contact the Great White Father <https://www.whitehouse.gov/contact> . I went outside, and I chatted with a neighbor. I washed the breakfast dishes. CIO

05/01/17 Monday 7:35 A.M. I went outside twice, and I chatted with neighbors. CIO

05/01/17 Monday 6:20 A.M. I went outside, and I chatted with a neighbor. CIO

05/01/17 Monday 5:55 A.M. I printed out two copies of my Microsoft Money Sunset Income Versus Spending report for April 2017. I have one copy ready to mail to an interested relative. I will now go outside again. CIO

05/01/17 Monday 5:45 A.M. I woke up at 5 A.M.. I went outside briefly. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

06/30/17 Friday 9:30 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

06/30/17 Friday 9:10 P.M. I chatted with a relative. I will now go outside again. CIO

06/30/17 Friday 8:55 P.M. I went outside, and I chatted with neighbors. CIO

**06/30/17 Friday 8:20 P.M. "Old Guard" from Taft
<https://vimeo.com/223786863/1047df78e2>**

https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=newsletter_im&utm_medium=email&t_division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20170630&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=deal-page&utm_campaign=8900c17d-1eef-4854-9938-b06817bf6337_0_20170630_treatment0

CIO

06/30/17 Friday 7:35 P.M. I took half of the roast beef sub, and on both sides I put Hellmann's mayonnaise, horse radish, ground black pepper and a slice of deli Swiss cheese, and I ate it with five ounces of macaroni salad and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

06/30/17 Friday 6:55 P.M. I went to my 1:30 P.M. appointment. It think it is still www.harvard.edu versus www.yale.edu . I then went downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I toured www.cvs.com , and I used the bathroom there. I stopped by the Greenwich Variety store, and they told me a hundred young Chinese were not there yesterday, so they must have gotten their plastic slinkies elsewhere. I stopped by the www.att.com store, and they told me I have to call up AT&T if I want to transfer the \$500 on my Nokia Windows 10 Go Phone to another phone. I never use it, since I have the Trump phone. I still keep it for backup. One can talk to it, and it will call "Buck House" automatically if one wants to chat across the Pond. I chatted with a person from the Gingerman about the abused dishwashers having to breath lots of chemicals in the steam. I sat out for a while after my walk. I chatted with a relative. I went by Zyn Stationary again, and I bought five Seneca Blue Cigar Cigarette packs for \$3 each for \$15 total. I then returned home. I called Miami today, and they are going to expedite my cigar cigarette order. Tracking is "1ZA427060397260885" at www.ups.com on the order, but instead of the Richwood Mild cigar cigarettes, they are going to send me a variety of other types of mild or light cigar cigarettes which are more expensive for the same price. I will now go outside again. CIO

06/30/17 Friday 1:10 P.M. I went outside, and I had my coffee, and I chatted with neighbors. I washed the breakfast dishes, and I made my bed. I showered, and I cleaned up. I will now go out to my 1:30 P.M. appointment. I probably will go downtown to Greenwich Avenue after that. CIO

06/30/17 Friday 10:55 A.M. I woke up, and I went outside once. I also ate one ounce of mixed nuts and a bowl of apple sauce. I finally woke up at 10 A.M.. I went outside, and I chatted with a neighbor and a Greenwich Housing Authority official. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I will first go outside again. CIO

06/30/17 Friday 12:25 A.M. https://www.change.org/p/cocacolaco-save-wildlife-by-switching-to-edible-six-pack-rings-for-cocacola?utm_source=action_alert_sign&utm_medium=email&utm_campaign=768196&alert_id=KrTSSHoeXW_aVrapdSVvTzboR4NxjK57i2HMWiXXn0Qe9VUq2niqW4%3D

https://www.nytimes.com/2017/06/28/world/middleeast/deposed-saudi-prince-mohammed-bin-nayef.html?emc=edit_th_20170629&nl=todaysheadlines&nid=46729

<https://en.wikipedia.org/wiki/Devon>

I will now shut down the primary work computer, and I will go outside again. Then I will go to bed. CIO

06/29/17 Thursday 11:55 P.M. I took half of the roast beef sub, and on both sides I put Hellmann's mayonnaise, horse radish, ground black pepper and a slice of deli Swiss cheese, and I ate it with five ounces of macaroni salad and a 12 ounce glass of A&W diet root beer. I stopped by the Italian restaurant at the upper half of Greenwich Avenue this past evening which has a take out counter in front and a pound of chicken Marcella is \$14.99. It looks quite good. I went outside again. CIO

06/29/17 Thursday 11:00 P.M. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue and train station area 1.5 times. I sat out at various locations. I stopped by the www.tesla.com dealership and the www.apple.com stores. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with a regular at www.starbucks.com. According to one of today's New York City tabloids, Fishers Island is the new Fantasy Island. I visited Fisher's Island a few times, and it is a very small private island with not much going on. Admiral Halsey of the www.navy.mil used to live there, so maybe they are doing Navy recruiting out there. They do have a golf course though and a circular road around the island summer homes. I think the ferry from New London goes there. I used the bathroom at Starbucks. I tried to make small talk at the Senior and the Arts Center, but nobody knew English. I chatted with a friend. I chatted with two relatives. I used the bathroom at www.cvs.com. I bought two 14 ounce boxes of Kashi cereal for \$2.99 each for \$5.98 total. I saw about a 100 young Chinese visitors touring Greenwich Avenue who had bought toys at the variety store across from CVS. I chatted with another cigarette smoker about the tobacco business. I sat out for a while longer. I then walked lower Greenwich Avenue. I met a British visitor that I gave a ride to a local hospitality place. I then went back downtown, and I chatted with one of the Starbucks people. I then went by the Stop and Shop. I bought a full size roast beef and cheese sub for \$5.99 and a 42 ounce tub of Smart Balance Spread for \$6.99 and a cucumber for .69 and .38 tax for \$14.05 total. I then returned home, and I sat outside a while. I have a 1:30 P.M. appointment tomorrow. I will now go outside again. CIO

06/29/17 Thursday 5:10 P.M. I chatted with a relative. CIO

06/29/17 Thursday 4:35 P.M. I guess I will go downtown after I clean up. If any of the Republicans are bored with all of the Republicans in Greenwich, I used to know Scott Nelson over in Irvington, New York who when he worked at the Chart House in Dobbs Ferry, New York did catering at the Rockefellers in North Tarrytown, New York. For night time adventure seekers, he showed me over on I-287 in Tarrytown next to the Tappan Zee Bridge, a 24 hour www.shell.com station next to a 24 hour diner. Possibly one might run into a Rockefeller or two there in the early morning hours after they finish exploring the area. I originally met Scott Nelson when I came off www.nantucket.net in December 1983, when he was staying at a Swiss Hotel just west of the Waldorf Astoria Hotel. He later appeared in Irvington, New York after he was mugged in Manhattan. He used to do a gourmet cooking show in Nantucket, but he became more upscale and started partying with the Clintons in the Hamptons. He had lived in Germany and SoHo in London. His family owned a gourmet meat company in Minnesota. He lived above the bakery in Irvington, New York which had plenty of heat in the winter. He was six foot three inches tall, and the last thing he told me, before I got on the internet around 1991 was that he was going to www.columbia.edu to become a dentist. The last time I saw him, he had a six foot eight inch body guard from Consolidated Edison. I will now go outside again. CIO

06/29/17 Thursday 4:00 P.M. I went outside twice, and I chatted with neighbors. I threw out the garbage. I picked up the mail. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. CIO

06/29/17 Thursday 1:35 P.M. I woke up, and I ate one ounce of mixed nuts and 8 ounces of Stop and Shop vanilla Greek yogurt. I finally woke up at 1 P.M.. I went outside, and I chatted with a neighbor. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

06/29/17 Thursday 12:40 A.M. I will now shut down the primary work computer. I will go outside briefly. I will then go to bed. CIO

06/28/17 Wednesday 11:55 P.M.

<https://agu.confex.com/agu/fm17/preliminaryview.cgi/Session24817>

http://volcano.si.edu/reports_weekly.cfm

<http://view.klm-mail.com/?qs=59ec859beb958e2950bd58f7bbfcfbdb6f0cf28acbcdde5ae71172d70b444409af8f1515c17c21f54ca25ba3bf8b5d3fbc4e8592eac63c6520c38ac03c50f7b0b6812e90f7280a52a>

CIO

06/28/17 Wednesday 11:05 P.M. I put a five ounces of Romaine lettuce on a dinner plate, with a half of a peeled and sliced cucumber with a few ounces of macaroni salad on it, and eight cherry tomatoes, one ounce of watercress, and eight large pitted black olives, a tin of

Bumble Bee sardines with the oil, and three diced scallions, with Lowry's seasoned salt, garlic powder, ground black pepper, and Italian seasoning, grated parmesan and Romano cheese with Kraft Zesty Italian dressing, balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now go outside again. CIO

06/28/17 Wednesday 10:05 P.M. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with a regular at www.starbucks.com . I toured www.cvs.com , and I used the bathroom there. While sitting at the top of Greenwich Avenue, I found a five rupee coin from India. It looks like and is about the size of a quarter, but it is twice as thick. I also found a Lincoln penny while I was downtown. I chatted with two patrons outside the Gingerman about the Dutch. I chatted with two relative and a friend. I sat out for a long time. I toured the www.greenwichlibrary.org at closing. They are now working on the sidewalks there. I went to the Stop and Shop. I bought two 9 ounce bags of Dole Caesar salad for \$2.50 each, two 12 ounce Hero raspberry preserves for \$3 each, and a 8 ounce Stop and Shop grated parmesan and Romano cheese for \$2.99 for \$15.37 total. I then returned home. I sat outside a while. I put away my groceries. I will now sit outside some more. CIO

06/28/17 Wednesday 4:30 P.M. I gave my old Lasko pedestal fan to a neighbor. I set up my new spare one to right of the mahogany bureau in the living room to blow the air conditioning around. I set up a new Lasko box fan in front of the living room air conditioner to blow the air conditioning around. I threw out the old Lasko box fan and the two Lasko boxes. I put the spare new Lasko box fan on the far right window shelf with the other spare new fans. I buy spare fans at www.cvs.com at the end of the summer season, when they are cheaper. Thus the area in front of the left living room book case is cleared. I will now shower and clean up and go downtown to view my hoards of internet fans. CIO

06/28/17 Wednesday 3:50 P.M. At the kitchen entrance, I emptied out the spice rack, and the herbs and spices that I want to save, I put in the wire rack behind the apartment entrance. I threw out the spice rack and the other herbs and spices. I also threw out the set of demitasse cups and saucers. Thus the kitchen entrance is more open. CIO

06/28/17 Wednesday 3:15 P.M. I went outside a couple of times and had coffee and chatted with neighbors. I washed the breakfast dishes. I made my bed. I picked up the mail. CIO

06/28/17 Wednesday 12:30 P.M. I chatted with a relative at 8 A.M.. I woke up at 11 A.M.. I went outside, and I chatted with neighbors. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I will first go outside again. CIO

06/28/17 Wednesday 12:25 A.M.

https://www.couponchief.com/guides/ultimate_guide_to_saving_money_on_pets I will now

shut down the primary work computer. I will go outside for a while. I will then go to bed. CIO

06/27/17 Tuesday 11:55 P.M. I drank another 12 ounce glass of diet Fresca. I went outside briefly. I put new batteries in the remote weather station and sensor. I have to wait 15 minutes before I set the time. CIO

06/27/17 Tuesday 11:00 P.M. I went outside for a while. I chatted with a neighbors. I went outside for a while. I put away the clean laundry. I put a five ounces of Romaine lettuce on a dinner plate, with a half of a peeled and sliced cucumber with a few ounces of macaroni salad on it, and ten cheery tomatoes, one ounce of watercress, and eight large pitted black olives, a tin of Bumble Bee sardines with the oil, and three diced scallions, with Lowry's seasoned salt, garlic powder, ground black pepper, and Italian seasoning, grated parmesan and Romano cheese with Kraft Zesty Italian dressing, balsamic vinegar and extra virgin olive oil. I will eat it shortly with a 12 ounce glass of diet Fresca. I will now go outside again. CIO

06/27/17 Tuesday 9:25 P.M. I have 35 minutes to go on two dry cycles. All of the machines in the laundry are now \$1.59 each, but the big dryer is only \$1.50 for a half hour, so it is \$3.00 for an hour. I chatted with a neighbor outside. CIO

06/27/17 Tuesday 8:45 P.M. I put clean linens on the bed. I started two loads of wash. I threw out the garbage and old periodical literature. I chatted with neighbors. CIO

06/27/17 Tuesday 7:55 P.M. I went downtown. I walked the whole length of Greenwich Avenue. I sat out at various locations. I stopped by the www.apple.com store. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I won two more scratch card, and then I lost. I stopped by www.cvs.com , and I picked up a prescription. I bought two cherry Luden's cough drops for .59 each for \$1.18 total. After I finished my walk, I sat out for a while. I then returned home. CIO

06/27/17 Tuesday 5:30 P.M. I chatted with two relatives. CIO

06/27/17 Tuesday 5:00 P.M. I cleared out most of the stuff from the full length wire rack behind the apartment entrance door. I chatted with neighbors. I will now shower and clean up, and I will go downtown to Green Witch Avenue where all the People Watchers hang out. CIO

06/27/17 Tuesday 4:25 P.M. I threw out an unneeded toner cartridge and power supply and a number of shelves and breakfast trays. I chatted with neighbors. CIO

06/27/17 Tuesday 3:45 P.M. From behind the Ethan Allen recliner, I sorted out the tools that I still need from my mechanics tool box, and I put them in the small yellow tool box in the bottom of the sweater closet at the hallway entrance. I gave the big mechanics tool box with the remaining tools to a neighbor. I threw out the other automobile items. I put the two spare binoculars in the rear of the Volvo wagon. I threw out some satchels. I put the

three laptop cases underneath the front right of the bed. Now that there is more space behind the Ethan Allen recliner, I pushed it further back, so it can recline more fully once the front half of the green slip cover is lifted up out of the way. CIO

06/27/17 Tuesday 2:35 P.M. I sat outside for a while. I picked up the mail. The building fire alarm went out for a cooking smoke in an apartment downstairs. The building custodian is airing out the apartment and reset the alarm. CIO

06/27/17 Tuesday 2:05 P.M. I drank my coffee outside, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. I took the white lamp off the mahogany tea table, and I put it on the oak dining table. I moved the other smaller items from the mahogany tea table to the Danish end table. I will throw out the mahogany Bombay tea table. I put the www.harvard.edu chair along side of the Ethan Allen recliner where the mahogany Bombay tea table was facing into the living room, so it is a comfortable sitting chair, where one can watch television on the Ocosmo TV. I will now go outside again. CIO

06/27/17 Tuesday 11:45 A.M. I woke up, and I ate one ounce of mixed nuts and a bowl of apple sauce. I finally woke up at 11 A.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

06/26/17 Monday 11:50 P.M. I went outside again, and I chatted with a neighbor. I will now shut down the primary work computer, and I will go outside again. I will then go to bed. CIO

06/26/17 Monday 10:50 P.M. Since I am currently smoking tobacco with all of the stress of straightening up my Greenwich Housing Authority apartment, I ordered seven cartons of http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 a carton and \$11.99 shipping for \$81.92 total. CIO

06/26/17 Monday 10:10 P.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside again and crescent moon watch. CIO

06/26/17 Monday 9:20 P.M. I put a five ounces of Romaine lettuce on a dinner plate, with a half of a peeled and sliced cucumber with a few ounces of macaroni salad on it, and one compari tomatoe cuts into sixths, seven cherry tomatoes, one ounce of watercress, and eight large pitted black olives, a tin of Bumble Bee crab meat drained and rinsed under cold water, and three diced scallions, with with Lowry's seasoned salt, garlic powder, ground black pepper, and Italian seasoning, grated parmesan and Romano cheese with balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now go outside again. I will also throw out the garbage. CIO

06/26/17 Monday 8:45 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. I sat for a while with a local. We then walked upper Greenwich Avenue. We toured <https://somethingnaturalct.com/> which is located in the parking area behind Saks

Fifth Avenue. I chatted with one of their people from Nantucket. We sat out in the little vest pocket park just north of the CFCF coffee shop. I chatted with two relatives. I then used the bathroom at www.cvs.com. We then walked down Greenwich Avenue, and departed company. I then walked lower Greenwich Avenue. I sat out at various locations. I then went by Whole Foods. I bought a bunch of watercress from California for \$2.49 and a bunch of scallions for \$1.79 for \$4.28 total. I then returned home, and I sat outside briefly. CIO

06/26/17 Monday 3:55 P.M. From the bedroom floor, I threw out three old jump start systems. I kept the best one stored underneath the left side board in the bedroom. I also gave a spare paper shredder to a neighbor. I picked up the mail. I got my www.forbes.com magazine. I used to know members of the Forbes family, but as they became more upscale or I became more downscale or fatter, they forgot who I was. I will now go outside again. I will then shower and clean up. I will then go downtown to the ever glamorous and expensive Greenwich Avenue. During the summer months when the private clubs are busy, they are closed on Mondays for maintenance. Thus a lot of the rich private club people go downtown on Mondays in the summer. CIO

06/26/17 Monday 3:10 P.M. I cleared off the small black table at the kitchen entrance. I put the Cuisine Art that was underneath it in the left lower kitchen cabinet. I threw out the small back table from the kitchen entrance. I clear off the items from the smaller dark oak table just inside the bathroom. I put the spare Lysol hand wash containers underneath the bathroom sink and the spare scent machines in the left hallway bookcase. I threw out the white wicker rack, glass candle, and ocean coral that were on it. I put the small dark oak table from just inside the bathroom to just inside the kitchen entrance with the various items sorted out underneath it and on top of it. Thus the kitchen entrance and the bathroom entrances are more spacious. CIO

06/26/17 Monday 2:00 P.M. I went outside again, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. Yesterday I moved the complicated Hoover vacuum cleaner and its accessories from the living room to the left side of the bedroom desk. I will now go outside again. I chatted with a relative. CIO

06/26/17 Monday 12:45 P.M. I went outside a couple of times. I fiddled with the apartment cablevision system. I not have the Westinghouse TV in the bedroom also working off the bedroom cable box. I got the kitchen TV working again clearly again. I had a defective cable in the bedroom that replacing it fixed the problem. Also running a better cable from the living room cable box to the Radio Shack switch gave me better reception in the kitchen. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

06/26/17 Monday 10:35 A.M. I woke up, and I ate two ounces of mixed nuts and a bowl of cinnamon apple sauce and a glass of cold filtered water. I finally woke up at 9 A.M.. I went outside three times, and I chatted with neighbors. I moved the pedestal fan from the

right side of the hallway entrance to the left side of the hallway entrance, so it is a straight through walkway path into the hallway. CIO

06/25/17 Sunday 11:00 P.M. I went outside, and I chatted with neighbors. I will now shut down the primary work computer, and I will go outside again. I will then go to bed. CIO

06/25/17 Sunday 10:25 P.M. I put a five ounces of Romaine lettuce on a dinner plate, with a half of a peeled and sliced cucumber with a few ounces of macaroni salad on it, and two compari tomatoes cuts into sixths, and eight large pitted black olives, a tin of Bumble Bee sardines with the oil lightly seasoned with with Lowry's seasoned salt, garlic powder, ground black pepper, and Italian seasoning, grated parmesan and Romano cheese with Kraft Zesty Italian dressing. I ate it with a 12 ounce glass of diet Fresca. I will now go outside again. CIO

06/25/17 Sunday 9:10 P.M. I threw out the garbage. I went downtown. I stopped by www.cvs.com on Greenwich Avenue. I bought a 18 double roll bundle of Scott extra soft toilet paper for \$6.99 and a 28 bag box of Hefty lawn and leaf bags for \$6.99 and \$2 of bags with a CVS coupon machine coupon and .76 tax for \$12.74 total. I then went further downtown. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I chatted with two relatives three times and also a friend. I used the bathroom at www.starbucks.com . I stopped by CVS again. I bought <http://www.cvs.com/shop/home-health-care/diabetes-care/blood-test-strips/cvs-health-advanced-glucose-meter-test-strips-prodid-1170220?skuId=968577&searchType=4&typeAheadTerm=glucose%20test%20strips> 100 strip box of Glucose test strips for \$18.99 and a <http://www.cvs.com/shop/home-health-care/diabetes-care/diabetes-monitors/cvs-advanced-blood-glucose-meter-prodid-968574?skuId=968574> for \$22.99 less 25% off with a CVS coupon for \$10.50 off for \$31.48 total. <https://somethingnaturalct.com/> is now at 189 Greenwich Avenue as well as www.natucket.net . After my walk, I sat out some more, and I used the bathroom at Starbucks. I then went to the Stop and Shop. I bought two 8 ounce Ken's Caesar salad dressing for \$2 each, a 42 ounce macaroni salad for \$4.68, a 42 ounce Quaker Old Fashioned oatmeal for \$4.79, a 8 ounce generic honey for \$2.59 and two cucumbers for .69 each for \$17.44 total. I then returned home, and I sat outside briefly. I put away my purchases. I will now sit outside again. CIO

06/25/17 Sunday 4:00 P.M. I ate a 13 ounce Boston Market turkey medallion dinner with Smart Balance Spread on the vegetables and a 12 ounce glass of diet Fresca. I will now go outside again. I will then shower and clean up, and I will then go downtown. CIO

06/25/17 Sunday 3:10 P.M. I cleared out a lot of stuff from the left side of the bedroom window. I threw out the plastic storage container. I gave the new set of red Ralph Lauren tiles in it to a neighbor and a 8 roll bundle of Scott paper towels. I also threw out the old hand made wooden box that I have had for years. It looked like it was once a suitcase for a poor immigrant over a hundred years ago. I chatted with a neighbor. CIO

06/25/17 Sunday 1:55 P.M. In the living room to the left side of mahogany bureau, from the Danish end table and square Danish coffee table on top of that, I threw out all of the bar glassware and other items. I then slid over the two oak folding tables with the Westinghouse TV over six inches to the left, and then the Danish end table six inches to the left, and then the mahogany bureau six inches to the left, and then the bookcase that projected six inches into the hallway six inches to the left, so the bookcase with the computer items no longer projects into the hallway. I will now go outside again. CIO

06/25/17 Sunday 12:30 P.M. I moved the Cablevision Box and Cambridge Sound System bass woofer to the left side of the Ocosmo TV on the mahogany bureau in the living room. I cleared off the square Danish coffee table on top of the Danish end table to the left of the mahogany bureau, and I put the three multiline telephones on it. I emptied the heavy oak night stand in front of the Danish end table. I found my spare eye glasses and sun glasses that had been missing for over a year, so I put them on the window side of the oak dining table. I threw out the one line Siemens telephone. I threw out the heavy oak night stand from the living room. I chatted with two relatives. CIO

06/25/17 Sunday 11:10 A.M. I threw out the garbage and the old periodical literature. I watered the plants. CIO

06/25/17 Sunday 10:15 A.M. I went outside again. I washed the breakfast dishes. I made my bed. I will now go outside again. CIO

06/25/17 Sunday 10:15 A.M. I went outside again. I pulled my big 2 liter German beer stein out of the dumpster, and I put it back in my living room window ledge with on the lazy Susan that I made at Greenwich Country Day. When I first move in here over 28 years ago, I bought the German beer stein at a tag sale in Old Greenwich for five dollar. They also had an old Adenhauer Mercedes 300 which was not for sale. CIO

06/25/17 Sunday 9:15 A.M. <http://www.greenwichtime.com/business/article/Where-the-World-s-Wealthiest-Spend-Their-11244646.php> CIO

06/25/17 Sunday 9:05 A.M. I woke up at 8 A.M.. I went outside, and I chatted with neighbors. I will go outside again. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

End of Scott's Notes week of 06/24/17

06/24/17 Saturday 10:10 P.M. I will now send out my weekly notes. I will shut down the primary work computer. I will then go outside briefly. I will then go to bed. CIO

06/24/17 Saturday 10:10 P.M. I ate a 10 ounce Banquet meatballs and spaghetti meal with grated parmesan and Romano cheese and a 12 ounce glass of diet A&W root beer. I will now go outside again and throw out the garbage. CIO

06/24/17 Saturday 9:40 P.M. I threw out the garbage. I chatted with a neighbor. I went downtown to Greenwich Avenue. I walked the lower Greenwich Avenue area. I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I met up with a www.starbucks.com regular, and we chatted for a long time. We departed company. I used the bathroom at Starbucks. I then went to the Stop and Shop. I bought two 9 ounce Dole Hearts of Romaine lettuce for \$2.50 each, a 59 ounce Simply Orange mango juice for \$3, four 15 ounce Boston Market meals for \$2.50 each for two turkey and two Salisbury steak, a 64 ounce Ocean Spray cranraspberry juice for \$2.50, a 64 ounce Ocean Spray crangrape juice for \$2.50, a 42 ounce Motts natural apple sauce for \$3.29, a 8 ounce Stop and Shop parmesan and Romano cheese for \$2.99, bananas for .49 a pound for .98, Angel cherry tomatoes buy one get one free for \$3.99 both and 70 cents can return for \$37.92 total. I then went to the Putnam Shell at 401 West Putnam Avenue, and I bought \$10 of self service V-Power premium gasoline for \$3.439 a gallon for 2.908 gallons at odometer reading of 115279 miles for 39.4 miles driven since Thursday June 15, 2017 for 13.549 miles per gallon in local traffic. I then returned home. I chatted with neighbors. I put away my groceries. I will now go outside again. CIO

06/24/17 Saturday 5:45 P.M. I chatted with a relative. CIO

06/24/17 Saturday 5:05 P.M. I ate a 13 ounce Marie Callender chicken Alfredo bake with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. I will now go outside briefly. I will then shower and clean up. I will then go downtown to Greenwich Avenue. CIO

06/24/17 Saturday 4:40 P.M. I sorted out the magazine rack, and I threw out the old magazines. I went outside twice. I picked up the mail. CIO

06/24/17 Saturday 3:55 P.M. In the living room, I moved the Ocosmo TV to the mahogany bureau raised up with five Encyclopedia Britannicas. I also have its control panel to the left of the mahogany bureau. I have the Cablevision Box and Cambridge Sound System on the square Danish end table to the left of it. I put back some of the various items on the mahogany bureau. CIO

06/24/17 Saturday 3:05 P.M. I am only allowed to have two desktop computers. I disassembled the second backup Dell Optiplex 760 desktop on the mahogany desk, and I threw out the CPU and monitor and metal keyboard drawer. I threw out a whole lot of the bric a brac from the window area and the mahogany bureau area. I cleaned the window ledge and the mahogany desk. I put the two four foot tall miniature palms from the mahogany bureau on to the desk with bumble bee lamp and Netgear wireless device with it controlled by a power strip. I cleaned the mahogany bureau, and I put a few items on it. I leant a neighbor a Premier cigarette making machine. CIO

06/24/17 Saturday 1:05 P.M. My social worker told me, I can only have two laser printers in the apartment. I threw out the Lexmark E238 laser printer and the Samsung color laser printer. I now only have two Brother laser printer. One is connected to the primary work computer, and the other one is connected to the HP backup computer. I put a new Air Wick scent can in the living room Glade scent device. CIO

06/24/17 Saturday 12:15 P.M. I went outside twice. I gave to a neighbor the Ricoh color laser printer, the Dell black and white laser printer, and the HP black and white laser printer. CIO

06/24/17 Saturday 11:15 A.M. I went outside twice, and I drank my coffee outside. I will now wash the breakfast dishes, and I will make my bed. CIO

06/24/17 Saturday 10:00 A.M. I woke up at 9 A.M.. I went outside, and I chatted with neighbors. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

06/23/17 Friday 10:55 P.M. I ate 8 ounces of Stop and Shop vanilla Greek Yogurt and a bowl of cinnamon apple sauce. I went outside again. I will now try to go back to bed. CIO

06/23/17 Friday 10:20 P.M. I could not sleep, so I chatted with two friends at 8 P.M.. I went outside, and I chatted with neighbors. I used to do a bit of research. There once was an old book in the Greenwich Library that listed the first 2000 families in Manhattan in 1700. I do not know if it is still there probably under lock and key. It mentioned two members of the Scott family owned two farms in Manhattan in 1700. Once was the sexton of the first Dutch reform church. However, they all had daughters, and one of the daughters married into the Jay family giving the Scott family property to the Jay family. Thus one of John Jay's relatives was a member of the Scott family.

<http://johnjayhomestead.org/> . Whether that branch of the Scott family is related to me, I do not know, but I have their look. Scott is a very common name in the United Kingdom and Ireland. The largest private land owner is a member of the Scott family

https://en.wikipedia.org/wiki/Richard_Scott,_10th_Duke_of_Buccleuch , whether he is related to me, I do not know. CIO

06/23/17 Friday 7:35 P.M. I went outside, and I chatted with neighbors. I will now shut down the primary work computer, and I will go to bed. CIO

06/23/17 Friday 7:20 P.M. I chatted with a relative. CIO

06/23/17 Friday 6:55 P.M. I emptied out the second drawer from the bottom of the mahogany chest in the bedroom. From the bedroom desk, I put the two Apple laptops, one Apple Ipad 2, and one older Apple Iphone in the drawer with their chargers cables and wireless mice. I left one Apple Ipad 2 with its charger on the bedroom desk for use mostly to browse the www.greenwichlibrary.org Zinio magazines. I threw out the stuff from the

drawer along with the computer keyboard drawer that was on the desk. Thus the bedroom desk in a lot neater and clear. I was not using much of the Apple stuff. The Section 8 inspector thought the setup was a fire hazzard. I drank a 12 ounce glass of diet Fresca. CIO

06/23/17 Friday 5:50 P.M. http://volcano.si.edu/reports_weekly.cfm

https://volcanoes.usgs.gov/observatories/hvo/hvo_earthquakes.html

<https://earthquake.usgs.gov/data/dyfi/>

<https://volcanoes.usgs.gov/observatories/hvo/>

<http://view.klm-mail.com/?qs=7a3a39d0a3e7b0958c50eb9fce779e641722de6e84cdad9fec849245d929b4453e394e093d0f57ffb34186ae92e7d7c5f2cfbc4d99caaeaeb0d29890a70dc8330fa1fa5cd0d0e58>

CIO

06/23/17 Friday 5:35 P.M. If one looks at the historical markers in Princeton, New Jersey; there is still and old early days Scott family farm from the first settlers. I sat outside for a while. I chatted with a friend. CIO

06/23/17 Friday 5:10 P.M. I put a five ounces of Romaine lettuce on a dinner plate, with a few ounces of macaroni salad on it, and two compari tomatoes cuts into sixths, and eight large pitted black olives, a tin of Bumble Bee sardines with the oil lightly seasoned with with Lowry's seasoned salt, garlic powder, ground black pepper, and Italian seasoning, grated parmesan and Romano cheese with Balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now go outside again. CIO

06/23/17 Friday 4:30 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. They have finished paving the sidewalk in front of www.starbucks.com . I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with a local politician. I stopped by www.cvs.com , and I used the bathroom. I picked up a prescription. I bought a Roto Clipper Electronic nail clipper for \$4.99 and .32 tax for \$5.31 total. I chatted with a local jogger who is about my age. He must know how to stay in good shape. I chatted with a visiting business man with luggage at the outside of the www.apple.com store, and I told him how to walk two blocks south to the <http://delamar.com/> . I toured the Apple store. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I used the bathroom at www.starbucks.com . I chatted with a student from www.princeton.edu . I sat out for a while after my walk. I then returned home. I chatted with neighbors. I picked up the mail. CIO

06/23/17 Friday 12:35 P.M. I chatted with a relative. I went outside again, and I chatted with a neighbor. After I shower and clean up, I will go downtown with my umbrella. If it rains on me, I probably will not melt. CIO

06/23/17 Friday 11:55 A.M. I went outside, and I chatted with a neighbors and drank my coffee. One of my neighbors took the two orange CVS folding chairs away in their SUV. I washed the breakfast dishes. I made my bed. I will now go outside briefly. I will then shower and clean up.

06/23/17 Friday 10:30 A.M. I threw out the heavy oak dining chair from the window side of the oak dining table, and I put the www.harvard.edu chair in that location moving it from the hallway entrance. I also threw out the legal chair from the hallway entrance. I moved the spare paper from underneath it to underneath the Ethan Allen recliner. I move the blue toilet tank jar box to underneath the bathroom sink. I moved the pedestal fan from in front of the left living room closet to where the legal chair was. Thus the hallway entrance is a lot more open. I threw out the legal chair from the kitchen. That opened up the GE stove. From the far lower left kitchen cabinet, I threw out the GE toaster over, big lobster pot, and I gave the turkey roaster to a neighbor. I also threw out a lot of other items. I move the items from the floor underneath where the legal chair was into that cabinet. I cleaned the crumbs out of the kitchen toaster. I threw out the two orange CVS folding chairs. I chatted with neighbors, when I went outside. I will now go outside again. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

06/23/17 Friday 8:30 A.M. I woke up at 7:45 A.M.. I have a open sore on my left elbow that probably came from my elbow on the picnic table outside. I went outside, and I chatted with neighbors. I will go outside again briefly. CIO

06/22/17 Thursday 8:40 P.M. I went outside twice, and I chatted with neighbors. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

06/22/17 Thursday 7:10 P.M. <https://howtostartablogonline.net/> CIO

06/22/17 Thursday 6:55 P.M. I went outside, and I chatted with neighbors. CIO

06/22/17 Thursday 6:20 P.M. I went outside, and I chatted with neighbors. I am just about to eat a 19 ounce Stouffer's meat lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. CIO

06/22/17 Thursday 5:20 P.M. <http://www.greenwichtime.com/news/world/article/Prince-Harry-says-no-one-in-royal-family-wants-11238581.php> . CIO

06/22/17 Thursday 5:20 P.M. I went outside, and I chatted with neighbors. I picked up the mail. I paid my Town of Greenwich property tax on my 2005 Volvo XC70 wagon for \$49.13. CIO

06/22/17 Thursday 4:05 P.M. I chatted with a relative. I apologized for cursing when I spoke earlier with the relative. I am under a lot of stress with straightening up the apartment. I went outside, and I chatted with neighbor a few times. It is like group therapy with smokers, but soon I have to quit smoking again. I removed two 8 port Net Switches, and I put them in the lower left hand side of the white bedroom bureau. I still have the 12 port and the 8 port Net switches hooked up. I disconnected and removed 25 LAN cables. I tied them up, and I put them in a garbage bag, which I stored on the right side of the bedroom desk. On the 8 port Net Switch, I have the primary work computer and the backup work computer hooked up to it, so I can disconnect them quickly from the internet. I have 7 other internet devices hooked up the 12 port Net Switch. CIO

06/22/17 Thursday 12:45 P.M. I went outside twice, and I chatted with neighbors. I will now start unconnecting the redundant net switches except one and start taking up the old redundant LAN cables in the apartment which will take a while. CIO

06/22/17 Thursday 10:25 A.M. I chatted with a relative. I went outside again. CIO

06/22/17 Thursday 9:55 A.M. I went outside again. I will now wash the breakfast dishes. I will then make my bed. I will then shower and clean up. A little bit at a time adds up over time. CIO

06/22/17 Thursday 7:20 A.M. I chatted with a relative. I will now go outside again. CIO

06/22/17 Thursday 7:15 A.M. I woke up at 6:30 A.M., and I chatted with a friend. I went outside. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

06/21/17 Wednesday 10:20 P.M. I went outside, and I chatted with neighbors. I will now shut down the primary work computer, and I will go to bed. CIO

06/21/17 Wednesday 8:50 P.M. I went outside again, and I chatted with neighbors. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese on it along with a 12 ounce diet Fresca. I will now go outside again. CIO

06/21/17 Wednesday 7:40 P.M. I went outside a few times and chatted with neighbors. I could not get the coaxial cable from the living room connection plate to the bedroom connection plate to work. I took two 20 foot coaxial cables and connected them with a coupler, and I connected them from the living room splitter to the bedroom cable box. Now the Haier television in the bedroom works on both cablevision and internet TV. Also the Westinghouse TV in the bedroom works on internet TV. The Westinghouse TV in the

living room no longer works off a cable box, but I could connect it to the living room cable box which is connected to the Ocosmo TV. I mostly use the living room Westinghouse TV for Internet TV. CIO

06/21/17 Wednesday 4:25 P.M. There is a coaxial cable running through the wall from the living room to the bedroom TV area that I can hook up when I have time. I went outside, and I chatted with neighbors. I did not get any mail today. I will now shower and clean up. CIO

06/21/17 Wednesday 3:15 P.M. I was told by the Section 8 inspector to remove all of the cables from the false ceiling right away. I removed them all. The net effect is that there is no LAN cable in the bedroom. Also the Cable Box in the bedroom is not connected to Cablevision. If I had a longer coaxial cable I could run it around the wall to the Cable box. Also the Westinghouse TV cable in the living room is thus not connected as well as the two bedroom LED TVs. I think one or two of the bedroom TVs have wireless internet. CIO

06/21/17 Wednesday 2:10 P.M. I went outside, and I just chatted with Greenwich Housing Authority Section 8 inspector, and she confirmed what the Greenwich Housing Authority official said, and I have to get rid of two thirds of the stuff in my apartment. Also she said because of my medical conditions, I will need somebody to help me. My Town of Greenwich Social Worker offered to get somebody to help me. I will now go outside again. I will then start working on my apartment to make it better. CIO

06/21/17 Wednesday 1:35 P.M. I went outside twice, and I chatted with neighbors. CIO

06/21/17 Wednesday 11:40 A.M. I went outside twice, and I chatted with neighbors. I chatted with a relative. I will now wash the breakfast dishes. I will make my bed. CIO

06/21/17 Wednesday 10:25 A.M. I went outside three times, and I chatted with neighbors. I will now eat breakfast. CIO

06/21/17 Wednesday 7:15 A.M. <http://www.greenwichtime.com/news/world/article/Britain-s-Prince-Philip-admitted-to-hospital-with-11235393.php> CIO

06/21/17 Wednesday 7:05 A.M. I woke up at 8 P.M., and I ate two ounces of mixed nuts and a bowl of cinnamon apple sauce. I finally woke up at 6 A.M.. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

06/20/17 Tuesday 6:50 P.M. I ate two White Castle cheeseburgers with 5 ounces of macaroni salad and a 12 ounce glass of diet A&W root beer. I will now shut down the primary work computer, and I will go to bed. CIO

06/20/17 Tuesday 6:30 P.M. I chatted with a relative. CIO

06/20/17 Tuesday 5:55 P.M. I chatted with a relative. CIO

06/20/17 Tuesday 5:40 P.M. <http://view.klm-mail.com/?qs=9de0e6f415f54ab46227b2df7e73bc15d58e0108fda09f0cb00699c6096047b4a5b33d681d4f70e61338075be25315691cad9f36414188611b8122123764ec62016dabe061a7df82>

CIO

06/20/17 Tuesday 5:30 P.M. The Greenwich Housing Authority Section 8 inspector and a Greenwich Housing Authority official and my Town of Greenwich Social Worker arrived shortly after 3 P.M.. They failed me again on my Section 8 inspection. I have to get rid of all of the old LAN cables, the bedroom Apple computer setup and its tablets and wires, ceiling LAN cable. I also need to get rid of all of the extra laser printers except two. I also can only have the primary work computer and the backup one. I have to get of the second backup computer. I have to clear stuff behind the apartment entrance door, so it opens more fully which means getting rid of the large spice rack with all of my spices. They want me to get rid of the TV in the kitchen, and its setup. The want me to get rid of the chair in the kitchen. I have to get rid of the chair on the window side of the oak dining table, and I will put the www.harvard.edu chair there away from the hallway entrance. They want me to get rid of the two backup monitors on the bedroom desk. I have to get rid of the items on the left side of the bedroom window. I have to get rid of the four jump start systems and other items on the bedroom floor. I have to put the ends of the closet doors back on their tracks. I have to clear off the items on the rack behind the apartment entrance door, so it opens more fully. I have to get rid of the extra network switches. I have to get rid of the items stored by the left of the living room entertainment system such as spare fans and folding chairs. I probably should get rid of my tool kit and possibly my old gold clubs and duffle bag with extra car stuff that I don't use. The Section 8 inspector considers my spare LAN cables even though they are not connected or powered up as a fire hazard. Thus as I get working on it, I will probably be getting rid of more of the bric a brac and other items. I will have to think about it, once I start working on it. My social worker will visit again in another two weeks. My social worker explained to me a lot of her other clients are having the same problem with Section 8 inspections. Apparently HUD is getting down on the Greenwich Housing Authority Section 8 inspections. I saw my social worker off. I picked up the mail. I went outside briefly again. The did not pay any attention to my recent medical problems. CIO

06/20/17 Tuesday 3:00 P.M.

<https://www.forbes.com/sites/samanthasharf/2017/05/26/unsellable-new-jerseys-most-expensive-home-dropping-to-45-million-after-seven-years-on-the-market/#4f5b5c9c455d> .

CIO

06/20/17 Tuesday 2:45 P.M. I went outside, and I chatted with neighbors. I sat outside for a while.

<http://www.greenwichtime.com/local/article/Florida-s-governor-looks-to-poach-Connecticut-11230934.php> . CIO

06/20/17 Tuesday 2:30 P.M.

<http://www.tcpalm.com/story/weather/hurricanes/2017/06/20/tropical-disturbance-gulf-mexico-expected-intensify/411356001/> .

<http://scott-mike.com/weather.htm> . CIO

06/20/17 Tuesday 2:20 P.M. **<https://www.koninklijkhuis.nl/>** . CIO

06/20/17 Tuesday 2:15 P.M. **<http://www.greenwichtime.com/business/article/Study-Ray-Dalio-is-Connecticut-s-biggest-donor-11233001.php>** CIO

06/20/17 Tuesday 1:55 P.M. I chatted with a relative. CIO

06/20/17 Tuesday 1:50 P.M. I went outside, and I sat outside for a while. CIO

06/20/17 Tuesday 1:25 P.M.

<https://www.ancestry.co.uk/boards/surnames.scott/105.159.171.358.926.941/mb.ashx> CIO

06/20/17 Tuesday 1:20 P.M. **<http://tropical.colostate.edu/>** . CIO

06/20/17 Tuesday 1:10 P.M.

https://books.google.com/books/about/Boven_Dutch_Apple_Pie.html?id=X-vCHAAACAAJ . CIO

06/20/17 Tuesday 12:55 P.M. **<http://www.bbc.com/news/business-40340875>** . CIO

06/20/17 Tuesday 12:45 P.M. I threw out the garbage. I sat outside for a while. CIO

06/20/17 Tuesday 12:25 P.M. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese on it along with a 12 ounce A&W root beer. CIO

06/20/17 Tuesday 12:05 P.M. I went through **<http://scott-mike.com/bf.htm>** .

https://www.bls.gov/oes/current/oes_2500001.htm

<http://nantucket.net/photos/web-cams.php> CIO

06/20/17 Tuesday 11:35 A.M. I threw out the garbage. I went downtown. I chatted with a relative. I walked the entire length of Greenwich Avenue. I sat out at various locations. They are engraving the new asphalt in front of the Senior and the Arts Center. When I left at 11 A.M., they were removing the old cement from in front of **www.starbucks.com** , so it is closed I guess for the day until the new cement dries. I bought and Ace's High scratch

card at Zyn Stationary, but I lost. I used the bathroom at www.cvs.com . I returned home, and I chatted with a neighbor. CIO

06/20/17 Tuesday 8:10 A.M. I will wash the breakfast dishes. I will make my bed. I will shower and clean up. I will go downtown to Greenwich Avenue. I have a 3:15 P.M. appointment this afternoon for the Greenwich Housing Authority Section 8 inspector to inspect my apartment. CIO

06/20/17 Tuesday 7:10 A.M. I woke up at 6:30 A.M.. I chatted with a friend. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

06/19/17 Monday 6:10 P.M. I picked up the mail. I chatted with a relative. I will now shut down the primary work computer. I will eat 8 ounces of Stop and Shop vanilla Greek yogurt. I will then go to bed for the night. It is raining heavily outside. CIO

06/19/17 Monday 5:10 P.M. I ate two White Castle cheeseburgers with a glass of cold filtered water. CIO

06/19/17 Monday 5:05 P.M. <http://www.bbc.com/news/technology-40325237> . CIO

06/19/17 Monday 4:25 P.M. I woke up at 4 P.M.. I just heard thunder in the distance. There are supposed to be thunder showers. CIO

06/19/17 Monday 2:25 P.M. I put a five ounces of Romaine lettuce on a dinner plate, with a few ounces of macaroni salad on it, and two compari tomatoes cuts into sixths, two artichoke hearts cut into sixths, and eight olives, a tin of Bumble Bee sardines with the oil lightly seasoned with with Lowry's seasoned salt, garlic powder, ground black pepper, and Italian seasoning, grated parmesan and Romano cheese and Kraft blue cheese dressing with Balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now take a nap. CIO

06/19/17 Monday 1:55 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. They are paving the sidewalk in front of Starbucks. I walked the entire length of Greenwich Avenue. I sat out at various locations. I toured the www.apple.com store. I chatted with a relative. I chatted with a local for a while at the Senior Center. I used the bathroom at the Senior Center. I toured www.cvs.com . I chatted with the same local for a while, after I finished my walk. I chatted with a relative. I then returned home, just now. CIO

06/19/17 Monday 8:40 A.M. I will now wash the breakfast dishes. I will make up a new batch of punch. I will make my bed. I will shower and clean up. I will go downtown to Greenwich Avenue. CIO

06/19/17 Monday 7:40 A.M. I woke up at 6 P.M., and I chatted with a relative twice. I ate 8 ounces of Stop and Shop vanilla Greek yogurt. I went back to bed at 7 P.M.. I woke up at 7:15 A.M.. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

06/18/17 Sunday 4:55 P.M. <http://www.greenwichtime.com/local/article/State-to-revamp-inter-library-loan-service-11228408.php> . I will now shut down the primary work computer, and I will go to bed for the night. CIO

06/18/17 Sunday 4:40 P.M. I chatted with a friend. I ate a couple ounces of Cheez-its. CIO

06/18/17 Sunday 4:10 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

06/18/17 Sunday 3:45 P.M. <http://money.cnn.com/2017/06/18/technology/culture/jeff-bezos-bill-gates-richest/index.html> . CIO

06/18/17 Sunday 3:40 P.M. I ate a bowl of cinnamon apple sauce.
<http://www.goldenisles.com/webcams> . CIO

06/18/17 Sunday 3:30 P.M. I chatted with a friend. CIO

06/18/17 Sunday 2:45 P.M. <http://www.beachcamsusa.com/categories/25-best-beach-webcams> and <http://www.kennebunkportbeachwebcam.com/> . CIO

06/18/17 Sunday 2:35 P.M. I rested a while. I chatted with a relative. CIO

06/18/17 Sunday 1:20 P.M. I put a five ounces of Romaine lettuce on a dinner plate, with a few ounces of macaroni salad on it, and two compari tomatoes cuts into sixths, two artichoke hearts cut into sixths, and eight black pitted olive, and a four ounce tin of drained Bumble Bee chicken chunks, lightly seasoned with, Lowry's seasoned salt, garlic powder, ground black pepper, and Italian seasoning, blue cheese dressing with Balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now take a nap. CIO

06/18/17 Sunday 12:35 P.M. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. I bought two 64 ounce Total concentrated bleach for \$1.99 each and .25 tax for \$4.21 total. I then went further downtown. They had the <http://www.greenwichcarsandcoffee.com/> going on from Elm Street to Starbucks. I sat out for a while. I then walked the block up to Elm Street and down reviewing all of the great cars. I chatted with one of the officials. They had a Mercedes 300 SLR convertible there. Back in 1970 at Loeber Mercedes in Skokie, Illinois, I was given a chance to buy one with front end damage for \$1,500. Alas I could not afford to repair it. I then walked lower Greenwich Avenue chatted with a regular. I sat out in front of the Belgium bakery, Le Petit Quotien. I went inside, and I told them the recipe for Portuguese bread is the same as

the French bread recipe except the loaf is shaped different. The Starbucks side walk is still not finished. I sat out for a long time in front of the Senior Center. Part of the time, I chatted with the same regular. I then returned home. CIO

End of Scott's Notes week of 06/18/17

06/18/17 Sunday 8:25 A.M. <https://www.britannica.com/biography/Paul-McCartney>

I chatted with a relative.

<http://hotvolc.opgc.fr/www/>

http://volcano.si.edu/reports_weekly.cfm

I will now send out my weekly notes. I will then shower and clean up. I might go downtown. CIO

06/18/17 Sunday 8:05 A.M. If you don't like the cool rainy weather here, it is 120 degrees Fahrenheit in Scottsdale, Arizona

<http://forecast.weather.gov/MapClick.php?lat=33.5092&lon=-111.899#.WUZqTMaQy70> .

It is cooler in Laguna Beach, California

<http://forecast.weather.gov/MapClick.php?lat=33.5422&lon=-117.7831#.WUZrBsaQy70>

and cooler in Holland, Michigan

<http://forecast.weather.gov/MapClick.php?lat=42.7875&lon=-86.1089#.WUZriMaQy70> . I

chatted with a friend. CIO

06/18/17 Sunday 7:20 A.M. <http://www.greenwichtime.com/news/us/article/Canoe-returns-to-Hawaii-after-epic-11227607.php> . I will now wash the breakfast dishes. I will then make my bed. It is raining outside, so I can not go for a walk this morning, or I might melt. CIO

06/18/17 Sunday 7:15 A.M. I went back to bed until 7 A.M.. CIO

06/18/17 Sunday 5:00 A.M. <http://www.bbc.com/news/uk-40317814> . CIO

06/18/17 Sunday 4:55 A.M. I made up a new batch of ground coffee with 50% Maxwell house Master Blend coffee and 50% hazelnut coffee. CIO

06/18/17 Sunday 4:00 A.M. I woke up at 8 P.M., and I ate a 5.6 ounce Dannon blueberry Greek yogurt. I went back to bed until 3:45 A.M.. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

06/17/17 Saturday 4:50 P.M. I rested until 4:30 P.M.. I ate two White Castle cheeseburgers with 5 ounces of macaroni salad and a glass of cold filtered water. I will now try to rest some more. CIO

06/17/17 Saturday 3:10 P.M. <http://www.today.com/news/annual-trooping-colour-parade-marked-queen-s-solemn-reflection-t112837> . CIO

06/17/17 Saturday 3:05 P.M. I went downtown. I chatted with a local for a while. We then walked upper Greenwich Avenue to the Coffee Shop. The sidewalk in front of Stabucks is not finished yet. The other person had coffee in the little park across from www.cvs.com . We then went to CVS. They were giving out bags of cosmetics for women. The other person bought a 12 pack of diet www.coke.com . We then walked down Greenwich Avenue in the rain. I had brought my umbrella with me. We departed company. I walked lower Greenwich Avenue and the train station area. At the Greenwich Cigar store, I bought an Ace's High scratch card for a dollar, but I lost. I used the bathroom at www.starbucks.com . I chatted with a relative. I sat out in the rain for a while longer. I then returned home. I chatted with a neighbor. I picked up the mail. I ate a few ounces of Cheez-its. I will now take a nap. CIO

06/17/17 Saturday 11:30 A.M. I just ate a 13 ounce Maria Callender chicken Alfredo dinner with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. I will now shower and clean up. I will then go downtown to Greenwich Avenue. CIO

06/17/17 Saturday 11:00 A.M. I used the swiffer dusters, and I dusted the entire apartment including the cob webs around the ceiling corners. I then used my Hoover vacuum cleaner to vacuum the apartment completely. I have another Section 8 inspection this Tuesday June 20, 2017 at 3:15 P.M.. I received a letter yesterday from HUD in reply to my letter at www.wh.gov complaining about the Section 8 inspections, and they said there was nothing they could do. CIO

06/17/17 Saturday 9:40 A.M. I took out the old clothes from the lower mahogany bureau drawer in the bedroom, and I threw them out. I put the two laptops from the oak dining table in that drawer and the Dell Latitude E6400 laptop from the left of the primary work computer in that drawer. I still have the Dell Latitude E6410 laptop out to the left of the primary work computer. I take that whenever I travel. I put the second Apple tablet on the bedroom desk with the other Apple table. I chatted with a neighbor. CIO

06/17/17 Saturday 9:00 A.M. I chatted with a friend and a relative. CIO

06/17/17 Saturday 8:20 A.M. Paris Air Show <https://www.siae.fr/en/> . I will now wash the breakfast dishes. I will then make my bed. I will try to chat with a friend. CIO

06/17/17 Saturday 8:00 A.M. I rested some more until 7:45 A.M.. CIO

06/17/17 Saturday 4:40 A.M. Yesterday, when I picked up the mail, the order with tracking of

<https://www.newegg.com/Info/TrackOrder.aspx?Trackingnumber=LW410335265CN> on the order for https://flash.newegg.com/Product/9SIA8CG3X46545?icid=WP_20_06082017 for \$6.88 with free shipping arrived. CIO

06/17/17 Saturday 4:30 A.M. I woke up at ate two White Castle cheeseburgers with a glass of cold filtered water. I finally woke up at 4 A.M.. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

06/16/17 Friday 5:00 P.M. My social worker inspected my apartment. I need to dust and vacuum before next Tuesday when the Section 8 inspector inspects. I went outside briefly. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. I will first eat a 5.6 ounce Dannon blueberry Greek yogurt. CIO

06/16/17 Friday 3:40 P.M. I went to my 2:30 P.M. appointment early. I am now back home. CIO

06/16/17 Friday 12:45 P.M. I will now head out early to my 2:30 P.M. appointment. CIO

06/16/17 Friday 12:25 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

06/16/17 Friday 11:55 A.M. I picked up the mail from yesterday. CIO

06/16/17 Friday 11:45 A.M. I chatted with a relative. CIO

06/16/17 Friday 11:30 A.M. I put a five ounces of spring blend lettuce on a dinner plate, with a few ounces of macaroni salad on it, and two compari tomatoes cuts into sixths, three artichoke hearts cut into sixths, and eight olives, a tin of Bumble Bee sardines with the oil lightly seasoned with with garlic powder, ground black pepper, and Italian seasoning, grated parmesan and Romano cheese and Kraft blue cheese dressing with Balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

06/16/17 Friday 11:00 A.M. I threw out the garbage. I went downtown to Greenwich Avenue. They are still redoing the sidewalk in front of Starbucks. I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with a regular for a long time. I stopped by www.cvs.com , and I bought two Blade 7.2 ounce shaving gel for \$5.69 and .36 tax for \$6.05 total. I used the bathroom at CVS. I finished my walk and sitting out about 10 A.M.. I then went to the Stop and Shop. I bought a Stop and Shop 8 ounce Monterey Jack cheese for \$2, four 13 ounce Marie Callender frozen meals for \$2.50 each, two 8 ounce Kraft Italian dressing for \$1.99 each, 42 ounces of macaroni salad for \$4.68, a pound of Campari tomatoes for \$2.99, and two 9 ounce Romaine lettuce blends for \$2.99 each for \$29.63 total. I then returned home. I said hello to neighbors. I have my social worker coming by my apartment at 4 P.M. this afternoon. I have another appointment elsewhere at 2:30 P.M. this afternoon. CIO

06/16/17 Friday 7:05 A.M. I chatted with a friend. I will now wash the breakfast dishes. I will shower and clean up. I will then go downtown to inspect the new sidewalk in front of www.starbucks.com . It is supposed to rain later on today. CIO

06/16/17 Friday 6:35 A.M. I went back to bed until 6:30 A.M.. CIO

06/16/17 Friday 3:50 A.M. I have a 2:30 P.M. appointment this afternoon. CIO

06/16/17 Friday 3:15 A.M. I ate a 5.6 ounce Dannon blueberry Greek yogurt. I chatted with a relative at 4 P.M.. I woke up at 3 A.M.. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

06/15/17 Thursday 11:45 A.M. I ate a bowl of Cheez-its. I chatted with a relative. I will now shut down the primary work computer, and I will go to bed. CIO

06/15/17 Thursday 11:15 A.M. https://www.groupon.com/deals/blackstones-steakhouse-4?p=9&utm_source=newsletter_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20170615&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=link&d=deal-page&utm_campaign=18e05b51-cbd2-491d-b587-36f4f2acbba9_0_20170615_treatment0

<http://www.bbc.com/news/uk-england-kent-40279925>

<http://www.cerebralpalsy.org/information/activities>

<https://www.onereversemortgage.com/blog/2017/03/special-needs-seniors-planning-for-the-future-of-this-vulnerable-population/>

<https://community.lincs.ed.gov/discussion/teaching-art-cooking-people-special-needs>

<https://www.yourstoragefinder.com/home-organization-for-newly-disabled-seniors>

<https://www.homecity.com/home-modifications-and-selling-your-home>

<http://sath.org/disability-travel-websites>

<https://www.justgreatlawyers.com/legal-guide-for-newly-disabled-and-disabled-seniors>

https://www.nytimes.com/2017/06/13/world/europe/arctic-norway-russia-radar.html?emc=edit_th_20170614&nl=todaysheadlines&nid=46729&_r=0 CIO

06/15/17 Thursday 10:45 A.M. There was a false fire alarm that I checked out. I put a five ounces of spring blend lettuce on a dinner plate, with a few ounces of macaroni salad on it, and two compari tomatoes cuts into sixths, three artichoke hearts cut into sixths, and eight olives, lightly seasoned with garlic powder, ground black pepper, and Italian seasoning, grated parmesan and Romano cheese and Kraft blue cheese dressing with Balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

06/15/17 Thursday 10:00 A.M. I threw out the garbage. I went downtown. I sat out for a while. I walked lower Greenwich Avenue. I sat out in front of the Belgium bakery. I chatted with two regulars at www.starbucks.com . They are working on replacing the cement sidewalk in front of Starbucks, so it is a bit noisy. Just before 7 A.M., I drove over to the Greenwich Hospital, and I had blood drawn at the laboratory for follow up on my hospital stay. I then went back downtown, I walked upper Greenwich Avenue. I sat out in the park across from www.cvs.com . I toured CVS, and I used the bathroom there. I sat out at the top of Greenwich Avenue. I sat out in the park across from CVS again. I sat out the veterans monument and in front of the Senior Center. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$10 of self service V-Power premium gasoline for \$3.439 a gallon 2.989 gallons at odometer reading of 115240 miles for 46.9 miles driven since Thursday June 8, 2017 for 15.691 miles per gallon in local traffic. I then returned home. I chatted with neighbors. CIO

06/15/17 Thursday 5:25 A.M. I put away the clean laundry. I will now shower and clean up. I will then go downtown to Greenwich Avenue. CIO

06/15/17 Thursday 4:50 A.M. <http://www.trooping-the-colour.co.uk/> and <http://www.householddivision.org.uk/trooping-the-colour> and <http://www.telegraph.co.uk/news/0/what-is-trooping-the-colour-and-how-can-i-watch-the-queens-birth/> . CIO

06/15/17 Thursday 4:30 A.M. <https://www.forbes.com/sites/kerryadolan/2017/03/20/forbes-2017-billionaires-list-meet-the-richest-people-on-the-planet/#771dd17d62ff> CIO

06/15/17 Thursday 4:25 A.M. <http://www.bbc.com/news/uk-scotland-scotland-business-40275294> . CIO

06/15/17 Thursday 4:05 A.M. I have 60 minutes to go on one more dry cycle. The laundry took longer this morning, because another neighbor was also doing laundry. CIO

06/15/17 Thursday 3:35 A.M. I washed the breakfast dishes. CIO

06/15/17 Thursday 3:25 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

06/15/17 Thursday 3:10 A.M. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I have 55

minutes and 25 minutes to go on two dry cycles. On the east end of the building, they have put two heavy picnic tables for the smokers outside. CIO

06/15/17 Thursday 2:30 A.M. I chatted with a neighbor. I have 55 minutes to go on one dry cycle and 25 minutes to go on two wash cycles. CIO

06/15/17 Thursday 2:10 A.M. I chatted with a relative at 4 P.M. I ate a couple of ounces of Cheez-its. I chatted briefly with a friend at 9:30 P.M.. I woke up at 1:20 A.M.. I put clean linens on the bed. I started one load of wash, and I have five minutes to go on the wash cycle. I threw out the garbage and the old periodical literature. I watered the plants. CIO

06/14/17 Wednesday 1:05 P.M. I put a five ounces of Italian blend lettuce on a dinner plate, with a few ounces of macaroni salad on it, and two compari tomatoes cuts into sixths, and a tin of drained Bumble Bee chicken chunks, lightly seasoned with garlic powder, ground black pepper, and Italian seasoning, with Balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I also had a bowl of apple sauce. I will now go to bed. CIO

06/14/17 Wednesday 12:25 P.M. I went downtown, and I chatted with a friend. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$2 for a \$1 profit. I walked lower Greenwich Avenue. I sat out in front of the Belgium bakery. While sitting out in front of the Senior Center, it started to rain briefly, so I did not walk upper Greenwich Avenue. I sat in my car briefly. I then sat outside some more. I chatted with the same friend. I then drove over to Old Greenwich on the waterfront way. I noticed by the Greenwich Historical Society they are doing some major construction. I wend to the Hair Cut Place in Old Greenwich, when they opened at 8 A.M., and I got my hair cut short for \$30 and \$5 tip for \$35 total. I used the bathroom there. I then drove out to Tod's Point. I parked at the Southwest picnic area, and I sat out there for a while. I chatted with a relative. I then parked out at the southeast parking area, and I sat out at the beach for a while. I chatted with a friend. I used the bathroom there. I chatted with a local. I then went by Staples in Old Greenwich, and I toured their store. There was nothing that I needed. I then went back to downtown Greenwich. I sat out for a while. I met up with a Starbucks regular, and we sat out chatting for a while. I was told tomorrow that Starbucks on Greenwich Avenue will be closed from 10 A.M. to 1 P.M. so they can pour a new concrete sidewalk in front of their store. I then went by the www.chase.com bank at Deerfield Place. I then returned home, and I sat outside a while. CIO

06/14/17 Wednesday 4:55 A.M. I threw out the garbage. I picked up the mail. I ate two White Castle cheeseburgers. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I will go downtown to Greenwich Avenue for a walk. CIO

06/14/17 Wednesday 4:30 A.M.

<https://www.youtube.com/watch?v=YEOxzhF1V7k&feature=share> CIO

06/14/17 Wednesday 4:20 A.M. I woke up at 4 A.M.. CIO

06/14/17 Wednesday 12:55 A.M. I woke up at 12:40 A.M.. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

06/13/17 Tuesday 5:05 P.M. I chatted with a relative. CIO

06/13/17 Tuesday 5:00 P.M. I woke up at noon and ate two White Castle Cheeseburgers. I went back to bed until 4:45 P.M.. I ate a 5.6 ounce Dannon Greek blueberry yogurt with some pure filtered water. CIO

06/13/17 Tuesday 9:55 A.M. <https://www.youtube.com/watch?v=qxNcx-1amc&feature=share>

https://volcanoes.usgs.gov/observatories/hvo/hvo_earthquakes.html

<https://earthquake.usgs.gov/data/dyfi/>

<https://volcanoes.usgs.gov/observatories/hvo/>

I will now take a nap. CIO

06/13/17 Tuesday 9:25 A.M. I put a few ounces of Italian blend lettuce on a dinner plate, with a few ounces of macaroni salad on it, and two campari tomatoes cuts into sixths, and a tin of Bumble Bee sardines with its oil, and grated parmesan and Romano cheese, lightly seasoned with garlic powder, ground black pepper, and Italian seasoning, with Balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. CIO

I threw out the garbage. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with a local. I toured www.cvs.com. After my walk, I sat out some more. I then went to the Stop and Shop. I bought buy one get two free of Thomas' English muffins for \$4.39, a four pack of Dannon 5.6 ounce Greek blueberry yogurt for \$3.89, 17 ounces of Rienzi Balsamic vinegar for \$3.29, 9 ounces of Italian blend lettuce for \$2.99, 9 ounces of Spring blend lettuce for \$2.99, one pound of campari tomatoes \$2.99, organic bananas for .79 a pound for \$1.42 and .50 can return for \$21.46 total. I then returned home. I sat outside briefly. I put away my groceries. CIO

06/13/17 Tuesday 5:35 A.M. I moved the small flags and the three candelabra from the oak dining table, and I put them on the hallway bookcases. I moved a lot of hanging items from the bathroom entrance, and I put them on the bedroom closet floor. I cleaned the bathroom sink, toilet, and bathtub and bathtub stall. I took up the white and the green throw rugs to be cleaned. I cleaned the kitchen counter and sink. I will vacuum at a later time, when I won't disturb anyone. I will now eat a 5.6 ounce Dannon Greek blueberry yogurt. I will then shower and clean up, and I will go downtown. CIO

06/13/17 Tuesday 4:15 A.M. I washed the breakfast dishes. I went back to bed until 4 A.M.. I will now make my bed. CIO

06/13/17 Tuesday 12:30 A.M. I threw out the garbage. I sat outside briefly. I picked up the mail. CIO

06/12/17 Monday 11:50 P.M. I woke up at 11:45 P.M.. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

06/12/17 Monday 4:55 P.M. I woke up at 4:30 P.M.. I chatted with a relative. I ate a bowl of apple sauce.

<http://www.wcvb.com/article/former-president-george-hw-bush-celebrating-93rd-birthday-in-new-england/10010392> CIO

06/12/17 Monday 10:15 A.M. I will now take a nap. CIO

06/12/17 Monday 10:10 A.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with a regular for a long time. I used the bathroom at Starbucks. I chatted with a regular. I stopped by www.cvs.com , and I bought a 18 ounce Smuckers raspberry preserve for \$2.57, and two Kashi Go Lean 14 ounce cereal for \$2.99 each for \$8.55 total. After I finished my walk, I sat out some more. I used the bathroom at the Senior and the Arts Center. I then returned home. I sat outside for a while, and I chatted with a neighbor. I chatted with Husky Health nurse. I ate 7 ounces of macaroni salad with two baby Kosher dill pickles and a 12 ounce glass of diet Fresca. CIO

06/12/17 Monday 4:35 A.M. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. I will then go downtown to Greenwich Avenue for an early morning stroll when www.starbucks.com first opens. CIO

06/12/17 Monday 4:25 A.M. I rested some more until 4:15 A.M.. CIO

06/12/17 Monday 1:35 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

06/12/17 Monday 12:45 A.M. I woke up at 12:30 A.M.. I will eat breakfast of Kellogg cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

06/11/17 Sunday 8:05 A.M. I rested until 8 P.M.. I chatted with a relative at 5 P.M.. I ate a 5.6 ounce Dannon raspberry yogurt. CIO

End of Scott's Notes week of 06/11/17

06/11/17 Sunday 11:45 A.M. I ate a 11.5 ounce Stouffers fetticini Alfredo with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. I will now send out my weekly notes. I will then take a nap. CIO

06/11/17 Sunday 11:15 A.M. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. I bought buy one get one free of CVS 250 capsule 4200 mg Herbal Cranberry for \$18.99 both and a box of Hefty storage bags for \$4.19 less a \$1.50 off CVS coupon and .17 tax for \$21.85 total. I then went further downtown by the Senior and the Arts Center. I sat out for a long time. I then walked lower Greenwich Avenue. I stopped by Zyn Stationary, and I bought an Aces High scratch card for a dollar, and I won \$4 for \$3 profit. I noticed at the Belgium bakery Le Petit Cotean, they have baguettes or loaves of French bread for \$3.50. They used to be only a dollar in Nantucket back in 1983. I sat out for a while longer. I chatted with a relative. I used the bathroom at Starbucks. I sat out for a while longer. I then returned home, and I sat out for a while longer. My apartment is cool and comfortable for the upcoming hot days. CIO

06/11/17 Sunday 7:35 A.M. I rested some more until 6 A.M.. I ate 5 ounces of macaroni salad with two baby Kosher dill pickles and a 12 ounce glass of diet Fresca. I chatted with a friend. I rested another half hour. I will now make my bed, and then I will go downtown to Greenleaf Avenue. CIO

06/11/17 Sunday 4:10 A.M. I watched "Elizabeth at 90, a Family Tribute". CIO

06/11/17 Sunday 2:30 A.M. Tracking is <https://www.newegg.com/Info/TrackOrder.aspx?Trackingnumber=LW410335265CN> on the order for https://flash.newegg.com/Product/9SIA8CG3X46545?icid=WP_20_06082017 for \$6.88 with free shipping. CIO

06/11/17 Sunday 1:45 A.M. I washed the breakfast dishes. I took a metal mixing bowl, and I broke three large eggs in it, and I added two tablespoons of grated Parmesan and Romano cheese and three tablespoons of milk and dashes of Italian seasoning and ground black pepper. I whisked it all together. I put an eight inch frying pan on a six inch electric burner on medium high electric heat and I added three tablespoons of extra virgin olive oil and two tablespoons of Smart Balance Spread, and I heated it until the fat bubbled, and I added the egg mixture. Once the egg mixture begin to harden, I kept stirring it until the scrambled eggs were cooked about medium soft. I put them on a dinner plate with a toasted English muffin with Smart Balance spread, and I ate it all with a 12 ounce glass of diet Fresca. I washed the dishes again. I seasoned the omelet pan with a little extra virgin olive oil. I will now make my bed. I will then shower and clean up. CIO

06/11/17 Sunday 1:00 A.M. I rested some more. Since I was sick this week, I do not think I should be out at night on Greenwich Avenue. The next three days are supposed to be hot. CIO

06/10/17 Saturday 11:45 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

06/10/17 Saturday 11:20 P.M. I rested some more until 11:15 P.M.. CIO

06/10/17 Saturday 9:20 P.M. I threw out the garbage. I picked up the mail. CIO

06/10/17 Saturday 8:30 P.M. I chatted with a relative at 10 A.M. and a another relative at 3 P.M.. I finally woke up at 8 P.M.. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

06/10/17 Saturday 5:40 A.M. I will now shut down the primary work computer, and I will go to bed. We are suppose to be warmer the next three or four days. I can not figure out why it is cooler this spring, but if there any major volcanoes making it cooler other than what the Smithsonian reports on, I have not read about it. CIO

06/10/17 Saturday 5:25 A.M. When I was a student in the first half of 1972 in Europe, I bought a lined blank book, and I used to keep a handwritten journal of my experiences and my travels. Somehow, over the years when I returned it disappeared. Of course back then I was sort of in the Avant Garde compared to some of my domestic friends. Of course I always kept handy my copy of Frommer's Europe on \$5 a Day https://books.google.com/books/about/Europe_on_5_Dollars_a_Day.html?id=nCDPAAA_CAAJ . In Italy the pizzas were as thin as crackers with a little tomato paste, but hte regular food was just fine, and in France, they ate horse meat for hamburgers, and yet in Spain there was plenty of cheap regular food, if one had a bit of money. CIO

06/10/17 Saturday 5:15 A.M. I ate 6 ounces of Motts apple sauce and two deli slices of Swiss cheese. CIO

06/10/17 Saturday 4:50 A.M.
<http://www.bbc.co.uk/programmes/articles/3hzhkMfr6v9rhfc759tTfRWq/a-gallery-of-stunning-images-that-capture-the-heart-of-the-scottish-highlands> CIO

06/10/17 Saturday 4:10 A.M. I ate 5 ounces of macaroni salad and two baby Kosher dill pickles and a 12 ounce glass of diet Fresca. CIO

06/10/17 Saturday 3:50 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

06/10/17 Saturday 3:45 A.M. I watched "Hitler of the Andes". CIO

06/10/17 Saturday 2:10 A.M. 50 foot garden hose

[\\$18.99 with free shipping.](https://flash.newegg.com/Product/9SIA1KT2985322?icid=WP_26_06082017) CIO

06/10/17 Saturday 1:45 A.M. http://volcano.si.edu/reports_weekly.cfm

<https://www.sedimentologists.org/>

[http://view.klm-](http://view.klm-mail.com/?qs=703903711cc05f62b15e4e631a8838528c308dd59d6d53f0991faff860bca7bf231dc50dd01c8dd0dc8d218164488105ac7d461389e94dcc44071e32699e84f74c6170b637a74a53)

[mail.com/?qs=703903711cc05f62b15e4e631a8838528c308dd59d6d53f0991faff860bca7bf231dc50dd01c8dd0dc8d218164488105ac7d461389e94dcc44071e32699e84f74c6170b637a74a53](http://view.klm-mail.com/?qs=703903711cc05f62b15e4e631a8838528c308dd59d6d53f0991faff860bca7bf231dc50dd01c8dd0dc8d218164488105ac7d461389e94dcc44071e32699e84f74c6170b637a74a53)

[https://www.nytimes.com/2017/06/08/us/summer-jobs-](https://www.nytimes.com/2017/06/08/us/summer-jobs-visas.html?emc=edit_th_20170609&nl=todaysheadlines&nid=46729&r=0)

[visas.html?emc=edit_th_20170609&nl=todaysheadlines&nid=46729&r=0](https://www.nytimes.com/2017/06/08/us/summer-jobs-visas.html?emc=edit_th_20170609&nl=todaysheadlines&nid=46729&r=0) CIO

06/10/17 Saturday 1:10 A.M. Back in the early 1970s we always had five pound boxes of fresh mushrooms in the refrigerator that cost \$3 at Bonjournos. Campbell's grows mushroom in horse manure in the old abandoned coal mines of Western Pennsylvania. They were good to nibble on, when one was hungry, but back then I only weighed about 135 pounds. At <http://languedocinn.com/> out on www.nantucket.net, I learned to make a pretty good mushroom omelet. I would take three large fresh room temperature eggs, and I break them in a bowl and add a few tablespoons of cream and whisk them thoroughly. I would then take an eight aluminum skillet and added several tablespoons of butter and heat it over medium high gas range until the butter sizzled, and then I would had the egg mixture, and once it was hard enough on the bottom side, and I would flip it over, and cook the other side, so it puffed up two or three inches. I would then add the ingredients just as sautéed mushrooms or cottage cheese and flip half of the puffy omelet over the other half. I was an expert at getting it just right. David's Pot Belly on Christopher Street in Greenwich Village used to make a most excellent omelet for about \$3 with English muffin and coffee. My first omelet as I recall was at a midnight supper at the <http://www.onwentsiaclub.org/> in Lake Forest, Illinois in the fall of 1971 after a debutant party. CIO

06/10/17 Saturday 12:55 A.M. I took a 10.75 ounce can of Campbell's condensed mushroom soup, and I put in a plastic microwave proof pot, and I added about seven ounces of milk and seasoned it with Italian seasoning and ground black pepper, and I put the lid on the container, and I microwaved it on 60% power for five minutes. I put it in the large Cobalt blue soup bowl along with two small bags of CVS Oyster crackers, and I ate it with a 12 ounce glass of diet A&W root beer. CIO

06/10/17 Saturday 12:20 A.M. <http://www.theoldhomesteadsteakhouse.com/> in the meat packing district of Manhattan has some interesting looking beef.

<http://www.petestavern.com/> just north of Union Square has Tuesday night roast beef for \$17.95 <http://www.petestavern.com/specials/>. CIO

06/10/17 Saturday 12:10 A.M. Rich people nipple on this

https://en.wikipedia.org/wiki/Chateaubriand_steak and <http://gabrielesofgreenwich.com/>

and <http://www.lescalerestaurant.com/> and <https://www.blackstonessteakhouse.com/> do not serve it in Greenwich, Connecticut, but <http://www.bernssteakhouse.com/> in Tampa, Florida serves it <http://www.bernssteakhouse.com/Our-Steaks/> . I once ate there with my father and his third wife and my elder sister. CIO

06/10/17 Saturday 12:05 A.M. For the Fast Food Crowd, the www.wendys.com and the www.mcdonalds.com on West Putnam Avenue in Greenwich, Connecticut are opened until 1 A.M., and the McDonald's drive up window is opened until 2 A.M.. However, fast food is so expensive these days, I do not go there anymore. I used to love <http://www.arthurtreachersfranchising.com/> fish and chips. CIO

06/09/17 Friday 11:50 P.M. Well, it is suppose to get warmer pretty sooner, so possibly there will be more night owls at night in the hotter weather. In years past on a hot summer night when I was downtown, I felt like Boo Radley in the movie, " To Kill a Mocking Bird" or the Village Idiot. Since a lot of the prominent wealthy people in Greenwich, Connecticut are programmed on Wall Street, they do not know how to make small talk on lesser matters, but they can afford to live here for better or worse. CIO

06/09/17 Friday 11:35 P.M. I went downtown, and I sat out until 11 P.M. watching not too much going on. I used the bathroom at www.starbucks.com . They close at 11 P.M. on Fridays. I then returned home. Starbucks Mansions on Main Street on www.nantucket.net and <http://www.loc.gov/pictures/item/ma0413/> . CIO

06/09/17 Friday 10:05 P.M. I will now shower and clean up. I will then go downtown to Greenwich Avenue to watch Starbucks close. CIO

06/09/17 Friday 9:10 P.M. I washed the breakfast dishes. I made my bed. CIO

06/09/17 Friday 8:55 P.M. <https://www.gatesnotes.com/About-Bill-Gates/Testing-Mattresses-with-Warren-Buffett> CIO

06/09/17 Friday 8:00 P.M. I woke up, and I ate a 5.6 ounce Dannon Greek raspberry yogurt. I chatted with a relative at 9 A.M. and 4 P.M.. I finally woke up at 7:30 P.M.. I will eat breakfast of Kellogg cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

06/09/17 Friday 5:15 A.M. I ate a 10 ounce Banquet spaghetti and meatballs dinner with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. I will now shut down the primary work computer, and I will go to bed. CIO

06/09/17 Friday 3:45 A.M. I made my final of four payments on my six month www.geico.com automobile policy due on July 8, 2017 for the policy that runs until October 7, 2017. Paying bills ahead of time is like saving money. CIO

06/09/17 Friday 3:35 A.M. I put away the clean laundry. CIO

06/09/17 Friday 3:00 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

06/09/17 Friday 2:55 A.M. A long forgotten fact that even though railroads do not seem to be popular anymore www.bbh.com , when the government helped finance the railroads, they gave alternating 20 square mile parcels of land the whole length of the railroad to help finance the railroad building. Thus some railroads might have valuable real estate with valuable mineral rights. I checked my laundry. I have to make sure the sheets don't get balled up, so they dry properly. A neighbor was wandering around. CIO

06/09/17 Friday 2:40 A.M. Back in the summer of 1971, when I was a COBOL software programmer at Polaroid, one of my software coworkers was Bob Rosenberg. My father fired him for partying too much. When I went down to St. Thomas in the fall of 1972 to visit a Lake Forest College friend from Lake Forest who actually attended Beloit College whose grandfather used to own the Playboy Mansion on North State Street in Chicago, I met Bob Rosenberg at <http://www.ahriise.com/> where he had become their manager. It looked to be profitable with over half dozen cruise ships a day with passengers permitted to buy five bottles of duty free hooch. They even had a lot of interesting European shaped glass bottles for expensive liquors that were not allowed to be imported into the United States. I was told that George McGovern's campaign manager had sold expensive government land down there for a token to help finance the democrat party politics at the time. CIO

06/09/17 Friday 2:30 A.M. I bought https://flash.newegg.com/Product/9SIA8CG3X46545?icid=WP_20_06082017 for \$6.88 with free shipping. CIO

06/09/17 Friday 2:15 A.M. I started three loads on the dry cycles. I also washed my light weight white www.llbean.com barn jacket that I have recently been using for a smoking jacket outside, so it stank a bit inside. CIO

06/09/17 Friday 1:40 A.M. I put clean linens on the bed. I started two loads of wash, and I have 20 minutes to go on them. I threw out the garbage and the old periodical literature. I chatted with a neighbor. I watered the plants. The big washer machine is broken. The old elevator is fixed. CIO

06/09/17 Friday 12:40 A.M. <http://www.greenwichtime.com/business/article/Amazon-picks-Connecticut-site-for-255M-center-11206549.php> . CIO

06/09/17 Friday 12:40 A.M. http://local.aarp.org/greenwich-ct/summer-fun/?cmp=EMC-DSO-GOI-OTHR-LOCAL--MCTRL-060817-HEROBUTTON-2183470&ET_CID=2183470&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

https://www.nytimes.com/2017/06/07/science/human-fossils-morocco.html?emc=edit_th_20170608&nl=todaysheadlines&nlid=46729&r=0

<https://www.gcds.net/support-gcds/give-online> . CIO

06/09/17 Friday 12:10 A.M. On this past Monday morning June 5, 2017 at 3 A.M., when I drove myself to the <https://www.greenwichhospital.org/> Greenwich Hospital Emergency room for what I thought was severe constipation, I checked my car in at the valet parking. At the emergency room, they checked my vitals and put me on an IV drip. Over the next five hours, they did an X-Ray of my chest, a Cat Scan of my Chest where I had to drink dye and wait for an hour and half to do it, a ultra sound for gall stones, which I did not have, and they drew blood for a number of tests. They said I might have http://rmpancreatitis.com/10-signs-pancreatitis/?utm_source=Google&utm_medium=CPC&utm_campaign=Google%20-%20CPC%20-%2010%20Signs%20of%20Pancreatitis&gclid=CJC545Trq9QCFQZWDQodnEcDkg , since my pancreas enzyme levels were way off, but other medication or constipation could be causing it. They checked me in a private room of the third floor of the new Watson building at 9 A.M.. I called relatives to let them know I was in hospital. The whole time there, I was on IV drip which made have to go to the bathroom every one to two hours having to move the IV drip stand to go to the nearrry bathroom. They did not feed me the first day Monday, so they could diagnose me better. They whole time there, they checked my vitals regularly. I rested the whole day and and night. I met with the doctors again on Monday morning and evening and Tuesday morning and evening. One Tuesday, they put me on a liquid diet for breakfast and lunch which consisted of Farina, coffee, juice, milk shake, and at lunch soup instead of Farina. They gave me stool softener pills. They checked my blood sugar levels regularly since I am almost diabetic. My blood sugar levels would go way up from 106 to 240 after meals. On Tuesday and Wednesday morning, they also gave me a number of insulin shots, and anti clotting shots. I had a bloated stomach with a lot of pain. I had my first bowl movement on late Tuesday afternoon, since the previous Saturday evening. When the pain and gas had gone away on Tuesday evening, they gave me a regular dinner of pot roast, mashed potatoes, Brussels sprouts, milk, and coffee. I showered, and I cleaned up at 4 A.M. on Wednesday morning. I was told that I also have a 3 MM Kidney stone, so I had to filter my urine to see if I had passed it yet, which I am not doing now. I had a problem holding my bladder with IV drip making it to the nearby bathroom, so I started going in the sink next to bed, but my clothes and hospital gown were a bit damp with urine while there. For breakfast on Wednesday morning, I had scrambled eggs, a pancake with syrup, orange juice, and coffee with milk. I saw the doctor again on Wednesday morning, and they discharged me around 9 A.M.. The staff were all very professional and courteous. Since I rested most of the time while there, I did not watch much of the 75 channels of television. A hospital social worker visited me on Tuesday offering me home nursing care, which I did not think I needed and home house keeping which I might need. They put me back on the nicotine patches, so I am not smoking anymore. I picked my car up in the basement of the Watson pavilion in the lower level valet parking. CIO

06/08/17 Thursday 11:35 P.M. I went outside, and I chatted with a neighbor. I went inside, and I used the bathroom. I threw out the garbage. I went downtown to the www.chase.com bank at Deerfield Place. I then went by www.cvs.com, and I bought buy one get one 50% off of 8.32 ounce CVS Purelax powder for \$11.99 and \$5.99 for \$17.98 total. I then went further downtown, and I watched www.starbucks.com close. They have mostly finished paving the new front of the Senior and the Arts Center, and the front entrance is once again opened, but the new handicap access ramp on the south side of the building although mostly built is not yet opened. The front benches are also available to sit on for the hoards of people watchers in the daytime. I then went by the Stop and Shop. I bought a 40 ounce jar of Stop and Shop apple sauce for \$1.39, a 32 ounce Stop and Shop Greek vanilla yogurt for \$4.49, a five quart box of powered milk for \$7.39, a 16 ounce Farina Mills for \$3.49, a 20 ounce Quaker old fashioned grits for \$2.19, a 8 pack of Stop and Shop large eggs expire July 16, 2017 for \$1.19 for \$20.14 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$11 of self service V-Power premium gasoline for \$3.439 a gallon for 3.198 gallons at odometer reading of 115193 miles for 41.3 miles driven since Monday May 29, 2017 for 12.915 miles per gallon in local traffic. I then returned home, and I put away my purchases. CIO

06/08/17 Thursday 9:00 P.M. I will now go downtown for a few brief errands. CIO

06/08/17 Thursday 8:35 P.M. <http://www.foxnews.com/politics/2017/06/08/former-first-lady-barbara-bush-celebrates-92nd-birthday.html> . CIO

06/08/17 Thursday 8:05 P.M. I chatted with neighbors. I threw out the garbage. I sat outside briefly. I picked up the mail. I chatted with two relatives. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. CIO

06/08/17 Thursday 6:15 P.M. I rested after the last note. I had stomach pain after the last meal. However, through the night it cleared up. I chatted with a relative at 3 P.M.. I ate a 5.6 Dannon raspberry Greek yogurt. I had a major bowel movement, so possibly the yogurt cleared me out. I am also taking constipation pills. I woke up at 6 P.M., and I chatted with a relative. CIO

06/07/17 Wednesday 8:45 P.M. I rested a bit. I ate a 5.6 ounce Dannon raspberry Greek yogurt. CIO

06/07/17 Wednesday 7:30 P.M. I ate a 11.8 ounce Banquet Salisbury steak dinner with Smart Balance Spread on the vegetables and a 12 ounce glass of diet A&W root beer. CIO

06/07/17 Wednesday 7:00 P.M. <http://view.klm-mail.com/?qs=940ce3ab6691bd7e0172e2b9eaa539d0cf9e21247f3f9081be6394480ba1b482e7ab134aff5621c9f1e526f3c3f82205fc13bc9f09e4437bbc11144b45ded222f2ac991d38c44588>

CIO

06/07/17 Wednesday 6:35 P.M. I chatted with a relative at 3 P.M.. I chatted with a friend at 5 P.M.. I woke up at 6 P.M.. I went outside, and I picked up the mail. CIO

06/07/17 Wednesday 1:10 P.M. I went downtown to the Acme grocery store. I bought two four packs of 5.6 ounce Greek yogurt, one blueberry and one raspberry for \$7 both and .75 can return for \$6.25 total. While there, a motorcycle caught fire in the parking lot, and rider used the grocery store fire extinguisher to put it out. I then went by the www.chase.com bank at Deerfield Place. I then went by the Wells Fargo Bank at the Stop and Shop plaza, and I paid my rent to the Greenwich Housing Authority. I then by www.cvs.com on Greenwich Avenue, and I picked up the three prescriptions. I chatted with a relative while I sat in the small park across the street. I then went further downtown. They have mostly finished paving in front of the Senior and the Arts Center, but the front entrance is not opened yet. I used the bathroom at www.starbucks.com . I then returned home. I ate 8 ounces of macaroni salad with two baby Kosher dill pickles and a 12 ounce glass of diet Fresca along with vitamins and supplements. I will now rest some more. CIO

06/07/17 Wednesday 9:35 A.M. I have been at the <https://www.greenwichhospital.org/> since the last note as an emergency room in patient for two days. They cured me of the severe constipation, but I might have also had http://rmpancreatitis.com/10-signs-pancreatitis/?utm_source=Google&utm_medium=CPC&utm_campaign=Google%20-%20CPC%20-%2010%20Signs%20of%20Pancreatitis&gclid=CJC545Trq9QCFQZWDOodnEcDkg , and I also have to pass a 3 mm kidney stone. I am back home. CIO

06/05/17 Monday 3:00 A.M. I went outside again. I rested until 2:30 A.M.. I went outside again. I drank a 10 ounce glass of prune juice. I still have not had a bowel movement, and my stomach still aches. CIO

End of Scott's Notes week of 06/04/17

06/04/17 Sunday 9:55 P.M. I ate 8 ounces of macaroni salad and a 10 ounce of prune juice and vitamins and supplements. I will now send out my weekly notes. CIO

06/04/17 Sunday 9:00 P.M. I went out to www.cvs.com at 644 West Putnam Avenue. I bought three <http://www.cvs.com/shop/health-medicine/digestive-health/fiber-laxatives/fleet-enema-extra-prodid-317746?skuId=317746> for \$3.69 each for \$11.07 total. I then returned home. I sat out briefly. I then followed the instructions <https://www.google.com/#q=fleet+enema+how+to+use> to use one of them on myself. Not that much came out but the clear fluid, so maybe I am not constipated, but possibly I have a mild case of food poisoning. I chatted with a relative. CIO

06/04/17 Sunday 7:55 P.M. I drank 12 ounces of prune juice. CIO

06/04/17 Sunday 7:35 P.M. I went outside, and I chatted with neighbors. CIO

06/04/17 Sunday 6:45 P.M. I woke up at 9 A.M., and I had intense lower stomach cramps and pain like I might be constipated or have minor food poisoning. I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I went outside briefly. I went back to bed again. I chatted with a relative at 1 P.M., and I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I went outside briefly. I drank two tablespoons of extra virgin olive oil. I woke up at 5 P.M. with less pain. I drank two tablespoons of extra virgin olive oil. I chatted with a relative twice. The relative who is a nurse suggested coffee, prune juice, or Fleet enema. I drank a cup of coffee with Equal sweetener and milk. I went outside briefly. I drove over CVS on West Putnam Avenue, and I bought two 64 ounce CVS prune juice for \$5.99 each for \$11.98 total. I returned home, and I sat outside briefly. I drank 12 ounces of prune juice. I chatted with a relative. Hopefully the prune juice will clear my intestines which seemed to clogged. CIO

06/04/17 Sunday 1:35 A.M. I went outside again. I will now shut down the primary work computer, and I will go to bed. CIO

06/04/17 Sunday 1:20 A.M. I watched "The Day of the Siege". CIO

06/03/17 Saturday 10:35 P.M. My www.eversource.com electricity bill for May 2017 was \$130.05 for 666 kWh for 21.48 kWh per day for 31 days with an average temperature of 59.4 degrees Fahrenheit. For May 2016, it was \$226.11 for 1154 kWh for 38.47 kWh per day for 30 days with an average temperature of 62.9 degrees Fahrenheit. By putting my air conditioners in later, I save a bit of money. CIO

06/03/17 Saturday 10:05 P.M. I ate nine ounces of Perdue boneless breast of chicken short strips, a baked potato with microwave Brussels Sprouts with Smart Balance Spread and extra virgin olive oil on the vegetables and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

06/03/17 Saturday 9:20 P.M. I threw out the garbage. I went downtown, and I walked lower Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Tesla dealership. I stopped by the Apple store. I bought an Ace's High scratch card for a dollar at the Greenwich Cigar Store, and I lost. I chatted with a Starbucks regular for a long time outside. I then returned home, and I sat outside briefly. CIO

**06/03/17 Saturday 5:35 P.M. I chatted with a friend and a relative.
https://twitter.com/search?q=Spacex+successful+launch&ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Esearch . CIO**

06/03/17 Saturday 4:55 P.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside. I will then wash the breakfast dishes. I will make my bed. I will shower and clean up. I will then go downtown to Greenwich Avenue. CIO

06/03/17 Saturday 4:30 P.M. I went outside, and I chatted with neighbors. CIO

06/03/17 Saturday 3:25 P.M. I woke up and I drank a 12 ounce glass of 50% punch and 50% diet Fresca. I woke up again at 6 A.M., and I went outside, and I chatted with neighbors. I woke up again at 9 A.M., and I went outside and I chatted with neighbors. I chatted with a relative at 10 A.M.. I finally woke up at 2:30 P.M.. I went outside. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?tLabels=9400109699937627876824> on the order for <http://www.ebay.com/itm/Pure-Copper-Magnetic-Bracelet-Arthritis-Energy-MEN-WOMEN-WRISTBAND-NEW-/221982552096?hash=item33af30f020:g:EjsAAOSwsFpWS-rJ> for \$10.86 with free shipping arrived. I put it on my left wrist. I will go outside again. I will eat breakfast of Kellogg cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. CIO

06/02/17 Friday 11:00 P.M. I went outside again.

<http://news.valubit.com/sales-of-ultra-luxury-homes-in-greenwich-continue-to-plummet/>

<https://www.bloomberg.com/news/articles/2017-06-01/illinois-bonds-cut-to-one-step-above-junk-by-s-p-over-stalemate>

https://blogs.windows.com/windowsexperience/2017/05/11/build-2017-sparking-the-next-wave-of-creativity-with-the-windows-10-fall-creators-update/?OCID=WIP_r_ITPro4_Body_FallCreatorUpdate#YPTdDwOovV4FO5kT.97

I will now shut down the primary work computer, and I will go to bed. CIO

06/02/17 Friday 10:35 P.M. I ate half of the roast beef and ham sub sandwich with two slices of deli Swiss cheese on it and Hellmann's olive oil mayonnaise and horseradish and ground black pepper, and four ounces of macaroni salad and two ounces of Italian pasta salad and two Kosher baby dill pickles and a 12 ounce glass of diet A&W root beer. Back in the old days in Illinois, when my family would drive up to Holland, Michigan in the summer and when I went to www.lfc.edu, there were A&W root beer stands all over the state. My father Louis Dale Scott was particularly fond of pineapple milk shakes, so he might have had tropical experience. His boss in Pensacola, Florida at Chemstrand did have a 75 foot racing yacht that the once took me for a sail on. In the old days Chemstrand and Monsanto were profitable. The Chemstrand factory in Pensacola, Florida made nylon which back then were used a lot in automobile tires. The Chemstrand factory in Decatur, Alabama made Acrilan which was used in synthetic clothing and carpet. The carpet mills in Georgia would convert the Acrilan fiber into carpets. Also in the old days, before mechanized equipment, they had to use large men to lay the large heavy rolls of carpet particularly at trade shows. Also American Viscos owned half of Chemstrand. Alas my family left Chemstrand around 1968 for Polaroid. However, when Polaroid went down hill, my father found other work building other factories and refineries around the world,

so he managed to survive until his death in January 1989. None of the family members inherited anything from him or his parents, so I guess his jobs were not that prosperous as I once thought. He did once buy a new Jaguar automobile, but from what I could tell that was the extent of his lavish lifestyle. CIO

06/02/17 Friday 9:40 P.M. I chatted with a relative. I threw out the garbage. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I chatted with the Tesla dealership. I chatted with the Apple store. They still have not put on the new door handle on the new glass door. I sat out in front of the Belgium bakery. I was told by two smokers outside the Sundown Saloon that Larry Ellison or Oracle is trying to win the America's Cup sailboat race in Bermuda. I bought an Ace's High scratch card for a dollar at Zyn Stationary, and I lost. I used the bathroom at Starbucks. I chatted with a relative. I chatted with a local for a long period of time. I used the bathroom at Starbucks. I sat out in the park across the street from CVS. I toured CVS. I sat out at the top of Greenwich Avenue. I sat out down by Starbucks. They have poured the new concrete sidewalk and paved the driveway in front of the Senior and the Arts Center, but they still have it fenced off, since it is not finished yet. I returned home, and I sat out briefly. Miller Motor Cars was having a customer party tonight. CIO

06/02/17 Friday 5:05 P.M. I went outside again.

Back Country Pied A Terra up for auction tomorrow

<http://www.greenwichtime.com/realestate/article/Equestrian-estate-with-indoor-riding-range-to-be-11191228.php> . I will now wash the breakfast dishes. I will then make my bed. I will then shower and clean up. I will then go downtown to see the hoards of people dining out for dinner on Greenwich Avenue. Alas, since I am so fat, nobody feels like treating me to free dinner. I heard on Fox Business News today that Milton Freeman once wrote a book called, "There is no such thing as a free lunch." CIO

06/02/17 Friday 4:20 P.M. <http://www.greenwichtime.com/realestate/article/Equestrian-estate-with-indoor-riding-range-to-be-11191228.php>

http://wifewine.com/stunning-photos-from-pippa-middletons-wedding/?utm_source=outbrain&utm_campaign=57020&utm_term=Greenwich+Time+%28Hearst+Newspapers%29

06/02/17 Friday 4:20 P.M. I went outside twice again. It rain a bit about an hour ago. CIO

06/02/17 Friday 3:30 P.M. I woke up at 2 P.M.. I went outside, and I chatted with neighbors. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements.

C'est tres cher, n'est pas.

<http://www.greenwichtime.com/technology/businessinsider/article/This-Rolls-Royce-might-be-the-most-expensive-new-11182832.php> CIO

06/02/17 Friday 12:45 A.M. I went outside earlier, and night time security officer Deer was keeping an eye on me. I just went out again.

<https://www.digikey.com/en/maker/platforms/e/edison?WT.srch=1&gclid=CMDH3b-rntQCFZuIswodhdMI2g>

I will now shut down the primary work computer, and I will go to bed. CIO

06/02/17 Friday 12:25 A.M. http://volcano.si.edu/reports_weekly.cfm

http://www.zdnet.com/article/microsofts-is-making-the-mac-look-old-and-stale/?loc=newsletter_large_thumb_featured&ftag=TRE-03-10aaa6b&bhid=19320261445054572381627874410807

<http://view.klm-mail.com/?qs=2a1848cf308f8da1956bfab73b2e1f1b39b51bec08a36b96d77c328b3d21a5d888e802cfe838eeb1c8a86ee0cf2acb244a65123b2cf59a0e2aeba3a1d86b6ec23d8041085b74a383>

<https://gltrust.org/1565-2/> CIO

06/02/17 Friday 12:10 A.M. I ate half of the roast beef and ham sub sandwich with two slices of deli Swiss cheese on it and Hellmann's olive oil mayonnaise and horseradish and ground black pepper, and four ounces of macaroni and two ounces of Italian pasta salad and Kosher dill pickle slice and a 12 ounce glass of diet Fresca. CIO

06/01/17 Thursday 11:30 P.M. I went downtown to Greenwich Avenue. I sat out in the small park across from www.cvs.com . I picked up a prescription at CVS. I sat out in the small park across from CVS again. I went further downtown. I sat out for a while, and I chatted with a relative. I walker lower Greenwich Avenue. They are in the process of replacing the broken glass door at the www.apple.com store. I sat out in front of the Belgium bakery. I stopped by www.starbucks.com . I ran into a local coffee drinker. We sat out for a long while chatting until Starbucks closed. We then departed company. I then went by the Stop and Shop. I bought a roast beef sub for \$5.99 and two 16 ounce macaroni salad for \$2.50 each and .38 tax for \$11.37 total. I then returned home. I sat out briefly. Earlier this week, I noticed on a sign at Vineyard Vines, they are going to have the America's Cup 2017 in Bermuda <https://www.americascup.com/en/bermuda.html> . CIO

06/01/17 Thursday 7:50 P.M. I went outside again. I ate two White Castle cheeseburgers with a half of a 12 ounce glass of filtered water. I will now shower and clean up and go downtown to Green Witch Avenue to see the remains of the day. CIO

06/01/17 Thursday 7:10 P.M. https://en.wikipedia.org/wiki/Stephen_Greenleaf . CIO

06/01/17 Thursday 6:20 P.M. I rested until 5:30 P.M.. I went outside, and I threw away the two old florescent light bulbs. I chatted with neighbors. I will now wash the breakfast dishes, and I will make my bed. CIO

06/01/17 Thursday 4:40 P.M. I went outside, and I threw out the garbage. I picked up the mail. CIO

06/01/17 Thursday 4:00 P.M. I chatted with a relative. I went outside, and I chatted with neighbors. I put my Microsoft Sunset report in the mail room outgoing mail slot. I am listening to President Trump's speech www.wh.gov . CIO

06/01/17 Thursday 3:00 P.M. I chatted with a relative. I went outside, and I chatted with a neighbor. Local pizza joint that delivers <http://www.arcurispizza.com/> . CIO

06/01/17 Thursday 2:20 P.M. I woke up at ate some mixed nuts. I finally woke up at 1 P.M.. I went outside. I will eat breakfast of Kellogg cereal and milk, a toasted English muffin with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk and vitamins and supplements. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$195, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$79 for premium Cable TV. However that includes \$55 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I chatted with a relative. I printed out two copies of my Microsoft Sunset Income versus Spending report, and I have one copy with a forever stamp ready to mail to an interested relative. CIO

07/31/17 Monday 4:30 P.M. I went outside, and I chatted with neighbors a few times. I picked up the mail. I gave a neighbor a ride. I will now shower and clean up. I will then go downtown to Greenwich Avenue. CIO

07/31/17 Monday 3:00 P.M. I went outside, and I drank my coffee. I chatted with a new neighbor. I washed the breakfast dishes. I made my bed. I made up a fresh batch of punch. I will now go outside again, and I will throw out the garbage. CIO

I called up <http://www.ct.gov/dmv/cwp/view.asp?a=4078&q=477742> , and they told me with a Connecticut Verified Driver's License like I have, one still needs a U.S.A. passport to drive into Canada which is very expensive. I guess the Canadians with money will have to come down here to see me. CIO

07/31/17 Monday 1:05 P.M. I chatted with a relative at 9 A.M.. I woke up at noon. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

07/31/17 Monday 12:30 A.M. I went outside again. I drank a 12 ounce glass of 50% punch and 50% diet Canada Dry Ginger Ale. In the old days at the Greenwich Country Club, a 50% Welch's grape juice and 50% Canada Dry Ginger Ale was called a transfusion. I will now shut down the primary work computer, and I will go to bed. CIO

07/30/17 Sunday 11:55 P.M. I went outside, and I chatted with a neighbor. CIO

07/30/17 Sunday 10:55 P.M. I took the 28 ounce Signature self rising crust five cheese pizza, and I put it on baking tray, and I seasoned it with garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil. I am baking it on the center shelf of the Farberware convection oven at 400 degrees Fahrenheit for 20 minutes. I will eat it with a 12 ounce glass of diet Fresca. CIO

07/30/17 Sunday 10:25 P.M. I went downtown to Greenwich Avenue. I sat out in the small park across from www.cvs.com and I chatted with a local. I toured CVS. I then drove further downtown, and I sat out briefly. I used the bathroom at www.starbucks.com . I then went by the Acme grocery store. I bought an 8 ounce package of deli sliced Swiss cheese for \$2.49, four 5.6 ounce Dannon raspberry Greek yogurt for \$3.50, six 2 ounce Sandwich Brother Angus cheese burgers for \$4.99, and a 28 ounce Signature five cheese rising crust pizza for \$3.99 and .45 can return for \$14.52 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$11.03 of self service premium V-Power gasoline for \$3.439 a gallon for 3.208 gallons at odometer reading of 115453 miles for 37.4 miles driven since Sunday July 23, 2017 for 11.659 miles per gallon in local traffic. I then returned home. I sat outside for a while. I put away my groceries. CIO

07/30/17 Sunday 5:45 P.M. I used the auto light restorer kit to restore the passenger side headlight on my Volvo wagon. It is not totally clear, but it seems to be better. I was told last night by a local who can afford to visit Manhattan that the lower level of the Plaza Hotel has a Food Court with a whole lot of expensive deluxe foods, if one afford the POSH side of Manhattan. When I used Fred Meyers' apartment at 420 East 49th Street from October 1973 to February 1975, back in the old day of low income in Manhattan, there was a souvlaki stand for \$1.29 near Grace Church on University Place just north of 13th street. At the "Thieves Deli" at 51th Street and Second Avenue, they used to sell a Liverhurst sandwich for \$2. On East 86th Street at the "Old Dutch" deli they used to sell a roast beef sandwich for \$3. When I lived in Manhattan again from December 1980 to February 1982 on West 74th Street, Gristedes on West 72nd Street had a roast beef sandwich for about \$4. CIO

End of Scott's Notes week of 07/30/17

07/30/17 Sunday 4:35 P.M. <https://www.hoopladigital.com/>

I will now send out my weekly notes. I will then go outside briefly. I will then shower and clean up. I will then go downtown to Greenwich Avenue. CIO

07/30/17 Sunday 4:15 P.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. CIO

07/30/17 Sunday 2:40 P.M. Before going to bed, I ate a 5.6 ounce Dannon raspberry Greek yogurt. I woke up, and I ate a Sandwich Brothers Angus cheese burger with a glass of cold filtered water. I finally woke up at 2 P.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

07/30/17 Sunday 3:40 A.M. I went downtown. I walked lower Greenwich Avenue. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I toured the www.apple.com store. I chatted with a friend. I chatted with two different locals until about 3 A.M.. I bought one of the locals a \$3 cup of coffee at www.starbucks.com . I gave one of the locals a ride back to near where they live. I then drove down by the waterfront on Steamboat Road. I then returned home. I sat outside briefly. I will now shut down the primary work computer, and I will go to bed. It is a bit cold out, and I am a bit cold. CIO

07/29/17 Saturday 5:50 P.M. I ate two Sandwich Brothers Angus Cheeseburgers with five ounces of Southern Cole slaw and a 12 ounce glass of diet Fresca. I chatted with two relatives. I will now go downtown to Greenwich Avenue. CIO

07/29/17 Saturday 5:00 P.M. I simplified the primary work computer setup. I removed the two UPS power supplies. I also removed the four control panels. I also removed the K-World TV monitor setup. I removed all of the extra cables. I just have one APC control panel with the two switched power strips connected to it to control my devices. The left power strips controls the primary computer device. The first switch on the right power strip controls the Netgear Switch for the primary work computer. I went outside a couple of times. I will now throw out the control panels and the Tripp Lite UPS power supplies. CIO

07/29/17 Saturday 2:20 P.M. I went outside, and I chatted with neighbors. I picked up the mail. CIO

07/29/17 Saturday 12:20 P.M. I drank my coffee outside with neighbors. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. CIO

07/29/17 Saturday 11:05 A.M. I woke up at 10 A.M., and I leant a neighbor a pack of cigar cigarettes. I went outside, and I chatted with a neighbor. I will eat breakfast of oatmeal with honey and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will now go outside again. CIO

07/28/17 Friday 8:35 P.M. We had a cooking smoke fire alarm in the building. The fire department arrived and reset the alarm. I chatted with a relative and a friend. I received email from the Greenwich Housing Authority and my Town of Greenwich Social Worker. They want me dismantle my primary work computer setup and reassemble it, so it looks like it just came out of the box. They also want me to get rid of the control panels, so I guess I will have to control the devices with switched power strips. I will now shut down the primary work computer, and I will go to bed. A lot of people have commented me on losing weight. Still at 230 pounds, I need to lose at least another 30 pounds and get down below 200 pounds. When I first came off www.nantucket.net in December 1983, I weighed 155 pounds. The doctors put me on medication, and I went up to 205 pounds. However, when I went to France for the Winter Olympics in February 1992, I only weighed about 170 pounds. However, back then I was still drinking wine and alcohol, which I quit shortly there after, when I started working full time with home computers. I bought my first personal computer and Apple II E in August 1989 for \$100 at a tag sale on Round Hill Road from somebody from J.P. Morgan from Belgium. Thus I have come a long way in personal home computers. Bon Soir. CIO

07/28/17 Friday 6:45 P.M. I went outside, and I chatted with neighbors. I chatted with a relative. I ate 12 ounces of Marie Callender chicken Alfredo with grated parmesan and Romano cheese and five ounce of Southern Cole Slaw and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

07/28/17 Friday 6:05 P.M. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. I returned the three bottles of 81 mg. Bayer aspirin for \$31.67 cash

refund. I picked up a prescription. I went to my 1:30 P.M. appointment, but it was cancelled. I then went downtown. I walked the entire length of Greenwich Avenue starting with upper Greenwich Avenue first. I sat out at various locations. I stopped by www.cvs.com again, and I bought two 14 ounce boxes of Kashi cereal for \$7 total. I used the bathroom at CVS. I was told by the workman at the old Healthfood Store on upper Greenwich Avenue, it is going to be a "Skinny Pizza". On lower Greenwich Avenue, I chatted with a family visiting from England. I also chatted with a visitor from New Canaan. I toured the www.apple.com store. I chatted with the www.tesla.com showroom. I sat out for a while chatting with a www.starbucks.com regular. We then departed company, and I used the bathroom at Starbucks. I then went by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I won another free scratch card that I lost on. I then sat out for a while longer. I then returned home, and I sat out for a while. I picked up the mail. I chatted with a relative. CIO

07/28/17 Friday 11:30 A.M. I drank my coffee outside. I chatted with a relative. I washed the breakfast dishes. I made my bed. I will now shower and clean up and go downtown. I have a 1:30 P.M. appointment. I will first go outside again. A touch of class
<https://www.autocar.co.uk/car-news/new-rolls-royce-phantom-8> . CIO

07/28/17 Friday 10:05 A.M. I chatted with a relative. CIO

07/28/17 Friday 9:55 A.M. I woke up at ate 3 ounces of Cheez-its. I finally woke up at 9 A.M.. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

07/27/17 Thursday 6:35 P.M. I went outside, and I chatted with neighbors. I chatted with a relative. I will now shut down the primary work computer. I will then go outside again. I will then go to bed. Bon Soir. CIO

07/27/17 Thursday 5:00 P.M. I went outside again. I am cooking a 24 ounce Marie Callender chicken Alfredo bake dinner which I will eat half of with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. I found out today that it is against the Town of Greenwich zoning to sell vehicles on Greenwich Avenue, thus with the Tesla dealership it is just for display purposes, they do not actually sell them. Thus I guess they can not put a Harley Davidson motorcycle shop in the deserted Ralph Lauren store, unless it was just for display purposes. Also the <http://www.dourogroupp.com/> is expanding their restaurant from across the street from Meli Meli, and they are taking over the Morello restaurant building with the Moorish ceiling on the second floor across the street from the Bank of America building. I recommended to them that they should put in an elevator to the second floor. CIO

07/27/17 Thursday 4:10 P.M. I went outside. I picked up the mail. The order with tracking of
<https://tools.usps.com/go/TrackConfirmAction?tRef=fullpage&tLc=3&text28777=&tLabel>

s=9405511699000947275625%2C%2C on the order for two
[http://www.floridatobaccoshop.com/Stampede-Filtered-Cigars-Mild-BUNDLE-3 p 5904.html](http://www.floridatobaccoshop.com/Stampede-Filtered-Cigars-Mild-BUNDLE-3_p_5904.html) for \$28.99 each for three cartons and \$11.99 shipping for \$69.97 total arrived. The order with tracking of
<https://tools.usps.com/go/TrackConfirmAction?tRef=fullpage&tLc=4&text28777=&tLabelS=%2CTrackingnumber%2C9400110200793460619242%2C> on the order for in red
<http://www.ebay.com/itm/Slim-Smart-Magnetic-Leather-Guard-Case-Cover-Kindle-Paperwhite-2nd-Generation-/112220589705> for \$6.99 with free shipping arrived. CIO

07/27/17 Thursday 3:20 P.M. I went outside again, and I chatted with a neighbor. Poor Bill <http://www.greenwichtime.com/business/article/Bezos-surpasses-Gates-as-world-s-richest-ahead-of-11485802.php> .

<https://www.gatesnotes.com/Development/Bread-Lab> CIO

07/27/17 Thursday 2:30 P.M. I threw out the garbage. I went by the www.chase.com bank at Deerfield Place. I then went downtown to Greenwich Avenue. I chatted with a www.starbucks.com regular. They are repaving Havemayer Place and Bruce Place by the Greenwich Police Station. I walked the entire length of Greenwich Avenue. I chatted with a store employee at the www.apple.com store. Since Tim Cook is from Alabama, he could put one of the new Apple factories in Decatur, Alabama or that area which has the cheapest electricity in the Country because of the Tennessee Valley Authority hydroelectric dams. I used the bathroom at CVS. I bought buy one get one free of Nature's Bounty 2000 mg. garlic pills for \$11.99 both. I chatted with the sales clerk at the new men's boutique at upper Greenwich Avenue on the west side of the street. They sell Nantucket baseballs hat there for \$20 along with other custom clothing. I chatted with a relative. After my walk I sat out for a while. I then stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$2 for a dollar profit. I then sat out at the bench on Fawcett Place trying to figure out what the Greenwich Financial Center does. I think Deutsche Bank might be there, but I did not check it out. I then returned home, and I chatted with neighbors outside. CIO

07/27/17 Thursday 8:05 A.M. http://volcano.si.edu/reports_weekly.cfm

<https://www.tuck.com/acupuncture-and-sleep/>

I will now go outside. I will then shower and clean up. I will then go downtown to Greenwich Avenue. CIO

07/27/17 Thursday 7:45 A.M. I went outside, and I chatted with neighbors. I chatted with a friend. CIO

07/27/17 Thursday 7:05 A.M. I went outside, and I drank my coffee with neighbors. I washed the breakfast dishes, and I made my bed. When I worked at <http://languedocbistro.com/> out in www.nantucket.net until December 1983, the head waitress looked like Princess Di, and the seven waiters were from the Stowe Ski patrol. I

used to call them snow white and the seven dwarfs. The last three dishwashers I worked with were Billy, Nicky, and Phillip. They were about 18 years old and went to Milton Academy. Thus they would be about 52 years old today. CIO

07/27/17 Thursday 5:25 A.M. I woke up at 4:45 A.M.. I went outside. I will eat breakfast of oatmeal with honey and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will now go outside again. CIO

07/26/17 Wednesday 4:20 P.M. I went outside, and I chatted with a neighbor. I picked up the mail. I will now shut down the primary work computer. I will eat a 5.6 ounce Dannon raspberry Greek yogurt. I will then go to bed for the night. CIO

07/26/17 Wednesday 4:00 P.M. I went downtown. I sat out at the park across the street from www.cvs.com . I chatted with a relative. I then went further downtown. I walked lower Greenwich Avenue. I chatted with the www.apple.com store. I ran into another regular walker. We sat out in front of the Belgium bakery chatting. We then went by www.starbucks.com . We then sat out for a while at the center of town chatting. We then departed company. I used the bathroom at the Senior and the Arts Center. I chatted with two people photographing the old Ralph Lauren store. They were considering it for a Harley Davidson motorcycle showroom. I do not know if they were pulling my leg or not. I then returned home, and I chatted with neighbors. CIO

07/26/17 Wednesday 11:55 A.M. I ate two Sandwich Brothers Angus Cheeseburgers with five ounces of Southern Cole slaw and a 12 ounce glass of diet Fresca. I will now go outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue for the millionth time. CIO

07/26/17 Wednesday 11:40 A.M. Life is a Beach
<http://www.kennebunkportbeachwebcam.com/> . CIO

07/26/17 Wednesday 11:35 A.M. I cleaned my bathroom sink, toilet, and shower and tub area. I cleaned the entire kitchen. I vacuumed the entire apartment. I went outside a few times. CIO

07/26/17 Wednesday 7:45 A.M. I chatted with a relative. CIO

07/26/17 Wednesday 7:25 A.M. I washed the breakfast dishes. I made my bed. I will now go outside again. CIO

07/26/17 Wednesday 7:00 A.M. I went outside, and I drank my coffee. I chatted with neighbors. CIO

07/26/17 Wednesday 4:45 A.M. I woke up at 4 A.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch

and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

07/25/17 Tuesday 4:00 P.M. I went outside again. I picked up the mail. I will now shut down the primary work computer. I will eat a bowl of apple sauce. I will then go to bed for the night. CIO

07/25/17 Tuesday 3:40 P.M. I went downtown to www.cvs.com on Greenwich Avenue, and I picked up prescription. I then went further downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with a www.starbucks.com regular for a long time. I used the bathroom at Starbucks, and I chatted with another regular. I chatted with a relative. I stopped by CVS again, and I bought two 7 ounce Cheez-its for \$4. After I finished my walk, I sat out for a while. I then went by the Acme grocery store. I bought a 44 ounce Southern Cole Slaw for \$6.99 and a six pack of Sandwich Brothers angus cheeseburgers for \$4.99 for \$11.98 total. I then returned home. I sat outside for a while. I ate two Sandwich Brothers Angus Cheeseburgers with three ounces of potato salad and five ounces of Southern Cole slaw and a 12 ounce glass of diet Fresca. I went out to my 1 P.M. appointment. I then went by CVS again. I then sat out for a while down by the Senior and the Arts Center. I then toured the Greenwich Hospital Thrift Shop. I then returned home, and I chatted with neighbors. CIO

07/25/17 Tuesday 7:15 A.M. I will now go outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue. CIO

07/25/17 Tuesday 7:05 A.M. I went outside, and I chatted with neighbors. I chatted with a friend. CIO

07/25/17 Tuesday 5:40 A.M.

https://en.wikipedia.org/wiki/List_of_people_from_Greenwich,_Connecticut . CIO

07/25/17 Tuesday 4:05 A.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. CIO

07/25/17 Tuesday 3:15 A.M. I woke up at midnight, and I went outside, and I picked up the mail. I went back to bed until 2:45 A.M.. I went outside. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I now weigh 230.8 pounds. CIO

07/24/17 Monday 11:05 A.M. I read chapter 5 of "The Secrets of the FBI". I went outside. I watched series 4 episode of "Reign". I will now go outside again. CIO

07/24/17 Monday 9:35 A.M. I chatted with a relative. CIO

07/24/17 Monday 9:10 A.M. I went outside again. I made my bed. I ate two Sandwich Brothers Angus Cheeseburgers with four ounces of potato salad and four ounces of Southern Cole slaw and a 12 ounce glass of diet Fresca. I chatted with a relative. I will now go outside again. CIO

07/24/17 Monday 8:20 A.M. I woke up at 8 A.M.. I went outside, and I chatted with a neighbor. CIO

07/24/17 Monday 4:50 A.M. I read chapter 3 and 4 of "The Secret History of the FBI". I went outside briefly. Since it raining out, I will not go downtown for a walk. I will now rest a bit. CIO

07/24/17 Monday 3:25 A.M. I went outside again. I put away the clean laundry. I will now go outside again. CIO

07/24/17 Monday 2:50 A.M. I went outside again. I went through <http://scott-mike.com/bf.htm> .

<https://twitter.com/realdonaldtrump> CIO

07/24/17 Monday 2:10 A.M. I have 50 minutes to go on two dry cycles. CIO

07/24/17 Monday 1:45 A.M. I washed the breakfast dishes. I put clean linens on my bed. I showered, and I cleaned up. I started two loads of wash, and I have 10 minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

07/23/17 Sunday 11:40 P.M. I went back to bed until 11:15 P.M.. I went outside again. I will eat breakfast of Kashi cereal and milk, a toasted English bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

07/23/17 Sunday 9:00 P.M. I woke up, and I ate a Sandwich Brothers angus cheeseburger. I finally woke up at 8:30 P.M.. I went outside. I will go outside again. CIO

End of Scott's Notes week of 07/23/17

07/23/17 Sunday 10:05 A.M. I went outside, and I chatted with neighbors. I will now send out my weekly notes. I will then shut down the primary work computer. I will eat a bowl of apple sauce. I will then go outside. I will then go to bed. CIO

07/23/17 Sunday 10:05 A.M. I went downtown, and I walked the entire length of Greenwich Avenue which is pretty much like playing a few holes of golf. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$4 for \$3

profit. I chatted for a long time with a www.starbucks.com regular. After a while, we also went back by Zyn Stationary again. I stopped by www.cvs.com , and I bought a 4 ounce bag of cranberry orange almond crunch for \$2.49. After my walk, I chatted with a relative. I then used the bathroom at Starbucks seeing all of my deja vue friends. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$6.03 of self service V-Power premium gasoline for \$3.439 a gallon for 1.752 gallons at odometer reading of 115416 miles for 25.2 miles driven since Saturday July 15, 2017 for 14.384 miles per gallon in local traffic. I then returned home. I sat outside for a while. CIO

07/23/17 Sunday 5:30 A.M. I went outside again. I ate two Sandwich Brothers Angus Cheeseburgers with four ounces of potato salad and four ounces of Southern Cole slaw and a 12 ounce glass of diet Fresca. I will now go downtown to Greenwich Avenue for my regular walk. CIO

07/23/17 Sunday 5:00 A.M. <http://www.greenwichtime.com/news/world/article/Princes-William-Harry-remember-their-final-call-11308231.php#photo-13289215>

When I built the garage apartment at 21 Circle Drive out in Plandome Manor, Long Island from April 1982 to February 1983, it was in Mr. Grumman's neighborhood <http://www.northropgrumman.com/> . At the time, Grumman was building New York City buses <http://www.curbsideclassic.com/bus-stop-classic/bus-stop-classic-grumman-870flexible-metro-ive-been-framed/> . I went outside again. CIO

07/23/17 Sunday 4:15 A.M.
<https://blogs.msdn.microsoft.com/mssmallbiz/2017/07/11/largest-free-microsoft-ebook-giveaway-im-giving-away-millions-of-free-microsoft-ebooks-again-including-windows-10-office-365-office-2016-power-bi-azure-windows-8-1-office-2013-sharepo/?u1=145.4.2iCW.1DzbOp.RscLq.a.AW.3>

I went through <http://scott-mike.com/bf.htm> . CIO

07/23/17 Sunday 3:30 A.M. I finished chapter 1 and 2 of https://www.amazon.com/Bureau-Secret-History-FBI-ebook/dp/B018QKJOSW/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1500794769&sr=1-1&keywords=The+Bureau%2C+The+Secret+History+of+the+FBI . I went outside briefly. I will now go outside again. CIO

07/23/17 Sunday 2:10 A.M. I went outside. It has quit raining for now. I will now read some from the Kindle Paper White. CIO

07/23/17 Sunday 1:25 A.M. <http://doonesbury.washingtonpost.com/strip> . CIO

07/23/17 Sunday 1:20 A.M. I went outside in the rain. I will now shower and clean up. CIO

07/23/17 Sunday 12:55 A.M. I went back to bed until 12:30 A.M.. I went outside briefly. I will now wash my breakfast dishes, and I will make my bed. CIO

07/22/17 Saturday 11:20 P.M. I went outside, and I drank my coffee, and I chatted with neighbors. CIO

07/22/17 Saturday 10:10 P.M. I woke up at 9:30 P.M.. I went outside, and I chatted with a neighbor. I picked up the mail. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will first go outside again. CIO

07/22/17 Saturday 9:35 A.M. I went outside, and I chatted with a neighbor. I chatted with a relative. I ate a 5.6 ounce Dannon Lite blueberry Greek yogurt. I will now shut down the primary work computer, and I will go outside briefly. I will then go to bed. CIO

07/22/17 Saturday 9:00 A.M. I went downtown. I walked the entire length of Greenwich Avenue. I sat out at various places. I chatted with a friend. I stopped by www.cvs.com , and I used the bathroom. I bought buy one get one 50% off 30 ounce Suave conditioner for \$3.29, \$1.64, and \$3.29 and .52 tax for \$8.74 total. I then bought a 6 ounce Glade tropical breeze refill for \$5 less \$4 off bonus bucks from the previous purchase and .06 tax for \$1.06 total. I then finished my walk. I sat out for a while longer. I then went by the Acme grocery store, and I bought a four pack of 5.6 ounce Dannon Lite Greek raspberry yogurt for \$4.49 and .70 can return for \$3.79 total. I then returned home, and I sat outside for a while chatting with neighbors. I then put away my purchases. CIO

07/22/17 Saturday 5:20 A.M. I ate a 16 ounce Marie Callender fried chicken dinner with Smart Balance Spread on the vegetables and five ounces of southern cole slaw and a 12 ounce glass of diet Fresca. I will now go downtown to Greenwich Avenue for a walk. CIO

07/22/17 Saturday 4:50 A.M. From <https://greenwich.overdrive.com/collection/27714?format=ebook-kindle&sortBy=mostpopular-site> , I checked out "The History of the FBI". I read it for a while on my Kindle Paper White. I went outside briefly. CIO

07/22/17 Saturday 3:05 A.M. I watched series 4 episode 2 and 3 of "Reign". I went outside twice.

http://volcano.si.edu/reports_weekly.cfm

https://www.nytimes.com/2017/07/20/business/elon-musk-hyperloop.html?emc=edit_th_20170721&nl=todaysheadlines&nliid=46729 CIO

07/22/17 Saturday 12:40 A.M. <http://www.bbc.com/news/uk-40684062> . I will now go outside again. CIO

07/22/17 Saturday 12:30 A.M. I went outside, and I chatted with a neighbor. There also used to be a 24 hour diner in White Plains, New York next to the bowling alley. CIO

07/21/17 Friday 11:45 P.M. I will now shower and clean up. The <http://glorydaysdiner.com/> is opened until 3 A.M. this morning. It is not like the old days, when they were opened 24 hours, and after the bars closed in New York State at 4 A.M., one could stop by there for an early morning breakfast. There used to be a 24 hour dinner in Tarrytown, New York by I-287 near the Tappan Zee Bridge. I think there are 24 hours restaurants at the I-95 rest areas in Darien, Connecticut. CIO

07/21/17 Friday 11:15 P.M. I drank my coffee outside, and I chatted with neighbors. A grey and white tabby cat walked by the building. I have seen it before. I will now wash the breakfast dishes, and I will make my bed. I guess the New Amsterdam Night Watch and the Scottish Black Watch is in full force at night.

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?tRef=fullpage&tLc=3&text28777=&tLabel=s=9405511699000947275625%2C%2C> on the order for two

http://www.floridatobaccoshop.com/Stampede-Filtered-Cigars-Mild-BUNDLE-3_p_5904.html for \$28.99 each for three cartons and \$11.99 shipping for \$69.97 total.

CIO

07/21/17 Friday 10:05 P.M. I chatted with a relative at 3 P.M.. I woke up at 9:30 P.M.. I went outside. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

07/21/17 Friday 8:45 A.M. I went downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. After my walk, I sat out some more, and I chatted with a friend. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I said "Hello" to a Starbucks regular. I then went by the Acme grocery store. I bought a 44 ounce container of Southern Cole Slaw for \$6.99. I then returned home. I sat outside briefly. I ate four ounces of potato salad and four ounces of cole slaw with two baby Kosher dill pickles and a 12 ounce glass of diet Fresca. I went outside again. I will now shut down the primary work computer. I will go outside briefly. I will then go to bed. CIO

07/21/17 Friday 4:45 A.M. I went outside for a while. I will now downtown to Greenwich Avenue. CIO

07/21/17 Friday 3:40 A.M. I fiddled with some of my Cablevision coaxial cables, so the kitchen television is clearer. I went outside to moon watch. I am just about to eat a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of diet Fresca. CIO

07/21/17 Friday 2:10 A.M. I ordered two http://www.floridatobaccoshop.com/Stampede-Filtered-Cigars-Mild-BUNDLE-3_p_5904.html for \$28.99 each for three cartons and \$11.99 shipping for \$69.97 total. CIO

07/21/17 Friday 1:15 A.M. I watched series 4 episode 1 of "Reign". I will now go outside again. CIO

07/21/17 Friday 12:20 A.M. I was sitting on the bench at the north end of the building, and I saw a big healthy looking red fox run off into the woods at the east end of the building. I have been told there is a red fox that lives at Christ Church in Greenwich. The airport tracking web site <http://www.passur.com/> no longer works for tracking airport traffic at nearby Westchester County airport. CIO

07/20/17 Thursday 11:10 P.M. I will go outside again. I am seeing a continual stream of jet traffic. Maybe there is something happening in nearby White Plains, New York. Maybe everyone is taking Fridays off. After I go outside, I will shower and clean up. I probably will not go downtown, since I do not feel like playing Boo Radley tonight. CIO

07/20/17 Thursday 10:30 P.M. I will now wash the breakfast dishes. I will then make my bed. Maybe I should sell my old Pan Am flight bag <https://www.ebay.com/sch/i.html?from=R40&trksid=p2380057.m570.l1311.R1.TR3.TRC0.A0.H0.XPan+Am+flight+.TRS0&nkw=pan+am+flight+bag&sacat=0>. Although Pan Am first started flying from Key West to Havana many years ago, and I used to know a few Pan Am people, they all seemed to have forgotten about me. I probably have made over a hundred flights in my life, but I have not flown in over nine years. I guess besides the cost of airfare, one also might need money when one gets to where ever one is headed. They used to do Magical Mystery Tours out to Nantucket in the old days. When I was younger, I used to hang out at the bar Preston's next to the airport in Nantucket. Of course down in Key West where Pan Am first started flying there were a lot of places to hang out. Pan Am used to throw a New Years Eve party in Key West, and then they would take off all over the world. When I flew through Hartsdale airport in Atlanta a number of years ago, there were a lot of airlines that nobody ever heard of. When I flew S.A.S. to Oslo, Norway in February 1983, at JFK airport there was a big 747 Evergreen Airlines jet that used to be a cover for the www.cia.gov. Alas, I never get to go anywhere. CIO

07/20/17 Thursday 9:20 P.M. I chatted with two relatives. I went outside twice, and I chatted with neighbors. There is a lot of jet traffic coming into our local jet port. CIO

07/20/17 Thursday 8:25 P.M. I woke up at 7:30 P.M.. I went outside, and I chatted with a neighbor. I picked up the mail. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will first go outside again. CIO

07/20/17 Thursday 3:05 A.M. I went outside again. I will now shut down the primary work computer. I will eat a bowl of apple sauce. I will then go to bed. CIO

07/20/17 Thursday 2:40 A.M. I opened up the Kindle Paper White, and I set it up. It seems to work just fine. CIO

07/20/17 Thursday 1:30 A.M. I will now go outside again. I will keep an eye out for aliens from the Rings of Saturn. CIO

07/20/17 Thursday 1:00 A.M. I ate a 13 ounce Marie Callender chicken Alfredo dinner with grated parmesan and Romano cheese and five ounces of potato salad and a 12 ounce glass of diet Fresca. I will now throw out the garbage and sit outside a while. CIO

07/20/17 Thursday 12:15 A.M. I went downtown. I chatted with two relatives and a friend. I walked the entire length of Greenwich Avenue. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I toured the Apple store to cool off. I used the bathroom at Starbucks, and I chatted with a Starbucks regular. I toured CVS. I bought a 24 caplet Non-Drowsy Multi-Symptom Cold Relief Acetaminophen for \$1.94. I said hello to a regular walker. After my walk, I sat out for a while. I went by the Acme grocery store at closing, and I bought a 59 ounce Tree Ripe orange juice for \$2.49 and buy one get one free of Thomas' regular six packs of bagels for \$4.69 for \$7.18 total. I then returned home, and I sat outside for two hours until midnight chatting with neighbors. CIO

07/19/17 Wednesday 5:30 P.M. My social worker came by a little after 4 P.M.. She inspected my apartment. She is still worried about the computer cables. She is going to have the Fire Marshall inspect me again to see what he says. She said it would be helpful to have him on my side before next Section 8 inspection. I went outside, and I chatted with neighbors. I will now go downtown and waste time on Greenwich Avenue. CIO

07/19/17 Wednesday 4:05 P.M. <http://www.bbc.com/news/uk-40640634> CIO

07/19/17 Wednesday 3:45 P.M. I sat outside for a while. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?tLabels=9361289688090233110975> on the order for \$39.99 https://computers.woot.com/offers/kindle-paperwhite-3gwi-fi-6-e-reader-10?gclid=EAIaIQobChMI2-Xp9Z6S1QIVSCOBCh2JNg3IEAQYBSABEgJ0sPD_BwE and \$5 shipping and \$2.86 tax for \$47.85 total arrived. I will now go back outside again. CIO

07/19/17 Wednesday 3:00 P.M. I went outside, and I drank my coffee, and I chatted with neighbors. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

07/19/17 Wednesday 1:35 P.M. I woke up at 1 P.M.. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and grape preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

07/19/17 Wednesday 5:10 A.M. I will now go to bed. I will get up at noon to be ready for my Town of Greenwich Social Worker visit at 4 P.M. this afternoon. I guess all of my recent walking has started to wear me out again. Not to mention the cigar cigarettes are not helping matters, but it does reduce stress around here. CIO

!!!!!! 07/19/17 Wednesday 4:55 A.M. I went outside again. When I was just outside, I had a severe pain in my left leg and left groin area which made it difficult to walk for a while, but it went away. I hope it is not anything serious. I ate a 13.1 ounce Boston Market chicken parmesan dinner with grated parmesan and Romano cheese and five ounces of potato salad with a 12 ounce glass of diet Fresca. I will now go outside again to keep a watch on the building. CIO

07/19/17 Wednesday 4:05 A.M. I went outside, and I chatted with a neighbor. CIO

07/19/17 Wednesday 2:40 A.M. I went outside again.

https://www.nasa.gov/mission_pages/NPP/news/earth-at-night.html

I went through <http://scott-mike.com/bf.htm> .

<http://view.klm-mail.com/?qs=cf8ba83ae7ce02d1a0a7f1541327c9765d9a3369793a4227a0586c2cb92a068d35c2b040320ac87e21b3cc12b2ae22fccc83e9c639187784cc7fb3dc455f4bf481380cc0be8eae76>

https://www.nytimes.com/video/us/100000005221320/russian-compounds-putin-sanctions.html?emc=edit_th_20170718&nl=todaysheadlines&nid=46729

CIO

07/19/17 Wednesday 1:30 A.M. Old Photos

https://www.facebook.com/mikelouisscott009/photos_all?lst=100000683542450%3A100000683542450%3A1500441634 CIO

!!!!!! 07/19/17 Wednesday 1:00 A.M. <http://www.foxnews.com/tech/2017/07/17/alien-ships-near-saturn-ex-nasa-scientist-claims-their-existence.html> CIO

07/19/17 Wednesday 12:40 A.M. I went outside, and I chatted with a neighbor.

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?tRef=fullpage&tLc=4&text28777=&tLabelS=%2CTrackingnumber%2C9400110200793460619242%2C> on the order for in red <http://www.ebay.com/itm/Slim-Smart-Magnetic-Leather-Guard-Case-Cover-Kindle-Paperwhite-2nd-Generation-/112220589705> for \$6.99 with free shipping.

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?tLabels=9361289688090233110975> on the order for \$39.99 <https://computers.woot.com/offers/kindle-paperwhite-3gwi-fi-6-e-reader->

10?gclid=EAIaIQobChMI2-Xp9Z6S1QIVSCOBCh2JNg3IEAQYBSABEgJ0sPD_BwE and \$5 shipping and \$2.86 tax for \$47.85 total.

CIO

07/18/17 Tuesday 11:55 P.M. <http://www.cnn.com/2017/07/18/politics/uss-gerald-ford-commissioning-sneak-peek/index.html> CIO

07/18/17 Tuesday 11:45 P.M. Until 1 A.M. in Greenwich, Connecticut and 3 A.M. on weekends <http://glorydaysdiner.com/> . CIO

07/18/17 Tuesday 11:35 P.M. This place used to be opened 24 hours, and it was good for breakfast after the bars closed at 4 A.M. in Manhattan <http://nymag.com/listings/restaurant/brasserie/> . It was in the lower level of the Seagrams Building on Park Avenue. However, there are not more \$3 Eggs Florentine breakfasts. CIO

07/18/17 Tuesday 10:05 P.M. I went outside a couple of times, and I chatted with neighbors.

07/18/17 Tuesday 10:05 P.M. When one is like me and sleeps all day and is awake all night, I came up with a new name for it called "Howard Hughes Syndrome". The last time I was in Vero Beach, Florida about 10 years ago, I chatted with someone that looked like Howard Hughes when an antique air show was going on in the area. He told me he had owned property in Vero Beach since World War II. Back in my younger days, when I was on a night schedule, I could drive into Manhattan from Byram at 11 P.M. in about 25 minutes, and I would try to network with some of the night owls and visitors in the local watering holes, and I would come out before rush hour at 4 A.M.. However, I do not want to jeopardize my car at my senior age of 67. Because of security one can not wander around the local airport at the wee hours of the morning. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. CIO

07/18/17 Tuesday 8:45 P.M. I woke up at 8 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and grape preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. My social worker is going to check out my apartment tomorrow at 4 P.M.. CIO

07/18/17 Tuesday 5:35 A.M. <http://www.telegraph.co.uk/men/the-filter/donald-trumps-four-hours-night-extreme-sleeping-habits-leaders/> . I will now go to bed.

http://www.theosborn.org/gallery/virtual-tour/?utm_source=CBX&utm_medium=display&utm_campaign=ROS&utm_term=IL&utm_content=TOUR CIO

07/18/17 Tuesday 5:05 A.M. I went outside again. I ate a 13 ounce Boston Market turkey medallions dinner with Smart Balance spread on the vegetables and five ounces of potato egg salad and three slices of deli sliced Swiss cheese and six slices of deli sliced ham and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

07/18/17 Tuesday 4:15 A.M. I went outside again. I ordered in red <http://www.ebay.com/itm/Slim-Smart-Magnetic-Leather-Guard-Case-Cover-Kindle-Paperwhite-2nd-Generation-/112220589705> for \$6.99 with free shipping. CIO

07/18/17 Tuesday 3:25 A.M. I ordered for \$39.99 https://computers.woot.com/offers/kindle-paperwhite-3gwi-fi-6-e-reader-10?gclid=EAiaIQobChMI2-Xp9Z6S1QIVSCOBCh2JNg3IEAQYBSABEgJ0sPD_BwE and \$5 shipping and \$2.86 tax for \$47.85 total. CIO

07/18/17 Tuesday 2:35 A.M. https://computers.woot.com/offers/kindle-paperwhite-wi-fi-6-e-reader-1?utm_source=Rakuten_NKa3hZyYoHA&utm_medium=affiliate_1&utm_campaign=Rakuten_496597dealnews&siteID=NKa3hZyYoHA-.sAL_6nDwZ9YGp_A9uaiug

I went through <http://scott-mike.com/bf.htm> . I will now outside again. The wildest animals I have seen around this building at night over my 28.5 years here is about six years ago, I saw a Texas Red Wolf or Carolina Red Wolf and about five years ago, I saw a baby black Puma. CIO

07/18/17 Tuesday 2:00 A.M. I will now go back outside and bay at the moon. CIO

07/18/17 Tuesday 1:45 A.M. I went outside, and I chatted with a neighbor. CIO

07/18/17 Tuesday 12:10 A.M. I went outside again, and I chatted with neighbors. I will now shower and clean up. I will probably not go downtown this morning, since at this hour they do not need Starbucks Security of whatever it they think that I do when I lingering downtown. CIO

07/17/17 Monday 11:15 P.M. I went outside again, and I chatted with neighbors. CIO

07/17/17 Monday 10:40 P.M. I drank my coffee outside. I chatted with neighbors. I washed the breakfast dishes. I made my bed. This past morning when I was walking, I noticed at the office building across the street on the north side of the Greenwich Train station where the hedge fund is, that they get 10 copies of the Financial Times from London <https://www.ft.com/> . Another neighbor that used to live on Steamboat Road moved to Belle Haven, and he always read the Financial Times and <http://www.barrons.com/> , so he might have made money. <http://www.portlobster.com/> and <https://www.capeporpoiselobster.com/> CIO

07/17/17 Monday 8:20 P.M. I chatted with a relative at 3 P.M.. I woke up at 7:30 P.M.. I went outside, and I picked up the mail. I chatted with two relatives. I will eat breakfast of

oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and grape preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will first go outside again. CIO

07/17/17 Monday 9:10 A.M. I went outside again, and I chatted with neighbors. I will now shut down the primary work computer, and I will eat a bowl of apple sauce. I will then go to bed. Bon Soir.

<http://www.greenwichtime.com/business/article/Could-the-future-of-Greenwich-Avenue-be-more-mom-11289515.php> . CIO

07/17/17 Monday 8:50 A.M. I went downtown to Greenwich Avenue. I walked lower Greenwich Avenue and the train station area. At Carriage House Motors, they have a vintage Mercedes 190 SL and a vintage Mercedes 300 SLR and a vintage Mustang convertible. I walked up Arch Street for a change. The old Outdoor Traders building is still for sale. I ran into a Starbucks regular, and we sat outside chatting until 6:30 A.M.. I then went to the Greenwich Hospital Laboratory to have some lab work done. I then went back downtown. I walked upper Greenwich Avenue, and I sat out at various locations. I stopped by www.cvs.com , and I bought two 18 ounce Smuckers strawberry preserves for \$5 both and a 14 ounce box of Kashi cereal for \$2.99 for \$7.99 total. I then bought for 50% off a Fast Brite headlight restorer kit for \$4.99 and .32 tax for \$5.31 total. I then finished my walk, and I sat out downtown for a while. At 8 A.M., when I was returning home, it just started to get busy with the early morning rush. I sat outside, and I chatted with neighbors. CIO

07/17/17 Monday 4:25 A.M. I will now go downtown for an early morning walk. CIO

07/17/17 Monday 3:45 A.M. I ate a 18 ounce Stouffer's meat and tomato lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

07/17/17 Monday 3:00 A.M. <https://www.britannica.com/topic/The-Catcher-in-the-Rye> I will now go outside again. CIO

07/17/17 Monday 2:15 A.M. I put away the clean laundry. I will now go outside again. CIO

07/17/17 Monday 1:40 A.M. I went outside, and I chatted with neighbors. CIO

07/17/17 Monday 12:55 A.M. I have 55 minutes to go on two dry cycles. I will now go outside again. CIO

07/17/17 Monday 12:45 A.M. I showered, and I cleaned up. I started two loads of wash, and I have five minutes to go on the wash cycles. I threw out the garbage and the old periodical literature. I watered the plants. CIO

07/16/17 Sunday 11:30 P.M. I went back to bed until 10:30 P.M.. I went outside, and I chatted with neighbors. I put clean linens on my bed. I will now go outside again. CIO

07/16/17 Sunday 9:20 P.M. I went outside, and I drank my coffee, and I chatted with neighbors. I will now wash the breakfast dishes. CIO

07/16/17 Sunday 8:05 P.M. I went back to bed until 7:45 P.M.. I chatted with a friend. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and grape preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

07/16/17 Sunday 5:35 P.M. I chatted with a relative at 1:30 P.M.. I woke up at 5 P.M.. I went outside. CIO

End of Scott's Notes week of 07/16/17

07/16/17 Sunday 4:00 A.M. I will now send out my weekly notes. I will then shut down the primary work computer. I will then go outside. I will then eat a bowl of apple sauce. I will then go to bed. CIO

07/16/17 Sunday 3:05 A.M. <https://www.royal.uk/>

<http://www.bbc.com/news/av/world-us-canada-40575049/ancient-underwater-forest-found-in-us>

<http://www.bbc.com/news/av/technology-40598462/smart-vending-machine-could-sell-alcohol-and-ammunition>

<http://www.bbc.com/news/av/technology-40496863/lab-grown-meat-the-future-of-food>

<http://www.bbc.com/news/av/technology-40447883/the-house-being-built-by-robots-and-3d-printers>

<http://www.foxnews.com/auto/2017/07/14/john-lennon-s-original-rolls-royce-hitting-london-in-honor-sgt-peppers-anniversary.html>

I will now go outside again. CIO

07/16/17 Sunday 2:50 A.M. I went through <http://scott-mike.com/bf.htm> . The Italian dress shop just north of CVS on Greenwich Avenue run by the German man is called "Courage". He looks a bit like me, but he is taller. Thus I might have a German look, since I am half Dutch American. Alas none of the local Dutch pay any attention to me. My friends who were related to the Kaiser's New York City consulate from before World War

I sold their house at 21 Circle Drive in Plandome Manor, Long Island, New York for 1.5 million dollars and moved to Summit, New Jersey where Charles Lindbergh and Arthur Watson were from. I guess they did not appreciate the ambience of their vintage Long Island community with one of the oldest Getty gasoline stations in the country. CIO

07/16/17 Sunday 2:25 A.M.

<https://www.newegg.com/Product/Product.aspx?Item=N82E16896971015> I will now go outside again. CIO

07/16/17 Sunday 2:05 A.M. <https://www.britannica.com/biography/Rembrandt-van-Rijn> CIO

07/16/17 Sunday 1:50 A.M. I went outside again. CIO

07/16/17 Sunday 1:25 A.M. I went outside for a while. I am just about to eat a 14 ounce Marie Callender herbal chicken dinner with Smart Balance spread on the vegetables and four ounces of potato salad and a 12 ounce glass of diet Fresca. CIO

07/16/17 Sunday 12:55 A.M. I took my Apple Iphone 3 GS out of storage, and I put it on the oak dining table charging. I do not have its H2O wireless renewed, since I hardly ever use it, but its wireless will work. I move my eye glasses and sun glasses from the oak dining table to rear top of the white bookcase at the kitchen entrance. CIO

07/16/17 Sunday 12:20 A.M. I can not afford this http://www.ebay.com/itm/Apple-iPhone-5S-16GB-32GB-64GB-Factory-Unlocked-GSM-4G-LTE-iOS-Smartphone-/122377838179?var=&hash=item1c7e499e63:m:mo7GHcHv_DCNvKt8PeBj2lg . CIO

07/15/17 Saturday 11:15 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. I chatted with a relative. I walked the entire length of Greenwich Avenue. I sat out at various locations. I used the bathroom at www.starbucks.com . I said "Hello" to a local walker. I toured www.cvs.com . For 75% off, I bought a 3 ounce Cough DM for \$2.69 total. After I finished my walk, I sat out observing the very slow traffic at Starbucks. It was a pretty quiet evening, but there were quite a lot of people dining on lower Greenwich Avenue, which is something I can not afford. After my stroll, I went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$8.88 of self service premium V-Power gasoline for \$3.439 a gallon for 2.538 gallons at odometer reading of 115391 miles for 34.8 miles driven since Saturday July 8, 2017 for 13.712 miles per gallon in local traffic. There still looks to be about 25 vacant stores fronts on Greenwich Avenue and just west of Greenwich Avenue on West Putnam Avenue. I guess www.amazon.com is hurting main street in America. Remember last summer when all of the young people were playing PokeEMon. I heard a few young people ordering rides from www.uber.com , so I guess that is how they get around. CIO

07/15/17 Saturday 6:25 P.M. I went outside, and I drank my coffee. I chatted with neighbors. One has to face the reality in Fairfield County, we are only the second wealthiest county in the United States after Nassau County out on Long Island which has

the Gold Coast Old Guard. However, of 50% of the people in Fairfield County are from the Midwest, so we have a bit of influence elsewhere in the country. I chatted with a relative. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I will then go downtown to Green Witch Avenue to see the remains of the day. Being on a low income budget, I feel more comfortable when all of the stores are closed, and it is just me and the kids and a few diners. CIO

07/15/17 Saturday 4:45 P.M. I woke up at 3 A.M.. I went outside briefly. I ate a bowl of apple sauce and a 12 ounce glass of 50% punch and 50% diet Fresca. I finally woke up at 4 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I will first go outside again. CIO

07/14/17 Friday 10:35 P.M. http://volcano.si.edu/reports_weekly.cfm

I will now shut down the primary work computer. I will go outside. I will then go to bed. CIO

07/14/17 Friday 10:20 P.M. I went outside, and I chatted with a neighbor. CIO

07/14/17 Friday 9:15 P.M. I took a 31.5 ounce Dijourno Supreme Self Rising pizza, and I opened it up, and I removed the card board bottom, and I put it on a wire baking rack. I seasoned it with garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese, and extra virgin olive oil. I baked it on the wire oven rack in medium position in the Farberware Convection oven at preheated 400 degrees Fahrenheit for 20 minutes. I ate it all with a 12 ounce glass of diet Canada Dry Ginger Ale. CIO

07/14/17 Friday 8:10 P.M. I went downtown to the very busy Greenwich Avenue. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various location. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I toured the EuroChasse store with all of the Austrian Lowden jackets and other nice items. They also have Swiss Army watches there for \$190 which is more than the \$40 I paid there for my smaller Swiss Army watch there over 20 years ago. I also once bought a \$400 green wax jacket there for \$75 that I outgrew which was like the wax jacket that Queen Elizabeth II wears for horse back riding. When I out grew it I gave it to a thinner friend that also keeps horses. I toured the www.apple.com store, and I chatted about the terrors of tech. I toured the Restoration Hardware furniture store which is quite nice, and I told them their back gate was opened the other night. I was told that Louis Vitton from France is taking over the deserted Ralph Lauren store. They need to replace the dead box wood on the north side of the entrance. I chatted with the Brooks Brothers sale person, and they have polo shirts there for \$30. I used the bathroom at www.cvs.com . I told them Prime Minister Trudeau is in Providence, Rhode Island today. I chatted with the owner of the Italian women's store just north of CVS, and he is German and looks a bit like me but taller. He has two small Yorkies. I chatted a bit about my

German connections. I chatted with a French person from the hair salon on the top of Greenwich Avenue on the east side. He looked a bit like a childhood friend. I chatted with the AT&T store people with 30% off items. I toured the Izod store that is up to 50% off. I chatted with a Shreve Krup and Lowe employee and a Saks Fifth Avenue employee. I chatted with a Made Well person, and I told them I had seen a thin young gall wearing tight fitting white denim jeans with holes in the knees which might be a new fashion trend. I chatted with the leather store across from Hermes. They have very posh expensive leather items. I sat out for a while. I then walked down to Zyn Stationary, and I bought a \$2,000 for life scratch card for a dollar, and I lost. I told one of the sales associate just north of them about white jeans with holes. I then sat out for a while downtown. I then went to the Acme grocery store. Their frozen fish and beef steaks are buy one get one free. I bought a 42 ounce potato salad for \$6.99, a Dijourno Supreme pizza for \$5, a Sandwich Brothers Angus burgers for \$4.99, and organic bananas for .69 a pound for \$1.52 for \$18.50 total. I chatted with a few of the employees about the food business. I then returned home. I sat outside for a while. I picked up the mail. I chatted with a relative. I sat outside for a while. I will now go outside again. CIO

07/14/17 Friday 1:10 P.M. I went outside, and I chatted with neighbors. I will now go downtown to the Greenwich Sidewalk sales to see if their are any cheap bargains left on the Rodeo Drive East. CIO

07/14/17 Friday 12:35 P.M. https://www.classicdriver.com/en/cars/mercedes-benz/adenauer-1951-1962?make=189&model=2977&search_type=advanced&page=1

<http://www.rmsothebys.com/lf13/london/lots/1954-mercedes-benz-300-adenauer-cabriolet/1062410>

<https://suchen.mobile.de/auto/mercedes-benz-adenauer.html>

<https://www.schmitt.com/inventory/1960-mercedes-benz-300d-adenauer/>

https://www.ebay.com/sch/300-Series/6330/i.html?from=R40&_nkw=Adenauer+Mercedes&vxp=mtr . CIO

07/14/17 Friday 11:40 A.M. I used to know how to cook <http://scott-mike.com/recipe.htm> . CIO

07/14/17 Friday 11:35 A.M. I went outside again. It says here <https://twitter.com/realdonaldtrump> has 33.8 million followers. CIO

07/14/17 Friday 11:15 A.M. I chatted with a relative and a friend. I went outside again. A long time ago, this <http://scott-mike.com/stuff2.htm> used to be my most popular web page. Another former President also has a twitter feed <https://twitter.com/thebushcenter?lang=en> . Of course https://en.wikipedia.org/wiki/Winfield_Scott once ran for President and started the Whig party. I will now make my bed. I will then shower and clean up. CIO

07/14/17 Friday 10:00 A.M. I went outside again. I washed the breakfast dishes. CIO

07/14/17 Friday 8:25 A.M. I woke up at 8 A.M.. I went outside, and I chatted with a neighbor. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

07/13/17 Thursday 9:20 P.M. I will now shut down the primary work computer. I will go outside again. I will then go to bed. CIO

07/13/17 Thursday 9:10 P.M. I chatted with a friend. I went outside again. CIO

07/13/17 Thursday 8:10 P.M. I ate a 14 ounce Boston Market Salisbury steak dinner with macaroni and cheese and gravy and 5 ounces of potato salad three slices of deli sliced ham and three slices of deli sliced Swiss cheese and a 12 ounce glass of diet Canada Dry Ginger Ale. I will now go outside again. CIO

07/13/17 Thursday 7:40 P.M. I went outside several times. I chatted with a relative and a friend. I chatted with the building social worker for a long time explaining my situation. I chatted with a relative. CIO

07/13/17 Thursday 2:50 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

07/13/17 Thursday 2:15 P.M. I turned in my paper work for the Connecticut Renter's Rebate. I went outside a couple of times. CIO

07/13/17 Thursday 12:30 P.M. I went back to bed until noon. I went outside, and I chatted with neighbors. I will now wash the breakfast dishes and I will make my bed. I will then shower and clean up. I have to turn in my paper work for the Renters Rebate in the Community Room starting at 1 P.M. to 3 P.M.. CIO

07/13/17 Thursday 6:10 A.M. I woke up at 5 A.M.. I went outside, and I chatted with a neighbor. I then drove the neighbor over to the Shell Station at West Putnam Avenue. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I will first go outside again. CIO

07/12/17 Wednesday 7:45 P.M. I chatted with a relative.

<http://www.unige.ch/sciences/terre/mineral/CERG/>

I will now shut down the primary work computer, and I will go to bed. It seems to be raining out. CIO

07/12/17 Wednesday 6:55 P.M. I ate a 13.1 ounce Boston Market chicken parmesan with 5 ounces of potato salad and a 12 ounce glass of diet Canada Dry Ginger Ale. I will now go outside again. CIO

07/12/17 Wednesday 6:15 P.M. I chatted with a relative. I went outside, and I chatted with a neighbor. I put together the information for my Connecticut Renters Rebate. We submit tomorrow in the Community Room between 1 P.M. and 3 P.M.. I will now go outside again. CIO

07/12/17 Wednesday 5:20 P.M. I went to my 12:45 P.M. appointment. Afterwards, I went to www.cvs.com on Greenwich Avenue. I used the bathroom there. I bought two 20 ounce Welch's Concorde grape jelly for \$5. I returned the Omron Tracking device for \$11.95 cash refund. I then went further downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I bought a blue Djeep butane lighter for \$2.65. I toured the www.apple.com store. I used the bathroom at the Senior and the Arts Center. I stopped by CVS again, and I bought a 64 Ocean Spray cranraspberry juice for \$3 and a 64 Ocean Spray crangrape juice for \$3 for \$6 total. After I finished my walk I sat out for a while. I then returned home, and I chatted with neighbors outside. I picked up the mail. CIO

07/12/17 Wednesday 11:40 A.M. I will now head out early to my 12:45 P.M. appointment. CIO

07/12/17 Wednesday 11:05 A.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I will now go outside again. I will then shower and clean up. CIO

07/12/17 Wednesday 9:45 A.M. I woke up at 9 A.M.. I went outside, and I chatted with a neighbor. I threw out my sweater drying rack that was hanging on the bathroom door. I made my bed. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

07/12/17 Wednesday 3:45 A.M. <http://view.klm-mail.com/?qs=53116320f6341dc296195ded911b8a70869e4af46adc7551be4d24b446573b54f7eec2f36c62c57f41bfefe3b5e348d3acfd2c97dccf109e1589a33faed7e0b062fa00c1ce0dcd15>

<https://serendipitysocial.com/greenwich-wine-food/>

<https://www.britannica.com/topic/To-Kill-a-Mockingbird?source=ONTHISDAY>

I will now go outside again. I will then go to bed. I have to be up at 9 A.M. to get ready for my 12:45 P.M. appointment. CIO

07/12/17 Wednesday 3:05 A.M. I took half of the roast beef sub, and on both sides I put Hellmann's mayonnaise, horse radish, ground black pepper and a slice of deli Swiss cheese and two slices of deli sliced ham on eat side, and I ate it with five ounces of potato salad and a baby Kosher dill pickle and a 12 ounce glass of diet Fresca. I will now back outside. CIO

07/12/17 Wednesday 1:55 A.M. I went outside twice, and I chatted with a neighbor. I finished removing all of the extra old cables from behind the oak dining table and underneath the stereo entertainment center, so it is a lot neater. I will now go outside again and throw out some garbage. CIO

07/11/17 Tuesday 9:50 P.M. I went outside a couple of times, and I chatted with neighbors. I have a 12:45 P.M. appointment tomorrow. I will now get to work on detangling my cables. CIO

07/11/17 Tuesday 7:55 P.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. I will now go outside again, and I will throw out the garbage. I will then shower and clean up. CIO

07/11/17 Tuesday 6:30 P.M. I ate a bowl of apple sauce before going to bed. I woke up, and I ate a 5.6 ounce cup of Dannon blueberry Greek yogurt. I chatted with a relative at noon. I finally woke up at 5:45 P.M.. I went outside. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. After breakfast I will make up a fresh batch of punch. CIO

07/11/17 Tuesday 5:05 A.M. My grandmother Scott's maiden name was Gard
<http://www.foxnews.com/world/2017/07/10/charlie-gard-uk-judge-gives-parents-two-days-to-prove-son-should-be-kept-alive.html>

07/11/17 Tuesday 4:35 A.M. I went outside briefly. I will now shut down the primary work computer, and I will go to bed, after I go outside briefly. CIO

07/11/17 Tuesday 4:20 A.M. <http://www.ivm-fund.org/>

<https://www.reaganfoundation.org/>

<https://fordlibrarymuseum.gov/>

<https://geraldrfordfoundation.org/>

<https://www.britannica.com/biography/John-Calvin>

There was just big clap of Thunder and Lightning. It seems to be raining heavily outside. This time of year, there is always a family or two camping out at "Captain's Island" out on

Long Island Sound. They line up at the Greenwich Town Hall on New Years Day or the day after to get the best summer dates. CIO

07/11/17 Tuesday 4:00 A.M. "If it is Tuesday, It is Belgium", a great old movie about traveling around Europe in the summer on a bus tour. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. Meli Meli <http://www.melimelogreenwich.com/> is advertising a \$100 dinner at I think at 353 Greenwich Avenue. The Swedish Lexington shop has closed, so I guess the Swedes went back to Sweden. They were always fun to see for a dash of flash around town. I was told last night that at the East End restaurant on lower Greenwich Avenue on the east side, a Vodka and Tonic costs \$12, but they might want a tip. However, Norwegians do not tip. And great news at 151 Greenwich Avenue across from St. Mary's, there is a one bedroom apartment for rent for \$1,750 a month. However, parking around Greenwich Avenue can sort of be a trial. Some of the side streets allow 24 parking though, but I am not sure where. The gate at the Restoration Hardware Store was left opened, so I closed it as best as I good. I sat out for a while after my walk. I then returned home, and I sat out for a while. CIO

07/11/17 Tuesday 1:30 A.M. I took half of the roast beef sub, and on both sides I put Hellmann's mayonnaise, horse radish, ground black pepper and a slice of deli Swiss cheese, and I ate it with five ounces of potato salad and a baby Kosher dill pickle and a 12 ounce glass of diet Canada Dry Ginger Ale. If any Canadians need help, they still have the Emergency telephone to Canada for help at 1-613-996-8885. I will now go downtown for an early morning walk on Green Witch Avenue. CIO

07/11/17 Tuesday 12:30 A.M. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. I bought buy one get one 50% off of Bayer 81 mg. 300 count aspirin for \$15.79 and \$7.89 and a 120 count bottle for \$7.99 less a \$5 off CVS coupon for \$26.67 total. I then bought buy one get one 50% off of CVS 120 Count Spectravite for \$9.99 and \$4.99 less an \$8 off Bonus Bucks coupon from the previous purchase for \$6.98 total. I then chatted with a local electrician. I then sat outside in the little park across the street until it started to rain. I then went back inside, and I chatted with a local politician. I bought for 75% off a Omron Alvita Wireless Activity Tracker for \$11.24 and .71 tax for \$11.95 total. It works with a Google App and a Apple app. I then sat outside some more. I then drove downtown further, and I sat out a while longer. I then went to the Stop and Shop on West Putnam Avenue. I was told that they will close on July 13, 2017 for six weeks for remodeling. I bought a 16 ounce potato salad for \$3.69, two 14 ounce Boston Market meals for \$2.50 each, a five quart box of Stop and Shop powdered milk for \$7.39, a 46 ounce Motts natural apple sauce for \$3.29, two 24 ounce Heinz dill pickles for \$2 each, and a roast beef sub for \$5.99 for \$29.36 total. There is a Stop and Shop in the Glenville section of Greenwich which is not too far away, but I am not sure of their hours. I then returned home, and I chatted with a neighbor. I put away my purchases. CIO

07/10/17 Monday 8:45 P.M. I chatted with a relative. I will now go downtown to Greenwich Avenue. CIO

07/10/17 Monday 8:10 P.M. I went outside, and I chatted with a neighbor. In the dead tree on the east side of the parking lot, there is a great big 20 inch brown and white hawk looking for dinner. Watch out rabbits! I will now shower and clean up. CIO

07/10/17 Monday 7:30 P.M. I drank my coffee outside. I threw out four large book shelves. I also sorted out the TV cables in the left living room bookcase, and I put them in a white plastic bag on the right side of the bedroom desk. I put a few other computer items in the white plastic bag underneath the living room desk. I also threw out some unneeded items. I washed the breakfast dishes. I made my bed. I will now go outside. CIO

07/10/17 Monday 4:50 P.M. <http://www.greenwichtime.com/business/article/Big-sales-crowds-expected-for-Greenwich-Avenue-11272962.php> . CIO

07/10/17 Monday 4:45 P.M. I woke up at 4 A.M., and I went outside twice. I also ate a 5.6 ounce Dannon blueberry Greek yogurt, 8 ounces of dried pineapple chunks, and three slices of deli sliced ham and three slices of deli sliced Swiss cheese. I went back to bed at 5 A.M.. I woke up at 3:45 P.M.. I went outside. I picked up the mail. The order with tracking of <https://www.ups-mi.net/packageID/PackageID.aspx?PID=92748901146325543403092461> for <http://www.pipingrock.com/coq10/absorbable-coq10-200-mg-912> for \$25.49 and \$1.95 shipping for \$27.44 total arrived. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I will first go outside again. I got a notice in the mail that the Stop and Shop on West Putnam Avenue is closing July 13, 2017 for remodeling. I guess I will have to go to the Acme grocery store across the street. CIO

07/10/17 Monday 2:15 A.M. I ate four slices of deli sliced ham and four slices of deli sliced Swiss cheese and a bowl of apple sauce and a glass of cold filtered water. I will now shut down the primary work computer. I will go outside again. I will then go to bed. CIO

07/10/17 Monday 1:40 A.M. I went outside again. I went through my email. I went outside again. It says here <https://www.cga.ct.gov/2006/rpt/2006-R-0339.htm> that Connecticut Medicaid will pay for Glucose Testing Supplies. I will now go outside again. CIO

07/10/17 Monday 1:00 A.M. I went outside, and I chatted with neighbors. I then sorted out the items underneath the living room desk. I threw out a whole cart full of computer power cables, LAN cables, USB cables and other unneeded items. I saved enough for my current need. Now underneath the living room desk is not as crowded. I went outside, and I chatted with a neighbor. I then gave the neighbor a ride to the Shell Station on West Putnam Avenue. I then went downtown to www.cvs.com on Greenwich Avenue. I bought two 14 ounce boxes of Kashi original cereal for \$3.50 each for \$7 total. I then went further downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. It was extremely slow out. I guess everyone is away. I then walked lower Greenwich

Avenue and the train station area again. After sitting out a while. I drove down by the waterfront on Steamboat Road. The pier is still closed for repairs, so all of the local wharf rats are unemployed. I then went by www.mcdonalds.com on West Putnam Avenue. I bought an extra large French fries for \$3.07 and two McDoubles for \$3.19 for \$6.26 total. I have not eaten at McDonalds in over two years. They are bit expensive now. In the old days at www.lfc.edu in Lake Forest, Illinois, it was 15 cents for a cheeseburger, 15 cents for a French Fries, and 10 cents for a www.coke.com . Of course back then gasoline was only about 29 cents a gallon, so it was cheaper to drive to McDonalds. McDonalds on West Putnam Avenue is opened until 1 A.M.. I then returned home. I sat outside for a while. CIO

07/09/17 Sunday 5:55 P.M. I went outside, and I drank my coffee. We have a woodpecker in the woods. Woodpeckers are very popular with Germans. Down south, when I lived in Decatur, Alabama until I moved here in June 1962, we had a lot of Red Wing Black Birds. I used to love bird watching, but with all of the pollution in the New York City area, there are not that many birds except sea gulls and crows. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. I chatted with a relative. I will now go outside again. CIO

07/09/17 Sunday 4:30 P.M. I woke up at 3:45 P.M.. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

End of Scott's Notes week of 07/09/17

07/09/17 Sunday 3:00 A.M. I will now send out my weekly notes. I will then shut down the primary work computer. I will then go outside. I will eat a bowl of apple sauce. I will then go to bed. CIO

07/09/17 Sunday 2:45 A.M. I went through <http://scott-mike.com/bf.htm> . I went outside, and I chatted with neighbors. CIO

07/09/17 Sunday 12:30 A.M. I went outside, and I threw out the garbage. I chatted with neighbors. CIO

07/08/17 Saturday 11:55 P.M. I took half of the roast beef sub, and on both sides I put Hellmann's mayonnaise, horse radish, ground black pepper and a slice of deli Swiss cheese, and I ate it with five ounces of potato salad and a baby Kosher dill pickle and a 12 ounce glass of diet Fresca. I will will go outside again. CIO

07/08/17 Saturday 11:05 P.M. I removed a lot of old cables from the primary work computer area, and I straightened it up a bit. I went out a couple of time. I have to empty the items in the dumpster that I have in my folding cart. CIO

07/08/17 Saturday 8:05 P.M. I went through my paper work at the left side of the primary work computer. I made up a list of medical appointments for the next two months. CIO

07/08/17 Saturday 7:00 P.M. I went outside, and I chatted with neighbors. Sitting outside in the sun at the new picnic tables on the east side of the building chatting with other neighbors that still smoke is sort of like group therapy for free. Still I need to quit smoking again some time in the near future. CIO

07/08/17 Saturday 5:30 P.M. I went outside, and I drank my coffee. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. If one spends too much time at the beach in Kennebunkport, Nantucket or Florida, one gets a lot of sand and salt mixed up with the wax in one's inner ear, so it can effect one's hearing. Back in spring of 1977, when I was hanging out at www.harvard.edu after the Boston Science Fair, I went to the Emergency Room of Boston Eye and Ear Hospital. They had a big machine there the size of a hot water tank that vacuumed out all of the wax build up in my inner ears. It took out a massive amount of inner wax build up. It was like I had been deaf before it was removed. I have never seen the same machine in any of the New York area hospitals, but when I visited Innsbruck, Austria around the winter of 1987, they had the same machine in the new Innsbruck Hospital. CIO

07/08/17 Saturday 3:50 P.M. Before going to bed this morning, I moved the oval Aubisson carpet from underneath the Ethan Allen recliner to the closet side of the oak dining table. I chatted with a relative at 10 A.M.. I woke up at 3 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I will first go outside again. CIO

07/08/17 Saturday 3:25 A.M. I went through <http://scott-mike.com/bf.htm> . I will now shut down the primary work computer. I will go outside briefly. I will eat a bowl of apple sauce. I will go to bed. CIO

07/08/17 Saturday 2:35 A.M. https://www.change.org/p/stop-all-aboard-florida-from-using-the-fec-train-tracks-they-should-build-new-tracks-or-use-existing-rail-tracks-west-of-our-towns?utm_content=petition&utm_medium=email&utm_source=98966&utm_campaign=campaigns_digest&sfmc_tk=qFN2q9JFfLfixYo8EMqMiFqjMqZqFN%2fR7lRe03YJWVNe siQxPpvm5%2brGLQtACONY&j=98966&sfmc_sub=166942417&l=32_HTML&u=19938932&mid=7259882&jb=731

<http://www.mdpi.com/journal/geosciences>

<http://www.iavcei-ccvg.org/workshops/>

http://www.zdnet.com/article/microsoft-to-lay-off-up-to-3000-employees/?loc=newsletter_featured_related_listing&ftag=TRE-03-10aaa6b&bhid=19320261445054572381627874410807

<https://geraldrfordfoundation.org/>

<https://geraldrfordfoundation.org/uss-gerald-r-ford-cvn-78/>

https://www.nytimes.com/2017/07/06/nyregion/cost-of-hudson-tunnel-project.html?emc=edit_th_20170707&nl=todaysheadlines&nid=46729

I will now go outside again. CIO

07/08/17 Saturday 2:10 A.M. The first time I went to www.nantucket.net in 1968, I recall staying in a small one bedroom apartment with about 50 young people from Greenwich, Connecticut. In my later years in 1978 and 1983, I had my own small bunk room which offered more privacy, but I was working 12 hours a day six days a week getting off at 4 A.M., so I did not have time to enjoy the local summer watering holes. On my day off, I would buy a \$2 bottle of French White Wine, and sip it at various scenic locations. I once went out to Fairgrounds road when the small circus was in town, and I had a long conversation with the baby elephant knowing that it would probably live up to 200 years old. It is probably bigger today. Elephants have good memories. The www.amway.com people from Grand Rapids, Michigan had the biggest yacht moored in the harbor. However, the old guard Yankees who preferred sailing called anything with an engine a "Stink Pot". Friends of my family we knew on the mainland started the Nantucket Yacht Club. A local person I know here is part a family that used to own all of Nantucket, before they gave it to the Federal Government. A relatives tells me that Kennebunkport, Maine <http://scott-mike.com/137.htm> is now the new Nantucket. Since Kennebunkport is on the mainland, it has a lot more conveniences. However, Nantucket has a lot more sandy beaches for those of you whom still prefer to go out in the severe summer sun. CIO

07/08/17 Saturday 1:40 A.M. I took half of the roast beef sub, and on both sides I put Hellmann's mayonnaise, horse radish, ground black pepper and a slice of deli Swiss cheese, and I ate it with five ounces of potato salad and a baby Kosher dill pickle and a 12 ounce glass of diet Canada Dry Ginger Ale. I will then go outside again. CIO

07/08/17 Saturday 1:05 A.M. I put away the clean laundry. The Acme grocery store has nice orchids for \$25. I have lost five more pounds. I am now 240 pounds. I will now go outside again. CIO

07/08/17 Saturday 12:15 A.M. <http://www.greenwichtime.com/business/article/Nantucket-based-eatery-nestles-into-new-Greenwich-11273481.php> CIO

07/08/17 Saturday 12:10 A.M. I threw out the garbage. I went by the Acme grocery store. I bought 8 ounces of dried pineapple chunks for \$2.99 and .80 can return for \$2.19 total. I then went by www.cvs.com on Greenwich Avenue. The Glucose test machines that are on sale cost \$150 to \$180 for 100 test strips, so I can not afford that. I will have to see if Medicaid will pay for the Glucose test machine supplies. I bought three 6 ounce Air Wick air freshener refills for \$5 each and .95 tax for \$15.95 total. I chatted with a friend and a relative. I then went further downtown. I used the bathroom at www.starbucks.com. I walked lower Greenwich Avenue. I chatted with a local walker. I sat outside until it started raining. I went by the Stop and Shop. I bought a full roast beef and cheese sub for \$5.99, two 13 ounce Marie Callender chicken dinners for \$1.50 each, and a 16 ounce package of Stop and Shop deli sliced Swiss cheese for \$4.29 for \$13.28 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$10 of self service V-Power premium gasoline for \$3.439 a gallon for 2.325 gallons at odometer reading of 115,356 miles for 34 miles driven since Saturday, July 1, 2017 for 14.624 miles per gallon in local traffic. I then returned home. I chatted with neighbors. I put clean linens on the bed. I started two loads of laundry, and I have 25 minutes to go on the dry cycles. I threw out the garbage and the old periodical literature. I watered the plants with 15 drops of Schultz Liquid Plant Food per quart of water. I sat outside briefly in the rain. I will now go outside again. CIO

07/07/17 Friday 6:35 P.M. I went outside, and I had coffee with neighbors. I washed the breakfast dishes. I chatted with a relative. I will now shower and clean up and go downtown to Green Watch Avenue. CIO

07/07/17 Friday 5:00 P.M. I woke up at 2:30 P.M.. I went outside. I picked up the mail. I made my bed. The order with tracking of https://wwwapps.ups.com/WebTracking/processInputRequest?sort_by=status&tracknums_displayed=1&TypeOfInquiryNumber=T&loc=en_us&InquiryNumber1=1Z2561FRYW95925960&track.x=0&track.y=0 on the order for two <http://www.pipingrock.com/msm/mega-msm-1500-sulfur-52> and \$3.95 shipping for \$25.93 total arrived. I then went downtown to the www.chase.com bank at Deerfield Place. I then went to the www.wellsfargo.com bank at the Stop and Shop shopping center, and I paid my rent to the Greenwich Housing Authority. I then returned home, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

07/07/17 Friday 2:55 A.M. Tracking is <https://www.ups-mi.net/packageID/PackageID.aspx?PID=92748901146325543403092461> for <http://www.pipingrock.com/coq10/absorbable-coq10-200-mg-912> for \$25.49 and \$1.95 shipping for \$27.44 total.

https://www.nytimes.com/2017/07/05/business/energy-environment/volvo-hybrid-electric-car.html?emc=edit_th_20170706&nl=todaysheadlines&nliid=46729

I will now shut down the primary work computer, and I will go outside again. I will then go to bed. Bon Soir Mes Amis. CIO

07/07/17 Friday 2:30 A.M. My www.eversource.com bill for June 2017 was \$311.28 for 1766 kWh for 53.52 kWh per day for 33 days with an average temperature of 71 degrees Fahrenheit. For June 2016, it was \$256.83 for 1368 kWh for 42.75 kWh per day for 32 days with an average temperature of 71.1 degrees Fahrenheit. However, in June 2016, I was gone about 10 days with most everything turned off. CIO

07/07/17 Friday 2:00 A.M. I ate a 14.5 ounce Boston Market Salisbury steak dinner with 7 ounces of potato salad and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

07/07/17 Friday 1:05 A.M. I went outside a couple of times. The HP backup computer is all setup and working on the living room desk. I shut it down. I will now go outside again. CIO

07/06/17 Thursday 9:20 P.M. I went outside again. I finished setting up the HP Backup computer with its accessories on the living room desk. I have yet to test it. I will now go outside again. CIO

07/06/17 Thursday 7:30 P.M. I went outside a couple of times, and I chatted with neighbors. I chatted with a relative. I have the HP backup computer all disconnected with its accessories. I now have to reassemble it on the living room desk. I personally think www.ibm.com is getting down on my case, because I am a man. CIO

07/06/17 Thursday 5:40 P.M. I went outside, and I chatted with neighbors. I moved the two 4 foot tall miniature palms from the living room desk to the bedroom desk along with the Buckingham Palace model. I will now move the HP backup computer to the living room desk. I am gradually working on decluttering my primary and backup computer setups. I guess I will not be going downtown to people watch this evening. CIO

07/06/17 Thursday 4:40 P.M. I went outside, and I chatted with neighbors. The order with tracking of "1ZA427060397260885" at www.ups.com on the order, but instead of the Richwood Mild cigar cigarettes, they are going to send me a variety of other types of mild or light cigar cigarettes which are more expensive for the same price. They also send me eight cartons instead of seven. I will now go outside and throw out the shipping box. CIO

07/06/17 Thursday 3:25 P.M. I went outside, and I chatted with neighbors. I did not get any mail. I delivered a package to a neighbor. I washed the breakfast dishes. I made my bed. I will now go outside again. CIO

07/06/17 Thursday 1:30 P.M. The Greenwich Hospital called my at 8 A.M. about an appointment. I chatted with a relative at 9 A.M.. I woke up at 1 P.M.. I went outside. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50%

cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I will first go outside again. CIO

07/06/17 Thursday 1:30 A.M. <http://jdlc.edu.au/>

Tracking is

https://wwwapps.ups.com/WebTracking/processInputRequest?sort_by=status&tracknums_displayed=1&TypeOfInquiryNumber=T&loc=en_us&InquiryNumber1=1Z2561FRYW95925960&track.x=0&track.y=0 on the order for two <http://www.pipingrock.com/msm/mega-msm-1500-sulfur-52> and \$3.95 shipping for \$25.93 total. I will now shut down the primary work computer. I will go outside. I will then go to bed. CIO

07/06/17 Thursday 12:45 A.M. I put a five ounces of Dole Caesar lettuce on a dinner plate, with a peeled and sliced cucumber with a few ounces of potato salad on it, and eight cherry tomatoes, and eight large pitted black olives, a tin of Bumble Bee sardines with the oil, three ounces of diced Monterey Jack cheese, with Lowry's seasoned salt, garlic powder, ground black pepper, and Italian seasoning, grated parmesan and Romano cheese with Dole Caesar dressing, Ken's Steak House Light Caesar Italian dressing, balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now go outside again.

<http://www.cnn.com/2017/07/05/us/new-amelia-earhart-photo-trnd/index.html> . I will now go outside again. CIO

07/05/17 Wednesday 10:55 P.M. I went downtown to www.cvs.com , and I picked up two prescriptions. I went further downtown. I walked the entire length of Greenwich Avenue. I chatted with a couple from Morristown, New Jersey. I sat out at various locations. I stopped by Zyn Stationary, and I bought a Ace's High scratch card for a dollar, and I lost. I stopped by the www.apple.com , and I chatted with someone from France at the Genius Bar. I stopped by Zyn Stationary again, and I bought a black Djeep lighter for \$2.65. I chatted with a relative and a friend. I toured CVS again, and I used the bathroom. I sat out some more. I chatted with a 300 pound teenager. I then went by the Stop and Shop. I bought a 5 quart box of powdered milk for \$7.39, a 42 ounce potato salad for \$5, two 13 ounce Marie Callender meals for \$2.50 each, a 46 ounce unsweeten Mott's Apple sauce for \$3.29, and organic bananas for .79 a pound for \$1.21 for \$21.89 total. I then went by CVS on West Putnam Avenue, but they do not carry the Glucose Test strips for other meters. The other meters are on sale on Greenwich Avenue at CVS there, but they also do not carry the test strips for the other meters. I chatted with someone from Jordon. I then returned home, and I chatted with neighbors. I put away my groceries. I will now go outside again. CIO

07/05/17 Wednesday 5:35 P.M. I went through <http://scott-mike.com/bf.htm> . I saw my social worker off. My social worker is going to come back in two weeks and check out the apartment again. My social worker wants me to take apart the primary and backup computer setup and reassemble it, so there are less wires and other items that I might now

need left over from the past. Also I should get rid of some of my extra cables. I will now go downtown again. CIO

07/05/17 Wednesday 3:55 P.M. <http://www.foxnews.com/politics/2017/07/05/george-w-bush-turns-71-fun-facts-about-43rd-president.html> CIO

07/05/17 Wednesday 3:55 P.M. <http://www.bbc.com/news/uk-scotland-40498757> CIO

07/05/17 Wednesday 3:45 P.M. I went outside, and I chatted with neighbors. I picked up my mail. CIO

07/05/17 Wednesday 2:50 P.M. My social worker called, and my social worker will now be showing up around 4 P.M.. CIO

07/05/17 Wednesday 2:30 P.M. I went outside, and I drank my coffee and chatted with neighbors. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I have my Town of Greenwich Social Worker visiting me at 3:30 P.M. this afternoon to check out the progress on decluttering my apartment. CIO

07/05/17 Wednesday 12:45 P.M. I woke up at noon. I went outside, and I chatted with a neighbor. I moved the oak dining table a foot further towards the living room windows, so the closet door side of the living room has more space. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

07/05/17 Wednesday 2:20 A.M. <http://fitfordiet-premium.com/us/oeqo/cla-safflower-oil/?bhu=8mcwpko8pF47vdsEwCLOGiRsNptqAGFTm>

I will now shut down the primary work computer. I will go outside. I will then go to bed. CIO

07/05/17 Wednesday 1:55 A.M. I put a five ounces of Dole Caesar lettuce on a dinner plate, with a peeled and sliced cucumber with a few ounces of macaroni salad on it, and eight cherry tomatoes, one ounce of watercress, and eight large pitted black olives, three ounces of diced Monterey Jack cheese, with Lowry's seasoned salt, garlic powder, ground black pepper, and Italian seasoning, grated parmesan and Romano cheese with Kraft Zesty Italian dressing, balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Canada Dry Ginger Ale. CIO

07/05/17 Wednesday 1:10 A.M. I went outside again. CIO

07/05/17 Wednesday 12:55 A.M. I threw out the garbage. I went downtown to www.cvs.com . I returned a 64 ounce container of prune juice and two Fleet Enemas. I chatted with a local artist that sells his paintings at the CFCF coffee shop. I went further downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations.

I used the bathroom at CVS. I looked at some of their other glucose test machines, but one also has to buy the test strips and the lancets for each test, so they are expensive to operate. I chatted with a relative. After my walk, I sat out for a long time chatting with a local. I used the bathroom at www.starbucks.com. I keep a plastic cup in my car, so I can drink water from the Greenwich Common water fountain. Starbucks will give away free ice water, but I do not feel like bothering them. I was told that at Starbucks in Manhattan, they are not putting in chairs and stools, so that way they do not have to have the required bathroom. I chatted some more. I returned home, and I chatted outside with a neighbor. CIO

07/04/17 Tuesday 4:00 P.M. I ordered <http://www.pipingrock.com/coq10/absorbable-coq10-200-mg-912> for \$25.49 and \$1.95 shipping for \$27.44 total. CIO

07/04/17 Tuesday 4:00 P.M. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I will then go downtown to Rodeo Drive East. I saw another car from California yesterday, so we do get visitors in the summer, when most everyone is away. I will continue to try to be the Hospitality Welcome committee to see anyone who happens to show up to see our simple mostly women's shopping street and dining street. Sometimes during summer holidays, we get people sailing over here from Long Island exploring our simple waterfront community. CIO

07/04/17 Tuesday 2:15 P.M. I woke up at 1 P.M., and I chatted with a relative. I went outside, and I chatted with a neighbor. I chatted with a relative. I was told tonight at 8 P.M. EDT, the Bloomberg News Channel is going to show the Boston Pops in Concert. Sometimes in the summer the Boston Pops also perform out in www.nantucket.net at the Jetties Beach. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I will first go outside again. CIO

07/04/17 Tuesday 3:00 A.M. I put a five ounces of Dole Caesar lettuce on a dinner plate, with a peeled and sliced cucumber with a few ounces of macaroni salad on it, and eight cherry tomatoes, one ounce of watercress, and eight large pitted black olives, a tin of Bumble Bee sardines with the oil, three ounces of diced Monterey Jack cheese, with Lowry's seasoned salt, garlic powder, ground black pepper, and Italian seasoning, grated parmesan and Romano cheese with Dole Caesar dressing, Kraft Zesty Italian dressing, balsamic vinegar and extra virgin olive oil. I ate it with a 12 ounce glass of diet Fresca. I will now shut down the primary work computer. I will now go outside again. I will then go to bed. CIO

07/04/17 Tuesday 2:00 A.M. I went outside, and I chatted with a neighbor. I threw out the garbage. I went downtown to www.cvs.com. I returned the Glucose Monitoring System and the test strips and the constipation medicine. I went further downtown. I walked the entire length of Greenwich Avenue. I toured the www.apple.com store. I chatted with a local short wave radio person. We saw a deer tick on the wall of the Belgium coffee shop. I chatted with a relative. I bought an Ace's High scratch card for a dollar, and I lost. I used

the bathroom at www.cvs.com . I bought buy one get one 50% off of CVS Naproxen Sodium Capsules 220 mg 160 liquid gels for \$19.99 and \$9.99 and \$5 CVS discount coupon for \$24.98 total. I then sat out for a while. I then bought two Gold Emblem 12 ounce hazelnut ground coffee for \$4.99 each for \$9.98 total. After my walk, I sat out for a long time chatting with two local people. I returned home at 1 A.M. I sat outside briefly. CIO

07/03/17 Monday 5:15 P.M. I went outside, and I chatted with a neighbor. I picked up the mail. I will now shower and clean up. I will then go downtown again to Green Witch Avenue to see the remains of the day. CIO

07/03/17 Monday 4:10 P.M. I washed the breakfast dishes. I made my bed. I will now go outside again. CIO

07/03/17 Monday 1:45 P.M. I tried the CVS Glucose Test Meter. The lancet would not pierce my finger, so I guess I have to return it. I will now go outside again. CIO

07/03/17 Monday 12:35 P.M. I chatted with a neighbor and the building custodian before going to bed. I woke up at noon. I chatted with a relative. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

07/03/17 Monday 12:30 A.M. I took half of the roast beef sub, and on both sides I put Hellmann's mayonnaise, horse radish, ground black pepper and a slice of deli Swiss cheese, and I ate it with five ounces of macaroni salad and a 12 ounce glass of diet Fresca. I will now shut down the primary work computer. I will then go outside again. Next I will go to bed. CIO

07/02/17 Sunday 11:40 P.M. I went outside, and I chatted with neighbors. I drove over to www.walgreens.com in Old Greenwich. I bought 10 packs of Cheyenne 100 Classic filtered cigar cigarettes for \$2.49 each and \$1.58 tax for \$26.48 total. I then returned back to Greenwich Avenue. I walked lower Greenwich Avenue. I chatted with a new resident from Manhattan about the area. I went by www.cvs.com on West Putnam Avenue. I then returned home. I sat outside briefly. I order two <http://www.pipingrock.com/msm/mega-msm-1500-sulfur-52> and \$3.95 shipping for \$25.93 total. I will now go outside again. CIO

07/02/17 Sunday 8:10 P.M. I went outside twice, and I chatted with neighbors. I chatted with a relative. I will now go downtown to Greenwich Avenue. CIO

07/02/17 Sunday 5:45 P.M. Amongst the Christian Minority still in Greenwich, Connecticut, Sunday is still supposed to be a "Day of Rest". I will now go outside again. CIO

07/02/17 Sunday 5:35 P.M. I went outside for coffee. I went outside twice more and chatted with neighbors. I chatted with a friend in <https://www.seaisland.com/> . Yesterday,

I saw big www.coke.com truck on Greenwich Avenue, so they are still selling it here. It is 125 degrees Fahrenheit outside my apartment living room window the bright western sun shining on my for westward facing windows over the black tar roof, but with the air conditioning going full blast it is 75 degrees Fahrenheit in the apartment and it is 87 degrees Fahrenheit outside. You can see the beach here in Kennebunk, Maine <http://www.kennebunkportbeachwebcam.com/> . I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. At the moment, I think it is too dang hot to go downtown. Everyone locally does not communicate with me, because Big Brother is eves dropping on the telephones and cell phones. CIO

07/02/17 Sunday 2:05 P.M. I woke up, and I ate one ounce of mixed nuts and a bowl of Mott's apple sauce. I finally woke up at 12:30 P.M.. I went outside for the wakeup conference with my neighbors. I will eat breakfast of oatmeal with honey and milk and sliced banana, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% decaffeinated coffee with Equal sweetener and milk. I will first go outside again.

<http://kraftig.com/> . CIO

End of Scott's Notes week of 07/02/17

07/02/17 Sunday 12:10 A.M. <https://www.thestar.com/news/canada/2017/07/01/prince-charles-camilla-celebrate-canada-150-in-ottawa-and-gatineau.html>

<http://www.cp24.com/news/prince-of-wales-duchess-of-cornwall-take-in-canada-150-festivities-in-ottawa-1.3484883>

<http://www.telegraph.co.uk/news/2017/07/01/prince-charles-hails-canada-example-celebrates-150th-birthday/>

<https://gltrust.org/event/member-picnic/>

I will now send out my weekly notes. I will then go outside. I will then go to bed. CIO

07/01/17 Saturday 11:30 P.M. I took half of the roast beef sub, and on both sides I put Hellmann's mayonnaise, horse radish, ground black pepper and a slice of deli Swiss cheese, and I ate it with five ounces of macaroni salad and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

07/01/17 Saturday 10:50 P.M. I went back downtown. I chatted with a woman with a dog. I chatted with a relative and a friend. I walked upper Greenwich Avenue, and I sat out at various locations. I chatted with an Investment Banker from Beverly Hills, and I gave him my card. I went into www.cvs.com to avoid the rain, although I had an umbrella. I chatted

with staff members, and I gave one of them my card. I bought two 120 capsule 1000 mg CVS fish oil capsules buy one get one free for \$13.79 and \$8 off with a CVS bonus bucks coupon for \$5.79 total. As I was walking down Greenwich Avenue with my umbrella, there was a rainbow. I told a few people, "It was Noah's promise, "there would never be another great flood." As I was just about to depart downtown, there was a medical emergency at www.starbucks.com that the Greenwich GEMS quickly responded to. I chatted with a relative of a Starbucks employee. I then went by the Stop and Shop. I bought a full size roast beef and cheese sub for \$5.99, a 6 ounce jar of Gold's Hot Horseradish for \$2.29, and I bought two 8 ounce bars of Cracker Barrel Vermont extra sharp cheese for \$2.50 each for \$13.28 total. I then went to Putnam Shell at 401 West Putnam Avenue, and I bought \$12 of self service V-Power premium gasoline for \$3.439 a gallon for 3.488 gallons at odometer reading at 115322 miles for 42.7 miles traveled since Saturday June 24, 2017 for 12.242 miles per gallon in local traffic. I then returned home, and I sat outside for a while on the damp picnic bench. I then put away my groceries. I was told there were supposed to be fire works at Tod's Point this evening, but somebody else told me, they were cancelled because of the rain. I will now go outside again. CIO

07/01/17 Saturday 5:40 P.M. I chatted with a relative. I went downtown,, and I mailed my financial report at the Central Greenwich Post Office, and I then walked lower Greenwich Avenue. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by the www.apple.com store. I chatted with a senior citizen who has had too much historical sun. I stopped by Winston Florist. A three foot tall white orchid plant there with five blooms is \$300 with an ordinary pot. I told them about that little island off Australia where the miniature palms come from. I chatted with a pale Greek visitor about Greece and sun protection. She recommended I wear my straw hat. I chatted with a black scuba diver from the Caribbean with his arm in a sling. When I got back to the Senior Center, I did not have my Trump phone, so I came back home to get it, and my straw hat. I will now go back downtown. CIO

07/01/17 Saturday 3:00 P.M. I chatted with a friend. I went outside, and I chatted with neighbors. I will now shower and clean up. I will then go downtown, and I will Tourist watch. CIO

07/01/17 Saturday 1:15 P.M. I chatted with a relative. CIO

07/01/17 Saturday 12:50 P.M. Well, if one needs to move overseas, one of my distant relative's family businesses <https://www.generalfinance.com/> . Maybe I should pull up stakes from Greenwich, Connecticut and move to Pasadena, California, but I do not know how to weld. CIO

07/01/17 Saturday 12:25 P.M. I went outside, and I chatted with neighbors. I washed the breakfast dishes, and I made my bed. I will now go outside again. CIO

07/01/17 Saturday 9:30 A.M. I woke up at 7:45 A.M.. I went outside, and I chatted with neighbors. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com

electricity account. My current Optimum bill was about \$196, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$96 for premium Cable TV. However that includes \$35 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I chatted with a relative. I printed out two copies of my Microsoft Sunset Income versus Spending report, and I have one copy with a forever stamp ready to mail to an interested relative. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and raspberry preserve, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

08/31/17 Thursday 11:05 P.M. On Acorn TV, I watched episode 1 of "The Churchills". I will now go outside again. CIO

08/31/17 Thursday 9:25 P.M. I will now go outside again. It seems to have been a cooler summer, and it is now getting a bit cooler. CIO

08/31/17 Thursday 9:10 P.M. I went outside, and I threw out the garbage, and I chatted with neighbors. CIO

08/31/17 Thursday 8:45 P.M. I ate half of the California turkey pannini with Hellmann's mayonaise, horse radish, and Swiss cheese on it along with a 12 ounce glass of diet Fresca. I will now go outside again. CIO

08/31/17 Thursday 8:00 P.M. I went downtown to www.cvs.com on Greenwich Avenue. I sat out in the park across the street, and I chatted with a relative. I bought two boxes of 10 large sheer adhesive pads for \$5.29 each, one 1 ounce dual action Neosporin for \$11.49 and buy one get one 50% off of 100 capsule CVS extra strength Pain Relief acetaminophen for

\$11.49 and \$5.74 and .67 tax for \$39.97 total. I then chatted with a friend on my cell phone from the park across the street. I then went further downtown, and I sat out for a while. I then went by the Stop and Stop, and I bought a California Turkey pannini for \$6.99 and .44 tax for \$6.43 total. I then returned home, and I chatted with neighbors. I then chatted with a relative. I will now go outside again. CIO

08/31/17 Thursday 5:40 P.M. I sat outside chatting with neighbors for a long time. I picked up the mail. The order with tracking number of "1ZA427060397972231" at www.ups.com for eight http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 each and \$11.99 shipping for \$91.91 total shipping shipped arrived. I will now go downtown to www.cvs.com on Greenwich Avenue. CIO

08/31/17 Thursday 2:40 P.M. I went out, and I drank my coffee, and I chatted with a neighbor. I washed the breakfast dishes. I made my bed. I will now go outside again. CIO

08/31/17 Thursday 1:25 P.M. I called up the Greenwich Hospital surgical unit. They told me I could shower and clean up later today. I was told to pat dry the surgery area and put Neosporin on it and a new bandage. I will go out later today to get Neosporin and some large bandages at CVS. CIO

08/31/17 Thursday 12:45 P.M. I woke up, and I ate a few ounces of caramel trail mix. I chatted with a relative at 10:30 A.M.. I woke up at noon. I went outside, and I chatted with neighbors. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will go outside again. CIO

08/30/17 Wednesday 9:10 P.M. I went outside, and I chatted with a neighbor. I will now shut down the primary work computer, and I will go to bed. CIO

08/30/17 Wednesday 8:50 P.M. I watched "The Russian Revolution". CIO

08/30/17 Wednesday 7:20 P.M. I woke up at 6 P.M.. I went outside, and I chatted with neighbors. I ate a 11.88 ounce Banquet Salisbury steak dinner with Smart Balance spread on the vegetables and 6 ounces of Southern Cole Slaw and a 12 ounce glass of Fanta orange soda. I chatted with a relative. CIO

08/30/17 Wednesday 3:30 P.M. I went outside, and I walked around the building. I chatted with a neighbor. The neighbor told me I should stay off my feet today. CIO

08/30/17 Wednesday 2:55 P.M. I will now go outside again. CIO

08/30/17 Wednesday 2:40 P.M. I went outside, and I chatted with neighbors. I picked up the mail. I was just thinking that Texas is a big state, and they probably have over ten

thousand spare Winnebagos and trailers they could use for evacuations. Also Fort Hood is a large area that might have spare housing. CIO

08/30/17 Wednesday 2:15 P.M. I went outside, and I drank my coffee, and I chatted with a neighbor. I washed the breakfast dishes. I chatted with a relative. CIO

08/30/17 Wednesday 12:35 P.M. I paid \$10 and \$3 tip for the Greenwich Tax ride to the Greenwich Hospital. I checked into the Hospital. They did a number of tests and put me on IV. At 10 A.M., they did the surgery which did not take too long under a local anesthetic. They fed me coffee and toast. I checked out of the hospital at 11:30 A.M., and my social worker drove me home. I showered my social worker the new improvements in my apartments. I am supposed to take Tylenol for any surgical pain, and I am not supposed to drive for a day. I chatted with a relative. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

08/30/17 Wednesday 6:45 A.M. I went outside briefly. I will now call a Greenwich Taxi Cab to take me to the Greenwich Hospital. CIO

08/30/17 Wednesday 5:50 A.M. I made my bed. I will go outside again. I will then shower and clean up. CIO

08/30/17 Wednesday 5:25 A.M. I chatted with a relative at 8 P.M.. I ate two 2 ounce Sandwich Brothers angus cheeseburgers. I finally woke up at 5 A.M.. I went outside briefly. I will now go outside again. CIO

08/29/17 Tuesday 7:00 P.M. I went outside, and I chatted with neighbors. I will now shut down the primary work computer, and I will go to bed. I will be up at 5 A.M. tomorrow to head out to surgery at the Greenwich Hospital. CIO

08/29/17 Tuesday 6:30 P.M. I ate a 9 5/8th ounce Stouffer's meatloaf dinner with Smart Balance spread on the mashed potatoes and 6 ounces of Southern Cole Slaw and a 12 ounce glass of diet Canada Dry Ginger Ale. I will now go outside again. I can not eat anymore after midnight tonight. CIO

08/29/17 Tuesday 6:00 P.M. I went outside, and I let the UPS man in. I chatted with a neighbor. CIO

08/29/17 Tuesday 5:35 P.M. Not the way I remember it
<http://www.casamarinaresort.com/gallery-en.html> . CIO

08/29/17 Tuesday 5:25 P.M. I went outside, and I chatted with a neighbor. I watched some of the Texas hurricane news on television. It looks awfully bad down there. This coming morning I have to be up at 4:30 A.M.. I have to be ready to take a taxi to the Greenwich Hospital at 7:30 A.M.. At 8 A.M., they are going to start surgery on my lower

left leg for a basil cell carcinoma. I am supposed to be released at 11:30 A.M., and my social worker will drive me home. CIO

08/29/17 Tuesday 4:40 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

08/29/17 Tuesday 4:25 P.M. I went outside twice, and I chatted with a friend. CIO

08/29/17 Tuesday 3:10 P.M. <https://www.nytimes.com/2017/08/20/world/asia/uss-indianapolis-paul-allen.html?mcubz=3> CIO

08/29/17 Tuesday 3:00 P.M. I went outside, and I threw out more garbage. I picked up the mail. CIO

08/29/17 Tuesday 2:40 P.M. I chatted with a friend. I went outside, and I threw out the garbage. I put a new blue toilet cleaner in the toilet tank. I will now go outside again. CIO

08/29/17 Tuesday 1:30 P.M. I went outside, and I drank my coffee with neighbors. I washed the breakfast dishes. I made my bed. I watched the press conference with President Trump from Texas. I will now go outside again. I will then shower and clean up. CIO

08/29/17 Tuesday 11:45 A.M. I woke up during the night, and I ate six ounces of caramel trail mix, and 24 ounce glass of 50% punch and 50% diet Ginger Ale. I finally woke up at 11 A.M.. I have a medical appointment tomorrow morning at 8 A.M.. I went outside. I chatted with a relative. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will go outside again. CIO

08/28/17 Monday 9:55 P.M. <http://www.foxnews.com/politics/2017/08/28/bush-family-says-their-hearts-are-in-houston-announce-aid-donations.html> . I went outside briefly. I will now shut down the primary work computer, and I will go to bed. CIO

08/28/17 Monday 8:50 P.M. I went by the Greenwich Town Hall Parking bureau today, and they would not revoke my parking ticket saying it was not a valid parking place for the Senior Center. I have to protest it at the Mazza room at the town hall on Thursday October 5, 2017 at 5 P.M.. I was told by the Senior Center again today that parking between Elm Street and Havemayer Place are legal parking places. I went outside again, and I threw out the garbage. CIO

08/28/17 Monday 8:30 P.M. I reheated the lasagna Boullanaise on 60% power for seven minutes, and I put grated parmesan and Romano cheese on it, and I ate it with a 12 ounce glass Fanta orange soda. I was told today that the Greenwich Hospital cafeteria serves beef stroganoff. CIO

08/28/17 Monday 8:00 P.M. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I toured the www.apple.com store. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$4 for \$3 profit. I used the bathroom at www.starbucks.com. I toured www.cvs.com. After my walk, I sat out a while. I chatted with a relative and a friend. I then walked lower Greenwich Avenue again, and I sat out some more. For a change I went by <https://www.citarella.com/> on West Putnam Avenue, and I bought for \$7.99 a pound Lasagna Boullanaise for \$6.75 total. They also have 26 ounces of cooked pot roast in gravy and mushrooms there for \$12.99 and a pound of meatloaf for \$9.99. They also serve beef stew to one's own size. They also have a lot of other prepared foods. They do not take EBT food stamps. I then returned home, and I chatted with neighbors. I picked up my mail. I chatted with a relative. I will now go outside again. CIO

08/28/17 Monday 2:10 P.M. I went outside, and I drank my coffee, and I chatted with neighbors. I chatted with a relative. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I will then go downtown to Green Witch Avenue. CIO

08/28/17 Monday 12:30 P.M. I chatted with a relative at 11:30 A.M.. I woke up at noon. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

08/27/17 Sunday 11:15 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

08/27/17 Sunday 10:50 P.M. I took half of the roast beef pannini sandwich, and I put Hellmann's mayonaise and Golds hot horseradish on both sides of it and two slices of deli Swiss cheese and ground black pepper, and I ate it with five ounces of Southern Cole Slaw and 12 ounces of Fanta orange soda. I will now go outside again. CIO

08/27/17 Sunday 10:20 P.M. I went downtown, and I stopped by www.cvs.com, and I toured the store. I then went further downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted briefly with a few locals. I chatted with a relative. I toured CVS again. After my walk, I used the bathroom at www.starbucks.com. I then went by the new Stop and Shop on West Putnam Avenue. I bought a 6 ounce Golds hot horseradish for \$2.29, a 45 ounce Smart Balance spread for \$6.99, a 8 ounce Stop and Shop deli sliced Swiss cheese for \$2.19, and four 9 ounce Banquet frozen meals for \$1.25 each for \$16.47 total. I then returned home. I sat outside briefly. I put away my groceries. CIO

08/27/17 Sunday 6:15 P.M. I chatted with a neighbor. I put away the clean laundry. I will now go downtown to Greenwich Avenue. CIO

08/27/17 Sunday 5:35 P.M. I chatted with a friend. I will now go outside again. CIO

End of Scott's Notes week of 08/27/17

08/27/17 Sunday 5:10 P.M. I will now send out my weekly notes. CIO

08/27/17 Sunday 4:55 P.M. I have 55 minutes to go on two dry cycles. I will go outside again. CIO

08/27/17 Sunday 4:45 P.M. http://volcano.si.edu/reports_weekly.cfm CIO

08/27/17 Sunday 4:20 P.M. I have 35 minutes to go on two wash cycles. I will now water the plants. I will then sit outside for a while. CIO

08/27/17 Sunday 3:50 P.M. I put clean linens on the bed. I threw out the garbage and the old periodical literature. I chatted with a neighbor. I will now shower and clean up. CIO

08/27/17 Sunday 3:20 P.M. I went outside, and I drank my coffee. I chatted with a neighbor. I washed the breakfast dishes. CIO

08/27/17 Sunday 2:10 P.M. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will go outside again. CIO

08/27/17 Sunday 1:10 P.M. I woke up at 12:30 P.M.. I went outside, and I chatted with neighbors. I gave a neighbor a ride to the Shell station. I sat outside for a while. I chatted with a relative. CIO

08/26/17 Saturday 9:35 P.M. I went outside briefly. I will now shut down the primary work computer, and I will go to bed. CIO

08/26/17 Saturday 9:20 P.M. I took half of the roast beef pannini sandwich, and I put Hellmann's mayonaise on both sides of it and two slices of deli Swiss cheese and ground black pepper, and I ate it with three ounces of Southern Cole Slaw and 18 ounces of Fanta orange soda and Canada Dry diet ginger ale. CIO

08/26/17 Saturday 8:50 P.M. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I toured the www.apple.com store. I chatted with a local walker. I used the bathroom at www.cvs.com . I stopped by the Chase Bank ATM at the top of Greenwich Avenue. I chatted with someone from Iceland about volcanoes. At the Aux Delice deli on west Elm Street, they have a nice pasta and beef dinner about 12 ounces for \$12.99, but I am sure it is good. I chatted with another local in the park downtown. I chatted with one relative once and another relative three times. I then walked lower Greenwich again. I stopped by the woman's polo shop and

chatted about horses. I sat out in the Greenwich Common for a while. At 6 P.M., I went by the new Stop and Shop on West Putnam Avenue. It is a very nice new store with half the checkouts self service checkouts. I bought a roast beef pannini sandwich for \$6.99, two 13 ounce Marie Callender sweet and sour chicken dinners for \$2.50 each, two six packs of Stop and Shop English muffins for \$1.50 each, a 59 ounce Simply Orange orange and mango juice for \$2.50 and .45 can return for \$17.04 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$12 of self service V-Power premium gasoline for \$3.439 a gallon for 3.488 gallons at odometer reading of 115530 miles for 39.3 miles driven since Saturday August 5, 2017 for 11.268 miles per gallon in local traffic. I then returned home, and I chatted with neighbors. I put my groceries away. I drown a neighbor over to the www.exxon.com station at the bottom of the hill, and then I dropped the neighbor off elsewhere. I then sat out for a while downtown. I then returned home. I picked up the mail. CIO

08/26/17 Saturday 12:40 P.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I threw out the garbage including the remains of the stale baquette. I chatted with neighbors. I have been watching the weather channel on Channel 62. <http://scott-mike.com/weather.htm> . I will now shower and clean up and go downtown to Greenwich Avenue. CIO

08/26/17 Saturday 11:10 A.M. I chatted with a relative. CIO

08/26/17 Saturday 10:15 A.M. I woke up during the night, and I ate a few pieces of baquette. I finally woke up at 9:30 A.M.. I went outside briefly. I chatted with a relative. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

08/25/17 Friday 7:05 P.M. I went outside briefly. I will now go to bed. CIO

08/25/17 Friday 6:35 P.M. I cut half of the baquette in half lengthwise, and I put Hellmann's mayonaisse on both side along with five deli slices of Swiss cheese, and I ate it with three ounces of Southern Cole Slaw and a 12 ounce glass of orange Fanta. CIO

08/25/17 Friday 6:10 P.M. I went downtown, and I sat out for a while in front of the Senior and the Art Center. I was given a parking ticket by mistake, since I have free parking at that location. I will go by the Greenwich Town Hall next week to get it fixed. I then went to my 1:30 P.M. appointment. I then went back downtown. I walked the entire length of Greenwich Avenue. I toured the www.apple.com store. I sat out at various locations. I used the bathroom at www.cvs.com . I chatted with two locals. After my walk, I sat out for a while. I then walked lower Greenwich Avenue again. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by <http://www.lepainquotidien.com/> ,and I bought a baquette or loaf of French bread for \$3.62. I then returned back to my car, and I returned home. I sat outside for a while. I did not get any mail. The order with tracking number of "1ZA427060397972231" at

www.ups.com for eight [http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild p 2987.html](http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html) for \$9.99 each and \$11.99 shipping for \$91.91 total shipping shipped. CIO

08/25/17 Friday 11:30 A.M. I will now go downtown before my 1:30 P.M. appointment. CIO

08/25/17 Friday 11:05 A.M. I went outside, and I chatted with a neighbor. I will now shower and clean up. CIO

08/25/17 Friday 10:30 A.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

08/25/17 Friday 10:20 A.M. I went outside, and I chatted with neighbors. I chatted with a relative. I have a 1:30 P.M. appointment today. I was told the newly remodeled Stop and Shop on West Putnam Avenue opened this morning.

<http://www.nhc.noaa.gov/> CIO

08/25/17 Friday 9:45 A.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. CIO

08/25/17 Friday 8:35 A.M. I woke up at 9 P.M., and I ate 8 ounces of honey roasted almonds. I finally woke up 8 A.M.. I went outside, and I chatted with a neighbor. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will go outside again. CIO

08/24/17 Thursday 6:15 P.M. I chatted with a relative. I watched episode 78 the final episode of "Reign". I will now go outside again. I will then go to bed. CIO

08/24/17 Thursday 5:05 P.M. http://volcano.si.edu/reports_weekly.cfm

I will now go outside again. CIO

08/24/17 Thursday 4:25 P.M. I ate a 9 5/8th ounce Stouffer's meatloaf dinner with Smart Balance spread on the mashed potatoes and 5 ounces of Southern Cole Slaw and a 12 ounce glass of orange Fresca. I will now go outside again. CIO

08/24/17 Thursday 3:40 P.M. I went downtown to the Shell Station at Sherwood Place across from Whole Foods. I had my Connecticut emissions checked for \$20, and it passed just fine. There was no wait at 11:30 A.M.. I then went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with a relative. At www.cvs.com , I bought two 14 ounce Kashi cereal for \$2.99 each for \$5.98 total. I also picked up two prescriptions. After my walk, I chatted with a friend. I

sat out a while longer. I then went by the Acme grocery store. I bought three 10 5/8th ounce Banquet Swedish meatballs for \$5, a six pack of White Castle cheeseburgers for \$4, a 46 ounce Southern Cole Slaw for \$6.49, and bananas for .49 a pound for .56 for \$16.05 total. I then returned home. I sat outside, and I chatted with a neighbor. I picked up the mail. I put away my groceries. CIO

08/24/17 Thursday 10:40 A.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I will then go downtown. CIO

08/24/17 Thursday 9:25 A.M. I woke up at 9 A.M.. I went outside, and I chatted with a neighbor. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now send out my weekly notes. I will go outside again. CIO

08/23/17 Wednesday 9:10 P.M. I ordered eight http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 each and \$11.99 shipping for \$91.91 total. CIO

08/23/17 Wednesday 8:50 P.M. I went outside briefly. I picked up the mail. CIO

08/23/17 Wednesday 7:40 P.M. I rested until 7 P.M.. I chatted with a relative. I ate a bowl of apple sauce. I will now go back to bed. CIO

08/23/17 Wednesday 2:45 P.M. I ate a 10.75 ounce Banquet Swedish meatballs, five ounces of Southern Cole Slaw and a 12 ounce glass of diet Canada Dry Ginger Ale. CIO

08/23/17 Wednesday 2:25 P.M. I rested until 2 A.M.. I threw out the garbage. I chatted with neighbors outside. CIO

08/23/17 Wednesday 11:10 A.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I will make up a fresh batch of punch. I will now rest some more. CIO

08/23/17 Wednesday 10:25 A.M. I went back to bed until 10 A.M.. I went outside again. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. CIO

08/23/17 Wednesday 8:00 A.M. I woke up at 7 A.M.. I went outside, and I chatted with neighbors. I picked up the mail. I have to get my emissions test done in the next two months. CIO

08/22/17 Tuesday 12:05 P.M. I went outside, and I chatted with neighbors. I ate a 9 5/8th ounce Stouffer's meatload dinner with Smart Balance spread on the mashed potatoes and 5

ounces of Southern Cole Slaw and a 12 ounce glass of orange Fresca. I will now take a nap. CIO

08/22/17 Tuesday 11:20 A.M. I chatted with a relative. CIO

08/22/17 Tuesday 11:05 A.M. I woke up at 5 A.M.. I went outside briefly. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now send out my weekly notes. I will go outside again. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I went outside again. I then showered and cleaned up. I went out to my 8 A.M. appointment. After my 8 A.M. appointment, I had a couple of other appointments. I chatted with a friend and a relative twice. I went downtown to www.cvs.com on Greenwich Avenue. I picked up a prescription. I bought three 9 5/8 ounce Stouffers meatloaf dinners for \$10 all. I then returned home, and I sat outside briefly. CIO

08/21/17 Monday 7:40 P.M. I ate a 10.75 ounce Banquet Swedish meatballs, five ounces of Southern Cole Slaw and a 12 ounce glass of diet Canada Dry Ginger Ale. I threw out the garbage. I chatted with a neighbor. I will now go back to bed. I have an 8 A.M. appointment tomorrow morning. CIO

08/21/17 Monday 6:40 P.M. I went back to bed until 6 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. I washed the breakfast dishes. I chatted with a relative. CIO

08/21/17 Monday 9:40 A.M. I woke up at 6:30 A.M.. I went outside, and I chatted with neighbors. I went back to bed until 9:15 A.M.. I went outside again, and I chatted with neighbors. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. CIO

End of Scott's Notes week of 08/21/17

08/21/17 Monday 1:45 A.M. I will now send out my weekly notes. CIO

08/21/17 Monday 1:35 A.M. I woke up at 12:30 A.M.. My Optimum Email program had not worked all day. I called up Optimum Tech support, and they change my Outlook Port Settings, so it now works. I went outside briefly. CIO

08/20/17 Sunday 4:45 P.M. After the last note, I chatted with a relative. About noon, I chatted with another relative. I ate four ounces of honey roasted almonds. I went back to

bed until 4:15 P.M.. I ate two Sandwich Brothers angus cheese burgers with five ounces of Southern Cole Slaw and a 12 ounce glass of orange Fanta. CIO

08/20/17 Sunday 9:20 A.M. https://en.wikipedia.org/wiki/Ben_Nevis I will now go outside again. CIO

08/20/17 Sunday 9:05 A.M. I drank my coffee outside with neighbors. I washed the breakfast dishes. I made my bed. CIO

08/20/17 Sunday 7:25 A.M. I woke up at 4 P.M., and I ate three ounces of Cheez-its and four ounces of honey roasted almonds. I finally woke up at 6:30 A.M.. I went outside, and I chatted with neighbors. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now send out my weekly notes. I will go outside again. CIO

08/19/17 Saturday 11:10 P.M. I went downtown to the park across the street from www.cvs.com. I toured CVS briefly. I then went further downtown. I chatted with a friend. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I chatted with a local at CVS. I chatted with a graduate of New York University. The local barber on Lewis Street charges \$50 for a hair cut. After finishing my walk, I sat out for a while. I chatted with two relatives and a friend. I then walked lower Greenwich Avenue again. I toured the www.apple.com store. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I then returned home. I sat outside briefly. I drank a 12 ounce glass of diet Fresca. I will now eat a bowl of apple sauce, and I will rest for a while. CIO

08/19/17 Saturday 7:05 A.M. I went outside, and I drank my coffee. I went back to bed until 6:30 A.M.. I went outside, and I chatted with a neighbor. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue. CIO

08/19/17 Saturday 2:40 A.M. I chatted with a relative three times. I finally woke up at 2 P.M.. I went outside. I did not get any mail. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will now go outside again. CIO

08/18/17 Friday 9:45 A.M. I watched episode 77 of "Reign". I will now rest some more. CIO

08/18/17 Friday 8:50 A.M. I went outside briefly. It is raining heavily outside right now. I chatted with a relative. CIO

08/18/17 Friday 8:10 A.M. I ate a 10.75 ounce Banquet Swedish meatballs, five ounces of Southern Cole Slaw and a 12 ounce glass of diet Fresca. Down south where Southern Cold Slaw comes from, one sometimes gets a half of a barbecue chicken with the Southern Cole Slaw. However, it is not that way up north. CIO

08/18/17 Friday 7:40 A.M. I woke up at 7 A.M.. I went outside, and I chatted with neighbors. CIO

08/18/17 Friday 4:55 A.M. I watched episode 75 and 76 of "Reign". I will now go outside again. I will then rest some more. CIO

08/18/17 Friday 2:55 A.M. <http://volcanoesnight.com/>

https://www.nytimes.com/2017/08/16/technology/microsoft-teaches-autonomous-gliders-to-make-decisions-on-the-fly.html?emc=edit_th_20170816&nl=todaysheadlines&nid=46729

CIO

08/18/17 Friday 1:40 A.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. CIO

08/18/17 Friday 12:40 A.M. I woke up at 3 P.M., and I ate a 10.75 ounce Banquet Swedish meatballs with a 12 ounce glass of Fanta orange soda. I finally woke up at midnight. I went outside, and I chatted with a neighbor. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now send out my weekly notes. I will go outside again. CIO

08/17/17 Thursday 11:10 A.M. I went downtown, and I sat out in the park across from www.cvs.com. I then went further downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with a relative. I sat out in the park across from CVS. Somebody that looked vaguely family waved at me at the CFCF coffee shop. I used the bathroom at CVS. I bought two 8 ounce cans of Blue Diamond honey roasted almonds for \$5 total. After my walk, I chatted with a relative. I sat out for a while longer. I then went by the Acme grocery store. I bought a 48 ounce Southern Cole Slaw for \$6.49, six 10.75 ounce Banquet Swedish meatballs for \$10 and bananas for .49 a pound for .81 and .40 can return for \$16.90 total. I then returned home. I sat outside briefly. I put away my groceries. I drank a 12 ounce glass or orange Fanta. I will not sit outside again. I will then rest some more. CIO

08/17/17 Thursday 6:10 A.M. I ate two 2 ounce Sandwich Brothers angus cheese burgers with 5 ounces of Southern Cole Slaw and a 12 ounce glass of orange Fanta. I will now make my bed. I will then go outside. I will then shower and clean up and go downtown to Greenwich Avenue to see if I have any friends left. CIO

08/17/17 Thursday 5:30 A.M. I woke up at 5 A.M.. I went outside briefly.
<http://www.greenwichtime.com/local/article/Bear-sighting-on-Cat-Rock-Road-11820137.php> CIO

08/16/17 Wednesday 10:50 P.M. I chatted with neighbors outside, while I drank my coffee. I washed the breakfast dishes. I will now go back to bed. CIO

08/16/17 Wednesday 9:30 P.M. I chatted with a relative at 4 P.M.. I woke up at 9 P.M.. I went outside. I did not get any mail. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will now go outside again. CIO

08/16/17 Wednesday 5:05 A.M. I watched episode 73 and 74 of "Reign". I went outside, and I chatted with a neighbor. I will now go outside again. I will then rest some more. CIO

08/16/17 Wednesday 2:50 A.M. I put away the clean laundry. I will now go outside again. CIO

08/16/17 Wednesday 1:50 A.M. I drank a 12 ounce glass of diet Fresca. CIO

08/16/17 Wednesday 1:30 A.M. <https://www.anywhere.com/>

https://www.youtube.com/watch?v=6ZIfkDG7HNM&feature=player_embedded

I have 60 minutes to go on two dry cycles. I will now go outside again. CIO

08/16/17 Wednesday 12:40 A.M. I have 30 minutes to go on two wash cycles. I watered the plants. I will now go outside again. CIO

08/15/17 Tuesday 11:55 P.M. I drank my coffee outside. I washed the breakfast dishes. I put clean linens on the bed. I threw out the garbage and the old periodical literature. I will now shower and clean up. CIO

08/15/17 Tuesday 10:00 P.M. I woke up at 9:15 P.M.. I went outside briefly. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now send out my weekly notes. I will go outside again. CIO

08/15/17 Tuesday 8:40 A.M. I went outside again, and I chatted with neighbors. I will now go back to bed. CIO

08/15/17 Tuesday 8:20 A.M. I ate a 18 ounce Stouffers frozen lasagna with grated parmesan and Romano cheese and a 12 ounce glass of diet Fresca.

I went through <http://scott-mike.com/bf.htm> .

<https://www.bloomberg.com/news/articles/2017-08-14/gates-makes-largest-donation-since-2000-with-4-6-billion-pledge> . I will now go outside again. CIO

08/15/17 Tuesday 7:20 A.M. I chatted with a friend. CIO

08/15/17 Tuesday 7:05 A.M. I woke up at 6:30 A.M.. I went outside briefly. CIO

08/15/17 Tuesday 3:15 A.M. I went outside again. I watched episode 71 and 72 if "Reign". I will now go outside again. I will then go back to bed. CIO

08/15/17 Tuesday 1:15 A.M. <http://www.bbc.com/news/technology-40922048>

https://www.fool.com/ext-content/bill-gates-admits-holy-grail-technology-could-chan/726/?psource=esaggl7410000478&campaign=sai&gclid=EAIaIQobChMI_5eZm73Y1QIVhrSzCh2ghQ40EAEYASAAEgKjFPD_BwE&paid=8976&waid=8976&testId=gates-grail-advert&wsource=esagglwdg0000171&cellId=0
CIO

08/15/17 Tuesday 1:10 A.M. <http://view.klm-mail.com/?qs=0de3ae8b0c30b7f03096ff59570be87e56bca83505399edad2b398137b2e8766f04f92c5f4137a99acde0a53aad4a603faeb16c698fd6a0d8f32aef68843530f7ddd7a5a49f4e659>

I will now go outside again. CIO

08/15/17 Tuesday 12:55 A.M. I went outside again. CIO

08/14/17 Monday 11:55 P.M. I went outside, and I drank coffee with neighbors. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. CIO

08/14/17 Monday 9:40 P.M. I woke up at 6 A.M., and I ate a 5.6 ounce Dannon raspberry Greek Yogurt. I chatted with a relative at 1 P.M.. I chatted with another relative at 6 P.M.. I finally woke up at 9 P.M.. I went outside, and I chatted with a neighbor. I picked up the mail. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will now go outside again. CIO

08/14/17 Monday 2:40 A.M. I watched episode 69 and 70 or "Reign". I went outside. I will now go outside again. CIO

08/14/17 Monday 12:35 A.M. https://www.nytimes.com/2017/08/12/world/americas/chile-green-energy-geothermal.html?emc=edit_th_20170813&nl=todaysheadlines&nlid=46729 I will now go outside again. CIO

08/14/17 Monday 12:10 A.M. I went outside twice, and I chatted with a neighbor. CIO

08/13/17 Sunday 11:00 P.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. CIO

End of Scott's Notes week of 08/13/17

08/13/17 Sunday 9:35 P.M. I chatted with a relative at 4 P.M.. I chatted with another relative at 5 P.M. and 8 P.M.. I finally woke up at 9 P.M.. I am beginning to feel better. I went outside briefly. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now send out my weekly notes. I will go outside again. CIO

08/13/17 Sunday 6:40 A.M. I rested until 6 A.M.. I ate a 8.5 ounce Stouffer's Lean Cuisine Thai Ginger Beef meal with a five ounces of Southern Cole Slaw and a 12 ounce glass of Canada Dry Diet Ginger Ale. I will now go back to bed. CIO

08/12/17 Saturday 11:20 P.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I will now go back to bed. CIO

08/12/17 Saturday 9:50 P.M. <http://www.greenwichtime.com/realestate/article/most-expensive-house-Bel-Air-estate-350-million-11746118.php> CIO

08/12/17 Saturday 9:45 P.M. I chatted with a relative at 4 P.M. and another relative at 5 P.M.. I finally woke up at 9 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I am still sick and sleep alot. I will now go outside again. CIO

08/12/17 Saturday 5:00 A.M. I went to bed after the last note until 4 A.M.. I went outside briefly. I ate a 8.25 ounce Stouffer Lean Cuisine sweet and spicy Korean beef dinner with five ounces of Southern Cole Slaw and a 12 ounce glass of diet Fresca. I will now go back to bed. CIO

08/11/17 Friday 11:55 P.M. I went outside again. I watched episode 68 of "Reign". I will now go outside again. CIO

08/11/17 Friday 10:40 P.M. http://volcano.si.edu/reports_weekly.cfm

<http://video.foxnews.com/v/5538944024001/?#sp=show-clips> CIO

08/11/17 Friday 10:15 P.M. The good new with being sick all week with diarrhea and other symptoms, I lost over 10 pounds, and I now weighed 219.6 pounds after having breakfast. CIO

08/11/17 Friday 9:20 P.M. <http://www.vogue.com/article/balmoral-scotland-queen-elizabeth-castle-royals> CIO

08/11/17 Friday 9:15 P.M. I chatted with a relative. I drank my coffee outside, and I chatted with neighbors who had not seen me in while. I washed the breakfast dishes. I made my bed. I will now go out again. I will then shower and clean up. CIO

08/11/17 Friday 7:35 P.M. I woke up at 7 P.M.. I am still sick from being sick all week. I probably have a summer cold. I went out briefly. I did not get any mail. I will eat breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

08/11/17 Friday 2:00 A.M. I ate a 9 ounce Stouffer's Lean Cuisine artichoke dinner with a 12 ounce glass of diet Fresca.

08/10/17 Thursday 11:15 P.M. I went outside a couple of times. I rested some more. I will now eat a 9 ounce Stouffer's Lean Cuisine chicken cashew with a 12 ounce glass of diet Fresca. CIO

08/10/17 Thursday 9:25 P.M. I chatted with a relative at 4 P.M.. I finally woke up at 9 P.M.. I went outside. I picked up the mail. CIO

08/10/17 Thursday 1:10 A.M. I went outside, and I chatted with neighbors. I watched episode 67 of "Reign". I will now go outside again. I will then take a nap. CIO

08/09/17 Wednesday 11:55 P.M. <https://www.tuck.com/acupuncture-and-sleep/> CIO

08/09/17 Wednesday 10:40 P.M. I drank my coffee outside with neighbors. I washed the breakfast dishes. I made my bed. The pedistal fan on the kitchen entrance book case broke. I replaced it with a spare new one. I threw out the old fan and the garbage. I will now shower and clean up. CIO

08/09/17 Wednesday 8:35 P.M. I chatted with a relative at 9 A.M. and again at 1 P.M.. I finally woke up at 8 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. I chatted with a relative. I will eat breakfast of oatmeal with honey and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered

water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. CIO

08/09/17 Wednesday 2:05 A.M. I am still feeling a bit weak. I will eat a bowl of apple sauce. I will then go back to bed. I reset my clocks. CIO

08/09/17 Wednesday 1:05 A.M. I rested for an extensive period of time. On Monday and Tuesday, I ate two Dannon raspberry Greek yogurt. I power went off twice on Tuesday afternoon. I went out about 7 P.M. on Tuesday, and I picked up some mail. I chatted with a relative. About 10 P.M. on Tuesday evening, I drank a 12 ounce glass of 50% punch and 50% cold filtered water with vitamins and supplements. I finally woke today at 12:15 A.M.. I went outside briefly. I will now go outside again. I will first make my bed. CIO

08/07/17 Monday 8:30 P.M. A relative called at 9 A.M.. I chatted with a friend at 2 P.M.. At 8:15 P.M., I drank 6 ounces of Lipton citrus green tea. CIO

08/06/17 Sunday 11:15 P.M. I went outside. I will now take a nap. CIO

08/06/17 Sunday 10:40 P.M. I saw a number of new houses on Glenville Road. Some look very POSH. I went outside, and I chatted with a neighbor. I took a flat baking pan, and I put the two 11.58 ounce Stouffer's French Bread pepperoni pizza on the baking sheet, and I am baking it at 375 degrees Fahrenheit for 20 minutes. I will eat the pizza with a 12 ounce glass of diet Fresca. I should not drink the 16 ounce Lipton Diet Citrus tea, when I am downtown, since i have emergency bathroom calls, which can barely make it to the bathroom. CIO

08/06/17 Sunday 10:10 P.M. I threw out the garbage. I drove up Weaver Street to the Stop and Shop in Glenville. I bought two 10 quart pack boxes of Stop and Shop powdered milk for \$10.99 each, a 44 ounce Quaker Old Fashioned oats for \$4.79 and bananas for .49 a pound for .96 and .45 can return for \$27.28 total. I then drove down Glenville Road to downtown Greenwich Avenue. I went by www.cvs.com , and I bought two 14 ounce Kashi cereal for \$2.99 each, two 7 ounce white Cheez-its for \$2 each, five 3.75 ounce Bumble Bee sardines for .77 each for \$13.83 total. I then bought two 16 ounce Lipton diet citrus iced tea for \$1 each for \$2. I then drove further downtown. I drank one of the iced teas. I chatted with a www.starbucks.com regular. I used the bathroom at Starbucks. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with two relatives. I chatted with a local walker. I toured CVS again. I then went back to CVS again, and I used the bathroom, and I bought three 12 5/8th ounce French Bread pizza for \$10 total. I then returned home. I sat outside for a while. I put away my groceries. I will now go outside again. CIO

08/06/17 Sunday 5:05 P.M. I sat outside, and I drank my coffee, and I chatted with a neighbor. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up, and I will go downtown. CIO

08/06/17 Sunday 3:45 P.M. I woke up, and I ate few ounces of Cheez-its. I woke up at 1 P.M., and I chatted with a relative. I finally woke up at 3 P.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

End of Scott's Notes week of 08/05/17

08/05/17 Saturday 10:30 P.M. I read part of chapter 7 of "The Secret History of the www.fbi.gov . I went outside briefly. I will now send out my weekly notes. I will then go outside again. I will then eat a bowl of apple sauce, and I will go to bed. CIO

08/05/17 Saturday 10:30 P.M. I went outside again.

https://www.nytimes.com/2017/08/04/us/politics/trump-vacation-west-wing-renovation.html?emc=edit_th_20170805&nl=todaysheadlines&nid=46729

I was able to borrow the https://www.amazon.com/Bureau-Secret-History-FBI-ebook/dp/B018QKJQSW/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1500794769&sr=1-1&keywords=The+Bureau%2C+The+Secret+History+of+the+FBI for another two weeks from the www.greenwichlibrary.org . I will now go outside again. CIO

08/05/17 Saturday 9:55 P.M. I ate an 8 ounce Stouffer's Lean Cuisine herb roasted chicken with six ounces of Southern Cole Slaw and a 12 ounce glass of diet Fresca. When I last visited Key West, Florida back in February 1982, I tried hanging out in a pub where the local pilots frequented. I watched them take half of an oil drum cut length wise in half with steel legs cross braced welded underneath it to support it with hot charcoal in it with a wire rack over it, and cover the wire grate with halves of chicken covered with barbecue sauce. It smell awfully good, but there was a \$3 charge which I could not afford, so I went on staying hungry. So much for Southern Hospitality. CIO

08/05/17 Saturday 9:20 P.M. I threw out the garbage. I went downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I used the bathroom at www.starbucks.com . I toured www.cvs.com . I bought two 15 ounce Lipton citrus green tea for \$2 total. I drank one while I was sitting out while I was walking down the Avenue. After sitting out a while. I walked lower Greenwich Avenue again. I stopped by Zyn stationary, and I exchange my orange Djeep lighter for a lime green one, since the orange one did not work. I also bought an Ace's High scratch card for a dollar, and I lost. I toured the www.apple.com store at closing. After my walk, I sat out a for while. I chatted briefly with a friend. I then used the bathroom at Starbucks. I then went to the Acme grocery store. I bought five 9 ounce Stouffer's Lean Cuisine for \$2 each and buy one get one free of six packs of Thomas' English muffins for \$2.50 both for \$12.50 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$10.02 of self service V-Power premium gasoline for \$3.439 a gallon for 2.915 gallons at odometer reading of 115491 miles for 37.9 miles drive since Sunday July 30, 2017 for 13.002 miles per gallon in

local traffic. I then returned home, and I chatted with neighbors. I put away my groceries. CIO

08/05/17 Saturday 4:05 P.M. I went outside twice, and I drank my coffee. I did not get any mail today. I chatted with two relatives. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue for the umpteenth time. CIO

08/05/17 Saturday 2:20 P.M. I woke up at 1:30 P.M.. I went outside, and I chatted with a neighbor. I will eat breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will now go outside again. CIO

08/05/17 Saturday 2:30 A.M. I ate a 9 ounce Stouffer's lean cuisine sesame chicken dinner with 6 ounces of Southern Cole Slaw and a 12 ounce glass of diet Fresca. I will now shut down the primary work computer. I will go outside briefly. I will then go to bed. CIO

08/05/17 Saturday 2:00 A.M. I put away the clean laundry. I will now go outside again. CIO

08/05/17 Saturday 1:30 A.M. From the www.greenwichlibrary.org I checked out for two weeks https://www.amazon.com/Season-Secret-Americas-Richest-Society-ebook/dp/B0049B1VQS/ref=sr_1_5?s=digital-text&ie=UTF8&qid=1501910031&sr=1-5&keywords=ronald+kessler . CIO

08/05/17 Saturday 1:05 A.M. http://volcano.si.edu/reports_weekly.cfm

https://www.nytimes.com/2017/08/03/world/europe/denmark-prince-henrik-burial-wishes.html?emc=edit_th_20170804&nl=todaysheadlines&nid=46729

CIO

08/05/17 Saturday 12:50 A.M. I have 50 minutes to go on two dry cycles. I went outside, and I chatted with a neighbor. CIO

08/04/17 Friday 11:55 P.M. I put clean linens on the bed. I started two loads of laundry, and I have 25 minutes to go on the wash cycles. I watered the plants. CIO

08/04/17 Friday 11:30 P.M. I woke up at 7:30 P.M., and I chatted with a relative. I ate some Cheez-its. I finally woke up at 11:10 P.M.. I went outside briefly. CIO

08/04/17 Friday 6:10 P.M. My www.eversource.com electricity bill for July 2017 was \$314.51 for 1738 kWh for 59.93 kWh per day for 29 days with an average temperature of 73.5 degrees Fahrenheit. For July 2016, it was \$317.57 for 1963 kWh for 67.69 kWh per

day for 29 days with an average temperature of 77.2 degrees Fahrenheit. I will now go outside again. I will then take a nap. CIO

08/04/17 Friday 5:55 P.M. I went outside again. I ate two 2 ounce Sandwich Brothers Angus Cheeseburgers with five ounces of Southern Cole slaw and one baby Kosher dill pickles and a 12 ounce glass of diet Fresca. CIO

08/04/17 Friday 5:30 P.M. I gave a neighbor a ride. I went to my 1:30 P.M. appointment. I took 1.50 hours to have an arterial pulmonary exam on my lower body. I will know the results later. Also I have a malignant basal cell carcinoma on my lower left leg that I have to have surgery to remove it in a couple of weeks. After my appointment, I sat downtown, and I chatted with a local that I had not seen in a while. I then returned home. I picked up the mail. I went by the www.chase.com bank at Deerfield Place. I paid my rent to the Greenwich Housing Authority at the Wells Fargo Bank at the Stop and Shop shopping center. I returned home, and I sat outside briefly. I chatted with a relative. CIO

08/04/17 Friday 12:20 P.M. I went outside, and I drank my coffee with neighbors. I washed the breakfast dishes. I made my bed. I threw out the garbage. I will now shower and clean up. I will then go out to my 1:30 P.M. appointment. CIO

08/04/17 Friday 10:35 A.M. I woke up at 10 A.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

08/04/17 Friday 12:35 A.M. I went outside again. I will now shut down the primary work computer. I will go outside. I will then eat a bowl of apple sauce. I will then go to bed. I have to be up at 10 A.M. today for a 1:30 P.M. appointment today. CIO

08/03/17 Thursday 11:40 P.M. I am just about ready to eat a 8.5 ounce Stouffer's Lean Cuisine Thai style Asian beef dinner with five ounces of Southern Cole Slaw and a 12 ounce glass of diet Fresca. CIO

08/03/17 Thursday 11:25 P.M. I went outside twice. I setup the Android TracFone with the apartment wireless and my Google account. It seems to work just fine. I am now charging it up. CIO

08/03/17 Thursday 10:15 P.M. I went downtown to Greenwich Avenue. I sat in the park across from www.cvs.com . I chatted with a relative. I then picked up a prescription at CVS. I bought four 5 ounce cans of solid white albacore tuna fish for .99 each for \$3.96. I then went further downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with a www.starbucks.com regular. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I won a free scratch card that I lost on. I also bought an orange DjEEP lighter for \$2.65. I used the bathroom at Starbucks. I stopped by CVS again, and I bought two 16 ounce Lipton green citrus tea for \$2 total. I drank some at the top of Greenwich Avenue and the way down Greenwich

Avenue. I stopped by CVS again, and I bought for \$10 off an Android Tracfone for \$9.99 and .63 tax for \$10.62 total. I will not activate it. I will just use it for its wireless features. I chatted with another local downtown briefly. Two days ago the local who has surfing experience recommended that I use a \$100 wet suit when up in Maine. However, I never go in the water, since I worry about my dermatology problems. I then went by the Acme grocery store. I bought a 44 ounce Southern Cole Slaw for \$6.99, six 2 ounce Sandwich Brothers cheese burgers for \$4.99, a six pack of Thomas's plain bagels for \$2.99, a 48 ounce Mott's apple sauce for \$3.29, 6 ISE large eggs expire August 16, 2017 for \$1.79, a 59 ounce Simply Orange orange juice with calcium for \$3, four 9 ounce Stouffer's Lean Cuisine meals for \$2.49 each for \$33.01 total. I then returned home, and I put away my groceries. I picked up the mail. I chatted with a neighbor outside. CIO

08/03/17 Thursday 4:45 P.M. I threw out the garbage and the old periodical literature. I chatted with neighbors. I chatted with the building social worker. I will now shower and clean up. I will then go downtown after 5 P.M., when it is less busy.

https://www.google.com/search?q=Howard+Hughes+Keep+on+Flying+June&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjL9b3O9rvVAhVL64MKHYNbB_EQsAQIKA&biw=1920&bih=940 . CIO

08/03/17 Thursday 3:45 P.M. I went outside, and I drank my coffee with neighbors. I washed the breakfast dishes. I made my bed. I will now go outside again. CIO

08/03/17 Thursday 2:10 P.M. I woke up, and I ate a few ounces of Cheez-its. I finally woke up at 12:45 P.M.. I went outside three times. I chatted with a relative and an associate. I will eat breakfast of oatmeal with honey and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will now go outside again. My book on the Secret History of the www.fbi.gov expires in two days, so I probably will not finish reading it. CIO

08/02/17 Wednesday 8:05 P.M. I went outside briefly. I will now shut down the primary work computer, and I will go to bed. CIO

08/02/17 Wednesday 7:35 P.M. I ate a 9 ounce Stouffer's lean cuisine sesame chicken with 5 ounces of Southern Cole slaw and a 12 ounce glass of diet Fresca. I chatted with a relative. CIO

08/02/17 Wednesday 6:50 P.M. I went out to my 1 P.M. appointment. Afterwards, I went downtown. I went by www.cvs.com four times when not sitting in the park across the street. I also used the bathroom there. I paid \$1.25 to park. I then went further downtown. I sat out for a while. I walked lower Greenwich Avenue and the train station area. I sat out at various locations. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with the St. Moritz bakery. I sat out for a while. Once it started to rain heavily, I returned home. I stood out for a while. I picked up the mail. I chatted with a relative. While waiting for my appointment I

read the older www.time.com magazine with President Donald Trump's son on the cover. There was two pages about instant cameras. CIO

08/02/17 Wednesday 12:20 P.M. I went outside, and I drank my coffee, and I chatted with a neighbor. I washed the breakfast dishes. I made my bed. I will now shower and clean up and go out to my 1 P.M. appointment. CIO

08/02/17 Wednesday 10:55 A.M. I woke up at 10:30 A.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

08/02/17 Wednesday 3:15 A.M. I ate two 2 ounce Sandwich Brothers Angus Cheeseburgers with five ounces of Southern Cole slaw and one baby Kosher dill pickles and a 12 ounce glass of diet Fresca. I will now go outside again. I will then go to bed. I have to up at 9 A.M. for a 1 P.M. appointment today. CIO

08/02/17 Wednesday 2:35 A.M. I went downtown, and I stopped by www.cvs.com on Greenwich Avenue. I bought two 16 ounce Lipton green tea for \$2 total. I then went further downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. After my walk, I sat out for a while. I drank a 16 ounce Lipton green tea. I then walked lower Greenwich Avenue again. I sat out some more. They have road paving equipment on Greenwich Avenue. I guess for more paving around the Senior and the Arts Center. Thus there will probably be a traffic jam today. I then went by CVS on West Putnam Avenue. I bought two 64 ounce Ocean Spray cranraspberry juice for \$4 and two 64 ounce Ocean Spray crangrape juice for \$4 and three Stouffer's 9 ounce Lean Cuisine sesame chicken for \$3.33 each for \$17.99 total. I then returned home. I sat outside for a while. I put away my groceries. I will now go outside again. CIO

08/01/17 Tuesday 8:25 P.M. I went outside, and I chatted with neighbors. I have to clean out my ears with Debrox. I will then shower and clean up. I was also told that it is now a \$300 fine in Manhattan for honking one's horn. CIO

08/01/17 Tuesday 7:10 P.M. I chatted with a relative. One good reason for chatting with people downtown off the cuff is that one can not have one's modern communications eves dropped on. CIO

08/01/17 Tuesday 6:45 P.M. I will now go outside. CIO

08/01/17 Tuesday 6:20 P.M. I threw out the garbage. I sat outside a while. While I was looking at the computer books at the www.greenwichlibrary.org last night, I noticed they have an 800 page book on algorithms. CIO

08/01/17 Tuesday 5:50 P.M. I went outside, and I drank my coffee. I chatted with a relative. I washed the breakfast dishes. I made my bed. I will now go outside again. CIO

08/01/17 Tuesday 4:15 P.M. I chatted with a relative at 10 A.M.. I woke up at 3:30 P.M.. I went outside, and I chatted with a neighbor. I picked up the mail. I will eat breakfast of oatmeal with honey and milk, a toasted bagel with Smart Balance Spread, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will now go outside again. CIO

08/01/17 Tuesday 3:50 A.M. The only information I picked up from the local Hispanics recently is that one is not supposed to eat watermelon and fish together, because it can cause an allergic reaction. I will now shut down the primary work computer. I will eat a 5.6 ounce Dannon raspberry Greek yogurt, and I will go to bed. Bon Soir. CIO

08/01/17 Tuesday 3:20 A.M. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$196, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$96 for premium Cable TV. However that includes \$35 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I printed out two copies of my Microsoft Money Sunset Income versus Spending report for July 2017. I have one copy ready to mail to an interested relative with a Forever stamp on the envelope. I will mail it downstairs, and I will go outside again. CIO

08/01/17 Tuesday 2:15 A.M. I went outside again. All seem quiet in this tiny southwestern corner of the tiny state of Connecticut. Of course the bigger New York State is only about a 100 yards away. My friend from Key West might be upstate New York this time of year. CIO

08/01/17 Tuesday 1:50 A.M. I ate two 2 ounce Sandwich Brothers Angus Cheeseburgers with five ounces of Southern Cole slaw and two baby Kosher dill pickles and a 12 ounce glass of diet Fresca. CIO

08/01/17 Tuesday 1:25 A.M. I went outside, and I chatted with a neighbor. CIO

08/01/17 Tuesday 12:05 A.M. I went downtown to the little park across from www.cvs.com. I chatted with a local. I went into CVS, and I picked up a prescription. I bought two 16 ounce Snapple diet tea with lemon for \$2 and two 16 ounce Lipton Green tea for \$2 with a dollar off bonus bucks for \$1 total. I drank one of the Lipton green teas across the street, and I gave the other to the local. I also gave the local a package of cigar cigarettes since seeing me smoke gives him a nick fit. After the local left, I went back into CVS, and I chatted with another local. I used the bathroom there. I then drove further down Greenwich Avenue, and I walked lower Greenwich Avenue. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost as usual. I sat out at various locations. The Apple store was already closed at 7 P.M.. I then drove over to the www.greenwichlibrary.org. I chatted with two staff members. I used the bathroom there. I read the first part of the most recent Popular Science magazine about global weather change. I then went back downtown. I walked upper Greenwich Avenue, and I sat out at various locations. I stopped by CVS again. I bought a 18 double roll bundle of Scott Extra

Soft toilet paper for \$6.99, a 6.5 ounce fig newton cookies for a dollar, a 4.5 ounce Lorna Doone cookies for a dollar, and a 4 ounce premium saltines for a dollar and .57 tax for \$10.56 total. I then finished my walk, and I sat outside for a while. I chatted with a couple of local people. I drank the 16 ounce Snapple diet tea with lemon. I then returned home. I chatted with a neighbor. I put away my purchases. CIO

09/30/17 Saturday 11:50 P.M. I went outside, and I threw out the garbage. I took half of the roast beef sandwich, and I put Hellmann's olive oil mayonnaise on both sides along with two slices of white American cheese and ground pepper and Golds Hot horse radish, and I ate it with 5 ounces of Southern Cole Slaw and a Kosher dill pickle and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

09/30/17 Saturday 11:00 P.M. <http://www.cnn.com/2017/09/25/us/hurricane-maria-puerto-rico/index.html> . I chatted with a neighbor's friend. I went downtown. I chatted with a local from India. He told me the https://en.wikipedia.org/wiki/Aga_Khan was seen having dinner at L'Escale restaurant <http://www.lescalerestaurant.com/> at the Delamar Hotel <https://delamar.com/> in Greenwich this past Friday. He used to be the high commissioner for refugees at the United Nations, but at 80 years old he might be enjoying a quiet life. He has private jets, so he could be anywhere now. My friend from Sao Paulo, Brazil met him around 1987. I went to www.cvs.com , and I toured the store. I chatted with the staff. I went further down Greenwich Avenue. I chatted with a www.starbucks.com regular. I said hello to a local Danish social worker. I walked lower Greenwich Avenue. It is a bit colder out, so one has to dress more warmly. They have lighted up the Senior and the Arts building area better, so one can see better at night. I then went to the Stop and Shop. I bought a 64 ounce Ocean Spray cranraspberry juice for \$2.99, a 64 ounce Welch's grape juice for \$3.99, and a roast beef sandwich for \$6.99 for \$13.97 total. CIO

09/30/17 Saturday 7:35 P.M. I went outside, and I chatted with a neighbor. I will now go downtown to Greenwich Avenue. CIO

09/30/17 Saturday 6:50 P.M. I chatted with a relative. I went outside, and I chatted with neighbors. I will now shower and clean up. CIO

09/30/17 Saturday 5:45 P.M. Food for thought
[https://en.wikipedia.org/wiki/Farwell, Texas](https://en.wikipedia.org/wiki/Farwell,_Texas) . CIO

09/30/17 Saturday 5:35 P.M. <http://www.bbc.com/news/world-asia-41452093> . CIO

09/30/17 Saturday 5:35 P.M. I went outside, and I picked up the mail. I chatted with various neighbors. I washed the breakfast dishes. I made my bed. CIO

09/30/17 Saturday 1:50 P.M. I woke up at 1:15 P.M.. I went outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

09/30/17 Saturday 2:25 A.M. I am worn out chatting with neighbors all day. I will now shut down the primary work computer, and I will go to bed. CIO

09/30/17 Saturday 1:35 A.M. I took half of the loaf of French bread, and I cut each in half again. I then slit two quarters lengthwise. I put Hellmann's olive oil mayonnaise on each of the four pieces, and I put two slices of ham and two slices of white American cheese on each of the two sandwiches which I ate with five ounces of Southern Cole Slaw and a Kosher dill pickle and a 12 ounce glass of Sprite Zero. I will now go outside again. CIO

09/29/17 Friday 11:55 P.M. I have been outside chatting with various neighbors, since the last message. I finally ate breakfast at around 5 P.M.. I chatted with a relative at around 6 P.M.. With all of the scary news in the media, my neighbors are quite stressed out. I washed the breakfast dishes, and I made my bed. I need to shower and clean up, however I will first go outside again. CIO

09/29/17 Friday 2:10 P.M. I woke up at 1:30 P.M.. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

09/29/17 Friday 4:25 A.M. I went outside again. <http://www.bbc.com/news/technology-41412561> . I will now shut down the primary work computer, and I will go to bed. CIO

09/29/17 Friday 3:55 A.M. I wonder if AT&T would be able to transfer my Microsoft Nokia Go Phone micro sim card to a nano sim card, so I could use this phone
<http://www.ebay.com/itm/Moto-E-4th-Generation-Gold-16-GB-GSM-Unlocked-AT-T-T-Mobile-/182699471866?epid=2156936788&hash=item2a89bcb3fa:g:sSsAAOSwI0RZgn6l> . This <https://www.att.com/cellphones/att/nano-sim.html#sku=sku7461122> says they will do it for free. CIO

09/29/17 Friday 3:20 A.M. I went outside again. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$196, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$96 for premium Cable TV. However that includes \$35 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I will now go outside again. CIO

09/29/17 Friday 2:30 A.M. <https://www.bbc.co.uk/scotland> . CIO

09/29/17 Friday 2:20 A.M. I turned off the air conditioners and fans in the apartment. It is getting a bit cool outside
<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.Wc3k1dGQyUI> . Maybe the www.wh.gov needs a computer person at Mar Largo. I have only visited Palm Beach briefly about a dozen times. I recalled the last time I visited Palm Beach was around August 1980, when I left New Canaan, and I drove up to Cape Cod, and then up to Montreal and down south to Florida on my way across country on my last trip to California. CIO

09/29/17 Friday 2:00 A.M. <http://www.greenwichtime.com/news/us/article/Museum-in-Michigan-brings-Model-T-driving-to-the-12239779.php> CIO

09/29/17 Friday 1:45 A.M. Tracking is <https://www.ups-mi.net/packageID/PackageID.aspx?PID=92748901146325543403547503> on the order for <https://www.pipingrock.com/anti-aging-antioxidants/rna-dna-3423> for \$14.97 and \$1.95 shipping for \$16.92 total.

Tracking is https://www.ups-mi.net/packageID/PackageID.aspx?PID=MI013002S24994732&cid_co=us&cid_so=sfus&cid_ch=crm&cid_su=tem&cid_me=ema&cid_ca=US_MO_ORDER_SHIPPED&cid_pr=ste&cid_au=us&cid_da=2017_09_01 and https://www.ups-mi.net/packageID/PackageID.aspx?PID=MI013002S24994287&cid_co=us&cid_so=sfus&cid_ch=crm&cid_su=tem&cid_me=ema&cid_ca=US_MO_ORDER_SHIPPED&cid_pr=ste&cid_au=us&cid_da=2017_09_01 on two of the photograph orders from www.snapfish.com . CIO

09/29/17 Friday 12:50 A.M. I took half of the loaf of French bread, and I cut each in half again. I then slit two quarters lengthwise. I put Hellmann's olive oil mayonnaise on each of the four pieces, and I put two half slices of Black Forest Ham and two slices of Domestic Swiss cheese on each of the two sandwiches which I ate with four ounces of Southern Cole Slaw and a Kosher dill pickle and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

09/29/17 Friday 12:20 A.M. <http://www.businessinsider.com/google-standoff-with-mountain-view-city-council-2017-9> . CIO

09/28/17 Thursday 11:55 P.M. I chatted with a relative. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by the Tesla store. I stopped by the www.apple.com store. I told them that with the winter Olympics coming up in South Korea, to use an Iphone in South Korea as a visitor costs \$800 a day. I chatted with a Mercedes dealer from down south as we were admiring a Maybach. I stopped by Zyn stationary, and I bought an Ace's High scratch card for a dollar, and I lost. There are several new art galleries on Greenwich Avenue. I chatted with a Senior Center worker. I chatted with a Saks security guard. I stopped by www.cvs.com , and I bought a 16 ounce bag of Wabasi and Soy almonds for \$5.99. I also bought there buy one get one free of 250 count 1200 mg. Lecithin for \$11.29 both. I used the bathroom there. I chatted with a Sony Purchase computer person. After I finished my walk, I sat for a while. I then walked the lower Greenwich Avenue area again. They are having an Art Show at the Senior Center. After I finished my walk, I drove down by the waterfront on Steamboat Road, and the pier down there is still fenced off waiting to be repaired. I then went by Whole Foods, and I toured the store. I bought a loaf of French Bread for \$3. It is a very nice expensive grocery store, if one has the wampum. I then went by the Stop and Shop. I bought two wedges half price of Van Kaas Dutch Gouda cheese for \$4.99 a pound for \$5.69 and \$5.59 and a eight pack of large eggs expire October 26, 2017 for \$1.29 for \$12.57 total. I then bought two 7.5 ounce Triscuit reduced fat crackers for \$6. I then bought four packages of various Knorr 5.4 ounce rice mix for \$1 each and a 8 ounce Kraft parmesan and Romano cheese for \$4.69 for \$8.69 total. I then returned home. I chatted with neighbors. I put away my purchases. I will now go outside again. September 29 is St. Michael's or Michaelmas day <https://en.wikipedia.org/wiki/Michaelmas> , the third highest Christian religious day. Also it used to be legal in Scotland to steal a horse on Michaelmas. I do not know if one had to return it after the holiday. CIO

09/28/17 Thursday 3:25 P.M. I drank my coffee outside. I chatted with neighbors. I washed the breakfast dishes. I made my bed. I will now outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue. One might think about sending hammocks and real www.army.mil ponchos into the hurricane ravaged areas. CIO

09/28/17 Thursday 1:25 P.M. I woke up at 10 A.M., and I leant a neighbor a package of cigar cigarettes. I finally woke up at 12:30 P.M.. I went outside, and I chatted with neighbors. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements.

<http://www.orlandosentinel.com/news/hurricane-irma-recovery/os-hurricane-irma-keys-housing-20170927-story.html> CIO

09/28/17 Thursday 4:00 A.M. I went outside, and I chatted with a neighbor. Saturn is in the night sky in the Southeast. In terms of local computer users before the internet became popular, there was a computer BBS in Old Greenwich with lots of files on astronomy, and one of the local groups downtown at night used to be the local astronomy

club who obviously go outside at night. When I first returned to Greenwich in December 1983, I lived across the street from the local observatory off Milbank Avenue, but I never explored it. The NASA https://www.nasa.gov/mission_pages/hubble/main/index.html Hubble satellite mirror was made in Danbury, Connecticut I think by Hughes Aerospace of Perkin Elmer or maybe both. Of course, if one visited <https://www.hellocanaryislands.com/lanzarote/> the night sky is so clear that one can see a million stars. Well, I will now shut down the primary work computer, and I will go to bed. CIO

09/28/17 Thursday 2:00 A.M. I went outside again. I could hear the fog horn over on Long Island Sound. CIO

09/28/17 Thursday 1:40 A.M.

<http://www.asiaoceania.org/aogs2018/public.asp?page=home.htm>

http://volcano.si.edu/reports_weekly.cfm

https://subscribe.smithsonianmag.com/timeandnav?utm_source=timeandnav&utm_medium=email&utm_campaign=openers_sep17 . CIO

09/28/17 Thursday 1:30 A.M. I ate a 10 ounce Banquet spaghetti and meatballs dinner with grated parmesan and Romano cheese on it and a 12 ounce glass of Sprite Zero. CIO

09/28/17 Thursday 12:40 A.M. I threw out the garbage. I went to the Acme grocery store. I bought a 10 ounce bag of Lays salt and vinegar potato chips for \$3, three 9.5 ounce Banquet Swedish meatballs for \$5, bananas for .47 a pound for .84, a 46 ounce container of Southern Cole slaw for \$6.49, and .80 can return for \$14.53 total. I then went downtown. I walked the entire length of Greenwich Avenue, and I sat out at various location. I stopped by Zen Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I stopped by www.cvs.com and I bought two 14 ounce boxes of Kashi cereal for \$2.99 each, a box of Kashi trail mix bars for \$2.80, two 18 ounce Smuckers raspberry preserves for \$5 both for \$13.97 total. I then bought on sale down from \$25 for \$9.99 a Honeywell small size fan and .63 tax for \$10.62 total. I then completed my walk. I sat out for a while. I then went by the Acme grocery store. I then went by the Stop and Shop, and I bought a 12 pack of Stop and Shop English muffins for \$2.79, a package of Stop and Shop deli sliced ham for \$4.99 a pound for \$4.94, a package of Stop and Shop deli sliced white American cheese for \$4.99 a pound for \$5.29, two 14 ounce Maria Callender frozen meals for \$2 each, 2 eight package of John Soules chicken strips for \$1.74 each, a package of Brussels sprouts for \$2, less \$1 off coupons on the chicken strips for \$21.50 total. I then returned home, and I put away my purchases. I went outside, and the emergency pull cord alarm went off in the building. Since the tenant did not respond, I called the Greenwich Police department and the Greenwich Housing Authority answering service. The police arrived, but which time the tenant had responded, and it was a false alarm. I chatted with neighbors outside, and I drank a 12 ounce can of diet Fresca. I was going to replace the small Honeywell fan in the bedroom window which did not work, but I figured out it was the powder strip coming out of the wall surge protector that had become lose, so the fan did not need to be replaced.

Also the other devices including the Apple Ipad 2 connected to that power strip now work. I chatted with neighbors outside some more. CIO

09/27/17 Wednesday 7:15 P.M. I went outside, and I threw out the cigar cigarette shipping box that I received a month ago. I ate a black forest ham and domestic Swiss cheese sandwich with Hellmann's mayonnaise and a 12 ounce glass of Sprite Zero. I will now go downtown to Greenwich Avenue. CIO

09/27/17 Wednesday 6:40 P.M. <http://www.bbc.com/news/technology-41399823> CIO

09/27/17 Wednesday 6:35 P.M. I chatted with three relatives. CIO

09/27/17 Wednesday 5:30 P.M. I took some pictures up in Maine. I ordered 30 from www.snapfish.com for \$2.70 and \$3.99 shipping for \$6.69 total. I ordered two more sets for different relatives for \$6.69 each. CIO

09/27/17 Wednesday 4:55 P.M. I went outside, and I put my new GEICO insurance card in the glove box of my car. I chatted with a neighbor. CIO

09/27/17 Wednesday 3:20 P.M. I picked up the mail. I sat outside again. There was a news story on the ABC National news a couple of days ago, that people who take baby aspirin once a day can develop heart disease, if they quit taking it after a year. CIO

09/27/17 Wednesday 1:55 P.M. I ordered <https://www.pipingrock.com/anti-aging-antioxidants/rna-dna-3423> for \$14.97 and \$1.95 shipping for \$16.92 total. I will now go outside. I will then shower and clean up. CIO

09/27/17 Wednesday 1:40 P.M. On my www.geico.com automobile insurance policy, I made two payments of the four payments on my six month policy that begins October 8, 2017. CIO

09/27/17 Wednesday 1:30 P.M. I chatted with three relatives. I drank my coffee outside. I washed the breakfast dishes. I made my bed. CIO

09/27/17 Wednesday 11:40 A.M. I woke up at 11 A.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

09/27/17 Wednesday 2:00 A.M. I went outside, and I chatted with a neighbor. I will now shut down the primary work computer, and I will go to bed. CIO

09/27/17 Wednesday 1:15 A.M. I ate a 9.25 ounce Banquet sweet and sour meal with a 12 ounce glass of Fanta orange soda. I watered the plants. I put two new Air Wick scent refills in the two Glade scent machines in the apartment. CIO

09/27/17 Wednesday 12:50 A.M. On Monday afternoon, I packed, and I loaded up my car. I then went for a drive with relatives along the Kennebunkport waterfront to Cape Porpoise, and we got some food at "Kitchen Chics". We then returned to my relatives' house, and we watched the ABC local and national news. I ate some toasted triscuts with cheese and chutney. For dinner, I ate one of the Hanneford's beef and vegetable meals and a piece of raspberry pie with ice water. I cleaned up the kitchen. I went to bed at 7:30 P.M., and I woke up at 7 A.M. on Tuesday morning. I ate breakfast of oatmeal with Splenda sweetener and milk, a toasted English muffin with butter, a 50% orange juice and 50% water 12 ounce glass, and a cup of coffee with Splenda sweetener and milk. I showered, and I cleaned up. I brought in the garbage can from the street. I finished packing. I gave a relative the Apple charging cord from my car. I left at 8:45 A.M.. I stopped at the Amtrak station in Wells, Maine. I got on the Maine Turnpike south. My EzPass took care of the tolls. Once it gets low, they will charge me another \$20. I stopped at the Exit 3a in New Hampshire off I-95, and I used the bathroom at the Pease air force base bus terminal. I used the bathroom at the Massachusetts welcome center. I used the bathroom at the Lowell rest area off I-495. I got on the Massachusetts turnpike from I-290 south. I stopped at the Charlton rest area, and I used the bathroom. I ate half of the ham and cheese sandwich that I brought with me. I bought \$23 of self service Gulf premium gasoline for \$3.289 a gallon for 6.99 gallons at odometer reading of 116010 for 166.7 miles since the previous fill up for 23.849 miles per gallon in mostly highway traffic. I stopped at the Connecticut welcome center on I-84 west. I stopped at the North Haven rest area on the Wilbur Cross Parkway after I drove down I-91 south. I stopped at the New Canaan rest area on the Merritt Parkway. I returned back into Greenwich, Connecticut at 3:30 P.M.. I picked up my mail at the Valley Road Post Office. I paid my rent for September to the Greenwich Housing Authority at the Wells Fargo Bank at the Stop and Shop shopping center. I went to www.cvs.com on Greenwich Avenue, and I picked up three prescriptions. I also got my annual senior's flu shot. I went by the Chase Bank at Deerfield Drive. I went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$18 of self service V-Power premium gasoline for \$3.699 a gallon for 4.865 gallons at odometer reading 116145 miles for 134.5 miles driven since the previous fill up for 27.647 miles per gallon in highway traffic. I then returned home. I turned on the utilities in my apartment. I unloaded the car. I chatted with a relative. I chatted outside with neighbors. I ate the other half of the ham and cheese sandwich with a 12 ounce Sprite Zero. I unpacked. I drank a diet Fresca outside chatting with neighbors. I sorted through my mail. My EBT food stamps are going up from \$166 to \$174 a month. I sorted through my mail. CIO

09/26/17 Tuesday 11:20 P.M. I got back in Greenwich, Connecticut at 3:30 P.M. this afternoon. I have finished unpacking and doing errands. CIO

Monday, September 25, 2017, 3:00 P.M. I drove down with another relative to the Portsmouth Pease air force airline bus terminal and picked up a relative. We stopped by the Portsmouth rotary state liquor store. We stopped by the Kennebunkport post office, and we returned to my relatives' house. I ate the reheated breaded haddock and potato salad with ice water for lunch. I am going leave and head back home to Greenwich, Connecticut tomorrow. I will try to leave here around 9 A.M. depending on when I get

up. I will start packing now, and I will pack my laptop computer setup, so there will be no notes until I return home tomorrow. CIO

Monday, September 25, 2017, 10:00 A.M. I woke up at 8:45 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Sunday, September 24, 2017, 7:50 P.M. We watched the ABC local news and the NBC national news. I ate crackers with cheese and marmalade. For dinner, I ate baked breaded haddock and two ears of corn on the cob with butter and a glass of ice water. I cleaned up the kitchen. I will go to bed soon. CIO

Sunday, September 24, 2017, 5:50 P.M. http://www.smithsonianmag.com/history/victoria-and-abdul-friendship-scandalized-england-180964959/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20170924-Weekender&spMailingID=30723040&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1122765565&spReportId=MTEyMjc2NTU2NQs2

CIO

Sunday, September 24, 2017, 5:40 P.M. I napped from 2:30 P.M. to 4 P.M.. I went for a drive with relatives along the Kennebunk beach. We stopped and watched the calmer water. We then drove along the Kennebunkport waterfront. CIO

Sunday, September 24, 2017, 2:00 P.M. I ate a ham and cheese sandwich with Hellmann's mayonnaise and potato salad and a glass of ice water.
https://www.zillow.com/homedetails/143-Beach-Ave-APT-101-Kennebunk-ME-04043/85070501_zpid/ and https://www.coldwellbankerhomes.com/me/kennebunk/149-beach-ave-302/pid_19477361/ CIO

Sunday, September 24, 2017, 1:15 P.M. <http://me.usarbors.com/monthly-tides/Maine-Southern%20Coast/Kennebunkport> . CIO

Sunday, September 24, 2017, 10:30 A.M. I woke up at 9:30 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Saturday, September 23, 2017, 7:55 P.M. I went for a drive with relatives along the Kennebunk beach. We stopped and watched about 24 surfers surfing the calmer water. We then returned to my relatives' house. We watched the NBC National news, and I some triscuts with cheese and cranberry sauce. For dinner, I ate a macaroni and cheese and lobster dinner, and a piece of raspberry pie with wild blueberry ice cream. I clean up the kitchen. I will go to bed soon. CIO

Saturday, September 23, 2017, 5:05 P.M. I woke up at 4:30 P.M.. CIO

Saturday, September 23, 2017, 2:30 P.M. I went for a drive with relatives along the Kennebunk beach. We stopped and watched about 40 surfers surfing the rough water. We then drove along the Kennebunkport waterfront. I ate a ham and cheese sandwich with Hellmann's mayonnaise and potato salad and a glass of ice water. I will now take a nap. CIO

Saturday, September 23, 2017, 11:30 A.M.

<http://money.cnn.com/2017/09/20/technology/bill-gates-control-alt-delete/index.html> . CIO

Saturday, September 23, 2017, 11:25 A.M. I chatted with a friend and a relative. We have been doing a load of laundry and drier every day. I swept out the garage. I used the leaf blower to clean off the driveway. CIO

Saturday, September 23, 2017, 10:20 A.M. I woke up at 9 A.M.. I was dreaming about polar bears. A relative closed the bedroom window, because a skunk sprayed outside last night. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. I swept out the garage. CIO

Friday, September 22, 2017, 8:00 P.M. I napped until 5 P.M.. I went out with a relative, and we drove along the Kennebunk beach. Part of the road on the west end of the beach is partially washed away from the high surf. We parked at the west side of Gooch's beach, and we watched about three dozen surfers. We returned to my relatives' house. We watched the ABC local and national news, and I ate some triscuts with cheese and cranberry sauce. For dinner, I ate a beef tips dinner with vegetables and a piece of raspberry pie with wild blueberry ice cream. I cleaned up the kitchen. I will go to bed soon. CIO

Friday, September 22, 2017, 3:15 P.M. http://volcano.si.edu/reports_weekly.cfm CIO

Friday, September 22, 2017, 3:10 P.M. I went out with a relative. We drove along the Kennebunk beach except the far west where surf was breaking over the road. We parked at the west end of the east beach, and we watched about 50 surfers surfing near high tide in the rough seas. We then went to www.cvs.com in Kennebunk. I bought a five pack of Bic lighters for \$7.70. We then filled up the family car at the Irvine gasoline station. We then went to Hannaford's and got groceries. We then went by the Kennebunkport post office. We returned to my relatives' house. I ate reheated 1.5 center cut boneless pork chops with sauerkraut and steamed zucchini and a glass of ice water. I drove a relative to Port Lobster to get some crab meat. I will now take a nap. CIO

Friday, September 22, 2017, 9:55 A.M. I woke up at 9 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50%

orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Thursday, September 21, 2017, 7:45 P.M. I read most of the May 2017 issue of www.pcmag.com . I chatted with a friend. I went for a drive with relatives along the Kennebunk beach. We stopped and watched about 60 surfers surfing the rough water. We then drove along the Kennebunkport waterfront. We watched the local and national ABC news. I ate some trisuts with cheese and cranberry sauce. For dinner, I ate a sautéed boneless center cut pork chop with sauerkraut and steamed zucchini and tomatoes and onion, a piece of raspberry pie with a scoop of wild blueberry ice cream and a glass of ice water. I cleaned up the kitchen. I will go to bed soon. CIO

Thursday, September 21, 2017, 3:10 P.M. I went out with a relative, and we drove along the Kennebunkport waterfront. Walker's Point look all right in the high surf around it. We to Bradberries in Cape Porpoise and go some groceries. We then drove out to Cape Porpoise, and returned to my relatives' house. There a number of new developments on the road east of Walker's Point. I ate a ham and cheese sandwich with Hellmann's mayonnaise and potato chips and a glass of ice water. CIO

Thursday, September 21, 2017, 1:30 P.M.
<http://money.cnn.com/2017/09/19/investing/norway-pension-fund-trillion-dollars/index.html> CIO

Thursday, September 21, 2017, 1:20 P.M. The yard person cut the front lawn. Last week, I cleaned the lent out of the outside drier vent screen that is used to keep chipmunks out of the basement. I went for a drive with relatives. We went to the Kennebunkport post office. We then drove along most of the length of the Kennebunk beach. Some surf water was breaking over the breakwater on the west end of the beach. All of the parking places on the east end of the beach were taken up by the many surfers and ocean watchers at a very rough high tide. We stopped briefly and watched some surfers in the high surf. We then went by Port Lobster. They were out of crab meat. We then returned to my relatives' house. See the rough surf <http://www.kennebunkportbeachwebcam.com/> . CIO

Thursday, September 21, 2017, 10:50 A.M. I woke up at 10 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. Microsoft used to have their software DVD packages made in Puerto Rico. CIO

Wednesday, September 20, 2017, 7:50 P.M. I watched the ABC local and national news. The local news showed the surfers at Kennebunk beach. I ate some triscuits with cheese and chutney. For dinner, I ate chicken teriyaki with an ear of corn on the cob with butter and a glass of ice water. I cleaned up the kitchen. I will go to bed soon. CIO

Wednesday, September 20, 2017, 5:40 P.M. I rested until 4 P.M.. I went out with a relative. We went by the Kennebunkport post office. We then drove the entire length of

the Kennebunk beach. Some gravel was washed up by high waves by the big apartment building on the beach. We parked midway on the east beach and watched about three dozen surfers out in the rough surf at low tide. We then drove along the Kennebunkport waterfront. This house on Ocean Avenue near Walker's Point https://www.realtor.com/realestateandhomes-detail/204-Ocean-Ave_Kennebunkport_ME_04046_M34391-17414 is for sale. We then returned to my relatives' house. CIO

Wednesday, September 20, 2017, 2:30 P.M. I went out with relatives. We went by the Kennebunkport post office. We then drove over to T.J. Maxx in Biddeford. They have two black Schwinn bicycles there for \$129.99. They also have a 2XL men's black wind breaker for \$50. My relatives got some other stuff. We then went to Panera's for lunch nearby. I ate a turkey, bacon, lettuce, and avocado sandwich for \$10 and a glass of ice water. I also ate piece of French bread. There French bread is very good. We then returned to my relatives' in Kennebunkport. I will now take a nap.

http://abcnews.go.com/International/hurricane-maria-leaves-puerto-rico-power-striking/story?id=49971859&cid=clicksource_4380645_2_three_posts_card_hed CIO

Wednesday, September 20, 2017, 11:00 A.M. I woke up at 10 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up.

The weather channel said that Puerto Rico will not have electricity for four to six months. CIO

Tuesday, September 19, 2017, 7:30 P.M. Kennebunk and Kennebunkport are supposed to have a hide tide rough surf warning from 11 P.M. tonight until 8 P.M. tomorrow night. I went out to dinner with relatives at the <http://www.villagetavernwestk.com/>. For dinner for \$13.99, I had linguine marinara with three medium size meat balls and rigatoni with tomato sauce, sour dough bread with butter, and a glass of iced tea with Splenda sweetener. I also ate a piece of a relative's haddock. On the way home, we drove by the Kennebunk beach, and there were about two dozen surfers out in the rough water at sunset. We parked along the beach for a while. We then drove along the Kennebunkport waterfront and returned to my relatives' house. I ate the last piece of apple walnut pie. I will go to bed soon. CIO

Tuesday, September 19, 2017, 4:25 P.M. <http://www.floridadisaster.org> . CIO

Tuesday, September 19, 2017, 4:05 P.M. I ate a ham and cheese sandwich with Hellmann's mayonnaise and potato chips and a glass of ice water. I read the rest of the June 2017 edition of www.pcmag.com . They mention <http://www.thetop10antivirus.com/top-free-malware-protection> and <https://forums.malwarebytes.com/topic/177751-introducing-malwarebytes-anti-ransomware-beta/> . CIO

Tuesday, September 19, 2017, 2:15 P.M. I went out to the Kennebunkport post office and back. CIO

Tuesday, September 19, 2017, 12:55 P.M. I chatted with two friends.

<http://www.naplesnews.com/story/news/local/2017/08/28/southwest-florida-residents-cleaning-up-after-weekend-rain/607316001/> . CIO

Tuesday, September 19, 2017, 12:30 P.M. <http://www.cnn.com/2017/09/19/us/branson-new-day-cnntv/index.html> CIO

Tuesday, September 19, 2017, 11:25 A.M. I woke up at 10 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Monday, September 18, 2017, 8:00 P.M. I rested until 6 P.M.. I ate triscuit crackers with cheese and chutney. I watched the ABC National news. For dinner, I ate a prepared turkey dinner with stuffing, green beans, and mashed potatoes and two ears of corn on the cob with butter and a piece of apple walnut pie with a glass of ice water. I cleaned up the kitchen. I will go to bed soon. CIO

Monday, September 18, 2017, 4:05 P.M. I went out with a relative, and we went by the Kennebunkport post office. We then went by www.cvs.com in Kennebunk. I then took a relative to an appointment. While I waited, I chatted with a friend, and I read Ronald Kessler's book on the www.cia.gov off my Kindle Paper White. We then got gasoline at the Irvine gasoline station in Kennebunk. We then got groceries at Hannaford's. We then drove along the Kennebunk beach and returned to my relatives' house. I will now take a nap. CIO

Monday, September 18, 2017, 12:30 P.M. I rested an hour. I ate a ham and cheese sandwich with Hellmann's mayonnaise and potato chips and a glass of ice water. CIO

Monday, September 18, 2017, 9:55 A.M. <http://www.sun-sentinel.com/news/weather/hurricane/sfl-florida-keys-landmarks-before-after-20170913-htmlstory.html> CIO

Monday, September 18, 2017, 9:50 A.M. Aerial photo of damage to Casa Marina resort <http://www.casamarinaresort.com/> in Key West
<http://www.foxnews.com/us/2017/09/15/before-and-after-hurricane-irma-aerial-images-show-extreme-destruction-along-florida-coast.html> . CIO

Monday, September 18, 2017, 8:30 A.M. I woke up at 7 A.M.. I brought in the www.nytimes.com . I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of

coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Sunday, September 17, 2017, 8:15 P.M. I watched the local and national NBC news and ate crab meat and crackers. For dinner, I ate 5/8ths of a Paul Neuman pizza. I cleaned up the kitchen. I watched the last half CBS Sixty minutes. I will now go to bed. CIO

Sunday, September 17, 2017, 5:25 P.M. After the last note, I rested until 4:15 P.M.. My friends in Sea Island, Georgia have their utilities restored. CIO

Sunday, September 17, 2017, 1:40 P.M. I called up, and I chatted with a local walker in Greenwich. I went for a drive with a relative. We stopped by H.B. Provisions, and I bought a loaf of 12 grain bread for \$5.71. We drove along the entire length of the Kennebunk beach in the fog. There is a fairly new Inn called <http://www.guestreservations.com/the-beach-house-inn-kennebunk/booking> on the waterfront about a half mile walk west of the sandy beach. We parked midway on the east beach and watched some surfers. We then drove along the Kennebunkport waterfront to Cape Porpoise. We stopped by Bradberries grocery store and got four ears of corn on the cob for \$2.67. We then stopped Kitchen Chics, and we got a pint of chowder for \$6.97. We then drove out to Cape Porpoise, and we returned to my relatives' house. I ate a ham and cheese sandwich with Hellmann's mayonnaise and potato salad and a glass of ice water. CIO

Sunday, September 17, 2017, 9:45 A.M. The www.nytimes.com came after the last note. I chatted with a friend. CIO

Sunday, September 17, 2017, 9:15 A.M. I woke up at 7 A.M.. There is more tropical storm activity in the Caribbean <http://scott-mike.com/weather.htm> . I chatted with a relative twice. The www.nytimes.com has not arrived yet. The airport is probably fogged in. My relative's Ipad now works. It was not plugged into a working wall socket. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Saturday, September 16, 2017, 8:25 P.M. I read the rest of the August, the July, and part of the June 2017 PC Magazine. I went for a drive with a relative along the Kennebunk beach, and we park halfway down on the east side and watched the local activity. We chatted with another relative out walking. We then drove along the Kennebunkport waterfront and returned to my relatives' house. We watched the NBC National news and ate cheese and crackers. For dinner, I ate a steak tid bits dinner with vegetables, steamed asparagus with butter, sliced tomato with mozzarella, and a glass of cold ice water. I clean up the kitchen. I will now go to bed. CIO

Saturday, September 16, 2017, 3:20 P.M. I went out with a relative, and we went by the Kennebunkport post office. Their lobby is opened until 3 P.M. on Saturdays. We then drove up to www.cvs.com in Kennebunk. My relative got various items including a flu

shot. We then went by www.mcdonalds.com in Kennebunk, and I got my relative a medium chocolate milk shake for \$3.13. We then went by Hannaford's, and we got some groceries. We then returned to my relatives' in Kennebunkport. I ate a ham and cheese sandwich with Hellmann's mayonnaise and potato salad and a glass of ice water. CIO

Saturday, September 16, 2017, 12:10 P.M. I woke up at 11 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. One of my relative's Ipad quit working. CIO

Friday, September 15, 2017, 7:30 P.M. My friends in Sea Island, Georgia can use the wireless at the local library, but their Iphones do not work. Hurricane Jose tracking http://www.nhc.noaa.gov/refresh/graphics_at2+shtml/204219.shtml?cone#contents . I read the September 2017 and part of the August 2017 issues of P.C. Magazine. I ate cheese and crackers and watched the ABC National News. For dinner, I had a sautéed and glazed boneless breast of chicken, with sautéed corn off the cob, and steamed asparagus, sliced tomato, and a glass of ice water. I will go to bed soon. CIO

Friday, September 15, 2017, 4:00 P.M. http://volcano.si.edu/reports_weekly.cfm CIO

Friday, September 15, 2017, 3:45 P.M. On my Apple Ipad 2 that I brought up with me, the www.greenwichlibrary.org password works, and I remembered the passwords for the free magazines at that web site. I went out with a relative to the Kennebunkport post office. We then stopped by briefly at the Colony drugstore, but they do not carry newspapers. We then went to H.B. Provisions. I bought my relative a coffee ice cream cone and the York County Star newspaper that my relative paid for. There were a number of very old antique automobiles around. We then drove the entire length of the Kennebunk beach and back, we parked at the west end of the east beach. There were not many people out there on a 74 degree afternoon. We then returned to my relatives' house. I ate a ham and cheese sandwich with Hellmann's mayonnaise and potato salad and a glass of ice water. CIO

Friday, September 15, 2017, 11:40 A.M. I woke up at 11 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up.

http://www.nhc.noaa.gov/refresh/graphics_at2+shtml/145928.shtml?cone#contents . I chatted with a friend. CIO

Thursday, September 14, 2017, 7:50 P.M. I went for a drive along the Kennebunk beach waterfront with a relative. We parked at the west end of the east beach, but there were not many people or surfers out. We then drove along the Kennebunkport waterfront. I ate cheese and crackers and watched the ABC local and national news. For dinner, I ate

baked breaded sea scallops with sauteed corn of the cob and a glass of ice water. I cleaned up the kitchen. I will now go to bed. CIO

Thursday, September 14, 2017, 4:05 P.M. I ate a ham and cheese sandwich with Hellmann's mayonnaise and potato salad and a glass of ice water. There are a lot of dragon flies in the front yard in Maine probably blown up north by the tropical storm winds. Last September 2016, we had a lot of acorns in the yard in Maine meaning a colder winter, but this year there are no acorns, so it might be a warmer winter up here. CIO

Thursday, September 14, 2017, 3:15 P.M. I went with a relative to the <http://www.yorkhospital.com/locations/york-hospital-in-wells/Wells-Emergency-Care.aspx>, and I had my surgical stitches removed from my left leg. They took my Connecticut Medicaid. I am supposed to keep using the Neosporin and bandage, until it heals more. We then went to www.cvs.com in Kennebunk. I got some more large bandage pads that my relative paid for. We then went to Hannaford's, and we got some groceries. We then went to Port Lobster and got some scallops. We then returned to my relatives' house in Kennebunkport. CIO

Thursday, September 14, 2017, 12:05 P.M. I woke up at 11 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Wednesday, September 13, 2017, 7:50 P.M. I ate cheese and crackers and watched the ABC local and national news. For dinner, I ate chicken teriyaki with noodles, a piece of reheated baked breaded haddock, a piece of apple walnut pie with a glass of ice water. I cleaned up the kitchen. I will now go to bed. CIO

Wednesday, September 13, 2017, 5:15 P.M. <http://www.cnn.com/2017/09/13/us/florida-keys-destruction-irma/index.html>. CIO

Wednesday, September 13, 2017, 5:00 P.M.. I went for a drive with relatives along the Kennebunk beach. We sat out at both ends of the east beach. As of Saturday September 16, 2017, one does not need a parking permit at the Kennebunk beach. We then returned to my relatives' house. CIO

Wednesday, September 13, 2017, 3:30 P.M.. It said on the news that the major damage in the Florida Keys was from the 15 mile marker to the 75 mile marker out of Key West. My friends in <https://www.seaisland.com/> emailed me that the National Guard is not letting anyone on or off the barrier island. They have turned two restaurants into soup kitchens. I guess they have electricity, since they emailed me. I ate a ham and cheese and bacon and tomato sandwich with Hellmann's mayonnaise and potato salad and a glass of ice water.

<http://video.foxnews.com/v/5574904267001/?#sp=show-clips> CIO

Wednesday, September 13, 2017, 12:10 P.M.. I woke up at 11 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Tuesday, September 12, 2017, 8:55 P.M.. I watched the weather news. Another relative arrived at 6 P.M. for dinner. I ate baked breaded haddock, sautéed corn on the cob, steamed broccoli, a piece of apple walnut pie with vanilla ice cream and a glass of ice water. We cleaned up the kitchen and chatted a while. The other relative departed at 8 P.M.. We watched some more of the weather news. I will now go to bed. CIO

Tuesday, September 12, 2017, 3:10 P.M.. <http://www.latimes.com/nation/la-na-irma-florida-keys-20170910-story.html>

<http://www.miamiherald.com/news/weather/hurricane/article172503266.html>

<http://www.cnn.com/2017/09/11/weather/florida-keys-destruction-hurricane-irma/index.html> CIO

Tuesday, September 12, 2017, 2:45 P.M..

<http://www.miamiherald.com/news/weather/hurricane/article172742816.html>

<http://www.naplesnews.com/story/news/2017/09/11/hurricane-irma-naples-residents-wake-damage-water/652701001/>

<http://jacksonville.com/news/georgia/2017-09-11/st-simons-sea-island-causeways-closed-flooding> . CIO

Tuesday, September 12, 2017, 12:55 P.M.. <http://www.cnn.com/2017/09/12/us/irma-damage-aftermath/index.html>

<http://www.greenwichtime.com/news/us/article/Battered-Florida-tries-to-assess-scope-of-Irma-s-12190297.php> . CIO

Tuesday, September 12, 2017, 12:45 P.M.. I woke up at 11 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. I went out with a relative to the Kennebunkport post office, Patten's berry farm, and Port Lobster. The yard person cut the grass. CIO

Monday, September 11, 2017, 7:40 P.M.. I went with relatives for a drive along the Kennebunk beach. We stopped and watched the surfers. We then returned to my relatives' house. I ate cheese and crackers and watched the ABC news. For dinner, I ate beef, broccoli and white rice and piece of blueberry pie with vanilla ice cream and a glass of cold water. I cleaned up the kitchen. I will now go to bed. CIO

Monday, September 11, 2017, 4:40 P.M.. <http://www.foxnews.com/us/2017/09/11/irma-s-trail-destruction-in-florida-keys-revealed.html> . CIO

Monday, September 11, 2017, 4:20 P.M.. I went out with relatives to the Kennebunkport post office. We then drove over to Biddeford Pool to visit with friends. We then went to Hannaford's grocery store in Kennebunk. We then went to the Irvine gasoline and filled up the family car. We then returned back to my relatives' house in Kennebunkport. I put the garbage out by the street for pick up tomorrow. For lunch I ate a ham and cheese sandwich with Hellmann's mayonnaise and potato chips and a glass of ice water. CIO

Monday, September 11, 2017, 12:15 P.M.. I woke up at 11:15 A.M.. I ate breakfast of oatmeal with Splendid sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Sunday, September 10, 2017, 7:10 P.M.. I drove with relatives to Cape Porpoise and back. I ate cheese and crackers and watched the hurricane news. For dinner, I ate a steak tid bits and vegetables dinner along with part of a poached salmon and rice dinner and a piece of blueberry pie with vanilla ice cream and a glass of ice water. I clean up the kitchen. I chatted with friends whom are staying in Sea Island, Georgia hoping it will not be too bad. I will now go to bed. CIO

Sunday, September 10, 2017, 5:10 P.M.. I went for a drive along the Kennebunk beach with relatives. We stopped and watched the surfers. We stopped at H.B. Provisions, and we go some ice cream. We are watching the hurricane reports on television.

<https://www.usatoday.com/story/news/nation/2017/09/10/hurricane-irma-batters-key-west-florida-keys/651064001/> . CIO

Sunday, September 10, 2017, 3:20 P.M.. On the Dell E6410 laptop that I brought with me, I got a virus looking at the hurricane web sites. I put Norton Internet Security back on it which is good for 75 days. It is running fine. However, on my Apple Ipad, I had to reset the Apple Account password, and my Greenwich Library account does not work with it. CIO

Sunday, September 10, 2017, 1:30 P.M.. <http://www.13wmaz.com/news/local/hurricane-irma-makes-landfall-in-cudjoe-key-fl/467251285>

The Key West web cams are working still <https://www.boston.com/news/national-news/2017/09/09/5-webcams-you-can-watch-for-hurricane-irmas-arrival-in-florida> . CIO

Sunday, September 10, 2017, 12:45 P.M.. I woke up at 11:45 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Saturday, September 9, 2017, 7:50 P.M.. I ate crab meat and crackers, and I watched NBC National news. For dinner, I ate steak tid bits with vegetables and a piece of blueberry pie with vanilla ice cream and a glass of ice water. I cleaned up the kitchen. I will now go to bed. CIO

Saturday, September 9, 2017, 5:20 P.M.. <https://www.boston.com/news/national-news/2017/09/09/5-webcams-you-can-watch-for-hurricane-irmas-arrival-in-florida> . CIO

Saturday, September 9, 2017, 5:15 P.M.. I sat out on the deck with a relative. I drove a relative to <http://www.portlobster.com/> to get some crab meat.

<http://scott-mike.com/weather.htm> . CIO

Saturday, September 9, 2017, 4:05 P.M.. Southwest Florida is supposed to get a 10 to 15 inch storm surge tonight and tomorrow. CIO

Saturday, September 9, 2017, 4:00 P.M.. I chatted with a friend. CIO

Saturday, September 9, 2017, 3:15 P.M.. <http://www.winknews.com/2017/09/09/hurricane-irma-weakens-to-category-4-2/> CIO

Saturday, September 9, 2017, 3:15 P.M.. I went out with relatives to www.cvs.com in Kennebunk. We then drove along the Kennebunk beach and returned to my relatives' house. I put away a load of laundry that I did. I ate a ham and cheese sandwich on 12 grain bread with Hellmann's mayonnaise and potato chips and a glass of ice water. CIO

Saturday, September 9, 2017, 11:45 A.M.. I woke up at 10:30 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Friday, September 8, 2017, 8:10 P.M.. I watched the ABC evening news. For dinner, I ate a large piece of fried chicken, two ears of corn on the cob with butter, steamed broccoli with butter, a glass of ice water and a piece of blueberry pie with vanilla ice cream. I cleaned up the kitchen. I will now go to bed. CIO

Friday, September 8, 2017, 5:55 P.M.. http://volcano.si.edu/reports_weekly.cfm

<http://www1.cbn.com/cbnnews/health/2017/september/doctor-finds-natural-ways-to-reverse-and-prevent-alzheimers>

<http://goquickmind.top/ea8dcc05/5e88697cbd38/e59bb610761b/quickmind?key=QjBIUkR6YVI0Z3hsQVlhRzJ3Z0QxSVhMekIKZ3NjNi9pZXV3djB2QWZNS2Y2VnZTMIJmWVlhNFVCcjBDYndZMzJlWmpGMlVXTXdvMmxiTi9oTWxHdVNMNTFDTkZPalM2b2wzMkw1TzdjMDF1ZnNPQ2lJa3VvK3VoV3k1STJocmNPDG9NdU5HQmtncDZOK2QxNC9HanBRPT0=>

CIO

Friday, September 8, 2017, 4:55 P.M.. For lunch, I ate the remaining Dutch center cut pork chop with a ham and cheese sandwich with bacon and tomato and Hellmann's mayonnaise on flat bread and potato chips and a glass of cold water. I rested until 3:30 P.M.. I went for a drive with a relative along the Kennebunk beach. We stopped and watched the surfers. We then stopped H.B. Provisions for some Shane's vanilla ice cream and 12 grain bread. We then drove along the Kennebunkport waterfront and returned to my relatives' house. CIO

Friday, September 8, 2017, 1:15 P.M.. I dropped a relative off by an appointment. I then went to www.cvs.com in Kennebunk, Maine. I bought buy one get one free of 100 capsule B-50 for \$8.79 both and a 100 capsules of Beanaid for \$13.79 and \$1.25 tax for \$23.83 total. I then went by Ace Hardware store, and I bought some rose fertilizer for \$10. I went by Irvine Blue Canoe gasoline station, and my relative paid for \$16 of self service premium gasoline for \$3.219 a gallon for 4.971 gallons at odometer reading of 115843 miles for 144 miles driven since the Massachusetts turnpike fill up for 28.967 miles per gallon in highway traffic. My relative also paid for the \$13 deluxe car wash. I then went to Hannaford's, and I got some groceries. I then picked my relative up at 12:15 P.M.. While waiting I chatted briefly with a friend. We then returned back to my relatives' house. CIO

Friday, September 8, 2017, 10:00 A.M.. I woke up at 9 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I showered, and I cleaned up. CIO

Thursday, September 7, 2017, 7:55 P.M.. I ate crab meat and crackers while watching the ABC evening news. For dinner I had Dutch center cut pork medallions with sauerkraut and apples, steamed broccoli with butter, corn on the cob with butter, and a glass of cold ice water. I cleaned up the kitchen. I chatted with a friend in Sea Island, Georgia, and they are going to evacuate to Albany, Georgia on Sunday. I will go to bed in a little while. CIO

Thursday, September 7, 2017, 4:35 P.M.. I checked the oil on my Volvo wagon, and it is fine. I topped up the cooling fluid and the windshield washer fluid. I used some more clear gorilla tape to secure the left side of the patch that I made earlier on the passenger side rear backup light lens. I brought in the two valet cases that I bought earlier this year discounted at CVS. CIO

Thursday, September 7, 2017, 4:05 P.M.. <http://www.cnn.com/2017/09/07/us/hurricane-irma-florida-latest/index.html>

<http://www.bbc.com/news/world-us-canada-41192997>

https://www.nytimes.com/2017/09/06/world/europe/bicycling-utrecht-dutch-love-bikes-worlds-largest-bike-parking-garages.html?emc=edit_th_20170907&nl=todaysheadlines&nid=46729

I received email from a friend in Sea Island, Georgia that Palm Beach, Florida is totally evacuated. There used to be a nice Holiday Inn in Greenville, South Carolina in the hill country. CIO

Thursday, September 7, 2017, 3:45 P.M.. I went out with a relative to the Kennebunkport post office. We then drove along the Kennebunkport waterfront to Bradbury's in Cape Porpoise, and we got a couple of things. We then drove out to Cape Porpoise and then returned to my relatives' house. For lunch, I ate two sandwich made with flat bread, Hellmann's mayonnaise, ham and cheese, and I also had some potato chips and a glass of ice water. I have been watching the Weather Channel about Hurricane Irma. CIO

Thursday, September 7, 2017, 1:40 P.M.. There are supposed to be 16 million people in the path of Hurricane Irma <http://www.floridadisaster.org/> and <http://scott-mike.com/weather.htm> . CIO

Thursday, September 7, 2017, 12:05 P.M.. I went to bed after the last note. I woke up at 11 A.M.. I ate breakfast of oatmeal with Splenda sweetener and milk, a toasted English muffin with butter, a glass of 50% orange juice and 50% cold water, a cup of coffee with Splenda sweetener and milk and vitamins and supplements. I will now make my bed and shower and clean up. CIO

Wednesday, September 6, 2017, 7:50 P.M.. I ate cheese and dip and crackers. For dinner I ate steak tid bits with vegetables and clam chowder and a glass of cold water and papaya. CIO

Wednesday, September 6, 2017, 5:50 P.M..
<http://www.tcpalm.com/story/weather/hurricanes/2017/09/06/latest-forecast-puts-florida-solidly-path-category-5-hurricane-irma/636479001/> CIO

Wednesday, September 6, 2017, 5:35 P.M.. I took a nap until 3 P.M.. I went for a drive with relatives along the Kennebunk beach. We stopped and watched a half dozen surfers. We then drove along the Kennebunkport waterfront to Cape Porpoise. We stopped by Langford's seafood and got some crab and then by Kitchen Chics and got some clam chowder. We then returned back to my relatives' house. CIO

Wednesday, September 6, 2017, 12:55 P.M.. **<http://www.bbc.com/news/world-latin-america-41172726>**

<http://www.foxnews.com/us/2017/09/06/hurricane-irma-may-bring-significant-storm-surge-to-florida-governor-says.html>

<http://www.cnn.com/2017/09/06/us/irma-florida-latest/index.html>

<http://www.cnn.com/2017/09/06/weather/irma-us-predictions/index.html> CIO

Wednesday, September 6, 2017, 12:55 P.M.. I ate two sandwiches on pita bread with ham, cheese, bacon, tomato, and Hellmann's mayonnaise and a glass of ice water. CIO

Tuesday, September 6, 2017, 12:25 P.M.. <http://miamidade.gov/>

<http://www.redcross.org/>

<http://miami.cbslocal.com/>

http://www.nhc.noaa.gov/refresh/graphics_at1+shtml/145453.shtml?cone#contents CIO

Wednesday, September 6, 2017, 11:20 A.M.. <http://www.liveduvalstreet.com/>

https://www.nrlmry.navy.mil/nexsat-bin/nexsat.cgi?BASIN=CONUS&SUB_BASIN=focus_regions&CCA=NorthAmerica-CONUS-East&SSC=Caribbean-x-x&PRODUCT=vis_ir_background&SUB_PRODUCT=goes .

<http://www.sun-sentinel.com/news/weather/hurricane/fl-sb-hurricane-irma-daily-timeline-20170905-story.html>

<http://fl511.com/>

<http://www.greenwichtime.com/news/article/FEMA-is-almost-out-of-money-as-hurricane-12174723.php> CIO

Wednesday, September 6, 2017, 10:10 A.M.. I woke up at 9 A.M.. I ate breakfast of Kashi cereal with milk, a toasted English muffin with butter, a 12 ounce glass of 50% orange juice and 50% cold water, and two cups of coffee with half and half and Splenda sweetener and vitamins and supplements.

<http://www.tcpalm.com/story/news/2017/09/06/hurricane-irma-makes-first-landfall-caribbean-islands/636419001/> . I will shower and clean up shortly. CIO

Tuesday, September 5, 2017, 8:00 P.M.. I rested until 6 P.M.. I ate cheese and crackers and dip and watched the ABC evening news. For dinner, I ate rotisserie chicken with two ears of corn on the cob with butter and steamed broccoli with soy sauce and a glass of ice water. I cleaned up the kitchen. I will go to bed soon. CIO

Tuesday, September 5, 2017, 4:15 P.M.. I ate a bacon and tomato sandwich with cheese on flat bread, a mixed salad, and potato chips and a glass of cold water. I went out with a relative to Hannafords in Kennebunk to get groceries. When we returned home, another relative had arrived.

<http://www.tcpalm.com/story/weather/hurricanes/2017/09/05/florida-could-feel-impact-hurricane-irma-weekend/632303001/> . CIO

Tuesday, September 5, 2017, 1:30 P.M..

https://www.nytimes.com/2017/09/04/us/hurricane-irma.html?emc=edit_th_20170905&nl=todaysheadlines&nid=46729

<http://miami.cbslocal.com/2017/09/05/keys-emergency-manager-you-must-evacuate-you-cannot-afford-to-stay/>

I chatted with a friend. CIO

Tuesday, September 5, 2017, 12:05 P.M.. Watch out Key West

http://www.nhc.noaa.gov/refresh/graphics_at1+shtml/145233.shtml?cone#contents . CIO

Tuesday, September 5, 2017, 11:55 A.M.. I went outside after the last note. While I was sitting outside by the north side of the garage, a skunk walked by me, but it did not spray me. I woke up 8 A.M.. I brought in the www.nytimes.com along with garbage cans from the street. I ate breakfast of Kashi cereal with milk, two slices of toast with butter, a cup of coffee with sugar and milk and vitamins and supplements with a glass of water. I showered, and I cleaned up. I went out to Port Hardware store, and I bought a roll clear Gorilla tape for \$7.38. I returned home, and I used the clear Gorilla tape to repair the passenger side rear lower backup lens, so it is now all just fine. I started a load of laundry. CIO

Monday, September 4, 2017, 8:20 P.M.. I woke up at 6:45 A.M. this morning. I went outside twice. I ate breakfast of Kashi with milk, a toasted English muffin with Smart Balance spread and jam, a 12 ounce glass of 50% punch and 50% cold filtered water and a cup of coffee with Equal sweetener and milk. I washed the breakfast dishes. I made my bed. I showered, and I clean up. I finished packing and shutting down the apartment. I chatted with a relative. I left at 8:45 A.M.. I drove up North Street to the Merritt Parkway east. I took a break in New Canaan and Orange. I got on I-91 North, and I stopped at the rest area just after one gets on it. I got on I-84 East, and I stopped at the Vernon rest area. I got on the Massachusetts turnpike, and I stopped at the Charlton rest area. I ate half of half of my roast beef paninni, and I drank a half of a 12 ounce can of diet Fresca. I put \$15 of self service premium Gulf gasoline in the tank for \$3.129 a gallon for 4.795 gallons at odometer reading of 115699 miles for 128.9 miles since yesterday's fill up for 26.883 miles per gallon in highway traffic. I then got on I-290 North to I-495 North. I stopped at the Lawrence rest area. I got on I-95 North. I stopped at the New Hampshire welcome center. I then stopped by the New Hampshire liquor store, and I got a 1.5 liter bottle of Absolute Vodka for a relative for \$24.99. I got of the Maine turnpike in Wells, Maine. Since I now have EZPass, I did not pay tolls. I stopped at the Amtrak station. I arrived at my relatives' house at 3:15 P.M. for 264 miles driven. I ate the rest of the sandwich and the diet Fresco. I unpacked, and I set up my electronics. I went for a drive along the Kennebunk beach with a relative, and we parked for a while. We then drove along the Kennebunkport waterfront. We watched the NBC nightly news and ate some

cheese and crackers. For dinner, I had homemade Italian soup, mixed salad, slices of French bread with butter and ice water. I cleaned up the kitchen. I will probably go to bed soon. CIO

09/03/17 Sunday 7:20 P.M. I threw out the garbage. I chatted with a relative. I will now shut down the primary work computer. I will go outside again. I will go to bed. Whenever, I wake up tomorrow, I will have breakfast and clean up and head up to Kennebunkport, Maine. CIO

09/03/17 Sunday 7:00 P.M. I took half of the roast beef pannini sandwich, and I put Hellmann's olive oil mayonaise and Golds hot horseradish on both sides of it and two slices of deli Swiss cheese and ground black pepper, and I ate it with five ounces of Southern Cole Slaw and 12 ounces of diet Fresca. I will now go outside again. CIO

09/03/17 Sunday 6:25 P.M. I went outside a number of times. I finished packing. I drove a neighbor some place, and the neighbor gave me \$5 for the ride. I sat outside down briefly. I went by the Stop and Shop. I bought a 6 ounce Gold's hot horseradish for \$1.99, two 12 ounce generic honey for \$3 each, a 20 ounce Hellmann's olive mayonnaise for \$2.99, and a roast beef pannini for \$6.99 for \$17.97 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$11.05 of self service V-Power premium gasoline for \$3.639 a gallon for 2.987 gallons at odometer reading of 115570 miles for 39.8 miles driven since Saturday August 26, 2017 for 13.325 miles per gallon in local traffic. I then returned home, and I chatted with neighbors, and I put away my groceries. CIO

09/03/17 Sunday 2:15 P.M. I went outside again. It has begun to clear up from the rain. CIO

09/03/17 Sunday 1:25 P.M. I went outside. I chatted with a friend. I will now start packing. CIO

09/03/17 Sunday 12:55 P.M. I went outside. I chatted with a relative. I will now shower and clean up. CIO

09/03/17 Sunday 12:35 P.M. I went outside, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. CIO

09/03/17 Sunday 11:30 A.M. I woke up at 11 A.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

End of Scott's Notes week of 09/02/17

09/02/17 Saturday 10:40 P.M. I went outside. I will now send out my weekly notes. I will then go to bed. CIO

09/02/17 Saturday 10:30 P.M. I ate a 26 ounce Marie Callender chicken Alfredo bake with grated parmesan and Romano cheese and a 12 ounce glass of Sprite Zero. I will now go outside again. CIO

09/02/17 Saturday 9:50 P.M. I went outside, and I watered the plants. CIO

09/02/17 Saturday 9:35 P.M. I put away the rest of the clean laundry.

My www.eversource.com electricity bill for August 2017 was \$263.57 for 1431 kWh for 49.34 kWh per day for 29 days with an averager temperature of 70.7 degrees Fahrenheit. For August 2016, it was \$319.56 for 1977 kWh for 65.90 kWh per day for 30 days with an average temperature of 77.9 degrees Fahrenheit. Thus this August 2017 was cooler.

http://volcano.si.edu/reports_weekly.cfm

CIO

09/02/17 Saturday 9:05 P.M. I went outside, and I chatted with neighbors. I was told that www.mcdonalds.com has a special of two quarter pounders or two Big Macs for \$5 plus tax. CIO

09/02/17 Saturday 8:45 P.M. I went outside, and I chatted with neighbors. I put away most of the clean laundry. I have 25 minutes to go on one small dryer load. CIO

09/02/17 Saturday 8:10 P.M. I chatted with a relative. I will now go outside. CIO

09/02/17 Saturday 7:55 P.M. For my Kindle Paper White to read in Maine, I bought for \$8.99 and .09 tax for \$9.08 total <https://www.amazon.com/Inside-CIA-Revealing-Secrets-Powerful/dp/067173458X> CIO

09/02/17 Saturday 7:25 P.M. I went outside again. I have 55 minutes to go on one dry cycle. CIO

09/02/17 Saturday 7:00 P.M. I showered, and I cleaned up. I went outside. I started two loads of wash and have 15 minutes to go on two wash cycles. I chatted with a relative. I was told there are gasoline lines in Texas. CIO

09/02/17 Saturday 5:05 P.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I put clean linens on the bed. I will now go outside again and throw out the garbage and the old periodical literature. CIO

09/02/17 Saturday 3:30 P.M. I woke up at 2:30 P.M.. I went outside. I picked up the mail. I will eat breakfast of oatmeal with honey and milk and a sliced banana, a toasted English

muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water with vitamins and supplements, and a 12 ounce cup of 50% regular coffee and 50% hazelnut coffee with Equal sweetener and milk. I will go outside again. CIO

09/02/17 Saturday 4:45 A.M. I ate the other half of the California turkey pannini with a 12 ounce glass of diet Fresca. I went outside briefly. I will now shut down the primary work computer, and I will go to bed. CIO

09/02/17 Saturday 4:25 A.M. I went downtown, and I chatted with a relative. I went by www.cvs.com. I chatted with a local in the park across the street from CVS. The local and I went back by CVS, so the local could make a purchase. I then drove the local part way down Greenwich Avenue to my usual location. We chatted a while. The local departed, and I then chatted with another local until about 2 A.M.. We then went by the Shell Station on West Putnam Avenue. I check the air on all of my tires for 32 PSI all around for a dollar charge. I then showed the local my apartment. I then drove the local back home in Byram. I then returned home. CIO

09/01/17 Friday 6:00 P.M. I will now go downtown for a brief period and sit outside. I have about a 2.5 inch incision in my left leg from the surgery. CIO

09/01/17 Friday 5:35 P.M. I chatted with a relative. I went outside again. CIO

09/01/17 Friday 4:25 P.M. I went outside, and I chatted with neighbors. I will now go outside again. CIO

09/01/17 Friday 2:35 P.M. I went outside, and I drank my coffee. I did not get any mail. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up and put a new bandage with Neosporin on my left leg where I had a small skin cancer removed. I plan to drive up to Kennebunkport, Maine this Monday September 4, 2017 to spend a little over three weeks with relatives. CIO

09/01/17 Friday 1:35 P.M. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

09/01/17 Friday 1:15 P.M. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$196, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$96 for premium Cable TV. However that includes \$35 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I printed out two copies of my Microsoft Money Sunset Income versus Spending report for July 2017. I will now go outside again. CIO

09/01/17 Friday 12:50 P.M. I woke up, and I ate some chocolate almond clusters. I finally woke up at noon. I went outside briefly, and I chatted with the building custodian. CIO

09/01/17 Friday 12:15 A.M. I went outside, and I chatted with neighbors. I will now shut down the primary work computer. I will eat a 5.6 ounce Dannon raspberry yogurt. I will then go to bed. CIO

10/31/17 Tuesday 11:55 P.M. I went outside again. It seems to be very peaceful in this small corner at the edge of Southwestern Connecticut. I will now shut down the primary work computer. I will eat a 5.6 ounce Dannon raspberry low fat Greek yogurt. I will then go to bed. C'est un peu froid, n'est pas?

<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WfIFuYiQvUl> . CIO

10/31/17 Tuesday 11:40 P.M. I went outside, and I chatted with a neighbor. I ate six pieces of dried California fruit. When I was out at the Shell Station, my dash warning light came on for "Bulb Failure, Position Light", which means

<https://www.matthewsvolvosite.com/forums/viewtopic.php?t=4473> .

<http://view.klm-mail.com/?qs=5fd79703e8c556bde80f59bae7f02bbf6cd0559bbe16248839e432e1c57630540836ea98088a8a287c9d777d1f74ad286d68982d750de3c2f092e8c0aea57a9fc07f5c33ad984b6c>

[https://www.groupon.com/deals/regina-s-steakhouse-and-grill?p=1&utm_source=channel occasions im merchandising&utm_medium=email&utm_campaign=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171031&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-3 merchandising&d=deal-page&utm_campaign=f5083be4-3900-46c8-808d-b1368cc010f7 0 20171031](https://www.groupon.com/deals/regina-s-steakhouse-and-grill?p=1&utm_source=channel%20occasions%20im%20merchandising&utm_medium=email&utm_campaign=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171031&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-3%20merchandising&d=deal-page&utm_campaign=f5083be4-3900-46c8-808d-b1368cc010f7%2020171031)

[https://subscribe.smithsonianmag.com/rockandroll?utm_source=rockandroll&utm_medium=email&utm_campaign=openers oct17](https://subscribe.smithsonianmag.com/rockandroll?utm_source=rockandroll&utm_medium=email&utm_campaign=openers_oct17)

I will now go outside again. CIO

10/31/17 Tuesday 10:30 P.M. I took a 5.4 ounce Knorr teriyaki rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I also ate two White Castle cheeseburgers and a four ounce slice of Dutch gouda cheese and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

10/31/17 Tuesday 9:45 P.M. I went outside, and I chatted with neighbors. I picked up the mail. I gave a neighbor a ride to the Shell Station on West Putnam Avenue and back. I went downtown to www.cvs.com on Greenwich Avenue. I bought a 10 pack of 8.5 ounce cans of www.perrier.com for \$4.99 and .50 can deposit and .32 tax for \$5.81 total. I then went further downtown. I walked lower Greenwich Avenue. I ran into a local that I chatted with. I bought the local a \$3 cup of coffee at www.starbucks.com. I gave him back some personal property that he dropped in my car this past August, when I gave him a ride. We chatted with another Starbucks regular. I then used the bathroom at Starbucks. For good coffee beans there is always [https://mcnultys.com/](http://mcnultys.com/) down on Christopher Street in Greenwich Village. I then went by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I then went by the Stop and Shop. I bought a wedge of Van Kaas Dutch Gouda cheese [https://goudaholland-kaas.nl/](http://goudaholland-kaas.nl/) for \$4.99 a pound for \$5.94, two tubes of buttermilk biscuits for .69 each, two 10 ounce boxes of frozen spinach for \$1.09 each, four bags of Knorr flavored rice for .88 each and one for .38, and a 10 ounce Jonesville teriyaki chicken for \$3.01 for \$16.23 total. I then went by Putnam Shell at 401 West Putnam Avenue. I bought \$11 of self service V-Power premium gasoline with a dime a gallon off with my Stop and Shop card for \$3.499 a gallon for 3.143 gallons at 116312 miles for 42.3 miles driven since Thursday, October 26, 2017 for 13.459 miles per gallon in local traffic. I then returned home. I sat outside briefly. I chatted with a relative. I sat outside briefly again. I chatted with a relative. I will now go outside again. CIO

10/31/17 Tuesday 3:05 P.M. I have the paper work ready for Connecticut Energy Assistance and Holiday Aid. CIO

10/31/17 Tuesday 2:20 P.M. I went outside again, and I chatted with a neighbor. I went out to the Greenwich Hospital, and I picked up a neighbor. I sat out chatting with neighbors. I found this about Connecticut Energy Assistance <http://portal.ct.gov/DSS/Economic-Security/Winter-Heating-Assistance/Energy-Assistance--Winter-Heating/Apply> . CIO

10/31/17 Tuesday 12:30 P.M. <https://www.dsw.com/en/us/> is suppose to have good deals on Adidas sneakers. There is one in Fairfield, Connecticut. If one wants to build a big statue, one might read <https://www.amazon.com/Autobiography-Benvenuto-Cellini-Penguin-Classics/dp/0140447180> . The same lost wax methods might have been used to create <https://www.ferrari.com/en-US> exhaust manifolds. [https://en.wikipedia.org/wiki/Harvard Classics](https://en.wikipedia.org/wiki/Harvard_Classics) . I have been so busy doing routine maintenance in my adult years, I have not had much time to do regular reading. CIO

10/31/17 Tuesday 11:55 A.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. CIO

10/31/17 Tuesday 10:40 A.M. I woke up, and I ate three pieces of dried fruit from California. I then went back to bed until 8:45 A.M.. I sat outside, and I chatted with neighbors. I then drove a neighbor to the Shell Station on West Putnam Avenue, and then I drove the same neighbor to the Greenwich Hospital. I then returned home, and I sat outside chatting with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

10/30/17 Monday 9:00 P.M. I ate 10 buttermilk biscuits with Smart Balance Spread, six pieces of dried California fruit, and a three ounce slice of Dutch Gouda cheese, and a 12 ounce glass of cold filtered water. I will now shut down the primary work computer, and I will go outside. I will then go to bed. CIO

10/30/17 Monday 8:15 P.M. <http://www.thecrownchronicles.co.uk/royal-news/prince-charles-and-camilla/charles-camilla-kick-off-tour-visit-singapore/>

<http://view.reply.reaganfoundation.org/?qs=36b18d7edf42a8f98b151d09f9fa37110f4d930e8eccf40c42f3c59dd2ffc2415a661b3d370178423ddbc2f12dd374c7bf00b81c61a3b6e9b79aba0ad9b62277ebb8977bbf34e7fe>

I will now go outside again. CIO

10/30/17 Monday 7:15 P.M. <https://www.bestbuy.com/site/insignia-5-0-cu-ft-chest-freezer-white/8390036.p?ref=199&loc=59JLB7sBj1c&acampID=1&siteID=59JLB7sBj1c-PlZCZsftGJAZlchHpisVig>

With coupon code "SAVE25", \$11.24 with free in store pickup

https://www.kohls.com/product/prd-2959247/mens-croft-barrow-true-comfort-plaid-classic-fit-flannel-button-down-shirt.jsp?ci_mcc=ci&utm_campaign=MENS%20WOVENS&utm_medium=CSE&utm_source=shopping&CID=shopping17&sdc_id=1350358251822&gclid=COmM95y4mdcCFXe9swodVJYIew&gclsrc=ds&dclid=CNiY-5y4mdcCFcoNNwodGIQN1g I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

10/30/17 Monday 6:40 P.M. I ate a 16 ounce Maria Callender beef pot pie with a 12 ounce glass of diet www.coke.com . CIO

10/30/17 Monday 6:10 P.M. I chatted with a relative. I went outside again, and I chatted with a relative. <https://www.almanac.com/content/winter-weather-forecast-2017-2018> . No snow in Kennebunkport yet <http://www.kennebunkportbeachwebcam.com/> . CIO

10/30/17 Monday 5:25 P.M. I went downtown. I stopped by the Greenwich Town Hall. They cancelled my \$25 parking ticket, since I was parked in a legal parking place for the Senior Center. For other places, I bought a \$5 Greenwich Meter Parking card, and I had \$20 put on it for parking elsewhere in town. One can recharge it at the parking machine behind Saks Fifth Avenue. From what I can see, one can not recharge one's parking meter card online http://www.greenwichct.org/government/departments/parking_services/ . I went downtown. I sat out for a long time. I used the bathroom at the Senior and the Arts Center. I walked lower Greenwich Avenue. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I sat out for a while longer. I used the bathroom again at the Senior and the Arts Center. I then went by the Greenwich Library, I told them about all of the books by Simon Winchester <http://www.simonwinchester.com/> . They seem to have a lot of them in their collection. I then returned back home. I sat outside twice for a while. I picked up the mail. My first issue of Fortune magazine arrived. I cancelled automatic renewal on my www.time.com magazine subscription. I might not renew it, when it expires on December 12, 2017, and that would save me \$49.99 for a two year subscription anyway. With all of my time on the internet, I never had time to read it anyway. I will now go outside again. CIO

10/30/17 Monday 12:55 P.M. There was a report on <http://www.foxbusiness.com/> this morning that with the bumper crop of corn in the Midwest this year, the price of corn is down to \$3 a bushel, which means the average farmer of corn will lose \$100 per acre. CIO

10/30/17 Monday 12:05 P.M. I went outside, and I drank my coffee. I chatted with a friend. I went outside again. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I will then go downtown. CIO

10/30/17 Monday 10:35 A.M. I woke up, and I ate three ounces of Blue Diamond smokehouse almonds. I finally woke up at 9:45 A.M.. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

10/29/17 Sunday 8:25 P.M. I went outside, and I chatted with a neighbor. I read up to page 144 in the photography book. I chatted with a relative. I went outside again. I will now shut down the primary work computer, and I will go to bed. I will eat a two ounce slice of Dutch Gouda cheese. CIO

10/29/17 Sunday 6:45 P.M. I ate six pieces of the dried California fruit.

https://www.smithsonianmag.com/travel/visit-viking-settlement-sites-180965257/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20171029-Weekender&spMailingID=31273818&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1143602610&spReportId=MTE0MzYwMjYxMAS2

https://www.nytimes.com/2017/10/27/sports/fly-fishing.html?emc=edit_th_20171029&nl=todaysheadlines&nid=46729

CIO

10/29/17 Sunday 5:45 P.M. I ate three 3 ounce Perdue chicken patties, and the other half of the Knorr butter and herb rice and 7 ounces of Green Giant spinach with Smart Balance spread and a 12 ounce glass of diet Fresca. I chatted with a relative. I will now go outside and throw out the garbage. CIO

10/29/17 Sunday 4:35 P.M. I went out, and I dropped a neighbor at the Shell Station on West Putnam Avenue. I then went downtown to www.cvs.com . I bought two 64 ounce Ocean Spray cranberry juice for \$4 both and two 64 ounce Ocean Spray Crangrape juice for \$4 both and two 6.25 ounce pistachio delight nuts for \$8 for \$16 total. I then went further downtown. I walked the entire length of Greenwich Avenue in the pouring rain with my umbrella. I sat out at various locations. The Subway sandwich location on lower Greenwich Avenue is recessed out of the rain as is the www.chase.com plaza at the top of Greenwich and so is the portico of Restoration Hardware store across from www.starbucks.com . I went by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I toured a busy www.apple.com store. I went by "Rod and Gun" featuring New Zealand woolen clothes. I used the bathroom at Starbucks. I chatted with Marmot. I toured CVS again, and I used the bathroom there. At the top of Greenwich Avenue at 2 Greenwich Avenue, there is a new hair salon going in there. The St. Clair stationary store across from CVS has closed. There are a couple of new woman's shops across from CVS. After my walk, I chatted with a regular Starbucks' customer. I then returned home. Queen Elizabeth II, Donald Trump, and Justin Trudeau all have Scottish mothers. I once read that the British Royal family is descended from an Egyptian Princess

that moved to Scotland about 1800 years ago. Today's rainy weather is the normal weather that we used to have regularly in this area all of the time.

[http://forecast.weather.gov/showsigwx.php?warnzone=CTZ009&warncounty=CTC001&fi
rewxzone=CTZ009&local_place1=Greenwich%20CT&product1=Flash+Flood+Watch&lat
=41.049&lon=-73.623#.WfY6O4iQyUk](http://forecast.weather.gov/showsigwx.php?warnzone=CTZ009&warncounty=CTC001&fi
rewxzone=CTZ009&local_place1=Greenwich%20CT&product1=Flash+Flood+Watch&lat
=41.049&lon=-73.623#.WfY6O4iQyUk) . CIO

10/29/17 Sunday 1:00 P.M. [https://www.macys.com/shop/product/studio-mercantile-
whiskey-barrel-dispenser-
stand?ID=2868768&ranMID=3184&ranEAID=59JLB7sBj1c&ranSiteID=59JLB7sBj1c-
hPTO7QITQaq4McKtqAwQwA&LinkshareID=59JLB7sBj1c-
hPTO7QITQaq4McKtqAwQwA](https://www.macys.com/shop/product/studio-mercantile-
whiskey-barrel-dispenser-
stand?ID=2868768&ranMID=3184&ranEAID=59JLB7sBj1c&ranSiteID=59JLB7sBj1c-
hPTO7QITQaq4McKtqAwQwA&LinkshareID=59JLB7sBj1c-
hPTO7QITQaq4McKtqAwQwA) \$13.99 with coupon code "PC4HA2" .

[https://www.amazon.com/ANEWKODI-600Mbps-150Mbps-433Mbps-
Wireless/dp/B01G8IPLD8/ref=gbps_tit_s-
3_3cf1_2f6ef549?smid=A16UPHTV03M00Z&pf_rd_p=eb98bd55-e5ed-41cc-842a-
d6171f053cf1&pf_rd_s=slot-
3&pf_rd_t=701&pf_rd_i=gb_main&pf_rd_m=ATVPDKIKX0DER&pf_rd_r=20DWJVNC
NEMY9G9BJQW4](https://www.amazon.com/ANEWKODI-600Mbps-150Mbps-433Mbps-
Wireless/dp/B01G8IPLD8/ref=gbps_tit_s-
3_3cf1_2f6ef549?smid=A16UPHTV03M00Z&pf_rd_p=eb98bd55-e5ed-41cc-842a-
d6171f053cf1&pf_rd_s=slot-
3&pf_rd_t=701&pf_rd_i=gb_main&pf_rd_m=ATVPDKIKX0DER&pf_rd_r=20DWJVNC
NEMY9G9BJQW4)

<http://www.themaurypeople.com/live-webcam> . I will now get ready to go downtown. CIO

10/29/17 Sunday 12:45 P.M. I went outside again. I will now go through [http://scott-
mike.com/bf.htm](http://scott-
mike.com/bf.htm) . CIO

10/29/17 Sunday 12:05 P.M. I went outside, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I am giving a neighbor a ride at 1:15 P.M. to the Shell Station on West Putnam Avenue. CIO

10/29/17 Sunday 11:00 A.M. I chatted with a relative. I went outside again. CIO

10/29/17 Sunday 10:15 A.M. I ate a two ounce slice of Dutch Gouda cheese before going to bed. I finally woke up at 9:30 A.M.. I went outside in the rain. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go go outside again after breakfast. CIO

End of Scott's Notes week of 10/28/17

10/28/17 Saturday 9:55 P.M. I went outside again. I will now send out my weekly notes. I will then shut down the primary work computer. I will then go outside again. I will then go to bed. CIO

10/28/17 Saturday 9:35 P.M. I read up to page 100 of the photography book. I chatted with a relative. CIO

10/28/17 Saturday 8:25 P.M. I read the photography book up to the Paris Commune. My CVS reading glasses work fine for me reading. I went outside. I took a 5.4 ounce Knorr butter and herb rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I also ate two White Castle cheeseburgers with a 12 ounce glass of diet Fresca. I will now go outside again.

10/28/17 Saturday 6:25 P.M. I ate six pieces of the dried fruit that the nice lady from California sent me. The gift from Fresno, California is from <https://www.vacavillefruit.com/> for a 49 ounces of dried fruit and nuts <http://www.vacavillefruit.com/product-name-37.html> . I went outside again. CIO

10/28/17 Saturday 5:50 P.M. I ate a two ounce slice of Dutch Gouda cheese.

https://www.groupon.com/deals/blackstones-steakhouse-4?p=3&utm_source=newsletter_im&utm_medium=email&t_division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171028&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=image&d=deal-page&utm_campaign=bc11aec4-5a58-49b4-8eca-c3e895a14891_0_20171028

https://www.aarp.org/retirement/social-security/info-2017/new-cola-benefits-2018-fd.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-102717-F1F-2517171&ET_CID=2517171&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

https://www.aarp.org/home-family/your-home/info-2017/restore-household-items-fd.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-102717-TS1-2517171&ET_CID=2517171&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

https://www.amazon.com/gp/product/0060838590/ref=pe_398170_258830780_em_1p_0_ti

https://www.amazon.com/gp/product/0060572000/ref=pe_398170_258830780_em_1p_1_ti

https://www.amazon.com/gp/product/1250042755/ref=pe_398170_258830780_em_1p_2_ti

https://www.amazon.com/gp/product/0062079611/ref=pe_398170_258830780_em_1p_3_ti

https://www.amazon.com/gp/product/0060884614/ref=pe_398170_258830780_em_1p_5_ti

https://www.amazon.com/gp/product/0312423373/ref=pe_398170_258830780_em_1p_6_ti

https://www.amazon.com/gp/product/0060598611/ref=pe_398170_258830780_em_1p_7_ti

https://www.amazon.com/gp/product/1605989584/ref=pe_398170_258830780_em_1p_8_ti

https://www.amazon.com/gp/product/019517500X/ref=pe_398170_258830780_em_1p_4_ti

<http://www.simonwinchester.com/>

https://en.wikipedia.org/wiki/Simon_Winchester

Tracking is

https://www.ups.com/WebTracking/processInputRequest?loc=en_US&Requester=DAN&tracknum=1Z09R01AYW77457020&AgreeToTermsAndConditions=yes&WT.z_eCTAid=ct1_eml_Tracking_ct1_eml_tra_mvc_upg1&WT.z_edatesent=10272017 on some item that I guess I ordered. It looks like the package is a Christmas gift from a relative from <https://www.landsend.com/> .

I will now go outside again. CIO

10/28/17 Saturday 4:55 P.M. I threw out the garbage. I drove a neighbor to the Shell Station on West Putnam Avenue, and then I dropped him off at a nearby location. I then went downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with the new parking enforcement office, and he told me as far as he knows it is legal to park between Elm Street and Havemayer Place on Greenwich Avenue with a Senior Center Parking permit. I used the bathroom at www.cvs.com . I bought two 6.5 ounce Fig Newton cookies for \$2.57 both and two 4.5 ounce Lorna Doone cookies for \$2.57 both and .16 tax for \$5.30 total. After I finished my walk, I sat out for a while longer. I saw in today's paper that

<http://www.greenwichtime.com/business/article/Steinway-moving-from-Westport-to-Greenwich-12311796.php> . Local restaurant at the top of Greenwich Avenue that delivers <http://www.pastavera.com/> . I noticed here that

https://en.wikipedia.org/wiki/Justin_Trudeau 's mother is Scottish from the Sinclair family. I wonder if they are any relation to the

<http://www.alastairhamilton.com/sinclair.htm> , so if it were true, they might have been here a long time. After my walk, I went by CVS at 644 West Putnam Avenue, and I bought two boxes of six White Castle Cheeseburgers for \$8 total. I then returned home, and I sat outside. I picked up the mail. I put away my purchases. I will now go outside again. I will then eat two White Castle Cheeseburger with the other half of the Knorr teriyaki rice mixture along with a 12 ounce glass of diet Fresca. CIO

10/28/17 Saturday 12:35 P.M. I will now go downtown. CIO

10/28/17 Saturday 12:10 P.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

10/28/17 Saturday 11:55 A.M. I went outside, and I chatted with neighbors. White in Kennebunkport, Maine in the summers, I have visited <http://www.une.edu/> a number of times in Biddeford, Maine. It is a very nice college campus, but I have never seen it in the winter. Local television in Maine is big on selling white www.chevrolet.com trucks and high school football and baseball. CIO

10/28/17 Saturday 10:25 A.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I will be driving downtown at 1 P.M., and I also will be giving a neighbor a ride to another location. CIO

10/28/17 Saturday 8:55 A.M. I woke up and ate three ounces of Blue Diamond Smokehouse almonds. I finally woke up at 8:15 A.M.. I went outside, and I chatted with a neighbor. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

10/27/17 Friday 11:05 P.M. I looked at a lot of the Taft School pictures on Facebook. They go on forever. I went outside several times. I ate a two ounce slice of Dutch Gouda cheese. I will now shut down the primary work computer, and I will go to bed. CIO

10/27/17 Friday 10:10 P.M. This is the book that I read on the Kennedy Assassination <https://www.amazon.com/Rush-Judgment-Critique-Commissions-President/dp/1560250437> . I even had it in the back seat of my 1967 Mustang Convertible, when I picked up two hitchhikers east of Hyannis, Mass., that looked like Kennedys, and one of them started reading it. One of my roommates at www.lfc.edu lived next door to the Robert Kennedys in Hyannisport, but he was lucky enough to go to the University of Virginia and become a lawyer. CIO

10/27/17 Friday 9:35 P.M. <http://chapman.agu.org/stratospheric-aerosol/>

<https://www.frontiersin.org/research-topics/5840/ocean-island-volcanoes-genesis-evolution-and-impact>

http://www.zdnet.com/article/after-windows-10-upgrade-do-these-seven-things-immediately/?loc=newsletter_large_thumb_featured&ftag=TRE-03-10aaa6b&bhid=19320261445054572381627874410807

https://www.washingtonpost.com/news/retropolis/wp/2017/10/27/strippers-surveillance-and-assassination-plots-the-jfk-files-wildest-documents/?utm_term=.81763ae01b1c&wpisrc=nl_az_most&wpmk=1

<https://www.facebook.com/photo.php?fbid=10211100394730085&set=a.1115893741873.2017425.1362852712&type=3&theater>

CIO

10/27/17 Friday 8:10 P.M. I took a 5.4 ounce Knorr teriyaki rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I also ate ten ounces or three Perdue chicken patties, and seven ounces of Green Giant Green beans with almonds with Smart Balance Spread and a 12 ounce glass of diet www.coke.com . I will now go outside again. CIO

10/27/17 Friday 7:10 P.M. I went downtown, and I sat out for a while. I used the bathroom at the Senior and the Arts Center. Lunch there is \$5 and \$5.50 to go. A 6 foot 8 inch tall distinguished man in business suit walking with two other businessmen waved at me. I am still trying to figure out who it was. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I used the bathroom at the Senior and the Arts Center again. I then sat out in the park across from www.cvs.com . I saw two people catching two different UBER rides from that location. I toured CVS, and I used the bathroom there. I got parking change at the www.chase.com bank at the top of Greenwich Avenue. After I finished my ride, I sat out, and I chatted with a relative. I then used the bathroom at www.starbucks.com . I then went by the Stop and Shop. Filet Mignon there in double filet sealed packages is \$17 a pound. Alas, I do not eat too much beef, because I am on cholesterol medication. I bought a wedge of Van Kaas Dutch Gouda cheese <https://goudaholland-kaas.nl/> for \$4.99 a pound for \$6.04. I told them again that the Stop and Shop food chain is owned by a Dutch company called <https://www.aholddelhaize.com/en/home/> , the also own the Hannaford food stores in Maine. I was given another \$25 parking ticket downtown this afternoon, so next week I have to go to the parking people at the Greenwich Town Hall and protest it, and possibly go to parking court if necessary. I then returned home. I chatted with neighbors. I picked up the mail. Donald www.wh.gov Trump is on the cover of www.forbes.com magazine this week. I chatted with a relative. I closed the living room window and turned off the fans. I went outside again. I will now go outside again. CIO

10/27/17 Friday 1:50 P.M. I chatted with a neighbor outside. I will now shower and clean up. I will then go downtown to Green Witch Avenue. CIO

10/27/17 Friday 1:05 P.M. The two air conditioners are removed and put away. I also put new batteries in the weather station and its sending unit. I have one Lasko box fan going in front of the opened living room window, and I still have the two other fans going in the living room going. I will now go outside again. CiO

10/27/17 Friday 12:25 P.M. I went outside, and I chatted with a neighbor. I washed the breakfast dishes. I made my bed. I will now take out my two air conditioners and setup the window areas for winter. CIO

10/27/17 Friday 11:05 A.M. I woke up at 8 P.M.. I went outside, and I chatted with neighbors. Yesterday at my follow up appointment at the Greenwich Hospital outpatient

clinic, I was told that my diabetes blood sugar level was down to 102, so the 500 mg. Metformin pills once a day are working. However, with diabetes, they want me to see a podiatrist and ophthalmologist. They gave me the names of two podiatrists. I will check with Dr. Brownstein to see if she can do the diabetic exam on my eyes. When I was reading last night from the photography book, my computer reading glasses were blurring, so I may need new reading glasses. I have some of the generic CVS eye glasses. I next went to the Greenwich Hospital at 9 A.M. this morning, and I had blood drawn for tests without eating. They wanted me to do a urine sample, but I could not urinate. I drank eight glasses of water cooler water. I went outside briefly. I then went the cafeteria. I saw the surgeon that operated on my leg a couple of months ago, and I showed him the scar. I bought a cup of oatmeal with Splenda sweetener and a 12 ounce cup of hazelnut coffee with Half and Half and Splenda Sweetener for \$2.79. I then ate the oatmeal and drank the coffee. I then was able to pass a 2 ounce urine sample. I left and returned home, and I chatted with a neighbor outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/26/17 Thursday 9:10 P.M. I chatted with a relative. I read a little bit of the photography book. I ate three ounces of Dutch Gouda cheese. I will now shut down the primary work computer. I will then go outside. I will then go to bed. CIO

10/26/17 Thursday 8:25 P.M. I chatted with a relative. I went outside again. There is almost a half moon. I will now refresh my memory and look at the old photography book. CIO

10/26/17 Thursday 7:45 P.M. I ate a ham and Swiss cheese sandwich with 5 deli slices of ham and 5 deli slices of Swiss cheese on 15 grain lightly toasted bread with Hellmann's olive oil mayonnaise and a Kosher baby dill pickle with 5 ounces of cold slaw and three ounce of rainbow macaroni salad and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

10/26/17 Thursday 7:10 P.M. I chatted with a relative. I went outside, and I chatted with a neighbor. https://www.ssa.gov/policy/docs/quickfacts/stat_snapshot/. CIO

10/26/17 Thursday 6:15 P.M. I threw out the garbage. I went to my 2 P.M. appointment. Afterwards, I went to www.cvs.com on Greenwich Avenue. I picked up three prescriptions. I bought a half ounce Debrox for \$10.79 less \$2 off with a CVS coupon for \$8.79 total. I then went further downtown, and I sat out for a while. I then went by the Acme grocery store, and I bought a four pack of 5.6 ounce Dannon raspberry low fat Greek Yogurt for \$3.50, five 13 ounce Marie Callender frozen meals for \$2 each, a six ounce package of Deli sliced organic smoked ham for \$3.99 and bananas for .47 a pound for \$1.08 for \$18.57 total. I then went by the Putnam www.shell.com at 481 West Putnam Avenue, and I bought \$14 of self service V-Power premium gasoline for \$3.599 a gallon for 3.898 gallons at odometer reading of 116270 miles for 52.5 miles driven Wednesday

October 18, 2017 for 13.469 miles per gallon in local traffic. I then returned home. I sat outside. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?tLabels=9349020111402236370544> on the order for <https://www.amazon.com/recording-eye-hundred-events-1839-1939/dp/B0007DMLWA> for \$4.95 and \$3.99 shipping for \$8.94 total arrived. The order for \$3 with free shipping for https://www.itechdeals.com/fast-charging-usb-type-c-to-type-a-3-ft-cable-in-white.html?utm_campaign=USB+Type+C+10%2F8%2F17+%28M9ji6r%29&utm_medium=email&utm_source=General+Subscription arrived. I went outside again. I put away my groceries. I reorganized my freezer, so the older food is in the front and top part of the freezer. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?tLabels=9549+0156+2987+7292+1585+62> on the order to Bill Gates [https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=tmm_hrd_new_olp_sr?ie=UTF8&condition=new&qid=&sr=for+\\$12+and+\\$2.99+shipping+for+\\$14.99+in+appreciation+for+all+of+the+help+that+the+Microsoft+Community+seems+to+have+done+here+was+delivered+to+his+P.O.+Box+waiting+for+pickup.+I+guess+Bill+picks+up+his+mail+at+the+post+office+like+a+lot+of+other+famous+people.+I+think+it+was+the+first+book+that+I+looked+at+besides+National+Geographic+that+got+me+interested+in+photography.+His+Address](https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=tmm_hrd_new_olp_sr?ie=UTF8&condition=new&qid=&sr=for+$12+and+$2.99+shipping+for+$14.99+in+appreciation+for+all+of+the+help+that+the+Microsoft+Community+seems+to+have+done+here+was+delivered+to+his+P.O.+Box+waiting+for+pickup.+I+guess+Bill+picks+up+his+mail+at+the+post+office+like+a+lot+of+other+famous+people.+I+think+it+was+the+first+book+that+I+looked+at+besides+National+Geographic+that+got+me+interested+in+photography.+His+Address) https://www.google.com/search?source=hp&q=Bill+Gates+Medina+Washington+Address&oq=Bill+Gates+Medina+Washington+Address&gs_l=psy-ab.3...1981.15615.0.15937.40.39.1.0.0.0.244.4495.4j33j1.38.0...0...1.1.64.psy-ab..1.38.4370...0j0i131k1j0i10k1j0i22i30k1j0i22i10i30k1j33i21k1j33i160k1j33i22i29i30k1.0.wsa1WaJ5AoY and https://www.facebook.com/pg/etaprojects/photos/?tab=album&album_id=503885826318186 . Other used copies are here https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=sr_1_1_olp?s=books&ie=UTF8&qid=1508393633&sr=1-1&keywords=The+recording+eye%3B%3A+A+hundred+years+of+great+events+as+seen+by+the+camera%2C+1839-1939+%28Hardcover%29 I will now go outside again. CIO

10/26/17 Thursday 12:40 P.M. I went outside. There are a couple of interesting new web cams here <http://nantucket.net/photos/web-cams.php> including <http://www.themaurypeople.com/live-webcam> . I will now go outside again. CIO

10/26/17 Thursday 10:40 A.M. I will now shower and clean up. It is cooler today <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WfIBT4iQyUI> . CIO

10/26/17 Thursday 10:50 A.M. I went outside, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. <http://web.mit.edu/urbanupgrading/upgrading/resources/organizations/VITA.html> no longer seems to exist, but is now part of <http://www.ri.org/> . I will now go outside again. CIO

10/26/17 Thursday 9:00 A.M. I woke up, and I ate six fig newtons. I finally woke up at 8:20 A.M.. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi

cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. Yesterday afternoon, I drove my guests around Steamboat Road. They are beginning to tear down Barney and Jenkins old white apartment building on the north side of the Indian Harbor Yacht. They have construction fencing up, and a back hoe on the problem. They are suppose to build eight condos there. CIO

10/25/17 Wednesday 11:05 P.M. I will now shut down the primary work computer, and I will go to bed. I have a 1:30 P.M. appointment tomorrow. CIO

10/25/17 Wednesday 11:05 P.M.

[https://en.wikipedia.org/wiki/Haakon, Crown Prince of Norway](https://en.wikipedia.org/wiki/Haakon,_Crown_Prince_of_Norway) . The only time, I visited Oslo, Norway was in February 1983, after I finished garage apartment out at Plandome Manor, Long Island New York. There was six feet of snow on the ground, when I arrived, and I was supposed to be flying to Stockholm, Sweden; but S.A.S. landed at a Norwegian Military Airport outside Oslo. I guess there was even more snow in Sweden. A Norwegian neighbor of mine told me that six feet of snow is nothing in Norway. Oslo gets a bit of the Gulf Stream, so it is a bit warmer than the rest of the country. Alas, when I checked out the library at the University of Oslo, I figured I would be lost over there. I did drink a Ringness beer at the college bar in the basement of the old church in Oslo. From what I could tell, they seem to lead a very peaceful and relaxing life up there in the north country. By the time I left around St. Patrick's Day, all of the snow had melted. In heavy snow, a lot the Norwegians were wearing long white leather coats, I guess to blend in with the snow. When I was at the Winter Olympics in Albertville, France in 1992, the tallest spectators were from Bergen, Norway. When I visited Lanzarote, in the Canary Islands in February 1972, I stayed with a Norwegian family part of my stay. When I went down to Fort Lauderdale, Florida in the fall of 1976, the then King of Norway was on vacation down there. When I used Fred Meyers apartment at 420 East 49th Street from October 1973 to February 1975 part time, it was on the same block as the Norwegian and Swedish consulate, so I probably saw some of them. Alas, at my age of 67, I do not think I could withstand the Scandinavian winters. However, the used to have a lot of energy in the North Sea to keep people warm up north. I will now go outside again. CIO

10/25/17 Wednesday 10:25 P.M. I threw out the garbage. I chatted with a neighbor.

<http://www.telegraph.co.uk/news/worldnews/europe/russia/7759313/Last-Romanov-born-in-Russian-empire-dies-aged-95.html>

<https://www.pipesandcigars.com/faq/cleaning-your-pipe/1818104/>

http://volcano.si.edu/reports_weekly.cfm

<https://www.facebook.com/photo.php?fbid=1537320773054900&set=a.151298998323758.29415.100003309778418&type=3&theater>

<http://view.reply.reaganfoundation.org/?qs=d43baecc7f90862f1e015bc4bb9758230087b6d13ece9a94fa04a973663e874448a9bee1abcf36bcd38977eb48d10c40be8ad21490b08b9057ccdebe5036a6b8b22b905ef71ba981>

https://www.nytimes.com/video/opinion/100000005503617/the-polaroid-job.html?emc=edit_th_20171025&nl=todaysheadlines&nid=46729

I will now go outside again. CIO

10/25/17 Wednesday 9:15 P.M. I ate a 16 ounce Maria Callender chicken pot pie with a 12 ounce glass of diet www.coke.com . I chatted with a relative. I will now go outside again. CIO

10/25/17 Wednesday 8:05 P.M. I chatted with a relative twice. I went outside again. Makes interesting reading [https://en.wikipedia.org/wiki/E. Roland Harriman](https://en.wikipedia.org/wiki/E._Roland_Harriman) and [https://en.wikipedia.org/wiki/Mary Harriman Rumsey](https://en.wikipedia.org/wiki/Mary_Harriman_Rumsey) CIO

10/25/17 Wednesday 7:10 P.M.
[http://liu.cwp.libguides.com/archives and special collections/roosevelt](http://liu.cwp.libguides.com/archives_and_special_collections/roosevelt) . CIO

10/25/17 Wednesday 7:00 P.M. I went outside a couple of times, and I chatted with neighbors. I drove with a neighbor over to www.cvs.com at 644 West Putnam Avenue, and I bought a twin pack of 7 ounce Blade sensitive skin shave gel for \$5.49 and .35 tax for \$5.84 total. We then returned back to my apartment building. I sat outside chatting with neighbors. CIO

10/25/17 Wednesday 4:15 P.M. I went downtown at 11 A.M.. I drove the back way to the Greenwich Train Station. Unfortunately there are no short term parking places there on week days, because the office park parking is used by the office building. I drove around lower Greenwich Avenue and the train station parking lots looking for a parking place to no avail. I finally found a parking place in front of Zyn Stationary, and I went inside, and I bought an Ace's High scratch card for a dollar, but I lost. I paid 75 cents to park. I decided it was too far for my guests to walk, and I drove back to the train station arrivals from Manhattan, and I found the only legal parking place at the train station, and I parked there. My guests arrived at 12:01 P.M.. I drove one of them to a private location. I then drove with the other guest to central downtown Greenwich, and I parked legally. I used the bathroom at the Senior and the Arts Center. We then went to lunch at <http://www.melimeogreenwich.com/> . I ate the Texas chicken club sandwich for \$7.50 and a glass of cold water. My guest paid for lunch. We then walked down lower Greenwich Avenue to the art gallery on the north side of the East End restaurant on the east side. We toured the Peter Max exhibit ending there. Next they are going to have Salvador Dali. C'est Tres Cher, N'est Pas? We then walked back up Greenwich Avenue. I used the bathroom again at the Senior and the Arts Center. We then drove back to the private location to pick up the other guest. We then drove through Bruce Park and North on Indian Field Road to East Putnam Avenue, and we went to <http://gofericecream.com/> , and my guests got cups of ice cream. The hair stylist next to it has a special for men's hair cuts

for \$15. When then drove back to the Greenwich Train Station, and I dropped them off a little before 3 P.M. for the next train shortly. I then returned home. I sat outside briefly. I changed my clothes. I then picked up the mail. I sat outside briefly. The order with tracking of

<https://tools.usps.com/go/TrackConfirmAction?tLabels=9549+0156+2987+7292+1585+62>

on the order to Bill Gates <https://www.amazon.com/gp/offer->

[listing/B0007DMLWA/ref=tmm_hrd_new_olp_sr?ie=UTF8&condition=new&qid=&sr=](https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=tmm_hrd_new_olp_sr?ie=UTF8&condition=new&qid=&sr=listing/B0007DMLWA/ref=tmm_hrd_new_olp_sr?ie=UTF8&condition=new&qid=&sr=)

for \$12 and \$2.99 shipping for \$14.99 in appreciation for all of the help that the Microsoft

Community seems to have done here is waiting for pickup. I guess Bill picks up his mail at the post office like a lot of other famous people. I think it was the first book that I looked at

besides National Geographic that got me interested in photography. His Address

<https://www.google.com/search?source=hp&q=Bill+Gates+Medina+Washington+Address>

https://www.google.com/search?source=hp&q=Bill+Gates+Medina+Washington+Address&gs_l=psy-

[ab.3...1981.15615.0.15937.40.39.1.0.0.0.244.4495.4j33j1.38.0...0...1.1.64.psy-](https://www.google.com/search?source=hp&q=Bill+Gates+Medina+Washington+Address&gs_l=psy-ab.3...1981.15615.0.15937.40.39.1.0.0.0.244.4495.4j33j1.38.0...0...1.1.64.psy-ab.1.38.4370...0j0i131k1j0i10k1j0i22i30k1j0i22i10i30k1j33i21k1j33i160k1j33i22i29i30k1.0.)

[ab.1.38.4370...0j0i131k1j0i10k1j0i22i30k1j0i22i10i30k1j33i21k1j33i160k1j33i22i29i30k1.0.](https://www.google.com/search?source=hp&q=Bill+Gates+Medina+Washington+Address&gs_l=psy-ab.1.38.4370...0j0i131k1j0i10k1j0i22i30k1j0i22i10i30k1j33i21k1j33i160k1j33i22i29i30k1.0.)

[wsa1WaJ5AoY](https://www.google.com/search?source=hp&q=Bill+Gates+Medina+Washington+Address&gs_l=psy-ab.1.38.4370...0j0i131k1j0i10k1j0i22i30k1j0i22i10i30k1j33i21k1j33i160k1j33i22i29i30k1.0.) and

[https://www.facebook.com/pg/etaprojects/photos/?tab=album&album_id=50388582631818](https://www.facebook.com/pg/etaprojects/photos/?tab=album&album_id=503885826318186)

6 . Other used copies are here <https://www.amazon.com/gp/offer->

[listing/B0007DMLWA/ref=sr_1_1_olp?s=books&ie=UTF8&qid=1508393633&sr=1-](https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=sr_1_1_olp?s=books&ie=UTF8&qid=1508393633&sr=1-1&keywords=The+recording+eye%3B%3A+A+hundred+years+of+great+events+as+seen+by+the+camera%2C+1839-1939+%28Hardcover%29)

[1&keywords=The+recording+eye%3B%3A+A+hundred+years+of+great+events+as+seen+by+the+camera%2C+1839-1939+%28Hardcover%29](https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=sr_1_1_olp?s=books&ie=UTF8&qid=1508393633&sr=1-1&keywords=The+recording+eye%3B%3A+A+hundred+years+of+great+events+as+seen+by+the+camera%2C+1839-1939+%28Hardcover%29) . CIO

10/25/17 Wednesday 10:45 A.M. I will be meeting my two friends from Manhattan at 12:01 P.M. today at the Greenwich Train Station. I will now go outside again. CIO

10/25/17 Wednesday 9:45 A.M. I went outside, and I drank my coffee with neighbors. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. Back out at www.nantucket.net , when I was a dish washer at <http://languedocbistro.com/> , we used to use the same dish towels like the Saudi Arabians wear on their heads. CIO

10/25/17 Wednesday 8:10 A.M. I woke up at 9 P.M., when the NOAA Weather Radio in my bedroom went off for a "Flash Flood Warning". I ate six fig newton cookies. I woke up at 7:30 A.M.. I went outside, and I chatted with a neighbor. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/24/17 Tuesday 7:35 P.M. https://en.wikipedia.org/wiki/Open_Space_Institute I will now shut down the primary work computer. I will then go outside again. I will then go to bed. CIO

10/24/17 Tuesday 6:50 P.M. I ate a 13 ounce Marie Callender fettuccini and chicken broccoli with grated parmesan and Romano cheese on it, and 3 ounce slice of Dutch Gouda cheese, and a 12 ounce glass of diet www.coke.com . I will now go outside again. CIO

10/24/17 Tuesday 6:25 P.M. https://en.wikipedia.org/wiki/Eliot_Porter . <http://anseladams.com/> . https://en.wikipedia.org/wiki/Ansel_Adams . Back in 1974, when money was tight, I sold my father's two big signed Ansel Adams photographs for \$200 to Marge Neigra at the Neigra gallery around East 64th Street in Manhattan. That is all they were worth back then. I also sold my father's Samurai sword that the President of Mitsubishi gave him for about \$150 to a Samurai Sword expert from the Metropolitan Museum of Art that lived near Astor Place. Well, after the stock crash in the fall of 1973 and the Arab Oil Embargo, money was a bit tight. CIO

10/24/17 Tuesday 6:10 P.M. I chatted with a relative. I went outside, and I chatted with neighbors. I did not get any mail today. CIO

10/24/17 Tuesday 5:25 P.M. <http://www.thecrownchronicles.co.uk/royal-news/prince-charles-joins-queen-name-new-drum-horse-household-cavalry/>

I will now go outside again. CIO

10/24/17 Tuesday 4:35 P.M. I went outside again. On Acorn TV, I watched episode 3 of "Decline and Fall". I will now go outside again. CIO

10/24/17 Tuesday 2:55 P.M. <https://www.paulallen.com/about-paul/full-bio/> and http://www.cybertester.com/Private/Books/Paul_Allen_The_idea_man.pdf . Paul Allen once responded to my email about a grant, and they told me I had to be part of a group. However, after all of these years, I am still not part of a group. My father Louis Dale Scott as head of the Polaroid Foundation in 1970 gave \$10 million to Harvard which is now part of the Rowland Foundation there. This is how they are doing today <https://harvardmagazine.com/2017/09/harvard-endowment-37-1-billion-on-8-1-percent-return> . <https://www2.rowland.harvard.edu/> . I still have my www.harvard.edu chair that I bought from the Greenwich Hospital Thrift shop for about \$45 twenty years ago. It previously belonged to Howard Prince here in Greenwich. It is now worth \$550 new <https://store.thecoop.com/ecommerce-products/the-standard-harvard-silk-screen-chair/ecommerce-product-detail/1185/> . CIO

10/24/17 Tuesday 2:25 P.M. <http://www.greenwichtime.com/news/world/article/Saudi-Arabia-opens-major-conference-with-eye-on-12301103.php> CIO

10/24/17 Tuesday 2:10 P.M. We are supposed to have heavy rain tonight and high winds of 50 to 60 miles per hour, so there is a chance we might have a power failure, so check your flashlights and emergency lighting. CIO

10/24/17 Tuesday 1:55 P.M. I went outside again. I chatted with a friend. I will now go outside again. CIO

10/24/17 Tuesday 12:55 P.M. <http://www.foxnews.com/tech/2017/10/24/shipwreck-discovery-reveals-earliest-known-navigation-tool.html> , I will now go outside again. CIO

10/24/17 Tuesday 12:55 P.M. I went outside again, and I chatted with a neighbor. I went through <http://scott-mike.com/bf.htm> . CIO

10/24/17 Tuesday 11:55 A.M. I went outside, and I threw out the garbage, and I chatted with a neighbor. I will now shower and clean up. With the rain advisory <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.We9fdLiQyUl> , I will not be going downtown.

<http://www.foxbusiness.com/features/2017/10/24/saudi-arabias-new-super-city-fast-facts.html> CIO

10/24/17 Tuesday 11:15 A.M. I went outside, and I drank my coffee, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. I will now make up a fresh batch of punch. CIO

10/24/17 Tuesday 9:45 A.M. I was told about this yesterday <http://ciscobrewers.com/distillery/spiritsnotchwhiskey.htm> . CIO

10/24/17 Tuesday 9:25 A.M. I woke up at 8:40 A.M.. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

10/23/17 Monday 9:05 P.M. I went outside again. I will now shut down the primary work computer. I will eat the other half of the reheated Knorr yellow rice and a 12 ounce glass of cold filtered water. I will then go to bed.

See what the Democrats do in their free time <http://www.liveduvalstreet.com/> . I was told, when I lived in the winters of 1977 and 1978 in Key West that Sloppy Joe's was just the Hemingway bar that they built for the tourists and Captain Tony's just south of it was Hemingway's favorite bar. There were all of the names of the famous people that drank there on the bar stools at Captain Tony's. They also had two pool tables in the cistern of Captain Tony's. CIO

10/23/17 Monday 8:40 P.M. <https://vmmsg2018.leeds.ac.uk/>

<http://view.reply.reaganfoundation.org/?qs=9c036478b99eb764b5b56f481a6d5a7aef209f1244e2ecd7607d4d77e65d4d5a9c1f38238342576aecc946ff9f6efa0bb3d8983ca71d684983a1f1fcbff1a034929f4986032c5d0b>

https://www.groupon.com/deals/shell-rewards-program?p=1&utm_source=channel_occasions_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171023&uu=b0d984ba-1234-11e4-9921-

00259060b5be&CID=US&s=body&c=button&d=deal-page&utm_campaign=b20e99e8-ead7-48b0-a02c-0f9c341aac65 0 20171023

https://www.groupon.com/deals/blackstones-steakhouse-4?p=4&utm_source=newsletter_im&utm_medium=email&t_division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171023&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=title&d=deal-page&utm_campaign=bc11aec4-5a58-49b4-8eca-c3e895a14891 0 20171023

https://www.smithsonianmag.com/history/release-jfk-assassination-files-later-this-month-has-conspiracy-theorists-on-edge-of-their-seats-180965258/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20171022-Weekender&spMailingID=31125662&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1142663137&spReportId=MTE0MjY2MzEzNwS2

CIO

10/23/17 Monday 8:00 P.M. I went outside, and I chatted with neighbors. I ate a two ounce slice of Dutch Gouda cheese. CIO

10/23/17 Monday 6:35 P.M. I chatted with a relative. I went outside again. I made a sandwich with lightly toasted 15 grain bread, five deli slices of roast beef interlaced with five deli slices of Swiss cheese with Hellmann's olive mayonnaise and Gold's Hot Horseradish and ground black pepper. I ate it with five ounces of Cole Slaw and two ounces of rainbow pasta salad and a baby Kosher dill pickle and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

10/23/17 Monday 5:15 P.M. I went outside twice. I chatted with neighbors. I picked up my mail. I chatted with my social worker who was in the building. I have to get back to her next week about Energy Assistance and Holiday Aid. She also still wants to bring the fire marshal into my apartment to inspect the apartment after all of the work that I have done since February 2017 delcuttering it. She is still worrying about the existing cables which are necessary for the two computers and telephone system. I have to get back to her on that in two weeks. CIO

10/23/17 Monday 3:50 P.M. I went outside, and I chatted with neighbors. I gave a neighbor a ride to the Greenwich Hospital. I went downtown. I used the bathroom at the Senior and the Arts Center. I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with a postal worker driving the new Dodge Postal Truck <https://www.autoblog.com/2015/09/30/us-postal-service-ram-promaster-official/> and <http://www.foxnews.com/auto/2016/09/23/us-postal-service-picks-finalist-to-build-next-generation-mail-truck.html> . It looks to be quite deluxe. I saw a new <https://www.edmunds.com/bentley/bentayga/2017/suv/> . It sort of looks like big Porsche SUV, at over a quarter of a million dollars, it is good at blending in. I toured www.cvs.com

. I bought a 16 ounce bag of Blue Diamond Smokehouse Almonds for \$5.99. After my walk, I sat out for a while. I used the bathroom again at the Senior and the Arts Center. On the way home I saw a new http://www.greencarreports.com/news/1107264_2017-nissan-leaf-specs-all-30-kwh-batteries-otherwise-unchanged . It looks to quite sporty and looks like an Audi from the rear. I then returned home, and I sat outside, and I chatted with a neighbor that drives a Rolling Horse www.chevrolet.com . I once drove a 1966 Blue Chevrolet Biscayne four door sedan around South Carolina and Georgia, and up to www.nantucket.net and down to south as far as Fort Lauderdale and Cayo Hueso. I finally gave it away to the Nantucket Hospital Thrift shop on India Street, since I liked walking up there. CIO

10/23/17 Monday 10:50 A.M. I chatted with a relative. I went outside. I will now shower and clean up. It looks like it might rain, but the forecast is for mostly cloudy. I will then go downtown. CIO

10/23/17 Monday 9:45 A.M. I drank my coffee outside, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. http://chestertontribune.com/Local%20History/bethlehem_steel_corporation_diss.htm as if you did not know.

<http://www.cnn.com/videos/travel/2017/10/17/kilauea-volcano-helicopter-ride.cnn> CIO

10/23/17 Monday 7:50 A.M. I chatted with a relative at 9 P.M.. I woke up at 6:45 A.M.. I went outside, and I chatted with neighbors. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/22/17 Sunday 6:45 P.M. I chatted with a relative. I took a 5.4 ounce Knorr yellow rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I ate it with a 12 ounce glass of cold filtered. I will now shut down the primary work computer. I will then go outside again. I then will go to bed. CIO

10/22/17 Sunday 6:00 P.M. On Acorn TV, I watched episode 2 of "Decline and Fall". I will now go outside again. CIO

10/22/17 Sunday 4:35 P.M. I ate six ounce of Blue Diamond Smoke House almonds, and a three ounce slice of Dutch Gouda Cheese, and a glass of cold water. I will now go outside again. CIO

10/22/17 Sunday 4:00 P.M. I chatted with a neighbor. I threw out the garbage. I went downtown. I dropped a neighbor off at the Shell at West Putnam Avenue. I walked the entire length of Greenwich Avenue. I chatted with a regular. We walked upper Greenwich

Avenue together, and sat in the little park on the north side of the Coffee Shop. I used the bathroom at www.cvs.com . I read their brochure, but they do not have their yellow sale tags displayed yet. I left the other walker further down Greenwich Avenue. I sat out for a while longer. I then returned home, and I sat outside briefly. It was not too busy downtown today on a very nice day. CIO

10/22/17 Sunday 12:30 P.M. For lunch, I ate a 5.6 ounce Dannon raspberry Greek yogurt, a 3 ounce slice of Dutch Gouda cheese, four ounces of rainbow pasta salad, and a 12 ounce glass of cold filtered water. I will now go outside and wait to drive downtown at 12:45 P.M.. CIO

10/22/17 Sunday 12:05 P.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

10/22/17 Sunday 11:45 A.M. I went outside, and I chatted with neighbors. CIO

10/22/17 Sunday 10:40 A.M. I went outside, and I chatted with neighbors. I chatted with a relative. I once blew this up into a big poster <http://scott-mike.com/mb1970.jpg> . This is myself in Athens, Greece in the Spring of 1972 <http://scott-mike.com/mlsgreece.jpg> . CIO

End of Scott's Notes week of 10/22/17

10/22/17 Sunday 9:45 A.M. I went outside twice, and I chatted with neighbors. I chatted with a relative. I will now shower and clean up. I will not go downtown to Greenwich Avenue until a little before 1 P.M., when I will give a ride to a neighbor to the Shell Station on West Putnam Avenue. I will now send out my weekly notes. CIO

10/22/17 Sunday 8:25 A.M. <http://www.icepop.com/renovation-ancient-secret/> . CIO

10/22/17 Sunday 8:05 A.M. I went outside, and I drank my coffee, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. CIO

10/22/17 Sunday 6:45 A.M. I woke up at 6 A.M.. I went outside, and I chatted with a neighbor. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

10/21/17 Saturday 10:25 P.M. I think Iceland once had oak trees. Possibly a good way to plant oak trees would be to fly over Iceland and drop lots of acorns. I will now shut down the primary work computer, and I will go to bed. If people were living in Iceland a thousand years ago, I would think some of them might have made it to North America. Bon Soir. CIO

10/21/17 Saturday 10:10 P.M. https://www.geico.com/more/living/home-protection/house-noises/?utm_source=geico&utm_medium=email&utm_content=newsletter&utm_campaign=oct2017

https://www.geico.com/more/driving/auto/car-safety-insurance/7-bad-driving-habits/?utm_source=geico&utm_medium=email&utm_content=newsletter&utm_campaign=oct2017

https://www.geico.com/more/driving/auto/auto-care/surprising-ways-you-may-be-hurting-your-car/?utm_source=geico&utm_medium=email&utm_content=newsletter&utm_campaign=oct2017

https://www.groupon.com/deals/regina-s-steakhouse-and-grill?p=2&utm_source=newsletter_im&utm_medium=email&utm_division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171021&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=deal-page&utm_campaign=bc11aec4-5a58-49b4-8eca-c3e895a14891_0_20171021

https://www.nytimes.com/interactive/2017/10/20/climate/iceland-trees-reforestation.html?emc=edit_th_20171021&nl=todaysheadlines&nlid=46729

https://www.nytimes.com/2017/10/20/business/soros-charity-zuckerberg-gates.html?emc=edit_th_20171021&nl=todaysheadlines&nlid=46729

I chatted with a relative. I will now go outside again.

CIO

10/21/17 Saturday 9:15 P.M. I made a sandwich with lightly toasted 15 grain bread, four deli slices of roast beef interlaced with five half slices of Swiss cheese with Hellmann's olive mayonnaise and Gold's Hot Horseradish and ground black pepper. I ate it with five ounces of Cole Slaw and two ounces of rainbow pasta salad and a baby Kosher dill pickle and a 12 ounce glass of diet www.coke.com . I will now go outside again. CIO

10/21/17 Saturday 8:30 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with a www.starbucks.com regular. I toured www.cvs.com . I used the bathroom at Starbucks. I toured the www.apple.com store, and I told them about ! <https://slooh.com/> ! . I went by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with a local. I sat for a while after my walk. I used the bathroom at Starbucks again. I then went by the Stop and Shop. I bought buy one get one free of Thomas' English muffins for \$4.39 both, a wedge of Van Kaas Dutch Gouda cheese <https://goudaholland-kaas.nl/> for \$4.99 a pound for \$6.79, two tubes of refrigerated buttermilk biscuits for .69 each, four 9 ounce packages of Green Giant frozen microwave

vegetables, a 26 ounce jar of Vlassic Kosher dill spears, two 6.6 ounce Banquet frozen maple sausages for \$1.25 each, and a container of rainbow pasta salad for \$4.99 a pound for \$4.44 for \$25.50. I then returned home, and I sat outside briefly. I then picked up the mail. For some reason on Saturday, www.ups.com delivered the order with tracking of <https://wwwapps.ups.com/WebTracking/track?track=yes&trackNums=1ZA427060395335138> on the order for eight http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 each for \$79.92 and \$11.99 shipping for \$91.91 total. I then put away my purchases. I will now go outside again. CIO

10/21/17 Saturday 2:20 P.M. I went outside, and I drank my coffee, and I chatted with neighbors. I chatted with a relative. I washed the breakfast dishes. I made my bed. In the 1970s, one night I stayed up all night at the Toronto, Ontario, Canada airport trying to figure out where to go next. There was a man sitting next to me reading a book titled "25 Years of the Night Watch, a Very Peculiar Business". <https://www.amazon.com/Night-Watch-Years-Peculiar-Service/dp/0689107544> . However, I have never read it, although I have been on a night time schedule most of my adult years which would be about 50 years give or take. I will now shower and clean up. I will then go downtown to see the Sunshine people on Greenwich Avenue. CIO

10/21/17 Saturday 12:15 P.M. I woke up, and I ate 10 Danish butter cookies and a 1.5 ounce slice of Dutch Gouda cheese. I finally woke at 10 A.M.. I could not sleep. I went outside on a warm sunny day. I rested a bit. I chatted with a friend. I rested some more. I went outside again. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

!!!!!! 10/21/17 Saturday 5:15 A.M. I went outside again. The three stars of Orion's belt are Northwest of Saturn tonight. One can follow the Big Dipper upwards to the North Star. In <https://www.hellocanaryislands.com/lanzarote/> and <http://www.surfmusic.de/country/canary+island.html> and <https://www.atlantisfm.de/> one can see a million stars ! <https://slooh.com/> ! on the mostly clear dark nights unlike New Amsterdam. I will now shut down the primary work computer, and I will eat the other half of the reheated Knorr Teriyaki rice mixture with a glass of cold filtered water. Then I will go off to Dream Land. CIO

10/21/17 Saturday 4:40 A.M. <http://www.foxnews.com/science/2017/10/20/400-mysterious-ancient-stone-structures-discovered-in-saudi-arabia.html>

<http://www.cnn.com/travel/article/wonder-list-bill-weir-egypt/index.html> CIO

10/21/17 Saturday 4:20 A.M. On Acorn TV, I watched episode 1 of "Decline and Fall". I went outside briefly. I could hear something moving in the woods by the east side picnic bench. The star or planet is moving, so it might be Saturn. CIO

10/21/17 Saturday 3:00 A.M. I went outside again. I ate a 1.5 ounce slice of Dutch Gouda Cheese. Maybe it is the cole slaw that is causing my intestinal gas. However, I know cabbage is a staple of both German and Russian and probably other people's diet. I was told by a rich neighbor that the Chinese here are now buying cheap 20 pound bags of artificial rice from China. I think Carolina enriched rice is still \$6 for five pounds. As it gets colder, the food budget gets leaner. I am stocked up on a lot of spare inexpensive food for now <http://scott-mike.com/inventory.htm> . Back in the 1970s, our family freezer used to be stocked full of eight ounce Stouffers lobster Newberg and rice and Shrimp Newberg and rice, and one would boil the frozen packets for about 8 minutes. Of course back then I also ate three eggs over easy with a toasted English muffin with butter and orange juice for breakfast. I was only about 135 pounds back then, and I did not eat too much. When I came off Nantucket, I weighed 155 pounds in December 1983. However, watching my diet and buying inexpensive food, I put a lot more weight on, and although I have lost 45 pounds in the last year, I still weigh 220 pounds. I would like to get down to 175 pounds which is what I last weighed, when I visited Europe in the winter of 1992 <http://mikelouisscott.com/mlsparis.jpg> , but back then I was also drinking a bit of wine which is very common in Europe. CIO

10/21/17 Saturday 2:30 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

10/21/17 Saturday 2:05 A.M. Once again tonight in the low Eastern sky slightly to the southeast, I can see a stationary blinking object with a ring around it, so it might be Saturn. However, I think they also have stationary satellites too. or it could be a UFO. I can not tell what altitude it is at. On Intestinal gas, it might be a Scottish trait. I once saw in the movie Centurion on Netflix, when around the year 200, the Romans were invading the Scottish, about two thousand Scottish warriors dressed in animal skins with their bodies and faces painted in blue dye all over at the Roman charge the Scottish turned around and blew intestinal gas at the invading Roman forces. Maybe that is what they did in the old days. Since Queen Elizabeth II is half Scottish on her mother's side, maybe the immediate British Royal family have the same trait. I also read that the Scottish let the Romans invade, so they could steal their gold. I also saw in another Netflix movie, the Romans and the Africans and Moors used to invade northern Europe to capture slaves, so maybe if the potential slaves had intestinal gas, they would not take them. I also know the best way to secure a piece of property against invasion is to cover the ground with Sheep Manure which really stinks, but it makes for a nice thick grassy lawn. CIO

10/21/17 Saturday 1:45 A.M. I made a sandwich with lightly toasted 15 grain bread, four deli slices of roast beef interlaced with four half slices of Swiss cheese with Hellmann's olive mayonnaise and Gold's Hot Horseradish and ground black pepper. I ate it with five ounces of Cole Slaw and a baby Kosher dill pickle and a 12 ounce glass of diet www.coke.com . I will now go outside again. I have to remember to take Beano or Equate three times a day, so I do not have my usual intestinal gas. CIO

10/21/17 Saturday 1:05 A.M. I went outside again.
https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=crm_im_Merchandising&utm_medium=email&utm_division=new-

york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171020&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-8 Merchandising&d=deal-page&utm_campaign=cdbcd74b-1796-4741-b249-161e0323a03b 0 20171020

http://view.klm-mail.com/?qs=7e97ebb101ac13f473ae523b44fe4baa5c4748d5d9af5511d8c7102d2dbff2ac42811a3f63c1445f54a9b09e4e3446f76ec2720904b1b9d3c1429e70aa7900e8f002e422fb900373

https://en.wikipedia.org/wiki/House_of_Romanov

https://en.wikipedia.org/wiki/Prince_Andrew_Romanov

http://www.gcds.net/support-gcds/give .

I put the windshield cover in the back of my Volvo wagon. CIO

10/21/17 Saturday 12:15 A.M. I threw out the garbage. I went by the Stop and Shop. I bought five 5.4 ounce bags of Knorr flavored rice mix for \$1 each and four cans of Campbell's New England clam chowder for \$1.25 each and .40 off can return for \$9.60 total. I then went downtown. I walked the lower Greenwich Avenue area. I sat out at various locations. I saw a fifty car freight train go by West to East. All the freight cars had white letters saying "GATX" http://www.gatx.com/wps/wcm/connect/gatx/gatx_site/home . The old railroad bridge across the Hudson River up north by Bear Mountain burned down about 30 years ago, so the freight trains have to take our southern route which is probably wearing out the plus hundred year old railroad bridges on the southern line. After my walk, I returned home, and I chatted with neighbors. I then put away the groceries. Back in the 1950s, somebody from England gave me a plastic airline navigation wheel that one used to navigate by the stars, but I can not find any mention of it on the internet. CIO

10/20/17 Friday 9:10 P.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will dress up warmly, and I will go downtown to Green Witch Avenue to see the remains of the day. CIO

10/20/17 Friday 8:20 P.M. I went outside, and I chatted with neighbors twice. I chatted with a relative. CIO

10/20/17 Friday 7:00 P.M. I woke up, and I ate 5 ounces of Blue Diamond Smokehouse almonds and a two ounce slice of Dutch Gouda cheese. I woke up at 6 P.M... I went outside, and I chatted with neighbors. I picked up the mail. The order with tracking of https://www.ups.com/WebTracking/processInputRequest?loc=en_US&Requester=DAN&tracknum=1Z204E38YW04984039&AgreeToTermsAndConditions=yes&WT.z_eCTAid=ct1 eml Tracking ct1 eml tra myc upg1&WT.z_edatesent=10112017 and https://tools.usps.com/go/TrackConfirmAction?tLabels=92612924911417541417154112 on the order for https://www.groupon.com/deals/gg-cm-heavy-duty-snow-and-ice-deflector-car-windshield-

cover?p=2&utm_source=channel_goods_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171010&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=Goods-PN&utm_campaign=0da9eb35-8e9c-452f-bace-2154ae0f45c8_0_20171010 for \$16.99 less \$10 with coupon code "GET10" and \$3.99 shipping and .69 tax for \$11.67 total arrived. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

10/20/17 Friday 7:10 A.M. I went outside, and I chatted with the morning crew. I will now shut down the primary work computer, and I will go to bed. CIO

10/20/17 Friday 6:20 A.M. On Acorn TV, I watched episode 4 of Penelope Keith's "At Her Majesty's Service". I will now go outside again. CIO

10/20/17 Friday 5:20 A.M. When I went outside again, I could still hear something moving in the woods by the east side picnic benches. This time of year, when it starts to get colder, the wild animals start migrating south through this area. There are a lot of wild animals to the north of us. About four years ago in August, I even saw a small young black puma outside the east side of our building. Maybe something bigger scared the coyote out of the woods. I know a lot of New York City people drop their pets off in this area, when they can no longer care for them, and sometimes even babies. Possibly some terrorist group is dropping off wild animals, but from what I know there are plenty to the north of us. I think that is why some people live out on Long Island. I once saw a orange and black timber wolf by the downtown Old Greenwich railroad bridge after Tod's Point flooded in Hurricane Gloria like it had been living out there and was flooded out. Sometimes people even adopt stray pets that are wild animals. CIO

10/20/17 Friday 4:55 A.M. I took a 5.4 ounce Knorr teriyaki flavored rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I ate it with a 12 ounce glass of diet Fresca. I will now go outside again. CIO

10/20/17 Friday 4:25 A.M. I went outside again. It is all quiet on the extreme southwestern border of Connecticut, but at his hour of the morning, one can always start hearing a lot of traffic headed into the Big Apple. CIO

10/20/17 Friday 4:05 A.M. Since August 1989, or 338 months. I have spent and received at my home office without rent being mentioned:

Income: \$604.44 from Internet Advertising.

\$2517.18 from computer items sold.

\$2006.18 in Computer Rebates

Subtotal: \$5,127.80

Spending: \$24,348.18 Computer Items Bought

\$79.99 Internic Registration

\$12,270.25 Online Costs

\$2481.80 Software

\$2904.01 Computer Items Unassigned

\$18,450.54 Cable Television

\$885.89 Movies including Internet Movies

\$807.84 Newspapers

\$512.57 Magazines

\$1139.59 Photography

\$1040.39 Office Supplies

\$389.04 Office Expenses Unassigned

\$2007.93 Postage

\$15,900.79 Telephone

\$9834.63 Home Electronics

\$25201.17 Electricity mostly at night plus heating and cooling and hot water and refrigerator.

\$621.63 Furnishing Unassigned

Subtotal: \$118,876.24

Total:\$113,748.44

Divided By 338 Months Equals \$336.54 a month. It was not cheap on my income. Also a lot of the electronics and computer equipment have been gotten rid of over time. For the cost of running a home office, I could have owned a cheap house elsewhere.

Thus running a home office since August 1989 has not been cheap, and has cut into most of my spare disability income funds. Of course some of the expenses like electricity, I would have had anyway. Thus telling poor people to work on the internet is not always a viable alternative, if they do not want to sacrifice. CIO

10/20/17 Friday 3:10 A.M. <https://www.techbargains.com/deal/82903/microsoft-windows-10-deals>

When this happened https://en.wikipedia.org/wiki/1883_eruption_of_Krakatoa , it snowed in Connecticut in July the following year. I once saw a photograph taken of about 50 white people in Connecticut at that time, and their faces are all black covered with coal soot and wood burning ash which they burned to keep warm back then. Back then, they only took a bath once a week, usually on Saturdays before Church on Sundays. The after effect was even a 10 foot snow fall in New York City. The is book <https://www.amazon.com/Krakatoa-World-Exploded-August-1883/dp/0060838590> is a pretty good summary of what happened. I went through <http://scott-mike.com/bf.htm> . CIO

10/20/17 Friday 2:40 A.M. When I was sitting on the bench of the north side of the building, I was staring at two planets or stars in the clear Eastern sky. What was strange is they both appeared to have rings around them like Saturn. I had heard something moving in the woods on the east side of the building, so I sat there. About that same time a coyote ran by me from the woods about 20 feet away headed down to the Byram River. The original computer BBS, when I got a PC DOS computer in the fall of 1990 was out of Old Greenwich with lots of shareware astronomy files. The operator of it supposedly ended up at an observatory in Argentina. CIO

10/20/17 Friday 2:15 A.M. I made a sandwich with lightly toasted 15 grain bread, four deli slices of roast beef interlaced with four half slices of Swiss cheese with Hellmann's olive mayonnaise and Gold's Hot Horseradish and ground black pepper. I ate it with five ounces of Cole Slaw and a baby Kosher dill pickle and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

10/20/17 Friday 1:25 A.M. Tracking is <https://tools.usps.com/go/TrackConfirmAction?tLabels=9349020111402236370544> on the order for <https://www.amazon.com/recording-eye-hundred-events-1839-1939/dp/B0007DMLWA> for \$4.95 and \$3.99 shipping for \$8.94 total.

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?tLabels=9549+0156+2987+7292+1585+62>
 on the order to Bill Gates [https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=tmm_hrd_new_olp_sr?ie=UTF8&condition=new&qid=&sr=for+\\$12+and+\\$2.99+shipping+for+\\$14.99+in+appreciation+for+all+of+the+help+that+the+Microsoft+Community+seems+to+have+done+here.+I+think+it+was+the+first+book+that+I+looked+at+besides+National+Geographic+that+got+me+interested+in+photography.+His+Address](https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=tmm_hrd_new_olp_sr?ie=UTF8&condition=new&qid=&sr=for+$12+and+$2.99+shipping+for+$14.99+in+appreciation+for+all+of+the+help+that+the+Microsoft+Community+seems+to+have+done+here.+I+think+it+was+the+first+book+that+I+looked+at+besides+National+Geographic+that+got+me+interested+in+photography.+His+Address)
https://www.google.com/search?source=hp&q=Bill+Gates+Medina+Washington+Address&oq=Bill+Gates+Medina+Washington+Address&gs_l=psy-ab.3...1981.15615.0.15937.40.39.1.0.0.0.244.4495.4j33j1.38.0...0...1.1.64.psy-ab..1.38.4370...0j0i131k1j0i10k1j0i22i30k1j0i22i10i30k1j33i21k1j33i160k1j33i22i29i30k1.0.wsa1WaJ5AoY and
https://www.facebook.com/pg/etaprojects/photos/?tab=album&album_id=503885826318186 . Other used copies are here https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=sr_1_1_olp?s=books&ie=UTF8&qid=1508393633&sr=1-1&keywords=The+recording+eye%3B%3A+A+hundred+years+of+great+events+as+seen+by+the+camera%2C+1839-1939+%28Hardcover%29 .

<https://www.marcaria.com/ws/en/articles/learn-about-domains-and-html>

CIO

10/20/17 Friday 12:55 A.M. I went outside again. I put away the clean laundry. CIO

10/20/17 Friday 12:05 A.M. I have 25 minutes to go on two dry cycles. I went outside, and I chatted with a neighbor. CIO

10/19/17 Thursday 11:00 P.M. I went outside, and I chatted with neighbors. I showered, and I cleaned up. I started two loads of wash, and I have 25 minutes to go on the wash cycles. I will now go outside again. CIO

10/19/17 Thursday 10:05 P.M. I put clean linens on my bed. I went outside, and I threw out the garbage and the old periodical literature. I went outside again. I watered the plants. CIO

10/19/17 Thursday 9:10 P.M. <http://www.history.com/this-day-in-history/spanish-civil-war-breaks-out> . CIO

10/19/17 Thursday 9:05 P.M. I chatted with two relatives. I went outside twice. CIO

10/19/17 Thursday 7:45 P.M. I drank my coffee outside. I went outside a few times, and I chatted with neighbors. I washed the breakfast dishes. CIO

10/19/17 Thursday 4:50 P.M. I woke up, and I ate three ounces of blue diamond almonds. I chatted with a relative at noon. I saw on the British program this morning about Queen Elizabeth II's palaces that she had to make 340 appearances last year. I think they should

give the Queen a little bit of free time. I woke up at 4 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. I reset the clocks, since the electricity had gone off earlier today. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/19/17 Thursday 5:30 A.M. I will now shut down the primary work computer. I will eat 8 Danish butter cookies and six ounces of Dannon vanilla Greek yogurt. I will then go to bed. CIO

10/19/17 Thursday 5:15 A.M. On Acorn TV, I watched episode 3 of Penelope Keith's "At Her Majesty's Service". I will now go outside again. CIO

10/19/17 Thursday 4:20 A.M. I went outside again. I ate the other half of the reheated Knorr chicken flavored rice and a 3 ounce slice of Dutch Gouda cheese and a 12 ounce glass of cold filtered water. CIO

10/19/17 Thursday 3:55 A.M. <https://slickdeals.net/f/10648024-stop-shop-fuel-rewards-discount-at-participating-shell-station-0-25-off-per-gallon-w-linked-account>

I went outside again. C'est tres froid, n'est pas? <https://www.ebay.com/itm/adidas-Stan-Smith-Shoes-Mens-White/152740544766?trkparms=5373%3A0%7C5374%3AFeatured>
CIO

10/19/17 Thursday 2:35 A.M. I went outside again. I will now go through <http://scott-mike.com/bf.htm> . CIO

10/19/17 Thursday 1:30 A.M. I went outside again. I made a sandwich with 15 grain bread lightly toasted, four deli slices of roast beef interlaced with four slices of Swiss cheese with Hellmann's olive mayonaisse and Gold's Hot Horseradish and ground black pepper. I ate it with five ounces of Cole Slaw and a baby Kosher dill pickle and a 12 ounce glass of diet www.coke.com . I will now go outside again. CIO

10/19/17 Thursday 12:55 A.M. Here is a recent picture of myself <http://scott-mike.com/mls2017.JPG> . CIO

10/19/17 Thursday 12:25 A.M. I sent to Bill Gates [https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=tmm_hrd_new_olp_sr?ie=UTF8&condition=new&qid=&sr=for \\$12 and \\$2.99 shipping for \\$14.99 in appreciation for all of the help that the Microsoft Community seems to have done here. I think it was the first book that I looked at besides National Geographic that got me interested in photography. His Address https://www.google.com/search?source=hp&q=Bill+Gates+Medina+Washington+Address&oq=Bill+Gates+Medina+Washington+Address&gs_l=psy-ab.3...1981.15615.0.15937.40.39.1.0.0.0.244.4495.4j33j1.38.0....0...1.1.64.psy-ab..1.38.4370...0j0i131k1j0i10k1j0i22i30k1j0i22i10i30k1j33i21k1j33i160k1j33i22i29i30k1.0](https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=tmm_hrd_new_olp_sr?ie=UTF8&condition=new&qid=&sr=for%2412%20and%202.99%20shipping%20for%2014.99%20in%20appreciation%20for%20all%20of%20the%20help%20that%20the%20Microsoft%20Community%20seems%20to%20have%20done%20here.%20I%20think%20it%20was%20the%20first%20book%20that%20I%20looked%20at%20besides%20National%20Geographic%20that%20got%20me%20interested%20in%20photography.%20His%20Address%20https://www.google.com/search?source=hp&q=Bill+Gates+Medina+Washington+Address&oq=Bill+Gates+Medina+Washington+Address&gs_l=psy-ab.3...1981.15615.0.15937.40.39.1.0.0.0.244.4495.4j33j1.38.0....0...1.1.64.psy-ab..1.38.4370...0j0i131k1j0i10k1j0i22i30k1j0i22i10i30k1j33i21k1j33i160k1j33i22i29i30k1.0)

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https://www.facebook.com/pg/etaprojects/photos/?tab=album&album_id=503885826318186 . Other used copies are here https://www.amazon.com/gp/offer-listing/B0007DMLWA/ref=sr_1_1_olp?s=books&ie=UTF8&qid=1508393633&sr=1-1&keywords=The+recording+eye%3B%3A+A+hundred+years+of+great+events+as+seen+by+the+camera%2C+1839-1939+%28Hardcover%29 . CIO

10/18/17 Wednesday 10:45 P.M. http://volcano.si.edu/reports_weekly.cfm

<http://www.thecrownchronicles.co.uk/royal-news/william-kate-harry-coach-core-sports-activities-graduation/>

<https://blogs.windows.com/buildingapps/2017/10/10/windows-developer-day-london-windows-10-fall-creators-update-sdk-availability/?MC=Windows&MC=Vstudio&MC=WebDev&MC=JavaScript&MC=IE>

<https://developer.microsoft.com/en-us/windows/downloads/windows-10-sdk>

Tracking is

<https://wwwapps.ups.com/WebTracking/track?track=yes&trackNums=1ZA427060395335138> on the order for eight http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 each for \$79.92 and \$11.99 shipping for \$91.91 total.

https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=channel_pc_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171018&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-1_&d=deal-page&utm_campaign=28006f90-3e7b-424c-a36e-374276c60558_0_20171018_treatment0

<http://www.bhg.com/>

<http://yardandgardenguru.com/vegetable-gardening-for-beginners/>

Tracking is

<https://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=LS028093798CN&type=2> on the order for two https://www.newegg.com/Product/Product.aspx?Item=9SIA76H2GT9084&cm_re=ultrasonic_pest_repeller--07A-00EK-00004--Product for \$5.39 each for \$10.78 total with free shipping.

I bought <https://www.amazon.com/recording-eye-hundred-events-1839-1939/dp/B0007DMLWA> for \$4.95 and \$3.99 shipping for \$8.94 total. I will now go outside again. CIO

10/18/17 Wednesday 10:55 P.M.

<http://www.sfchronicle.com/homeandgarden/article/Inverness-artist-is-Russian-royalty-in-retirement-6266455.php> . CIO

10/18/17 Wednesday 10:45 P.M. I threw out the garbage. I went downtown, and I sat out in the little park across from the www.cvs.com . On the north side of the little park across from CVS, they have set up a temporary very nice shop for "The Cashmere Sale". I then went to CVS, and I bought two 12 ounce Duncan Donuts hazelnut coffee for \$5.99 each, and two 7 ounce Blue Diamond Smokehouse almonds for \$5 both and a 9 ounce Carr's pepper crackers for \$2.49 for \$19.47 total. I then bought two 40 ounce Tide liquid detergent for \$2.94 each and .37 tax for \$6.25 each. I then sat out in the park across the street. I then went further downtown. I walked the lower Greenwich Avenue area. I sat out for a while at various places. I then returned home. I sat outside. I then put away my purchases. I will now sit outside again. CIO

10/18/17 Wednesday 8:10 P.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown to Greenwich Avenue. CIO

10/18/17 Wednesday 7:05 P.M. https://en.wikipedia.org/wiki/Prince_Andrew_Romanov . CIO

10/18/17 Wednesday 6:35 P.M. I woke up, and I ate 12 Danish Butter cookies. I woke up at noon, for the Organ man inspection of my bed. I do not have any bed bugs. I went outside briefly. I then went back to bed. I chatted with a relative at 5:30 P.M., when I woke up. I went outside, and I chatted with neighbors. I picked up the mail. I chatted with a relative. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

10/18/17 Wednesday 6:55 A.M. I will now shut down the primary work computer. I will eat 10 ounces of Dannon Vanilla Greek yogurt and a three ounce chunk of Dutch Gouda cheese. I will then go to bed. CIO

10/18/17 Wednesday 6:45 A.M. On Acorn TV, I watched episode 2 of Penelope Keith's "At Her Majesty's Service". I will now go outside again. CIO

10/18/17 Wednesday 5:35 A.M. <https://slickdeals.net/f/10659672-the-beer-bible-kindle-or-google-ebook-1-13-1-depending-on-format-amazon-google-play>

<https://www.techbargains.com/deal/82903/microsoft-windows-10-deals>

I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

10/18/17 Wednesday 5:15 A.M. I worked with my Windows Phone. I went outside again. I took a 5.4 ounce Knorr teriyaki flavored rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I ate it with a 12 ounce glass of cold filtered water. I went outside again.

Catch a wave

https://www.facebook.com/phoenix.graham.3/videos/873724239389996/?hc_ref=ARRkXxKkZEY0rjCGaXP6najQnuuL_bygO9YUD11_hBfBO0XdfDXMeomWV4s3gvjRW64&pnref=story.unseen-section .

https://www.facebook.com/SURFSlab/videos/721466054678212/?hc_ref=ARQ8SCJtovWzhB8DjcYhFMPHpGN3asfAn0Eoj-zwVPdaElArdtSPBPMacKT_QhySul8&pnref=story.CIO

10/18/17 Wednesday 3:25 A.M. I went outside again. I made a sandwich with 15 grain bread lightly toasted, three deli slices of roast beef interlaced with three slices of White American cheese with Hellmann's olive mayonaisse and Gold's Hot Horseradish and ground black pepper. I ate it with five ounces of Cole Slaw and a Kosher dill pickle and a 12 ounce glass of diet www.coke.com . I will now go outside again. CIO

10/18/17 Wednesday 2:45 A.M. I went out with a neighbor, and we went by the Shell Station at 401 West Putnam Avenue. I bought \$8 off self service V-Power premium gasoline for \$3.499 a gallon with a dime a gallon off with my Stop and Shop card for 2.285 gallons for 33 miles driven since Friday October 6, 2017 at odometer reading of 116217 miles for 11.67 miles per gallon in local traffic. We then toured down Greenwich Avenue to the bottom of Steamboat Road. One car was parked down there. One could see all of the lights on all night from Bayville, Long Island between Oyster Bay and Locust Valley. I guess there are some night owls out there to the south of us. We then drove through town, and then we went by www.cvs.com at 644 West Putnam Avenue, and I bought two 20 ounce cans of Dinty Moore stew for \$2 each and two 14 ounce Kashi cereal for \$3 each for \$10 total. I then bought a 120 capsule Bayer 81 mg. aspirin for \$7.99. We then returned home. I put away my purchases. I sat outside for a while. CIO

10/18/17 Wednesday 1:00 A.M. I went outside, and I chatted with a neighbor.
<https://www.pipesandcigars.com/shop/peter-stokkebye-brand/1701415/>

<http://www.pettreater.com/>

http://www.zdnet.com/article/windows-10-fall-creators-update-should-you-upgrade-now/?loc=newsletter_large_thumb_featured&ftag=TRE-03-10aaa6b&bhid=19320261445054572381627874410807

<http://www.10best.com/interests/beach/these-caribbean-islands-are-open-for-business/?csp=> CIO

10/17/17 Tuesday 11:20 P.M. Two of my ultrasonic bug and pest zappers might be faulty, so I ordered two

https://www.newegg.com/Product/Product.aspx?Item=9SIA76H2GT9084&cm_re=ultrasonic_pest_repeller-_-07A-00EK-00004-_-Product for \$5.39 each for \$10.78 total with free shipping. Tomorrow this Wednesday, the Orkin man with a Greenwich Housing Authority person are going to inspect all of the apartment here for bed bugs. CIO

10/17/17 Tuesday 11:20 P.M. I went outside, and I drank my coffee, and I chatted with a neighbor. I washed the breakfast dishes. I made my bed. I threw out the garbage. I went out to the Stop and Shop on West Putnam Avenue. I bought a chunk of Van Kaas Dutch Gouda cheese for \$4.99 a pound for \$6.49, a 6 ounce Gold's Hot Horse Radish for \$2.29, deli sliced Alpine Swiss cheese for \$6.99 a pound for \$5.99, deli sliced Roast beef for \$8.99 a pound for \$8.09, three 15 ounce Boston Market meals for \$2.50 each, five Knorr 5.4 ounce rice mixes for \$1 each, a 46 ounce Cole Slaw for \$6.99, and organic bananas for .67 a pound for \$1.53 for \$43.87 total. I then sat out downtown for a while on a slow night. I then returned home, and I put away my groceries. I will now go outside again. I will then shower and clean up. CIO

10/17/17 Tuesday 8:20 P.M. Before going to bed, I ate a two ounce chunk of Dutch Gouda cheese. I woke up and I ate and I ate another two ounce chunk of Dutch Gouda cheese. I chatted with a relative at 5 P.M.. I finally woke up at 7:45 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. My first issue of Food and Wine magazine arrived. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/17/17 Tuesday 4:50 A.M. I went outside again. I will now shut down the primary work computer, and I will go to bed. It is 37 degrees Fahrenheit outside
<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WeXJIjCQyUl> . CIO

10/17/17 Tuesday 4:50 A.M. <https://www.royal-house.nl/photos/state-visits-outward> and <https://www.royal-house.nl/photos/state-visits-incoming> . I was only in Amsterdam in the Netherlands once for four days before the Winter Olympics in Albertville, France in 1992. I stayed three doors east of the Heineken Brewery. We parked the car and walked around the whole time in the downtown area in February 1992. It was a bit damp on the East Side of the North Sea and the East Side of the Atlantic Ocean, but I was younger then. CIO

10/17/17 Tuesday 4:35 A.M. I think the reason the Royalty around the world try to stay thin, is that they have a lot of expensive clothes and uniforms they have to fit into for a long time. CIO

10/17/17 Tuesday 4:25 A.M. I ate 5 reduced fat triscuits. I also ate three deli sliced honey ham and three deli sliced white American cheese. I roll up each slice of ham around each slice of cheese. I will now go outside again. CIO

10/17/17 Tuesday 4:15 A.M. I ate 2.5 ounces of Van Kass Dutch Gouda cheese. The biggest man that I have seen in Greenwich, Connecticut was when Ronald Reagan went to the G8 conference in Mattrich in the Netherlands, and when I walked into the A&P food store here, there was a Dutch man in traditional Dutch dress about 7 foot 4 inches tall and maybe 500 pounds selling those five hundred pound wheels of Dutch Gouda Cheese. The biggest man that I have seen in America was at the Microsoft conference over ten years ago in Hauppauge, Long Island at the Hyatt Hotel there, and it was a white man about six feet tall and six feet wide. CIO

10/17/17 Tuesday 4:05 A.M. <http://www.bbc.com/news/technology-41634617> . CIO

10/17/17 Tuesday 3:50 A.M. There is a lot of video media on Roku TV, Netflix, and Acorn TV that I have, but I do not watch too much video media, because I like to pay attention to reality. CIO

10/17/17 Tuesday 3:40 A.M. I ate 10 Danish butter cookies. On Acorn TV, I watched episode 1 of Penelope Keith's "At Her Majesty's Service". I will now go outside again. CIO

10/17/17 Tuesday 2:05 A.M. <http://www.bbc.com/news/av/world-africa-41646449/st-helena-s-new-airport-boosts-tourism-hopes> .

<http://www.foxnews.com/tech/2017/10/16/dramatic-video-shows-daredevil-jumping-off-800-ft-cliff-without-parachute.html>

I went through <http://scott-mike.com/bf.htm> . Friends from Manhattan want to visit at noon next Wednesday, so I may have to change my schedule. I will now go outside again. CIO

10/17/17 Tuesday 1:30 A.M. I went outside again. I threw out the garbage. CIO

10/17/17 Tuesday 1:20 A.M. I ate a 10 ounce Stouffer's Lean Cuisine sweet and sour meal and the other half of the reheated Knorr teriyaki meal and a 12 ounce glass of diet www.coke.com . CIO

10/17/17 Tuesday 12:50 A.M. I went outside a few times.
<http://view.reply.reaganfoundation.org/?qs=d9fd25ae51a9155ca90fd1ef630b163fb68e097c45928160326037593ffee20c47364b6fd86cca6f6f9dab3e1e10c3a7c27a02b66c1ab3e2b4c632144471d9e01b5510238f992a1f>

<https://www.thesimpledollar.com/how-to-plan-provide-for-a-child-with-special-needs/>

CIO

10/16/17 Monday 9:25 P.M. I went outside. I drove a neighbor the Shell Station on West Putnam Avenue and back. I turned off the fans and the air conditioners. I will now shower and clean up. CIO

10/16/17 Monday 8:20 P.M. I drank my coffee outside. I went outside a few times, and I chatted with a neighbor. I will now wash the breakfast dishes. I will make my bed. I will then shower and clean up. I probably will not go downtown, since it is a bit cooler and damp out. CIO

10/16/17 Monday 5:25 P.M. I woke up, and I ate a three ounce chunk of Dutch Gouda cheese. I woke up at 5 P.M.. I went outside. I picked up the mail. I chatted with a relative. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

End of Scott's Notes week of 10/16/17

10/16/17 Monday 8:40 A.M. I went outside. I will now send out my weekly notes. I will then shut down the primary work computer. I will then go outside again. I will then go to bed. CIO

10/16/17 Monday 8:15 A.M. I took a 5.4 ounce Knorr teriyaki flavored rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I also ate a 10 ounce Banquet macaroni and cheese dinner. I ate it with a 12 ounce glass of diet Fresca. CIO

10/16/17 Monday 5:25 A.M. I went outside again. I ordered eight http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 each for \$79.92 and \$11.99 shipping for \$91.91 total. CIO

10/16/17 Monday 2:25 A.M. I mixed one 28 ounce container of Maxwell Columbian Coffee with two 12 ounce CVS Gold Emblem hazelnut coffee, and I put it all in two large coffee containers to have for future coffee. I went outside a number of times. I messaged an old classmate on Facebook about some of our classmates at www.lfc.edu. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. CIO

10/15/17 Sunday 9:05 P.M. Before going to bed, I ate the other half of the reheated Knorr rice mixture, with 10 ounces of Dannon vanilla Greek yogurt, and a 2 ounce chunk of Dutch gouda cheese with a glass of cold filtered water. I chatted with a relative at 3 P.M.. I finally woke up at 8 P.M.. I chatted with a relative. I went outside, and I chatted with neighbors. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced

banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/15/17 Sunday 9:35 A.M. I have been sending notes to a recovering from hip surgery fraternity brother in Miami, letting him know what I have been doing all of these years. I went outside several times. I will now shut down the primary work computer, and I will go outside again. I will then go to bed. CIO

10/15/17 Sunday 3:00 A.M. I once read that Czar Nicholas II had \$2 million in J.P. Morgan Bank when he was killed in the Russian Revolution. I read recently read that his mother escaped on a German battle ship from the Crimea, and I think live quietly in Denmark. CIO

10/15/17 Sunday 1:55 A.M. I went outside three times, and I chatted with neighbors, and I drank my coffee. I rested some more from 11 P.M. to 1:30 A.M.. I went outside again. We have been having problems with bed bugs in the building, which my apartment has not yet gotten. I have four Ultrasonic Pest Rebellers going in the apartment, including the one from www.cvs.com that I put in the kitchen that turns the whole apartment electrical system into a ultrasonic pest repeller. I had two more new ones that I bought a couple of year ago from

https://www.newegg.com/Product/Product.aspx?Item=9SIA76H2GT9084&cm_re=ultrasonic_pest_repeller--07A-00EK-00004--Product and

<https://www.newegg.com/Product/ProductList.aspx?Submit=ENE&DEPA=0&Order=BESTMATCH&Description=ultrasonic+pest+repeller&N=-1&isNodeId=1> and

[https://www.amazon.com/s/?ie=UTF8&keywords=ultrasonic+pest+control+repellent&tag=googhydr-](https://www.amazon.com/s/?ie=UTF8&keywords=ultrasonic+pest+control+repellent&tag=googhydr-20&index=aps&hvadid=199026711807&hvpos=1t2&hvnetw=g&hvrand=7832232648828076779&hvpone=&hvptwo=&hvqmt=b&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9003454&hvtargid=kwd-334095080380&ref=pd_sl_4pp27qodi0_b)

[20&index=aps&hvadid=199026711807&hvpos=1t2&hvnetw=g&hvrand=7832232648828076779&hvpone=&hvptwo=&hvqmt=b&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9003454&hvtargid=kwd-334095080380&ref=pd_sl_4pp27qodi0_b](https://www.amazon.com/s/?ie=UTF8&keywords=ultrasonic+pest+control+repellent&tag=googhydr-20&index=aps&hvadid=199026711807&hvpos=1t2&hvnetw=g&hvrand=7832232648828076779&hvpone=&hvptwo=&hvqmt=b&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9003454&hvtargid=kwd-334095080380&ref=pd_sl_4pp27qodi0_b) on sale. I installed one on the living room wall and one on the bedroom desk power strip. I now have six of them. I will now wash the breakfast dishes. I will make my bed. I will shower and clean up. I am worn out from chatting with neighbors and walking downtown last night, so I will not be going out in the early morning hours. I will now go outside again.

<http://www.worldation.com/opinions/strongest-armies-world-2017-edition/41/> CIO

10/14/17 Saturday 8:30 P.M. I woke up and ate 10 ounces of Dannon vanilla Greek yogurt and a three ounce chunk of Dutch gouda cheese. I woke up at 6:30 P.M.. I went outside three times and chatted with neighbors. I picked up the mail. I chatted with a relative. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

10/14/17 Saturday 6:20 A.M. I went outside again. I will now shut down the primary work computer, and I will go to bed. Bon Soir.

<http://www.greenwichtime.com/national/article/U-S-navy-how-old-is-founded-anniversary-birthday-12277284.php#photo-14345677> CIO

10/14/17 Saturday 5:55 A.M. Back in August 1989, I bought my first personal computer an Apple IIe for a \$100 at a tag sale on lower Round Hill Road from somebody from Belgium that worked for J.P. Morgan. However, I had computer experience before that. While working as an independent contractor at the Polaroid Waltham, Massachusetts manufacturing facility, I learned COBOL from IBM manuals, and I wrote a spread sheet to work on IBM 360. Once I wrote the code on computer sheets, I had to enter it into punch cards, and they ran it on the big www.ibm.com 360 main frame. Later that year, I got three credits for an independent studies program at Lake Forest College, so I graduated in June of 1972 with my degree. However, Lake Forest College wanted \$7,500 for the course credits which I did not take on campus, which my family could not afford to pay. Thus until age 65, Lake Forest College would never release my college transcript whenever I job hunted. It is here <http://scott-mike.com/lfctr1.jpg> and <http://scott-mike.com/lfctr2.jpg> . Also, when I took a weekend off after writing the transcript, I hitchhiked down to Cape Cod, and I camped out on the beach for a few days in Chappaquiddick in the rain. I was lucky because there were jeep tracks all around my sleeping bag. I also at one time walked from Edgartown to Gay Head which is a long walk. Later on in the summer of 1971, my youngest sister and myself were invited to the Watson family debutante party at the St. Regis roof, and I escorted a friend of mine's youngest sister Jenny Warburg. We changed clothes at the Warburg Chateau around East 65th Street. I had such a good time, I sort of forgot what the Watson family members looked like. I once got into the old fashioned elevator of the St. Regis roof with a 180 degree handle, and in walked Thomas Watson Junior and his younger brother Arthur Watson. Since the elevator operator was not there, I gave them the ride of their life to the ground floor. It was sort of amusing in that I found a parking place right in front of the St. Regis Hotel for my mother's new 1971 Monte Carlo. At the end of the party, I drove my sister and myself back up to Weston, Massachusetts, where we lived. When I first bought the personal computer in August 1989, I sold it a few month later for a \$170 profit, and I bought a Compaq 286 for \$250 from a tag sale in New Canaan. I was online with BBS telephone lines so much that I ran up a \$750 long distance telephone bill, and I lost my telephone for two and a half years. When I finally got my telephone back, after the Department of Social Service paid my telephone bill, I got online with the internet via Netcom via the local telephone line, so my charges were less. In the early years of the internet, I started publishing my internet directory. The internet directory was made by collecting the bookmarks and saving them with Netscape. I would then edit the save file with the IBM OS/2 Boxer editor which I had on a dual boot machine. I then would reedit them with a regular HTML web publisher. Since web site addresses change all of the time, it was quite tedious, and I quit the directory over ten years ago, when Google came along. Also, I could never afford to buy a \$250 CGI script search engine to have on my server for a search engine. Also the Server and Work computers were constantly hacked, which lead me to making lots of backups of new installs. In the early days, I heard from Bill Gates

twice, and the second email was in PGP encryption which I did not know how to decode. I also heard from Tim Berners Lee twice, and he told me to keep it up. I think I once I heard from Mark Zuckerberg, when I emailed him about how good Instant Messenger was from AOL. That was before he went to www.harvard.edu. When I used to go to White Plains, New York to network at night, someone gave a friend of mine the Seattle, Washington Chamber of Commerce video tape. Also in White Plains, New York there was somebody that looked like Steve Jobs who was Westport, Connecticut who told me his father was the head of personnel for IBM. He could afford to play the 50 cent computer games. When I went to Albertville, France in 1992 for the Winter Olympics, I did find any computer stores in Paris, but a lot of the windows had Apple Macintoshes in them. On the same trip, when I visited Amsterdam, Holland, I found three small computer shops that mostly sold printers. I used to fix old printers. I chatted with someone that looked like Bill Gates at a pub in Amsterdam, and he told me was not really that rich. I figured that by pretending to be rich like Howard Hughes, he was just buying flight insurance. The Winter Olympics back then was run on thousands of miles of Optic Fibers. Today, I guess it is all wireless. Also on New Years Eve in 1974, a friend that worked at Daly's Dandelion next to Ford Modeling introduced me to Olive Watson the oldest daughter while they were walking around Greenwich Village. Also Fred Von Mierers introduced me to David May who lived in Greenwich Village and did Public Relations for IBM. In the period from November 1980 to February 1982, when I frequently visited a student video pub, they were always showing film clips of Charlie Chaplin and Joan Rivers and other celebrities. I did not know that IBM was using a Charlie Chaplin look a like to advertise IBM, since I did not have a television, although my roommate at the time worked in Cyrus Vance's law firm across the street from the IBM building at 57th Street and Madison Avenue. When I returned to Greenwich from Nantucket in December 1983, and in June of 1984 I moved to a studio apartment at 700 Steamboat Road for four and a half years before moving to Byram public housing. Since I lived closed to the pier on Steamboat Road, I covered it for about thirty years, and until it got too expensive to drive down there. I always tried to point out the Watson family house to many visitors which one could see clearly from the pier, but most people were interested in Victor Borge's house just north of it. A long time Danish pen pal, once emailed me that Madsen Shipping in Denmark was the largest stockholder in IBM. The New York Times about 20 years ago wrote that older man in his 90s out on Long Island was the largest individual stockholder in IBM with more stock than the Watson family. We all know whom the rich families are out on the Gold Coast of Long Island, but I am not sure which one it might have been. Around 1987, IBM in White Plains, New York interviewed me for a job in their legal department for six months, but they told me that my college Lake Forest College would not release my transcript. My internet notes pretty much say everything else. Also on the night Tom Watson Junior died, I was having New Years Eve dinner at the Homestead Inn in Belle Haven with a friend at \$250 a head. CIO

10/14/17 Saturday 4:40 A.M. I went through <http://scott-mike.com/bf.htm> earlier. I will now go outside again. CIO

10/14/17 Saturday 4:10 A.M. I only drove a yellow cab in Chicago, Illinois back around Christmas Time in 1972. That was the day, E. Howard Hunt's wife's United flight fell out

of the sky over the south side of Chicago with all of the hundred dollar bills. My first fare that day, I was sent out to Chicago O'Hare airport, and I waited in the taxi line for a long time. The fare was a British gentleman that looked like Prince Phillip, and I drove him the scenic route along Lake Michigan to the Drake Hotel <http://www.thedrakehotel.com/> . Thus if it were Prince Phillip, I could also call myself a British Royal family chauffeur too. The Drake Hotel was John D. Rockefeller's legal address for tax purposes. CIO

10/14/17 Saturday 4:00 A.M. I went outside again. It has started to rain. I took a 5.4 ounce Knorr chicken fried rice flavored rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I ate it with a 12 ounce glass of diet Fresca. CIO

10/14/17 Saturday 3:45 A.M. I went outside again. <https://www.ebay.com/p/Intex-66717e-Raised-Downy-Queen-Bed/2164335369?iid=231299374948&trkparms=5373%3A0%7C5374%3AFeatured%7C5079%3A6000002083>

<http://21stcenturywire.com/2012/11/03/the-money-changers-rothchild-banking-dynasty-said-to-be-worth-100-trillion/>

<http://www.snopes.com/rothschild-family-wealth/> . CIO

10/14/17 Saturday 2:55 A.M. Back in 1971, when I was a student at www.lfc.edu , I was driving a Lake Forest, Illinois yellow cab to earn a little extra money. I drove a 1960s three speed stick on column yellow Chrysler sedan. I was one of the taxi cab company's expert snow drivers, and I used drive lots of fares to O'Hare airport in the snow in the winter, which was only about 25 minutes away. One early Sunday morning, I was dispatched to the servants' entrance at the Armour Estate in Lake Bluff, Illinois https://en.wikipedia.org/wiki/Lester_Armour_House , and my fare was one of the maids of the house who was very chatty. I took her to the Lake Forest, Illinois Roman Catholic Church. She told me along the way her mistress Lacey Armour was a niece of Czar Nicholas II, and had escaped the Russian Revolution by being in Monte Carlo, where she married Lester Armour. Later, when I graduated from Lake Forest College, I went to the White Elephant Thrift Shop in Chicago, Illinois, and for \$5, I bought Lester Armour's Cummerbund Tuxedo Vest for \$5, which fit me when I weighed 130 pounds, so Lester Armour despite his meat packing fortune was not a large person. It gets real cold out in Lake Forest, Illinois like Russia. In Libertyville, Illinois they had a Serbian Orthodox Church, where King Peter of Yugoslavia was buried. I attended that funeral, since it was near my rental farm in Knollwood, Illinois. Thus technically, I could be one of the Romanoff chauffeurs, but I do not know if I ever met any. In one pub that I used to frequent in Greenwich Village in the early 1970s, they used to celebrate Russian Orthodox Christmas. CIO

10/14/17 Saturday 2:30 A.M. http://articles.chicagotribune.com/2006-12-12/news/0612120143_1_czar-nicholas-ii-clothing-store-russian-revolution CIO

10/14/17 Saturday 2:05 A.M. http://www.aarp.org/health/conditions-treatments/info-2017/foods-help-acid-reflux-fd.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-101317-F1-2481847&ET_CID=2481847&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I=

<https://www.facebook.com/groups/romanovpics/photos/> .

<https://www.citiesonvolcanoes10.com/>

I will now go outside again. CIO

10/14/17 Saturday 1:00 A.M. I ate a 9.5 ounce Banquet Swedish meatballs dinner with a 3 ounce slice of Van Kass Dutch Gouda cheese and a 12 ounce glass of diet www.coke.com . One hardly ever sees a New Jersey license plate in Greenwich, Connecticut. It is mostly just Connecticut, New York, and Massachusetts license plates. Occasionally one sees other license plates from New England, Canada, Pennsylvania, Florida, Texas, California, and Washington D.C.. I will now go outside again. CIO

10/14/17 Saturday 12:40 A.M. <http://www.greenwichtime.com/local/slideshow/Greenwich-Ice-Bucket-Challenge-at-Greenwich-165410.php> CIO

10/14/17 Saturday 12:15 A.M. I threw out the garbage. I went downtown. I stopped by the Acme grocery store. I bought a 60 ounce Pompeian extra virgin olive oil for \$18.99, four 5.6 ounce Dannon low fat raspberry yogurts for \$3.49, a quart of Hellmann's olive oil mayonnaise for \$4.99 and .35 can return for \$27.12 total. I then went by the www.chase.com bank ATM machine at Deerfield Place. I then sat out in the park across the street from www.cvs.com . I then bought at CVS two 6.5 ounce Simply Asia Sesame Teriyaki noodles for \$2.99 each for \$5.98 total. I then used the bathroom at CVS. I then sat out in the park across the street. I then drove further downtown. I walked the entire length of Greenwich Avenue, and I sat out at various locations. It was not very busy out. After my walk, I sat out for a while. I then returned home, and I sat out briefly. I then put away my groceries. I will now go outside again. CIO

10/13/17 Friday 8:45 P.M. I went outside, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown to Greenwich Avenue. CIO

10/13/17 Friday 7:00 P.M. I woke up and ate a three ounce chunk of Dutch gouda cheese and four ounces of Wabasi and Soy almonds. I finally woke up at 6 P.M.. I went outside. I picked up the mail. I chatted with a relative. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/13/17 Friday 5:05 A.M. I went outside again. I think I need to quit smoking the cigar cigarettes soon, before it gets much colder. I have plenty of nicotine patches. I will now shut down the primary work computer, and I will go to bed. CIO

10/13/17 Friday 4:55 A.M. <http://www.cnn.com/videos/world/2017/10/11/putin-new-puppy-birthday-gift-sg-orig.cnn>

<https://www.forbes.com/sites/luisakroll/2014/07/08/americas-richest-families-185-clans-with-billion-dollar-fortunes/#3176e5146d9e>

<https://www.forbes.com/sites/kerryadolan/2016/06/29/billion-dollar-clans-americas-25-richest-families-2016/>

<https://www.forbes.com/sites/abrambrown/2014/07/08/175-years-later-the-mellons-have-never-been-richer-howd-they-do-it/#1b762d177489>

Why are not the Gates or Buffett families included in the family list?

<https://www.forbes.com/sites/kerryadolan/2014/07/08/how-the-stroh-family-lost-the-largest-private-beer-fortune-in-the-u-s/#10f9337b3d13> CIO

10/13/17 Friday 4:20 A.M. I am not a geophysicist, but I have a theory that the planet earth is like a nuclear reactor, and when there are major solar flares putting out extra electrons, they can excite the earth's core causing increased tectonic activity. CIO

10/13/17 Friday 4:05 A.M. I tried emailing the volcano news story, and my Microsoft Outlook email program or my Internet Provider messed up and sent it out five times. Basically it says there is nothing to worry about. I went outside. I ate three ounces of Wabasi and Soy almonds and a four ounce chunk of Dutch Gouda cheese. If one can read Dutch, the Dutch know a little bit about volcanoes having once had colonies in Indonesia. I will now go outside again. CIO

!!!!!! 10/13/17 Friday 2:35 A.M. <http://www.foxnews.com/science/2017/10/12/yellowstone-supervolcano-could-blow-faster-than-thought-destroy-all-mankind.html> CIO

10/13/17 Friday 1:45 A.M. I went outside again. One has to dress warmly at night, when it is colder. The truth is that the people whom live down south of us usually do not venture further north than New York City into New England. I will now go through <http://scott-mike.com/bf.htm> . CIO

10/13/17 Friday 1:35 A.M. I ate a ham and cheese sandwich with 3 deli slices of ham and 3 deli slices of White American cheese on 15 grain bread with Hellmann's mayonnaise a Kosher dill pickle slice and the other half of the Knorr beef flavored rice reheated for two minutes in the microwave oven and a 12 ounce glass of diet Fresca. CIO

10/13/17 Friday 12:55 A.M. I turned off the two air conditioners and fans. I cleaned the two air conditioner filters. I do not remove the air conditioners and store them away until the end of October depending on the local weather. Currently it is 50 degrees Fahrenheit <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WeBGdTCQyUI> . Not very busy there <http://www.liveduvalstreet.com/> , I wonder why. CIO

10/13/17 Friday 12:35 A.M. I used to drive over the Tappan Zee Bridge when I first got into DOS computer in the early 1990s to go to the Egghead Software clearance center in Nanuet, New York. I even bought a GUI Graphic User Interface software for DOS before Windows. I also once drove over there in my 1983 www.ford.com Escort which never started in the winter with an 800 pound man from Stamford who was a software engineer for <http://www.schweppes.com/> . He lived near www.abb.com in Stamford, Connecticut. I also once bought a DOS maintenance program there, and a \$400 Canadian word processing package for \$20. Also in Nanuet, New York, I once bought one or two Acer monitors there on sale at www.bestbuy.com . There also used to be an interesting railroad salvage store at the shopping center complex in Nanuet, New York. A few times I drove over the Tappan Zee Bridge to visit www.usma.edu at West Point, New York for graduation. In the old days, I think I once hitchhiked that way down to Key West, and I got a ride with a Georgetown University student going to Washington D.C.. I think the rest of the trip was with military people traveling which they do a lot. Traveling over to Rockland County in New York State, there is a lot of traffic. CIO

10/13/17 Friday 12:20 A.M. <https://en.wikipedia.org/wiki/Triskaidekaphobia> . The company Daniel Construction in Greenville, South Carolina that I worked for six months at expediting in 1976 was bought out by www.fluor.com out of Irvine, Texas where www.exxon.com is also headquartered. When I was at Daniel, I was told the cement in the tankers in the Saudi Arabia was all going bad in the extreme heat. It was my suggestion that they build cement plants in Saudi Arabia, since they already had all of the natural ingredients over there. Fluor is supposed to be involved in this nearby project <http://www.newnybridge.com/> and <http://www.fluor.com/projects/governor-mario-cuomo-bridge-design-build> . CIO

10/12/17 Thursday 11:50 P.M. I went outside, and I chatted with neighbors twice. https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=crm_im_Merchandising&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171012&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-1_Merchandising&d=deal-page&utm_campaign=c3e90a38-b042-4fcc-bdea-276aea7750d7_0_20171012

<http://view.klm-mail.com/?qs=c801e58bc8acb2abd865e527eee60b401eb00215fd9c6c45de50c4f55d302c8f38928ee828d55a3872007ca7e2424c8e6af927568ca6fe3e99eb6a44068726889545bd049371b828>

http://local.aarp.org/greenwich-ct/fall-fun/?cmp=EMC-DSO-GOI-OTHR-LOCAL--MCTRL-101217-HEROBUTTON-2484042&ET_CID=2484042&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I=

https://www.nytimes.com/2017/10/11/climate/hurricane-opheia.html?emc=edit_th_20171012&nl=todaysheadlines&nid=46729

CIO

10/12/17 Thursday 9:50 P.M. The last time I went to Manhattan documented <http://scott-mike.com/mls-030408/> . CIO

10/12/17 Thursday 9:25 P.M. I went outside, and I chatted with neighbors, while I drank my coffee. I washed the breakfast dishes. I made my bed. The gift from Fresno, California is from <https://www.vacavillefruit.com/> for a 49 ounces of dried fruit and nuts <http://www.vacavillefruit.com/product-name-37.html> . Unfortunately since it is getting cooler a here, a free trip to California was not included. I will go outside again. I will then shower and clean up. I think it is too cool and late to go downtown. CIO

10/12/17 Thursday 7:00 P.M. I woke up and ate two ounces of Wabasi and soy almonds. I woke up at 6 P.M.. I went outside. I picked up the mail. The order with tracking of https://www.fedex.com/apps/fedextrack/?tracknumbers=723679666445&entry_code=us on the order for six <https://jet.com/product/Equate-Extra-Strength-Gas-Relief-125-mg-Softgels-150-Ct/e846ab75e8194925bba063bedc1c13dc> for \$6.98 each \$41.88 and free shipping on \$35 order for \$41.88 total at 10 A.M.. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?tLabels=%3A++9405511899223654508741> on the gift of food from Fresno, California arrived. I said hello to a Greenwich Housing Authority official. I went outside again. I chatted with a relative. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

10/12/17 Thursday 5:00 A.M. <http://www.bbc.com/news/uk-england-york-north-yorkshire-41582994>

<http://www.bbc.com/news/technology-41551546>

<http://www.cnn.com/travel/article/luxury-swimming-pools/index.html>

<http://money.cnn.com/2017/10/06/technology/gm-self-driving-army-truck/index.html> . I will now shut down the primary work computer. I will go outside. I will then go to bed. CIO

10/12/17 Thursday 4:25 A.M. I took a 5.4 ounce Knorr beef flavored rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I will now go outside again. CIO

10/12/17 Thursday 3:55 A.M. I went outside again. For traditional French gardening at the old French consulate in Locust Valley, Long Island, one should visit <https://plantingfields.org/>

There is supposed to be an Episcopal Seminary at an old estate in Lattingtown, Long Island, but this is all I can find <http://www.stjlat.org/> .

<https://www.ncronline.org/blogs/grace-margins/paradise-lost-jesuits-sell-oldest-retreat-house-pristine-forest-developers>

There used to be a traditional old Jesuit Monastery in Lake Forest, Illinois built of stone, but I can find no mention of it. It was near Barat College there. There used to be a very large Roman Catholic Center for the Archdiocese of Chicago, Illinois in McHenry, Illinois. It was large enough to accommodate the whole www.vatican.va if they were kicked out of Rome during World War II. CIO

10/12/17 Thursday 3:20 A.M. <https://www.techbargains.com/deal/82903/microsoft-windows-10-deals#d82903> CIO

10/12/17 Thursday 2:50 A.M.
<https://www.usatoday.com/story/tech/science/2017/10/11/asteroid-zoom-damn-close-earth-thursday-also-test-planetary-defense-system/755157001/> . I will now go through <http://scott-mike.com/bf.htm> . CIO

10/12/17 Thursday 2:20 A.M. I took half of the roast beef panini, and I put Hellmann's olive oil mayonnaise and Gold's Hot Horse Radish and ground black pepper and a slice of White American cheese on both sides, and I ate it with one Kosher dill pickle and four ounces of Southern Cole Slaw and a 12 ounce glass of diet www.coke.com . I will now go outside again. CIO

10/12/17 Thursday 1:55 A.M. I put away the clean laundry. I went outside again. <https://www.facebook.com/groups/1487341911595678/> British Royal Family fans

Tracking is

https://www.fedex.com/apps/fedextrack/?tracknumbers=723679666445&cntry_code=us on the order for six <https://jet.com/product/Equate-Extra-Strength-Gas-Relief-125-mg-Softgels-150-Ct/e846ab75e8194925bba063bedc1c13dc> for \$6.98 each \$41.88 and free shipping on \$35 order for \$41.88 total. Same price here <https://www.walmart.com/ip/Equate-Extra-Strength-Gas-Relief-Softgels-Value-Size-150-Count/44662550?wmlspartner=wlp&adid=22222222227032796487&wl0=&wl1=g&wl2=c&wl3=66579225152&wl4=pla->

[130446764912&wl5=9003457&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=online&wl12=44662550&wl13=&veh=sem](#) .

http://volcano.si.edu/reports_weekly.cfm

https://www.smithsonianmag.com/history/victoria-and-abdul-friendship-scandalized-england-180964959/?utm_source=smithsonianhstandarch&utm_medium=email&utm_campaign=201710-hist&spMailingID=30971500&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1141337481&spReportId=MTE0MTMzMzQ4MQS2

https://www.smithsonianmag.com/history/true-story-death-stalin-180965119/?utm_source=smithsonianhstandarch&utm_medium=email&utm_campaign=201710-hist&spMailingID=30971500&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1141337481&spReportId=MTE0MTMzMzQ4MQS2

<http://view.reply.reaganfoundation.org/?qs=05cd1c4dd8ccc58937e5d6ccd67ecb0d83c73da53f9d179934b9ceb9be0517b9d37f9502081e0c006862115977a2526798876e508a718e673ec0ad8b6fc4a21d52d7ab8107018f0b>

https://www.kobo.com/us/en/List/199-for-1-99/gR6J0V8lss1q3gjVARsYHA?pageNumber=1&utm_medium=Email&utm_source=Responsys_CRM&utm_campaign=00003&utm_id=

This is sort of like my Swiss hiking pack that I bought in the Florence, Italy flea market in the winter of 1972 for \$3

https://www.rakuten.com/shop/drrhotdeal/search/3714901/?scid=em_Promotional_20171011_Daily ,

Tracking is

https://www.ups.com/WebTracking/processInputRequest?loc=en_US&Requester=DAN&t_racknum=1Z204E38YW04984039&AgreeToTermsAndConditions=yes&WT.z_eCTAid=ct1 eml Tracking ct1 eml tra myc upg1&WT.z_edatesent=10112017 and <https://tools.usps.com/go/TrackConfirmAction?tLabels=92612924911417541417154112> on the order for https://www.groupon.com/deals/gg-cm-heavy-duty-snow-and-ice-deflector-car-windshield-cover?p=2&utm_source=channel_goods_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171010&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=Goods-PN&utm_campaign=0da9eb35-8e9c-452f-bace-2154ae0f45c8_0_20171010 for \$16.99 less \$10 with coupon code "GET10" and \$3.99 shipping and .69 tax for \$11.67 total.

https://www.nytimes.com/2017/10/10/world/middleeast/iraq-erbil-citadel.html?emc=edit_th_20171011&nl=todaysheadlines&nid=46729

https://www.metmuseum.org/toah/hd/ubai/hd_ubai.htm

https://www.metmuseum.org/toah/hd/half/hd_half.htm

https://www.nytimes.com/video/travel/100000005412995/the-boeing-747-slowly-readies-to-retire.html?emc=edit_th_20171011&nl=todaysheadlines&nid=46729 I will now go outside again. CIO

10/11/17 Wednesday 11:55 P.M. I have 55 minutes to go on two dry cycles. I will now go outside again. CIO

10/11/17 Wednesday 11:40 P.M. I put clean linens on the bed. I showered, and I cleaned up. I am almost done with two loads of wash. I threw out the garbage and the old periodical literature. I watered the plants. CIO

10/11/17 Wednesday 10:20 P.M. I watched the President Donald Trump www.wh.gov hour long interview with Sean Hannity on www.foxnews.com and https://twitter.com/realDonaldTrump?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor . I went outside. I washed the breakfast dishes. CIO

10/11/17 Wednesday 8:40 P.M. I chatted with a relative. I went outside, and I chatted with neighbors. I drove a neighbor back and forth to the Shell Station on West Putnam Avenue. I will now eat breakfast. CIO

10/11/17 Wednesday 7:20 P.M. I ate the other half of the Knorr yellow rice mixture before going to bed. I woke up at 6:30 P.M.. I went outside. I picked up the mail. The order with tracking of https://www.ups-mi.net/packageID/PackageID.aspx?PID=92419999985330573042768862&bta_tid=42050047765476409901228181535399911835143416215425361745834786589726103738874830021256367486965913746993 on the order for <http://www.calendars.com/Nature/Volcanoes-2018-Wall-Calendar/prod201500005519/?categoryId=cat00741&seoCatId=cat00741> for \$12.74, <http://www.calendars.com/England/London-at-Twilight-Wall-Calendar/prod201500008802/?categoryId=cat100020&seoCatId=cat100020> for \$9.56, <http://www.calendars.com/England/England-Wall-Calendar/prod201500004324/?categoryId=cat100020&seoCatId=cat100020> for \$11.24, <http://www.calendars.com/England/London-Glitz-Wall-Calendar/prod201500004204/?categoryId=cat100020&seoCatId=cat100020> for \$11.24, <http://www.calendars.com/-More-Europe/Holland-2018-Wall-Calendar/prod201600001080/?categoryId=cat00712&seoCatId=cat00712> for \$12.74, <http://www.calendars.com/-More-Europe/Amsterdam-Easel-Calendar/prod201500008597/?categoryId=cat00712&seoCatId=cat00712> for \$10.36 and \$4.31 tax for \$72.19 total with free shipping with coupon code "FREESHIP20" shipped arrived. I chatted with a relative. I will now eat breakfast of oatmeal with Equal

sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/11/17 Wednesday 5:15 A.M. Laura Bush interview
<http://video.foxnews.com/v/5604446290001/?#sp=show-clips>

<http://www.bbc.com/news/science-environment-41567732>

<http://www.foxnews.com/tech/2017/10/10/are-aliens-real-all-evidence-sightings-and-conspiracy-theories-on-their-existence.html>

<https://www.forbes.com/donald-trump/exclusive-interview/#51f4a4b2bdec>

I will now shut down the primary work computer. I will go outside again. I will then go to bed. CIO

10/11/17 Wednesday 4:10 A.M. I took a 5.3 ounce Knorr yellow rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I will now go outside again. CIO

10/11/17 Wednesday 3:55 A.M. I ordered six <https://jet.com/product/Equate-Extra-Strength-Gas-Relief-125-mg-Softgels-150-Ct/e846ab75e8194925bba063bedc1c13dc> for \$6.98 each \$41.88 and free shipping on \$35 order for \$41.88 total. Same price here <https://www.walmart.com/ip/Equate-Extra-Strength-Gas-Relief-Softgels-Value-Size-150-Count/44662550?wmlspartner=wlp&adid=2222222227032796487&wl0=&wl1=g&wl2=c&wl3=66579225152&wl4=pla-130446764912&wl5=9003457&wl6=&wl7=&wl8=&wl9=pla&wl10=8175035&wl11=online&wl12=44662550&wl13=&veh=sem> CIO

10/11/17 Wednesday 3:10 A.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

10/11/17 Wednesday 2:30 A.M. New Scott Family Motto, "Qui fragrantiam, de qua n eam." It may be the reason, I do not have too many friends. CIO

10/11/17 Wednesday 2:10 A.M. Tracking is <https://tools.usps.com/go/TrackConfirmAction?tLabels=%3A++9405511899223654508741> on the gift of food from Fresno, California.

https://www.groupon.com/deals/gg-mens-lightweight-puffer-jacket-2?p=1&utm_source=channel_goods_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171010&uu=b0d984ba-1234-11e4-9921-

00259060b5be&CID=US&tx=0&s=body&c=button&d=Goods-PN-Hero&utm_campaign=0da9eb35-8e9c-452f-bace-2154ae0f45c8_0_20171010

I ordered [https://www.groupon.com/deals/gg-cm-heavy-duty-snow-and-ice-deflector-car-windshield-](https://www.groupon.com/deals/gg-cm-heavy-duty-snow-and-ice-deflector-car-windshield-cover?p=2&utm_source=channel_goods_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171010&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=Goods-PN&utm_campaign=0da9eb35-8e9c-452f-bace-2154ae0f45c8_0_20171010)

[cover?p=2&utm_source=channel_goods_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171010&uu=b0d984ba-1234-11e4-9921-](https://www.groupon.com/deals/gg-cm-heavy-duty-snow-and-ice-deflector-car-windshield-cover?p=2&utm_source=channel_goods_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171010&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=Goods-PN&utm_campaign=0da9eb35-8e9c-452f-bace-2154ae0f45c8_0_20171010)

00259060b5be&CID=US&tx=0&s=body&c=button&d=Goods-PN&utm_campaign=0da9eb35-8e9c-452f-bace-2154ae0f45c8_0_20171010 for \$16.99 less \$10 with coupon code "GET10" and \$3.99 shipping and .69 tax for \$11.67 total.

http://www.aarp.org/benefits-discounts/your-aarp-member-benefits/?cmp=EMC-DSO-NLC-RSS---CTRL-101017-SMMBC-2479123&ET_CID=2479123&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

[https://www.groupon.com/deals/rollgood-11?p=3&utm_source=newsletter_im&utm_medium=email&t_division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171010&uu=b0d984ba-1234-11e4-9921-](https://www.groupon.com/deals/rollgood-11?p=3&utm_source=newsletter_im&utm_medium=email&t_division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171010&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=link&d=deal-page&utm_campaign=bc11aec4-5a58-49b4-8eca-c3e895a14891_0_20171010)

00259060b5be&CID=US&tx=0&s=body&c=link&d=deal-page&utm_campaign=bc11aec4-5a58-49b4-8eca-c3e895a14891_0_20171010

I will now go outside again. CIO

10/11/17 Wednesday 1:15 A.M. I took half of the roast beef panini, and I put Hellmann's olive oil maynaisse and Gold's Hot Horse Radish and ground black pepper and a slice of White American cheese on both sides, and I ate it with two baby Kosher dill pickles and four ounces of Southern Cole Slaw and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

10/11/17 Wednesday 12:25 A.M. I went downtown. I stopped by the Stop and Shop. I bought a roast beef panini for \$6.99, 6.6 ounces of Stop and Shop Swiss cheese for \$2.19, a wedge of Van Kaas Dutch Gouda cheese <https://goudaholland-kaas.nl/> for \$4.99 a pound for \$5.89, four Knorr 5.3 rice mixture for \$1 each and a 6 ounce Gold's Hot horseradish for \$2.29 for \$21.36 total. I then went downtown to Greenwich Avenue. It is real slow on Tuesday nights. I walked the entire length of Greenwich Avenue. There is a large portrait of Ronald Reagan in the art gallery just south of Zyn Stationary. There were only five cars parked in front of the Sundown Saloon. There are 12 parking spaces blocked off for today and Thursday across from www.cvs.com in front of the little park and coffee shop. They are having some sort of event for <http://www.mercedesbenzgreenwich.com/>. After my walk, I sat out for a while. I then returned home, and I sat outside briefly. I put away my groceries. CIO

10/10/17 Tuesday 8:55 P.M. I chatted with a relative. I drank my coffee outside chatting with neighbors. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown to Green Witch Avenue to see the remains of the day. Tuesday night is usually the slowest night of the week. It is better to go downtown on a clear night. Tomorrow night might have rain

<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.Wd1q-TCQvUI> . CIO

10/10/17 Tuesday 6:30 P.M. I woke up at noon, and I chatted with a relative. I went outside. I went back to bed. I chatted with a relative about 3 P.M.. I finally woke up at 5:45 P.M.. I went outside. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

10/10/17 Tuesday 5:30 A.M. I ate 2.5 ounces of pistachio delights and three slices of deli ham and three slices of white American cheese. I will now shut down the primary work computer. I will go outside. I will then go to bed. CIO

10/10/17 Tuesday 4:55 A.M. <http://www.greenwichtime.com/local/article/Officials-ponder-major-storm-hitting-Greenwich-12264566.php> CIO

10/10/17 Tuesday 4:45 A.M. Earlier, I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

10/10/17 Tuesday 4:05 A.M. <https://www.mi5.gov.uk/contact-us> . I will now go outside again. CIO

10/10/17 Tuesday 3:15 A.M. I ate 6 ounces of pistachio delights. Down south they mostly eat peanuts, but once one starts eating peanuts, one enjoys the more deluxe expensive ones. Woolworths use to sell a large variety of various fresh nuts. I read that Queen Elizabeth II get mad when the guards eat all of the nuts that she leaves out in bowls around the palace. I will now go outside again.

See what the British Royals are doing <https://www.royal.uk/> .

http://www.who.int/mental_health/world-mental-health-day/2017/en/ . CIO

10/10/17 Tuesday 2:55 A.M. They moved <http://greenwichautomotive.com/> two miles west of me. CIO

10/10/17 Tuesday 2:40 A.M. They don't like rich people
<https://www.forbes.com/sites/carlodonnell/2014/07/08/how-the-1-billion-kennedy-family-fortune-defies-death-and-taxes-3/#1bcc7f34e4a3> CIO

10/10/17 Tuesday 2:25 A.M. free <https://www.att.com/cellphones/prepaidphones/sim-card-kit-phone-prepaid.html#sku=sku7420309>

<https://www.amazon.com/gp/product/B01MTGM5I9?ie=UTF8&encoding=UTF8&tag=bensbargaicenter&linkCode=ur2&camp=1789&creative=9325>

<http://www.ebay.com/itm/adidas-Samoa-Shoes-Mens-Black-/152687771037?rmvSB=true&rmvSB=true>

https://www.walmart.com/ip/Subzero-Windshield-Cover/36728101?u1=997098741_category&oid=223073.1&wmlspartner=59JLB7sBj1c&sourceid=34255063943060488129&affillinktype=10&veh=aff

<http://www.ebay.com/itm/AT-T-GoPhone-ZTE-Blade-Spark-4G-with-16GB-Memory-Prepaid-Cell-Phone-Grey-/192251730420?trksid=p2349526.m10.l4275>

https://flash.newegg.com/Product/9SIA5HA49Z9036?icid=WP_19_10062017

I will now go outside again. CIO

10/10/17 Tuesday 1:35 A.M. <http://pm.gc.ca/eng> to visit Washington D.C. today. The Canadian Embassy on Pennsylvania Avenue when I last visited Washington D.C. around 1991.

<https://www.thesimpledollar.com/how-to-plan-provide-for-a-child-with-special-needs/>

<http://view.reply.reaganfoundation.org/?qs=74c9dbd062410cdba3a1184ec47053c8309573f38629fe742beda831f8924198a3b8abaafaf5b174eb7b2a6095bb3b3cec940f35e43cd41cc4a6770935372555c00fd0ec4659b31a>

<https://geraldrfordfoundation.org/schedule-events/>

http://www.zdnet.com/article/windows-10-if-youre-still-running-this-older-version-its-now-time-to-upgrade/?loc=newsletter_large_thumb_featured&ftag=TRE-03-10aaa6b&bhid=19320261445054572381627874410807

https://www.nytimes.com/2017/10/08/nyregion/new-york-city-sidewalks-disabled-curb-ramps.html?emc=edit_th_20171009&nl=todaysheadlines&nid=46729

https://www.nytimes.com/2017/10/08/nyregion/peacocks-st-john-the-divine.html?emc=edit_th_20171009&nl=todaysheadlines&nid=46729

https://www.itechdeals.com/fast-charging-usb-type-c-to-type-a-3-ft-cable-in-white.html?utm_campaign=USB+Type+C+10%2F8%2F17+%28M9ji6r%29&utm_medium=email&utm_source=General+Subscription

I ordered three for \$3 with free shipping https://www.itechdeals.com/fast-charging-usb-type-c-to-type-a-3-ft-cable-in-white.html?utm_campaign=USB+Type+C+10%2F8%2F17+%28M9ji6r%29&utm_medium=email&utm_source=General+Subscription

I will now go outside again. CIO

10/10/17 Tuesday 12:35 A.M. There is a Laura Bush interview on www.foxnews.com television at 2 P.M. EDT today. I steamed four ounces of Brussels sprouts for 15 minutes. I ate them with Smart Balance Spread and extra virgin olive oil and the other half of the Knorr teriaki rice mixture reheated. I ate it with 8 ounces of John Soules cooked chicken strips that I microwaved for 2.5 minutes in a Wal-Mart microwave proof container with lid along with a 12 ounce glass of diet www.coke.com. It was quite a good meal. I will now go outside again. CIO

10/09/17 Monday 11:40 P.M. I threw out the garbage. I went downtown to www.cvs.com. I first sat out in the park across the street. I then picked up a prescription. I bought a 16 ounce bag of Blue Diamond Smoke House almonds for \$5.99 and a 31 ounce container of Folgers's Country Roast coffee for \$5.99 for \$11.98 total. I then bought two tins of one pound Danish cookies for \$2.99 each for \$5.98 total. I then drove further down Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. www.starbucks.com has a sign in their window that they need help. The Putnam restaurant on lower Greenwich Avenue needs a cook. I used the bathroom at Starbucks. Across the street from the Terra Restaurant just north of St. Mary's, there is a sign at the doorway for a one bedroom apartment for \$1,750 a month. It looks like in the store on the north side of the little park across the street from CVS, they are opening some sort of clothing store there. After I finished my walk, I sat out for a while. I then returned home, and I chatted with neighbors.

<https://www.facebook.com/laurawbush/videos/816075226588/>

CIO

10/09/17 Monday 8:05 P.M. I went outside, and I chatted with a neighbor. I will now shower and clean up. I will then go downtown to Greenwich Avenue. CIO

10/09/17 Monday 7:45 P.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. If one needs auto part, and one can not find them at www.autozone.com, J.C. Whitney <http://www.jcwhitney.com/> has a large inventory including older vehicles parts in their warehouse in Chicago, Illinois. I once thought about buying those big white wall balloon tires for my old Mercedes 1952 300 B, while I was out there in college at www.lfc.edu. I learned back in 1968 to 1972, people in the military were allowed to bring back a foreign car from overseas, and the used car lots out there were full of foreign cars. I learned to get a vintage 1950s Mercedes going, all one had to do was sand the fuse box terminals underneath the hood with steel sand paper, and then put in new Bosch fuses, and most everything would work. In Europe they do not use salt on the roads like America,

which caused the fuse box terminals to corrode. I owned four old Mercedes out there while in college. One even came from the palace in Athens, Greece with the flag staffs on it. However, what I did not know was that one had to change the oil and oil filter every three thousand miles which lead to trouble down the road. CIO

10/09/17 Monday 6:00 P.M. I woke up at 5 P.M.. I chatted with a relative. I went outside, and I chatted with a neighbor. I did not get any mail today, because today is Columbus Day Holiday. It is also when the summer people leave www.nantucket.net to discover America. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/09/17 Monday 4:55 A.M. I went outside again. The newspapers were just delivered. Something else they do in the early morning hours. It is starting to rain outside more heavily. I will now shut down the primary work computer, and I will go to bed. Bon Soir. CIO

10/09/17 Monday 4:30 A.M. My last roommate in Manhattan could type 185 words per minutes on the original word processing machines and had attended www.brown.edu. He ex-husband looked like Ernest Hemingway and worked his way up as a software engineer in the State Department in Libya, Thailand, and Saudi Arabia, and also attended www.brown.edu. The roommate's mother's mother was from the Kaiser of Germany's consulate in Manhattan from before World War I. The fellow at East 49th Street spoke nine different languages fluently, and had lived with the Krup family of Germany in Germany. Quite a few of his visitors were young Germans attending www.columbia.edu business school. I do not know German, so I never knew what they were talking, although some people since I am half Dutch think I look German. I first visited Germany in December 1980 for a few days on a \$100 Capitol airline jet each way to Frankfurt. Around 1987, I visited Innsbruck, Austria in the winter taking Lufthansa from J.F.K. to Düsseldorf and changing planes to Munich and a bus to Innsbruck. A lot of the security people in Munich airport had my look. My art teacher at the University of Grenoble school in Florence, Italy was also from Munich in 1972. I have said many times, I have been as far north as Oslo, Norway in February, 1983; as far east as Istanbul, Turkey in May 1972; as far south as Trinidad and Tobago in the winter of 1971 and 1970, and as far west as Maui in Hawaii in August of 1980. I do not think I have ever been in a communist country. However, my last trip to Europe was in February 1992, when I attended the Albertville, France Winter Olympics and toured around, so I drove along the French German border in France which is full of nuclear power plants, because France is 85% nuclear power. Of course the people at the Winter Olympics were from everywhere in the world. The biggest contestants were from Austria that I saw, and the biggest spectators were from Bergen, Norway. There were a lot of famous people there. 2.5 billion watch the Winter Olympics on television, so back then they had 50,000 communications people for optic fibers, and they also had 50,000 security people. The French know how to throw a party. A lot of the U.S.A. companies were represented there, since they have European operations, and they

spent the money there instead of bringing the money back to the U.S.A. to pay taxes on it. CIO

10/09/17 Monday 3:55 A.M. I ate a 9.5 ounce Banquet Swedish meatballs dinner with a 12 ounce glass of diet Fresca. I will now go outside again. CIO

10/09/17 Monday 3:20 A.M. While at www.lfc.edu in Lake Forest, Illinois, one of my roommates on the Farm in 1971, was Barry Cerf. His mother was Phyllis Cerf who was married to Robert Wagner former mayor of New York City who also attended the Taft School in Watertown, Connecticut. While at Taft, I knew Bob Sweet whose father was Deputy Mayor of Manhattan in the Lindsey administration and is still a Federal Judge on the Bench in Manhattan. I once visited their townhouse on the East Side. While at Lake Forest College from 1968 to 1972, Robert Morgenthau's daughter was in my class. Robert Morgenthau was the long time district attorney in Manhattan. In 1973, while in Manhattan, I was working as a clerk typist for commercials at the CBS Broadcast Center on West 57th Street for \$85 a week before tax. The owner of the apartment at 420 East 49th Street was supposed to be taking over Billy Baldwin's Interior decorating business. I just answered his phone and did errands and explore Manhattan. During the periods I lived in Manhattan, I spent a lot of time in the daytime walking around the Metropolitan Museum of Art in a three piece Brooks Brother's tweed suit. When on West 74th Street, my roommate who was the mother of a friend of mine had been secretary to the Dean of the Business School at New York University and when I was living with her, she was the head of Word Processing for Cyrus Vance's law firm across the street from the IBM Building after he was Secretary of State in the Carter administration. I also spent a lot of time walking her white German Shepard and her Doberman Pincher in Riverside Park and around Central Park. CIO

10/09/17 Monday 2:50 A.M. I lived in Manhattan from January to June 1973 at East 89th Street near Gracie Mansion and West 9th Street just west of Fifth Avenue. I used a friend's apartment in Manhattan frequently from October 1973 to February 1975 at 420 East 49th Street. Also during that period, I also lived at West 20th Street during the winter of 1974 across the street from the Anglican Seminary. I also lived in Manhattan at West 74th Street near Riverside Park from November 1980 to February 1982 next to the Newport Jazz Festival building. I also lived for a week or two on East 52nd Street above an Episcopal Church during February 1982, when it was 26 degrees Fahrenheit below zero. When I was homeless, and I came off Nantucket in December 1983 after a side trip to Toronto, I stayed for about two weeks at the East Side Airline terminal building before returning to Greenwich, Connecticut, where my family has lived on and off since June 1962. My stepfather's family have lived here since about 1900, and once were involved with Town Government. One of my stepfather's uncles while on the Representative Town Meeting got the Town of Greenwich to buy Todd's Point beach property from Presbyterian St. Luke's Hospital in Manhattan in the 1930s. I once was a neighbor of Lowell Weicher's from 1962 to 1968 when he was the first selectman of Greenwich, and a lot of people knew, since we would car pool with his family to Greenwich Country Day School. I frequently would drive into nearby Manhattan at night until around July 1990, when I was mugged by someone from Dublin, Ireland and Bermuda. I quit visiting Manhattan regularly after

that. As I recall, I have only been there about five times since the mugging. The last time was about 9.5 years ago. I have a younger relative working and living there and two old friends that live there six months of the year. CIO

10/09/17 Monday 2:15 A.M. https://www.smithsonianmag.com/history/how-women-codebreakers-wwii-helped-win-war-180965058/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20171008-Weekender&spMailingID=30923859&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1140793614&spReportId=MTE0MDc5MzYxNAS2

https://www.smithsonianmag.com/arts-culture/wondrous-complexity-new-york-public-library-one-americas-largest-180965131/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20171008-Weekender&spMailingID=30923859&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1140793614&spReportId=MTE0MDc5MzYxNAS2 CIO

10/09/17 Monday 1:35 A.M. I took a 5.6 ounce Knorr teriaki rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I ate it with two White Castle cheeseburgers and a 12 ounce glass of diet Sprite Zero. I will now go outside again. CIO

10/09/17 Monday 12:45 A.M. I bought for .99 <https://www.amazon.com/Thai-Cooker-Cookbook-Rockridge-Press-ebook/dp/B00XLUEISG?tag=slicinc-20&ascsubtag=d136de96aca611e798dd02d4353d21bf0INT> CIO

10/09/17 Monday 12:05 A.M. I went outside a couple of times and chatted with neighbors. I will now go through <http://scott-mike.com/bf.htm> . CIO

10/08/17 Sunday 10:00 P.M. I went outside a couple of times, and I drank my coffee, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. I will now shower and clean up. CIO

10/08/17 Sunday 6:35 P.M. I chatted with a relative at 4 P.M.. I ate three ounces of whole cashew nuts. I woke up at 5:30 P.M.. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

End of Scott's Notes week of 10/08/17

10/08/17 Sunday 3:55 A.M. i ate three ounces of whole cashew nuts.

I went through <http://scott-mike.com/bf/htm> . I will now send out my weekly notes. I will then shut down the primary work computer, and I will go outside. I will then go to bed.
CIO

10/08/17 Sunday 3:10 A.M. Here are some pictures that I took this past September of the waterfront in Kennebunk and Kennebunkport, Maine <http://scott-mike.com/kbpt0917/> .
CIO

10/08/17 Sunday 2:30 A.M. I went outside again, and I chatted with a neighbor. A regular Scott reader, emailed me they were going to send me a box of food from [https://en.wikipedia.org/wiki/Fresno, California](https://en.wikipedia.org/wiki/Fresno,_California) . CIO

10/08/17 Sunday 2:00 A.M. <http://view.klm-mail.com/?qs=c2ce566ac36bc06a6afacbb987519da93ed8f22854c4fa9fb120d8287919fe19a7becc531619d6ad63b52fcfaea226fab069118ddaba230194cc163b59a4ddfa403ab0f4d8e4454>

http://www.aarp.org/health/brain-health/info-2016/smell-and-eye-tests-for-alzheimers.html?cmp=EMC-DSO-NLC-WBLTR-BRN--MCTRL-100617-F1-2468356&ET_CID=2468356&ET_RID=121632&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

CIO

10/08/17 Sunday 12:55 A.M. I went outside. I ate a 16 ounce Marie Callender chicken pot pie and five 1.5 inch by 1.5 inch by .75 triangles of Dutch Gouda cheese and a 12 ounce glass of diet Sprite Zero. I will now go outside again. CIO

10/08/17 Sunday 12:15 A.M. I went downtown. I went by the Stop and Shop. I bought buy one get two free of six packs of Thomas' English muffins for \$4.39 all, a 59 ounce container of Tropicana orange juice with calcium for \$1.99, two old fashioned 42 ounce Quaker Oats for \$4.79 each, and bananas for .47 a pound for .85 less .65 can return for \$16.16 total. I then went by www.cvs.com on Greenwich Avenue. I first outside in the small park across the street from it. I then bought buy one get one free of 2, CVS 250 capsule 4200 mg Herbal Crleanberry for \$20.79 less \$4 online bonus bucks for \$16.79 total. I then sat out in the park across the street. I then went further downtown. I walked the entire length of Greenwich Avenue. I sat out at various places. I used the bathroom at www.starbucks.com . I toured CVS again. I sat out for a long time after my walk. I tested my Microsoft Nokia Windows 10 Go Phone with Optimum WiFi. It worked just fine in front of the Senior and the Arts Center, and across the street at the Veterans monument, and in front of the Restoration Hardware store World War I veterans monument. I returned home, and I put away my purchases. I ate a five 1.5 inch by 1.5 inch by .75 triangles of Dutch Gouda cheese. CIO

10/07/17 Saturday 6:05 P.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue. CIO

10/07/17 Saturday 5:05 P.M. The Cablevision Television quit working. Helen Kress William's family's old store is still Puerto Rico <https://shopkress.com/> . CIO

10/07/17 Saturday 4:45 P.M. I woke up at 4 P.M.. I went outside. I did not get any mail. I chatted with a relative. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/07/17 Saturday 3:25 A.M. I will now shut down the primary work computer. I will go outside. I will then go to bed. Bon Soir. CIO

10/07/17 Saturday 3:10 A.M. I went outside again. I ate a 2 inch by 3 inch by .25 inch chunk of Dutch Gouda cheese. I will now go through <http://scott-mike.com/bf.htm> . CIO

10/07/17 Saturday 2:35 A.M. I went outside again. Something I heard about in Kennebunkport, Maine <https://www.stapletonforcolorado.com/> . CIO

10/07/17 Saturday 2:10 A.M. I drank a 12 ounce glass of diet Sprite. I went outside again. As I have written before. Back in the winter of 1977, when I was hitchhiking from Key West to Fort Lauderdale, I found an www.af.mil and www.norad.mil flight suit in the bushes along the road near Islamorada. I used to wear it in the Key West with my long blond hair down to my waist and my \$2 straw hat from the local Army Navy store. It had a colonel's and NORAD's flight patches on it. That summer out in Nantucket, I gave it to Bobby Mullerin a skier from Stowe, Vermont and Fairfield, Connecticut whose father worked at www.exxon.com. I told him he should try going skiing in Colorado. It was sort of like this <http://www.ebay.com/itm/Mens-Coverall-Air-Force-Style-Flight-Suit-Olive-Drab-GREEN-by-Rothco-S-TO-5X-/112122439994?var=&hash=item1a1b04a93a:m:mTEu-7bI2xeYXWrwc8qsHBQ> . I once was wearing it doing laundry at the entrance to Homestead Air Force Base, and the other people did not know whether to salute me or shoot me. I once also showed up at the Key West airport wearing that outfit when the National Security agency was arriving there for some event.

<http://www.foxnews.com/world/2017/10/06/saudi-king-salmans-lavish-trip-to-russia-included-gold-plated-escalators-luxury-carpets.html> . CIO

10/07/17 Saturday 1:05 A.M. I went outside twice. I ate five ounces of cashew nuts and a 3 inch by 4 inch by .25 inch chunk of gouda cheese. I decided not to go through the hassle of going to parking court again to pay my \$25 parking fine, so I paid it online for \$25 and \$3.50 charge for \$28.50 total <https://www.parkingticketpayment.com/greenwich/> . I printed out two copies of my September 2017 Microsoft Money Sunset Income versus

Spending report, and I will mail one copy to an interested relative with a .49 forever stamp. I will mail it in the mail room downstairs. CIO

10/06/17 Friday 10:35 P.M. I went outside, and I threw out the garbage. I chatted with neighbors. It is a full harvest moon. CIO

10/06/17 Friday 10:10 P.M. I ate a 16 ounce Stouffer's stuffed peppers with grated parmesan and Romano cheese and a 3 inch by 4 inch by .25 inch chunk of gouda cheese and a 12 ounce glass of diet Fresca. CIO

10/06/17 Friday 9:10 P.M. I went to the Greenwich Town Hall. However, the parking court was yesterday October 5, 2017 not today. On the pink duplicate schedule form their 5 looked like a 6. I was told to call the parking bureau to reschedule the court hearing. I then went down town. I walked the whole length of Greenwich Avenue as far up as www.cvs.com. I stopped by the www.apple.com store. Just on the north side of the Apple store, there is a new store called "Rod and Gun" featuring New Zealand woolen clothes, which probably are expensive. I chatted with the www.tesla.com store. I chatted with a visitor at www.starbucks.com. I chatted with a relative. I used the bathroom at CVS. I bought a 20 inch Lasko Box fan on sale for \$9.99 and a Power Micro to USB cable on sale for \$5.99 and \$1.01 tax for \$16.99 total. I then finished my walk down the Avenue. I sat out for a while. I then went to Putnam Shell at 401 West Putnam Avenue, and I bought \$11 of self service premium V-Power gasoline for \$3.699 a gallon for 2.974 gallons at odometer reading of 111184 miles for 39.7 miles driven since Wednesday September 27, 2017 for 13.349 miles per gallon in local traffic. I then returned home. I chatted with neighbors. I drove a neighbor to the Shell station and to CVS on West Putnam Avenue. I chatted with neighbors outside twice. CIO

10/06/17 Friday 3:40 P.M. I went to my 1 P.M. appointment. I returned home, and I chatted with neighbors. I picked up the mail. I have a 5 P.M. appointment at parking ticket court at the Greenwich Town Hall. CIO

10/06/17 Friday 11:40 A.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I will go outside again. I will then shower and clean up. I will then head out early to my 1 P.M. appointment. CIO

10/06/17 Friday 10:25 A.M. I woke up and ate 2 ounces of whole cashews. I finally woke up at 10:00 A.M.. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/06/17 Friday 2:35 A.M. I ate a 4 inch by 3 inch by .25 inch piece of Gouda cheese. For dinner I ate a 15 ounce Marie Callender sweet and sour chicken dinner with Smart Balance Spread and a 12 ounce glass of diet Sprite Zero. I will now outside. I will then go to bed. I have to be up at 10 A.M. to make it to my 1 P.M. appointment today. CIO

10/06/17 Friday 2:00 A.M. I went outside briefly.

I went through <http://scott-mike.com/bf.htm> . CIO

10/06/17 Friday 1:20 A.M. <http://www.latimes.com/travel/cruises/la-tr-cruises-caribbean-ports-reopen-after-hurricanes-20171002-story.html>

<http://www.tcpalm.com/story/weather/hurricanes/2017/10/05/tropical-depression-expected-strengthen-tropical-storm-nate/732980001/>

http://www.nhc.noaa.gov/refresh/graphics_at1+shtml/032354.shtml?cone#contents CIO

10/06/17 Friday 1:00 A.M. I ate one ounce of pistachio delight nuts. I went outside, and I threw out the garbage. CIO

10/06/17 Friday 12:35 A.M. I went outside twice. It quit raining. Because it is overcast, one can not see the full harvest moon. I have 45 minutes to go on one dry cycle. CIO

10/06/17 Friday 12:05 A.M. The order with tracking of https://www.ups-mi.net/packageID/PackageID.aspx?PID=92419999985330573042768862&bta_tid=42050047765476409901228181535399911835143416215425361745834786589726103738874830021256367486965913746993 on the order for <http://www.calendars.com/Nature/Volcanoes-2018-Wall-Calendar/prod201500005519/?categoryId=cat00741&seoCatId=cat00741> for \$12.74, <http://www.calendars.com/England/London-at-Twilight-Wall-Calendar/prod201500008802/?categoryId=cat100020&seoCatId=cat100020> for \$9.56, <http://www.calendars.com/England/England-Wall-Calendar/prod201500004324/?categoryId=cat100020&seoCatId=cat100020> for \$11.24, <http://www.calendars.com/England/London-Glitz-Wall-Calendar/prod201500004204/?categoryId=cat100020&seoCatId=cat100020> for \$11.24, <http://www.calendars.com/-More-Europe/Holland-2018-Wall-Calendar/prod201600001080/?categoryId=cat00712&seoCatId=cat00712> for \$12.74, <http://www.calendars.com/-More-Europe/Amsterdam-Easel-Calendar/prod201500008597/?categoryId=cat00712&seoCatId=cat00712> for \$10.36 and \$4.31 tax for \$72.19 total with free shipping with coupon code "FREESHIP20" shipped.

CIO

10/05/17 Thursday 11:50 P.M. I went outside in a gentle fall rain. I started on load of wash washing my white bathroom floor mat and my multicolor while apartment entrance mat. I chatted with a neighbor. CIO

10/05/17 Thursday 10:40 P.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. I put 15 drop of Debrox ear wax removal solution in my left ear, and I held my head sideways for 15 minutes, and then I used the ear water bulb with hot water to remove any ear wax in my left ear. My left ear has been bothering me for about two months. I will now go outside again. I will then shower and clean up. CIO

10/05/17 Thursday 8:55 P.M. I received email from the Greenwich Housing Authority that my rent did not go up. Thus I have overpaid, and it will go to my November 2017 rent. I have a 1 P.M. appointment tomorrow. At 5 P.M., I also have parking ticket court at the Greenwich Town Hall. CIO

10/05/17 Thursday 8:45 P.M. I woke up at 7:30 P.M.. While sleeping, I woke up and ate three ounces of pistachio delight nuts. I went outside twice. I picked up the mail. I chatted with a relative. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/05/17 Thursday 9:45 A.M. I went outside, and I said "Good Morning" to three rabbits. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I gave a dollar to www.turningpointct.info . I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I used the bathroom at www.starbucks.com . I toured www.cvs.com . One of their food coolers with sandwiches is total empty. The CFCF coffee shop across the street is advertising Brazilian coffee today. I chatted with them about a coffee person I know. After my walk, I used the bathroom at Starbucks again. I chatted briefly with a local. I returned back home. I chatted with neighbors. I will now shut down the primary work computer. I will go outside again. It is warmer again today. I will go to bed after that. CIO

10/05/17 Thursday 5:30 A.M. On the West Side of Manhattan just north of Lincoln Center on Seventh Avenue, there used to be a 24 hour McDonalds 35 years ago. Donald www.wh.gov Trump and https://twitter.com/realDonaldTrump?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor only sleeps four hours a night from 1 A.M. to 5 A.M., so I guess I could try sleeping less and go downtown to Greenwich Avenue and open www.starbucks.com . After all, I am a Republican Party member and former, Rockefeller, Bush, and Trump neighbor, despite what the local democrats say. CIO

10/05/17 Thursday 5:05 A.M. Back in 1973 to 1975, the old Lums hotdog restaurant in Manhattan across from the Franklin Delano Roosevelt Federal Building at around Third Avenue and East 55th Street used to look like the modern www.apple.com stores. I think there is a 24 hour www.mcdonalds.com there now, the last I looked about 20 years ago. There are a lot of young people in that area, because the Kips Bay Boys Club is near Beekman Place and East 49th Street, and as I recall the Vanderbilt Y.M.C.A. was at around East 47th Street and Second Avenue. Well young people frequently have to eat. However, the best deal in 1973 to 1975 was on East 65th Street and York Avenue at www.rockefeller.edu , anyone could walk into cafeteria and get a Dannon yogurt, apple, and 8 ounce container of milk for about \$2. They also have a helicopter pad on the East River near by, if one needs to leave town in a hurry. They have a veterinary research school at Rockefeller University. CIO

!!!!!! 10/05/17 Thursday 4:25 A.M. Duval Street is flooded in Key West
<http://www.liveduvalstreet.com/> . CIO

10/05/17 Thursday 4:15 A.M. I went outside again. I ate 4 ounces of pistachio delights. Tulip and pistachios come from Iran. My current vitamin supply is <http://scott-mike.com/msvit.htm> . I take about 21 vitamins and supplements when I wake up. I also take risperdone for my psychology, metformin for diabetes, and atorvastatin for cholesterol. The miracles of modern medicine keep me going without much food. In 1973 to 1975 when I was around established people from Manhattan, they took Vitamin B-12 shots regularly to keep going. CIO

10/05/17 Thursday 3:35 A.M. This might work <http://www.ebay.com/itm/Samsung-Galaxy-S5-SM-G900V-16GB-Verizon-AT-T-Mobile-GSM-UNLOCKED-CellPhone/272230884288?trkparms=aid%3D222007%26algo%3DSIM.MBE%26ao%3D1%26asc%3D20160908110712%26meid%3D080e8dc1d1c04cecaa48dfa24b7853d%26pid%3D100677%26rk%3D2%26rkt%3D29%26mehot%3Dpp%26sd%3D361560678994&trksid=p2385738.c100677.m4598> , but I would not have my Windows Address book. CIO

10/05/17 Thursday 2:35 A.M. I went outside again. I will now go through <http://scott-mike.com/bf.htm> . CIO

!!!!!! 10/05/17 Thursday 2:20 A.M. <http://www.cnn.com/2017/10/04/us/possible-tropical-storm-nate/index.html> and http://www.nhc.noaa.gov/refresh/graphics_at1+shtml/054304.shtml?cone#contents . CIO

10/05/17 Thursday 1:50 A.M. I ate a ham and cheese sandwich on 15 grain bread with Hellmann's mayonnaise and a Kosher dill pickle and 5 ounces of Southern Cole Slaw and a 15 ounce glass of diet Sprite Zero. A relative of a relative who is an engineer told me that Genrac generators are no good that Kohler Generators are better https://www.norwall.com/brands/Kohler-Generators.html?gclid=EAIaIQobChMI8rv8quPY1gIVzVmGCh0EQwKJEAAYAYAAEgJu_DBwE&kenibpid=p.1594.390cfb2a-6a30-4e84-962f-c0a2b8932d1c.kw472. Of course if one did not have electricity, possibly Genracs would do. CIO

10/05/17 Thursday 1:10 A.M. I went outside again.
http://volcano.si.edu/reports_weekly.cfm

<http://view.klm-mail.com/?qs=b48f4369e6d184ee36b7cd7e76cce5a9d233ab8ff369506fa929b5ed91d49d6da937a968578d400ee0c8f993386c2ac87109e1dc05941cd356b80a5b9fa7806d2b62b8cdab3b5f93>

I will now go outside again. CIO

10/05/17 Thursday 12:35 A.M. I ordered <http://www.calendars.com/Nature/Volcanoes-2018-Wall-Calendar/prod201500005519/?categoryId=cat00741&seoCatId=cat00741> for \$12.74, <http://www.calendars.com/England/London-at-Twilight-Wall->

Calendar/prod201500008802/?categoryId=cat100020&seoCatId=cat100020 for \$9.56,
<http://www.calendars.com/England/England-Wall->
Calendar/prod201500004324/?categoryId=cat100020&seoCatId=cat100020 for \$11.24,
<http://www.calendars.com/England/London-Glitz-Wall->
Calendar/prod201500004204/?categoryId=cat100020&seoCatId=cat100020 for \$11.24,
<http://www.calendars.com/-More-Europe/Holland-2018-Wall->
Calendar/prod201600001080/?categoryId=cat00712&seoCatId=cat00712 for \$12.74,
<http://www.calendars.com/-More-Europe/Amsterdam-Easel->
Calendar/prod201500008597/?categoryId=cat00712&seoCatId=cat00712 for \$10.36 and
 \$4.31 tax for \$72.19 total with free shipping with coupon code "FREESHIP20" . CIO

10/04/17 Wednesday 11:15 P.M. Earlier I went outside, and I drank my coffee. I have been sitting outside chatting with neighbors. I washed the breakfast dishes. I made my bed. I will go outside again. It is full moon outside which means in October during the Autumn Equinox it is the most extreme high tides if one lives down the waterfront particularly during a storm. During a full moon during the autumn Equinox the gravitation pull of the moon on the tides is the most extreme. CIO

10/04/17 Wednesday 9:45 P.M. Possibly my rent did not go up. The Greenwich Housing Authority might have billed me a second time for my September 2017 rent. CIO

10/04/17 Wednesday 6:45 P.M. I woke up at 2:30 P.M.. I went outside, and I chatted with a neighbor. I picked up the mail. I got my October 2017 rent statement from the Greenwich Housing Authority. My rent has gone up about 100 percent. I went to the www.chase.com bank at Deerfield Place. I then went to the Wells Fargo Bank at the Stop and Shop shopping center, and I paid my rent to the Greenwich Housing Authority. I then returned. I sat outside, and I chatted with neighbors for a long time. I chatted with a relative. I will now go outside again. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

10/04/17 Wednesday 3:45 A.M. I ate a 9.5 ounce Banquet Swedish meatballs dinner with a 12 ounce glass of diet Sprite Zero. I watched some www.foxnews.com . I went outside. I will now shut down the primary work computer, and I will go to bed. CIO

10/04/17 Wednesday 2:40 A.M. http://bleacherreport.com/articles/2736390-this-100-foot-half-ton-dock-could-change-the-surfing-world-forever?utm_source=cnn.com&utm_medium=referral&utm_campaign=editorial . CIO

10/04/17 Wednesday 2:25 A.M. I went outside twice. I put away the clean laundry. I am going through <http://scott-mike.com/bf.htm> . CIO

10/04/17 Wednesday 1:30 A.M. I have 20 minutes to go on the extra large drier cycle. When one over stuffs, the extra large drier, it takes more time. Thus it is probably going to

cost me \$6 just for the four half hour drier cycles. I think the washers are \$1.59. Thus it is about \$9.18 to do laundry. I went outside again. CIO

10/04/17 Wednesday 1:10 A.M. I ate ten reduced fat Triscuits with .25 inch by 1.25 inch by .75 inch slices of Van Kaas Dutch Gouda cheese. I also ate the other half reheated of the butter flavored Knorr rice mixture, I made last night a 12 ounce glass of cold filtered water. CIO

10/04/17 Wednesday 12:30 A.M. <https://www.guru99.com/java-tutorial.html> . CIO

10/04/17 Wednesday 12:05 A.M. I went outside. I put clean linens on the bed. I showered, and I cleaned up. I started two loads of wash. I now have 40 minutes to go on one large dry cycle, if it is dry. I threw out the garbage and the old periodical literature. I watered the plants. I will now go outside again. CIO

10/03/17 Tuesday 10:05 P.M. I went outside in the cold weather, and I chatted with neighbors, some of whom think I am talking to fast. When I am warm and comfortable and in warm weather, I chat slowly, but once it gets cold, and I am outside in the cold weather, I become a fast talking New Yorker, for what it is worth. It will only get colder this time of year. It starts to warm up around Easter. CIO

10/03/17 Tuesday 6:50 P.M. I went outside a number of times and chatted with neighbors and drank my coffee the first time. I picked up the mail. The order with tracking of <https://www.ups-mi.net/packageID/PackageID.aspx?PID=92748901146325543403547503> on the order for <https://www.pipingrock.com/anti-aging-antioxidants/rna-dna-3423> for \$14.97 and \$1.95 shipping for \$16.92 total arrived. I chatted with a relative. I washed the breakfast dishes. CIO

10/03/17 Tuesday 3:25 P.M. About three days ago, my body system got messed up. I was speedy and going too fast. I made a mistake, and I woke up from sleeping, and I ate two thirds of a large bag of M&Ms which is too much for me, since I am diabetic. Also I found a large spider bite about a size of a quarter on my left shoulder. CIO

10/03/17 Tuesday 3:05 P.M. I woke up at 2:30 P.M.. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

10/03/17 Tuesday 5:10 A.M. https://www.groupon.com/deals/blackstones-steakhouse-4?p=2&utm_source=newsletter_im&utm_medium=email&t_division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171003&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=deal-page&utm_campaign=8900c17d-1eef-4854-9938-b06817bf6337_0_20171003 . I am trying to subscribe to Fortune and Food and Wine magazines for \$5 each a year at the

www.time.com web site, but the web site says "duplicate order", so maybe they took it, or maybe they did not. I will now shut down the primary work computer, and I will go outside again. I will then go to bed. CIO

10/03/17 Tuesday 4:40 A.M.

https://www.facebook.com/HenryLouisGatesJr/videos/1454964254617580/?hc_ref=ARRS WydIVOH AxXWeBTJq4z9wkHX DMLykhV9nNW660CA0aOjNRfQdmyUent0vY0uQ

<http://www.mantleplumes.org/BigMantleWedge.html>

<http://www.mantleplumes.org/SWJapan.html>

Tracking is https://www.ups-mi.net/packageID/PackageID.aspx?PID=MI013851S17991239&cid_co=us&cid_so=sfus&cid_ch=crm&cid_su=tem&cid_me=ema&cid_ca=US MO ORDER SHIPPED&cid_pr=ste&cid_au=us&cid_da=2017 09 01 on the third order for 30 photographs from www.snapfish.com for \$2.70 and \$3.99 shipping for \$7.24 for a relative.

My www.eversource.com electricity bill for September 2017, when I was gone for three weeks and one day with the hot water tank turned off and only the refrigerator going and a couple of low lights was \$85.98 for 393 kWh for 12.68 kWh per day for 31 days with an average temperature of 68 degrees Fahrenheit. For September 2016, when I was gone about three weeks with the hot water tank turned off and a couple of low lights, it was \$84.41 for 432 kWh for 13.94 kWh per day for 31 days with an average temperature of 68.9 degrees Fahrenheit. Some time in the next couple of months, I will be billed by www.time.com to renew my total subscription for two years for \$49.90 which ends around December 2017. I will now go outside again. CIO

10/03/17 Tuesday 3:15 A.M. On a point on religion, although I am protestant, my grandmother Scott's maiden name was "Gard", and her Gard family were one of the founders of York, Maine's, George's plantation [https://en.wikipedia.org/wiki/York, Maine](https://en.wikipedia.org/wiki/York,_Maine) in 1624 from Lincolnshire, England making her family probably one of the first English catholic families in America. However, her immediate family migrated to New Jersey, and then to Ohio, and ended up in Robinson, Illinois in down state Illinois on the Indiana border where they are farmers around a Marathon Oil refinery. I think they grow field corn, popcorn, and soy beans. I went outside again. CIO

10/03/17 Tuesday 2:55 A.M. I chatted with AT&T online. They told me, I could transfer my AT&T Nokia Go Phone to this phone <https://www.att.com/cellphones/lg/phoenix-3-prepaid.html#sku=sku8200505> at the AT&T store on Greenwich Avenue. AT&T says it is micro sim, but this https://www.bestbuy.com/site/at-t-prepaid-lg-phoenix-3-4g-lte-with-16gb-memory-prepaid-cell-phone-black/5748617.p?skuId=5748617&ref=212&loc=1&ksid=8986d326-f3e4-4590-8a8b-93cec0f93d92&ksprof_id=10&ksaffcode=pg129268&ksdevice=c&lsft=ref:212,loc:2 says it is nano sim. Maybe I should stick with my Microsoft address book on my outdated phone. CVS has an AT&T Go Phone at 644 West Putnam Avenue for \$50, but I am not sure what

model it is. CVS usually carries AT&T prepaid sim cards, but I am not sure what size. CIO

10/03/17 Tuesday 2:00 A.M. I took a 5.5 ounce Knorr butter rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes. While doing that I steamed four ounces of Brussels sprouts for 15 minutes. I ate them with Smart Balance Spread and extra virgin olive oil and half of the rice mixture, and I refrigerated the other half of the rice mixture in a Rubbermaid rice container. I ate it with 8 ounces of John Soules cooked chicken strips that I microwaved for 2.5 minutes in a Wal-Mart microwave proof container with lid along with a 12 ounce glass of diet Fresca. It was quite a good meal. I will now go outside again. CIO

10/03/17 Tuesday 12:45 A.M. I threw out the garbage. I went downtown, and I sat out in the park across the street from www.cvs.com. I walked over to CVS, and I used the bathroom. I bought two 8.25 ounce Pistachio lights for \$3.99 each less \$5 bonus bucks for \$2.98 total. I then bought a Power Excel 30 pin to USB cable for \$5.99 and .38 tax for \$6.37 total. I put it between the front seats of my car to replace the one I gave to a relative in Maine. I then bought a ZX micro USB charge and sync cable for \$5.99 and .38 tax for \$6.37 total. The first one works with an Apple Ipad or older Apple Iphone. The second one works with my Trump phone, and I will put it between the front seats of the car once I open up the package. Blister packs are still hard to open. I then sat out a while across the street. I then went further downtown. I chatted with a local. I was told the chipmunks at the parking lot at the Board of Education are eating the wiring in his new car. I walked the entire length of Greenwich Avenue. I sat out at various locations. I saw three visitors from overseas. I chatted with a local in the communications business. After I finished my walk, I sat out a while. I then drove over to CVS at 644 West Putnam Avenue, and I chatted with the staff. I was told their pharmacy is not open 24 hours now, but just until midnight. I bought a 18.25 ounce can of whole cashews for \$7.99. I then returned home. I sat outside a while. I put away my purchases. CIO

10/02/17 Monday 7:40 P.M. I chatted with neighbors and dog walker outside. <http://www.selectsandy2017.com/> stopped by my apartment with a housing authority official, and I chatted with them briefly about what I had been doing and my local viewpoint. I will now go downtown. CIO

10/02/17 Monday 4:10 P.M. I went outside, and I drank my coffee. I picked up the mail. The order with tracking of <https://www.ups-mi.net/packageID/PackageID.aspx?PID=MI013002S24994287> for 30 photographs from www.snapfish.com for \$2.70 and \$3.99 shipping for \$6.69 total arrived. I washed the breakfast dishes. I made my bed. I made up a fresh batch of punch. Last night before going to bed. I cleaned the Brita water container in the refrigerator, and I put a new Brita water filter in it. I also cleaned my Water Pik water container. I will now go outside again. I will then shower and clean up. I will then go downtown. CIO

10/02/17 Monday 1:55 P.M. I woke up at 1:15 P.M.. I chatted with a relative a 9 A.M.. I went outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced

banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

10/02/17 Monday 1:45 A.M. I will now shut down the primary work computer. I will go outside. I will then go to bed. CIO

10/02/17 Monday 1:25 A.M. <http://www.bbc.com/news/av/world-asia-41459691/god-will-tell-me-when-to-flee-bali-volcano>

10/02/17 Monday 1:25 A.M. I went outside again. I took half of the roast beef sandwich, and I put Hellmann's olive oil mayonnaise on both sides along with two slices of white American cheese and ground pepper and Golds Hot horse radish, and I ate it with 5 ounces of Southern Cole Slaw and a Kosher dill pickle and a 12 ounce glass of Sprite Zero. I went outside again. CIO

10/02/17 Monday 12:50 A.M. I checked out various cell phones that might work with my AT&T Go Phone microSim card, but although there some Samsungs from \$50 and up, my Microsoft Nokia Windows 10 AT&T Address Book would not work. Thus I will keep my old reliable backup phone as it is. CIO

10/01/17 Sunday 11:15 P.M. I went outside again. <https://www.algolia.com/> CIO

10/01/17 Sunday 10:55 P.M. https://www.nytimes.com/2017/09/28/technology/ibm-india.html?emc=edit_th_20171001&nl=todaysheadlines&nid=46729 CIO

10/01/17 Sunday 10:35 P.M. I went outside again, and I chatted with a neighbor. <https://www.facebook.com/skip.benson/videos/1784749981536357/> CIO

10/01/17 Sunday 10:05 P.M. C'est tres cher, n'est pas? <https://www.bestbuy.com/site/sharp-50-class-49-5-diag--led-1080p-smart-hdtv-roku-tv/4863102.p?skuId=4863102> . It does have Roku. CIO

10/01/17 Sunday 9:45 P.M. I went outside a couple of times. I ate nine reduced fat Triscuits with .25 inch by 1.25 inch by .75 inch slices of Van Kaas Dutch Gouda cheese. I got rid of my toaster oven a long time ago, so I can not toast them with India chutney. For those people whom worry about staying warm in cold weather <https://www.llbean.com/llb/search/?freeText=union+suit&init=1> . CIO

10/01/17 Sunday 7:25 P.M. I went outside a number of times, and I chatted with neighbors. I washed the breakfast dishes, and I made my bed. I chatted with a relative and a friend. I will now go outside again. I will then shower and clean up. I will throw some bleach down the kitchen sink to clean it out. CIO

10/01/17 Sunday 2:05 P.M. I woke up at 1:30 P.M. I chatted with a relative earlier. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance

Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

End of Scott's Notes week of 10/01/17

10/01/17 Sunday 3:30 A.M. I will now send out my notes. I will then shut down the primary work computer. I will go outside, and then I will go to bed. CIO

10/01/17 Sunday 2:55 A.M. Some people have money
<https://www.forbes.com/#7d22a62c2254> . CIO

10/01/17 Sunday 2:45 A.M. I went outside again. There goes the neighborhood
<http://www.pressherald.com/2017/01/30/recreational-marijuana-is-now-legal-in-maine-heres-what-you-need-to-know/> . CIO

10/01/17 Sunday 2:25 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

10/01/17 Sunday 1:45 A.M. There is a video here showing some of the relief work being done in Puerto Rico
https://twitter.com/realDonaldTrump?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor . It is a shame the liberal media is playing politics with a disaster. CIO

10/01/17 Sunday 1:05 A.M. http://yourbump.com/royal-baby-prince-george/?utm_source=Outbrain&utm_medium=BBC.com%2FNews&utm_campaign=YBUS_D_Outbrain_340_00f5a2a11411114161d8b61467f49b5686&utm_content=00cd6eb798fd952a27c34de56c39838912&utm_term=009701429222c9bc47cd33613ffb29ffaa BBC+News
<http://yourbump.com/20-reasons-why-queen-elizabeth/> CIO

10/01/17 Sunday 12:35 A.M. https://www.nytimes.com/2017/09/29/books/hemingway-first-story-found-in-florida.html?emc=edit_th_20170930&nl=todaysheadlines&nid=46729 CIO

11/30/17 Thursday 11:20 P.M. I threw out the garbage. I went by the Acme grocery store, and I bought bananas for .47 a pound for .86 less .45 can return for .41 total. I then went downtown to Greenwich Avenue. I chatted with a relative. I walked the entire length of Greenwich Avenue. I sat out at various locations. Most of the Holidays lights are on Greenwich Avenue except the area south of Fawcett Place. I stopped by www.cvs.com , and I used the bathroom. I bought six 3.75 ounce Bumble Bee sardines for .99 each and buy one get one free of 6.25 ounce Fig Newtons for \$2.57 both for \$8.51 total. On the way down Greenwich Avenue, I stopped by CVS again, and I bought two 8.25 ounce deluxe mixed nuts for \$3.99 each for \$7.98 total. After I finished my walk, I sat out for a while. I then went by the Stop and Shop on West Putnam Avenue. I bought a wedge of Norwegian Jarlsberg cheese for \$4.99 a pound for \$8.08 total. They no longer carry the frozen onion rings at the Stop and Shop for \$2.99, but the Acme grocery store has them for a dollar more. I then returned home in a light rain. I sat outside briefly. I put away my groceries. I will now go outside again. I hope, I do not melt in the light rain. CIO

11/30/17 Thursday 7:05 P.M. I drank my coffee outside. I picked up the mail. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue. I have a 1:30 P.M. appointment tomorrow, so I have to be up earlier tomorrow. CIO

11/30/17 Thursday 5:35 P.M. I woke up, and I ate 12 Lorna Doone cookies. I finally woke up at 4:45 P.M.. I went outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again.

Tracking is

https://wwwapps.ups.com/WebTracking/processInputRequest?HTMLVersion=5.0&TypeOfInquiryNumber=T&loc=en_US&InquiryNumber1=1ZV7855E0342560883&AgreeToTermsAndConditions=yes&track.x=37&track.y=6 on the order for \$34.99 for https://www.bestbuy.com/site/waterpik-ultra-water-flosser-white/9984673.p?skuId=9984673&ref=212&loc=1&ksid=938e6370-5057-435e-8863-8807424d974c&ksprof_id=13&ksaffcode=pg221624&ksdevice=c&lsft=ref:212,loc:2 in black and \$2.22 tax for \$37.21 with free shipping. CIO

11/30/17 Thursday 4:40 A.M. I watched episode 2 of Netflix "Top 10 Architecture". I went outside. I will now shut down the primary work computer, and I will go to bed. CIO

11/30/17 Thursday 3:05 A.M. I went outside. I age the walnuts from the dried fruit gift box from California. I will now go outside again. CIO

11/30/17 Thursday 2:00 A.M. This <https://www.ebay.com/itm/LG-G-VISTA-D631-8GB-Metallic-Black-AT-T-Unlocked-Smartphone-5-7-Screen/191864998128?epid=6003301403&hash=item2cac0b88f0:g:MkcAAOSwlRpZZj5g> looks like it would work with my AT&T Go Phone micro sim card, if I wanted to upgrade. CIO

11/30/17 Thursday 1:15 A.M. I will now go through <http://scott-mike.com/bf.htm> . CIO

11/30/17 Thursday 12:55 A.M. I ate the last Thanksgiving meal from Temple Shalom. I reheated it. I consisted of white turkey meat, stuffing, mashed potatoes, and green beans with Smart Balance Spread and extra virgin olive oil on the vegetables and cranberry sauce and a 12 ounce glass of diet Sprite Zero. The meal container says they come from <https://www.citarella.com/> . I will now go outside again and throw out the garbage. CIO

11/30/17 Thursday 12:25 A.M. I put away the rest of the clean laundry. CIO

11/30/17 Thursday 12:05 A.M. I went outside. I put away most of my clean laundry. I have 10 minutes to go on a partial dryer load. I will now go outside again. CIO

11/29/17 Wednesday 11:15 P.M. http://volcano.si.edu/reports_weekly.cfm

https://www.aarp.org/money/scams-fraud/info-2017/elder-fraud-scam-stories.html?cmp=EMC-DSO-NLC-RSS--FWN-CTRL-112917-P1-2592360&ET_CID=2592360&ET_RID=121632&mi_u=121632&mi_ecmp=20171129_DailyBulletin_Control_247401_320001&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I=

<https://www.jvolcanica.org/ojs/index.php/volcanica>

<http://view.reply.reaganfoundation.org/?qs=78e1df937fa550f30531216be4a9b04e8dad036e2ae06b7a6f5d7d80b2bd5badaa4b49eccc4035ef2d659153a493b84b0a3f2d565917909f9d4e880ba703273424067a00ebd637e>

https://www.nytimes.com/2017/11/29/realestate/commercial/microsoft-headquarters-redmond-washington.html?emc=edit_th_20171129&nl=todaysheadlines&nid=46729

CIO

11/29/17 Wednesday 10:35 P.M. I have 55 minutes to go on two dry cycles. I will now go outside again. CIO

11/29/17 Wednesday 10:10 P.M. I showered, and I cleaned up. I have ten minutes to go on two loads of wash. I went outside again. I saw the red fox cross the driveway headed down to the Byram river for a drink at the north end of the building. I also saw a grey cat with white paws. CIO

11/29/17 Wednesday 8:35 P.M. I put clean linens on the bed. I chatted with a relative. I will now go outside again. CIO

11/29/17 Wednesday 8:10 P.M. I chatted with a relative. I drank my coffee outside. I threw out the garbage and the old periodical literature. I watered the plants. CIO

11/29/17 Wednesday 6:20 P.M. I woke up, and I ate eight Fig Newtons and a couple of ounces of peanuts. I woke up again at noon, and I chatted with a relative. I went outside, and then I went back to bed. I finally woke up at 5:15 P.M.. I went outside, and I chatted with neighbors. We saw the Space Station fly by. I picked up the mail. I chatted with a relative. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. I have not checked out to see if the television show "Flipper" is on Netflix. It is about the Florida Marine Patrol in the old days. CIO

11/29/17 Wednesday 4:30 A.M. I ate three ounces of Jarlsberg Norwegian cheese. On Acorn TV, I watched series 5 episode 4 of "A Place to Call Home". I went outside again. I will now shut down the primary work computer, and I will go to bed. CIO

11/29/17 Wednesday 2:55 A.M. I ate a small bag of almonds from the dried fruit gift box from California.

https://flash.newegg.com/Product/9SIA1JA3NR3717?icid=WP_2_11282017

https://flash.newegg.com/Product/9SIA9PV5286807?icid=WP_41_11172017 . I will now go outside again to the local tundra. CIO

11/29/17 Wednesday 2:05 A.M. I chatted outside with two neighbors outside. I will now go through <http://scott-mike.com/bf.htm> . CIO

11/29/17 Wednesday 1:05 A.M. <https://www.cnet.com/news/you-may-soon-be-testing-microsoft-windows-10-sets-software/?ftag=CAD5920658&bhid=19320261445054572381627874410804>

<https://www.rosenfeldinjurylawyers.com/a-history-of-nurses-and-combat-medics-from-the-revolutionary-war.html>

<https://view.email.microsoftemail.com/?qs=9cb8b3d919d0cfb3bb67ba511928b505f11981ed915b5b859fb8db4f5dc44c8cb853918b4d57cbe20318ff1e1639b0a0fbc63bf44a51be09d442fa552efb3d8706c670d5f67a66fe>

<http://view.reply.reaganfoundation.org/?qs=d64b8aa29a6b9748047193b8fb30b6019c9630f3cb31beab4d794aa0d0c36893c968f5e6c47f53cba83f7564fe8cc2362e07e3842eda833a56da530c7b7b71686fa753226b5d466b>

<http://links.mail2.spopessentials2.com/servlet/MailView?ms=MTI0NTIyMzES1&r=MTYyMzU1MDM0MzU3S0&j=MTI4MjU1NjQ1MgS2&mt=1&rt=0>

I will now go outside again and bay at the moon. CIO

11/29/17 Wednesday 12:30 A.M. I chatted with two neighbors outside. The building custodian stopped by. The parking lot outside is now brightly lighted up. CIO

11/28/17 Tuesday 11:35 P.M. I ate another Thanksgiving meal from Temple Shalom. I reheated it. I consisted of white turkey meat, stuffing, mashed potatoes, and green beans with Smart Balance Spread and extra virgin olive oil on the vegetables and cranberry sauce and a 12 ounce glass of diet Fesca. The meal container says they come from <https://www.citarella.com/>. I will now go outside again and throw out the garbage. CIO

11/28/17 Tuesday 10:50 P.M. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by www.cvs.com, and I bought five 3.75 ounce Bumble Bee sardines for .99 each for \$4.95 total. The Calypso shop from St. Barths has closed. There are a few new women's shops. I used the bathroom at www.starbucks.com. I saw the diesel commuter train heading towards Danbury. They are doing maintenance at the www.apple.com store. I sat out for a while more after my walk. I then went by the Stop and Shop on West Putnam Avenue. I bought three Chatham Village 5 ounce garlic and cheese croutons for \$1 each, two 18 ounce Smucker's raspberry jam for \$2.50 each, two 15 ounce Wish Bone balsamic vinaigrette dressing for \$2.50 each, a 8 ounce box of mushrooms for \$1.99, and a 16 ounce box of Campari tomatoes for \$2.99 for \$17.98 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$12 of self service V-Power premium gasoline for \$3.499 a gallon with a dime a gallon off with my Stop and Shop card for 3.43 gallons at odometer reading of 116506 miles for 41.9 miles driven since Wednesday November 15, 2017 for 12.216 miles per gallon in local traffic. I then returned home. I sat outside briefly. I put away my groceries. I will now go outside again. CIO

11/28/17 Tuesday 6:50 P.M. I woke up at 5:30 P.M.. I went outside. I picked up the mail. My first issue of www.fortune.com arrived. I chatted with a relative. I made my bed. I will now shower and clean up. I will then go downtown to Greenwich Avenue for better or worse. Tuesday night is usually the slowest night of the week.

<https://ctmirror.org/2017/11/02/ct-budget-cuts-program-that-helps-low-income-and-disabled-medicare-patients/> CIO

11/28/17 Tuesday 3:15 P.M. I drank my coffee outside. I washed the breakfast dishes. I will now go back to bed. CIO

11/28/17 Tuesday 2:10 P.M. The order with tracking number of "1ZA427060396543438" at www.ups.com on the order for eight http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 each carton for \$79.92 and \$11.99 shipping for \$91.91 total arrived. I went outside again. <http://www.housing.illinois.edu/living-options/residence-halls/undergraduate-halls/scott>. CIO

11/28/17 Tuesday 1:10 P.M. I woke up, and I ate a three ounce slice of Norwegian Jarlsberg cheese and five Fig Newtons. I finally woke up at noon. The building custodian have me move my car, so they could install new lights in the parking lot. I sat outside for a

while chatting with neighbors. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

11/28/17 Tuesday 3:15 A.M. On Acorn TV, I watched series 5 episode 3 of "A Place to Call Home". I ate a few ounces of peanuts. I went outside again. I will now shut down the primary work computer, and I will go to bed. CIO

11/28/17 Tuesday 1:40 A.M. I went outside again.

<https://www.earthcam.com/world/canada/cochrane/polarbear/?cam=habitat2>

<https://www.earthcam.com/world/canada/cochrane/polarbear/?cam=hectorlake>

<https://www.earthcam.com/world/canada/cochrane/polarbear/?cam=viewingcenter>

<https://www.llbean.com/llb/search/?freeText=union+suit&init=1>

<http://www.mylivestreams.com/webcam/buckingham-palace-live-vr-360-panorama-camera-tour-buckingham-palace-london/12618.html>

<https://www.royalcollection.org.uk/>

I will now go outside again, and see if the red fox is around. CIO

11/28/17 Tuesday 12:50 A.M. <http://www.taftschool.org/alumni/taft-bulletin/alumni-spotlights/post/~board/alumni-spotlights/post/tap-book-dock>

https://www.aarp.org/retirement/social-security/info-2017/2018-social-security-changes-photo.html?cmp=EMC-DSO-NLC-RSS---CTRL-112717-P1-2587923&ET_CID=2587923&ET_RID=121632&mi_u=121632&mi_ecmp=20171127_DailyBulletin_Control_247401_320001&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I=

<https://egu2018.eu/>

http://www.thirteen.org/programs/nature/nature-invasion-killer-whales/?utm_source=thirteenweek&utm_medium=email&utm_campaign=20171127

<http://www.uaf.edu/geology/academics/international-volcanology/>

https://www.nytimes.com/video/arts/100000005544433/mikhail-baryshnikov-arts-center.html?emc=edit_th_20171127&nl=todaysheadlines&nid=46729

<http://view.reply.reaganfoundation.org/?qs=c786efc299ac02420f711991522ff4eafd91b8ee91ffb1706f4ac6cf13b9f6ddd0f8894a1e263689e29f1c7110a4ddd026c0f9b69a1ff4f7a1665e1f603ec45dcd8f1e4134e35875>

CIO

11/27/17 Monday 11:50 P.M.

https://www.amazon.com/gp/product/B01LXY19XD/ref=ox_sc_act_title_2?tag=slicinc-20&ascsubtag=571a809ad3f211e7a0089298aa0449350INT&smid=ATVPDKIKX0DER&th=1 I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

11/27/17 Monday 11:10 P.M. I still have two Thanksgiving meals left from Temple Shalom, and there are still three more left in the community room refrigerator. Someone should eat them before they go bad. I heat them with the lid on at 60% microwave power for nine minutes. CIO

11/27/17 Monday 10:50 P.M. I ate another Thanksgiving meal from Temple Shalom. I reheated it. I consisted of white turkey meat, stuffing, mashed potatoes, and green beans with Smart Balance Spread and extra virgin olive oil on the vegetables and cranberry sauce and a 12 ounce glass of diet Sprite Zero. The meal container says they come from <https://www.citarella.com/> . I will now go outside again and throw out the garbage. CIO

11/27/17 Monday 10:25 P.M. I noticed one new item in the beer shelf at the Shop and Shop. They have Champaign magnum bottles of <https://www.heineken.com/> for \$11.49, if one drinks beer. CIO

11/27/17 Monday 10:00 P.M. I threw out the garbage. I went out to the www.cvs.com store on Greenwich Avenue. I picked up two prescriptions. I bought two 14 ounce boxes of Kashi Go Lean berry cereal for \$2.99 each for \$5.98 total. I then went further downtown. I chatted with a friend in Manhattan. I walked the lower Greenwich Avenue area. I used the bathroom at www.starbucks.com . I then sat out for a while. I then went by the Greenwich Library, and I chatted with two staff members. I then went by the Stop and Shop on West Putnam Avenue, and I bought a wedge of Van Kaas Dutch Gouda cheese <https://goudaholland-kaas.nl/> for \$4.99 a pound for \$6.24, two 16 ounce bags of Dole Romaine lettuce for \$1.99 each, and a 8 ounce Kraft parmesan and Romano grated cheese for \$4.99 for \$15.21 total. I then returned home to Chez Mike's, and I sat outside briefly, and I chatted with the neighbor who saw two ghosts on the baseball field the other morning. I told him I had seen two young teens on Friday night, so they are not ghosts. I then put away my groceries. I will now go outside again. CIO

11/27/17 Monday 6:10 P.M. I went outside, and I drank my coffee. I picked up the mail. I chatted with a relative. I went outside again. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown to Green Witch Avenue. CIO

11/27/17 Monday 4:20 P.M. I woke up at 3:30 P.M.. I went outside, and I chatted with neighbors. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

11/27/17 Monday 4:20 A.M. I will now shut down the primary work computer. I will eat a 5.6 ounce Dannon raspberry low fat Greek yogurt and four ounce wedge of Norwegian Jarlsberg cheese. I will then go to bed.

<http://www.bbc.com/news/world-asia-42133502> CIO

11/27/17 Monday 3:55 A.M. I renewed my www.time.com magazine subscription for another year for \$25.

https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=channel_pc_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171126&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-2 &d=deal-page&utm_campaign=28006f90-3e7b-424c-a36e-374276c60558_0_20171126_treatment0

I will now go outside again. CIO

11/27/17 Monday 3:30 A.M. I went by CVS at 644 West Putnam Avenue, and I returned twelve 15 ounce cans of mixed nuts for \$2.99 each for \$35.88 cash return. They need help there from 10 P.M. to 7 A.M.. I then went by the www.chase.com ATM machine at Deerfield Place. I then sat out for a while downtown. I then returned home. While sitting outside at the north end of the building I saw a very healthy furry red fox run by. CIO

11/27/17 Monday 1:50 A.M. I watched episode 1 of "The Top 10 Architectures" . I opened up one of the cans of mixed nuts, and they are not mixed nuts, but mostly all peanuts. Thus after I go outside now, I will return the other 12 cans to CVS on West Putnam Avenue. CIO

11/27/17 Monday 12:30 A.M. I did some routine maintenance on the HP backup computer. I went outside again. CIO

11/26/17 Sunday 11:30 P.M. I installed the latest version of Norton Internet Security on the HP backup computer. CIO

11/26/17 Sunday 10:30 P.M. <https://www.liveatc.net/> . I will now go through <http://scott-mike.com/bf.htm> . Tomorrow Monday is Cyber Monday. I will now go outside again. CIO

11/26/17 Sunday 9:50 P.M. All of the dozens of private jets I see arriving in the flight path of the local Westchester County airport seem to be coming out of the Southeast, so possibly they are rich private people whom like keeping their money in Bermuda and spending weekends and holidays there. I was only in Bermuda once in April 1968 on Spring Break. I ate another Thanksgiving meal from Temple Shalom. I reheated it. I consisted of white turkey meat, stuffing, mashed potatoes, and green beans with Smart Balance Spread and extra virgin olive oil on the vegetables and cranberry sauce and a 12 ounce glass of diet Fresca. I will now go outside again to star gaze. There is almost a half moon tonight. CIO

11/26/17 Sunday 9:00 P.M. I did some computer maintenance. I went outside again. CIO

11/26/17 Sunday 8:15 P.M. I woke up at 7:30 P.M.. I went outside, and I threw out the garbage.

<http://www.bbc.com/news/world-asia-42132912>

<http://www.foxbusiness.com/markets/2017/11/26/meredith-to-acquire-time-inc-in-2-8b-deal.html> CIO

11/26/17 Sunday 3:00 P.M. I drank my coffee outside. I washed the breakfast dishes. I will now rest some more. CIO

11/26/17 Sunday 1:30 P.M. I woke up at noon, and I chatted with a friend. I went outside. I then chatted with a relative. I then drove a neighbor to the Shell Station on West Putnam Avenue. I then chatted with neighbors outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

End of Scott's Notes week of 11/26/17

11/26/17 Sunday 3:50 A.M. On Acorn TV, I watched series 5 episode 2 of "A Place to Call Home". I went outside, and the planet Venus is still in the southern sky and a slightly overcast night. I will now send out my weekly notes. I will then shut down the primary work computer. I will eat four Fig Newtons, two ounces of Norwegian Jarlsberg cheese and a brownie. I will then go to bed.

<http://www.bbc.com/news/world-asia-42126284> CIO

11/26/17 Sunday 2:10 A.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

11/26/17 Sunday 1:10 A.M. I ate another Thanksgiving meal from Temple Shalom. I reheated it. I consisted of white turkey meat, stuffing, mashed potatoes, and green beans with Smart Balance Spread and extra virgin olive oil on the vegetables and cranberry sauce and a 12 ounce glass of diet Fresca. I will now go outside again to star gaze. CIO

11/26/17 Sunday 12:45 A.M. They have started installing the Holiday lights on the trees on Greenwich Avenue. <http://www.greenwichreindeerfestival.com/holiday-stroll.php> and <http://www.greenwichreindeerfestival.com/> as if you did not know. CIO

11/26/17 Sunday 12:25 A.M. I went downtown to www.cvs.com on Greenwich Avenue. I then toured the store. I then sat out in the little Jaycee Park across the street. I then went back in the store, and I bought buy one get one free of Motion Brite light strips <https://www.getmotionbrite.com> for \$9.99 both and .63 tax for \$10.62 total. I then sat out in the park across the street again. There was a lot of smoke coming from the smoker's post in the park probably set on fire by a cigarette butt from the two woman that were there earlier, when I was there. I stamped it out, and then I poured a glass of liquid over it that somebody had left on the bench. I then went further downtown. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I used the bathroom at www.starbucks.com . I chatted with a visitors with a red hat with an "R" that I thought meant Rossignol, but he told me it meant Boston Red Sox. I then stopped by CVS again, and I bought three 15 ounce cans of CVS lightly salted deluxe mixed nuts for \$2.99 each for \$8.97 total. On the way down Greenwich Avenue, I noticed somebody had left an Arnold Palmer ice tea can by the Smoker's Post, so maybe the fire started up again. I then sat out for a while. I then walked lower Greenwich Avenue and the train station area. I noticed this <https://www.carriagehousemotorcars.com/inventory.php?make=BUGATTI&model=ALL&bodytype=ALL&searchtype=bymm&Submit=> which looks Tres Cher. I then walked up Arch Street, and I sat for a while longer watching Starbucks close. The <http://www.bartlettny.com/> showed up with the milk about the time I left. I then returned home. I noticed www.mcdonalds.com was not busy, but there was a long car line at www.wendys.com . I sat outside chatting with a neighbor. I will now go outside again. I will save the flashlights and light strips for apartment Christmas gifts. CIO

11/25/17 Saturday 7:15 P.M. I went outside, and I drank my coffee, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. I learned when I lived down south in Decatur, Alabama until June 1962 that if one plants flower bulbs in cotton seed hulls, they grow really fast and multiply in the spring. I will now go outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue to haunt the town. CIO

11/25/17 Saturday 5:10 P.M. Before going to bed, I ate a two ounce slice of Norwegian Jarlsberg cheese. I woke up, and I ate four Fig Newtons. I chatted with a relative at noon. The relative told me that the planet in the southern sky in the winter is Venus. If one follow Orions Belt down, it now points towards Vernus. I woke up at 4 P.M.. I chatted with a relative. I went outside, and I chatted with neighbors. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance

Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

11/25/17 Saturday 3:15 A.M. On Acorn TV, I watched series 5 episode 1 of "A Place to Call Home". I went outside, and I contemplated the night sky. I will now shut down the primary work computer, and I will eat five Fig Newtons. I will then go to bed. CIO

11/25/17 Saturday 1:35 A.M. I will now go through <http://scott-mike.com/bf.htm> .

https://www.searchquarry.com/vehicle_records/license-plate-number-records-lookup.phtml?trackstat=lplate&gclid=EAIaIQobChMIvNnJq4nZ1wIVVAY3Ch3JrQNgEAEYASAAEgKNzfD_BwE

I will now go outside again. CIO

11/25/17 Saturday 12:50 A.M. <https://www.jenreviews.com/dog-breeds/>

http://www.armynavydeals.com/asp/buffalo_store.asp

Tracking number is "1ZA427060396543438" at www.ups.com on the order for eight http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 each carton for \$79.92 and \$11.99 shipping for \$91.91 total. I will now go outside again. CIO

11/25/17 Saturday 12:05 A.M. I ate the Thanksgiving meal from Temple Shalom. I reheated it. I consisted of white turkey meat, stuffing, mashed potatoes, and green beans with Smart Balance Spread on the vegetables and a 12 ounce glass of diet Sprite Zero. I will now go outside again to star gaze. CIO

11/24/17 Friday 11:10 P.M. I went down to www.cvs.com on Greenwich Avenue. I picked up two prescriptions. I then went further downtown. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I toured the www.apple.com store, and it was quite busy. They had a short line, I guess for people to buy the Iphone X. I chatted with a Starbucks regular. I used the bathroom at www.starbucks.com . I used the bathroom at CVS. I bought a 11.5 ounce bag of Lorna Doone cookies for \$3.49. On the returned down the Avenue, I stopped CVS again, and I told them about https://www.dexcom.com/get-started-cgm?utm_source=adwords&utm_campaign=nb&sfc=70133000001LlpgAAC&gclid=EAIaIQobChMI17r7yevY1wIVyUoNCh3lLA2XEAAAYASAAEgIEovD_BwE that I saw mentioned of Fox Business two days ago. I then completed my walk, and I sat out for a while. I then drove back up to CVS, and I bought buy one get one free of <https://www.atomicbeam.com/flashlight.jsp> for \$19.99 both and \$1.27 tax for \$21.26 total. I then sat outside across the street from CVS for a while. I chatted with a relative. I then went back into CVS, and I used the bathroom. I then picked up five white throw pillows in a bag that been discarded by the shop just south of CVS. I then returned home. I sat

outside a while. I chatted with a neighbor. I put the five white pillows in the northwest corner of the living room, and they could be used to sit or sleep on. I will now go outside again. CIO

11/24/17 Friday 4:30 P.M. I went outside, and I drank my coffee. I chatted with a friend. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then check the mail. I will next shower and clean up. I will then go downtown to Green Witch Avenue to see if the Indians left any wooden nickels around. CIO

11/24/17 Friday 2:45 P.M. I woke up, and I ate 6 Lorna Doone cookies. I chatted with a relative at 10 A.M., and again at 2 P.M., when I finally woke up. I went outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

11/24/17 Friday 1:45 A.M. I went outside again. I will now shut down the primary work computer, and I will go to bed. CIO

11/24/17 Friday 1:25 A.M. I put this widget on the bottom of my homepages <https://www.space.com/34650-track-astronauts-space-new-interactive-map.html> and <https://spotthestation.nasa.gov/widget/> . CIO

11/24/17 Friday 1:00 A.M. No satellites at this hour <http://spaceweather.com/flybys/flybys.php?zip=06830> . CIO

11/24/17 Friday 12:55 A.M. Maybe it is Venus <http://earthsky.org/astronomy-essentials/visible-planets-tonight-mars-jupiter-venus-saturn-mercury> . CIO

11/24/17 Friday 12:50 A.M. I went outside again. From here in Byram, Greenwich, Connecticut, 06830-2902, United States of America, on a clear night, right now if one looks about 20 degrees south and slightly to the right of Orion's belt, one can see the bright star that I had mistook for Saturn a couple of weeks ago. However, back then there were two of them in that same location. I am not good enough to figure out what it is, but it seems to be sending a Morse Code or Binary type of signal that nobody seems to have noticed. CIO

11/24/17 Friday 12:10 A.M. I ate the other half of the Knorr teriyaki rice with six ounces of cold filtered water. I know a few things about astronomy. For example "https://www.google.com/search?source=hp&ei=46UXWuKwL4O5ggeV7ruoCA&q=how+long+does+it+take+for+the+light+of+a+star+to+reach+earth&oq=how+long+does+it+take+for+the+light+&gs_l=psy-ab.1.2.0l10.2188.9324.0.20750.36.18.0.17.17.0.325.1395.8j4j0j1.13.0....0...1c.1.64.psy-ab..6.30.1688...0i131k1.0.XlM98g15x1o" and "http://teacherlink.ed.usu.edu/tlnasa/reference/imaginedvd/files/Imagine/docs/ask_astro/answers/970710c.html" , so it can take an extremely long time for the light from the stars to reach us, so you better enjoy it. I was thinking that maybe an advanced long gone

civilization an extremely long time ago, might have been able to use the light from a nearby star to send out an encoded message, so maybe cryptographers should try to analyze some of the blinking stars to see if they are sending out any long lost messages that nobody ever noticed before.

<http://www.bbc.com/news/av/world-us-canada-42087088/nasa-timelapse-paints-most-complete-picture-of-life-to-date> CIO

11/23/17 Thursday 11:25 P.M. I chatted with a relative. I order eight http://www.floridatobaccoshop.com/Richwood-Filtered-Cigars-Mild_p_2987.html for \$9.99 each carton for \$79.92 and \$11.99 shipping for \$91.91 total. I will now go outside again. CIO

11/23/17 Thursday 10:40 P.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

11/23/17 Thursday 9:50 P.M.
<http://view.reply.reaganfoundation.org/?qs=75a4f704fab775f85bb20740dc76d02eec77047d5da56fd7f2cd329dd0f593ffd2731897d1ad6601a600a4f209afc76cfdbefd653d79e66317a89882dc96fba184b168899249af18>

I will now go outside again. It seems logical that when people travel south for the winter, other people from further north of us visit us here, and probably a few people from down south might even come up north to face our local tundra. CIO

11/23/17 Thursday 9:05 P.M. I went outside again, and I threw out the garbage. To replace my broken Water Pik, I ordered for \$34.99 https://www.bestbuy.com/site/waterpik-ultra-water-flosser-white/9984673.p?skuId=9984673&ref=212&loc=1&ksid=938e6370-5057-435e-8863-8807424d974c&ksprof_id=13&ksaffcode=pg221624&ksdevice=c&lsft=ref:212,loc:2 in black and \$2.22 tax for \$37.21 with free shipping. I will now go outside again. CIO

11/23/17 Thursday 7:45 P.M. I ate my Thanksgiving dinner from the First Presbyterian Church of Greenwich. It consisted of white meat turkey breast with gravy, mashed yams, stuffing, green peas with Smart Balance spread, salad with vinaigrette dressing, baby carrots and celery, a dinner roll with butter, cranberry sauce, a sliced of pumpkin pie, and I ate it all with a 12 ounce glass diet Sprite Zero. Maybe the mixed nuts are on sale, because our friends from Brazil are trying to help us out. CIO

11/23/17 Thursday 6:45 P.M. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. I bought two 26 ounce Suave 2 in 1 shampoo for men for \$3 each and .38 tax for \$6.38 total. I then bought two 15 ounce cans of lightly salted mixed nuts for \$2.99 each less \$4 bonus bucks from the previous purchase for \$1.98 total. I then went further downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. Starbucks closed at 4 P.M.. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. On a Holiday, it was pretty much dead as a door

mail. The CFCF coffee shop across from CVS was opened until 5 P.M.. I used the bathroom at CVS. I bought two 15 ounce CVS lightly salted mixed nuts for \$2.99 each for \$5.98 total. After I finished my walk, I sat out viewing the deserted world of Greenwich Avenue. As I was leaving downtown, somebody asked me where the Polish Club was on Arch Street. I then went by CVS at 644 West Putnam Avenue, and I bought six 15 ounce lightly salted mixed nuts for \$2.99 each for \$17.94 total. I then returned home, and I sat outside briefly. I put away my purchases. I will now go outside again. CIO

11/23/17 Thursday 1:50 P.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I guess I will brave the frigid sunny weather, and I will go downtown to Green Witch Avenue. Back in the mid 1970s, when I explored south Florida, when it was 32 degrees Fahrenheit in Palm Beach in the winter, it would still be in the mid 70s degrees Fahrenheit in the Florida Keys, because the Florida Keys are surrounded by warm water. It does get cold down in South Florida. Back at 7 A.M. on Thanksgiving morning in 1976, it was 21 degrees Fahrenheit at the Swimming Hall of Fame in Fort Lauderdale. Right now in Palm Beach it is 82 degrees Fahrenheit and in Key West it is 80 degrees Fahrenheit. Of course back then the Kiing of Norway was on vacation down there, so maybe he brought the cold weather down with him. CIO

11/23/17 Thursday 12:20 P.M. I woke up and I ate 12 Lorna Doone cookies. I chatted with a relative at 10 A.M.. I woke up at 11:30 A.M., when the First Presbyterian Church of Greenwich delivered me a Thanksgiving dinner. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

11/23/17 Thursday 1:00 A.M. On Netflix, I watched episodes 1 and 2 of "The Great Britain Big Family Cooking Showdown". I went outside once. I will now shut down the primary work computer. I will go outside again. I will then go to bed. CIO

11/22/17 Wednesday 10:55 P.M. Free "[https://www.microsoft.com/en-us/store/p/flight-unlimited-2k16/9nblggh4v2wg?ranMID=24542&ranEAID=isIkAyUyNbM&ranSiteID=isIkAyUyNbM-rCiVX3z3RQNVl7z94MR1Xw&tduid=\(9865ab8573e50ec26794715ae7b52de1\)\(256380\)\(2459594\)\(isIkAyUyNbM-rCiVX3z3RQNVl7z94MR1Xw\)\(\)](https://www.microsoft.com/en-us/store/p/flight-unlimited-2k16/9nblggh4v2wg?ranMID=24542&ranEAID=isIkAyUyNbM&ranSiteID=isIkAyUyNbM-rCiVX3z3RQNVl7z94MR1Xw&tduid=(9865ab8573e50ec26794715ae7b52de1)(256380)(2459594)(isIkAyUyNbM-rCiVX3z3RQNVl7z94MR1Xw)())"

I went outside again. I went through <http://scott-mike.com/bf.htm> . I will now eat four Fig Newtons. CIO

11/22/17 Wednesday 10:05 P.M. I went outside again. Having lived up North most of my life, I have plenty of Winter Clothes. I just have to remember to bundle up and wear them. CIO

11/22/17 Wednesday 9:45 P.M. http://volcano.si.edu/reports_weekly.cfm

http://www.zdnet.com/article/windows-10-tip-take-full-control-over-how-your-pc-shuts-down/?loc=newsletter_large_thumb_featured&ftag=TRE-03-10aaa6b&bhid=19320261445054572381627874410807

<http://view.klm-mail.com/?qs=4bab605d067535905e573aa6f0192ee042a526ce0937b448e4d055696b504c4217f95f75854bd462f7c7fb9fbc371b00c1b6bfc9117e749b76625cd44e44c989edbf0c7dba7d13c0>

CIO

11/22/17 Wednesday 8:45 P.M. I took a 5.4 ounce Knorr teriyaki rice mixture, and I put it in my microwave rice cooker with two tablespoons of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I ate a salad of five ounces of butter lettuce with 4 ounces of diced Norwegian Jarlsberg cheese and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wishbone blue cheese dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

11/22/17 Wednesday 7:45 P.M. <http://www.cnyclive.com/> CIO

11/22/17 Wednesday 7:35 P.M. I chatted with a relative. I went downtown. I chatted with a local. I toured www.cvs.com. I then went further downtown. I walked the lower Greenwich Avenue area, and I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$4 for a \$3 profit. I toured the www.apple.com store. I chatted with a www.starbucks.com regular. It was busier out tonight than last night. The Harvest restaurant is still opened. They must have been refinishing their floor last night. I returned home. I sat outside briefly. CIO

11/22/17 Wednesday 4:20 P.M. There was a program on 60 Minutes about a tenant in this building https://www.airbnb.com/rooms/20929368?location=Greenwich%2C%20CT%2C%20United%20States&checkin=&checkout=&adults=1&children=0&infants=0&tier_override=0&source=QI4zU-S that has super high speed internet for making money faster by a split second on Wall Street. Possibly the rental studio could be rigged up with the same high speed internet. CIO

11/22/17 Wednesday 4:10 P.M. I drank my coffee outside. I chatted with a sick friend. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I do not know whether I will be going downtown or not. CIO

11/22/17 Wednesday 2:45 P.M. I chatted with a relative at 10 A.M. and another relative at 1 P.M.. I finally woke up at 2 P.M.. I went outside. I picked up the mail. I also picked up my Thanksgiving meal from Temple Shalom downstairs. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of

50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

11/22/17 Wednesday 3:40 A.M. On Netflix, I watched, "Unacknowledged". I went outside once during the show. I will now shut down the primary work computer. I will go outside. I will then eat a Dannon raspberry Greek low fat yogurt. I will then go to bed. CIO

11/22/17 Wednesday 12:45 A.M. I hung the jacket to dry on the shower curtain rod in my bathroom. I do not want to risk it shrinking by putting it in a dryer. I went outside again. I will now go through <http://scott-mike.com/bf.htm> . CIO

11/22/17 Wednesday 12:10 A.M. <https://travel.aarp.org/articles-tips/articles/info-2017/national-park-fees-fd.html?cmp=EMC-DSO-NLC-TRVL-TRAVEL--MCTRL-112117-F1-2575681&ET CID=2575681&ET RID=121632&mi u=121632&mi ecmp=20171121 TRAVEL member Control Winner 253900 377203&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I%3D>

<https://procouponcode.com/>

<http://view.reply.reaganfoundation.org/?qs=8c76715fe61a5d6dc76c84f9b5dcec94b2c39d16a41bd05e99cbf663d41945a1b1ca999b4bed80c008ec2ff1159b302af30227a6b98e390cbe00a9139794438db53d9851162dea9c>

<http://links.mail2.spopessentials2.com/servlet/MailView?ms=MTI0MDc0OTAS1&r=MTYyMzU1MDM0MzU3S0&j=MTI4MTk2NjgzMgS2&mt=1&rt=0>

https://www.nytimes.com/2017/11/20/technology/uber-deal-volvo-self-driving-cars-.html?emc=edit_th_20171121&nl=todaysheadlines&nlid=46729

https://www.microsoft.com/en-us/store/b/black-Friday?OCID=BF18_Countdown_Email&WT.mc_id=PromoEmail_14838_en_US_Black_Friday_Countdown_11-20-17_Hero_SeeTheDeals CIO

11/21/17 Tuesday 11:50 P.M. I chatted with a neighbor outside. I am washing my lighter weight L.L. Bean white barn coat. I have 25 minutes to go on the wash cycle. My heavier white one is still clean. I went outside again. CIO

11/21/17 Tuesday 11:10 P.M. I ate other half of the Knorr rice pilaf with a salad of five ounces of butter lettuce with 3.5 ounces of diced Vermont extra sharp cheddar cheese and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wishbone blue cheese dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Sprite Zero. I will now go outside again. CIO

11/21/17 Tuesday 10:25 P.M. I went downtown to the Acme grocery store. I bought five Knorr 5.4 ounce rice mixtures for \$1.25 each, and two 5.4 ounce Knorr pasta mixes for

\$1.25 each, two 10 ounce butter lettuce for \$3 each, a 12 ounce Signature strawberry jelly for \$1.49, two 16 ounce Wish Bone Spicy Caesar dressing for \$1.99 each, bananas for .47 a pound for .95 and .35 can return for \$20.82 total. I then went by www.cvs.com on Greenwich Avenue, and I picked up a prescription. I then went further downtown. I sat out for a while. I walked the lower Greenwich Avenue area. Either the Harvest restaurant is closed or they are remodeling. There are no tables in the place. They cut down the tree in front of the Tesla showroom. I sat out for a while after my walk. I used the bathroom at www.starbucks.com. I then went by the Stop and Shop on West Putnam Avenue. I bought a wedge of Norwegian Jarlsberg cheese for \$4.99 a pound for \$8.83 and a 42 ounce Quaker Old Fashioned oatmeal for \$4.79 for \$13.62 total. I then returned home. I sat outside briefly. I put away my groceries. I will now go outside again. CIO

11/21/17 Tuesday 6:05 P.M. I drank my coffee outside. I chatted with a relative. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue. CIO

11/21/17 Tuesday 4:25 P.M. I woke up, and I ate three ounces of white Cheez-its. I finally woke up at 3:30 P.M.. I went outside, and I chatted with a neighbor. I picked up the mail. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

11/21/17 Tuesday 1:55 A.M. <http://www.cnn.com/2017/11/20/world/first-interstellar-object-solar-system/index.html>

<http://www.cnn.com/2017/11/20/europe/queen-elizabeth-new-portraits/index.html>

<http://www.greenwichtime.com/local/article/Greenwich-Country-Day-and-Stanwich-to-merge-and-12372553.php> I will now shut down the primary work computer. I will go outside again. I will then go to bed. CIO

11/21/17 Tuesday 1:15 A.M. I watched on Netflix, episode 5 and 6 of "Amazing Hotels, Life Beyond the Lobby". I will now go outside again. CIO

11/20/17 Monday 10:50 P.M.

<http://view.reply.reaganfoundation.org/?qs=a2296755bdb1e02a227e44f0fe8b8e250c9e6f0a2a18f3b5e08c4ffa17b5610026398f12cb7ef38ad93194bb221d8af62ae181a88a1a11dd2f620f22a12102272c15b9d289f2e885> I will now go outside again. CIO

11/20/17 Monday 10:30 P.M. I replaced five of the CFL lightbulbs in the living room with five of the LED light bulbs and also the one on the kitchen range hood that stays on all of the time and also one on the hallway book lamp that stays on all of the time. Hopefully that will help reduce my electricity bill. CIO

11/20/17 Monday 9:50 P.M. I took a 5.4 ounce Knorr rice pilaf mixture, and I put it in my microwave rice cooker with two tablespoons of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I ate a salad of five ounces of Romaine lettuce with 3.5 ounces of Vermont extra sharp cheddar cheese and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wishbone blue cheese dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Schweppes Ginger Ale. I will now go outside again. CIO

11/20/17 Monday 9:10 P.M. I watched on Netflix, episode 4 of "Amazing Hotels, Life Beyond the Lobby". Unfortunately, the Greenwich Housing Authority will not pay for a staff to keep my apartment in first class shape. However, when it gets colder, and I have nothing better to do than walking Greenwich Avenue, once I am well, I might do some house keeping in my apartment. CIO

11/20/17 Monday 7:45 P.M. <https://slickdeals.net/f/10858239-amazon-norton-security-deluxe-5-devices-amazon-exclusive-15-month-subscription-19-99>

https://www.newegg.com/Special/ShellShocker.aspx?cm_sp=Homepage_SS--P3_24W-0002-002Z1--11202017&Index=3 . I will now go outside again. CIO

11/20/17 Monday 7:25 P.M. Pied A Terra in Greenwich, Connecticut
https://www.airbnb.com/s/Greenwich--CT--United-States/homes?checkin=&checkout=&adults=1&children=0&infants=0&place_id=ChIJly5MDxGYwokR4jAEYCeuMQg&source=mob&s_tag=QI4zU-S&allow_override%5B%5D= CIO

11/20/17 Monday 7:20 P.M. I watched on Netflix, episode 3 of "Amazing Hotels, Life Beyond the Lobby". I went outside again. I chatted with <http://www.casamarinaresort.com/>, and they are back up and running. I will now go through <http://scott-mike.com/bf.htm> . CIO

11/20/17 Monday 5:50 P.M. I chatted with a relative. I went outside, and I chatted with a neighbor. CIO

11/20/17 Monday 4:50 P.M. I picked up the mail. I got a \$20 Acme grocery store card from the Greenwich Department of Social Services. Hopefully I will feel better to make it out soon. CIO

11/20/17 Monday 4:30 P.M. <https://whitehouse.gov1.info/webcam/> and <https://whitehouse.gov1.info/white-house-mess/index.html> . I will now go outside again before cleaning up. CIO

11/20/17 Monday 4:10 P.M. I drank my coffee outside, and I chatted with a neighbor and their dog. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will not be going downtown, since I am still sick with cough, mucus, and congestion. CIO

11/20/17 Monday 2:45 P.M. I woke up, and I ate 3.5 ounce of white Cheezits. I woke up at 10:30 A.M., when a neighbor returned two packs of cigar cigarettes. I called up the Greenwich Parking Services 1-203-618-3060

http://www.greenwichct.org/government/departments/parking_services/, and they voided the outstanding parking ticket. I went back to bed until 2 P.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I still have mucus and congestion. CIO

11/20/17 Monday 1:25 A.M. https://www.smithsonianmag.com/smart-news/pictish-carving-large-nosed-warrior-found-scotland-180967091/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20171119-Weekender&spMailingID=31694687&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1162349136&spReportId=MTE2MjM0OTEzNgS2

https://www.nytimes.com/2017/11/17/jobs/milling-66-acres-of-oats-every-hour-without-a-hitch.html?emc=edit_th_20171119&nl=todaysheadlines&nlid=46729

I will now shut down the primary work computer. I will eat four Fig Newtons. I will then go to bed. CIO

11/20/17 Monday 1:05 A.M. I went outside, and I chatted with a neighbor. I watched on Netflix, episode 2 of "Amazing Hotels, Life Beyond the Lobby". I went outside again. CIO

11/19/17 Sunday 11:20 P.M. I woke up at 10 P.M.. I watched on Netflix, episode 1 of "Amazing Hotels, Life Beyond the Lobby". I went outside during the episode. I will now go outside again. CIO

11/19/17 Sunday 7:10 P.M. I went outside, and I chatted with a neighbor. I will now rest some more. CIO

11/19/17 Sunday 6:45 P.M. I surged Netflix. I chatted with two relatives. I went outside. I ate the reheated other half of Knorr teriyaki rice mixture, and I ate it with a salad of five ounces of Romaine lettuce with two ounces of diced Dutch Gouda cheese and two ounce of diced Vermont extra sharp cheddar cheese and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Ken's Caesar dressing and Wishbone Blue Cheese dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

11/19/17 Sunday 4:35 P.M. I went outside. I chatted with a friend. I put my Christmas wreath on the front door, and I put my little two foot artificial Christmas wreath on the white bookcase at the kitchen entrance. CIO

11/19/17 Sunday 3:10 P.M. I went outside twice. I washed the breakfast dishes, and I made my bed. I will now shower and clean up. Since I still have mucus and a cough, I will not be going downtown to "people watch". CIO

11/19/17 Sunday 1:55 P.M. I ate five Fig Newtons before going to bed. I woke up at 1:20 P.M.. I went outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. CIO

End of Scott's Notes week of 11/19/17

11/19/17 Sunday 1:00 A.M. I watched on Netflix, "Hitler's Train". I went outside. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go to bed. CIO

11/18/17 Saturday 11:40 P.M. I went outside. https://www.aarp.org/home-family/your-home/info-2017/happiest-american-states-for-well-being-fd.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-111717-F1-2564487&ET_CID=2564487&ET_RID=121632&mi_u=121632&mi_ecmp=20171117_WEB_LETTER_Member_Control_Winner_251100_391203&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/T%3D#slide1

CIO

11/18/17 Saturday 10:40 P.M. I woke up at 10:30 P.M.. I ate two White Castle cheeseburgers. CIO

11/18/17 Saturday 8:15 P.M. I threw out the garbage. I chatted with a relative. I will now go back to bed. CIO

11/18/17 Saturday 7:55 P.M. I went outside again. I took a 5.4 ounce Knorr teriyaki rice mixture, and I put it in my microwave rice cooker with two tablespoons of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I ate a salad of five ounces of Romaine lettuce with two ounces of diced Dutch Gouda cheese and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Ken's Caesar dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

11/18/17 Saturday 6:25 P.M. <http://scott-mike.com/stuff2.htm> . CIO

11/18/17 Saturday 6:20 P.M. I rested until 6 P.M.. I chatted with a relative at 5 P.M.. I went outside. I picked up the mail.

My favorite web cams:

<http://www.kennebunkportbeachwebcam.com/>

<http://www.themaurypeople.com/live-webcam>

<http://www.liveduvalstreet.com/>

CIO

11/18/17 Saturday 2:50 P.M. I went outside, and I chatted with a neighbor. I washed the breakfast dishes. I will now go back to bed. CIO

11/18/17 Saturday 1:55 P.M. I woke up at 1:30 P.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I still have mucus and congestion. CIO

11/17/17 Friday 11:20 P.M. I watched on Netflix, "The Trumps, from Immigrants to President". I ate some of the almonds from the dried California fruit mixture. I went outside, and I chatted with a neighbor. I will now rest some more. CIO

11/17/17 Friday 9:50 P.M. I ate a salad of five ounces of Romaine lettuce with three ounces of diced Dutch Gouda cheese and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Ken's Caesar dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

11/17/17 Friday 9:30 P.M. I went outside again. I went through <http://scott-mike.com/bf.htm> . CIO

11/17/17 Friday 8:50 P.M. I chatted with a relative. <http://view.klm-mail.com/?qs=0131963a8b2f44f5a35e8543a29e454459e20187b44c2297861486687676bb24a080357024791568fe0ab4b043d20ad18e9cd4a36529c091547c2aa8d1ab9538756a49e7e7b43bea>

<http://www.asiaoceania.org/aogs2018/public.asp?page=home.htm>

CIO

11/17/17 Friday 8:30 P.M. I called up the Greenwich Parking Services 1-203-618-3060 http://www.greenwichct.org/government/departments/parking_services/ , and I left three messages about the faulty billing error. I chatted with a relative. I went outside again. CIO

11/17/17 Friday 7:55 P.M. I went outside. I threw out the garbage. I picked up the mail. I got a delinquent parking notice for the ticket that the parking meter service cancelled on October 30, 3017. I guess I have to go by there again. CIO

11/17/17 Friday 7:30 P.M. I rested until 7 P.M.. I woke up, and I chatted with two friends around 3 P.M.. I also leant a neighbor a pack of cigar cigarettes. I also took an AM Mucinex. I ate the reheated other half of Knorr chicken fried rice mixture with two White Castle cheeseburgers and a 3.5 ounce Johnsonville chicken teriyaki and a 12 ounce glass of diet Fresca. CIO

11/17/17 Friday 1:20 P.M. I also ate a bowl of defrosted frozen fruit. I drank my coffee outside. I washed the breakfast dishes. I still have mucus and a cough, so I will now go back to bed. CIO

11/17/17 Friday 12:05 P.M. I woke up, and I ate three ounces of Dutch Gouda cheese. I finally woke up at 11:30 A.M.. I went outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. CIO

11/17/17 Friday 1:50 A.M. I watched episode 4, 5, and 6 of "The Royal House of Windsor" on Netflix. I went outside. I threw out the garbage. I ate a bag of microwave popcorn. I will now shut down the primary work computer, and I will go outside. I will then go to bed. CIO

11/16/17 Thursday 10:45 P.M.

https://flash.newegg.com/Product/9SIA5YV5HN1867?icid=WP_15_11102017 . I went through <http://scott-mike.com/bf.htm> . I will now eat four Fig Newtons and the last 8 pieces of dried California fruit. CIO

11/16/17 Thursday 10:35 P.M. \$400 <https://www.bestbuy.com/site/samsung-50-class-49-5-diag--led-2160p-smart-4k-ultra-hd-tv/6029002.p?skuId=6029002>

There was another cooking smoke fire alarm. I called the Greenwich Housing Authority at 1-203-869-1138, and the fire department showed up and reset the fire alarm. CIO

11/16/17 Thursday 9:40 P.M. I took a 5.4 ounce Knorr chicken fried rice mixture, and I put it in my microwave rice cooker with two tablespoons of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I ate it with a 3.5 ounce Johnsonville chicken teriyaki boneless breast of chicken along with 9 ounces of Green Giant chopped spinach and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

11/16/17 Thursday 8:40 P.M. I put away the clean laundry. I will now go outside again. CIO

11/16/17 Thursday 8:10 P.M.

<http://view.reply.reaganfoundation.org/?qs=43aa668e86d1d3a48137410d05207b3723c6f450a52ed664f4bdca3c0c9a856c115577465925ca27057b9f346e5e061dda7a7690cfc90c9db9d79f41b0fd888cea6acc386dcf4c9f>

https://www.nytimes.com/video/arts/100000005453079/where-its-made-a-steinway-grand-piano.html?emc=edit_th_20171116&nl=todaysheadlines&nid=46729

<http://links.sicirculation.mkt6348.com/servlet/MailView?ms=MzE2NDc5NjES1&r=NzQwNzA3MDI0MjcS1&j=MTE2MjA1MjUwNgS2&mt=1&rt=0>

http://volcano.si.edu/reports_weekly.cfm

<http://links.mkt797.com/servlet/MailView?ms=NTUzNjU3NjES1&r=MzcxMTEwMDQs1&j=MTI4MjY5MTAzNwS2&mt=1&rt=0>

CIO

11/16/17 Thursday 7:25 P.M. I went outside. I have 50 minutes to go on two dry cycles. I will now go outside again. The way I figure it, nobody is working until the Monday after Thanksgiving, so everyone probably took off to warmer points south. CIO

11/16/17 Thursday 6:50 P.M. I threw out the garbage and the old periodical literature. I put clean linens on the bed. I showered, and I cleaned up. I have 15 minutes to go on two wash cycles. I watered the plants. CIO

11/16/17 Thursday 5:35 P.M. I rested until 5 P.M.. I chatted with a relative at 4 P.M.. I went outside. I picked up the mail. I chatted with a relative. I still have mucus and a mild cold. CIO

11/16/17 Thursday 2:20 P.M. I drank my coffee outside. I browsed the internet. I washed the breakfast dishes. I went outside again. CIO

11/16/17 Thursday 11:55 A.M. Before going to bed, I ate a 6.25 ounce can of pistachio delights. I finally woke up at 11:15 A.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

11/15/17 Wednesday 9:50 P.M. I ate seven pieces of dried California fruit and four Fig Newtons. I watched episode 3 of "The Royal House of Windsor" on Netflix. I chatted with a relative. I went outside, and I chatted with neighbors. I will now shut down the primary work computer, and I will go to bed. I will probably try to sleep late tomorrow. I still have a bit of a cold, with sniffles and cough; but I feel fine. CIO

11/15/17 Wednesday 7:25 P.M. The building fire alarm went off about 15 minutes ago for a burnt steak smoke in a neighbor's apartment. The neighbor called the Greenwich Housing Authority to reset the alarm. CIO

11/15/17 Wednesday 7:05 P.M. I went outside, and I chatted with a neighbor. I ate the reheated other half of Knorr buter and herb rice mixture with a 10 ounce package of microwave Green Giant brocolli spears with Smart Balance Spread and a 3.5 ounce Johnsonville chicken teriyaki boneless breast of chicken and a 12 ounce glass of diet Fresca. I will now go outside again.

<https://www.forbes.com/billionaires/#46f03ded251c> CIO

11/15/17 Wednesday 6:05 P.M. I went downtown. I went by the Acme grocery store, and I bought a 59 ounce Simply Orange orange juice with calcium for \$2 with a dollar off Acme grocery store coupon. I then went downtown. I toured www.cvs.com on Greenwich Avenue, and I used the bathroom there. I then went further downtown to the Senior and the Arts Center. I sat out for a while chatting with a www.starbucks.com regular. I then used the bathroom at Starbucks. I found a Russian Aeroflot ticket or baggage stub that I gave to the custodian at the Senior Center. I went by the Stop and Shop on West Putnam Avenue. I bought two 10 ounce hearts of Romaine lettuce for \$2.50 each, three Knorr 5.6 ounce rice mixtures for a dollar each, and a 12 ounce bag of frozen mango chunks for \$2.99 and .90 can return for \$10.09 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$15 of self service V-Power premium gasoline for \$3.599 a gallon for 4.167 gallons at odometer reading of 116464 miles for 54.8 miles driven since Thursday, November 9, 2015 for 13.151 miles per gallon in local traffic. I then returned home. I sat out for a while. I picked up the mail. I put away my groceries. CIO

11/15/17 Wednesday 1:10 P.M. I also ate a bowl of mixed fruit with breakfast. I washed the breakfast dishes. I made my bed. I chatted with an associate. I will now go outside again. I will then shower and clean up. I will then go downtown. Escape reality

https://www.airbnb.com/s/Key-West--FL--United-States/homes?place_id=ChIJdyOVrTSx0YgRXjtGdy_pzj8&allow_override%5B%5D=&tag=3c1c1L8H . CIO

11/15/17 Wednesday 11:10 A.M. I woke up during the night. I ate five Fig Newtons, a 2 ounce wedge of Dutch Gouda cheese, and a 8.5 ounce glass of cold www.perrier.com . I finally woke up at 8 A.M.. I drove a neighbor to the Greenwich Hospital. I waited a half hour for the neighbor. I then took the neighbor to another location. I then took the neighbor to www.mcdonalds.com . I then returned back home, and I chatted outside with neighbors. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

11/14/17 Tuesday 10:10 P.M. I went outside again. I ate six pieces of dried California fruit. I will now shut down the primary work computer, and I will go to bed. I have to be

up at 8 A.M. tomorrow. I will then drive a neighbor to the Greenwich Hospital at 8:30 A.M..

<http://www.foxnews.com/science/2017/11/14/15000-scientists-just-sent-dire-warning-to-humanity.html> CIO

11/14/17 Tuesday 9:40 P.M.

<http://view.reply.reaganfoundation.org/?qs=e6f696a116c8f134d6f84079f3b833e5c6e4f7af102549b294c78ceccc02f304629f8e24a8a53d2fdc0f21e23624deb18d9dd1e94030b82cac1ee862ecc99870c83d5f22132f991>

<http://view.reply.reaganfoundation.org/?qs=89f2b90167b7a4870d1a9f5bace43ec7108143526e49ab848a2102895cb41702185f5a251c01908e2079dbe123d5703dc9292a4a1bb16974343322e3ce4ddbe4e1d7a76a95fb5559>

https://www.washingtonpost.com/news/to-your-health/wp/2017/11/13/bill-gates-joins-the-fight-against-alzheimers-and-its-personal/?utm_term=.47c29abf54e7&wpisrc=nl_az_most&wpmk=1

https://www.nytimes.com/2017/11/13/technology/quantum-computing-research.html?emc=edit_th_20171114&nl=todaysheadlines&nid=46729

https://www.microsoft.com/en-us/store/b/black-Friday?WT.mc_id=PromoEmail_14835_en_US_Black_Friday_Reveal_11-13-17_Hero_PreviewDeals

<http://www.verobeachmuseum.org/> CIO

11/14/17 Tuesday 8:20 P.M. I took a 5.4 ounce Knorr butter and herb rice mixture, and I put it in my microwave rice cooker with two tablespoons of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container, and I ate it all with a salad of five ounces of Romaine lettuce with four ounces of diced Dutch Gouda cheese and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Ken's Caesar dressing with ground black pepper, and two white Castle Cheese Burgers with a 12 ounce glass of diet Schweppes Ginger Ale. I will now go outside again. CIO

11/14/17 Tuesday 7:50 P.M. I went outside twice, and I chatted with neighbors. I chatted with a relative. CIO

11/14/17 Tuesday 6:20 P.M. I picked up a neighbor at the Greenwich Hospital. I then took the neighbor by the drive up Window at www.cvs.com on West Putnam Avenue. I then dropped the neighbor back off at our apartment building. I then went downtown. I stopped by CVS on Greenwich Avenue. I bought two one liter bottles of Listerine Ultraclean for \$7.99 each, and a \$3 off manufacture's coupon, \$4 off CVS coupon, and \$2.40 off CVS coupon .42 tax for \$7 total. I then bought three 6.5 ounce Fig Newtons for \$4

all and a fourth one for \$1.49 less \$5 off Bonus Bucks from the previous purchase for .49 total. I used the bathroom at CVS. I then chatted with the AT&T store, and they told me they might help me out, if I ever want to change my cell phones. At the moment, I do not feel like doing that. I then went further downtown. I walked lower Greenwich Avenue. I bought an Ace's High scratch card for a dollar, and I lost at Zyn Stationary. I toured the www.apple.com store. I chatted with Winston Florists. I toured the ship's pictures in two art galleries. I sat out for a while. I then returned home. I sat outside briefly. I picked up the mail. I put away my purchases. I chatted with two relatives. CIO

11/14/17 Tuesday 2:15 P.M. This is near the last house that I worked on out on Nantucket in the summer of 1978

<https://www.trulia.com/homes/Massachusetts/Nantucket/sold/1300055-9-Lincoln-Ave-Nantucket-MA-02554> . It has come down in price

<https://capecod.curbed.com/2013/7/26/10215530/tommy-hilfigers-ex-lists-nantucket-estate-for-27-million> . I think the house that I worked on was around 27 Lincoln Avenue, and it was the second oldest house on the island. Back then it cost a million dollars give or take. CIO

11/14/17 Tuesday 1:30 P.M. <http://www.bbc.com/news/health-41980836> . I returned home after the last mentioned errands. I sat outside, and I chatted with a neighbor. I showered, and I cleaned up. I have to pick up the same neighbor at 2 P.M. at the Greenwich Hospital. I will now go outside again. <http://www.bbc.com/news/health-41980836> . CIO

11/14/17 Tuesday 11:15 A.M. I went outside again. I washed the breakfast dishes. I made my bed. Shortly, I will go pick up a neighbor at the Greenwich Hospital. I will then take the neighbor to Neighbor to Neighbor at Christ Church, and then return here, and then take the neighbor back to the Greenwich Hospital. CIO

11/14/17 Tuesday 10:05 A.M. I woke up at 8 A.M.. I went outside. I drove a neighbor to the Greenwich Hospital. I then went by the <https://www.greenwichhardware.com/> on Railroad Avenue. I bought a Satco 8 inch 22 watt circular florescent bulb for \$6.99 and a two outlet white face plate for \$1.99 and .57 tax for \$9.55 total. I then returned home, and I chatted with neighbors. I put the new face plate on the center kitchen outlet. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

11/13/17 Monday 9:10 P.M. I ate six pieces of dried California fruit. I will now shut down the primary work computer, and I will go to bed. CIO

11/13/17 Monday 8:45 P.M. I watched episode 2 of "The Royal House of Windsor" on Netflix. I will now go outside again.

<https://en.wikipedia.org/wiki/Scota> CIO

11/13/17 Monday 7:35 P.M.

<http://www.asiaoceania.org/aogs2018/public.asp?page=home.htm>

https://www.rakuten.com/shop/factory-direct-wholesale/product/AC-2000-GoldenYellow/?scid=em_Promotional_20171113_Dedicated

<http://view.reply.reaganfoundation.org/?qs=6b8bfc1027d10a997e350f3ecd1cf759bdf1c9e6c4360af8b705f2f793f60058088c9a1083ba0f766a0222836470c6cc069aa37bdcac5468dfd4df36d6f70b022c3692a529b7fbf1>

http://www.zdnet.com/article/no-more-uber-or-hertz-or-even-car-owners-how-amazon-and-apple-will-take-us-all-for-a-ride/?loc=newsletter_missed_content&ftag=TRE-03-10aaa6b&bhid=19320261445054572381627874410807

https://www.nytimes.com/video/world/europe/100000005511493/get-lost-in-a-giant-bamboo-labyrinth-parma-italy-masone-360.html?emc=edit_th_20171113&nl=todaysheadlines&nlid=46729

https://email.icwhitney.com/pub/sf/ResponseForm?_ri=X0Gzc2X%3DYQpgLjHJITQGrNTPqEqcDOoda3FYP7zb35HdCfzdSNXqW53Y5w03BEESpvbnVXMtX%3DYQpgLjHJITQGiFIkS0nBPLnGnkDIYBrzbuP3opJeecDeDCam5ynGLXwzaob&_ei=EnPa7mOjSk-Ac2vvcY5SJ5f6DHHj8w

<https://www.bonefishtarpontrust.org/symposium> CIO

11/13/17 Monday 6:40 P.M. I ate a salad of five ounces of Romaine lettuce with four ounces of diced Dutch Gouda cheese and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Ken's Caesar dressing with ground black pepper. I ate the reheated other half of Knorr teriyaki rice mixture with a 10 ounce package of microwave Green Giant vegetables medley with butter sauce and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

11/13/17 Monday 5:25 P.M. I went outside, and I chatted with neighbors. I am still sneezing a bit, but I am feeling better. I picked up the mail. The order with tracking of <https://www.newegg.com/Info/TrackOrder.aspx?TrackingNumber=LS028093798CN&type=2> on the order for two https://www.newegg.com/Product/Product.aspx?Item=9SIA76H2GT9084&cm_re=ultrasonic_pest_repeller-_07A-00EK-00004-_Product for \$5.39 each for \$10.78 total with free shipping arrived. I will now go outside again. I have to pick up a neighbor tomorrow between 11 A.M. and 11:30 A.M. at the Greenwich Hospital. I will then take the neighbor to Neighbor to Neighbor at Christ Church. I will then return the neighbor back here, and then I will drop the neighbor off at the Greenwich Hospital again. CIO

11/13/17 Monday 4:40 P.M. Old News <http://www.nytimes.com/2004/08/22/nyregion/an-estate-and-a-family-are-split.html> . CIO

11/13/17 Monday 4:20 P.M. Historical Video of Aga Khan III being weighed for his weight in diamonds for charity <https://www.facebook.com/PrinceRahimAgaKhan/> . CIO

11/13/17 Monday 3:25 P.M. When I went to the Microsoft Conference at the Hyatt Hotel in Hauppauge, Long Island, New York about 12 years ago in February, I got there early, and I saw a large white man who must have been six feet wide and six feet tall walking around, but there is no mention of him here https://en.wikipedia.org/wiki/List_of_the_heaviest_people_and_http://www.careersforhealthcare.com/10-heaviest-people-in-history/ . I am pretty sure about what I saw back then. CIO

11/13/17 Monday 3:15 P.M. I went outside again. The one nice thing about the Donald www.wh.gov Trump presidency is that I do not get as many telemarketing telephone calls in the daytime, when I used to be sleeping as I used to get. Having been both a Trump and Bush neighbor in Greenwich, I guess the Great White father attracts a lot publicity and curiosity seekers. In the other days about 15 years ago, the most common question in the Greenwich Library was, "Where do the Bushs Live?" I guess celebrities have their own media savvy, unlike the average laymen who just watch it all coming and going. I used to have a high school friend that died four days after Ted Kennedy, and when he called me up to start an inkjet and toner cartridge company, he told me he lived at Mar Largo in Palm Beach, so he might have known President Trump. My www.lfc.edu class president was Henry Post from Palm Beach, so he might have been familiar with Mar Largo too. When I was exploring around south Florida from September 1976 until about April 1979 during the winter, I noticed that when the temperature was in the 30 degrees Fahrenheit in Palm Beach, it was still in the 70 degrees Fahrenheit in Key West, because it was surrounded by water, but it would go down into the 40 degrees Fahrenheit at night in the Florida Keys. It does get cold down in Florida in the winter, but from what I was told back then, because the Jamaican government was confiscating U.S. Citizens' property in Jamaica, a lot of people were choosing the Florida Keys, where the government can not confiscate one's property. However, there is one catch down in Key West. A lot of the coastal property is still owned by the U.S. Government, and is just on long term leases. In the lease agreements, if there is some sort of military action because of confrontation with Cuba, the U.S. Military can reclaim their leased property for whatever uses they may deem fit to use it for. CIO

11/13/17 Monday 2:30 P.M. I went outside, and I chatted with neighbors. I will now make up a fresh batch of punch. Good news, I found the Pompeian extra virgin olive, bought for \$18.99 at the Acme grocery store on October 14, 2017. It no longer comes in a can, but is in the same type of container at the Ocean Spray juice, which it was sitting with on the floor in the kitchen. CIO

11/13/17 Monday 1:25 P.M. I went through <http://scott-mike.com/bf.htm> . \$45 https://www.bhphotovideo.com/c/product/1080909-REG/brother_hl_l2300d_monochrome_laser_printer.html

Free cookbooks https://www.amazon.com/s/ref=sr_st_price-asc-rank?keywords=cooking&fst=p90x%3A1&rh=n%3A133140011%2Cn%3A154606011%2Cn%3A156154011%2Ck%3Acooking&qid=1497672488&sort=price-asc-rank&ie=UTF8&encoding=UTF8&tag=bensbargaicenter&linkCode=ur2&camp=1789&creative=9325

<https://www.ebay.com/itm/Ninja-Single-Serve-Coffee-Bar-Machine-Pod-Free-Coffee-Maker-System-with-Frother-/391844332748?rmvSB=true> I will now go outside again.
CIO

11/13/17 Monday 11:40 A.M. I went outside. I washed the breakfast dishes. I made my bed. I will now shower and clean up. CIO

11/13/17 Monday 10:25 A.M. I woke up during the night, and I ate five fig newtons, 1.5 ounce wedge of Dutch Gouda cheese, and a 8.5 ounce glass of cold www.perrier.com . I woke up 8 A.M., and I went outside. I then drove a neighbor to the Greenwich Hospital. I sat in the lobby waiting for my neighbor to be done at 9:30 A.M.. My Nokia Go Phone was not charged up, so I was able to use it with one of the two charging stations in the Greenwich Hospital Lobby. I chatted with a friend who likes walking the 400 acre nature preserve on the waterfront in Bridgeport in the morning. He sees deer and fox. I returned back home. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. Good Quality British Clothing which is not too expensive, but one has to make sure one gets their size right <http://stores.ebay.com/Campbell-Cooper-Countrywear?trksid=p2047675.l2563> . British sizes are different than American sizes. CIO

11/12/17 Sunday 11:20 P.M. I will now shut down the primary work computer. I will then go to bed. I have to be up at 8 A.M. tomorrow morning to drive a neighbor to the Greenwich Hospital at 8:30 A.M.. I will wait there until 9:30 A.M. to drive him back. CIO

11/12/17 Sunday 10:55 P.M. I took a 5.4 ounce Knorr teriyaki rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container , and I ate it all with a salad of five ounces of Romaine lettuce with four ounces of diced Dutch Gouda cheese and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Kraft Zesty Italian dressing and Ken's Caesar dressing with ground black pepper, and two white Castle Cheese Burgers with a 12 ounce glass of diet Schweppes Ginger Ale. I will now go outside again. CIO

11/12/17 Sunday 10:05 P.M. I was opening up my spare 96 ounce can of Capatriti extra virgin olive oil, bought December 29, 2016, and I noticed my other spare can of 60 ounces of Pompeian extra virgin olive, bought for \$18.99 at the Acme grocery store on October 14, 2017 was missing. I looked all over the apartment and kitchen, and I could not find it.

Possibly I have hidden it away from myself. I put out my spare candy in the laundry room, because I can not have sugar. I threw out the garbage. I chatted with a neighbor. CIO

11/12/17 Sunday 8:55 P.M. I chatted with a friend. I went downtown to www.cvs.com on Greenwich Avenue. I bought one get one free of CVS 90 capsule B12 2000 mcg for \$9.69 both. I then bought two 6 packs of White Castle cheeseburgers for \$4 each and three 6.5 ounce Fig Newton cookies for \$4 all for \$12 total. I then went further downtown. I chatted with two www.starbucks.com regulars. I sat outside for a while. I then went by the Stop and Shop. I bought three Knorr 5.4 ounce Teriyaki rice mix for \$1 each, and a 12 ounce bag of frozen tropical fruit for \$2.99, and bananas for .49 a pound for .87 for \$6.86 total. I then returned home. I sat outside briefly. I then put away my purchases. I chatted with a relative. CIO

11/12/17 Sunday 6:05 P.M. On Netflix, I watched episode 1 of "The Royal House of Windsor". I will now go outside again. CIO

11/12/17 Sunday 4:25 P.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

End of Scott's Notes week of 11/12/17

11/12/17 Sunday 3:45 P.M. I threw out the garbage. I chatted with neighbors. One of my neighbors has pneumonia and several of them have colds. One of my neighbors went to WestMed near by, and they have seen 14 people today with coughs. I will now send out my weekly notes. CIO

11/12/17 Sunday 3:20 P.M.

https://www.nytimes.com/interactive/2017/11/10/opinion/sunday/wildest-place-in-america.html?emc=edit_th_20171112&nl=todaysheadlines&nliid=46729

<http://view.reply.reaganfoundation.org/?qs=76d82133bd6955f40ba5ae7559bd6b3496bc45a46f8630943e58144101048ac17eda47c98d7f0628f68d7267108fa712ac8fc37195babd2a3dee12bec261e0d1949979a5bb0b2fa7>

https://www.nytimes.com/interactive/2017/11/10/opinion/gabriel-zucman-paradise-papers-tax-evasion.html?emc=edit_th_20171111&nl=todaysheadlines&nliid=46729 CIO

11/12/17 Sunday 2:30 P.M. I went outside again, and I drank my coffee. Two chicken hawks were spotted in the area yesterday. One of them ate a squirrel and a mouse and a bird. I washed the breakfast dishes. I made my bed. I will now shower and clean up. CIO

11/12/17 Sunday 1:10 P.M. I woke up at 1 A.M., and I ate four fig newton cookies. I finally woke up at 12:30 P.M.. I put about 10 drops of Debrox in my left ear, and I held my head

sideways for 10 minutes. I then washed out the left ear with the ear bulb with hot water. I then went outside. I did not get any mail yesterday. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

11/11/17 Saturday 7:30 P.M. I ate five ounces of Romaine lettuce with four ounces of diced Dutch Gouda cheese and grated parmesan and Romano cheese and Kraft Zesty Italian dressing and extra virgin olive oil with ground black pepper, and I took a 4.7 ounce Knorr pasta Alfredo mix with spinach, and I prepared it and ate it with a 12 ounce glass of diet Fresca. I chatted with a relative. CIO

11/11/17 Saturday 1:10 P.M. I drank my coffee outside. I washed the breakfast dishes. I have a sore throat and a cold. I will now go back to bed. CIO

11/11/17 Saturday 12:15 P.M. I chatted with a relative at 10 A.M.. I woke up at 10:30 A.M.. I drive a neighbor to <http://www.ntngreenwich.org/> at <http://christchurchgreenwich.org/>. We then returned back to our apartment building. I chatted with a local dog walker, and he said he saw a four foot tall Mountain Lion or Bob Cat outside the east end of our building recently. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

11/10/17 Friday 8:55 P.M. I will now shut down the primary work computer, and I will go to bed. CIO

11/10/17 Friday 8:35 P.M. I am about to eat 10 Buttermilk biscuits with Smart Balance Spread, once they are ready in 10 minutes. CIO

11/10/17 Friday 8:25 P.M. I watched "Edward VIII, The Nazi King". I will now go outside again. CIO

11/10/17 Friday 7:25 P.M. https://www.aarp.org/health/healthy-living/info-2017/when-to-wash-towels-remove-bacteria-fd.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-111017-F1-2550379&ET_CID=2550379&ET_RID=121632&mi_u=121632&mi_ecmp=20171110_WEB_LETTER_Member_Control_Winner_251100_391305&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I%3D CIO

11/10/17 Friday 7:10 P.M. Another neighbor saw the Coyote Wolf at the same location a few days ago in the early morning hours. CIO

11/10/17 Friday 6:45 P.M. I rested until 6:55 P.M.. I chatted with a neighbor at 4 P.M.. I picked up the mail. I went outside, and I gave a neighbor a ride to CVS on West Putnam

Avenue and the to the Shell station on West Putnam Avenue and back to our apartment building. I chatted with other neighbors outside. I chatted with a relative. I ate the reheated other half of Knorr rice pilaf, with two White Castle cheeseburgers, a three ounce wedge of Dutch Gouda cheese, and a 12 ounce glass of diet Schweppes Ginger Ale. I will now go outside again. CIO

11/10/17 Friday 3:35 P.M. I went outside again. On Acorn TV, I watch episode 5 of "Loch Ness". I ate a bag of microwave popcorn. On Acorn TV, I watch episode 6, the final episode of "Loch Ness". I went outside again. CIO

11/10/17 Friday 1:30 P.M. I went outside, and I chatted with a neighbor. I chatted with a relative. I ate a Maruchan spicy chicken noodle dinner with a 12 ounce glass of diet Fresca. CIO

11/10/17 Friday 12:50 P.M. I went through <http://scott-mike.com/bf.htm> . CIO

11/10/17 Friday 12:30 P.M. On Acorn TV, I watch episode 4 of "Loch Ness". I went outside again. CIO

11/10/17 Friday 11:05 A.M. On Acorn TV, I watch episode 3 of "Loch Ness". I went outside again. It is pretty dang cold today, so I will probably not be going downtown for a walk. I will now shower and clean up. After Saturday, it is suppose to warm up a bit. <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WgXNt4iQvUl> . CIO

11/10/17 Friday 9:40 A.M. I went outside again. I washed the breakfast dishes. I made my bed.

<http://www.cnn.com/travel/article/wonder-list-bill-weir-iceland/index.html> . I will now go outside again. CIO

11/10/17 Friday 9:05 A.M. I chatted with a friend. My friend said it is probably a mixed breed wolf and coyote, and they are only dangerous if there is a pack of them, and they are hungry. CIO

11/10/17 Friday 8:30 A.M. I chatted with a neighbor outside. At 5:30 A.M. this morning, the neighbor saw a 110 pound dog or wolf on the path leading into the woods on the east end of the building by the picnic tables. CIO

11/10/17 Friday 8:10 A.M. I woke up, and I ate four fig newtons. I finally woke up at 7:45 A.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

11/09/17 Thursday 9:40 P.M. I will now shut down the primary work computer, and I will go to bed. Bon Soir. CIO

11/09/17 Thursday 9:25 P.M. I watched episode 2 of "Lochness". I will now go outside again. CIO

!!!!!!11/09/17 Thursday 8:15 P.M. <https://www.microsoft.com/en-us/accessibility/assistive-technology-partners>

"[https://www.microsoft.com/en-us/accessibility/windows10upgrade?ranMID=24542&ranEAID=1w9MynSeamY&ranSiteID=1w9MynSeamY-iUdGgIzU57WvKzNMST7JOw&tduid=\(3849d97e3dad3c3900f2315f275977be\)\(256380\)\(2459594\)\(1w9MynSeamY-iUdGgIzU57WvKzNMST7JOw\)\(\)](https://www.microsoft.com/en-us/accessibility/windows10upgrade?ranMID=24542&ranEAID=1w9MynSeamY&ranSiteID=1w9MynSeamY-iUdGgIzU57WvKzNMST7JOw&tduid=(3849d97e3dad3c3900f2315f275977be)(256380)(2459594)(1w9MynSeamY-iUdGgIzU57WvKzNMST7JOw)())"

I will now go outside again. C'est tres froid n'est pas? CIO

11/09/17 Thursday 7:45 P.M. I ate six pieces of dried California fruit. I chatted with a friend. I will now go through <http://scott-mike.com/bf.htm> . CIO

11/09/17 Thursday 7:15 P.M. http://volcano.si.edu/reports_weekly.cfm

<https://websitebuilders.com/how-to/> I will now go outside again. CIO

11/09/17 Thursday 6:30 P.M. I ate five ounces of Romaine lettuce with four ounces of diced Dutch Gouda cheese and grated parmesan and Romano cheese and Kraft Zesty Italian dressing and extra virgin olive oil with ground black pepper, and I took a 5.4 ounce Knorr rice pilaf mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container , and I ate it all with a 9 ounce package of Green Giant microwave chopped broccoli with Smart Balance Spread and extra virgin olive oil, and a 12 ounce glass of diet Schweppes Ginger Ale. I will now go outside again. CIO

11/09/17 Thursday 5:20 P.M. I threw out the garbage. I chatted with a neighbor. I went out, and I got on I-95 East at Exit 2. I got off at Exit 9, and I traveled west about five blocks on U.S. 1 to the Valvoline Oil Change Place. I had to wait for one car in front of me. I got the Full Synthetic Max Life oil change and filter for \$79.99 and \$8.79 extra oil charge and \$79.99 Power Steering Fluid Replacement Runrite Power Steering Flush Kit and \$10 discount coupon and \$10.08 tax for \$168.85 total. They checked everything else on the Volvo wagon, which is fine. I then got on Exit 9 West, and I got off at Exit 5, and I drove into Old Greenwich. I went to the Rummage Room Thrift shop, but I did not need anything. I went by the www.chase.com branch in Old Greenwich. They are putting new store fronts up on the east of the Old Greenwich street. I then went to the <http://www.haircutplace.net/> , and I got my hair cut short for \$30 and \$5 tip for \$35 total. I did not go out to Tod's Point or Staples, since it was late in the day. I then drove back to

downtown Greenwich. I used the bathroom at the Senior and the Arts Center. I sat outside for a while. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$15 of self service V-Power premium gasoline for \$3.599 a gallon for 4.168 gallons at odometer reading of 116409 miles for 58.4 miles driven since Saturday November 4, 2017 for 14.012 miles per gallon in mixed traffic. I then returned home, and I chatted with neighbors. I picked up the mail. I chatted with a relative. I made a copy of the work receipt, which I will put the in the Volvo wagon glove box. I will now go outside again. CIO

11/09/17 Thursday 12:30 P.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I chatted with <http://www.swedish-imports.com/> who last changed my oil 15 months ago, and they told I should use synthetic oil. When I go out, I will go to https://www.google.com/search?source=hp&ei=wosEWs_4D4jZmwHL2KnIDQ&q=valvoline+stamford+connecticut&oq=Valvoline+Stam&gs_l=psy-ab.1.1.012j0i22i30k1l2j38.2138.6262.0.9709.14.14.0.0.0.288.1632.6j7j1.14.0....0...1.1.64.psy-ab..0.14.1624...46j0i131k1j0i46k1.0.HkEnJapITiQ in Stamford to get my oil changed. There is this \$10 off coupon http://coupons.vioc.com/SEM/?campaign=CBV&city=HARTFORD&state=CT&gclid=EAIaIQobChMI98y28f2x1wIVXEsnCh31BwxAEAAAYASAAEgKJI_D_BwE. I will now shower and clean up and go out for an oil change. On the way back, I will probably tour Tod's Point and go to the Rummage Room thrift shop in Old Greenwich and Staples. I do not need a hair cut yet. CIO

11/09/17 Thursday 10:55 A.M. I woke up and ate 5 Fig Newton cookies and 1.5 wedge of Dutch Gouda cheese. I finally woke up at 10:15 A.M.. I went outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

11/08/17 Wednesday 10:50 P.M. I turned on the little fan on the bedroom window ledge to blow the heat around in the bedroom. I put away the other two fans in the living room on the far right living room window ledge. I normally do not turn on the heat until the first of December, but according to this <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WgPPV4iQyUl>, it is supposed to be 20 degrees Fahrenheit this Friday night, so I think it is a good idea to warm up the apartment. I get enough cold weather chill smoking cigar cigarettes outside at the present. Thus I hope to quit them soon, and restart the nicotine patches again. However, that is not always easy with so much occasional stress. I will now shut down the primary work computer, and I will go to bed. CIO

11/08/17 Wednesday 10:25 P.M. It is 66 degrees Fahrenheit in the living room and cooler in the bedroom. I turned the living room thermostat up to 74 degrees Fahrenheit, and the bedroom thermostat to 70 degrees Fahrenheit. I also turned on the Lasko box fan on low on the living room window ledge to blow the heat out into the room instead of it rise up into

the very high ceiling. It should be warmer in the apartment shortly. The thermostats generally are four degrees higher than the actual temperature. CIO

11/08/17 Wednesday 10:15 P.M. https://en.wikipedia.org/wiki/House_of_Saxe-Coburg_and_Gotha

https://www.aarp.org/benefits-discounts/your-aarp-member-benefits/?cmp=EMC-DSM-NLC-MBA-MEM-20171106_MBU_TEST_RESEND_243900_285603-110617-Header-SMMBC-CTA_Button-CTRL-2546376&mi_u=121632&mi_ecmp=20171106_MBU_TEST_RESEND_243900_285603&en_cparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS%2ft%3d

<http://view.reply.reaganfoundation.org/?qs=bffc118227ea591be5f70de2acc34d4e96610af3e70fefe3f555b49b8a31c7fdab117978a856fae0ae6926b2cd0cf3699ccc6ba568dac52c183b7b2307fc58c4a7a51c4c82c55612>

https://www.smithsonianmag.com/history/true-history-of-the-orient-express-149702768/?utm_source=smithsonianhistandarch&utm_medium=email&utm_campaign=201711-hist&spMailingID=31483599&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1160945537&spReportId=MTE2MDk0NTUzNwS2

https://www.smithsonianmag.com/science-nature/deviant-burials-poland-open-casket-secret-lives-vampires-180966970/?utm_source=smithsonianhistandarch&utm_medium=email&utm_campaign=201711-hist&spMailingID=31483599&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1160945537&spReportId=MTE2MDk0NTUzNwS2

https://www.smithsonianmag.com/smart-news/temple-powerful-egyptian-pharaoh-discovered-180965325/?utm_source=smithsonianhistandarch&utm_medium=email&utm_campaign=201711-hist&spMailingID=31483599&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1160945537&spReportId=MTE2MDk0NTUzNwS2

[https://www.groupon.com/deals/oyster-bay-brewing-company-2?p=1&utm_source=channel occasions im merchandising&utm_medium=email&utm_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171108&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-8_merchandising&d=deal-page&utm_campaign=a6f15eaa-0a3e-4b56-8a06-dfa1e9d3eefc_0_20171108](https://www.groupon.com/deals/oyster-bay-brewing-company-2?p=1&utm_source=channel%20occasions%20im%20merchandising&utm_medium=email&utm_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171108&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-8_merchandising&d=deal-page&utm_campaign=a6f15eaa-0a3e-4b56-8a06-dfa1e9d3eefc_0_20171108)

[https://www.groupon.com/deals/statler-grill-8?p=1&utm_source=crm im Merchandising&utm_medium=email&utm_division=new-york](https://www.groupon.com/deals/statler-grill-8?p=1&utm_source=crm%20im%20Merchandising&utm_medium=email&utm_division=new-york)

york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171108&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-8 Merchandising&d=deal-page&utm_campaign=c3b2b3b0-fa60-4823-8e27-45c022696c59 0 20171108

https://www.nytimes.com/2017/11/07/world/offshore-tax-havens.html?emc=edit_th_20171108&nl=todaysheadlines&nlid=46729

https://travel.aarp.org/articles-tips/articles/info-2017/tsa-not-accepting-certain-licenses-fd.html?cmp=EMC-DSO-NLC-TRVL-TRAVEL--MCTRL-110717-F1-2544845&ET_CID=2544845&ET_RID=121632&mi_u=121632&mi_ecmp=20171107_TRAVEL_member_Control_Winner_253900_377202&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I%3D

<https://www.dhs.gov/real-id>

I will now go outside again. CIO

11/08/17 Wednesday 9:15 P.M. I chatted with a relative. I ate six pieces of dried California fruit. CIO

11/08/17 Wednesday 8:25 P.M. I ate five ounces of Romaine lettuce with four ounces of diced Dutch Gouda cheese and grated parmesan and Romano cheese and Kraft Zesty Italian dressing with ground black pepper, and I reheated the other half of the Knorr parmesan and garlic rice, and I ate it all with a 10 ounce package of Green Giant microwave green peas with butter sauce, and a 12 ounce glass of diet Fresca. I went outside briefly. CIO

11/08/17 Wednesday 7:00 P.M. I optimized the C: drive while I was out. I went outside. I chatted with neighbors. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. I used my new parking pass for an hour's time up the street from CVS. Another woman's store across and up the street from CVS is closing. I sat out in the little park across the street from CVS before and after my shopping tour there. They have the \$50 Philips Blue Tooth Clock Radio on sale for \$30 and the generic one that was \$35 for \$20, if one needs a clock radio Bluetooth device for your Iphone. I bought a Christmas wreath door hanger with two slay bells for \$3.19 and .20 for \$3.39 total. I hung it on the outside of my door, when I got home. I then chatted with someone across the street at the little park that had lived in Belgium in the 1980s. We compared notes on Belgium. Apparently Walloon is different than French. After my hour on the meter was up, I drove down further down Greenwich Avenue, and I sat out for a while at the Senior and the Arts Center. I walked lower Greenwich Avenue and the train station area, and I sat out at various locations. I then toured the www.apple.com store which was not very busy as all like the rest of Greenwich Avenue today. I chatted with the Vegan juice bar on the south side of the Apple store about soy beans and tofu. I chatted briefly with someone from Vermont. At the Greenwich Cigar Store, I bought an Ace's High scratch card for a dollar, and I won two dollars for a dollar profit. I chatted with a local in front of Zyn Stationary.

I used the bathroom at www.starbucks.com . I sat out for a while longer. I then went by the Acme Grocery store. The have Stouffer's frozen meals there for two for five dollars, but I did not need any. I bought a 46 ounce Smart Balance Spread for \$7.99, four Knorr noodle mixes for \$1.25 each, eight Green Giant 8 ounce microwave vegetables for a dollar each, a 26 ounce Vlassic Kosher dill spears for \$2, a 8 ounce Signature grated parmesan and Romano cheese for \$2.99, two Lipton alfredo dinner mix for \$1.25 each, three maruchan noodles for \$1 each for \$31.48 total. I then returned home, and I put away my purchases. I picked up the mail. I sat outside briefly. I chatted with a relative. I will now go outside again. CIO

11/08/17 Wednesday 10:45 A.M. I renewed my Norton Internet Security subscription for another year until November 26, 2018 for \$31.89 total with tax for five devices. CIO

11/08/17 Wednesday 10:20 A.M. I went out, and I picked a neighbor up at the Greenwich Hospital and returned home. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue for the millionth time. Although I have lived in Greenwich, Connecticut since June 1962, I only started walking Greenwich Avenue regularly in December 1983, when I came off of www.nantucket.net after a trip to Toronto, Ontario, Canada and two weeks in Manhattan walking around, when the Greenwich Hospital after a \$7,500 medical physical determined that I was legally disabled. However, I still like to walk. CIO

11/08/17 Wednesday 8:30 A.M. I woke up, and I ate six Lorna Doone cookies. I finally woke up at 7 A.M.. I went outside. I drove a neighbor to the Greenwich Hospital. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

11/07/17 Tuesday 8:10 P.M. I went through <http://scott-mike.com/bf.htm> . I will now shut down the primary work computer, and I will go to bed. Bon Soir. CIO

11/07/17 Tuesday 7:15 P.M. I ate four ounces of Dutch Gouda cheese. CIO

11/07/17 Tuesday 6:50 P.M. I went outside again. CIO

11/07/17 Tuesday 6:20 P.M. I took a 5.4 ounce Knorr garlic and parmesan rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container, and I also ate a five ounces of Romaine lettuce with three ounces of diced Dutch Gouda cheese and grated parmesan and Romano cheese and Ken's Caesar salad dressing and Kraft Zesty Italian dressing with ground black pepper. I also ate two White Castle cheeseburgers. I also drank a 12 ounce glass of diet Schweppes Ginger Ale. CIO

11/07/17 Tuesday 5:55 P.M. My social worker arrived after the last note. We filled out the Holiday Aid and Energy Assistance forms. She still wants the Fire Marshall to look at my apartment. I walked her to her car with a large umbrella in the pouring rain. I chatted with a relative. CIO

11/07/17 Tuesday 4:35 P.M. I went outside again. We are having Scottish weather. As if you did not know <https://weather-and-climate.com/average-monthly-Rainfall-Temperature-Sunshine-in-Scotland> . This is pretty much the normal weather for this area from my experience here most of my life. <http://www.londonfog.com/> raincoats used to be very popular here. CIO

11/07/17 Tuesday 4:20 P.M. I picked up the mail.

<https://www.facebook.com/DRKtv/videos/1638707772854322/>

https://www.nytimes.com/2017/11/06/world/apple-taxes-jersey.html?emc=edit_th_20171107&nl=todaysheadlines&nliid=46729

https://www.microsoftevents.com/profile/form/index.cfm?PKformID=0x2660286abcd&wt.mc_id=AID655231_EML_5291064 CIO

11/07/17 Tuesday 3:45 P.M. I went out, and I voted at the New Lebanon school in Byram. I then went by the Greenwich Hospital Thrift shop. They have a sale going on. They have a nice red velvet Queen Anne chair for 75% off for \$45. I then went downtown to Greenwich Avenue. I walked the lower Greenwich Avenue area. I toured the www.apple.com store. I checked out the Salvador Dali exhibit at the <http://www.cparkergallery.com/> on lower Greenwich Avenue. They are sold out of Ace's High scratch cards at Zyn stationary, so I did not buy one. I used the bathroom at the Senior and the Arts Center. I then went by the Stop and Shop on West Putnam Avenue. I bought two 10 ounce Hearts of Romaine lettuce for .99 each, two 5 quart packages of Stop and Shop powdered milk for \$7.39 each, and a wedge of Van Kaas Dutch Gouda cheese <https://goudaholland-kaas.nl/> for \$4.99 a pound for \$5.89 for \$22.61 total. I then returned home, and I chatted with neighbors. I will now go outside again. CIO

11/07/17 Tuesday 11:05 A.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. My social worker will be dropping by today between 4:30 P.M. and 5:15 P.M.. I will now go outside again. I will then shower and clean up. I will then go out and vote at the New Lebanon school. I probably will not be going downtown, since it is colder outside today, when the sun is not shining. CIO

11/07/17 Tuesday 9:40 A.M. Before going to bed, I ate six pieces of dried California fruit. I woke up twice, and each time, I ate six Lorna Doone cookies. I finally woke up at 9 A.M.. I went outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

11/06/17 Monday 10:20 P.M. I ate five ounce of Romaine lettuce with four ounces of diced Dutch Gouda cheese and grated Parmesan and Romano cheese with Ken's Steak House Caesar dressing and a 12 ounce glass of diet Fresca. I will now shut down the primary work computer, and I will go outside. I will then go to bed. CIO

11/06/17 Monday 9:30 P.M. The new CD list is at <http://scott-mike.com/scottcd2.htm> . About 15 CDs seem to be missing. They might have been left in the old CD player that I threw away, but I thought I opened it, and I emptied it out. I might have given them to a relative though. CIO

11/06/17 Monday 8:25 P.M. I reorganized the CDs in the Sony 200 CD jukebox, so they are in a similar order as the old list. I will now reedit the old CD list, so it reflects the new order. I went outside, and I picked up the mail. I gave a postal package to a neighbor. I got a form letter from the Greenwich Department of Social Services saying the Renters Rebate has been funded, but the way it is distributed has been changed to the local communities, which have no way of distributing it. Thus the Connecticut legislature has to figure out a way to distribute it. Also the funding may not be the same. CIO

11/06/17 Monday 6:25 P.M. I found my Music CD list <http://scott-mike.com/scottcd.htm> , but I have not had the time reorganize the used Sony 200 CD Juke Box, I got about a year ago for \$50. The CDs are in there, but not according to the list. CIO

11/06/17 Monday 6:10 P.M. I went outside twice. My neighbor who knows guitars said that particular guitar was not very good. I chatted with a relative. The mail still has not come. I plugged in my stereo system again. Some very influential people I happen to know happen to actually like old music, such as the Chairman of the Board. CIO

11/06/17 Monday 5:15 P.M. I thought the Connecticut Governor's election was this fall. I guess it is next year. This is all that I can find on it https://en.wikipedia.org/wiki/Connecticut_gubernatorial_election,_2018 . The Greenwich Time wrote a lot of articles on it this past year, so I thought it was this fall. I went outside, and I chatted with neighbors. There was a rainbow in the northern sky over Glenville. I thought about going over there to look for the pot of gold. https://www.adorama.com/fe0960292203.html?sdtid=10729063&emailprice=t&utm_medium=Affiliate&utm_source=rflaid62905 Fender Guitar on sale for \$400. CIO

11/06/17 Monday 4:20 P.M. I went outside again. I was told by relative about this <http://lwvg.org/TheVotersGuide2017RTMCandidates.html> , <http://www.votect.net/> , <http://www.lwvct.org/> , <http://lwvg.org/>

I can not find a list of Connecticut candidates for state wide office.

!!!!!! http://www.greenwichct.org/News/Health_Department/urgent_public_health_alert/
CIO

11/06/17 Monday 3:40 P.M. I reheated the other half of the Knorr teriyaki rice, and I ate it with two White Castle cheeseburgers with a 12 ounce glass of diet Fresca. I chatted with a relative. I will now go outside again. CIO

11/06/17 Monday 2:40 P.M. I went outside again. One of my Hispanic neighbors said that solar flares are making people crazy.

<http://view.reply.reaganfoundation.org/?qs=ad300b344e9e64952d3cb4223c94c19e9cf234d8a60b2cf9826f8e7c4001656746896c9e6ee1022a3f386e217c61cca61af18e3c8936b61faef222a9332f297dde5dfbdec43dae3c>

<https://www.facebook.com/photo.php?fbid=313383282006375&set=a.313400005338036.89798.100000041168731&type=3&theater>

https://www.flickr.com/photos/beinecke_library/sets/72157624042159604/

<https://www.guru99.com/java-tutorial.html>

I will now go outside again. CIO

11/06/17 Monday 1:40 P.M.

https://flash.newegg.com/Product/N82E16896877097?icid=WP_36_11062017

https://flash.newegg.com/Product/N82E16813992003?icid=WP_11_11042017

I went through <http://scott-mike.com/bf.htm> . CIO

11/06/17 Monday 12:30 P.M. I went outside again. I made the final two payments on my www.geico.com automobile insurance bill for December 2017 and January 2017, so it is paid off until April 8, 2018, when another new policy starts again. Paying bills ahead of time is like saving money. It also makes Warren Buffett

https://en.wikipedia.org/wiki/Warren_Buffett richer. I will now go outside again. CIO

11/06/17 Monday 10:40 A.M. I went out, and I picked up a neighbor at the Greenwich Hospital, and I brought him back. I sat outside a while. I leant the neighbor a 12 ounce bag of CVS breakfast blend coffee, since he is out of coffee. I washed the breakfast dishes. I made my bed. I chatted with a relative. I will now go outside again. I will then shower and clean up. CIO

11/06/17 Monday 8:25 A.M. I woke up during the night, and I drank a 8.5 ounce glass of www.perrier.com . I finally woke up at 7 A.M.. I went outside. I drove a neighbor the Shell station on West Putnam Avenue, and then to the Greenwich Hospital. I then returned home. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

11/05/17 Sunday 8:15 P.M. https://www.smithsonianmag.com/science-nature/massive-void-found-within-great-pyramid-giza-180967058/?utm_source=smithsoniantopic&utm_medium=email&utm_campaign=20171105-Weekender&spMailingID=31417475&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1160426344&spReportId=MTE2MDQyNjM0NAS2

https://www.smithsonianmag.com/smart-news/portrait-mary-queen-scots-found-hidden-beneath-another-painting-180967009/?utm_source=smithsoniantopic&utm_medium=email&utm_campaign=20171105-Weekender&spMailingID=31417475&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1160426344&spReportId=MTE2MDQyNjM0NAS2

<http://view.reply.reaganfoundation.org/?qs=0d0d9efe01eb53ae8f58342bcd61124616eb8260dd80e05856dca3a764b98b5f0f9b24ae9252a7f4e0f710dc668949a8ab44f50f5c4871cfc3cedf07d2c055d91198c95224d5bd1a>

I will now shut down the primary work computer. I will go outside. I will then go to bed. I have to be up at 7 A.M. tomorrow to drive a neighbor at 7:30 A.M. to the Greenwich Hospital. CIO

11/05/17 Sunday 7:55 P.M. I made a sandwich with lightly toasted 15 grain bread, three deli slices of roast beef interlaced with three deli slices of Swiss cheese with Hellmann's olive mayonnaise and Gold's Hot Horseradish and ground black pepper. I took a 5.4 ounce Knorr teriyaki rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container and a five ounces of Romaine lettuce with four ounces of diced Dutch Gouda cheese and grated parmesan and Romano cheese and Ken's Caesar salad dressing with ground black pepper. I also drank a 12 ounce glass of diet Schweppes Ginger Ale. Earlier I ate 4 ounces of pistachio delights. I also chatted with a relative and went outside twice. CIO

11/05/17 Sunday 5:30 P.M. I have not drank alcohol in about 25 years, and I got this last June <https://www.webmd.com/digestive-disorders/digestive-diseases-pancreatitis#1>. CIO

11/05/17 Sunday 5:20 P.M. I went outside, and I threw out the garbage. I drove a neighbor to the Shell Station on West Putnam Avenue. I went downtown to www.cvs.com on Greenwich Avenue. I bought four 12 packs of 12 ounce diet Fresca for \$2.99 each and \$2.40 can deposit and two 14 ounce boxes of Kashi almond and flax cereal for \$2.99 each for \$20.34 total. I then put the purchases in the rear of my car. I then went back into CVS, and I used the bathroom, and I bought four Expo, black, red, blue, and green dry erase markers for \$8.29 and .53 tax for \$8.82 total. I then went downtown further. The <http://www.pppwet.com/event/2017/10/29/10th-annual-howl-and-prowl> was rescheduled to today from last Sunday. I walked lower Greenwich Avenue. I toured the www.apple.com

store. I chatted with a Fordham University Medical Student. I chatted with a www.starbucks.com regular. I used the bathroom at Starbucks. I returned home. I used my little folding cart from the back of the Volvo wagon to bring up my purchases. I used the black magic marker to label the month and year, I bought the soda. I went outside again, and I put the folding cart in the back of the Volvo wagon. I will now go outside again. CIO

11/05/17 Sunday 11:50 A.M. I went outside, and I drank my coffee. I chatted with two relatives. I went outside again. I washed the breakfast dishes. I made my bed. I will now shower and clean up. At 12:30 P.M., I am going to drop a neighbor at the Shell Station at West Putnam Avenue. I will then go downtown to Greenwich Avenue. CIO

11/05/17 Sunday 10:10 A.M. I woke up during the night, and I ate 4 ounces of pistachio delights and a 3 ounce wedge of Dutch Gouda cheese. I woke up at 9:30 A.M.. I went outside, and I chatted with neighbors. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

End of Scott's Notes week of 11/04/17

11/04/17 Saturday 11:45 P.M. I went outside again. I could something in the woods by the east side picnic tables. It was about the size of a large dog on four legs moving slowly through the woods. It was bigger than a coyote, so either it is a dog or a wolf. I will now send out my weekly notes. I will then set back the clocks an hour. I will then go to bed. CIO

11/04/17 Saturday 11:30 P.M. <https://www.vox.com/2017/11/3/16598592/daylight-saving-time-ends-sunday-falling-back> . CIO

11/04/17 Saturday 11:05 P.M. I went through <http://scott-mike.com/bf.htm> . I went outside again. CIO

11/04/17 Saturday 10:25 P.M. Cheapest house out on Nantucket that is listed <http://www.themaurypeople.com/nantucket-real-estate/property/81969-89d-washington-street-nantucket-ma> . CIO

!!!!!! 11/04/17 Saturday 10:20 P.M. I chatted with a neighbor outside. He told me about <https://www.youtube.com/watch?v=aWQG6F9qOPE> and <https://www.youtube.com/watch?v=FljN5PNCG4E> . Good Bye www.exxon.com . CIO

11/04/17 Saturday 9:05 P.M. <https://www.aarp.org/entertainment/books/info-2017/best-fall-autumn-2017-reading-book.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-110317->

TS2F-

2534111&ET CID=2534111&ET RID=121632&mi u=121632&mi ecmp=20171103 WEB LETTER Member Control Winner 251100 391304&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I%3D

<https://www.aarp.org/retirement/retirement-savings/info-2017/cost-of-living-one-million-dollars-united-states-fd.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-110317-TS1F-2534111&ET CID=2534111&ET RID=121632&mi u=121632&mi ecmp=20171103 WEB LETTER Member Control Winner 251100 391304&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I%3D>

<https://www.gobankingrates.com/investing/how-long-million-last-retirement-state/>

<https://www.gobankingrates.com/investing/cheapest-places-retire/> CIO

11/04/17 Saturday 8:05 P.M. I made a sandwich with lightly toasted 15 grain bread, three deli slices of roast beef interlaced with three deli slices of Swiss cheese with Hellmann's olive mayonnaise and Gold's Hot Horseradish and ground black pepper. I ate it with the other half of the Knorr Spanish rice reheated and a five ounces of Romaine lettuce with four ounces of diced Dutch Gouda cheese and grated parmesan and Romano cheese and Ken's Caesar salad dressing with ground black pepper and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

11/04/17 Saturday 7:00 P.M. The Shell Station on West Putnam Avenue has a "Help Wanted" sign on their door.

11/04/17 Saturday 7:00 P.M. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by the www.apple.com store, and they only had ten people in line waiting to buy the Iphone X. I chatted with the gallery that has a branch in <http://nantucket.net/photos/web-cams.php> including <http://www.themaurypeople.com/live-webcam> . The art gallery on the bottom of Greenwich Avenue just north of the East End Restaurant on the east side of the Avenue now has Salvador Deli prints for sale. They are having an opening next weekend. I chatted with a www.starbucks.com regular. I used the bathroom at Starbucks. I went by www.cvs.com , and I bought two 64 ounce Total Care concentrated bleach for \$1.99 each and .25 tax for \$4.23 total. Somebody gave me a pamphlet from <http://www.revivalmovement.org/> . I sat out a while after my walk. I then went by the Stop and Shop. I bought buy one get two free of six packs of Thomas' English muffins for \$4.39 all, two 8 ounce Cracker Barrel Vermont extra sharp cheddar cheese for \$2.50 each, a six ounce Gold's hot horseradish for \$2.29, a 59 ounce Simply Orange orange juice for \$1.99, three ten ounce Stop and Shop romaine lettuce bags for .97 each, and a 16 ounce package of Stop and Shop deli sliced Swiss cheese for \$4.49 for \$21.07 total. I then went by the Putnam Shell at 401 West Putnam Avenue. I bought \$10 of self service premium gasoline for \$3.599 a gallon for 2.779 gallons at odometer reading of 116351 miles for 38.4 miles driven since Tuesday October 31, 2017 for 13.818 miles per gallon in local traffic. Next week they are going to be repaving East Putnam Avenue east of Greenwich Avenue,

so it will probably be a mess. I then returned home, and I chatted with neighbors. I found the lost ashtrays. They have been thrown down the hill towards the baseball field. I put away my purchases. One of my neighbors claims he saw two young ghosts with a dog the other morning on the baseball field at 2:30 A.M.. He apparently has seen ghosts before. I will now go outside again. I picked up the mail. CIO

11/04/17 Saturday 12:50 P.M. I washed the breakfast dishes. I made my bed. I will now throw out a bag of my old receipts and the garbage. I will then shower and clean up. I will then go downtown to Green Witch Avenue for better or worse. CIO

11/04/17 Saturday 11:30 A.M. I woke up, and I ate 4 ounce of Blue Diamond smokehouse almonds. I then finally woke up at 9 A.M.. I went outside, and I chatted with a neighbor. I then drove the neighbor over to <http://www.ntngreenwich.org/> at <http://christchurchgreenwich.org/>. We stopped by at the Shell Station on West Putnam Avenue on the way back. I chatted with neighbors. Somebody stole the astray and can from the outside picnic table on the east end of the building. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

11/04/17 Saturday 12:15 A.M. I went outside. I put away the clean laundry. I will now shut down the primary work computer. I will then go outside. I will then eat a 5.6 ounce Dannon raspberry low fat Greek yogurt. I will then go to bed. CIO

11/03/17 Friday 11:20 P.M. Here are some of the pictures, I took on Greenwich Avenue this week <http://scott-mike.com/gw1117/>. CIO

11/03/17 Friday 11:15 P.M. I went outside, and I chatted with a neighbor. CIO

11/03/17 Friday 10:35 P.M. I have 55 minutes to go on two dry cycles. I will now go outside again. CIO

11/03/17 Friday 10:15 P.M. I went outside. I watched off Acorn TV, episode 1 of "Loch Ness". The Scottish seem to have a slightly different accent than the English. I went outside again. I put clean linens on my bed. I also took off the summer quilt and stored it away on the bedroom closet shelf. I put on the electric blanket, a light blanket, and the green comforter, and I have another comforter folded up at the end of the bed. I started two loads of wash which are almost done. I watered the plants. CIO

11/03/17 Friday 7:50 P.M. <https://www.cnet.com/products/apple-iphone-x/review/?ftag=CAD1acfa04&bhid=19320261445054572381627874410804>

<http://view.reply.reaganfoundation.org/?qs=da0fc759da241b0f085f4ac7fd49bfd0cf142928e78bb9be75af11ba98e5ec70f14980bc3d56a109762ee6d0c908e92781202ea9e4b7e2a1247e91041dea41ea55ce043bf6421ad>

<http://view.klm-mail.com/?qs=5934c239a1c4c20e783ec2b7963ab8af4eb32e0871b598e796b27be3d4b780c3565e50d195108336470e8711b15f3a6e2ae7582152d026011cf54f519eeb0e728fd1909130a2ac4e>

<https://websitebuilders.com/how-to/>

I will now go outside again. CIO

11/03/17 Friday 6:55 P.M. I made a sandwich with lightly toasted 15 grain bread, five deli slices of roast beef interlaced with four deli slices of Swiss cheese with Hellmann's olive mayonnaise and Gold's Hot Horseradish and ground black pepper. I took a 5.4 ounce Knorr Spanich rice mixture, and I put it in my microwave wave rice cooker with a tablespoon of olive oil and 2 cups of water, and I microwaved it for 12 minutes stirring it half way through. I ate half of it, and I refrigerated the other half in a Rubbermaid container. I also drank a 12 ounce glass of diet Schweppes Ginger Ale. I will now go outside again. CIO

11/03/17 Friday 5:55 P.M. I woke up at 4:30 P.M.. I picked up my mail. I went outside, and I chatted with two neighbors. I chatted with two relatives. CIO

11/03/17 Friday 2:45 P.M. I went to my 1 P.M. appointment, and I returned home, and I sat outside briefly.

<https://en.wikipedia.org/wiki/MS-DOS>

<https://en.wikipedia.org/wiki/86-DOS>

https://en.wikipedia.org/wiki/Tim_Paterson

I will now go to bed. CIO

11/03/17 Friday 11:35 A.M. I went outside, and I drank my coffee, and I chatted with a neighbor. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go out early for my 12:30 P.M.. appointment. I will go outside again first. CIO

11/03/17 Friday 9:45 A.M. I woke up, and I ate three ounces of Dutch Gouda cheese. I then went back to bed until 7:30 A.M.. I went outside, and I chatted with a neighbor. I then went downtown to Greenwich Avenue. I walked down and looked at the www.apple.com store. There were about 500 people lined up on Grigg Street around the corner waiting to buy the new Iphone X. I then stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I continued my losing streak. I chatted with two friends. I then went by the www.chase.com bank on Deerfield Place. I then returned home, and I chatted with a neighbor. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee

with Equal sweetener and milk, and vitamins and supplements. I will go outside again.
CIO

11/03/17 Friday 12:50 A.M.

<https://www.facebook.com/photo.php?fbid=696019950604445&set=gm.1736702296638875&type=3&theater&ifg=1> . I went outside again. I have not done laundry in over two weeks, so one of these days or nights, I need to do laundry. I have a 12:30 P.M. appointment today. I also might have to drive a neighbor to the Greenwich Hospital at 7:30 A.M. this morning, so I will try to wake up at 7 A.M. to see if the neighbor needs a ride. I will now shut down the primary work computer, and I will go to bed. If I happen to go out early, I can take a look to see how many people are lined up at the Apple store on Greenwich Avenue this morning waiting for it to open. I was told by one older person downtown, that Apple is just another cult. CIO

11/03/17 Friday 12:25 A.M.

<http://view.reply.reaganfoundation.org/?qs=d180d1143d2ac11744c245e1a3b6a868250dac7c8fdcc0165db54270f219fb04335698e6d4c0d139de3527c98297955c5c3de1a75df9536af62d066262b5659574ce99d1d0808ed8>

<https://www.facebook.com/groups/1428379964137778/>

CIO

11/02/17 Thursday 11:55 P.M. I went outside again. I made a sandwich with lightly toasted 15 grain bread, four deli slices of roast beef interlaced with four deli slices of Swiss cheese with Hellmann's olive mayonnaise and Gold's Hot Horseradish and ground black pepper. I ate it with 8 ounces of shrimp salad and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

11/02/17 Thursday 11:20 P.M.

<http://www.greenwichtime.com/business/technology/article/Pressure-mounts-on-Apple-to-live-up-to-hype-for-12327442.php>

<http://www.businessinsider.com/guide-for-britons-in-new-york-city-2015-8>

<http://www.bbcamerica.com/anglophenia/2013/04/10-british-things-about-new-york-city>

<https://nvintl.net/2012/07/brits-abroad-new-york-citys-top-british-hangouts/> CIO

11/02/17 Thursday 10:40 P.M. I went downtown. I stopped by www.cvs.com on Greenwich Avenue. I paid 50 cents to park. I returned two bottles of Naproxen Sodium 40 liquid gels for \$24.98 return. I bought two CVS 100 capsule pain relief acetaminophen for buy one get one half price for \$18.73 total. I then went further downtown. I sat out for a while. I used the bathroom at the Senior and the Arts Center. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS again, and I bought

two 12 ounce Abound blueberry and pomegranate flakes cereal for buy one get one 50% off for \$7.48 total. I found four new one dollar bills on the sidewalk outside of CVS. I chatted briefly with a local about www.nantucket.net . I could smell incense burning around St. Mary's Roman Catholic Church on Greenwich Avenue. I guess the priest over did it a bit. I photographed the \$75,000 life like mannequin of the Security Office in the Art Gallery about six stores south of Zyn Stationary. I chatted with two relatives after my walk. I sat out for a while longer. I used the bathroom at www.starbucks.com , and I chatted with a local. I chatted with another local outside. I then walked lower Greenwich Avenue again. I toured the www.apple.com store. Ten people were already camped outside the store for when the Apple Iphone 10 is released when they open tomorrow morning. They did not seem to know English, except for one young person asking when they would get paid. I bought an Ace's High scratch card at Zyn Stationary for a dollar, and I continued my losing streak. I sat outside for a while longer. I used the bathroom at Starbucks again, and I chatted with the staff about coffee. I then went to the Stop and Shop. I bought a wedge of Van Kaas Dutch Gouda cheese <https://goudaholland-kaas.nl/> for \$4.99 a pound for \$6.04, Stop and Shop deli sliced roast beef for \$9.99 a pound for \$11.99, a 8 ounce package of Stop and Shop deli sliced Swiss Cheese for \$2.19, bananas for .49 a pound for .58 and .65 can return for \$20.15 total. I then returned home. I chatted with a neighbor. I picked up the mail. I went outside again, and I chatted with other neighbors. I put away my groceries. I will now go outside again. CIO

11/02/17 Thursday 1:30 P.M. I went outside, and I drank my coffee. I drove over to the Greenwich Hospital, and I picked up a neighbor. We stopped by Putnam Shell on West Putnam Avenue on the way back. I sat outside a while, and I chatted with a neighbor. The Energy people gave me seven LED light bulbs. I use the Compact Florescent light bulbs in the winter, because they put out five degrees of heat in the apartment. However, in the warmer time of year, I will use the LED light bulbs, because they use less electricity and do not put out heat. I chatted with a relative. I went outside again. I washed the breakfast dishes. I made my bed. I will now go outside again, and I will throw out the garbage and the old periodical literature. I will then shower and clean up and go downtown to Greenwich Avenue. CIO

11/02/17 Thursday 10:35 A.M. I woke up during the night, and I ate three ounces of almonds and three ounces of Dutch Gouda cheese. I finally woke up at 9:30 A.M.. I drove a neighbor to the Greenwich Hospital, and I returned. I sat outside for a while. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

11/01/17 Wednesday 10:05 P.M. I will now shut down the primary work computer. I will go outside. I will then go to bed. CIO

11/01/17 Wednesday 9:50 P.M. I chatted with a relative. I six pieces of dried fruit from California. I will now go through <http://scott-mike.com/bf.htm> . CIO

11/01/17 Wednesday 9:15 P.M. https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=channel_pc_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171101&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-1 &d=deal-page&utm_campaign=28006f90-3e7b-424c-a36e-374276c60558_0_20171101_treatment0

http://volcano.si.edu/reports_weekly.cfm

<http://icelandicvolcanoes.is/>

My www.eversource.com electricity bill for October 2017 was \$141.76 for 721 kWh for 24,86 kWh per day for 29 days with an average temperature of 61.4 degrees Fahrenheit.

For October 2017, it was \$138.31 for 782 kWh for 26.97 kWh per day for 29 days with an average temperature of 56.2 degrees Fahrenheit. I will now go outside again. CIO

11/01/17 Wednesday 8:35 P.M. I ate eight ounces of shrimp salad with the other half of the reheated Knorr teriyaki rice and 3.5 ounces of Dutch Gouda cheese and a 12 ounce glass of diet Schweppes Ginger Ale. I will now go outside again. CIO

11/01/17 Wednesday 8:00 P.M. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various places. The Subway sandwich place at the bottom of Greenwich Avenue on the left has closed for good. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I used the bathroom at www.starbucks.com. I chatted with a relative. I took a few pictures that I will post later of two race cars. I chatted with someone from Italy. I went to www.cvs.com, and I bought two six packs of 4 ounce V8 tomato juice for \$5 both. I then got a 12.5 ounce Ajax liquid orange detergent with the \$1 bonus bucks, I got from the previous purchase. St. Clair stationary across from CVS on Greenwich Avenue has closed. I then finished my walk, and I sat out for a while. I then went by the Acme grocery store, and bought buy one get one free of six packs of Thomas' English muffins for \$4.39 both, two Signature 18.5 ounce Concorde grape jelly for \$1.69 each, and a pound of shrimp salad for \$2 off for \$3.51 for \$11.28 total. I then returned home, and I chatted with neighbors. I put away the purchases. I will now go outside again. I have to be up at 9 A.M. tomorrow to drive a neighbor to the Greenwich Hospital at 9:30 A.M.. CIO

11/01/17 Wednesday 3:40 P.M. I went outside, and I chatted with neighbors. I picked up the mail. The order with tracking of https://www.ups.com/WebTracking/processInputRequest?loc=en_US&Requester=DAN&tracknum=1Z09R01AYW77457020&AgreeToTermsAndConditions=yes&WT.z_eCTAid=ct1 eml Tracking ct1 eml tra myc upg1&WT.z_edatesent=10272017 on a Christmas gift from a relative from <https://www.landsend.com/> arrived. I will open it on Christmas Day. I will now go downtown to Greenwich Avenue. CIO

11/01/17 Wednesday 2:30 P.M.

https://www.google.com/search?q=Mercedes+Benz+300+B+images&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjji8Xu_p3XAhUELvYKHd70CPcQsAQIJQ&biw=1920&bih=879

https://www.google.com/search?q=1951+mercedes-benz+type+300+limo&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwjD2emk_53XAhWD5iYKHVWSBfgQsAQIJQ&biw=1920&bih=879 . CIO

11/01/17 Wednesday 1:30 P.M. I went outside, and I threw out the garbage. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I moved the winter shirts from the far left of the bedroom closet to the left center, and the summer shirts to the far left of the bedroom closet. I will now go outside again. I will then shower and clean up. CIO

11/01/17 Wednesday 11:55 A.M. I woke up at 10:30 A.M.. I went outside, and I chatted with neighbors. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$203, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$103 for premium Cable TV. However that includes \$35 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I printed out two copies of my Microsoft Sunset Income versus Spending report for October 2017, and I have one copy read to mail to an interested relative with a forever stamp. I will mail it downstairs in the mail room. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

12/31/17 Sunday 11:55 P.M. My family once had a new Ford Country Squire station wagon here in Greenwich and the Boston area. However, with over a half dozen times at the Ford garage, it had noisy valves. I reheated and ate the other half of the Knorr chicken flavored rice and pasta, and I ate it with two White Castle cheeseburgers and a 12 ounce glass of diet Fresca. I think being on low income and working with the internet and computers, I try to use it all to micromanage my finances. However, if I ever quit paying \$202.75 a month to Cablevision and buying computer accessories, I would probably eat better and have a more active lifestyle. However, it what I have learned to do since 1989. To be honest as far as I know my primary web site only gets about 25 hits a week half of which are mine, so I do not think anyone is really looking at my rather tedious web site activity. I think on New Years Eve 1974 or 1975, Fred Von Mierers had me take Helen Kress Williams from Oyster Bay, Long Island to a big New Years Eve party in a second story lobby of a building overlooking Times Square. We found a parking space nearby and viewed it all from the indoor comfort of the second story lobby viewing point. I think that is the only time I went to New Year's Eve in Times Square. I normally like avoiding crowds. I did show up in a large crowd for the Tall Ships in New York Harbor on the Fourth of July 1976 and the following day when Queen Elizabeth II and Prince Phillip toured <https://www.bloomingdales.com/> on Third Avenue. After that we called Third Avenue, "Queen's Boulevard". Happy New Years! CIO

12/31/17 Sunday 11:15 P.M. I ordered https://www.itechdeals.com/2-pack-8-pin-to-usb-6-foot-2m-cables-for-iphone-5-5s-ipad-mini-ipad-air-free-shipping.html?utm_campaign=6+foot+8pin+cable+12%2F31%2F17+%28MgFVML%29&utm_medium=email&utm_source=General+Subscription for \$6.99 with free shipping.

https://www.smithsonianmag.com/travel/former-mines-find-modern-glory-180967649/?utm_source=smithsoniantopic&utm_medium=email&utm_campaign=20171231-Weekender&spMailingID=32418520&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1183524429&spReportId=MTE4MzUyNDQyOQS2

https://www.smithsonianmag.com/smart-news/true-story-mrs-alfords-nitroglycerin-factory-180967653/?utm_source=smithsoniantopic&utm_medium=email&utm_campaign=20171231-Weekender&spMailingID=32418520&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1183524429&spReportId=MTE4MzUyNDQyOQS2

<https://www.jacquelawson.com/rm.asp?cardid=3477207&page=everyday>

I will now go out into the reindeer land. CIO

12/31/17 Sunday 10:35 P.M. I have had a 20 year bottle of Moet and Chandon champagne <https://www.moet.com/prehome> for over 20 years, but it is not cold. I am not sure if it is still good through, since I had it refrigerated for 10 years or so, and then at room temperature the rest of the time. However, if I left it outside in the Volvo wagon for about an hour, it would probably be cold. CIO

12/31/17 Sunday 10:00 P.M. https://www.amazon.com/Astrophysics-People-Hurry-deGrasse-Tyson-ebook/dp/B01MAWT2MO/ref=pd_zg_rss_ts_kstore_154606011_8&tag=bestdeals016-20 I will now venture out in the cold weather again. There is no point going out downtown, because on Sunday night www.starbucks.com , www.cvs.com , and the Stop and Shop all close at 10 P.M.. Also it is 8 degrees Fahrenheit outside at the moment <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WkmjZjdryUl> . For the energy to drive in the cold, one can keep a warmer apartment. Also in this cold weather, if one had any mechanical problems, your goose would be cooked. Also batteries on devices like Iphone do not last as long. C'est tres froid, n'est pas? CIO

12/31/17 Sunday 9:25 P.M. I will now go through <http://scott-mike.com/bf.htm> . It is one of my interior decorating schemes. Instead of buying new stuff at Christmas time and wasting a whole lot of money needed for the upcoming very cold winter; one should just move the old stuff around to make it look it is new. I used to cover a lot of the bars on the West Side of Manhattan, where a lot of the people from New Jersey would frequent, and even a lot of the people in those places thought I was a Ford family member, and Ford used to have a manufacturing facility across the Hudson River in New Jersey, so I saw a lot of Ford employees in the old days. Ford also has a Marine division, so they show up in the tropical waters of Florida. Ford used to also have a military division, but I am not sure that exists anymore. CIO

12/31/17 Sunday 8:30 P.M. This is supposed to be the main Ford family house in Grosse Pointe Farms, Michigan [https://cdn.vox-cdn.com/thumbor/2v2HbrJB8ciIYNG0rnn0AZz2KtU=/0x0:800x600/1200x900/filters:focal\(0x0:800x600\)/cdn.vox-cdn.com/uploads/chorus_image/image/48172015/Edsel_20Eleanor_20Ford_20House_20.0.jpg](https://cdn.vox-cdn.com/thumbor/2v2HbrJB8ciIYNG0rnn0AZz2KtU=/0x0:800x600/1200x900/filters:focal(0x0:800x600)/cdn.vox-cdn.com/uploads/chorus_image/image/48172015/Edsel_20Eleanor_20Ford_20House_20.0.jpg) . The Reed House on Clapboard Ridge Road in Greenwich used to look a bit like this. Myles McGough knew one of the Reed daughters, so I once visited there. It is a very nice house. CIO

12/31/17 Sunday 8:25 P.M. I chatted with a relative. I let a visitor in. I chatted with a neighbor. I went outside again. I washed the breakfast dishes. I made my bed. In the old days, a lot of people told me I looked like Peter Jennings of A.B.C. news. I even had a friend at the Taft School in Watertown, Connecticut whose father was the president of

A.B.C.. I also had two individuals the year ahead and behind me who were members of the www.ford.com family who also went to www.lfc.edu with me. I used to see somebody around Greenwich, Connecticut that looked like Henry Ford driving a burgundy Jaguar with Connecticut license plate "ROYAL". I know Margaret Thatcher used to live in Henry Ford's apartment in London. When I was once parking at the Viking Hotel in Newport, Rhode Island; the individual that looked like Henry Ford with the same car was parking next to me. A friend of my family who made the furniture for the State Department, once had a custom made Thunderbird made for him by Henry Ford. I was given a chance to buy it used for \$250 back in 1975, and I even drove it down by the lake at Conyers Farm, but I figured it would be too expensive to maintain. When I used Fred Von Mierers' apartment at 420 East 49th Street from October 1973 to February 1975, it was two blocks north of the Ford Foundation. Fred's friend Joe MacDonald might have been related to Anne MacDonald Ford, Henry Ford's first wife. When I used to visit White Plains, New York trying to network with www.ibm.com, I met Fred Ford from Greenwich, but there is a Ford family in Greenwich that are one of the town founders, so they might not be involved in the automobile business. Having been a professional photographer, I know a lot of people look the same. I once noticed at the time 20 years or more, when I was thinner and fair haired, I looked a bit like <https://www.google.com/search?q=William+Clay+Ford+Jr.+images&tbm=isch&tbo=u&source=univ&sa=X&ved=0ahUKEwinn7eYyrXYAhVkTd8KHZLYAEUQsAQIJg&biw=1920&bih=919>. I was told the Ford family of Grosse Pointe Farms, Michigan also have a house in Greenwich, Connecticut; so possibly some of them show up here and mistake me for a Ford family member. Well, www.ford.com at one time owned both Jaguar and Volvo. I am told that Ford Motors is basically a private company with 40% owned by the family, 40% by the foundation, and 20% by the pension fund. I am also told a director of the Ford Motor company also live up by the Round Hill Club here in Greenwich, and the Greenwich police drive Ford automobiles, because they get a good deal on them. I did once drive a Ford Mustang convertible around this area and Boston, when Edsel Ford was at Babson College. I once owned a used Ford Escort while living at Vinci Drive, but I think it had had a fire, and it would never start in the winter. When I was in Oslo, Norway in February 1983, I saw two thousand Ford Escorts on the dock there. What kind of cars do Norwegians drive? Fjords. I will now shower and clean up, but first I will go outside again to bay at the full moon. CIO

12/31/17 Sunday 6:25 P.M. Before going to bed, I ate a 5.4 ounce Dannon low fat Greek yogurt with fruit. I ate six Fig Newtons and a 6.25 ounce can of pistachio delights. I chatted with a relative at 9 A.M.. I also woke up again, and I drank a 8.5 ounce glass of www.perrier.com pink grapefruit. I finally woke up at 5:30 P.M.. I went outside in the local Siberian tundra. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

End of Scott's Notes week of 12/31/17

12/31/17 Sunday 6:50 A.M. https://www.nytimes.com/2017/12/30/technology/nikola-tesla.html?emc=edit_th_20171231&nl=todaysheadlines&nid=46729

I will now send out my weekly notes. I will then shut down the primary work computer. I will go outside. I will then go to bed. CIO

12/31/17 Sunday 5:55 A.M. I watched on Acorn TV <https://signup.acorn.tv/>, series 5 episode 11, the final episode of "A Place to Call Home. I will now go outside again. CIO

12/31/17 Sunday 5:00 A.M. <http://www.greenwichtime.com/local/article/Town-offers-safety-warning-as-Greenwich-remains-12462307.php> CIO

12/31/17 Sunday 4:50 A.M. A dove was sitting on the window sill to stay warm, when I went outside. When I walked by it, it flew away and startled me. CIO

12/31/17 Sunday 4:30 A.M. I made up a batch of Knorr 5.6 chicken flavor rice and pasta mix, and I ate half and refrigerated the other half in a Rubbermaid container. I ate it with two White Castle cheeseburgers and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

12/31/17 Sunday 3:45 A.M. I updated McAfee on the Asus Netbook in the bedroom. I exchange the Haier television from the bedroom into the living room where the Westinghouse TV was, and I moved the Westinghouse TV into the bedroom where the Haier TV was. I also moved their speaker systems and their Roku devices. One can exchange the HDMI input on both television for their accessories with HDMI switches. I will now go outside again. CIO

12/31/17 Sunday 1:00 A.M.

https://www.amazon.com/gp/product/0062224069/ref=pe_397970_266254470_em_1p_7_ti

https://www.rokuguide.com/articles/200-essential-movies-to-watch-now-on-roku?awt_l=KCgef&awt_m=3Z9kksbaFS11fNX I will now venture out into the Siberian Tundra again. CIO

12/31/17 Sunday 12:25 A.M. I went outside again. It is minus 12 degrees Fahrenheit in Kennebunkport, Maine <http://forecast.weather.gov/MapClick.php?lat=43.3626&lon=-70.4701#.WkhxEDdryUk> . It is zero degrees Fahrenheit in Lake Forest, Illinois <http://forecast.weather.gov/MapClick.php?lat=42.251&lon=-87.8417#.WkhxdjdryUk> . It is minus 20 degrees Fahrenheit in Bangor, Maine <http://forecast.weather.gov/MapClick.php?lat=44.8017&lon=-68.7708#.Wkhx0DdryUk> . It is minus 7 degrees Fahrenheit in Minneapolis and St. Paul Minnesota <http://forecast.weather.gov/MapClick.php?lat=44.8797&lon=-93.1997#.WkhyGzdryUk> . It is minus 28 degrees Fahrenheit in International Falls, Minnesota <http://forecast.weather.gov/MapClick.php?lat=48.6026&lon=-93.4036#.WkhybzdryUk> . It is minus 15 degrees Fahrenheit in Bismarck, North Dakota <http://forecast.weather.gov/MapClick.php?lat=46.8083&lon=-100.7837#.WkhyszdryUk> .

<https://www.accuweather.com/en/weather-news/weakening-polar-vortex-may-yield-longer-harsher-winters-in-north-america/70000025> . CIO

12/30/17 Saturday 11:30 P.M. There are a few private people who like going to https://en.wikipedia.org/wiki/Boca_Grande,_Florida . I went outside again. Some wealthy people from the upper Midwest like visiting <https://www.catcayyachtclub.com/Club/Scripts/section/section.asp?NS=HP> . Unfortunately for me, Dr. Connors one of my dermatologists here in Greenwich, Connecticut told me I should not go out in the sun until after 3 P.M. in the afternoon, so if I were ever down south, I would have to be on a night schedule. I will now reheat the other half of the pizza from last night, and I will eat it with a 12 ounce glass of diet Fresca. CIO

12/30/17 Saturday 10:00 P.M. A friend of mine whose cell phone quit working a few days ago might be down in <http://www.bequiatourism.com/> . A relative of mine had a house down there. The Kennedys and John Kerry are also supposed to vacation down there. They are supposed to have a Scottish area down there. CIO

12/30/17 Saturday 9:35 P.M. I will now go outside again. I will then shower and clean up. I will not be going out in the very cold weather tonight. I am sure there are a lot of young people on vacation that can people watch on Greenwich Avenue for whatever it is worth. CIO

12/30/17 Saturday 9:05 P.M. I went outside again, and I chatted with a neighbor. I washed the breakfast dishes. I made my bed. I will now go through <http://scott-mike.com/bf.htm> . CIO

12/30/17 Saturday 7:25 P.M. I chatted with a relative at 3 P.M.. I woke up at 6 P.M.. I went outside, and I cleaned two inches of snow off my Volvo wagon. I moved it to its usual place. I cleaned the benches in the front of the building and the east side picnic tables. I picked up the mail. I chatted with neighbors. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. One should look at the recent two inches of snow, and see if there are any foot or paw prints from wild animals. CIO

12/30/17 Saturday 8:05 A.M. I drove over to the Valley Road post office, and I mailed the <https://www.landsend.com/> return gift package. They will send me a gift card less the \$6.95 price of the postage. I will now shut down the primary work computer, and I will go to bed. It is minus 20 degrees Fahrenheit up in Kennebunkport, Maine <http://forecast.weather.gov/MapClick.php?lat=43.3626&lon=-70.4701#.WkeOpzdryUk> . Those lobsters must be cold. Bon Soir. CIO

12/30/17 Saturday 7:30 A.M. I finished maintaining the Dell Latitude E6400 laptop. It seems to work just fine, but it is a bit slow starting up. I will do some more work on my

spare laptop, when I have time. I need to add a few changed files, and some more Windows 10 Apps updates. I will now go outside again. CIO

12/30/17 Saturday 6:30 A.M. I went outside again, and I chatted with a neighbor. I am still working on maintaining the Dell Latitude E6400 laptop with Windows 10. It seems to be working fine after restoring the backup. It is a bit slower laptop though. I am now doing a Norton Quick Scan. I will now go outside again. CIO

12/30/17 Saturday 5:25 A.M. I am doing some more Mickey Magic. I brought the Asus Netbook out of storage, and I set it up on the old Apple laptop in the bedroom. It should work off the apartment wireless. I brought the Dell Latitude E6400 laptop out of storage, and I put it underneath where the new Apple laptop sits on the north end of the dining table. Its system configuration was messed up, so I am now doing a Windows 10 backup restore from August 25, 2016. Thus once it is restored it should work fine. I will put the newer version of Norton Internet Security on it. I will have it resting underneath the newer Apple laptop available for service. Since these two items are rather tiny, they do not add to apartment clutter. However, in an emergency situation for the internet, they would be possibly handy. I will now go outside again. CIO

12/30/17 Saturday 4:20 A.M. There seems to be additional security around the building at the moment. I found a 8.5 ounce unopened can of www.perrier.com pink grapefruit. I brought inside, and I put it in the refrigerator, so it will not freeze. CIO

12/30/17 Saturday 3:55 A.M. I ate four ounces of deluxe mixed nuts. I will now go through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

12/30/17 Saturday 3:20 A.M. I ordered in black https://www.ebay.com/itm/Winter-Face-Mask-Warm-Cold-Weather-One-Hole-Facemask-OD-Black-Ski-Snow-Masks/321256933871?epid=1800688351&hash=item4acc67c9ef:m:m_rMkhS9zIN8PpDJzlk7vdw for \$4.99 and \$3.89 shipping for \$8.88 total.

These <https://www.ebay.com/itm/Black-One-Hole-Three-Hold-Winter-Facemask-Rothco-Fine-Knit-Ski-Face-Mask-/192020858354?var=&hash=item727a6d6217> and <https://www.ebay.com/itm/Black-Wintuck-Face-Mask-Cold-Weather-Winter-Facemask-Warm-Head-Covers-/200991921637?var=&hash=item7476858174> are also available. CIO

12/30/17 Saturday 2:30 A.M. <http://www.greenwichtime.com/local/article/Town-offers-safety-warning-as-Greenwich-remains-12462307.php>

12/30/17 Saturday 2:30 A.M. <http://www.thecrownchronicles.co.uk/royal-news/princess-anne-prince-charles-busiest-royals-2017-andrew-third/>

http://volcano.si.edu/reports_weekly.cfm

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?tLabels=9274890104201232371922.+> on the

order for \$6.99 and .44 tax for \$7.43 total with free shipping in navy
<https://www.ebay.com/itm/aeropostale-mens-fingerless-gloves-/401439017056>

<http://view.klm-mail.com/?qs=ad520d3965937dd1584d414565cba17796a5646ca39b39f0c9def4aa2df082686e41302114e978ab598a446fb25525be4dad2e547dc34126054090c52e6f1c64d0e8e278b5f5f0c8>

https://www.aarp.org/health/healthy-living/info-2017/dirty-kitchen-sponge-bacteria-fd.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-122917-F1-2658352&ET_CID=2658352&ET_RID=121632&mi_u=121632&mi_ecmp=20171229_WEB_LETTER_Member_Control_Winner_251100_391406&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHHasCar6lS/I%3D

I took the 31.5 ounce <https://www.digiorno.com/> Self Rising Supreme pizza, and I put minced dried onions on it, garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil. I baked it in the Farberware convection oven at 400 degrees Fahrenheit for 20 minutes. I ate half with a 12 ounce glass of diet Fresca and put the other half in a Rubbermaid container in the refrigerator.

<https://www.facebook.com/photo.php?fbid=10211533402755015&set=a.1115893741873.2017425.1362852712&type=3&theater>

I will now go outside again. CIO

12/30/17 Saturday 1:05 A.M. View and Pay your Greenwich, Connecticut taxes <https://www.mytaxbill.org/inet/bill/home.do?town=greenwich> . There was an article in the internet press that paying one's local taxes before the end of the year might not save money according to the IRS.

I went out, and I went by the www.chase.com bank at Deerfield Place. I then went downtown, and I walked lower Greenwich Avenue. I sat out at various locations. It was not busy, and it was 16 degrees Fahrenheit outside. I then drove over to the Stop and Shop, and I bought two packages of 7 ounce regular Banquet frozen sausages for \$1.25 each and a 31.5 ounce <https://www.digiorno.com/> Self Rising Supreme pizza for \$5.50 for \$8 total. They showed me how to use the self check out machines at closing. I then went back downtown, and I walked upper Greenwich Avenue. I sat out at various locations. I used the Chase Bank ATM machine at the top of Greenwich Avenue. The Barcelona wine bar newly reopened after the fire looks busy just west of the top of Greenwich Avenue. After my walk, I returned home. I sat outside briefly. I put away my purchases. I will now go outside again. CIO

12/29/17 Friday 9:15 P.M. I put a new Air Wick scent refill in the living room scent machine. I went outside, and I chatted with a neighbor. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown to Greenwich Avenue. It is currently 15 degrees Fahrenheit
<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=->

73.62304748575207&site=all&smap=1#.Wkb0iDdryUl . There was an advertisement on www.foxbusiness.com yesterday that www.ibm.com Watson super computer can handle a billion cyber security threats a day https://www.ibm.com/security/security-intelligence/qradar?S_PKG=-&cm_mmc=Search Google- - Security Detect%20threats%20%20-%20QRadar- -WW NA- - %20ibm%20%20cyber%20%20security Broad - &cm_mmca1=000000MI&cm_mmca2=10000099&cm_mmca7=9003454&cm_mmca8=kwd -296819003483&cm_mmca9=77dae110-9caf-482b-b857-d12bf6e8c2bb&cm_mmca10=226278009511&cm_mmca11=b&mkwid=77dae110-9caf-482b-b857-d12bf6e8c2bb|467|818964&cvo_src=ppc.google.+ibm%20+cyber%20+security&cvo_campaign=000000MI&cvo_crid=226278009511&Matchtype=b . CIO

12/29/17 Friday 7:40 P.M. I faxed a copy of my December 2017 bank statement to my town of Greenwich, Connecticut social worker to be used for my energy assistance application. I chatted with Network Solutions, and I renewed my domain name for \$37.99 until mid May 2019. I also go domain name insurance for free. I will now go outside again. CIO

12/29/17 Friday 6:05 P.M. I ate the last clementine before going to bed. I woke up at 5:30 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. The order with tracking of http://www.dhl.com/en/express/tracking.html?AWB=9241990101549212930410&brand=DHL on the order for https://www.amazon.com/gp/offer-listing/0070545901/ref=dp_olp_used?ie=UTF8&condition=used for \$5.28 and \$1 shipping for \$6.28 total arrived. I chatted with a relative. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

12/29/17 Friday 6:10 A.M. I went outside again. When I was younger and more fit, I used to go into Manhattan on the coldest nights of the year. I think during the cold spell in February after "911", I drove into Manhattan in my Austrian lederhosen suit that I bought at the Merry Go Round Mews thrift shop for \$50 and my Italian alpine boots and my Australia bush hat, and I went to a couple of pubs with younger people whom were amused to see me and figure out whom I was. I also stopped by the Waldorf Astoria and the doorman looked like the Aga Khan who is a Swiss citizen, and I saw two cold weather young blond girls with the www.ford.com family look coming out of the Waldorf with two bodyguards, and they got into a blue Ford Taurus. Well, Grosse Point Farms, Michigan is pretty cold in the winter, so they might feel more comfortable here. It is a little bit warmer there http://forecast.weather.gov/MapClick.php?lat=42.4064&lon=-82.8927#.WkYfkzdryUk . Of course the Rockefeller family are known for hiding out in Jackson Hole, Wyoming http://forecast.weather.gov/MapClick.php?lat=43.6844&lon=-110.6899#.WkYf8DdryUk , and it is a bit warmer there with more snow. I guess the well traveled northern people like their privacy, and they do not like internet bloggers. They did not have the Santa Claus Mercedes Benz commercials on television this Christmas, but www.chase.com is advertising automobile loans with an old 1951 Adenauer Mercedes B

300 like I restored at www.lfc.edu putting thousands of hours into it and \$4,500 of hard earned money, and I only got \$1,250, when I sold it to a Watertown, Massachusetts pharmacist to afford to go to Europe in 1972, but I saw a lot more like it in Athens, Greece. I did not visit Germany on that trip. I will now shut down the primary work computer. I will go back outside. I will then go to bed. CIO

12/29/17 Friday 5:35 A.M. Now it is minus 24 degrees Fahrenheit in Kennebunkport, Maine <http://forecast.weather.gov/MapClick.php?lat=43.3626&lon=-70.4701#.WkYZRTdryUk> . About three summers ago, when I was getting on I-95 south in Portland, Maine, I saw a homeless man with a sign that looked like Nelson Rockefeller, so it must be a very common look up north. CIO

12/29/17 Friday 5:30 A.M. The lights just blinked for a fraction of a second. I hope there is nothing wrong with the nearby Nuclear Reactor up by the Rockefellers. Basically the half life of radioactive material is about 350,000 years, so it does not go away right away. I ate four ounces of deluxe mixed nuts and a 8.5 ounce glass of www.perrier.com . Of course Perrier is over a billion years old, so it does not go away too fast either. I went through <http://scott-mike.com/bf.htm> again. The Chinese are not giving away any bargains. I will now go outside again. CIO

12/29/17 Friday 4:40 A.M. My mother's family name is "Bovan" which in Dutch means upstairs. However, this similar name "Boven" might be a relative over in the Netherlands https://www.nuernberg.de/internet/menschenrechte_e/jury_vanboven_bio_en.html . CIO

!!!!!! 12/29/17 Friday 4:10 A.M. Free Reading for Kindle devices https://www.amazon.com/s/ref=sr_pg_2?&rh=i%3Aaps%2Ck%3Aamazonclassics%20edit%20ion&ie=UTF8&encoding=UTF8&tag=bensbargaicenter&linkCode=ur2&camp=1789&creative=9325 . I bought all of the free books for my Kindle reader on the first twelve pages of free books. I bought by mistake the Audible version of Pride and Prejudice for \$5.54, and I also bought for the Kindle reader which also work on my other devices too, The Adventures of Huckleberry Finn: by Mark Twain for .49 and War and Peace by Leo Tolstoy for .49. I will now have a whole lot of books for my Kindle reader and my two Ipads, if I ever get around to reading instead of typing. I will now go outside again. CIO

12/29/17 Friday 2:30 A.M. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$202.75, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$102.75 for premium Cable TV. However that includes \$35 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I will now go outside again. CIO

12/29/17 Friday 2:10 A.M. It is currently 8 degrees Fahrenheit outside here <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WkXoQzdryU> . However it is minus 20 degrees Fahrenheit in Kennebunkport, Maine

<http://forecast.weather.gov/MapClick.php?lat=43.3626&lon=-70.4701#.WkXogzdryUk>
CIO

12/29/17 Friday 1:20 A.M. I took four large eggs, and I broke them in a mixing bowl. I added two tablespoons of milk, a tablespoon of extra virgin olive oil, Italian seasoning, and a tablespoon of grated parmesan and Romano cheese. I whisked it all together. I then put four tablespoons of extra virgin olive oil in my 10 inch seasoned omelet pan, and I heated it on medium high electric burner heat. Once the oil was hot, I swirled it around the pan, and I added the egg mixture, and I turned the electric burner heat down to medium. Once the egg mixture was cooked well enough on the bottom side, I flipped it with a spatula, and I added six .25 inch by 1.5 inch by 1.5 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese on one side, and then I flipped the other side over it. I let it heat for about another minute, and I put it on a dinner plate with grated parmesan and Romano cheese on top of it. I ate it with a toasted English muffin with Smart Balance spread and Smucker's raspberry jelly, and ten Banquet maple sausages and a 12 ounce glass of diet Fresca. Well, there goes my diet for the day, but one needs a little food to survive the colder weather. I will now go outside again. CIO

12/29/17 Friday 12:15 A.M. I put away the clean laundry. Back in the old days at www.lfc.edu , when I rented the Farm in Knollwood, Illinois, when we were bored at night, we would drive west to the Toll Road that ran from Chicago to Milwaukee in Libertyville, Illinois, and we would go to the Harvey rest area restaurant called the "Oasis" there, and eat a big farmer's breakfast of three eggs over easy with five strips of bacon and toast with butter and jelly and hash brown potatoes and orange juice and coffee with cream and sugar for about \$3. It sort of took the edge off those cold Midwestern nights, and would see a lot of people traveling north in that neck of the woods. I will now go outside again. CIO

12/28/17 Thursday 11:30 P.M. <https://www.britannica.com/biography/Woodrow-Wilson>

<http://email.united-states-flag.com/public/viewmessage/html/30019/7olh034pp92ql8g6u66qw7v9th5po/0bba03eb000000000000000000000000d687d>

I will now go outside again. CIO

12/28/17 Thursday 11:15 P.M. I went outside, and I chatted with a neighbor. One of the most famous Norwegians in the United States of America was https://en.wikipedia.org/wiki/Eliot_Ness who spent a lot of time up on Canadian border fighting the Capone mafia bootleggers from Chicago. CIO

12/28/17 Thursday 10:50 P.M. I have 55 minutes to go on two dry cycles. I will now go outside again to see how Jack Frost is doing. We actually used to have a retired Idaho sheriff living in this building named George Frost. He got tired of dealing with Mountain Lions, so he moved back east. He was also in the Battle of the Bulge. He gambled a lot, so he always had a wad of hundred dollar bills. CIO

12/28/17 Thursday 10:35 P.M. Back in the early days of television, this used to be on television "[https://en.wikipedia.org/wiki/Sergeant Preston of the Yukon \(TV series\)](https://en.wikipedia.org/wiki/Sergeant_Preston_of_the_Yukon_(TV_series))". When I was out at www.nantucket.net in the 1960s and 1970s, there used to be a bar across from the Nantucket airport called "Preston's" with pool tables. Both in Key West and Nantucket, there were a lot of Canadians. The father of the house where I built the garage apartment out at 21 Circle Drive, Plandome Manor, Long Island had gone to the <https://www.utoronto.ca/>, but I do not know if he was a Canadian or not. He had left his wife and moved to Santa Rosa, California. His grandson used to drink [https://en.wikipedia.org/wiki/Molson Brewery](https://en.wikipedia.org/wiki/Molson_Brewery), so they were probably cold weather people. CIO

12/28/17 Thursday 10:10 P.M. I showered, and I cleaned up. I have 30 minutes to go on two wash cycles. I will now go outside again. CIO

12/28/17 Thursday 9:15 P.M. I gave a neighbor who had left their keys in their mailbox back their keys. I put clean linens on the bed. I will now go outside and visit the local tundra. It is so cold outside, there does not seem to be any activity at the indoor ice skating rink in the back yard. For Canadian citizens only, there is the Canadian Emergency telephone number for free at 1-613-996-8885. They do accept collect calls, but they only help Canadian citizens. I think the United States of America should have an emergency telephone line for stranded citizens traveling abroad and at home. CIO

12/28/17 Thursday 8:30 P.M. I went through <http://scott-mike.com/bf.htm>. I chatted with a relative. I will now go outside again to star gaze. I gave away my telescope, when I also decluttered the apartment. I have enough room in the apartment to have one or two guest over for coffee. However, being on a night schedule, everyone ignores me. I guess the high tech people prefer www.starbucks.com for its free wireless and better expensive coffee. Folgers does not make it will millennials, although Folgers was Ben Franklin's mother's family from www.nantucket.com Ben was high tech for his time, and he also attended www.harvard.edu. He was the youngest of 13 children, so he was a bit spoiled. https://www.fi.edu/history-resources/philadelphia-weather-data?gclid=EAIaIQobChMI5JrXsIeu2AIV0IKzCh3OzAwNEAAYASAAEgLDWvD_BwE. Old Ben knew about the Gulf stream and its changing course effected major weather patterns. I am told the Gulf Stream even goes up to Oslo, Norway; so Oslo is a bit warmer than the rest of the country. See <https://weather.com/weather/tenday/l/NOXX0029:1:NO> Oslo, Norway is warmer than here right now. CIO

12/28/17 Thursday 7:55 P.M. I went outside, and I threw out the garbage. I washed the breakfast dishes. I watered the plants. CIO

12/28/17 Thursday 6:40 P.M. I woke up, and I a half ounce of whole cashew nuts. I finally woke up at 5:30 P.M.. I went outside. I picked up the mail. I chatted with a relative. I went outside again. It is 15 degrees Fahrenheit outside at the moment. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50%

cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. CIO

12/28/17 Thursday 5:40 A.M. The Space Station does not fly by until 6:46 A.M. this morning from southwest to northeast at 10 degrees for six minutes and maximum height 45 degrees. When I used to visit the pub near Danbury where people from Perkin Elmer and Hughes Satellite hung out after work, I found out they were working on the Hubble telescope mirror. While there I met a Dutch pilot for www.klm.com who was the nephew of Queen Beatrice of the Netherlands. He told me he was the copilot on the KLM 747 flight over Alaska that lost all four engines over an active Alaska volcano. However, he was able to restart the engines. When I got on the internet about 1992, I thought it might be a good way to start to link the world's yacht clubs together. Then I read the news story about the NASA satellite that could X-ray volcanoes, and I started studying volcanoes for a long time on the internet. Now that there are so many people on the internet, I feel I have sort of delicate authority as far as most matters are concerned. When I was just outside now, I saw something fly by in the southeast sky at over fifty thousand feet or more going as fast as the old Space Shuttle used to travel. The Dutch pilot named Eric told me he wanted to be the first Hypersonic pilot from London to Australia in an hour. I am told they have developed such aircraft at Area 51, and I have seen them before in the night sky. I just can not figure out why people would be in such a rush to travel that fast. In the old days of NASA, every pound in space cost two million dollars, so the astronauts were small people. The astronauts I was told used to train down in Key West, Florida. I saw one tiny person downtown at CVS last night with a very big body guard, so maybe he is an astronaut. I will now shut down the primary work computer. I will go outside again. I will then go to bed. Bon Soir. C'est tres froid, n'est pas? Il y a des Isles qui parle des Francaise in autre partis du monde. CIO

12/28/17 Thursday 5:00 A.M. Back in June 1962, my father Louis Dale Scott was a vice president of Chemstrand a company owned by www.monsanto.com and American Viscose. We were transferred up north to Greenwich, Connecticut with the first year actually in Stamford, Connecticut on the Greenwich border before we moved to Greenwich, Connecticut the following year. Stillman Rockefeller was on the board of directors of Monsanto. I started at Greenwich Country Day in September 1962. When we first moved to Greenwich, Connecticut we lived on Baldwin Farms North off Round Hill Road. Lowell Weicker who was First Selectman of Greenwich at the time was friends of my family and a neighbor. However, going to private school and living in back country, I did not have many friends or socialize with people. I spent most of my free time doing my home work and reading. In the summer, I played golf at the Greenwich Country Club a lot. At the Taft School in Watertown, Connecticut, I only played golf in the spring, and I spent a lot of afternoons in the library reading instead of playing sports. At Lake Forest College out in Lake Forest, Illinois; I worked a lot of part time jobs to have a little extra money. After my first two years, most of my classes were seminars in the afternoon, so I would sleep late and work jobs like driving a taxi cab during the late night and early morning hours. During my first two years, I worked as bank teller in the afternoon. Of course back home in Weston, Massachusetts, I was a research photographer and COBOL software engineer and construction laborer at Polaroid in the summer, where my father was also a vice president.

Dr. Land of Polaroid was President Richard Nixon's science advisor. When I arrived in Manhattan at the first of January in 1973 after having traveled as a student in Europe the previous winter and spring, I was full of optimism about my job prospects. However, although I graduated, Lake Forest College would never release my transcript saying I owed them \$7,500 in tuition costs for my independent studies project at Polaroid in COBOL software programming taken off campus. That might have interfered with my job hunting. By October 1973, the stock market crashed and there was an Arab oil embargo. When I met Fred Von Mierers, he was connected up with Rockefeller family members and other prosperous New Yorkers. However, New York never lead to anything, so I left for good the first time in February 1975, just to work around home in Greenwich. After spending sometime from that summer 1975 to December 1983 in Nantucket and traveling to Florida, California, and living also in Manhattan and Long Island and Greenville, South Carolina, I became used to doing hard working simple jobs that did not pay much money like dish washing and construction and typing. In that period CitiBank advertised that a million people worked at night in Manhattan, but although having minor Rockefeller connections; it never lead to me ever being paid for any of my work done at night over the years including a lot of walking and chatting with strangers in public, where ever I lived and traveled. Quite frankly being a night person, where ever I lived, I do not think any of the daytime people even knew I was around, when I was asleep. At age 67, I just know how to keep busy with my own simple routines. Since we have better communications today, we know more; but all of the communication and reading the periodical literature on the internet take a lot more time. CIO

12/28/17 Thursday 4:15 A.M. I watched on Acorn TV <https://signup.acorn.tv/> , series 5 episode 11 of "A Place to Call Home. I will now go outside again. CIO

12/28/17 Thursday 2:55 A.M. I also threw out my two DeLonghi oil filled radiators which were warm and comfortable to sit by on a cold night without paying to heat the whole apartment. It is currently 13 degrees Fahrenheit outside right now <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WkShsDdryUl> . As I have said before at Christmas Time I turn up the heat in the apartment, so it is currently 68 degrees Fahrenheit inside my apartment. However, once I get the December electric bill at the first of January, I turn the heat down about 4 to 6 degrees Fahrenheit to save money. I will now reheat the other half of the pizza, and I will eat it with a 12 ounce glass of diet Fresca. The symbol of the King of Norway is a fire ax, so the Norwegians are very fire conscious. CIO

12/28/17 Thursday 2:30 A.M. <https://www.ebay.com/itm/Hot-Outdoor-Neutral-Adjustable-Military-Tactic-Backpack-Rucksacks-Hiking-Travel/380885362476?rmvSB=true>

http://www.josbank.com/knit-scarf-hat-set-clearance?utm_source=linkshare&utm_medium=affiliate&utm_content=generic&utm_campaign=default&ranMID=38377&ranEAID=NKa3hZyYoHA&ranSiteID=NKa3hZyYoHA-A-LFN2oI66Ohdh0cy7CtJEgA&mid=38377&siteID=NKa3hZyYoHA-LFN2oI66Ohdh0cy7CtJEgA I will now venture out into the local tundra. CIO

12/28/17 Thursday 2:05 A.M. I guess the King of Norway <https://www.royalcourt.no/> has a lot of influence in the North Country. You can contact them here <https://www.royalcourt.no/kontakt.html?tid=28714&sek=27327> . While in Oslo, Norway during the winter of 1983, I bought a little 7 inch by 10 inch Norwegian flag that I sewed on my back pack that I spent the whole summer sewing together with blue canvas from Hood Sail and blue Heminway thread from Steamboat Road in Greenwich, Connecticut on the beach out in www.nantucket.net during the summer of 1977. It is a bit heavy. I had originally designed to carry supplies, if I were on a sailboat having to go ashore for supplies. However, I am not supposed to be out in the hot sun anymore in the tropics. I will now go through <http://scott-mike.com/bf.htm> . CIO

12/28/17 Thursday 1:35 A.M. Back in February 1982, when it was minus 26 degrees Fahrenheit in Manhattan after Mount St. Helen's had erupted, I was comfortable in Julie Bolton's dog's apartment on West 74th Street, since it was part of the Manhattan Steam grid. When it was that cold the Saudi Arabian flag was always flying at the Waldorf Astoria, since they were making a lot of money, and it was about 85 degrees Fahrenheit in the hotel lobby, when I walked through it. When I had to move out on one of those cold nights because Julie's younger son was moving back in, I stayed with Bobby Fink from Hollywood, Florida who lived in a well heated apartment about a small Episcopal church on East 54th street. On Manhattan's new cable television service, the kept running Dr. Zhivago. Bobby got a thousand dollars a hair cut for working for Vogue magazine. When after a week, he had to go down to St. Bart's in the Caribbean for a fashion shoot, I had to leave the apartment. He introduced me to a friend that lived on East 52nd Street across from Greta Garbo and two friends Michael and Louis from England that lived in the pent house of the East 54th street where Fred Von Mierers and Joe MacDonald also lived. It took the \$100 that Julie had given me to move out, and I flew down to Key West. I stayed with three different people down there, until I was sent back up north because of a computer problem. Back out at Plandome Manor, Long Island where John Bolton and Vivian West were living at 21 Circle Drive, I worked from April 1982 to February 1983, building a garage apartment for Julie Bolton. I worked 12 to 18 hours a day with only Christmas Day off. I was paid \$8,500 for the job. Vivian told me she had traveled to every five star hotel in the world, and she could afford to do that since she owned the insurance underwriter that insured the refineries in New Jersey. After I finished the job, I visited a sister in Norwalk, Connecticut. I spend a week in New Haven staying at the Colony Hotel while www.yale.edu was on vacation. I visited Washington D.C., where I met Lyndon Johnson's heart surgeon, Dr. Gillespie. He told me the biggest cause of heart disease was stress. I visited a relative in Newport Richey, Florida; and we visited Epcot Center. I returned back up north to New York, and I paid \$800 to fly S.A.S. to Stockholm, Sweden round trip with a week's stay at the S.A.S. hotel. For some odd reason, the jet landed at a military airport outside of Oslo, Norway; and we were bused to the S.A.S. hotel in Oslo, Norway. At the S.A.S. hotel in Oslo, Norway, the desk clerk told me my ticket was only a one way ticket to Stockholm. Since I paid cash at Kennedy airport for the package tour, I figured I was robbed. I stayed at the Y.M.C.A. across the street from the S.A.S. hotel. I had to move out, because I was low on funds. I was put up at the Best Western Hotel behind the Royal Palace for a couple of weeks. I did not eat any food was in Oslo, Norway except Swedish Wasa crisps. My father paid about \$2,000 for the hotel which included

meals that I did not eat and the return flight to Kennedy airport in New York City after St. Patrick's day 1983. From there I went up to Nantucket until December 1983, when I returned to Greenwich with side trips to Fort Lauderdale, Toronto, and Manhattan. While in Oslo, Norway, I attended a concert at the Peace Hall. I saw the King of Norway walking around. A lot of young people were smoking marijuana around the Green Houses outside the Royal Palace. I was told by one of the Royal Norwegian Guards, in Norway, when they run out of Virginia tobacco, they smoke rope. I also found out that since the Royal Norwegian Guards stand outside all night in the freezing weather with their machine guns, the Queen of Norway goes outside every hour with cups of hot chocolate to keep their fingers warm on the trigger. Thus they must have some sort of security problem with wild animals like Polar Bears. In my apartment here in Greenwich which I have lived for 29 years, I used to keep a lot of emergency items for colder weather, besides all of the extra computer equipment used for testing the various Microsoft operating systems over the years. When I had to start decluttering the apartment, I got rid of the two www.army.mil sleeping bags good to minus 40 degrees Fahrenheit that I bought for \$40 apiece on Ebay from Abilene, Kansas where Dwight David Eisenhower was from. I got rid of three of my four jump start systems. I also got rid of two extra comforters. Thus some of my emergency cold weather stuff is now gone. I also got rid of my automobile mechanics tools. I have four red L.L. Bean union suits, so if we ever lost power for an extended period of time, I could try wearing all of those. I will now go outside again. CIO

12/28/17 Thursday 12:45 A.M.

<http://view.reply.reaganfoundation.org/?qs=03620d1ac47296cb8727d7859b57280bc651013a36d7c13fa6bc0293c4d1ad89b0a357c2a9073ae8ee14be2938116e63bc99ccd76777c30918ad74be815029c6216a54bfec372b3c>

https://www.groupon.com/deals/gg-wine-insiders-31?p=2&utm_source=channel_goods_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171227&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=button&d=Goods-PN&utm_campaign=b6cc275b-aaab-4146-837f-b77ffc59df9d_0_20171227

<https://www.britannica.com/biography/Louis-Pasteur> I will now go outside again. CIO

12/28/17 Thursday 12:20 A.M. To smoke outside in this cold weather, I ordered for \$6.99 and .44 tax for \$7.43 total with free shipping in navy

<https://www.ebay.com/itm/aeropostale-mens-fingerless-gloves-/401439017056> CIO

12/28/17 Thursday 12:10 A.M. I went outside, and I chatted with a neighbor. I am going to quit wearing my old topsiders when I go outside briefly. I have a new pair of heavy www.llbean.com slip on brown suede shoes with heavy soles that I can put on quickly. CIO

12/27/17 Wednesday 11:05 P.M. I put my heavier King Size direct blue parka to wear outside around the building in this cold weather. I still wear my even heavier www.llbean.com parka downtown. I have an almost equally heavy L.L. Bean burgundy

parka, but it has small pockets, and I tend to need larger pockets for my keys and gloves. I took the 28 ounce <https://www.digiorno.com/> four cheese pizza, and I put minced dried onions on it, garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil. I am baking in the Farberware convection oven at 400 degrees Fahrenheit for 18 minutes. I will eat half with a 12 ounce glass of diet Fresca and put the other half in a Rubbermaid container in the refrigerator. CIO

12/27/17 Wednesday 10:30 P.M. I went downtown to Greenwich Avenue. I chatted with a www.starbucks.com regular. I walked the entire length of Greenwich Avenue in 18 degree Fahrenheit weather. I sat out at various locations. I stopped Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I won \$2 for a dollar profit. I chatted with a relative. I toured www.cvs.com , and I used the bathroom. I sat out after I finished my walk. I then went by the Stop and Shop. I bought a Dole pineapple for \$2.50, a 28 ounce <https://www.digiorno.com/> four cheese pizza for \$5, three Knorr flavored rice packets for \$1 each for \$20 total. I then returned to Chez Mike's. It was not very busy out in the cold weather. I sat outside briefly. I put away my purchases. I will now go outside again. In very cold weather Bic butane lighters do not work very well. CIO

12/27/17 Wednesday 6:50 P.M. I took the wine glasses out of the lower cabinet in the center hallway bookcase, and I put them on the Danish end table to left of the mahogany bureau in the living room. I stored the 15 bottles of white wine in the lower cabinet of the center hallway bookcase. I threw out the garbage and the wine shipping box. I also threw out two old bottles of martini olives. I chatted with a relative. I will now shower and clean up. I will then go downtown to Greenwich Avenue to see if any of the "Freezing Norwegian Patrol" are out and about. CIO

12/27/17 Wednesday 5:40 P.M. The case of 15 bottles of International July 2017 white wine included:

2 Spencer Family Sauvignon Blanc California 2016

1 Bayshore Vinters White Blend California 2016

2 Cala de Poeti Pinot Grigio I.G.T. Italy 2016

2 Princesse Joyeuse Mauzac France 2016

2 Starlight Ridge White Wine Blend SE Australia 2016

2 Cuvee Joelle White Blend France 2016

2 Maison Gourmand Vin Blanc France 2016

2 Snickerdoodle Chardonnay California 2015

One cork screw

I will now go outside again. CIO

12/27/17 Wednesday 5:25 P.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. I chatted with a friend. CIO

12/27/17 Wednesday 4:05 P.M. I chatted with a relative at noon. I woke up at 3 P.M.. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?tLabels=9405509699937198847318> on the order for <https://www.ebay.com/itm/Philips-Docking-Speaker-sound-dock-works-with-iPOD-iPHONE-or-Android-Black-TV-PC/253173927840?hash=item3af2578fa0:g:XSYYAAOSwPCVYA4WL> for \$25 with free shipping arrived. The order with tracking of https://www.fedex.com/apps/fedextrack/?action=track&trackingnumber=789105844330&country_code=us on one of wine for \$36 with Coupon Code "SALE3" https://www.groupon.com/deals/wine-insiders-1780?utm_source=groupon_transaction_succeeded&utm_medium=email&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171224&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=link&d=deal-url&utm_campaign=groupon_transaction_succeeded_20171224 with shipping cost and upgrade to the other case of wine from a case of the White International Collection for \$35.35 total linked from the coupon voucher page at <http://wineinsiders.com/vouchers> at <https://wineinsiders.com/>. It is the case of 15 International July 2017 white wines. Basically the \$35.35 part of the order is the shipping and the upgrade to International July 2017 white wine. Thus I am not getting two cases, just the one case 15 white wines for \$71.35 total. I went outside. I set up the other Iphone docking station next to the Phillips docking station. It works just fine. I went outside. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

12/27/17 Wednesday 5:50 A.M. Skype for Windows 10 works just fine. I guess the bedroom Apple laptop is too old to use Skype. It is minus 6 degrees Fahrenheit in Kennebunkport, Maine <http://forecast.weather.gov/MapClick.php?lat=43.3632&lon=-70.4772#.WkN4RTdryUk>. I will now shut down the primary work computer. I will go outside. I will eat a clementine. I will go to bed. C'est tres froid, n'est pas?

12/27/17 Wednesday 4:50 A.M. I found this page of old Skype downloads for Macs <https://skype.en.uptodown.com/mac/old>. Skype 6.0 installs on the older Mac 10.75 laptop, but I can not get it to go online including with the primary work computer, so there must be a problem with Skype. I will now go outside again. CIO

12/27/17 Wednesday 3:30 A.M. I watched on Acorn TV <https://signup.acorn.tv/>, series 5 episode 10 of "A Place to Call Home. I ate one ounce of whole cashew nuts. I went outside again. CIO

12/27/17 Wednesday 1:55 A.M. East 49th Street in Manhattan was also near the <http://intercontinentalnybarclay.com/> where a lot of the airline personnel used to stay.

<https://www.webdevelopersjournal.com/>

<https://www.whoishostingthis.com/resources/>

https://www.aarp.org/money/budgeting-saving/info-2014/can-this-be-used-reused-quiz.html?cmp=EMC-DSO-NLC-RSS---CTRL-122617-P1-2651822&ET_CID=2651822&ET_RID=121632&mi_u=121632&mi_ecmp=20171226_DailyBulletin_Control_247401_320001&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I=#quest1

<https://www.britannica.com/biography/Gerald-Ford?source=ONTHISDAY>

<https://www.britannica.com/biography/Mao-Zedong>

https://www.nytimes.com/2017/12/25/opinion/wild-west-horses.html?emc=edit_th_20171226&nl=todaysheadlines&nid=46729

https://www.nytimes.com/2017/12/26/us/coyotes-are-colonizing-cities-step-forward-the-urban-hunter.html?emc=edit_th_20171226&nl=todaysheadlines&nid=46729

https://www.nytimes.com/2017/12/25/nyregion/tappan-zee-bridge-new-york-hudson.html?emc=edit_th_20171226&nl=todaysheadlines&nid=46729

I will now go outside again. CIO

12/27/17 Wednesday 12:45 A.M. <https://www.adorama.com/bs16x50pvc.html>

https://www.adorama.com/bs16x50pvc.html?sdtid=11097147&utm_source=rflaid912524 I will now visit the Tundra again. CIO

12/27/17 Wednesday 12:25 A.M. A lot of countries have more than one consulate in New York City. They could have a consulate to the United Nations and a consulate to New York City. Plus they could also have a Trade Mission. For example the French have a consulate at around 47th Street and 2nd Avenue, and another one at 9 West 57th street, and another one around Fifth Avenue and 83rd Street. The Russians have a consulate on East 65th Street, another one in Riverdale and another one in Glen Cove, Long Island. I will now go through <http://scott-mike.com/bf.htm> . CIO

12/27/17 Wednesday 12:05 A.M. I ate the other half the pizza. When I went to www.lfc.edu , they told me that, "One is supposed to publish or parish." However, I made it to Manhattan in 1973, all I heard about was Michael Parish of Parish Hadley interior decorating. Fred Von Mierers' apartment at 420 East 49th street was in the publishing neighborhood with an Lake Forest College roommate Barry Cerf's father's publishing

company Random House just east of Third Avenue on East 49th Street. Jackie O'nassis worked for them, and the Norwegian and Swedish consulates were also in the Random House building. Of course the www.un.org also does a lot of publishing and they have a printing operation underneath their park on the north side of their building. At Lake Forest College, the owner of <https://www.rrdonnelley.com/> donated the Lake Forest College library, so there were lots of periodicals in the library to read. I will now go outside again. According to my weather station, it is 19 degrees Fahrenheit outside. CIO

12/26/17 Tuesday 11:10 P.M. I took a 26 ounce Pizza Unos Supreme, and I put garlic powder, ground black pepper, Italian seasoning, grated parmesan and Romano cheese and extra virgin olive oil on it, and I am baking it in the Farberware convection oven on the middle rack at 350 degrees Fahrenheit for 35 minutes. I will eat half with a 12 ounce glass of diet Fresca. I will refrigerate the other half in a Rubbermaid container. I once ate at Pizza Unos in Chicago with a relative, and I once ate with a friend at their New York City branch behind the Natural History Museum of called Duos <https://restaurants.unos.com/locations/New-York/NY/0308> and <https://www.unos.com/>. CIO

12/26/17 Tuesday 10:35 P.M. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. I picked up three prescriptions. I then went further downtown. I chatted with a relative. I walked the lower Greenwich Avenue area. They are repairing the left front glass door at the www.apple.com store. I used the bathroom at www.starbucks.com. It was very slow downtown on a very cold night. I then went to the Acme Grocery store. I bought six 10.35 ounce Banquet Swedish meatballs for \$10, two 23 ounce Folgers' Classic coffee for \$5.99 each, a 16 ounce Signature strawberry jelly for \$1.49, three 9 ounce Green Giant frozen microwave baby Brussels sprouts for .88 each, bananas for .69 a pound for \$1.24 and a 6 pack of White Castle cheeseburgers for \$4.89 less a dollar coupon for the White Castle cheeseburgers for \$31.24 total. I then went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$11 of self service V-Power premium gasoline for \$3.599 a gallon for 3.057 gallons at odometer reading for 116624 miles for 34.5 miles driven since Saturday, December 16, 2017 for 11.286 miles per gallon in local traffic. I then returned home, and I chatted with a neighbor. I put away my purchases. I will then go outside again. CIO

12/26/17 Tuesday 7:15 P.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I chatted with a relative. I went outside again. Tracking is https://www.fedex.com/apps/fedextrack/?action=track&trackingnumber=789105844330&country_code=us on one or both cases of wine for \$36 with Coupon Code "SALE3" https://www.groupon.com/deals/wine-insiders-1780?utm_source=groupon_transaction_succeeded&utm_medium=email&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171224&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=link&d=deal-url&utm_campaign=groupon_transaction_succeeded_20171224 with free shipping and possibly the other case of wine from a case of the White International Collection for \$35.35 total linked from the coupon voucher page at <http://wineinsiders.com/vouchers> at <https://wineinsiders.com/>. Of course with all of that wine around, I have to be careful

about drinking it, since a DWI would be beyond my budget and might effect my www.geico.com automobile insurance. I will just call it www.redcross.org emergency supplies. I will now shower and clean up. I will then go downtown to Green Witch Avenue to see the remains of the day. CIO

12/26/17 Tuesday 5:35 P.M. I picked up the mail. I went outside again. CIO

12/26/17 Tuesday 4:40 P.M. I woke up at 4 P.M.. I went outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

12/26/17 Tuesday 5:55 A.M. I ate one ounce of whole cashew nuts. I will now shut down the primary work computer, and I will go outside again. I will then eat a clementine. I will then go to bed. CIO

12/26/17 Tuesday 5:40 A.M. I am just about finishing watching on Acorn TV <https://signup.acorn.tv/> , series 5 episode 9 of "A Place to Call Home. I called up Lands' End <https://www.landsend.com/> at 1-800-963-4816, and they do not have a flannel shirt in 2 XL, so I will return mine, and have my relative order me a 2 XL flannel shirt from maybe www.llbean.com if they have them. They are near <http://www.carrvalleycheese.com/> . I went outside again. CIO

12/26/17 Tuesday 4:10 A.M. I went outside again. I ate 11 Triscuit crackers with 1.5 inch by 1.5 inch by 3/32nds of inch slices of Cracker Barrel Vermont extra sharp cheddar cheese.

<http://www.foxnews.com/politics/2017/12/25/trump-spreads-christmas-cheer-at-mar-lago.html> CIO

!!!!!! 12/26/17 Tuesday 3:05 A.M. Queen Elizabeth II's Christmas Broadcast 2017 <http://www.bbc.com/news/uk-42475052> or <https://www.youtube.com/watch?v=XVWGYmrXjH0> . CIO

12/26/17 Tuesday 2:45 A.M. Lands' End exchange information <https://www.landsend.com/customerservice/returns/phone/us/> . CIO

12/26/17 Tuesday 2:20 A.M. I put a shelf on the primary work computer setup. I hooked up the spare AOC 21 inch monitor on the right side, so I now have two monitor on the primary work computer setup. I will now go outside again in the frigid Artic hair. CIO

12/26/17 Tuesday 1:50 A.M. I put the two seven inch Iview tablets on the bedroom desk stacked up on the other tables, so it does not look cluttered; but they are available. I put the older Apple laptop on the bedroom desk. I put the Boston Red Sox mouse pad with it and a USB headset. At the moment, I can not download Skype for 10.75 an older version.

However, the over setup works, and it does not look cluttered either. I also put new batteries in my weather station and its remote. I think Fox News got it wrong today. They said this winter in the Northeast is supposed to be the warmest winter in a hundred years. CIO

12/26/17 Tuesday 12:45 A.M. I went through <http://scott-mike.com/bf.htm> . CIO

12/26/17 Tuesday 12:25 A.M. I went outside again. I put out the 8 inch Android table on the bedroom desk with the two Ipads, so it will be available for use. CIO

12/26/17 Tuesday 12:05 A.M.

<http://view.reply.reaganfoundation.org/?qs=a8477c8ef17cc7340fbabc88dfb4c3bcd08159cbb83d2e0be285c512c340c8dd90c139203150110fc5d4b805213c60ca1f7cd5a547b621a934b93720e6f2e928b03b0e1a378fea43>

CIO

12/25/17 Monday 11:15 P.M. After I clean up, like Buddy Epsom in the Beverly Hillbillies, I will put on my <https://www.llbean.com/llb/search/?freeText=union+suit&init=1> and <https://www.llbean.com/llb/shop/47356?feat=union%20suit-SR0&page=two-layer-union-suit-men-s&csp=a> to be a little bit warmer in this colder weather. If one looks at <https://www.llbean.com/> , one will see how cold weather family hang up their winter outdoor coats and boots. CIO

12/25/17 Monday 10:55 P.M. I ate a 16 ounce Boston Market roasted turkey and mashed potato dinner with Smart Balance Spread on the potatoes, a Knorr creamy garlic pasta mixture, and a 12 ounce glass of diet Fresca. I watched Cspan about Henry Ford's railroad museum in Green Farms, Michigan. I guess nobody in my family knows anything about railroads anymore. The last time I was on a Cho Cho was when I visited the Big Apple almost ten years ago. I will now go out in the Siberian Tundra. Usually when it get this cold for the younger people we activate the "Freezing Norwegian Patrol". I will then shower and clean up. Since it rather cold outside, I will not be traveling downtown to Greenwich Avenue this evening. CIO

12/25/17 Monday 9:35 P.M. It is supposed to be cold tonight and this week <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WkGw2zdryUl> . I chatted with a friend. I put two alkaline AA batteries in the emergency push light at the left lower side of the apartment entrance on the inside. I put three AAA alkaline batteries in each of the two LED emergency lights on the right inside of the kitchen entrance and on the left side of the bathroom entrance. I will now go outside again. CIO

12/25/17 Monday 9:00 P.M. I put three AAA alkaline batteries in each of the two Atomic Beam flash lights, and I put them on the left side of the oak dining table to the left of the Lazy Susan. One slides the top part of the Atomic Beam flashlight in and out to focus it. I put four AAA alkaline batteries in each of the two motion detection light strips, and I put

one on the middle shelf on top of the toilet tank, so light comes on in the bathroom with motion. I put the other one in front of the bedroom Westinghouse TV, so light comes on, when one enters the bedroom. I will have see if it comes on, when I sleep or not, so possibly I might have to move it around. That is all of my apartment and personal Christmas gifts for now. CIO

12/25/17 Monday 8:20 P.M. I think I can call up Lands End in Wisconsin tomorrow when they open at 4 A.M. CST to exchange the flannel shirt for a larger 2 XL one. I chatted with a friend. I put the Philips charging adapter pack in right side second drawer down in the living room desk. I threw out the shipping boxes and packages, I have opened up so far. I will now go outside again. CIO

12/25/17 Monday 7:40 P.M. I opened up the black wool and acrylic Joseph Banks hat and scarf, and I put them on the right back of the Queen Anne chair. I opened up the Joseph Banks black cotton slacks, and they fit just well. I hung them on the right side of the bedroom closet. I opened up a gift from a relative of a Landsend plaid flannel shirt, but it is XL Tall which will not fit me. I have the sales slip for it or a return label for it. I think I can go to Sears in White Plains, New York to exchange it, but I do not want to risk my Volvo wagon driving in all that traffic, so I will probably return it, and let my relative order another one. I will now go outside again. CIO

12/25/17 Monday 7:25 P.M. I opened up the box of six 2018 calendars www.calenders.com, and I put them on the speaker in the right hallway bookcase to have them ready for New Years. I received from a relative a blue and white small check 2XL Ralph Lauren dress shirt. It fits just fine. I put it on the right side of my bedroom closet. CIO

12/25/17 Monday 7:10 P.M. I am now playing Elvis, Holidays off Pandora on the Philips docking station with bluetooth. CIO

12/25/17 Monday 6:45 P.M. I have the Philips Docking station with FM radio setup and connected to the Iphone 3GS. Bluetooth also works on it. This is its manual https://www.download.p4c.philips.com/files/a/ajt3300_37/ajt3300_37_dfu_aen.pdf. I can not afford any Apple music, but Pandora plays just fine on it. I will now go outside again. I put it on the Boston Red Sox mouse pad behind the primary work computer chair. CIO

12/25/17 Monday 5:35 P.M. I have the Craig DVD player setup on the Ocosmo TV in the living room. One selects on the Ocosmo remote control Source and selects AV to play it. I am now playing Bing Crosby Christmas Classics. CIO

12/25/17 Monday 4:45 P.M. I chatted with a relative. I will now go outside again. CIO

12/25/17 Monday 4:25 P.M. While I was outside having my coffee, an American Eagle flew over my head about 20 feet above me flying southeast to northwest. I washed the breakfast dishes. I made my bed. I am playing Tchaikovsky's Nutcracker Suite on my living room stereo system. I will not return the Philips power adapter set, since I might need it in the future. The Knights of Columbus did not delivery my Christmas meal, but I did get the

Acme \$25 gift card from the Department of Social Services. The Acme grocery store closed at 3 P.M. today, but I have two Boston Market frozen turkey dinners. CIO

12/25/17 Monday 2:35 P.M. I woke up, and I ate two ounces of whole cashew nuts. I finally woke up at 2 P.M., when I chatted with a relative. I went outside, and I chatted with a neighbor. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

12/25/17 Monday 5:05 A.M. I put the matching arm covers that I had on the Queen Anne chair's arms, so it is even more protected. I will now shut down the primary work computer, and I will eat a Dannon low fat Greek fruit yogurt. I will then go to bed. CIO

12/25/17 Monday 4:40 A.M. I chatted with a neighbor outside. The Knights of Columbus are supposed to deliver a Christmas meal this morning. I sort of thought Elvis might show up with the Philips 30 pin Iphone 3GS docking station from Tennessee which has not arrived. Maybe it will come on Boxing Day, the Day after Christmas.

<http://www.telegraph.co.uk/news/2017/12/25/queen-pay-tribute-prince-philips-unique-sense-humour-christmas/>

<https://www.youtube.com/watch?v=cgf76wNSjWA> , Queen Elizabeth II's Christmas Day Speech is supposed to be at 10 A.M. EST today. I am not sure when it will be posted on Youtube, but they usually link it from <https://www.royal.uk/>

<https://globalnews.ca/> . I guess there are not too many people awake at night on this side of the Pond, but since far way places like England are five hours ahead of us, they probably are having their tea and kippers and whatever else they eat for breakfast. I think they are short on eggs over there, because in the movies, they only eat one egg in an egg cup. I do not know how they like their eggs cooked. I learned the British like having breakfast buffet style from a side board. There are suppose to be 65 million people in England, so more than likely a few of them have visited over here on this side of the Pond. When Frederick Von Mierers let me use his apartment at 420 East 49th Street from October 1973 to February 1975, it was near One Beekman Place where the British Consulate to the www.un.org lived and also John D. Rockefeller III. On Third Avenue as I recall on the East side of it was the British Consulate Office between 52nd Street and 53rd Street. I used to pick up liquor for Fred at the liquor store just north of it, where he had a charge account. His bank was across the street called the Chemical Bank which sometime ago was bought by www.chase.com . Near Random House on East 49th Street just east of Third Avenue on the north side, there were always two Royal Blue Daimlers parked in Diplomatic Parking Spaces which never seemed to move. I once saw a vehicle like them being maintained at the www.exxon.com station formerly across from the www.greenwichlibrary.org . At that time, there were always a lot of rowdy Irish protesting in front of the British consulate, so I never ventured inside. However, I did see a lot of pedestrian traffic in that area. East 54th Street near the River Club was where Greta

Garbo and Henry Kissinger lived, and supposedly the British group called the Fabians that Tony Blair was part of were in that area. There also used to be a Mayfair restaurant nearby at First Avenue and 54th Street on the southeast corner, near Fred's later apartment in Noel Coward's old building on East 54th Street just east of First Avenue, but that area has gotten so expensive, I am not sure what is left anymore. The last time I visited Manhattan was about ten years ago <http://scott-mike.com/mls-030408/> for a Microsoft Conference at the Sheraton Hotel at Broadway and 54th Street. On the way out at Grand Central Terminal, I saw about two thousand people in black suits that looked like Prince Andrew, and I walked up to someone that looked like Prince Charles and Gordon Brown in my red Woolrich jacket. They did not notice me, but I saw them. If you look at my pictures, the British Union Jack was flying at the Waldorf Astoria that day, so maybe indeed it was them. Before Prince Charles was married around 1980, I waited outside Lincoln Center where he was appearing for a benefit, and I saw somebody walk by off the street that looked like him. I have a feeling they might know their way around Manhattan or know some people that do. I will now go outside again. CIO

12/25/17 Monday 3:30 A.M. Since the Queen Anne chair is in very good condition, I moved the New Zealand sheep's skin from the Ethan Allen recliner to the Queen Anne chair to protect it. The Ethan Allen recliner is also in very good shape, since I keep a Sure Fit slip cover on it. I watched on Acorn TV series 5 episode 8 of "A Place to Call Home". I will now go outside again to explore the Christmas morning wilderness. CIO

12/25/17 Monday 2:30 A.M. I chatted with a neighbor outside. I will probably return the new Philips adapter to CVS on Greenwich Avenue, since I do not need two. It quit raining outside for now, and it is not freezing. CIO

12/25/17 Monday 1:40 A.M. I ate one ounce of whole cashew nuts and two 1.5 inch by 1.5 inch by .25 inch slices of Cracker Barrel Vermont extra sharp cheddar cheese. I will now go through <http://scott-mike.com/bf.htm> . CIO

12/25/17 Monday 1:15 A.M.

https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=channel_pc_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171224&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-1 &d=deal-page&utm_campaign=28006f90-3e7b-424c-a36e-374276c60558_0_20171224

On LED bulbs https://theecoguide.org/cfl-vs-led?gclid=EAIaIQobChMI7pKzksCk2AIV2bjACh0PRQC7EAAYAiAAEgLMGPD_BwE

More LED Bulbs https://www.ebay.com/itm/182976540376?ul_noapp=true and <http://stores.ebay.com/usbestadapter/LED-Bubles-/i.html?fsub=443696819&sid=899067029&trksid=p4634.c0.m322> from California not China

<http://mailchi.mp/hourofpower/merry-christmas?e=fc72afcf7a>

https://www.smithsonianmag.com/travel/us-now-has-its-first-dark-sky-reserve-180967618/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20171224-Weekender&spMailingID=32363994&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1182802295&spReportId=MTE4MjgwMjI5NQs2

https://www.smithsonianmag.com/science-nature/how-climate-change-and-disease-helped-fall-rome-180967591/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20171224-Weekender&spMailingID=32363994&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1182802295&spReportId=MTE4MjgwMjI5NQs2

https://www.groupon.com/deals/wine-insiders-1783?p=6&utm_source=newsletter_im&utm_medium=email&t_division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171224&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=image&d=deal-page&utm_campaign=8900c17d-1eef-4854-9938-b06817bf6337_0_20171224

https://www.groupon.com/deals/wine-insiders-1785?p=12&utm_source=newsletter_im&utm_medium=email&t_division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171224&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=image&d=deal-page&utm_campaign=8900c17d-1eef-4854-9938-b06817bf6337_0_20171224

I will now go back outside to the wild black yonder. CIO

12/25/17 Monday 12:25 A.M. https://www.microsoft.com/en-us/store/locations/find-a-store?WT.mc_id=PromoEmail_15034_en_US_Last_Chance_In-store_12-23-2017_ImageBanner

12/25/17 Monday 12:25 A.M. Merry Christmas ! I ate two ounce of whole cashew nuts. I went outside again. CIO

12/24/17 Sunday 11:35 P.M. I am just about to eat a 16 ounce Marie Callender chicken pot pie with a 12 ounce glass of diet Fresca. CIO

12/24/17 Sunday 11:10 P.M. To have a spare one, I ordered https://www.amazon.com/gp/offer-listing/B005617IXA/ref=dp_olp_used_mbc?ie=UTF8&condition=used for \$1.99 and \$4.69 shipping for \$6.68 total. I chatted with a relative. I will now go outside again. CIO

12/24/17 Sunday 10:30 P.M. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. The Acme and Stop and Shop grocery stores were closed. I have a \$25 Acme grocery store gift card that the Greenwich Department of Social Services sent me. I toured CVS. I then sat outside across the street. I then went back into CVS, and I bought two 14.5 ounce Post Honey Bunches of Oats with almonds for \$1.99 each for \$3.98 total. I then drove further downtown. www.starbucks.com was closed. I walked the entire length of Greenwich Avenue, and I sat out at various locations. The Versailles French restaurant was opened. The East End restaurant and bar was opened. The Chinese Steam restaurant was opened. Terra and the Gingerman were opened. The Blackstone steak house was opened. The location next to it where Barcelona was is still not opened for business. I went back into CVS, and I bought a Philips <https://www.cvs.com/shop/philips-cell-phone-multi-charger-p5006-prodid-348802?skuId=348802> for \$27.49 less a \$4 off \$20 CVS coupon and a 25% off CVS coupon for \$5.88 off for \$17.61 and \$1.12 for \$18.73 total. One can buy it used here https://www.amazon.com/gp/offer-listing/B005617IXA/ref=dp_olp_used_mbc?ie=UTF8&condition=used . I then used the bathroom at CVS. I then finished my walk. I returned home in light snow and sleet. I sat outside briefly. I put away my purchases. I will now go outside again. CIO

12/24/17 Sunday 5:55 P.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I made up a batch of fresh punch. I chatted with a relative. I will now go outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue for a Christmas Eve stroll with the Elves. CIO

12/24/17 Sunday 4:15 P.M. I ate a clementine before going to bed. I chatted with a relative at 10 A.M.. I finally woke up at 3:15 P.M.. I went outside. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again.

<http://www.greenwichtime.com/news/slideshow/Photos-Southwestern-Connecticut-officers-and-168149.php> CIO

End of Scott's Notes week of 12/24/17

12/24/17 Sunday 5:00 A.M. I went outside, and I chatted with an early riser. I finished the maintenance on the Dell Latitude E6410 laptop. I shut it down. I will back it up sometime in the near future. When I first move into this Greenwich, Connecticut public housing 29 years ago, it was named after Congressman Stewart McKinney called McKinney Terrace. I went to his funeral at the Congregational Church in Southport, Connecticut; and the whole United States Congress was there. I do not recall whether the President of Vice President was there. I will now send out my weekly notes. I will then shut down the primary work computer. I will go outside again. I will then go to bed. CIO

12/24/17 Sunday 4:00 A.M. I ate a 5 ounce bag of Texas Toast Caesar croutons. CIO

12/24/17 Sunday 3:35 A.M. <http://www.foxnews.com/us/2017/12/23/theres-war-coming-marine-corps-general-warns-us-troops.html> . CIO

12/24/17 Sunday 3:25 A.M. Ice on Christmas Eve and Christmas Day
http://forecast.weather.gov/showsigwx.php?warnzone=CTZ009&warncounty=CTC001&firewxzone=CTZ009&local_place1=Greenwich%20CT&product1=Winter+Weather+Advisory&lat=41.049&lon=-73.623#.Wj9i-jdryUk . CIO

12/24/17 Sunday 2:55 A.M. I bought for 99 cents https://www.amazon.com/KING-JAMES-BIBLE-VerseSearch-Letter-ebook/dp/B00D19RE92/ref=sr_1_3?ie=UTF8&qid=1514100604&sr=8-3&keywords=king+james+bible+kindle+edition , I put it on my Kindle Reader and my two Ipads and my Apple Laptop. I am just about done installing the Windows Update on the Dell Latitude D6410 laptop. I will now go outside again. CIO

12/24/17 Sunday 2:30 A.M. I went outside again. I watched on Acorn TV series 5 episode 7 of "A Place to Call Home". I went outside again. CIO

12/24/17 Sunday 12:50 A.M. It looks like the <http://www.barcelonawinebar.com> is now reopened again after the fire just west of the top of Greenwich Avenue. I was in Barcelona, Spain in the winter of 1972. I even saw a well dressed tall man walking down Greenwich Avenue the other day that looked like https://en.wikipedia.org/wiki/Felipe_VI_of_Spain . CIO

12/24/17 Sunday 12:40 A.M. I went outside again. I ate one ounce of whole cashew nuts and a 16 ounce Maria Callender beef pot pie and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

12/23/17 Saturday 11:15 P.M. I bought for \$36 with Coupon Code "WOW25"
https://www.groupon.com/deals/wine-insiders-1780?utm_source=groupon_transaction_succeeded&utm_medium=email&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171224&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=link&d=deal-url&utm_campaign=groupon_transaction_succeeded_20171224 with free shipping. Well even Jesus drank a little bit of wine. I might use it for cooking or just store it, and let it age.

I used the \$50 off \$75 coupon that they gave me on that purchase above, and for free and \$29.95 shipping and \$5.40 tax, I am also getting a case of of the White International Collection for \$35.35 total linked from the coupon voucher page at <https://wineinsiders.com/vouchers> at <https://wineinsiders.com/> .

https://www.groupon.com/deals/gg-wine-insiders-32?p=8&utm_source=crm_im&utm_medium=email&t_division=new-

york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171224&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=deal-page&utm_campaign=0112055f-5380-4386-89de-c840287ee4ea 0 20171223

https://www.jacquelawson.com/join?purl=/?_dept:108662|cardnum:3474509

https://www.rokuguide.com/articles/new-roku-channels-december-22-2017?awt_l=KCgef&awt_m=3bw8ELdnGS11fNX

<https://www.britannica.com/biography/Akihito> I will now go outside again. CIO

12/23/17 Saturday 9:10 P.M. On the Dell Latitude E6410 laptop, I installed the latest version of Norton Internet Security, and I am now installing the Windows Updates. On rainy days, I do computer maintenance. CIO

12/23/17 Saturday 8:30 P.M. I went outside again, and I chatted with a neighbor. I chatted with a relative. I have another relative moving to Manhattan, so I will have two relatives in Manhattan. I setup the bedroom Haier 32 inch TV again to work with Roku, Netflix, and Acorn TV. It also works off the bedroom cable box. I do not watch much television in the bedroom, but a few times I have been sick in the past, I have enjoyed watching the bedroom TV. I will now go outside again. CIO

12/23/17 Saturday 7:15 P.M. \$350 <https://www.bestbuy.com/site/sharp-50-class-49-5-diag-led-2160p-smart-4k-ultra-hd-tv-roku-tv/5746805.p?ref=199&loc=PjSPMxQzRaw&acampID=1&siteID=PjSPMxQzRaw-i8ugavNtMAjwekojIX9AWg>

I went through <http://scott-mike.com/bf.htm> . Not much cheap from China. CIO

12/23/17 Saturday 6:20 P.M. I went outside again. I will now shower and clean up. I will not be going out in the rain, because I might melt like the wicked witch of the West in the Wizard of Oz. CIO

12/23/17 Saturday 5:50 P.M. I went outside again. I chatted with a relative. I washed the breakfast dishes. I made my bed. Basically considering that lawyers in Manhattan can cost \$2,000 to \$5,000 an hour, it is not worth visiting Manhattan, unless one has a lot of money. I think out here in the sticks, lawyers cost about \$800 an hour. When I was poor, I even ended up sleeping on the red leather couch in the basement of the www.yale.edu law school. I am just a simple poor law abiding citizen who lives around a lot of very wealthy people whom tend to do what they want to do. I even have a relative on the west coast whom is a very good lawyer. Another relative's family even started the Northwestern University Law school and another diseased relative was one of the top lawyers in Texas. Back in 1973, I even had two relatives working as paralegals at Davis, Polk, Wardwell and Cravath and Swaine and Moore. My last roommate in Manhattan worked for Cyrus Vance's law firm, and his son is now the District Attorney in Manhattan. Alas with all of

my connections, I was honest, and I never made any money for what it is worth. In the old days, one could go P.J. Clarke's in Manhattan next to the F.D.R. post office building on Third Avenue, and one would see a lot of tall men carrying guns whom were supposed to be assistant District Attorneys. I think www.columbia.edu has a law school too. CIO

12/23/17 Saturday 4:05 P.M. I woke up, and I ate one ounce of whole cashew nuts. I finally woke up at 3:30 P.M.. I picked up the mail. I went outside, and I chatted with a neighbor. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

12/23/17 Saturday 5:00 A.M. On my red and white Amarillo plant that I bought used from the Stop and Shop for \$3 two years ago at Christmas time which took a year to bloom last Christmas. This year, the main bulb has not sprouted, but on the side there is one shoot with two 16 inch leaves, so I do not think it will bloom in time for Christmas, but who knows maybe by Russian Orthodox Christmas on January 7, 2018. There usually is not much traffic on Christmas Eve. When I lived at 700 Steamboat Road around 1987, I went to Christmas Service at Christ Church at 8 P.M., and after that I drove into Manhattan to St. John's Cathedral, and I found a parking place right in front, and I attended the three hour Christmas Eve Communion Service with several thousand people, and then I drove back to Greenwich. The first Christmas back in Greenwich in December 1983, I got change at the Y.M.C.A., and I bought a pack of cigarettes at the Chinese restaurant next door. I then walked downtown, and I ate a turkey croissant at Rue de Croissant with deja vue friends from Key West, Cliff Robertson and Dina Merrill. I then took the train into Manhattan, and the subway down to Greenwich Village. Nobody was around. I met a Danish visitor that looked like Richard Chamberland, and he was a house guest of Harry Helmsley, and we walked around Greenwich Village chatting, and he called up Harry Helmsley every half hour from a pay phone. We then departed company, and I returned to Greenwich and 100 Milbank Avenue, where I was living. That following Christmas morning, I recall seeing the headline in the newspaper box that Harry Helmsley had bought the old Dunellen estate up on Round Hill Road. I think a couple of days before that, I had visited a pub in Manhattan, and I met somebody that drank www.perrier.com and Angostura Bitters, and he was with twin boys. He paid a \$1,500 bar check for all of the people in the pub. He told he was the doctor in charge of trying to get diplomats to quit drinking alcohol at the www.un.org and that he was going to spend Christmas with Happy Rockefeller. He even looked a bit like Nelson Rockefeller, so he might have been a relative of theirs. After those two ventures into Manhattan after spending two earlier weeks there homeless at the East Side Airlines terminal where there was Wolf Peugeot, I did not venture into Manhattan for a long time. Possibly, when I got my yellow Volkswagen dasher around October 1986, I might have ventured into the City, but it is so long ago, I can not remember. Also I think when I was first back in Greenwich, I also went into Manhattan a third time, and I went to a pub behind the Natural History museum, and I walked somebody back to the Swiss hotel just west of the Waldorf Astoria Hotel, and that might have been Scott Nelson who I met again out here in White Plains about five years later. Before I got the yellow Dasher, I spent a lot of time walking up and down Greenwich

Avenue and Steamboat Road to use the Greenwich Library in the afternoon and eat dinner at the Greenwich Hospital. The Greenwich Food Mart was then on lower Greenwich Avenue, so I could buy yogurt and orange juice for breakfast. I did do a little cooking on a hot plate on Steamboat Road. The A&P sold a one pound package of frozen liven for \$2, and I would fry it up with onions. I think I went into Manhattan a fourth time after I returned to Greenwich. I recalled meeting somebody that looked like George W. Bush, and the guy owned a French restaurant in Midland, Texas. I told him Saks had miss priced men's cashmere robes for \$85 instead of \$850, and he went over there and bought 10 for \$85. Of course, when one meets somebody in Manhattan, one usually never sees them again. Things are a lot better now, since I am better organized in a larger apartment. Of course it has taken 34 years to reach this state of development, and I have been in my current apartment in Byram for 29 years. CIO

12/23/17 Saturday 4:10 A.M. \$300 same day pickup <https://www.bestbuy.com/site/toshiba-50-class-49-5-diag-led-2160p-with-chromecast-built-in-4k-ultra-hd-tv/5733300.p?skuId=5733300&ref=199&loc=isIkAyUyNbM&acampID=1&siteID=isIkAyUyNbM-BiRvfxX9IfZK7cJXzA8qMA>

CIO

12/23/17 Saturday 3:50 A.M. I ate 10 buttermilk biscuits with Smart Balance Spread and a glass of cold filtered water. I will now go through <http://scott-mike.com/bf.htm> . CIO

12/23/17 Saturday 3:05 A.M. Queen Elizabeth II photo
<https://www.facebook.com/groups/248230842361827/311387879379456/>

Norwegian Royal Family photos https://www.facebook.com/pg/Mette-Marit-Crown-Princess-of-Norway-1487946078090522/photos/?tab=album&album_id=2017527798465678

<http://www.boutique-chateauversailles.fr/fr/librairie/1357-les-paradis-secrets-de-marie-antoinette>

<https://www.royal.uk/new-portrait-duke-edinburgh-released>

https://www.groupon.com/deals/blackstones-steakhouse-4?p=1&utm_source=channel_pc_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171222&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=deal-button-1 &d=deal-page&utm_campaign=28006f90-3e7b-424c-a36e-374276c60558_0_20171222

https://www.groupon.com/deals/ga-bk-wyndham-san-antonio-riverwalk-16?p=1&utm_source=groupon_getaways_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171222&uu=b0d984ba-1234-11e4-9921-

[00259060b5be&CID=US&s=body&c=image&d=getaways_deal&utm_campaign=dd52f6ca-e04e-43b1-a7cc-942245f9556f_0_20171222](#)

https://www.groupon.com/deals/ga-bk-foxwoods-resort-casino-21?p=6&utm_source=groupon_getaways_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171222&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=getaways_deal&utm_campaign=dd52f6ca-e04e-43b1-a7cc-942245f9556f_0_20171222

<https://www.usajobs.gov/>

<http://mineralsciences.si.edu/>

https://www.aarp.org/money/scams-fraud/info-2017/fake-irs-scammers-fd.html?cmp=EMC-DSO-NLC-RSS--FWN-CTRL-122217-P3-2643667&ET_CID=2643667&ET_RID=121632&mi_u=121632&mi_ecmp=20171222_DailyBulletin_Control_247401_320001&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I=

<http://view.klm-mail.com/?qs=8686053bf9902f33aa3dba09ab18a7b5fd5b074decde351899ef67a1ec07569a6a4e418a8d7ce46f56819f731de7509ec6b6546055c14a730bc57ca7380ed759ca03279039c9ed03>

https://www.aarp.org/health/conditions-treatments/info-2017/medical-advances-pain-cancer-diabetes.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-122217-TS1-2643473&ET_CID=2643473&ET_RID=121632&mi_u=121632&mi_ecmp=20171222_WEBLETTER_Member_Control_Winner_251100_391405&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I%3D

<https://www.facebook.com/photo.php?fbid=1593190804134563&set=a.151298998323758.29415.100003309778418&type=3&theater>

I will now venture out on a damp morning. CIO

12/23/17 Saturday 2:15 A.M. I went outside, and I chatted with a neighbor. It rained a little bit. CIO

12/23/17 Saturday 1:45 A.M. There might be some big people or real porkers in this area. They are selling two inch thick New York Strip steaks at the Stop and Shop, if you do not worry about your cholesterol. I ate the other half of the Knorr teriyaki rice mixture with a 8.75 ounce Stouffer's Lean Cuisine sweet and sour Korean beef and rice meal and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

12/23/17 Saturday 1:00 A.M. I went downtown. I stopped by the Stop and Shop on West Putnam Avenue. I bought buy one get one free of six packs of Thomas' English muffins for

\$4.39 both, a wedge of Norwegian Jarlsberg cheese for \$4.99 a pound for \$7.04, four 5.4 ounce Knorr rice mixtures for \$1 each, a 12 ounce Heinz home-style gravy for \$2 and .50 can return for \$16.93 total. I then went downtown to Greenwich Avenue. It was very slow out and only a few pub crawlers. I went by www.cvs.com on Greenwich Avenue, and I bought for \$11 off a CVS Maximum Strength Severe Cold and Flu night and daytime package for \$5.99 and a two 7 ounce package of Blade sensitive skin shaving gel for \$5.69 and .35 tax for \$12.04 total. I then went further downtown. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I used the bathroom at a near empty www.starbucks.com. After my walk, I watched Starbucks close at 11 P.M. just after usual <http://bennettfamilyfarm.biz/> milk delivery. I guess they consume a lot of milk and cream there. I then stopped CVS at 644 West Putnam Avenue. I bought a 18.25 ounce can of CVS Gold Emblem whole cashew nuts for \$7.99, a 17.5 ounce can of CVS Gold Emblem Deluxe mix nuts without peanuts for \$7.99, a five pack of Bic lighters for \$7.39, and four 16.3 ounce Campbell's Well Yes roasted chicken with wild rice soup for \$6 all and .46 tax for \$29.73 total. The CVS cash register on West Putnam Avenue has been printing out garbled cash register receipts recently. I then returned home. I sat outside, and I chatted with a neighbor. I put away my purchases. I will now go outside again. I guess one of my long lost friends from Brazil discounts nuts this time of year, so we will not be starving. CIO

12/22/17 Friday 7:45 P.M. I went outside, and I chatted with neighbors. I threw out the garbage. For a lot of people whom live near the tropical area around New York City, they have to realize that New York State goes all the way up to the Canadian border. In Syracuse, New York; they can get 15 feet of snow in the winter. Up in Buffalo, New York near Lake Erie, they get the "Lake Effect"; where they can get 20 feet of snow in one snow fall. A major company out of Illinois called <http://www.navistar.com/> makes some of the heavy equipment they might need to move snow, ice, sand, and salt. Mrs. McCormick https://en.wikipedia.org/wiki/International_Harvester used to be in charge of the woman's republican organization in the Nixon era. I will now shower and clean up, and I will go downtown to see the remains of the day. Of course <https://www.wm.com> and https://en.wikipedia.org/wiki/Wayne_Huizenga know how to use the heavy equipment. I think there might be a few Canadians that also work for them in the winter. I will now go outside again before cleaning up. CIO

12/22/17 Friday 6:25 P.M. Having lived in Weston, Massachusetts before returning to Greenwich, Connecticut in June 1973, I know a lot of prominent people vacation and visit www.nantucket.net. I knew the family that started the Nantucket Yacht Club, and their father was also on the Board of Overseers at www.harvard.edu. Way out in Lake Forest, Illinois, I knew the Grannis family, and they also vacationed out in Nantucket. However, I never saw them there, but I know from one of their weddings at the Thousand Islands up around Saute St. Marie, they knew Howard Hughes. I ended up working for the Grennon family out in Nantucket at <http://languedocbistro.com/>. The Grannis' older brother Johnny Grannis, I never met, but he was in the New York State Legislature representing the Upper East Side of Manhattan, so he probably knew one or two people. I ate a clementiine. I went outside, and I drank my coffee, and I chatted with a neighbor. I chatted with a friend. I washed the breakfast dishes. I made my bed. CIO

12/22/17 Friday 5:05 P.M. There is an accident between exit 4 and 5 northbound on I-95 <http://www.greenwichtime.com/local/article/DOT-Multi-vehicle-crash-closes-center-lane-of-12450879.php> . I bet Greenwich Avenue is busy with stranded Holiday travelers. CIO

12/22/17 Friday 4:45 P.M. I ate one ounce of whole cashew nuts before going to bed. I woke up at 4 P.M.. I went outside, and I chatted with a neighbor. I picked up the mail. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

12/22/17 Friday 6:05 A.M. I went outside again. The early morning risers are just beginning to rise. In the old days, when I had more authority, I used to walk the whole length of Greenwich Avenue in the early morning with all of the garbage men and other early morning people. Alas, I have gotten older. I will now shut down the primary work computer, and I will eat a clementine, and I will go to bed. Bon Soir. I only studied high school French for five years and Latin for six years, so I am not very multi lingual. Fred Von Mierers spoke about nine or more different languages, but he basically did not know what people were talking about despite his linguistic skills. In language translation, a lot things are taken out of context, and not to mention every language has different dialects. Prince Edward of England is suppose to speak 40 different dialects of English. CIO

12/22/17 Friday 5:30 A.M. There is a very bright light over at Putnam Green that turns on at about this hour of the morning shining at the picnic tables at the east end of this building. I guess it is on a timer. About a month ago or so, they put in new sod around the parameter of the baseball field in the back yard. To keep the local athletes from messing up the new sod, they installed seven foot tall metal posts at the bases and pitcher mound with ropes strung from them. What bothers me, it was always my understanding that in some sort of an emergency the playing field could be used to land a helicopter. However, in an emergency the metal posts might interfere with the helicopter blades which swing lower. Somebody should remove those metal stakes. We have plenty of cheap sod in America, and helicopters are very expensive. It was some sort of non English speaking people doing the landscaping and installing the metal stakes.

<http://www.bbc.com/news/av/world-australia-42451713/australian-ww1-era-submarine-found-after-13th-search-mission> CIO

12/22/17 Friday 4:40 A.M. I bought <https://www.13deals.com/store/products/48893-2-pack-of-energizer-auto-design-led-slim-nightlights-dark-light-sensor> for \$6.49 with free shipping. I then figured out how to order it again with coupon code "ENERGIZER1218" for \$3.24 with free shipping. Thus I will have four LED night lights. There was something in the eastern sky hovering and moving slowly high up in the sky with red and white blinking lights. I could not see clearly from the north end of the building, since the trees obscured part of the view. I will now go outside again. With a helicopter factory in the area, it might be one of their newer vehicles. CIO

12/22/17 Friday 3:55 A.M. <https://www.mx.com/moneysummit/biggest-banks-by-asset-size-united-states> . CIO

12/22/17 Friday 3:40 A.M. Maybe President Donald J. www.wh.gov Trump could buy the Great Wall of China and move it to the Mexican border. From what I have learned from most of the wealthy Mexicans in this area, instead of traveling by land, they take Aero Mexico; which they seem to be able to afford. I went to www.lfc.edu back in 1968 to 1972 with the then President of Mexico's daughter, so they do not seem to mind the colder weather up north. I think in one old map I looked at Mexico runs all the way up to Alaska. Down in the Key West, when I was there in the mid 1970s, when it was cheaper and not too far away from Homestead Air Force base at the beginning of the Florida Keys, I was told there were lots of <http://www.norad.mil/> from the www.af.mil down there that would spend a month or two up on the DEW line in Northern Canada at the Arctic Circle and then come down for a week or two in the Florida Keys to thaw out. I think it is also cheaper to maintain jets in warmer weather, when you figure out how much it costs to heat an aircraft hanger up north. Of course you can check with this guy <https://www.noradsanta.org/> . I will now go through <http://scott-mike.com/bf.htm> . It really does not get that cold in Greenwich, Connecticut in the winter compared to the rest of the north country, because we are next to the ocean which keeps it a bit warmer. CIO

12/22/17 Friday 3:10 A.M. Be cheap, get this https://www.amazon.com/dp/B00B03DREM/ref=asc_df_B00B03DREM5310035/?tag=hypr od-20&creative=395033&creativeASIN=B00B03DREM&linkCode=df0&hvadid=198064987379&hvpos=1o4&hvnetw=g&hvrnd=898842987934117170&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9003454&hvtargid=pla-320575991996 , or make your own <https://www.pinterest.com/pin/477451997975769140/> or small stuffed https://www.toysrus.com/product?productId=101870656&source=CAPLA_DF:101870656:TRUS&cagpspn=plat_25EACF1C&camp=PLAPPCG- -PID25EACF1C:TRUS&gclid=EAiaIQobChMI4NaVlJSd2AIVA7bACh3LYA5cEAQYAiABEGKwXvD_BwE . I will now go outside again. CIO

12/22/17 Friday 2:55 A.M. I ate four ounces of whole cashew nuts and two 3/8th inch by 1.5 inch by 1.5 inch slices of Vermont extra sharp cheddar cheese, and earlier I ate the same amount of cheese before dinner. I tried to relax a while to see if I could possibly get any new brain storms. There are supposed to be 110 million people traveling on the highways this Holiday weekend. <http://www.iihs.org/iihs/topics/t/general-statistics/fatalityfacts/overview-of-fatality-facts> So be careful. CIO

12/22/17 Friday 2:10 A.M. https://www.weightlosssafely.com/donald-trumps-filthy-richness-exposed-in-50-photos-sv1/?utm_source=taboola&utm_medium=mutuallypubnetwork-socawlegecom&utm_term=Donald+Trump%27s+filthy+richness+exposed+in+50+photos.+ Crazy.&utm_campaign=N1-WLS-A1-DTFREI50P-OCT2617-ARS1000AM-AC-1-DT

I will now go outside once again. CIO

12/22/17 Friday 1:05 A.M. Get Sloshed \$20 off with coupon code "BUY"

https://www.groupon.com/deals/heartwood-oak-holiday-wine-gift-set-national?p=1&utm_source=newsletter_im&utm_medium=email&t_division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171221&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=msg&c=19435&d=generic_message-page&utm_campaign=8900c17d-1eef-4854-9938-b06817bf6337_0_20171221

https://www.groupon.com/deals/gg-six-bottles-of-french-red-wines?p=4&utm_source=merchandising&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171221&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=deal-page&utm_campaign=ddf5bbc2-5c70-492b-9e78-41b13ad513cc_0_20171221

https://www.groupon.com/deals/heartwood-oak-18-77-national?p=7&utm_source=merchandising&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171222&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=deal-page&utm_campaign=2cd1750e-283a-40f3-a1de-6db3652224b2_0_20171221

https://www.groupon.com/deals/a-taste-of-california-2-new-york?p=25&utm_source=merchandising&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171222&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&s=body&c=image&d=deal-page&utm_campaign=2cd1750e-283a-40f3-a1de-6db3652224b2_0_20171221

https://www.groupon.com/deals/wine-insiders-1780?p=9&utm_source=newsletter_im&utm_medium=email&t_division=new-york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171221&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=image&d=deal-page&utm_campaign=18e05b51-cbd2-491d-b587-36f4f2acbba9_0_20171221

https://autobuying.aarp.org/main.html?referrer_id=ZAAR000023613&CMP=EMC-MIM-DIS-OTH-ABP2017-20171221_AutoBuying_Christmas_2017_Resend1_Member_247700_367803-20171221-Body-ShopVehiclesTodayCTA_Button-Button-2641478&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6IS/I%3D

http://www.zdnet.com/article/disneys-trump-robot-is-a-perfect-illustration-of-the-uncanny-valley-problem-facing-robot-designers/?loc=newsletter_small_thumb&ftag=TRE-03-10aaa6b&bhid=19320261445054572381627874410807

<https://stopandshop.com/coupons-weekly-circular/weekly-circular/>

https://www.groupon.com/deals/omaha-steaks-national-236-long-island?p=3&utm_source=newsletter_im&utm_medium=email&t_division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171221&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=image&d=deal-page&utm_campaign=8900c17d-1eef-4854-9938-b06817bf6337_0_20171221

<https://www.britannica.com/event/Pan-Am-flight-103?source=ONTHISDAY>

<https://www.bestbuy.com/site/tv-home-theater/tvs/abcat0101000.c?id=abcat0101000&ref=P10T12R103&loc=BODY&CampaignID=881243&eut=2967816111>

https://www.nytimes.com/2017/12/20/business/energy-environment/shell-eni-italy-nigeria.html?emc=edit_th_20171221&nl=todaysheadlines&nid=46729

https://www.nytimes.com/2017/12/20/obituaries/clifford-irving-author-of-a-notorious-literary-hoax-dies-at-87.html?emc=edit_th_20171221&nl=todaysheadlines&nid=46729

<https://www.gcds.net/support-gcds/give-online>

I will now go back outside into the local Siberian Tundra. CIO

12/21/17 Thursday 11:55 P.M. I ate half of a Knorr teriyakii Rice mixture and refrigerated the other half in a Rubbermaid container. I ate it with a 10.25 ounce Banquet Swedish meatballs and a 12 ounce glass of diet Fresca. I will now go out and bay at the moon. CIO

12/21/17 Thursday 10:55 P.M. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with <https://www.roddandgunn.com/us> about Maui and Hawaii. I was too late for the www.apple.com store, since they had closed. I chatted with the <https://www.samuelowengallery.com/>. That seven foot long crocodile sculpture is made out of cardboard, and it costs \$6,000. I toured the www.cvs.com store, and I bought a six pack of 8 ounce Christmas www.coke.com for \$4.99 and .30 bottle deposit and .32 tax for \$5.61 total. I chatted with a local sports car driver about Florence, Italy. After I finished my walk, I sat out for a while on an extremely slow night. I used the bathroom at www.starbucks.com. I then went by the <https://www.acmemarkets.com/>, and I bought a 64 ounce Ocean Spray cranraspberry juice for \$1.88, a 64 ounce Ocean Spray crangrape juice for \$1.88, three 10.25 ounce Banquet Swedish meatballs for \$5 all, and three 16 ounce Stouffer's stuffed peppers for \$1.99 each for \$14.73 total. I then returned home. I chatted with neighbors. I put away my groceries. I will now go outside again. I guess all of the Holiday traffic has passed through town. CIO

12/21/17 Thursday 6:00 P.M. I chatted with two relatives. I will now go outside again. I will then shower and clean up. I will then go downtown to Greenwich Avenue to see the remains of the day. There is no point in playing Ace's High scratch cards at Zyn Stationary. My luck ran out, and I have not won in over a year. CIO

12/21/17 Thursday 5:25 P.M. I ordered ten in E12, warm white, 120 volt, 24 led, 20 w, <https://www.ebay.com/itm/E12-E14-E27-B22-5730-SMD-LED-Corn-Bulb-Lamp-Candle-Light-Cool-White-AC110V-220V-/272324589210?trksid=p5731.m3795> for \$1.16 each and minus 30 cent discount with free shipping for \$11.30 total. I do not want to overload that slow boat from China. CIO

12/21/17 Thursday 5:10 P.M. I went outside again, and I threw out the garbage. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?tLabels=9405509699938054694381> on the order for \$9 <https://www.ebay.com/itm/Philips-Clock-Radio-Includes-A-Charging-Station-For-Android-iPhones-4-5/132435585660?hash=item1ed5c6aa7c:g:bnEAAOSwOA1Z9oSx> and \$8.70 shipping for \$17.70 total arrived. CIO

12/21/17 Thursday 4:40 P.M. I went outside, and I drank my coffee. I ate a clementine. I washed the breakfast dishes. I made my bed. I will then go outside again. CIO

12/21/17 Thursday 3:15 P.M. I woke up at 2:30 P.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

12/21/17 Thursday 5:00 A.M. I watched series 5 episode 6 of "A Place to Call Home". I will now shut down the primary work computer, and I will go outside. I will then go to bed. CIO

12/21/17 Thursday 3:55 A.M. King Leopold of Belgium https://en.wikipedia.org/wiki/Leopold_I_of_Belgium used to be the wealthiest European monarch, when Belgium owned the Belgium Congo, but today without their colony and with the fact that Belgium has the highest population density in the world and is only the size of Fairfield County, Connecticut, the money does not go that far, which is probably why the Belgium Royal family is so thin and healthy. CIO

12/21/17 Thursday 3:35 A.M. I ate 10 buttermilk biscuits and a glass of cold filtered water. The European royalty advertise a lot, but for example somebody like Prince Charle's only income is from his dairy farm, so basically he produces milk. I will now go outside again. CIO

12/21/17 Thursday 2:45 A.M. <https://egu2018.eu/pico.html>

http://volcano.si.edu/reports_weekly.cfm

https://www.amazon.com/Norton-Security-Premium-Device-Card/dp/B0144NYEY6/ref=gbps_img_s-3_866c_87c511c8?smid=ATVPDKIKX0DER&tag=tbemail-20&ascsubtag=dbd9beb8-fa8c-4c15-bf5a-ca88177f88fc

<https://view.email.microsoftemail.com/?qs=da88851d760645f911e0728ac7017f048e7f358fb4362b262264ef677af5792d1fb435adb0feee7e5d535d4f1aa5d1cf0fc1c67ec10ee30b1453fc016b048dfa517a5d080a41e2c8>

Tracking is

<http://www.dhl.com/en/express/tracking.html?AWB=9241990101549212930410&brand=DHL> on the order for https://www.amazon.com/gp/offer-listing/0070545901/ref=dp_olp_used?ie=UTF8&condition=used for \$5.28 and \$1 shipping for \$6.28 total.

<https://www.westfield.com/westfieldworldtradecenter/holiday/experiences>

https://travel.aarp.org/articles-tips/articles/info-2017/tsa-holiday-security-advice-fd.html?cmp=EMC-DSO-NLC-RSS-TRAVEL--CTRL-122017-P1-2639088&ET_CID=2639088&ET_RID=121632&mi_u=121632&mi_ecmp=20171220_DailyBulletin_Control_247401_320001&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHH_EasCar6lS/I=

<http://view.reply.reaganfoundation.org/?qs=5f520efa95d423fc957208f565b16d25b3dd27ba95ae327d4a19acf62397a69fa3047938580f3ce6a12b8073ef55d02178133e498f0b293e26da551076362a999d14cbfff2dcccfd2>

I renewed my www.aarp.org membership for another year for \$16. It is good through May 2019.

The Royals <https://www.facebook.com/groups/248230842361827/>

<http://www.dailymail.co.uk/femail/article-5199461/Queen-Mathilde-attends-annual-Christmas-concert.html> Belgium Royal Family

I will now go outside again.

CIO

12/21/17 Thursday 1:40 A.M. I reheated and ate the other half of the Knorr teriyaki rice mixture with two White Castle cheeseburger and a 12 ounce glass of diet Fresca. CIO

12/21/17 Thursday 1:05 A.M. I put away the clean laundry. I will now go outside again. CIO

12/21/17 Thursday 12:25 A.M. I ordered 10 E27 24 LED warm white <https://www.ebay.com/itm/E12-E14-E27-LED-Corn-Bulb-5730-SMD-Light-Led-Lamps-Candle-lights-AC110V-220V-/272351464695?trksid=p2349526.m4383.l4275.c10&var=571227852259> for \$1.27 each and .30 discount for \$12.60 total with free shipping on a slow boat from China. I will now go outside again. CIO

12/20/17 Wednesday 11:40 P.M. I have 55 minutes to go on two dry cycles. I will now go outside again. CIO

12/20/17 Wednesday 11:05 P.M. I showered, and I cleaned up. I have 30 minutes to go on two wash cycles. I will now go outside again. CIO

12/20/17 Wednesday 10:20 P.M. I went outside, and I chatted with neighbors. The local police are here giving parking tickets to three people parked illegally in handicap parking places. I will now shower and clean up. CIO

12/20/17 Wednesday 9:40 P.M. I went outside again. I put clean linens on the bed. I put four more 60 LED light bulbs in various light fixtures in the living room and four more in the bedroom. Thus all of the lights in the apartment are LED except the bath and kitchen and hallway florescent bulbs and the two torpedo bulbs above the Rembrandt print of 'Polish Rider' and the red light in the bedroom and the florescent bulb in the bedroom lamp and the little elephant light in the living room. That might save a bit on the electricity bill. The apartment is well lighted up, since I am awake at night a lot of the time. I still have four LED 60 watt bulbs left and the old Compact Florescent bulbs I took out. I have them stored above and to the right of the Sony CD player behind the small flags in the living room and in the left hallway bookcase. I will now go outside again. CIO

12/20/17 Wednesday 8:50 P.M. TV deal <https://www.ebay.com/itm/Insignia-49-Class-48-5-Diag-LED-1080p-HDTV/192345600239?rmvSB=true&rmvSB=true>

I went through <http://scott-mike.com/bf.htm> . The Chinese are not giving away anything. You know the Great Wall of China did not work, so maybe they should start selling the Great Wall of China brick by brick. CIO

12/20/17 Wednesday 8:30 P.M. I threw out the garbage and the old periodical literature. I watered the plants. While I was sleeping today, I was awoken three times by telemarketers trying to refinance my credit card, which I do not have. I pressed 9 twice to delete myself from their list, but they keep calling and waking me up. I think they call from Asia, so maybe one of my friends on the West Coast can cut the Trans Pacific telephone line, so they do not keep bothering me. If they bother me, they are probably bothering millions of other people. One of my neighbors told me, we have UFOs from Albany, New York flying around here at night. CIO

12/20/17 Wednesday 8:00 P.M. I drank my coffee outside. I washed the breakfast dishes. I chatted with a relative. A neighbor told me it is supposed to be 54 degrees Fahrenheit here

on this Saturday. When I built the garage apartment for Vivian West who lived next to the Plandome Manor, Long Island railroad station from April 1982 to February 1983, they had a Wright Brothers Hardware store in Manhasset, Long Island and Mr. Grumman of Grumman aircraft lived in their neighborhood, so they must have had some sort of means of air travel. The granddaughter Laura Brody sold the house and moved to Summit, New Jersey, where Charles Lindbergh once lived, and the youngest granddaughter was the first European to go to work for Air China as a flight attendant, and the father was in the United States State Department in Libya, Thailand, and Saudi Arabia; so possibly other people still travel out there regularly. Vivian's ex-husband was the geologist out of the University of Toronto that explored North America for the oil companies. Possibly since one of the oldest Getty gasoline stations in America was out there, maybe the Getty family had a house out there. Vivian told me the Saudi Arabian princes used to walk around out there in their long flowing robes in the late 1940s. Possibly her husband was the geologist that discovered the oil in Saudi Arabia for J. Paul Getty and was paid fifty thousand dollars for discovering it. W. Averill Harriman's sister's son lived nearby in Sands Point, Long Island, and the www.ibm.com country club used to be out there. However, if one is used to the simple rural environment of suburban Connecticut, it is six to ten times busier out there. Nassau County is supposed to be the wealthiest county in the United States of America. CIO

12/20/17 Wednesday 6:30 P.M. I woke up at 5:30 P.M.. The order with tracking number of "61299990247734251580" at www.fedex.com for <https://www.ebay.com/p/12-X-60-Watt-Equivalent-Slimstyle-A19-LED-Light-Bulb-Soft-White-2700k/2164369371?iid=391415288268&trkparms=5373%3A0%7C5374%3AFeatured%7C5079%3A6000002342> for \$21.98 with free shipping arrived. The order with tracking number of "731883751717" at www.fedex.com on the order in 52" X 30" in black <http://www.josbank.com/traveler-collection-tailored-fit-flat-front-comfort-waist-twill-pants-big-tall-clearance> for \$21.99 and \$1.40 tax for \$23.39 total with free shipping arrived. I went outside. I picked up the mail. I chatted with a relative. I went outside again. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

12/20/17 Wednesday 7:35 A.M. I was told, when I was way out in Nantucket, that submarine captains during War never slept, but they took 20 minute cat naps. In the old days up north, they had a little known group called the Green Mountain boys, but it really is not yet cold enough for them around here. It is supposed to be minus 40 degrees Fahrenheit on top of the mountain at Stowe, Vermont in the winter. The Watson family of IBM fame started Smuggler's Notch next to Stowe, Vermont. In the old days in Manhattan, a few people from Vermont would stand out all day and all night at First Avenue and Beekman Place and Broadway and 72nd Street selling Christmas Trees, but if one does not know how to maintain a Christmas tree they can be a fire hazard. That is why a lot of people now use artificial Christmas trees. I will now shut down the primary work computer, and I will go to bed. The rich people that might be too lazy to go away on Holidays might still be here, and they do not like to see the poor people loitering downtown

all of the time. At night when most of the people are watching video media, there are a few night time people going about their business. Bon Soir. CIO

12/20/17 Wednesday 7:05 A.M. I have a theory, if one keeps a cat or a kitten around, a Mountain Lion will not bother you, because it respects other cats. When I knew the Christ Church maintenance person from Northeastern Vermont mountains, he had a claw mark on his shoulder, so that is why I thought he kept the little black and white tuxedo cat around to protect the church. Of course he also was into witch craft, which I do not know anything about, but I think some of the women in Nantucket did, since one of the main restaurants in the center of town was the "Company of the Caldron". Of course the Scottish might know something about Druids. You know those people that walk around in the woods talking with trees. I will now go outside again. CIO

12/20/17 Wednesday 6:40 A.M. So you like hiking in the California Mountains with your children <http://www.bbc.com/future/story/20171218-what-its-like-living-in-californias-mountain-lion-country> , you better carry an M80 https://en.wikipedia.org/wiki/Zastava_M80 or an <https://en.wikipedia.org/wiki/Uzi> . CIO

12/20/17 Wednesday 6:30 A.M. I leant a neighbor a pack of cigar cigarettes. CIO

12/20/17 Wednesday 5:55 A.M. The Flying Dutchman <https://www.royal-house.nl/members-royal-house/king-willem-alexander/flying> . CIO

12/20/17 Wednesday 5:45 A.M. That might be the planet Venus in the southeast sky, but it seems to be lighted up around like it has a ring around it like maybe the planet Saturn. Who knows maybe it is some stationary communications relay satellite handling all of the wireless devices in this area. I will now go through <http://scott-mike.com/bf.htm> . I was told tonight that one of the major internet players is living in the area, but with www.ibm.com that has always been the case. Nobody ever communicates with me, so I guess I must be pretty good at delegating authority, but I am not paying for it. CIO

12/20/17 Wednesday 5:25 A.M. I chatted with Optimum about a minor technical problem. The tech person told me they had a relative killed in the wealthiest neighborhood in Manhattan while visiting a jewelry store, so I guess Manhattan is still not safe anymore despite what the media says. I went outside again. I ate a 5 ounce bag of Texas Toast parmesan Caesar croutons and about 2.5 ounces of Cracker Barrel Vermont extra sharp cheddar cheese. I read the reason that beef and other meat product got so expensive is that there was a major drought in Texas and the Southwest that caused cattlemen to downsize their herds. The Stop and Shop on West Putnam Avenue has become more upscale. They now have a gourmet meat counter and seafood counter that looks interesting. Alas the only two people in there late at night were only buying eggs. I will now go outside again. Of course the second to the last Microsoft Conference I went to 12 years ago out in Hauppauge, Long Island had about three thousand people, but most of them were Vegans, except for the six foot wide six foot tall white man. CIO

12/20/17 Wednesday 3:55 A.M. <https://www.microsoft.com/en-us/software-download/windows10>

<https://www.facebook.com/groups/248230842361827/> The Royals. Some of them are tiny people.

<https://www.facebook.com/ted.eaton.1/posts/1560035827414446>

When I worked at <http://languedocbistro.com/> out in www.nantucket.net, the owners were the sons of the Warden of the Concorde Reformatory in Concorde, Massachusetts; so the people around them tended to be well behaved. They also had the ski pub in <https://www.stowe.com/> called Sister Kate's where their father's law books were on display. I think they were Liberals but cold weather people, since Ian Greenshield from Montreal worked with them, and he looked like Sean Connery, and he used to be Jackie Kennedy's bodyguard in Stowe, Vermont, where he built barns. He lived above the fire house in Nantucket. The last job I had in Nantucket before leaving for good was painting the trim on Admiral Halsey's house on the Polpis Road. It was full of bees. Also the Reverend William Sloan Coffin of www.yale.edu fame worked for them as a carpenter. Also on Nantucket, I had breakfast when I lived on India Street at the Dory restaurant where Henry Cabot Lodge Junior had breakfast. I think he was Richard Nixon's ambassador to Viet Nam, so he was probably conservative. Up there with the Pilgrims, the Lodges only talk with the Lowells and the Lowells only talk with the Cabots and the Cabots only talk to God, if you get my drift.

I think this is where the Aga Khan lives in Manhattan

https://www.amazon.com/gp/product/1451666195/ref=pe_2802110_265090530_em_1p_0_ti

<http://view.reply.reaganfoundation.org/?qs=ff177746fb6df40ca89b9d6cc9bf54067698640ccaf875057adca5862ef028a452ad81ed8743aa4c1dc85d1fa70128b86aa4bafed64f3f5f5c38dbed6e9f503bfda14925114778a>

https://www.groupon.com/deals/omaha-steaks-national-235-long-island?p=5&utm_source=newsletter_im&utm_medium=email&t_division=westchester-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171219&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=image&d=deal-page&utm_campaign=bc11aec4-5a58-49b4-8eca-c3e895a14891_0_20171219_treatment0

https://info.microsoft.com/index.php/email/emailWebview?mkt_tok=evJpIjoiTnpkaU9EZGhPVE0wTnpZdyIsInQiOiJrWHVPOGJoeWpwR2d4UjNNU3ZFdUxVMnAyYjZKQUJCNmh2T0Irc3Z6emVERW1TYnVnQ3B3WUpMa09tVC9SdVBZamh5YmxYYVQ0ZG1UejIIMUJ4aXY4aTNqd2tqMEV6Wmg4T2xCQ2hpR2NNbVdHOu8zMzMmUzlrcktGUWtvaGEOXRHamZHampJVEdOWlhBSDVOY0dWKzRUTW9BemRwZWNhR1h4ZjdXTkUxR0k9In0%3D

Since Iphone 3 GS docking station is coming from Andrew Jackson country, maybe Elvis will show up with it.

Bargain for local pickup if you happen to be in the San Francisco area
<https://www.frys.com/product/9012657> .

https://www.nytimes.com/2017/12/18/obituaries/lone-wigger-jr-dead-champion-rifle-shooter.html?emc=edit_th_20171219&nl=todaysheadlines&nlid=46729

Cheapest big TV with free shipping I can find <https://www.walmart.com/ip/Sceptre-50-Class-FHD-1080P-LED-TV-X505BV-FSR/631796609?wmlspartner=wlpa&selectedSellerId=0&adid=2222222227091323909&w10=&w11=g&w12=c&w13=204412959547&w14=pla-335204280412&w15=9003457&w16=&w17=&w18=&w19=pla&w10=8175035&w11=online&w12=631796609&w13=&veh=sem> .

I will now go out to the Great Outdoors again. CIO

12/20/17 Wednesday 1:55 A.M. I also chatted with somebody from Michigan who goes to <https://www.amherst.edu/> , and I told him about the British professor there named Simon Winchester who has written a number of interesting books including ones about volcanoes. My primary language is English, so I frequently have to rely on the British whom are supposed to be experts in English, but they never tell us very much but write long books. Since I have never been in the United Kingdom, I do not know what it is really like except for our media and publications in this country. I do know it is a smaller country with 65 million people whom are well organized, so basically if they have anything to tell us, they will figure out a way to do it sooner or later. Since my primary field study at www.lfc.edu was economics, I have found very few people know anything about it in the general population or even know how to talk about it. If one is interested in it and to refresh my memory, I bought https://www.amazon.com/gp/offer_listing/0070545901/ref=dp_olp_used?ie=UTF8&condition=used for \$5.28 and \$1 shipping for \$6.28 total. I had a copy, but when I had a relative suggest that I throw away my personal library, I threw it out. I did buy a book recently about the Rockefeller house over in North Tarrytown, but I have not had time to read it. I guess by old European standards it is a smaller house, but David Rockefeller had a PHD in Economics from the University of Chicago, so more than likely somebody left in their family knows something about Economics. Actually the true definition of Economics is "How Runs One's Home." I got interested in thrift as a youngster, when I was reading Uncle Scrooge comic books always having problems with his three nephews. CIO

12/20/17 Wednesday 1:10 A.M. I ate half of a Knorr teriyakii Rice mixture and refrigerated the other half in a Rubbermaid container. I ate it with two White Castle cheeseburgers and a 12 ounce glass of diet Fresca and a clementine. I will now go outside to survey the local tundra. My personal viewpoint on Prince Harry's sudden engagement was that I had hoped an influential friend of mine's daughter might marry him. They

obviously know each other, but her family has enough money to survive, if you get my drift. So much for peace. CIO

12/20/17 Wednesday 1:05 A.M. I saw somebody downtown that is going hunting that looks like Dwight David Eisenhower, when he was younger. CIO

12/20/17 Wednesday 1:05 A.M. Keep Your Hear to the Ground !

12/19/17 Tuesday 11:55 P.M. Also I did not buy the usual McCormick peppercorns for the same price, because they come with a grinder lid that is hard to get off. Back on July 4, 1976 during the Tall Ships Festival in Manhattan, I met somebody from Newport, Rhode Island that looked like Prince Charles, and he told me his family owned McCormick spices <https://www.mccormick.com/> which is quite a complex operation with their worldwide sources. CIO

12/19/17 Tuesday 11:50 P.M. I went downtown to Greenwich Avenue. I went by www.cvs.com , and I exchanged the blue USB power adapter for a new one for free. I chatted with a relative. I went further downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I toured the www.apple.com store. I chatted briefly with another cigarette smoker. I told him around 1989, one could go to AAA Travel on High Ridge Road in Stamford, Connecticut, and it cost \$800 round trip to fly to Munich, Germany on Lufthansa, and take a bus to Innsbruck, Austria with a week's stay at a hotel with breakfast and dinner. I told him that at the University of Innsbruck, they study 18 hours a day seven days a week. I told him that they do not use cash registers in Innsbruck, but change purses, except in the small mall. I told him in the International Herald Tribune, there was an article from someone at the Kaiser Wilhelm Institute that NASA could achieve the same goals by using micro robotics for a tenth the price of actually putting a human in space. I also mentioned that <https://www.atlasobscura.com/places/the-empty-tomb-of-maximilian-i> . I also told him that one can still smoke cigarettes in a coffee shop in Vienna, Austria. The cigarette smoke looked a bit like Andrew Mellon III, but a lot of Irish jockeys have that look. He seemed to be afraid to visit Austria, I guess because it is now a neutral country. I used the bathroom at www.starbucks.com . I chatted with a new employee from Columbia the country who seemed to be working hard. I chatted with a relative. I went by CVS again. I bought three two ounce minced onions for .49 each for \$1.47. I got a \$12 bonus bucks coupon, so I bought buy two get one free of 6.2 ounce Crest Pro-Health whitening power toothpaste for \$11.98 total with coupon for free. I sat out some more in various locations. I chatted with a couple walking a small dog from Stamford, Connecticut who walk here all of the time. I used the bathroom at Starbucks again. I then walked lower Greenwich Avenue again. The East End bar restaurant was quite busy. I noticed in the art gallery across the street, they have a seven foot long crocodile sculpture on the center floor. I told two young girls they should photograph it and send it to their friends down south. I then sat out a while longer. I also chatted with a frozen yogurt eater about the American Dairy Association. I also chatted with a Junior League volunteer. As usual Tuesday night was dead slow on Greenwich Avenue. I then went by the Stop and Shop. I chatted with a former neighbor from back country. I was told by a store employee that 42 ounce Quaker Old Fashioned oatmeal has now gone up to

\$6.79. I suggested that they sell their own brand for less, but I do not know if they have it in the slower cooking method or just minute oats. I prefer Old Fashioned, since I think it tastes better. I bought three five ounce Texas Toast Parmesan Caesar croutons for \$1 each, two 15 ounce Boston Market turkey dinners for \$2.50 each, a 2.65 ounce Simply Organic black peppercorns for \$6.39 for \$14.91 total. I mentioned to a French speaking shopper that possibly Bill Gates of Microsoft might have gotten wealthy because his wife might be from the branch of the French family that are related to the Rockefeller family. Of course, there other family members, whom might be more private. I then returned home. I sat outside briefly. I put away my purchases. I will now go outside again. I also chatted with a www.coke.com employee who was buying whole cashew nuts at CVS. CIO

12/19/17 Tuesday 4:10 P.M. I went outside, and I chatted with a neighbor, and I drank my coffee. I washed the breakfast dishes. I made my bed. I will now go outside again. I will pick up my mail. I will shower and clean up. I will go downtown to see the remains of the day on Green Witch Avenue. When Fred Von Mierers was taking over Billy Baldwin's Interior decorating business, when I used his apartment at 420 East 49th Street in Manhattan from October 1973 to February 1975, he called his apartment the "Mouse Palace". I call my apartment the "Mouse Palace East", since we are east of Manhattan. Fred took me to Barbara Rockefeller's townhouse on East 67th Street a number of times, where fellows from www.rockefeller.edu lived. It was a six story town house with a lot of marble, and roof top garden with a big willow tree, where people were allowed to smoke whatever they wanted on the roof. Dealing with www.un.org diplomatic corps, one never knew what people might do next, based on their experience, versus those of us whom lead more private lives out in the suburbs. John Reed who lived in Greenwich was David Rockefeller's ambassador to the United Nations, so his group of people might know more. Of course Henry Kissinger lived near by on East 54th Street across the street from Greta Garbo who worked for British Intelligence during World War II, and ran the headquarters of British Intelligence on West 13th Street in Manhattan that was called "The Greta Garbo home for wayward boys". Also East 54th street was where the British political group the Fabians were located, and they got Tony Blair elected. Thus there are probably International Politics going on in Manhattan, depending on whom one has contacts with. Fred spoke about nine foreign languages, so he was able to communicate with the diplomats. Of course in that period George Herbert Walker Bush was the United States government's ambassador to the United Nations, and back then he lived at the Waldorf Towers. Of course like everything else politics change all of the time. CIO

12/19/17 Tuesday 2:00 P.M. I ate a clementine before going to bed. I finally woke up at 1 P.M.. I went outside. The order with tracking number of "741704251949" at www.fedex.com on the order for in black http://www.josbank.com/knit-scarf-hat-set-clearance?utm_source=linkshare&utm_medium=affiliate&utm_content=generic&utm_campaign=default&ranMID=38377&ranEAID=isIkAyUyNbM&ranSiteID=isIkAyUyNbM-Ut5o1HBMR37.UozIdZknqg&mid=38377&siteID=isIkAyUyNbM-Ut5o1HBMR37.UozIdZknqg for \$7.99 and .51 tax with free shipping for \$8.50 total arrived. I chatted with my social worker. The Knights of Columbus are going to deliver me a Christmas meal on Christmas Day. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and

50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. Tracking is <https://tools.usps.com/go/TrackConfirmAction?tLabels=9405509699937198847318> on the order for <https://www.ebay.com/itm/Philips-Docking-Speaker-sound-dock-works-with-iPOD-iPHONE-or-Android-Black-TV-PC/253173927840?hash=item3af2578fa0:g:XSYYAOSwPCVYA4WL> for \$25 with free shipping. CIO

12/19/17 Tuesday 4:45 A.M. I went outside again. I will now shut down the primary work computer, and I will go to bed. A lot of older people I used to know do not need as much sleep, when they get older. All of the walking that I do all of the time tends to wear me out not to mention the internet activity and my other regular routines. Bon Soir. CIO

12/19/17 Tuesday 3:55 A.M. I went outside again. I reheated and ate the other half of the pizza with a 12 ounce glass of diet Fresca. I will now go through <http://scott-mike.com/bf.htm> .

<http://www.gettyimages.com/event/duke-duchess-of-cambridge-christmas-card-775092670#in-this-handout-image-provided-by-kensington-palace-on-december-18th-picture-id894800494> Younger Windsor family Christmas Card. CIO

12/19/17 Tuesday 3:10 A.M. My older Iphone 3 GS is older 30 pin model, so I bought this <https://www.ebay.com/itm/Philips-Docking-Speaker-sound-dock-works-with-iPOD-iPHONE-or-Android-Black-TV-PC/253173927840?hash=item3af2578fa0:g:XSYYAOSwPCVYA4WL> for \$25 with free shipping. The Philips Iphone Radio is newer micro USB connector. CIO

12/19/17 Tuesday 2:10 A.M. On the Iphone 3 GS, the phone has not been charged up recently. I finally figured out the blue USB power adapter that I bought at CVS this past summer was not working. I have a spare one, and it is now charging up. I will try to exchange the bad one at CVS on Greenwich Avenue. I put a free battery power program on the Iphone 3 GS. I went outside again. It is supposed to be 48 degrees today, so I guess all of the warmer weather people will be out and about. CIO

12/18/17 Monday 11:50 P.M. This <https://www.ebay.com/itm/SALE-Philips-Docking-Speaker-for-iPod-iPhone-with-Clock-Display-Black/192253921533?trkparms=aid%3D222007%26algo%3DSIM.MBE%26ao%3D1%26asc%3D20160908110712%26meid%3D6f82d57a0ea1477596238dc709830c99%26pid%3D100677%26rk%3D9%26rkt%3D30%26mehot%3Dag%26sd%3D292367158988&trksid=p2385738.c100677.m4598> for \$15.99 with free shipping was cancelled, because they said something was wrong with my shipping address. They refunded the money. I do not really need a second one anyway.

Tracking is <https://tools.usps.com/go/TrackConfirmAction?tLabels=9405509699938054694381> on the order for \$9 <https://www.ebay.com/itm/Philips-Clock-Radio-Includes-A-Charging-Station->

For-Android-iPhones-4-5/132435585660?hash=item1ed5c6aa7c:g:bnEAAOSwOA1Z9oSx
and \$8.70 shipping for \$17.70 total. More here
https://www.ebay.com/sch/i.html? from=R40& sacat=0& sop=15& nk=Philips+AJT330
0+Desktop+Clock+Radio&rt=nc&LH BIN=1 .

https://www.groupon.com/deals/blackstones-steakhouse-
4?p=1&utm_source=channel_pc_im&utm_medium=email&t_division=new-
york&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&dat
e=20171218&uu=b0d984ba-1234-11e4-9921-
00259060b5be&CID=US&tx=0&s=body&c=deal-button-1 &d=deal-
page&utm_campaign=28006f90-3e7b-424c-a36e-374276c60558 0 20171218 treatment0

https://www.aarp.org/retirement/planning-for-retirement/info-2017/ranking-retirement-
cities-fd.html?cmp=EMC-DSO-NLC-RSS---CTRL-121817-P1-
2634661&ET CID=2634661&ET RID=121632&mi u=121632&mi ecmp=20171218 Daily
Bulletin Control 247401 320001&encparam=bOFQIFwmDrIAIENPzsAYSf2BB34EBFHh
EasCar6IS/I=

http://view.reply.reaganfoundation.org/?qs=217cc2590d4da35a52456cd9446af8159a8d11a4
0b999deb4c3166804fbf7f1aadf1929062ef4dd5d4e21b9ea432d23c6e457a522bb3cfbe428d4c9
65324cd150bac4e2ac9149bdd

https://www.facebook.com/photo.php?fbid=1589926341127676&set=a.151298998323758.29
415.100003309778418&type=3&theater

I will now go outside again. CIO

12/18/17 Monday 11:05 P.M. I went outside. I helped a neighbor with my little folding cart bring up two awkward pieces of furniture. I showed the neighbor my Pied A Terre. I then went outside again. CIO

12/18/17 Monday 9:20 P.M. I took at 31.5 ounce DiJourno Supreme pizza, and I put grated parmesan and Romano cheese on it along with garlic powder and extra virgin olive oil. I am baking it on the wire rack in the Farberware convection oven at 400 degrees Fahrenheit for 20 minutes. I will eat half of it with a glass of diet Fresca, and I will refrigerate the other half in a Rubbermaid container. CIO

12/18/17 Monday 9:05 P.M. I chatted with a friend and a relative. I went outside again. CIO

12/18/17 Monday 7:20 P.M. I threw out the garbage. I went downtown to Greenwich Avenue. The Senior and the Arts Center will not be issuing new parking permits until December 26, 2017. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I toured www.cvs.com , and I chatted with a local golfer. I used the bathroom there. I chatted with the www.att.com store. I chatted with http://us.longchamp.com/store/united-states/longchamp-greenwich . I chatted with a

relative and a friend. I sat out for a while after my walk. I used the bathroom at www.starbucks.com . After my walk, I went by CVS at 644 West Putnam Avenue. I chatted with a French person wearing a Antarctica polar research station jacket. I chatted with somebody getting a passport pictures for the Bahamas. However, it can be dangerous in the Bahamas, if one gets too much sun. I bought a 24 ounce deluxe Gold Emblem whole cashew nuts for \$7.99 and a five pack of Bic lighters for \$7.59 and .16 tax for \$15.74 total. I then returned home. I sat outside briefly. I picked up the mail. I will now go outside again. CIO

12/18/17 Monday 2:35 P.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown to Greenwich Avenue. CIO

12/18/17 Monday 1:05 P.M. I ate a clementine before going to bed. I woke up at 10 A.M., and I chatted with a relative. I ate a clementine. I finally woke up at 12:30 P.M.. I went outside. I saw three black crows chasing a hawk. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

12/18/17 Monday 3:15 A.M. I will now shut down the primary work computer. I will go outside again. I will then go to bed. CIO

12/18/17 Monday 3:00 A.M. I went outside again. On the right side of the oak dining room table opposite the television, I setup my older \$140 MacBook laptop <https://www.ebay.com/itm/Apple-MacBook-13-3-7-1-Laptop-A1342-4GB-250GB-Bluetooth-Webcam-10-/272451893520?hash=item3f6f65f910:g:glAAAOSwLxYLHdG> that I bought a year ago as an apartment Christmas gift. Although it is older, it works just fine. One has to turn on the second network switch for its LAN with the rear right switch on the power strips to the right of the primary work computer. It has wireless to, but I prefer the LAN. Also I put Skype for Mac on it, and it works just fine. I have it setup with a left side wireless mouse and mouse pad and a headset too. For some reason, its touch pad does not seem to work, although it moves the cursor. I will now go outside again. CIO

12/18/17 Monday 12:25 A.M. I will now go through <http://scott-mike.com/bf.htm> . CIO

12/18/17 Monday 12:10 A.M. Tracking number is "731883751717" at www.fedex.com on the order in 52" X 30" in black <http://www.josbank.com/traveler-collection-tailored-fit-flat-front-comfort-waist-twill-pants-big-tall-clearance> for \$21.99 and \$1.40 tax for \$23.39 total with free shipping.

<http://view.reply.reaganfoundation.org/?qs=595953ced2e3854913bb4ac42e80544893491c33f7c1fc6035d20053cd7dfd10a0d7325ef9bd89b77a9a796fe495bfa3c98b3ffd8d30d07cdee9161b4c3139657d3ab843255e0f4c>

https://www.smithsonianmag.com/science-nature/ai-finds-first-eight-planet-solar-system-besides-ours-180967554/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20171217-Weekender&spMailingID=32272934&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1181962508&spReportId=MTE4MTk2MjUwOAS2

https://www.nytimes.com/2017/12/16/world/middleeast/saudi-prince-chateau.html?emc=edit_th_20171217&nl=todaysheadlines&nid=46729

https://www.nytimes.com/2017/12/15/nyregion/manual-elevators-operators.html?emc=edit_th_20171217&nl=todaysheadlines&nid=46729

I will now go outside again. CIO

12/17/17 Sunday 11:05 P.M. I ate a salad of five ounces of Romaine lettuce with 4 ounces of diced Cracker Barrel Vermont extra sharp cheddar cheese and five cherry tomatoes and three sliced large mushrooms and six black pitted olives and three ounces of Chatham Village garlic and cheese croutons and eight ounces of cooked and peeled shrimp and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and Wish Bone Spicy Caesar dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Fresca. I will now go outside again. The other morning around sun rise, I noticed large animal foot prints in the snow around our dumpster. I will also throw out the shrimp peelings, since if left around the house, they quickly stink. CIO

12/17/17 Sunday 10:00 P.M. I threw out the garbage. I went downtown to www.cvs.com on Greenwich Avenue. I bought a 24 ounce container of deluxe whole cashews for \$7.99, and a box of ten 8.5 ounce www.perrier.com for \$4.99 and .50 can deposit and .32 tax for \$13.80. I sat outside briefly across the street. I then went further downtown. I chatted with a relative. I walked the entire length of Greenwich Avenue. I sat out at various locations. I toured the www.apple.com store. They seem to like wearing red. I chatted with two local www.starbucks.com customers. I used the bathroom at Starbucks. I then stopped by CVS again. I bought a 6 packet box of CVS daytime Severe cough and cold medicine for \$5.29 total. On the way down Greenwich Avenue, I stopped by CVS again, and I bought a 12 ounce bag of Gold Emblem hazelnut coffee for \$5.99. I sat outside across the street again. I chatted with a relative. After I finished my walk, I sat outside some more. I then went by the Stop and Shop on West Putnam Avenue. They refunded me my \$2 on the Quaker Old Fashioned oatmeal. I bought two Maxwell House 11 ounce breakfast blend coffee for \$3 each, two tubes of buttermilk biscuits for .79 each, two 8 ounce bars of Cracker Barrel Vermont extra sharp cheddar cheese for \$2.50 each, and a discount 8 ounce package cooked peeled shrimp \$3.50 for \$16 total. I then returned home to Chez Mike's. I sat outside briefly. Somebody left a pair of small red and white pajama bottoms on my door handle. I put them on my neighbor's door handle. I put away my purchases. I will now go outside again. CIO

12/17/17 Sunday 3:40 P.M. I went outside, and I drank my coffee. I also ate a clementine. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then go downtown to Greenwich Avenue to see if the trophy wives found any trophies. Greenwich, Connecticut, since I have lived here since 1962 has always been cut to the bone, although a few people make a bit of money in nearby Manhattan. Whenever I go to Manhattan, I just meet a few people from Long Island whom are curious as to why I even there. There are a lot more fair hair people on Long Island, like Greenwich used to have. In Wilton, Connecticut; there are also a lot of fair haired people, but they are a lot bigger and taller than the average Greenwich people. Of course at my age 67, I am now grey haired; so I fit in with the remaining senior citizen population. I am fairly good at conversation, when I can sit inside a warm place and smoke cigarettes; which does not seem to be available anymore. Sooner or later, I will have to try to quit smoking the cigar cigarettes, but two doctors I know told me, they do reduce stress. CIO

12/17/17 Sunday 2:10 P.M. I bought for \$9 <https://www.ebay.com/itm/Philips-Clock-Radio-Includes-A-Charging-Station-For-Android-iPhones-4-5/132435585660?hash=item1ed5c6aa7c:g:bnEAAOSwOA1Z9oSx> and \$8.70 shipping for \$17.70 total. More here https://www.ebay.com/sch/i.html?from=R40&sacat=0&sop=15&nkw=Philips+AJT3300+Desktop+Clock+Radio&rt=nc&LH_BIN=1. CIO

12/17/17 Sunday 1:45 P.M. I ordered <https://www.ebay.com/itm/SALE-Philips-Docking-Speaker-for-iPod-iPhone-with-Clock-Display-Black/192253921533?trkparms=aid%3D222007%26algo%3DSIM.MBE%26ao%3D1%26asc%3D20160908110712%26meid%3D6f82d57a0ea1477596238dc709830c99%26pid%3D100677%26rk%3D9%26rkt%3D30%26mehot%3Dag%26sd%3D292367158988&trksid=p2385738.c100677.m4598> for \$15.99 with free shipping. CIO

12/17/17 Sunday 1:15 P.M. I woke up, and I ate a clementine. I finally woke up at 12:30 P.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

End of Scott's Notes week of 12/17/17

12/17/17 Sunday 3:05 A.M. I will now send out my weekly notes. I will then shut down the primary work computer, and I will go outside. I will then go to bed. Bon Soir. CIO

12/17/17 Sunday 2:35 A.M. I went outside again. I got to thinking about the story of the Duke of Windsor https://en.wikipedia.org/wiki/Duke_of_Windsor abdicating the throne of England. Technically he was also Emperor of India, so possibly he was able to hang on to that job, since he liked hot weather. With a billion people in India, they probably could have insured his privacy. The British have a lot of places to hide out in their

https://en.wikipedia.org/wiki/Commonwealth_of_Nations , so they must have some group of experts to keep track of long lost travelers. I will now make up a tube of 10 buttermilk biscuits, and put Smart Balance Spread on them, and eat them with a glass of cold filtered water. CIO

12/17/17 Sunday 1:20 A.M. I ordered in 52" X 30" in black <http://www.josbank.com/traveler-collection-tailored-fit-flat-front-comfort-waist-twill-pants-big-tall-clearance> for \$21.99 and \$1.40 tax for \$23.39 total with free shipping. CIO

12/17/17 Sunday 12:30 A.M. I went outside again. I will now go through <http://scott-mike.com/bf.htm> looking for bargains. However, at the Holiday time, there are not many bargains. Usually around February, the Chinese start discounting and dumping stuff on the U.S. market. CIO

!!!!!! 12/16/17 Saturday 11:50 P.M. My photos from years past https://www.facebook.com/mikelouisscott009/photos_all . CIO

12/16/17 Saturday 11:30 P.M. I went outside, and I chatted with a neighbor. www.wh.gov has a new contact form <https://www.whitehouse.gov/contact/> . CIO

12/16/17 Saturday 10:20 P.M. I went outside again. I always turn the heat up in my apartment around Christmas Time, however when I get the December electricity bill around the first of January, I end up turning the heat down again. We probably have a lot of the local college students on Christmas break back in town, so as usual when the younger generation are around, odd things happen. In the older days of the internet, my computers were always hacked during college vacations and the beginning of summer vacation. One does not have to be a computer genius to figure out whom might have been doing it. With www.ibm.com having 425,000 employees some of whom might know something about computers, it is more than likely their younger generation are up to mischief or trying to get attention. The Salvation Army bell ring was in front of Starbucks on Greenwich Avenue today, but nobody seemed to be giving him any money. In the olds days the Salvation Army bell ringer at Rockefeller Center looked familiar, but nobody seemed to recognize him. Also Russian Orthodox Christmas <https://www.timeanddate.com/holidays/russia/christmas-day> comes later. CIO

12/16/17 Saturday 9:55 P.M.
<http://view.reply.reaganfoundation.org/?qs=994a501da3ea37b2f956dda8029f916267d39556b8b9823b156d94045ba2f3808e534a0d80c0945c3267f39e3b5308168ad613c825d9ae4a935b000d6ec17c6f631a85145472c72e>

Tracking number is "741704251949" at www.fedex.com on the order for in black http://www.josbank.com/knit-scarf-hat-set-clearance?utm_source=linkshare&utm_medium=affiliate&utm_content=generic&utm_campaign=default&ranMID=38377&ranEAID=isIkAyUyNbM&ranSiteID=isIkAyUyNbM-Ut5o1HBMR37.UozIdZknqg&mid=38377&siteID=isIkAyUyNbM-Ut5o1HBMR37.UozIdZknqg for \$7.99 and .51 tax with free shipping for \$8.50 total.

<http://business.time.com/2014/02/15/the-10-richest-presidents-in-american-history/> . I will now go outside to the Artic Wonderland Green Picnic Bench for Smokers. I guess smokers are third class citizens, but even when I quit for 2.5 years, things did not get any better. It just reduces stress, if you get my drift. I was once told, people are allowed to smoke in coffee shops in Vienna, Austria, but I do not speak their language. CIO

!!!!!! 12/16/17 Saturday 9:10 P.M. Tired of reading, let your computer do the talking
<https://www.naturalreaders.com/online/> .

Cut and Paste this into the form with Dutch Marcus voice at -2 speed, and the computer can be the priest, and it sounds like the Duke of Windsor.

Episcopal

Our Father who art in heaven,

Hallowed be thy name.

Thy kingdom come.

Thy will be done

on earth as it is in heaven.

Give us this day our daily bread,

and forgive us our trespasses,

as we forgive those who trespass against us,

and lead us not into temptation,

but deliver us from evil.

For thine is the kingdom,

and the power, and the glory,

for ever and ever

Amen.

Taken from https://en.wikipedia.org/wiki/Lord%27s_Prayer .

CIO

12/16/17 Saturday 8:55 P.M. I went outside. The ice skating rink parking lot is filled to maximum capacity, so there must be some special event going on there. I chatted with a relative. I went outside again. CIO

12/16/17 Saturday 7:40 P.M. No Comment

<http://www.aljazeera.com/indepth/opinion/2017/08/priceless-racism-duke-edinburgh-170810082226234.html> CIO

12/16/17 Saturday 7:20 P.M. I went outside, and I chatted with neighbors. I ate a salad of five ounces of Romaine lettuce with 4 ounces of diced Cracker Barrel Vermont extra sharp cheddar cheese and five cherry tomatoes and four sliced large mushrooms and six black pitted olives and two ounces of Chatham Village garlic and cheese croutons and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and Wish Bone Spicy Caesar dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Fresca and a Clementine. I chatted with a relative. For a change, I watched the www.cbsnews.com evening news. It is a lot of complicated pharmaceutical commercials and mostly human interest stories. When I worked there in the spring of 1973 at their broadcast center doing the paper work for the commercials on an www.ibm.com selectric typewriter, I was fired because I had a hard time making it to work at 10 A.M. in the morning. What the news people never seemed to know is that more people on the planet are awake during our night times. I will now go outside again. CIO

12/16/17 Saturday 5:20 P.M. I went outside again. It is overcast outside, so I could not see the Space Shuttle fly by. Back in the old days of www.nasa.gov , every pound in space cost \$2 million, so the astronauts were smaller people. CIO

12/16/17 Saturday 5:05 P.M. For Big Buck Billionaires who can not take the cold <https://www.ebay.com/sch/i.html?from=R40&sacat=0&nkw=3+XL+Canada+Goose+Parka&sop=15> . My nice used www.llbean.com parka that I bought for \$40 on Ebay came from Orlando, Florida, where they obviously do not need it. I think when it was new it cost about \$350. Also I have Burgundy L.L. Bean parka that I do not wear to much, although it is very warm, since it has small pockets. I have a number of mild weather jackets, and other heavier winter coats. Two of my heavy winter coats that I bought as clearance items from King Size direct, are warm, but they have cheap zippers, so they do not zip up too easily. Let the buyer beware. CIO

12/16/17 Saturday 4:45 P.M. I picked up the mail. I got a notice from the Connecticut Department of Social Services that my EBT Food stamps are going down from \$174 to \$167 a month for a \$7 decrease, so although my SSI is going up \$15 a month, I am actually only getting a \$8 COLA increase. This has gone on for 31 years, since I was put on SSI, so in reality, one never gets a real COLA increase over time.

Tracking number is "61299990247734251580" at www.fedex.com for <https://www.ebay.com/p/12-X-60-Watt-Equivalent-Slimstyle-A19-LED-Light-Bulb-Soft-White-2700k/2164369371?iid=391415288268&trkparms=5373%3A0%7C5374%3AFeatured%7C5079%3A6000002342> for \$21.98 with free shipping. CIO

12/16/17 Saturday 3:55 P.M. I threw out the garbage. I drove a neighbor to Neighbor to Neighbor at Christ Church. They were busy. We then stopped by at the Shell Station at West Putnam Avenue. I then dropped the neighbor off at our building. I then went downtown Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I figured out if one walks upper Greenwich Avenue first, it is easier when one is rested, and then it is down hill and more gradual on the way up Greenwich Avenue. I used the bathroom at www.cvs.com. I bought buy one get one free of CVS Health 250 soft gels cranberry 4200 mg. for \$21.99 both. I chatted with the AT&T store about the Bell family nobody seems to have ever heard about. I think they are also Scottish. I chatted with a relative. I stopped by the swimming suit shop south of St. Mary's, and I briefed them on beaches <http://scott-mike.com/mlsbeach.htm>. I toured the www.apple.com store, and I chatted with a Senior Citizen about the Roosevelt family and the Bank of New York. I chatted with a local outside the Belgium coffee shop about some British people I have met. I exchange a quarter for two dimes and a nickel for a local shopper, so he would not get a ticket. I think this time of year, they should suspend parking fees to encourage more shopping. At Zyn Stationary I bought an Ace's High scratch card for a dollar, and I lost. I chatted with somebody with a very cute Newfoundland puppy about the Winter Olympics. I used the bathroom at www.starbucks.com, and I chatted with somebody wearing a Patagonia jacket about Argentina. I then drove over to the Stop and Shop. I bought a 10 ounce bag of Dole salad greens for \$1.99, four Green Giant 10 ounce microwave frozen Brussels Sprouts for \$1 each, a five quart box of Stop and Shop powdered milk for \$8.19 and for some reason they charged me \$6.79 for a 42 ounce Quaker Old Fashioned oatmeal which should have been \$2 less for \$20.97 total. I chatted with a customer about my trip to Stockholm, Sweden in February 1983, when for some odd reason, I ended up at a military airport in Oslo, Norway. I chatted with a local Byram resident about the Old Guard on Long Island. I went by the Putnam Shell at 401 West Putnam Avenue, and I bought \$13 of self service V-Power premium gasoline with ten cents a gallon off with my Stop and Shop card for \$3.499 a gallon 3.714 gallons at odometer reading of 116589 miles for 47.9 miles driven since Thursday December 7, 2017 for 12.898 miles per gallon in local traffic. I then returned home. I sat outside briefly. I put away my purchases. I will now go outside again. CIO

12/16/17 Saturday 9:20 A.M. I drank my coffee outside, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. I will now shower and clean up. I will then drive a neighbor to Neighbor to Neighbor at Christ Church. I will then go downtown to Greenwich Avenue to bask in the sun light. CIO

12/16/17 Saturday 8:05 A.M. I chatted with a local dog walker. For diabetes people <https://www.dexcom.com/>. CIO

12/16/17 Saturday 7:15 A.M. I woke up while sleeping, and I ate two White Castle cheeseburgers and a clementine. I finally woke up at 6:15 A.M.. I cleaned two inch of snow off my Volvo wagon. I cleaned the snow off the front benches and the picnic tables on the side. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will now go outside again. CIO

12/15/17 Friday 7:45 P.M. I watched series 5 episode 5 of "A Place to Call Home". I ate a bag of microwave popcorn. I will now shut down the primary work computer. I will go outside. I will then go to bed. CIO

12/15/17 Friday 6:15 P.M.

https://www.walmart.com/browse/3944?cat_id=3944_1060825_447913&facet=pickup_and_delivery%3A2-Day+Shipping#searchProductResult

<https://www.taftschool.org/giving/annual-fund/video>

https://www.klm.com/travel/us_en/plan_and_book/special_offers/top_destinations.htm?WT.mc_id=L_US_email_ExactTarget_Newsletter_TopDestinations_Null_SmartFun&WT.tsr=c=Email&WT.i_vid=59129346 . I will now go outside again. CIO

12/15/17 Friday 5:50 P.M. I ate five Fig Newtons. I uninstalled the Sigg audio drivers, and I reinstalled them from Administrator in order to get the speaker icon to work in the tray of Windows 10. They are not supposed to work with Windows 10, but they do if installed as an Administrator. I installed some more Windows Updates on rebooting. I went outside again. CIO

12/15/17 Friday 4:30 P.M. I woke up at 3:30 P.M., and I chatted with a relative. I shut down the Acer laptop for now, because in the daytime, the Microsoft Windows Apps Update server is too slow. I just remembered to start wearing my Hanes Blue sweat pants <https://www.hanes.com/shop/hanes/extended-sizes/mens-big-and-tall/sweats/hanes-mens-sweatpants-p650> , so I do not wear out my https://www.lee.com/?cm_mmc=google_-brand-jeans%20%2d%20colored%20%2d%20blue-lee%20blue%20jeans&utm_medium=cpc&utm_source=google&utm_campaign=brand%20%2d%20new%20%2d%20gn%20%2d%20phrase&utm_content=jeans%20%2d%20colored%20%2d%20blue&utm_term=lee%20blue%20jeans&ploc=9003435&gclid=Cj0KCOiAgs7RBRDoARIsANoo-HjuUMqkwMhaTJwe3_XSfodDXWCH4Ovk7fWZ5KD0So7lxdQ4cA2MuuYaAmQIEALw_wcB which are very expensive anymore. I went outside, and I threw out the cigar cigarette shipping box. I picked up the mail. One to two inches of snow expected <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WjQ90TdryU> . I turned up the living room thermostat to 78 degrees Fahrenheit from 74, since the living room was 67.5 degrees, so it now should be 70 to 72. CIO

12/15/17 Friday 2:20 P.M. I ate a 10.5 ounce Banquet Swedish meatballs with a 12 ounce glass of diet Fresca and a clementine. I ate seven Carr's whole wheat crackers with 1.5 inch by 1.5 inch by 3/16th inch slices of Cracker Barrel Vermont extra sharp cheddar cheese on them. I will now take a nap. CIO

12/15/17 Friday 1:40 P.M. The reason the Acer laptop is slow to start up, it is trying to update all of its apps that have not been updated in about a year which will take some time. I will just leave it running. I went outside briefly. Earlier I went through <http://scott-mike.com/bf.htm> . CIO

12/15/17 Friday 12:55 P.M. I went outside a few times. I put the second Ipad 2 underneath the other Ipad 2 on the bedroom desk. I put the Acer laptop on top of the Dell laptop to the left of the primary work computer. On the Acer laptop, I installed the latest version of Norton Internet Security and other Windows updates. I put a headset on it. At the moment Skype is not working, so I can not configure it. I chatted with a relative. Something might be wrong with the Acer Laptop in that it takes a long time to log onto Windows 10. I have not used it, since I configured it a couple of years ago. I do have a backup for it. CIO

12/15/17 Friday 9:15 A.M. I ordered in black http://www.josbank.com/knit-scarf-hat-set-clearance?utm_source=linkshare&utm_medium=affiliate&utm_content=generic&utm_campaign=default&ranMID=38377&ranEAID=isIkAyUyNbM&ranSiteID=isIkAyUyNbM-Ut5o1HBMR37.UozIdZknqg&mid=38377&siteID=isIkAyUyNbM-Ut5o1HBMR37.UozIdZknqg for \$7.99 and .51 tax with free shipping for \$8.50 total. CIO

12/15/17 Friday 9:15 A.M. [https://www.newegg.com/Product/Product.aspx?Item=06K-00JD-000A5&ignorebbr=1&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20\(Internet%20Brands\)- -na- -na- -na&cm_sp=&AID=10446076&PID=404255&SID=fe2.4.2o6d.0.1EpQff.Rsch8.a.AW.3](https://www.newegg.com/Product/Product.aspx?Item=06K-00JD-000A5&ignorebbr=1&nm_mc=AFC-C8Junction&cm_mmc=AFC-C8Junction-BensBargains.com%20(Internet%20Brands)- -na- -na- -na&cm_sp=&AID=10446076&PID=404255&SID=fe2.4.2o6d.0.1EpQff.Rsch8.a.AW.3)

http://www.josbank.com/knit-scarf-hat-set-clearance?utm_source=linkshare&utm_medium=affiliate&utm_content=generic&utm_campaign=default&ranMID=38377&ranEAID=isIkAyUyNbM&ranSiteID=isIkAyUyNbM-Ut5o1HBMR37.UozIdZknqg&mid=38377&siteID=isIkAyUyNbM-Ut5o1HBMR37.UozIdZknqg

<https://www.amazon.com/Jules-Verne-Collection-ebook/dp/B0777TKN3L> for free

https://slickdeals.net/f/11043403-equinox-down-alternative-comforter-queen-white-15-75?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3A+SlickdealsnetFP+%28Slickdeals+Frontpage%29

<https://www.ebay.com/p/Amped-Wireless-High-Power-Touch-Screen-AC750-Wi-Fi-Range-Extender-TAP-EX2/2255474397?iid=122858636848&trkparms=5373%3A0%7C5374%3AFeatured>

<https://www.ebay.com/itm/Women-Long-Blanket-Oversized-Tartan-Scarf-Wrap-Shawl-Plaid-Cozy-Checked-Pashmina/302518645351?trkparms=5373%3A0%7C5374%3AFeatured%7C5079%3A600002437>

It is 19 degrees Fahrenheit outside right now

<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WjPXnTdryUl> . I will now go outside again. CIO

12/15/17 Friday 8:20 A.M.

<http://view.reply.reaganfoundation.org/?qs=df3588611157257e9d36e27e631c95105797e91faf1c13796754bdd7223816498d0b7d94fb60e452d77716d33196bb742e94c1f955da1eb8a07d87ada1108c3e996ebcec100e5e14>

https://www.groupon.com/deals/blackstones-steakhouse-4?p=10&utm_source=newsletter_im&utm_medium=email&t_division=fairfield-county&user=69b68fa31ff861bd46713b7657ec6eba5b0991e4782a056d188710ce15f6b0ad&date=20171214&uu=b0d984ba-1234-11e4-9921-00259060b5be&CID=US&tx=0&s=body&c=image&d=deal-page&utm_campaign=8900c17d-1eef-4854-9938-b06817bf6337_0_20171214_treatment0

I will now go outside again. Red sky this morning, sailor take warning. Red Sky at night, sailor's delight. CIO

12/15/17 Friday 7:35 A.M. I also ate a clementine. I drank my coffee outside. I washed the breakfast dishes. I made my bed. CIO

12/15/17 Friday 6:20 A.M. I woke up at 5:45 A.M.. I went outside, and I chatted with a neighbor. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

12/14/17 Thursday 6:45 P.M. I ate four ounces of garlic and cheese croutons. I will now rest for a while. CIO

12/14/17 Thursday 6:30 P.M. I ate a salad of five ounces of Romaine lettuce with 4 ounces of diced Dutch Gouda cheese and nine cherry tomatoes and four sliced large mushrooms and two ounces of Chatham Village garlic and cheese croutons and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and Wish Bone Spicy Caesar dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Fresca. CIO

12/14/17 Thursday 5:55 P.M. I found the metal ashtray. It was sitting on the ground by the east side door. I put it back on the picnic table. CIO

12/14/17 Thursday 5:30 P.M. I threw out the garbage. I went by the Valley Road Post Office, and I mailed the Christmas cards with letters. I then went downtown to Greenwich Avenue, and I sat out for a brief spell. I then went by the Acme Grocery store. I bought a crate of clementines from Spain for \$4.99 and a 42 ounce container of Smart Balance Spread for \$7.99 for \$12.98 total. I sat outside briefly. Someone took or threw away the metal ashtray from the picnic table. We are now stuck with a tin can. I picked up the mail. The order with tracking of <https://tools.usps.com/go/TrackConfirmAction?tLabels=61299990247734251580> on the order for <https://www.ebay.com/itm/100-COUNT-AA-Alkaline-Batteries-ION-3-LR6-AM3-1-5V-FREE-PRIORITY-SHIPPING/322844132854?epid=14007802903&hash=item4b2b0285f6:g:akUAAOSwTQtZ7kS5> for \$22.85 with free shipping arrived. I chatted with a relative. The lights on the front door Christmas wreath do not work even with the batteries. Probably one of the lights is burned out keeping the light string from working. I will now go outside again. CIO

12/14/17 Thursday 3:15 P.M. I went outside a couple of times. I have 33 Christmas cards with Christmas letters ready to mail which I used thirty seven .49 forever stamps on. I will go out shortly, and I will mail them. I will post the Christmas letter on my web site later. CIO

12/14/17 Thursday 12:15 P.M. I chatted with a relative. I went outside again. It is now a sunny day, and it is now 28 degrees Fahrenheit. One of the few local British residents here years ago was David Heron, and he worked for Swiss Air, and seemed know something about my family. He told me I am supposed to keep doing what I do. I am not supposed to know what goes on. I am supposed to stay focused. I am supposed to get a haircut, when I can afford it. Those are the only British instructions I have had in 34 years back in Greenwich, Connecticut. The British are the largest stockholders in America, so I try to network with them, but I suppose what few remain in this country live elsewhere. CIO

12/14/17 Thursday 10:55 A.M. I went outside again. I chatted with a relative. I drank my coffee outside. I chatted with a friend. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. Nobody gives me credit for being one of the first people to start blogging on the internet over 20 years ago. I guess I have not kept up with the times, but I am sure the younger generation is doing something more creative. CIO

12/14/17 Thursday 9:30 A.M. I woke up, and I ate six Fig Newtons. I finally woke up at 8:45 A.M.. I went outside, and I cleaned two inches of snow off my Volvo wagon. I also clean the snow off the front benches and the east side picnic benches. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. CIO

12/14/17 Thursday 12:50 A.M. It is starting to snow outside lightly. Possible 1.5 inch accumulation by 9 A.M. , and it is 23 degrees Fahrenheit outside

<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WjIQdTdryUI> . I will now shut down the primary

work computer, and I will go to bed. Bon Soir. CIO

12/14/17 Thursday 12:30 A.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside again. CIO

12/13/17 Wednesday 11:35 P.M. http://volcano.si.edu/reports_weekly.cfm

<http://envsci.rutgers.edu/index.html>

<https://www.youtube.com/watch?v=iO8IfrqIO70&feature=youtu.be>

<https://www.youtube.com/watch?v=VBTAcACmcgo>

https://www.youtube.com/watch?v=8QSI_t65wnw

<https://www.youtube.com/watch?v=IMLo0E66O8A>

<https://www.youtube.com/watch?v=1qj2rwIVW-A>

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?tLabels=61299990247734251580> on the order for <https://www.ebay.com/itm/100-COUNT-AA-Alkaline-Batteries-ION-3-LR6-AM3-1-5V-FREE-PRIORITY-SHIPPING/322844132854?epid=14007802903&hash=item4b2b0285f6:g:akUAAOSwTQtZ7kS5>

for \$22.85 with free shipping.

https://store.britannica.com/products/052700000?source=OTD_STOREAD

I will now go outside again to the cold environment. CIO

12/13/17 Wednesday 10:35 P.M. I ate two White Castle cheeseburgers with the other half of the reheated Knorr butter and herb rice and a 12 ounce glass of diet Fresca. I have noticed a few people wearing <https://www.canadagoose.com/> clothing around here. I will now go outside again to face the Artic Tundra of Greater South Western Connecticut, and it is not even winter yet. I had an idea over 20 years ago, if New England became part of Canada, Byram and maybe Greenwich could make a lot of money off Duty Free Liquor at the New York border. CIO

12/13/17 Wednesday 9:55 P.M. I threw out the garbage. I drove a neighbor over to www.cvs.com at 644 West Putnam Avenue. I then returned the neighbor back to our building. I then went downtown to CVS on Greenwich Avenue. I bought another <https://www.accu-chek.com/meters/guide-meter> on sale for \$7.99 down from \$32.99 and a 3

ounce Old Spice Pure Sport deodorant for \$3.99 less \$2 off the Old Spice with a CVS coupon machine coupon and .13 tax for \$10.11 total. I then bought four 6.5 ounce Fig Newtons for .99 each for \$3.96 total. I used the bathroom at CVS. I chatted with a relative. I then drove further downtown. I walked lower Greenwich Avenue and the train station area. I sat out at various locations. I stopped by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I toured the www.apple.com store. I stopped by the Greenwich Cigar store, and I bought an Ace's High scratch card for a dollar, and I lost. I chatted with a www.starbucks.com regular. I used the bathroom at Starbucks. I then drove back over to CVS on Greenwich Avenue. I bought forty .49 forever stamps for \$19.60. I then went by the Acme Grocery store. I bought two Acme 8 ounce grated parmesan cheese for \$2.99 each, four 16 ounce Stouffer's frozen dinners for \$2.49 each, two turkey and two Salisbury steak, organic bananas for .79 a pound for \$1.22, a six pack of White Castle cheese burgers for \$3.99 less a dollar off coupon from an old White Castle box and .35 can return for \$19.80 total. I then returned home. I sat outside. I put away my groceries. I will now go outside again. CIO

12/13/17 Wednesday 4:25 P.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then pick up the mail. I will then shower and clean up. I will then drive a neighbor to www.cvs.com at 644 West Putnam Avenue. I will then go downtown to the very frigid Greenwich Avenue for whatever it is worth. It is currently 27 degrees Fahrenheit

<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WjGZyzdryUl> . CIO

12/13/17 Wednesday 3:15 P.M. I woke up, and I ate a 3.5 ounce bag of almond and chocolate peanut trail mix. I went back to bed until 2:30 P.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

12/13/17 Wednesday 9:00 A.M. I chatted with neighbors outside. A dead five diameter tree about 25 feet tall broke and started to fall over, and only another similar tree is keeping it from falling on the far east picnic table where people do sit. I put my two heavy winter hats on the floor of the right living room closet. I will now shut down the primary work computer, and I will go to bed. 12 hours on 12 hours off a day seven days a week works out to an 84 hour week. Bon Nuit. CIO

12/13/17 Wednesday 8:25 A.M. I chatted with neighbors outside. I took the Cuisine Art out of the lower left kitchen cabinet, and I have it on the white wire rack, in case I ever need to use it. The blades for it are on the lower shelf of upper center kitchen cabinet. I used to use it for making ground eye round beef and hummus, but I do not eat those anymore. The www.ge.com oven door opens all of the way, but I never use it, since I have the Farberware convection on top of the Westinghouse refrigerator which cooks better and uses less energy. The only thing now in the lower left kitchen cabinet is the broiling pans which I never use. In the lower right cabinet, I have baking pans and a 8 inch by 12 inch

broiling pan, if I need to broil something small. Besides today being the Aga Khan's birthday happens to be Guy Erdman's birthday. Guy Erdman from Princeton, New Jersey was my roommate at www.lfc.edu my freshman year. He later moved in with Jack Dane who was about 6 foot 7 inches tall. I can not remember whom moved in with me, when Guy moved out. I also attended Taft with him, so he knew other people from Princeton, New Jersey. His family makes all of the aluminum shielding for coaxial cable, so you could say they are in the communications business. Anyone born on December 13 during the Viet Nam war, their draft number in the lottery was number 1. CIO

12/13/17 Wednesday 7:45 A.M. I went outside, and I smoked a cigar cigarette in a neighbor's car. I leant the neighbor one of my Premier cigarette rolling machines. I went outside again. There are some two shelf wire racks out by the recycle bin. I brought one of them up, and I put it at the far left of the kitchen, and I stacked some my spare food items on it, so the kitchen looks a lot neater. One has to remember, I have been interior decorating in my apartment for 29 years, so I am a little too close to it, to be objective. Still, I like it the way it is. I will now go outside again. CIO

12/13/17 Wednesday 6:40 A.M.

For Holiday dining, I happened to notice while I was sitting downtown at the top of Greenwich Avenue in one of my usual observation places, that there was a big truck that services this area called <https://www.freshdirect.com/> that delivers food into this area, if one does not want to face the hoards of food shoppers in the grocery store at this time of year.

However, if you feel the need for some Christmas cheer from Vermont, you can always buy some http://www.vermontpuremaple.com/buy_maple_syrup.htm .

The Vermont Country Store General Store | Classic Products | Hard to Find Products

Harrington's of Vermont

Shelburne Farms, Vermont

Garelick Farms

Cabot Cheese - Award Winning Vermont cheddar.

and if Vermont is not your fancy, there is always

Carr Valley Cheese Co. - Wisconsin Cheddar, American Originals, Artisanal and Award Winning Cheeses

Smoked Turkeys - Great for Thanksgiving and Christmas!

Balmoral Estates Royal Gift Shop

<http://www.balmoralcastle.com/acatalog/Whisky-Collection.html>

[Turduckens | \\$85 Delivered | Order Now! | Fresh from CajunGrocer](#)

[It serves 125, takes eight hours to cook and is stuffed with 12 different birds ... now that really IS a Christmas dinner | Mail Online](#)

better have it <http://www.fedex.com/> if you can afford it [Heal Farm - On Line Meat and Country Food](#) and https://healfarm.co.uk/index.php?route=product/category&path=98_32, the big stuffed bird seems to be available https://healfarm.co.uk/index.php?route=product/product&path=98_32&product_id=621 for anyone with a lot of friends, but I am not sure United States Customs would allow it. In the economically ravished Greenwich, Connecticut area, they have put the Holiday lights on Greenwich Avenue, so maybe they can afford it this year. CIO

12/13/17 Wednesday 6:15 A.M. I ate nine Carr's whole wheat crackers with 1.5 inch by 1.5 inch by 3/16th inch slices of Cracker Barrel Vermont extra sharp cheddar cheese on them.

<http://www.4noggin.com/pure-vermont-maple-syrup.aspx> . CIO

12/13/17 Wednesday 5:55 A.M. <http://www.bbc.com/news/business-42333452> . CIO

12/13/17 Wednesday 5:35 A.M. I went outside, a daytime person is now awake. The net result of me visiting White Plains, New York in the old days is that a number of White Plains, New York real estate firms started buying up Greenwich real estate, and the www.chase.com bank is all over the place in Greenwich. I went to the <http://www.taftschool.org/> in Watertown, Connecticut with Woody Chase whose family were in the State Department in Lebanon, and I was told that Helen Chase, Helen Clay Frick's niece inherited all of her money and property. Thus the Chase family might have a bit of money too. CIO

12/13/17 Wednesday 5:15 A.M. When I used to go over to White Plains, New York; I met a few people. I met Tony Renato Pigato from Brazil that lived in Valhalla, New York by the Valhalla dam who was a Rotary Exchange student that never went to school, but worked at the Galleria in White Plains, New York. I met Judge Sullivan's son. I chatted with a rich guy from Westport, Connecticut that could afford to play the expensive 50 cent computer games whose father he said was the head of personnel for www.ibm.com, and he looked like Steve Jobs. Somebody gave Richard Van Marter, the Seattle, Washington Chamber of Commerce video tape. I used to chat with a medical doctor from www.yale.edu New Haven medical center. I met a local waiter from Stamford, Connecticut that moved to San Francisco. I gave him my two vintage brown leather suitcases to move. I recall he worked at Tapestries Restaurant here in Greenwich, where he once took me to dinner. I used to chat with a Greenwich School teacher who owned the Scott family plantation in Virginia. I was told there were a lot of French Canadian New York Rangers at the pub. I met Scott Nelson from Minnesota that spoke German and had lived in Germany and the SoHo area of London. He lived in Irvington, New York with his roommate Max above the bakery

there which was warm. His family owned a gourmet meat company in Minnesota, and he had similar experience as myself having lived in Chicago, Key West, and Nantucket. When I met him, he was working at the Chart House restaurant in Dobbs Ferry, and he said they frequently did catering at the Rockefeller estate in North Tarrytown. He once visited my apartment, and said it looked very "Rockefeller". I gave him my pedistal lamp with Victorian lamp shade and a complete set of Washington Irving books that I had bought at the Episcopal Church tag sale in Tarrytown, New York. There were a lot of blond women in Irvington, New York that looked like Hilary Clinton, and I thought they might be www.army.mil wives with West Point nearby. He did not drive a car. The last time I saw him, he was with a seven foot tall man from Nicaragua that worked for ConEd. He told me he was going to Dental School at www.columbia.edu . He showed up on the internet with Bill Clinton at a Cancer Fund Raiser in South Hampton. I might have first met him at the pub behind the Natural Museum of History in Manhattan, when I first came off www.nantucket.net in December 1983, and I recall walking him back to a Swiss Hotel just West of the Waldorf Astoria Hotel. He was six foot three inches tall, but he moved out of Manhattan, since he was mugged and cut in the back of his neck for his grandfather's diamond ring. Thus he lived in Irvington, New York. Once when I was buying new Michelin tires for my Hyundai at www.sears.com in White Plains, New York, I saw a man that looked like Nelson Rockefeller sitting on the steps of the old brick building by the old Sears. However, a lot of Europeans have the same look. I met a furniture sales person from Buffalo, New York that lived near the pub. I showed George Cary the pub, so he could investigate, since he was a legal New York State investigator. I met a Dutch person that lived by the Old Greenwich elementary school that worked at Citibank. I ran into Rick Tod whom I knew from Key West that lived in Tarrytown, New York. He used to hang out in Key West with Bob Russel, Izi from Saudi Arabia, and Steve Buell of Fennimore Cheese <http://www.carrvalleycheese.com/> . I guess it is cold enough outside to start shipping cheese. CIO

12/13/17 Wednesday 4:20 A.M. I ate half of a Knorr Butter and Herb Rice mixture and refrigerated the other half in a Rubbermaid container. I ate it with two White Castle cheeseburgers and a 12 ounce glass of diet Fresca. I will now go outside to survey the local tundra. At least for now we do not have Siberian tigers here, unless somebody let something out of the Bronx zoo. It is 20 degrees Fahrenheit outside at the moment <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WjDv9jdryUl> , and I will NOT be going for an early morning walk with the young well financed movers and shakers. One should learn not to bother older retired people, or when you are old, I will have some of my younger relatives bother you. CIO

12/13/17 Wednesday 3:35 A.M. For an even more expensive stay in the rural Democratic stronghold of New Canaan, Connecticut <https://www.rogershermaninn.com/> , but there seems to also be a few established Republican Party residents in this area also, if you did not know from hanging out in Irish bars. CIO

12/13/17 Wednesday 3:30 A.M. If one wants to visit this area and be in a rural environment close to Westchester County airport, the <http://www.doralarrowwood.com/> is

near the www.pepsi.com corporate headquarters and SUNY Purchase campus and a stone's throw away from Greenwich, Connecticut. Also if one wants to be close to all of the big money in nearby North Tarrytown, New York; the <https://www.extendedstayamerica.com/hotels/ny/white-plains/elmsford> is near a www.samsclub.com and across the Hudson River from www.usma.edu, but there is a lot more traffic over that way. There used to be a 24 hour diner off I-287 at the Tappan Zee bridge in Tarrytown, New York exit near a 24 hour Shell station. At night it is not too busy over there. CIO

12/13/17 Wednesday 3:05 A.M. \$49.99 with free shipping \$30 off

<https://www.amazon.com/dp/B01J94SWWU?tag=slicinc-20&ascsubtag=60732bde9fdb11e7934d12b6eb2019a40INT> .

\$29.99 with free shipping \$20 off <https://www.amazon.com/All-New-Amazon-Fire-7-Tablet/dp/B01GEW27DA?tag=slicinc-20&ascsubtag=d5380c46dfdb11e797201a5de5c8a3b20INT> .

I will now go outside again. CIO

12/13/17 Wednesday 2:50 A.M. I have about four bottles of wine in the apartment, a six pack of Guinness beer warm, four bottles of old St. Pauli's Girl dark beer cold, a 1.75 liter unopened bottle of Ruskova <http://www.ruskova.com/> Russian vodka which only cost me \$20 at Var Max a few years ago, a fourth of a 1.75 liter bottle of Smirnoff Vodka, a third of a .75 liter bottle of Jack Daniels whisky, a unopened bottle of Moet and Chandon Champaign, and some Peppermint Snaps. I quit drinking alcohol completely back in 1992, when I started spending my spare money on computers and the internet which I started in August 1989. I went outside again. Some of my friends and relatives still drink alcohol, but they never visit me anymore, because they live too far away. CIO

12/13/17 Wednesday 2:10 A.M. About 20 years ago, they used to sell a 1.75 liter bottle of <http://www.mountgayrum.com/> at the Madison liquor store 1-203-531-8737 at 1 North Water Street across from the Buy Rum Smoke Shop and across the street from the Buy Rum Laundromat for \$18.95, but I think prices have gone up. The original colonial people liked drinking pewter steins full of hot rum. It says here

<https://www.varmax.com/spirits/Mount-Gay-Rum-Eclipse-w8267908xd> it is now \$37.99, so there has been over a hundred percent inflation over the last twenty years, but my disability income has not gone up at all in 34 years. Whenever I get the small COLA increase in my SSI income, they just lower my EBT food stamps by the same amount.

Thus the United States government does not know anything about Economics. It says here at \$1,499.99 <https://www.varmax.com/wines/Chateau-Lafite-Rothschild-Pauillac-2010-w8168328bf> , thus the Rothschilds are making all of the money

<https://www.prisonplanet.com/rothschilds-rockefellers-trillionaires-of-the-world.html> .

CIO

12/13/17 Wednesday 1:50 A.M. I have lived at 71 Vinci Drive in Byram, Connecticut for about 29 years. It was originally built for elderly and disabled people during the Reagan administration, and it was named after Congressman Stewart McKinney whose funeral I

attended in Southport, Connecticut with the whole United States congress. We have come a long way in communications since I used to drive across the border into Port Chester, New York to the nearby Cumberland Farms dairy store outdoor pay telephones to make 35 cent telephone calls to my friend in Sands Point, Long Island at W. Averill Harriman's sister's son's estate which they no longer own nearby the www.ibm.com country club which is no longer there. My friend there after living in Melville, Long Island for a long time moved his family to <https://en.wikipedia.org/wiki/Hockessin>, Delaware to be near Henry www.dupont.com an other horse people. His wife is from <https://en.wikipedia.org/wiki/Kilmarnock> where they used to make <https://www.johnniewalker.com/>, so thus I do have a real Scottish friend in America, although I do not know much about horses. CIO

12/13/17 Wednesday 1:30 A.M. When the Bushs were in the www.wh.gov, I used to frequently go over to White Plains, New York at night, because the United States Secret Service has an office nearby over there, where the only other one that covers Greenwich, Connecticut is way up in New Haven, Connecticut which is pretty far away.

Tracking is

<https://tools.usps.com/go/TrackConfirmAction?tLabels=9405509699939526128335> on the order for <https://www.ebay.com/itm/100-COUNT-AA-Alkaline-Batteries-ION-3-LR6-AM3-1-5V-FREE-PRIORITY-SHIPPING/322844132854?epid=14007802903&hash=item4b2b0285f6:g:akUAAOSwTQtZ7kS5> for \$22.85 with free shipping.

https://www.aarp.org/entertainment/books/info-2017/winter-thriller-novels.html?cmp=EMC-DSO-NLC-RSS---CTRL-121217-P1-2621366&ET_CID=2621366&ET_RID=121632&mi_u=121632&mi_ecmp=20171212_DailyBulletin_Control_247401_320001&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I=

<http://view.reply.reaganfoundation.org/?qs=4ea0205de2efc6d3b588539c79ebc1d0ca53e126d306393530a929e0980de2a12985b6559ead7a177a0603e4e1a5e8be69367c35f6bbcc5a9c8aa3ab1adddcb61e7c88907d80bd04b>

<https://www.facebook.com/photo.php?fbid=1583405765113067&set=a.151298998323758.29415.100003309778418&type=3&theater>

<https://www.groupon.com/getaways> I will now go outside again into the Siberian Tundra. CIO

12/13/17 Wednesday 12:45 A.M. I ordered <https://www.ebay.com/p/12-X-60-Watt-Equivalent-Slimstyle-A19-LED-Light-Bulb-Soft-White-2700k/2164369371?iid=391415288268&trkparms=5373%3A0%7C5374%3AFeatured%7C5079%3A6000002342> for \$21.98 with free shipping. I will now go outside again. CIO

12/13/17 Wednesday 12:25 A.M.

One can always escape.

If one needs to get away to warmer regions, these are available:

<http://www.bocaluxurycondos.com/excelsior/> where I use to camp out, when I was a dishwasher in Boca Raton, which is Spanish for "Mouth of the Rat".

<https://www.netjets.com/>

https://www.peninsulagrill.com/store/index.php?route=product/product&product_id=2
Coconut Cake

<https://www.johnsislandclub.org/>

<http://www.verobeach.com/>

<https://verobeach.disney.go.com/>

<http://rockresorts.com/>

<http://www.ahriise.com/>

<http://www.caneelbay.com/>

<http://www.nps.gov/viis/index.htm>

<http://casamarinaresort.com/>

<http://keyambassador.com/>

<http://www.seaisland.com/>

<http://www.thebreakers.com/>

<http://waldorfastoria3.hilton.com/en/hotels/florida/boca-raton-resort-and-club-a-waldorf-astoria-resort-BCTRCWA/index.html?WT.srch=1>

<http://www.bocaresort.com/>

<http://waldorfastoria3.hilton.com/>

<http://www.ritzcarlton.com/LagunaNiguel>

<http://www.ritzcarlton.com/HalfMoonBay>

<http://www.montecitoinn.com/>

<http://www.pebblebeach.com/>

<http://www.lanzarote.com/>

[Lyford Cay](#)

[Hyatt Regency in Lahaina, Maui, Hawaii](#)

[Mount Irvine Bay Hotel and Golf Club](#)

[Welcome to Sanibel Island.com!](#)

[Antigua and Barbuda](#)

[St Barts Vacation guide - St Barts villa rentals, Hotels Reservations, properties for sale, car rental, real estate, beaches, webcam views - St Barthelemy vacation | St Barths Online](#)

[Cayman Islands | Caribbean Vacation Packages, Honeymoon Caribbean](#)

[Luxury Resorts in Jamaica | Jamaica Resort& Hotel, Montego Bay | Round Hill Hotel & Villas](#)

[Bequia Tourism Association - welcome!](#)

[The Official St. Kitts Tourism Authority Website | stkittstourism.kn](#)

[Welcome to Nevis](#)

[! Barbados Tourism Encyclopedia - Official site of the Barbados Tourism Encyclopedia.](#)

[Travel to Tobago | Tobago Vacations | Visit Tobago](#)

[Elbow Beach \(Paget, Bermuda\) | Expedia](#)

[Don CeSar Beach Hotel | St Pete Beach Hotel | Loews Hotels - Loews](#)

[Fort Lauderdale Beach Hotels Bahia Mar](#)

[Pier 66 Fort Lauderdale Hotels & Florida Luxury Resorts - Hyatt Regency Pier Sixty-Six Resort and Spa](#)

[Hotel Oslo. Book the stylish Radisson Blu Scandinavia Hotel, Oslo.](#)

[Best Western West Hotel Oslo, Norway](#)

[Burkhalter Travel / Travel Headquarters / Olson Travel](#)

Don't forget your sun screen.

CIO

12/13/17 Wednesday 12:20 A.M. Happy Birthday <https://www.facebook.com/AgaKhanIV/> . My Brazilian friend Tony Renato Pigato from Sao Paulo, Brazil had an introduction to the Aga Khan 30 years ago, when he was High Commission of Refugees at the www.un.org . A local taxi cab driver told me the Aga Khan's family have had a house off Round Hill Road near French Road since World War I, when they started the United Nations. In the movie "Centurion", when the Roman Centurion tries to escape his Scottish captors with an African Slave, the Centurion cripples the slave, so the wolves chasing them eat the African slave instead of the Centurion. In the Scottish movie "Monarch of the Glen", they claim wolves are extinct in Scotland, but I figure there might still be a few around in the wild highlands. Also mountains lions tend to like the north country too. CIO

12/12/17 Tuesday 11:55 P.M. <https://www.ebay.com/p/12-X-60-Watt-Equivalent-Slimstyle-A19-LED-Light-Bulb-Soft-White-2700k/2164369371?iid=391415288268&trkparms=5373%3A0%7C5374%3AFeatured%7C5079%3A6000002342>

I will now go outside again, to see if my brother the wolf is around. CIO

12/12/17 Tuesday 11:30 P.M. I will now go through <http://scott-mike.com/bf.htm> . CIO

12/12/17 Tuesday 11:05 P.M. I went outside, and I drank my coffee, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. On my Grandmother Scott's Gard family which came from Lincolnshire, England, they founded York, Maine in 1640, and ended up in Robinson, Illinois. On my Scott side of the family they came here in 1724 from Scotland, and settled in Western Pennsylvania, got 200 acres in North Carolina for fighting in the American revolution, and then became the wealthy William Scott family in Kentucky that my Grandfather Clarence Scott in Champaign, Illinois was descended from. On my mother's Boven family, they settled in Holland, Michigan in 1842. Her Dutch family were from the both the Belgium border area of the Netherlands and the German border of the Netherlands. Thus we are not just off the boat. I will now shower and clean up. CIO

12/12/17 Tuesday 10:05 P.M. It has gotten colder out
<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WjCYCzdryUl> . CIO

12/12/17 Tuesday 9:45 P.M. Before I went to bed, I chatted with a friend who is a hunter and a conservationist. I told him about the four inch diameter paw print by the entrance to the east baseball field cage. I told him it had four toes in front and a split rear toe. He told me it was a wolf or a coywolf, probably trying to get that young deer buck I saw a week ago. I woke up, and I ate a 6.25 ounce can of pistachio delights and two ounces of croutons. At 3 P.M. UPS delivered a Christmas gift from a relative. I finally woke up at 9

P.M.. I went outside. I picked up the mail. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

12/12/17 Tuesday 9:50 A.M. Maybe I am having senior moments. I usually keep an extra stock of AA alkaline batteries. Maybe someone that uses an old Sony Walkman needs them or a senior citizen with a pace maker. From what I can tell the most recent ones that disappeared might be dead anyway, so it would not be very useful in a pacemaker. I chatted with an older relative who is trying to figure out how to use a new cell phone. I went outside, and there are six Greenwich Housing Authority maintenance people doing a thorough cleaning. Maybe they are cleaning the place up for the Aga Khan's birthday if he is still around. Also while I was sitting out in the east baseball field cage at its entrance there are four inch diameter paw prints which is either a pretty big dog or some other animal. I told the maintenance people about it. I will now shut down the primary work computer, and I will go to bed. Nobody ever pays any attention to night time people except for telemarketers whom wake them up in the daytime, when they are trying to sleep. CIO

12/12/17 Tuesday 9:00 A.M. I went downtown to www.cvs.com on Greenwich Avenue. I bought three 12 packs of diet Fresca for \$10 and \$1.80 can deposit and two 6.25 ounce pistachio delights for \$3.99 each for \$19.78 total. I then returned to Chez Vinci. I did not take an exercise walk because it is a rainy morning. I brought up my diet Fresca with my little folding cart. I then put the folding cart back in the rear of the Volvo wagon. I sat out briefly. I then dated the new Fresca with my magic marker. I have 13 twelve packs of diet Fresca, so I am stocked up for the winter. I will now go outside again. CIO

12/12/17 Tuesday 7:00 A.M. \$36 with promo code "FRIENDS"
https://www.adidas.com/us/stan-smith-shoes/M20324.html?irgwc=1&cm_mmc=AdieAffiliates_IR--Slickdeals%20LLC--deeplink- -TEXT_LINK- -

\$209.99 in store only, https://www.target.com/p/westinghouse-55-4k-uhd-smart-tv/-/A-52759243?clkid=2f1465cdN98535f4fdb9d3a327eabba3c&lnm=79373&afid=eCatcher%20Inc&ref=tgt_adv_xasd0002

<https://www.ebay.com/p/12-X-60-Watt-Equivalent-Slimstyle-A19-LED-Light-Bulb-Soft-White-2700k/2164369371?iid=391415288268&trkparms=5373%3A0%7C5374%3AFeatured%7C5079%3A6000002342>

The U.S.A. dollar is so weak versus the Chinese Juan, there is nothing cheap worth buying on the internet anymore. I will now go downtown to do a few errands. CIO

12/12/17 Tuesday 6:25 A.M. I chatted with neighbors outside.

Point of interest <https://law.stackexchange.com/questions/5085/are-there-any-jurisdictions-in-the-world-where-dueling-is-still-legal>

<https://www.atlasobscura.com/articles/legal-duel-challenge-canada>

<https://victorianparis.wordpress.com/2015/12/11/the-last-duel-in-paris/>

http://fencing-future.com/cntnt/eng/fehtovanie9/eng_history/nemnogo_o_.html CIO

12/12/17 Tuesday 5:35 A.M. I ate a salad of five ounces of Romaine lettuce with 3 ounces of diced Dutch Gouda cheese and seven cherry tomatoes and three sliced large mushrooms and two ounces of Chatham Village garlic and cheese croutons and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and Wish Bone Spicy Caesar dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet www.coke.com . I will now go outside again. CIO

12/12/17 Tuesday 4:45 A.M. I put away the clean laundry. I will now go outside again. CIO

12/12/17 Tuesday 4:05 A.M.

<https://www.youtube.com/watch?v=SXh7JR9oKVE&feature=share>

<http://view.reply.reaganfoundation.org/?qs=5c2bbc48f81c8c1e23470d9b0395e068a28747edfcec2c0c8b4453a50269a317d5e4241008b81a86538ce83f5d75663f948e476f011e75d7d08be75272ed72d8000e74f89897daf9>

<https://geraldrfordfoundation.org/donate/>

https://www.smithsonianmag.com/smart-news/why-getty-center-safest-place-its-priceless-collection-if-disaster-strikes-180967441/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20171210-Weekender&spMailingID=32152310&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1181076866&spReportId=MTE4MTA3Njg2NgS2

https://www.smithsonianmag.com/history/daring-journey-across-antarctica-became-nightmare-180967223/?utm_source=smithsonianopic&utm_medium=email&utm_campaign=20171210-Weekender&spMailingID=32152310&spUserID=NzQwNDUzNTI4NzcS1&spJobID=1181076866&spReportId=MTE4MTA3Njg2NgS2 . CIO

12/12/17 Tuesday 3:30 A.M. I have 40 minutes to go on two dry cycles. I will now go outside again. CIO

12/12/17 Tuesday 3:00 A.M. One of Fred Von Mierers clients when he took over Billy Baldwin's business in the early 1970s was that he had to decorate <http://stbarts.org/> at Christmas time on the north side of the Waldorf Astoria. I even saw the Duke of Windsor entering the Waldorf Towers in January 1973 seven months after he supposedly had died when I was smoking a cigarettes on St. Bart's terrace observing the Waldorf Towers. I was staying there with Hurley Harris Haywood. He could afford it, because his family owned Harris Trust Bank in Chicago. Also a lot of young people went to St. Bart's because they had an indoor swimming pool. When I was around the Casa Marina in Key West, I learned that Henry Flagler built an Episcopal Church next to each of his hotels in Florida, and back then in Key West, it was St. Margaret's next to the Casa Marina. There were 40 skinny old woman that went there, and I was told a retired Archbishop of Canterbury ran the place. Recently, I was told it is not there anymore. St. Margaret is the patron Saint of Scotland, and her bones were stolen by the Spanish and lost at sea in the Caribbean, and I was told that Scotland would always be at war until St. Margaret's bones are returned to Scotland. CIO

12/12/17 Tuesday 2:30 A.M. I showered, and I cleaned up. I have 30 minutes to go on two wash cycles. I will now go outside again. CIO

12/12/17 Tuesday 1:35 A.M. The maintenance person at Christ Church was into witchcraft and casting spells and wore a <https://en.wikipedia.org/wiki/Talisman> around his neck, and the ghost that appeared here wore the same talisman. It looked like the actor https://en.wikipedia.org/wiki/Kris_Kristofferson , so possibly it was old Viking ghost from pre European discovery of America. I put clean linens on the bed. I will now go outside again. One of my neighbors claims there is somebody living out in the woods by Vinci Drive, maybe it is a ghost. Back when John Bolton and I lived at the Casa Marina Hotel in Key West in the winter of 1978, there was also a ghost walking around that hotel at night. Being on a night schedule most of my life, I have probably seen other creatures of the night. CIO

12/12/17 Tuesday 12:55 A.M. The maintenance person at Christ Church that I met years ago liked sleeping in the grave yard at Christ Church on hot nights. He once came over here for a beer, and he fell asleep on the sofa, but I chatted with him for two hours, and I think the person I was chatting with was the ghost from Christ Church that came over with him here. Possibly the ghost needs AA alkaline batteries. Possibly my battery tester does not work, but it worked on my wireless mouse AA batteries. Possibly I lost track of my battery count which is easy. However, I did not take the batteries out the wreath on my front door, so somebody locally or the ghost is desperate for AA Alkaline batteries. I have been most generous on my limited income in this community. I gave the person from Christ Church over time \$800 to feed the cat there one winter, while I was living on Ramen noodles. I have given Christ Church thousands of dollars of used clothing. I have given the Greenwich garbage men thousands of dollars of used computer equipment and other items over the years. There is an old saying, "You Can Not Get Blood from a Stone." I threw out the garbage and the old periodical literature. I watered the plants. The maintenance man from Christ Church and my old roommate from Manhattan are both now living in

Fort Meyers, Florida; where the military ran the Iraq war out of trailers there. That is all that I know. CIO

12/11/17 Monday 10:35 A.M. I ordered <https://www.ebay.com/itm/100-COUNT-AA-Alkaline-Batteries-ION-3-LR6-AM3-1-5V-FREE-PRIORITY-SHIPPING/322844132854?epid=14007802903&hash=item4b2b0285f6:g:akUAAOSwTQtZ7kS5> for \$22.85 with free shipping. CIO

12/11/17 Monday 10:20 A.M. I went outside again. I am supposed to have 49 new AA alkaline batteries left, but they are not there. The few that I have left do not work. I will now go outside again. CIO

12/11/17 Monday 9:40 A.M. I woke up while sleeping, and I ate 8 Fig Newtons. I finally woke up at 9 P.M.. I went outside. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/11/17 Monday 9:20 A.M. I chatted with neighbors outside. I watched the news reports on Fox News about the bombing in Manhattan at the Port Authority. The premature detonation of the bomb only insured the bomber, and it was probably ISIS. I will now go to bed. CIO

12/11/17 Monday 8:20 A.M. I always said, when it is most quiet something happens <http://www.foxnews.com/us/2017/12/11/port-authority-explosion-reports-prompt-police-response-in-new-york-city.html> . I ate a salad of five ounces of Romaine lettuce with 3 ounces of diced Dutch Gouda cheese and seven cherry tomatoes and five sliced small mushrooms and two ounces of Chatham Village garlic and cheese croutons and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and Wish Bone Spicy Caesar dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Sprite Zero. I will now go outside again. CIO

12/11/17 Monday 7:45 A.M. I chatted with some early morning risers outside. One them recently saw a Carolina or Texas Red Wolf in this area. Another one saw a puma. If one were an expert tracker, one could see their foot prints in the fresh snow. In the old days there was a top secret communications post somewhere in the world, and it turned out to be run by a monkey and a parrot. The monkey could type and the parrot could talk and fly around and observe what was going on. Out on Long Island, the pug dog at the house was the top in breed at the Long Island dog show, so maybe the pug owned and ran the house. Cheetah of Tarzan fame had quite a bit of money. I once read in the New York Times that the little old lady that owned the town house north of the Pierre Hotel left her \$60 million to her stray cats, and if one of the cat care givers had one of the cats they lived comfortably. Who knows maybe the Bill Gates fortune is controlled by the cats from that trust. You know they just chose thing to invest in. CIO

12/11/17 Monday 6:55 A.M. Technically from a Federal Legal point of view, since I was a Polaroid employee when they made the cameras and film for the www.cia.gov Black Bird and since I built the garage apartment in Mr. Grumman's neighborhood in Plandome Manor, Long Island where Northrop Grumman is the third largest defense contractor, and since when I was down in Key West, Florida, the Army Corps of Engineers with those Red Castle signs were rebuilding the Florida Keys highway, I might be considered a United States Government Department of Defense Contractor, but when I was in Greenville, South Carolina, I turned down the opportunity to build an www.af.mil base in Saudi Arabia, but it was my idea when the cement in the tankers in the harbors there was going bad in the hot sun to build cement plants there, since they had most of the natural ingredients to make cement. Also out in Oyster Bay, Long Island somebody that Fred Von Mierers knew that I did three days work for had a son that owned Williams Brothers in Houston, Texas that was the largest highway contractor in the United States of America, and I really do not like driving that much in all of the traffic anymore. Also Fred had me meet Albert Lillienthal who built all of the dams for the Tennessee Valley Authority and dams elsewhere in the world. Also at www.lfc.edu a young fellow a year behind me from Darien, Connecticut was Rob McGraw whose family owned McGraw Hill that publishes engineering magazines. Also I met Alex Wagner a few times in Manhattan, and he had attended www.hamilton.edu, and I thought he was Robert Wagner's son who had attended Taft, but I think his family actually owned an engineering company in New Jersey. Fred also introduced me to Richard Craine whose family have a large plumbing supply business. A lot of people have common names, and here they seem to think I am the heir to Scott Paper, for whatever else it is worth. In America, they call it "Bum Wad". Of course, if one needs heavier equipment, there is always www.navistar.com. I once threw a Gatsby party in Lake Forest, Illinois for one of their family members. American Hospital Supply also used to have their corporate headquarters in Lake Forest, Illinois, if you need medical supplies. So there. CIO

12/11/17 Monday 6:20 A.M. When I knew the Warburg family here on John Street, when I was at Greenwich Country Day, they did not spend the winter here, but went down to a small house in Deerfield Beach, and my father once owned the quarter acre lot next to them, that he bought for fifty thousand dollars. The old timers tend to down size, when they retire. When I camped out at Conyers Farm, we had plenty of media coverage, since John Cameron Swaze's son Wes was one of the class of 1975 at the Greenwich High School swimming out there. Louis Rosenstiel's former wife married Walter Annenberg, and she became Ronald Reagan's Chief of Protocol. The Annebergs left their large estate in the Palm Springs area to be a Western White House, but nobody seems to know it. Fred Von Mierers once had me in their triplex apartment on East End Avenue, and every room looked like a museum room. He was Nixon's ambassador to the Court of Saint James, and in horses I think he owned the Daily Racing Form. CIO

12/11/17 Monday 6:05 A.M. Back in the period from April 1974 to June 1974, when I spent time camping out at Conyers Farm, I met Louis Rosenstiel and his daughter, and they had me visit their small house on North Street. Louis would walk the property with three Russian Wolf Hounds and also sold Wolfschmit Vodka, so he must have had wolf problems. His caretaker Seigert who was a local celebrity named "Slippery" told me there

were bears on the property. The last time I saw Seigert after Peter Brant kicked him off the property, he was at the A&P on Route 7 north of Danbury, and he told me he was taking care of property up there. Even Bill Clinton became famous from the wilds of America is known for carrying a 15 inch Bowie knife on his leg. One my relatives once sent me a picture of a 15 foot tall American Indian totem of a Grizzly bear up in Lake Louise, Canada, so I guess they get quite big up there. When I camped at Conyers Farm and later at Martha's Vineyard and Nantucket that summer and www.yale.edu that fall, I might have gotten Lyme Disease or Rocky Mountain Spotted fever which started my medical problems. I was supposed to have Blue Cross Blue Shield medical insurance back then, but they never covered me. My father when he was at Continental Can used to work across the street in Manhattan from Blue Cross Blue Shield, and I even used to frequent a pub across the street from them and play pool. CIO

12/11/17 Monday 5:40 A.M. https://www.nytimes.com/video/us/100000005594926/what-history-can-teach-us-about-mass-killings.html?emc=edit_th_20171211&nl=todaysheadlines&nid=46729

https://www.microsoft.com/en-us/store/b/12-days-of-deals?WT.mc_id=PromoEmail_14941_en_US_12DD_Day_5_12-10-17_Hero_Overlay&mi_u=12972631

[https://www.rakuten.com/shop/bestchoiceproducts/product/SKY2839/?scid=em_Promotional_20171210_Dedicated_\\$55.99_with_coupon_code_'HOME20'](https://www.rakuten.com/shop/bestchoiceproducts/product/SKY2839/?scid=em_Promotional_20171210_Dedicated_$55.99_with_coupon_code_'HOME20')

<http://view.reply.reaganfoundation.org/?qs=cac5b65ba0597ca4d6c1aad5b112c18e9ad8b102374e2d9cab8198b6d5dc252439d0ad2f8c5105b1e16bc0236c44503bf8737c975c2046d88a79839549f1226347b1b48a883020c8>

<https://www.groupon.com/deals/omaha-steaks-national-192-north-jersey>

Twice, when I was sitting outside at <https://www.johnsislandclub.org/>, I saw something that looked like a puma and another time something that looked like a jaguar. Even locally here in Greenwich, Connecticut, the security people never network with me, but the police dog which has my scent is always barking at me trying to give me a hint as some of the other smaller wild animals frequently do. I have a feeling a lot of older people when they are sitting outside are frequently bothered by wild animals. I will now go outside again. CIO

12/11/17 Monday 5:10 A.M. I went outside again. Somebody left a small black jacket on the bench out front.

!!!!!! If you did not know http://www.scott-mike.com/Canadian%20BEAR%20Sign_files/image001.jpg Canadian Bear Warning Sign. CIO

12/11/17 Monday 4:40 A.M. The way I had my apartment setup before last February 2017, 12 tiny people like Queen Victoria could have all worked on the computers at the same time. However, there are not supposed to be any tiny people around here anymore. If one looks at <http://scott-mike.com/computer.htm> , in a multiple people emergency with my apartment wireless, besides the primary Dell laptop computer and the two desktop computers setup, I still have two Ipads, three cheap tablets, an old Dell laptop, a fairly new Acer laptop, and two older www.apple.com laptops stored away in the apartment, since they do not take up much room. However, this is not www.starbucks.com where people sit all day surfing the internet and drinking coffee. When I first moved into this apartment at 71 Vinci Drive in Byram, Connecticut 29 years ago, I went to Gloria Vanderbilt's Adopt a Dog tag sale on Lake Avenue, and I bought Burt Parks' old blue wool rug that had been cleaned by Schaffer rug cleaning for \$40 half price on the second day. Wool carpets like Vivian West had in her house with her dogs do last. Also Acrilan or Acrylic, or Synthetic carpets are suppose to let off fumes. I have an Acrilan carpet in my bedroom and a oriental rug in my hallway. I also have four 3 foot by 4 foot throw rugs laid out to make it look more colorful. I threw out my \$100 Hoover rug cleaner and rug shampoo, because of the clutter problem. I never used it. One has to realize having lived here in this apartment for 29 years, I am the expert. People that come in for 10 or 15 minutes are just trouble makers, and they never let me explain anything. I am not planning to hold a cocktail party where a dozen people can socialize. However, in an emergency a few people could be fairly comfortable and sit and eat and drink coffee and watch television and surf the internet which people seem to like to do. However, I got rid of the color and wireless laser printers, which had never been used, so people can not print out except from the two desktop computers that are setup. I guess rich people with Iphones no longer print out, they just flash their screen for airline travel. I have said many times before that for lawyers and legal documents, laser and copy paper has acid in it, and it will only last less than a hundred years. Legal grade rag paper without acid is more expensive. Ink Jet ink might last longer than laser toner. Also the old impact printers with ink ribbon cartridges might last longer. I still have an old Smith Corona typewriter a relative in Florida gave me, but it probably needs a ribbon. Frequently the criminal element in the world do not like leaving a paper trail. One person recently told me his lawyer told him to never put anything into writing. I am a 100% honest, so I do not mind putting anything in writing, but a lot of ill willed people take what I say and do out of context. At this hour of the morning, when I go outside and smoke, I can blow smoke at any wild animals around. On the Appalachian trails there were a lot of bear warning signs. That is probably why in the real wild America, people do not have guns to shoot their neighbors, but to deal with wild life if you get my drift. For example, if you think a wild animal shows up around here, you are an idiot if you think I am going to waste my time trying to call 911 in Port Chester to be put on hold to the Greenwich police department. I will have to figure out how my karma deals with it. I think the Scottish are like skunks when threatened they can break wind on demand. CIO

12/11/17 Monday 3:45 A.M. When I chatted with George Cary's father Charles Cary in East Aurora, New York in the fall of 1972, when they were entertaining the Queen Mum of England, I told him about Tobago. He was excited to hear about it, and he wanted to go down there right away. George's mother also knew Billy Baldwin. When I was at Vivian

West's house at Plandome, Long Island; she also told me she like visiting Tobago and knew Billy Baldwin. When I built the garage apartment, I tried to make it extra warm in the winter in case they came north. It had a 20 foot long cast iron radiator that came off the main house German furnace. I built out the garage door opening on the north side, and I put a foot of Owens Corning Fiberglass in it along with a foot in the attic. The floor had Styrofoam underneath it and the rest of the walls were 3.5 inch Owens Corning Fiberglass. I also put storm windows on the old garage windows and an electric radiator in the small potting shed bedroom. There was a lot of other work to make it livable. However, the project was done on a tight budget, and they had me put composite wood on the flooring instead of plywood. Composite wood back then if it gets wet can crumble. I could go through a thousand other things that I did, but it seemed to be warm and comfortable. The best garage apartment that I saw on Long Island was George Cary's apartment at his Uncle Charlie's house in Sands Point, Long Island, but they could afford to be more upscale with their railroad connections. However, Vivian West's apartment was one stop before the end of the Port Washington line, so there were some interesting people there too. I think Vivian's house had asbestos in the main house attic, but one is suppose to not disturb it, and it is fine. I always wonder if they ever rebuilt the old Manhasset Railroad trestle which looked like something out of the nineteenth century. I will now go outside again. CIO

12/11/17 Monday 2:55 A.M. When I lived at Julie Bolton's apartment on West 74th Street on the south side of the Newport Jazz Festival and Sydney Bidney Barrels from November 1980 to February 1982, Julie was not there too much, since she lived with her boy friend Mike Stein who was the doorman at the Carnegie Tower on the East Side. I walked her two dogs a Doberman Pincher and a White Shepard. The town house was owned by an old Dutch family named Van Duzen, which there are now three hundred thousand of in America according to the New York Times. Scott Van Duzen was a large young fellow about 6 foot 3 inches tall. Van Duzen is also General Westmoreland's wife's family name. When Julie had me move out in February 1982, when it was minus 26 degrees Fahrenheit below zero, so her son could move in, I think I left the Wal-Mart sleeping bag there, since it was dirty with the white Shepard sleeping on it all of the time on the day bed in the living room. After I built the garage apartment at her mother's house in Plandome Manor from April 1982 to February 1983, I was paid \$8,500 and no social security. Julie was paid \$50,000 by a developer to move out of West 74th Street, so she moved into the garage apartment, but then returned to Manhattan, because she did not get along with her mother. I think her daughter with her large Chinese family might have moved into the garage apartment. Last year the other granddaughter sold the house for \$1.5 million and moved to Summit, New Jersey where Charles Lindbergh once lived. Mr. Grumman of Grumman aircraft lived nearby in same neighborhood as Vivian West in Plandome Manor, so that is probably why Vivian was able to travel so much. She visited every five star hotel in the world. Vivian's mother's family were part of the Kaiser of Germany's consulate to Manhattan from before World War I. That was in the time when the people of the North Shore of Long Island had a lot of money. CIO

12/11/17 Monday 2:10 A.M. Back in April 1978, when I left Key West, Florida with John Bolton, we hiked the Appalachian trail for four days from Ashville, North Carolina where

www.biltmore.com is located to a little small rural town in the hills of North Carolina, when we got off the trail because of snow. We stopped at a general store there, and we bought a new red Queen Size Acrilan blanket for five dollars to stay warmer. The last time I saw it Pete Bolton was using it on his bed on Bar Beach Road in Port Washington, Long Island. I also sold John's brother Bill my North Face Mountain back pack for \$40 which I had paid about a \$100 for in Atlanta. The Bolton family were the wealthiest family in England in the 19th Century having invented the Steam Engine. My pair of medium blue twin bed wool blankets, I gave to Richard Van Marter, since I do not own twin beds. When I was sleeping in my Volvo in the Santa Barbara mountains in 1980, I bought a Wal-Mart sleeping bag for \$20

https://www.walmart.com/search/?cat_id=4125_546956_4128_133173&grid=true&query=Sleeping+Bags#searchProductResult . When I decluttered my apartment this past winter, I threw out my two www.army.mil extreme cold weather sleeping bags good to minus 20 degrees Fahrenheit which I had bought from Abilene, Kansas on Ebay for \$40 each where Dwight Eisenhower was from. My personal viewpoint is that when the Greenwich Housing Authority and my social worker had me declutter my apartment, they were robbing me. A lot of the items that I threw out, I had starved myself on my food budget to afford, I kept them for emergency purposes. Still, the apartment looks more spacious, and it is setup nicely, but I do not know anyone in the area, and I never entertain. In the old apartment setup, it was setup with lots of computers and laser printers and other items, so that in a Red Cross emergency with lots of casualties, if the nearby nuclear power plants malfunctioned with hundreds of thousands of local deaths, one could make up Red Cross casualty lists. I am no longer setup that way. I will now shower and clean up, after I go outside again. CIO

12/11/17 Monday 1:55 A.M. On my AT&T Iphone 4 Go Phone, a minutes to England costs 59 cents, however it is only two cents a minutes for me to call Jolly Old England with Optimum Voice. However, although the British also speak English, there is nobody in England willing to admit they know me and chat with me. Normally one would chat with the British embassy in one's own country, but all their telephone line does is send one through expensive prompts back to England. I guess although the British are the largest stockholders in America, the British still treat us like a colony that they have forgotten about. When I chat with the Canadian Emergency line, they are totally rude. The Canadians used to be very polite. Thus I guess my webs sites is all that they need to know as far as anything going on this side of the pond. There are used Hudson's Bay Blankets on the internet, but they are very expensive

https://www.ebay.com/sch/i.html?from=R40&sacat=0&sop=15&nkw=Hudsons+Bay+Blanket&rt=nc&LH_BIN=1 . When I was at prep school at <http://www.taftschool.org/> , we just had thin grey wool blankets. Some of the rich students did have new https://www.llbean.com/llb/shop/22955?&q=3091861_google&Matchtype=b&gclid=EAIaI QobChMIpcHq6KiB2AIVxVYNCh250wcpEAAAYAiAAEgJ25fD_BwE&gclsrc=aw.ds&dclid=CKiaxvKogdgCFY2ayAodccEJ0w and <http://www.thebay.com/webapp/wcs/stores/servlet/en/thebay/multistripe-point-blanket-0012-1019553--24> which are very expensive. I guess the British make a lot of money off wool. I will now go outside again. CIO

12/11/17 Monday 12:45 A.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I watched a program on Fox News about Andrew Jackson. I think they still allow dueling in France, if you want to fight it out with someone. I think I once visited the Hermitage, when I lived down south. I went outside, and I threw out the garbage. I chatted with a neighbor. I made my bed. I will now go outside again. I have learned from experience not to do anything from any so called government people, unless they give me written orders on a verified document. We no longer do business here based on a hand shake. The last company I had a job with was Daniel Construction in 1976 in Greenville, South Carolina now owned by www.fluor.com out of Irvine, Texas where www.exxon.com is also headquartered. My immediate supervisor was Jim Jackson who had been in the United State Marine Corps. He sold me my old 1966 Chevrolet Biscayne four door sedan for \$250 that I first explored Florida in. It had come from Texas. Jim actually used to go to the job sites to expedite. Back in the office, he enjoyed cleaning his shot gun in the cubicle behind mine, as I chatted with people around the world. I guess that would be called working under the gun. General Westmoreland was also from Greenville, South Carolina, so they might have had other friends down there. Around here in Greenwich, Connecticut, since my Grandfather Clarence Scott worked on the Illinois Central Railroad for 60 years as a fireman and steam locomotive engineers, and I have met members of the Osborne and Harriman family whom used to own it, I used to pretend to be a railroad detective for whatever it is worth. However, the Illinois Central railroad was bought out by the Canadian National Railroad whose largest stock holder is Bill Gates. However, the Brotherhood of Railroad Workers is the most powerful and best run union in the country, so maybe if you keep messing with me, we might shut down the railroads and see what happens in the country, if you get my drift. CIO

12/10/17 Sunday 10:05 P.M. In response to the Fox News story on corn and ethanol, they are way out of line. The average corn farmer in the red states where there are a lot of republicans is losing a hundred dollars a acre in farming corn. Fox News is way out date. Tell 20th Century Fox, we are living in the 21st Century. CIO

12/10/17 Sunday 9:40 P.M. I chatted with a relative before going to bed. I woke up, and I ate 8 Fig Newtons and 3 ounces of Dutch Gouda cheese. I woke up again, and I leant a neighbor a package of cigar cigarettes. I finally woke up at 9 P.M.. I went outside, and I put the dry windshield cover in the back of the Volvo wagon. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

End of Scott's Notes week of 12/10/17

12/10/17 Sunday 10:05 A.M. I chatted with a relative. I will now send out my weekly notes. I will then go outside again. I will then go to bed. Au Revoir. CIO

12/10/17 Sunday 9:55 A.M. No snow on <http://www.themaurypeople.com/live-webcam> on Nantucket. Nantucket is always a bit warmer, because it is closer to the Gulf Stream. Even Benjamin Franklin who studied the Gulf Stream had a mother from the Folger family on Nantucket, so they must have known. However, usually around the first of the year, the harbor freezes, and it gets colder. CIO

12/10/17 Sunday 9:30 A.M. I will now go outside again. CIO

12/10/17 Sunday 9:15 A.M. Almost half price https://www.walmart.com/ip/Sceptre-50-Class-FHD-1080P-LED-TV-X505BV-F/27678567?action=product_interest&action_type=title&beacon_version=1.0.2&bucket_id=irsbucketdefault&client_guid=5fae729b-3955-43fd-33f9-061a5a4415ea&config_id=106&customer_id_enc&findingMethod=p13n&guid=5fae729b-3955-43fd-33f9-061a5a4415ea&item_id=27678567&parent_anchor_item_id=631796609&parent_item_id=631796609&placement_id=irs-106-t1&reporter=recommendations&source=new_site&strategy=PWVUB&visitor_id=YSMbDIboHkJ86MKbguL7YM 50 inch TV for big buck boys. CIO

12/10/17 Sunday 8:35 A.M. I ate two White Castle cheeseburgers with the other half of the reheated Knorr teriyaki rice mix and a 12 ounce glass of diet Fresca. I also ate 13 Danish butter cookies. I will now go outside again. I watched the <https://www.nobelprize.org/ceremonies/> on <http://www.euronews.com/> channel 103 on our local Cablevision channel. The Europeans look a bit thin except for the King of Norway <http://www.royalcourt.no/seksjon.html?tid=28435> . CIO

12/10/17 Sunday 6:45 A.M. I cleaned off the rest of the snow from the Volvo wagon. I took the windshield cover off. My neighbor told me to bring it inside, so I do not get mold in the back of the Volvo wagon which I did. There has been no call for Starbucks Security today. I do not need anything downtown from www.cvs.com , so I will keep the home fires burning. It is 68 degrees Fahrenheit in my apartment, but going outside so much in the winter, I do not notice the cooler temperature. It does not cost that much money to keep it a few degrees warmer, which when it gets colder outside this winter, I might do. CIO

12/10/17 Sunday 5:50 A.M. I used to have a white Philips Iphone and USB stand and charger, but I can not find it. Possibly in my haste to declutter the apartment, I threw it out. I looked everywhere else for it. CIO

12/10/17 Sunday 5:20 A.M. When I was down in Key West starving in the winter of 1977, there was young guy my age that looked like George Cary. He wore a big star on his belt, and he told me he was "The Deputy of Love". The person had a lot of people around him, so it might have been Tony Blair or Richard Branson, both of whom looked a bit like George Cary back then. At the time George was working at the Tampa Downs race track. The richest person in Key West in the winter of 1978, when I met John Bolton whose father looked like Ernest Hemingway was probably Izi, since he was from Saudi Arabia. He spent a lot of his free time on a prayer rug facing Mecca at Louie's windsurfing patio just south

of the <http://www.casamarinaresort.com/> . In Key West back then before they put in the sewers and the new sewage plant, they pumped the raw sewage into the ocean, so Key West had the highest incidence of meningitis in the United States. They also sprayed the street at night with chemicals to keep the six inch palmetto bugs away, which tourist do not like to see. Recently people down there have been getting Dingo fever. Also there are coral snakes down there which are the most poisonous reptiles in the U.S.A., and the state of Florida quit making Coral Snake venom for lack of money. One might be able to get malaria down there too. Some people whom live down south or whom have visited down south might have better tropical immunities than new comers from up north. Some of the big fish down there are pretty dangerous too. Of course north of Key West, there are a lot of alligators in the Everglades, so some of them might venture down into the Keys also. Some of those local so called dirt bags have a lot of tropical experience. They just do not feel like dressing up in the hot sweaty weather. CIO

12/10/17 Sunday 4:50 A.M. On the trip to Washington D.C., when I first met Dr. Gillespie in Georgetown, he had me move from the Dutch Inn to the Georgetown Inn, because he said the Dutch Inn was a Flop House. I told him much could be said about the Showboat Hotel in Greenwich which is now the <https://delamar.com/> . At the Georgetown Inn, they tried to get me to smoke Dunhill Jasmine cigarettes, but I told them that Marlboro Ultra Light 100s were good enough for me. There is a Philip Morris factory on the north side of Richmond, Virginia with a Holiday Inn nearby, if one happens to be driving down south. I was also told that the bakery next to the Georgetown Inn bakes two million croissants a day, so there must be a lot of Francophiles down there. At the George H.W. Bush inaugural festivities, I happen to walk into the Wisconsin reception at the Georgetown Inn with lots of free food, and I chatted with the governor of Wisconsin Tommy Thomson and the football player Bart Starr. We never did find the Connecticut reception, but we attended the Connecticut Ball which had people from other states. The only three blond men in the room were Gerry Ford's sons, so there much have been other people there from Michigan. I chatted with General MacArthur's widow who was surrounded by eight Marine Honor Guards in Dress Pinks. One my dates was Admiral Halsey's daughter in law and another was a columnist for a Philadelphia newspaper. I must have looked like the town drunk, because I drank two Vodka and Tonics from the cash bar, when none of the other ten thousand people seemed to be drinking. The ballroom was so big, that when President Bush and Barbara Bush showed up, they looked like tiny figurines way away on the stage. When Washington D.C. puts on the feed bag, they do it up a big way. Eight of us had a \$850 dinner bill that night at a French restaurant that my rich friends paid for. Of course, I read about six months ago, that Queen Elizabeth II was going to hold a state dinner for President Eisenhower, and at the last minute, he cancelled because of local politics, which had the British all upset. They go through a lot of work for a state visit, if you get my drift. I will now go outside again. I had a friend at www.lfc.edu from the Boston area with the last name Sachs, but I am not sure if he had a connection with Goldman Sachs or not. Also another classmate's father was the four star www.af.mil general in charge of NATO. When my family was on vacation in Tobago, we ran into her brother who was camping out at the Pigeon Point Beach that had a lot of black flies, but was warm in the winter. CIO

12/10/17 Sunday 4:15 A.M.

https://www.facebook.com/usnavyband/videos/10154703614423396/?hc_ref=ARTHDJ3oXeF1hdGom5rUfrlmIiSIaNuJVvha3fH_RrWjz7RJdzSGWaaCS3Rxff7_IjY

https://www.microsoft.com/en-us/store/b/12-days-of-deals?WT.mc_id=PromoEmail_14940_en_US_12DD_Day_4_12-9-17_Hero_Overlay&mi_u=12972631

A warm place in Washington D.C. in the daytime next to the Capitol <https://www.usbg.gov/>, if one happens to be down there in the winter. Washington D.C. was classified as a tropical zone by the British Foreign Office until after World War II and the advent of air conditioning. Thus England must be a lot colder. Also one should never wear a new pair of shoes to Washington D.C. with all of the walking one has to do in those big buildings around the Mall and walking around the Mall. A relative when she visited France used to call sore feet "Chateau Foot". Also the Rothschilds make Cheateau Le Feet Rothschild wine. I will now go outside again. CIO

12/10/17 Sunday 4:00 A.M. I went outside again. A couple of months after that Ronald Reagan first inaugural trip to Washington D.C., I flew down on an Eastern jet from New York City for the day, and on the way back that day, I sat next to head Ed Meese the Attorney General. He told me I should quit frequenting the Meat Packing district in Manhattan, or I would end up on a meat hook. That seemed sort of strange to me, since it was mostly maintenance people down there. I went back to Washington D.C. again in February 1983, after I finished the garage apartment in Plandome Manor, Long Island. I stayed at the Dutch Hotel now the <https://www.thegrahamgeorgetown.com> and <http://www.georgetowninn.com/>. I met Dr. Gillespie who was Lyndon Johnson's heart surgeon at the 1789 restaurant at Georgetown University. He toured me around the Georgetown Medical Center, and showed me the first cat scan machine in America made by <https://www.usa.philips.com/> a Dutch company. I took the Amtrak down there and back on that trip. I went down again for George H.W. Bush's inaugural in 1989 with a neighbor of Helen Clay Frick from Bedford, New York who had been in the www.army.mil and we stayed with a relative of Governor Harriman of New York, but although we attended the inaugural balls, we were staying at the Dutch Inn again, and we had lunch there and did not attend the inaugural itself, but we watched it on television. I met up with Dr. Gillespie again, and he had me at his Georgetown Home. He told me he designed hospitals all over the world, which I tended to believe. He also tried to convince me that Washington D.C. is the most powerful city in the world, but with all of those old buildings it certainly does not look like it. I recall returning again about a year later when I drove down with the same person, and I returned on Amtrak, when we stayed at the Dutch Inn again, and we toured around including the www.wh.gov when President George H.W. Bush was in Argentina <http://mikelouisscott.com/mlsdc.jpg>. I think that was the last time I was there. I guess the people up north pay so money in taxes, they occasionally want to see us in person down there for better or worse. I also drove through Washington D.C. a number of times going back and forth to Florida in the 1970s and 1980s. I used to stopped at Dulles airport for a pit stop. I will now go outside again. People whom are obsessed with the Presidency are suppose to have "White House Fever", but down there, they call it

"Potomac Fever". I also recall once flying out of National Airport on Air Florida to Westchester Country airport on a 727 Jet full of military officers in uniform, which got me to thinking there might be a lot of military around here. I do not recall how I got down there or what the purpose of the trip was. Back in July 1976, I also drove out of Greenville, South Carolina, where I was working for a Daniel construction now a part of www.fluor.com , and I unhitched my U-Haul trailer, and I drove around Washington D.C, and then I returned to Greenwich, Connecticut for the Tall Ships Bicentennial Fourth of July event before returning to www.nantucket.net which is a bit less crowded. In America at large ski resorts, they have large lodges where one can warm up and have a cigarette inside and drink inside, but I learned in Europe at ski resorts, they only have small coffee shops, and one has to sit outside in the cold to have a drink and a cigarette. CIO

12/10/17 Sunday 2:55 A.M. <http://www.bbc.com/news/world-middle-east-42295162>

<http://www.bbc.com/future/story/20171110-how-the-ussr-tested-the-biggest-nuclear-bomb-in-history> CIO

12/10/17 Sunday 2:45 A.M. Probably most prestigious event I ever attended at a United States citizen was at Ronald Reagan's first inaugural, I attended the Medal of Honor reception with President Reagan at the Hilton Hotel near the www.wh.gov , and I drank a Drambuie on the rocks. Of course I was not alone down there. I flew down that morning on a \$40 Braniff Airlines flight from Kennedy airport, and the only other passenger on the jet was the Saudi Arabian oil minister. I left the following day after staying at the Dutch Hotel now the <https://www.thegrahamgeorgetown.com> on the www.time.com magazine 727 jet to Westchester County airport, and I took the local train back to New Canaan, Connecticut. While on the local train I chatted with a little blond boy from New Canaan who was from Brazil. Back in those days, the Chief of Police in New Canaan was Roy Scott, and he had a son named Michael Scott who was always in the local New Canaan newspaper for setting off fire crackers in town. How times have changed when the kids grow up. CIO

12/10/17 Sunday 2:20 A.M. I went through <http://scott-mike.com/bf.htm> . I will now go outside, and leave more foot prints in the snow. CIO

12/10/17 Sunday 1:55 A.M. This makes interesting reading <https://www.ibm.com/ibm/us/en/> . CIO

12/10/17 Sunday 1:25 A.M. I went to the Army Navy game right after President Kennedy was assassinated <http://www.foxnews.com/sports/2017/12/09/army-rallies-past-navy-in-snowy-thriller.html> . I used to get around more. I will now go outside again to see if there are any polar bears around. CIO

12/10/17 Sunday 1:20 A.M. After I left www.cbsnews.com , in June 1973, I used to know a long gone pub in Greenwich Village where a lot of CBS employees would gather. It was next to a 24 hour television repair shop with lots of spare parts. Once I went there around 1974 during a blizzard, and I saw Margaret Thatcher and Map Tse Tung both there. They

were not paying official visits to Manhattan, but like a lot of travelers going elsewhere, they were stranded during a heavy snow storm. It happens all the time in the winter in the greater New York City area with 40 million people living within a hundred miles of it, since New York City is a transportation and communications hub for the world. Out here in the boon docks of Connecticut we get a few stragglers whom have managed to make it through New York City. When one is in Manhattan, and one tells people they are from Greenwich, Connecticut, they think we are living way out in the wilderness. At night after 11 P.M., it is only about a twenty to twenty five minute drive into Manhattan. However, since there is no point though, since nobody communicated with me from there, and all they really want is more money, when they already have plenty of money. That is my two cents for the day. CIO

12/10/17 Sunday 12:05 A.M. I went outside briefly. I washed the breakfast dishes. I made my bed. I will now shower and clean up. There is an office for rent above www.starbucks.com downtown on Greenwich Avenue. When I lived on the rental farm in Lake Forest, Illinois, when I attended www.lfc.edu, I lived near Libertyville, Illinois where Adlai Stevenson was from. Adlai Stevenson's roommate at www.harvard.edu was the <https://www.facebook.com/AgaKhanIV/> whose birthday is December 13, if you want to send him birthday greetings. His family used to own their own state in India, so they used to be quite wealthy. His grandfather was supposed to be the world's richest person. He is also a Swiss citizen. Thus he seems to manage to make ends meet. CIO

12/09/17 Saturday 10:55 P.M. I woke up, and I ate 12 Danish butter cookies. I finally woke up at 10 P.M.. I went outside, and I cleaned five inches of snow off my Volvo wagon. I also cleaned off the three front benches, and the two rear picnic tables. I used to clean off the benches in front of the senior and the arts center and the veterans monument and the Restoration hardware store plaza downtown, but I guess some of the locals can now do that. I picked up the mail. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/09/17 Saturday 12:45 P.M. There is about two inches of snow now. I will now shut down the primary work computer, and I will go to bed. CIO

12/09/17 Saturday 12:25 P.M. <https://www.facebook.com/groups/1428379964137778/> British Royalty on Facebook

<http://meetingorganizer.copernicus.org/EGU2018/session/27168>

<http://view.reply.reaganfoundation.org/?qs=1b9c4ac5f4fca0b3fb6f1f1e220f586e6ef539f988626a9d7059010a084a6e85136ddaf86d5efc7fd5f73dede4467d5326a7680e440261fe32c923565efbb51e2780a3cb9c6714d8>

I will now go back out into our local Siberian wilderness. CIO

12/09/17 Saturday 11:55 A.M. As a matter of comment, a lot of the women in Greenwich, Connecticut looked like drowned rats in the morning, because they go swimming at the local Y.W.C.A., which like the local Y.M.C.A. has a very nice swimming pool. I do not swim at either, since the chlorine in the pool really bothers my eyes. CIO

12/09/17 Saturday 11:55 A.M. There are lots of four wheel drive vehicles at the indoor Dorothy Hamill ice skating rink
http://www.greenwichct.org/government/departments/parks_and_recreation/ice_skating/ in the back yard. One of my brother in laws has a friend whose brother married Dorothy Hamill. The <https://www.cosport.com/> are in South Korea this coming winter 2018. When I was at the Albertville, France Winters Olympics in 1992, there were a lot of people there from Greenwich, Connecticut wearing American Express aprons scalping tickets. Nobody was interested in going to the outdoor events, because it is too cold, but all of the indoor events were sold out. Back then with optic fibers there were fifty thousand communications people and also fifty thousand security people, yet in the center of it all, it seemed quite peaceful. I read about a year ago, that in South Korea they charge a visitor \$800 a day to use a wireless Iphone, so communications there might be quite expensive. Also 2.5 billion people watch the Winter Olympics on television, so it is a major media event drawing a lot of expensive advertisers. CIO

12/09/17 Saturday 11:20 A.M. As if you did not know
https://en.wikipedia.org/wiki/Melville_Corporation . CIO

12/09/17 Saturday 11:20 A.M. I ate a salad of five ounces of Romaine lettuce with 4 ounces of diced Dutch Gouda cheese and four campari tomatoes cuts into quarters and five sliced medium mushrooms and two ounces of Chatham Village garlic and cheese croutons and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and Wish Bone Spicy Caesar dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Fresca. I noticed while at Zyn Stationary that President Donald www.wh.gov Trump is on the cover of www.forbes.com magazine. Steve Forbes also lives in [https://en.wikipedia.org/wiki/Bedminster, New Jersey](https://en.wikipedia.org/wiki/Bedminster,_New_Jersey) where President Trump has a house. Jackie O'Nassis also used to live nearby in Peapack, New Jersey. My friend George Gordon Cary's grandfather Jay Coogan also used to live in Gladstone, New Jersey, and his old English estate is now the headquarters of the <https://www.uset.org/> . Malcolm Forbes lived in Far Hills, New Jersey. Far Hills, New Jersey used to have a snow mobile shop, when I once got a fan belt replaced on my Volvo in a blizzard coming from George's grandfather house to a party in Manhattan. I do not drive on snow anymore, because I worry about the other person. Doris Duke used to have a place in New Jersey. I was once told the Rockefeller's primary homes are in New Jersey. I was told they just maintained North Tarrytown, so that Nelson could run for governor. A lot of families have multiple world wide homes. About 29 years ago, I met a young jogger from Rye, New York whom claimed he had caddied for President Trump at the Westchester Country Club or maybe it was the Winged Food Country Club. However, most wealthy people have a lot of friends and numerous contacts, so that is not unusual. I also noticed that the edition of www.time.com magazine that one gets in the mail is different than what one sells at the

local news stands. I chatted with a relative. I went outside again. There is about one inch of snow so far. CIO

12/09/17 Saturday 9:35 A.M. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with a www.starbucks.com regular. I used the bathroom at Starbucks. I stopped by the CFCF coffee shop across the street from CVS, and I gave them a briefing on the coffee business. They have their own coffee roaster there. After my walk, I sat out for a while. I then went by Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I think I should quit playing scratch cards. I have been on a losing streak for about a year. I used the bathroom at Starbucks again. Recently, since I have lost fifty pounds since last February, I have had a problem with my boxer shorts and long underwear sliding down from my waist. I threw out all of my small underwear. I then drove to www.cvs.com. I used the bathroom at CVS. I bought three 12 packs of diet Fresca for \$5.69, \$4.31, and \$5.69 and \$1.80 can deposit, and a 17.5 ounce can of deluxe no salt mixed nuts for \$8.99 for \$26.48 total. I put my purchases in the rear of my Volvo wagon. I then adjusted my clothing at the CVS bathroom. I then bought a <https://www.accu-chek.com/meters/guide-meter> on sale for \$7.99 down from \$32.99. I chatted with a person with a relative from Chicago, Illinois about Mercedes. I then sat outside in the little park across the street. I then returned home. I chatted with a neighbor. I used my little folding cart to bring up my Fresca soda. I put the cart back in the rear of my Volvo wagon. I put the new black windshield cover on the windshield of my Volvo wagon. It has begun to snow. I sat outside briefly. I will now go outside again. I somehow lost the receipt for the \$7.99 Accu-chek meter from CVS. Talking to people I do not know distracts me. CIO

12/09/17 Saturday 4:10 A.M. I went outside, and I drank my coffee. I washed the breakfast dishes. I made my bed. I went outside again. While having breakfast, I watched the rebroadcast on Fox Business News of Donald www.wh.gov Trump's speech from Pensacola, Florida. My family lived in Pensacola, Florida from 1954 to 1956. My father Louis Dale Scott was the assistant plant manager for the Chemstrand Nylon Plant there. One coworker was once on television's "What's My Line", and his secret was that he had 5,000 www.navy.mil wives working for him at the Chemstrand Nylon plant. Back then Nylon was profitable, since it was used to make automobile tires. We once flew up on the Chemstrand private DC3 from Pensacola to Akron, Ohio to visit the Firestone family whom had a nice French Chateau type house. Alas that is all history. I will now shower and clean up. I will then go downtown to Greenwich Avenue for a walk. It is not suppose to snow until after 10 A.M.

<http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.Wium4TdryUl> . CIO

12/09/17 Saturday 2:20 A.M. I woke up, and I ate 12 Danish butter cookies. I finally woke up at 12:30 A.M.. I went outside. I picked up the mail. I got my Connecticut Renter's Rebate check for \$538.16. I went downtown, and I deposit it at the www.chase.com bank at Deerfield Place. Now, I can afford to continue to moon walk on Greenwich Avenue. I went downtown, and I sat out briefly. Nobody was around. I returned home, and I sat outside briefly. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced

banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

12/08/17 Friday 1:35 P.M. I went outside, and I chatted with neighbors. I will now shut down the primary work computer, and I will go to bed. CIO

12/08/17 Friday 12:20 P.M. I ate half of a Knorr teriyaki rice mixture with a two White Castle cheeseburgers and a 12 ounce glass of diet www.coke.com . On the Greenwich Library book on the interview with Nancy Carnegie Rockefeller that I bought for 50 cents when it was discarded, it says that the little red house in front the Mews retirement home <http://www.themewsingreenwich.org/> used to be the Scott family boarding house run by another Scott family that used to run a railroad boarding house here in town in the old days. I will now go outside again. CIO

12/08/17 Friday 10:50 A.M. I went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by www.cvs.com , and I bought buy one get one free of one pound Danish butter cookies for \$5.79 both. I then bought a Royal Crest clear shower curtain liner for \$3.99 and .25 tax for \$4.24 total. I used the bathroom at CVS. After I finished my walk, I sat out viewing another slow ebb and flow morning of the daytime people moving in harmony with the world. I then went to the Stop and Shop at West Putnam Avenue. The can and bottle return machines are now on the outside at the southeast corner of the building. I bought a 59 ounce Tropicana pineapple mango juice for \$2.50, a four 5.4 ounce pack of Dannon low fat Greek blueberry yogurt for \$3.50, two tubes of buttermilk biscuits for .75 each, a 64 ounce Ocean Spray cranraspberry juice for \$2.50, a 8 ounce package of sliced mushrooms for \$1.99, a pint of cherry tomatoes for \$2.99, three 5 ounce Chatham Village large cut cheese and garlic croutons for \$1.99 each, two 10 ounce Dole Salad greens for \$1.99 each, bananas for .49 a pound for .36 and .70 can return for \$32.78. I then returned home. I sat outside briefly. I put away my groceries. I will now install the new shower curtain liner. I will then go outside again, and I will throw out the old shower curtain liner. CIO

12/08/17 Friday 7:15 A.M. I threw out the garbage, when I went out. My richer neighbors seem to go to www.mcdonalds.com for breakfast, but that is way beyond my budget. I will now dress up warmly and go downtown to inspect the Holiday decorations again. I also should put in a few supplies with the snow coming tomorrow. Be kind to any unfortunate travelers whom have not made it down south yet. If one gets stuck traveling in the snow tomorrow, one could try resting at the lower level parking lot at www.cvs.com on West Putnam Avenue. They also have three charging stations, if one is driving an electric car. CVS at 644 West Putnam Avenue still needs night time help from 10 P.M. to 7 A.M.. CIO

12/08/17 Friday 6:40 A.M. I ate a salad of five ounces of Romaine lettuce with 3 ounces of diced Dutch Gouda cheese and four campari tomatoes cuts into quarters and four sliced medium mushrooms and two ounces of Chatham Village garlic and cheese croutons and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and Wish Bone Spicy Caesar dressing and extra

virgin olive oil with ground black pepper and a 12 ounce glass of diet Fresca. I chatted with an older friend that has Nordic experience. I will now go outside again. CIO

12/08/17 Friday 5:45 A.M. I finished configuring the Iphone 4 for now. It is just my backup cell phone. Earlier, I put a cup of water with a few drops of Schultz liquid plant for on the white poinsettia plant. The last time, I visited the Big Apple was for a Microsoft Conference, where they gave away copies of Windows Vista was about 10 years ago. These are the pictures that I took of midtown Manhattan <http://scott-mike.com/mls-030408/> . On the way out from the conference, the trains were not running, and there were a couple of thousand stranded people in Grand Central Station that looked like Prince Andrew in dark suits. I was wearing my red Woolrich jacket, and I walked up to someone that looked like Prince Charles and Gordon Brown, and the British flag was flying at the Waldorf Astoria, so maybe it was them. The first train out was up the Westchester line, and no one was on the second train the New Haven line, so I figured out all of the money was going up the Hudson River, where ever that leads. A big fat black African American New York City police woman threatened me on Vanderbilt Avenue for smoking a cigarette within 50 feet of the Grand Central entrance, when plenty of other Hispanic people were. I thus determined I was not welcome in Manhattan, so I never went back again. I was told by a local physicist that taught at www.columbia.edu for 50 years that people in this area, do not like my look, because I look German, although I am half Dutch, which I guess is the same look. I will now go outside again. CIO

12/08/17 Friday 4:50 A.M. <http://view.klm-mail.com/?qs=af057b2d28867eaad6bd08c920c9206cde3fbbbe17b278510e76760cc5f4a972f42e7b0eff87b64a44048923a7b8bddf81e62254e21dc2dcfd613f1223ba9a41d17e4f44e9eb50720>

I will now go outside to get a breath of fresh air. Not much happening locally in this small corner of the greater south western Connecticut near New Amsterdam. We are still waiting for a few crumbs from New Amsterdam to come our way, if you get my drift. CIO

12/08/17 Friday 4:30 A.M. I went outside again. Three to five inches of snow coming here on Saturday <http://forecast.weather.gov/MapClick.php?lat=41.04904598378624&lon=-73.62304748575207&site=all&smap=1#.WipaqjdryUl> . CIO

12/08/17 Friday 3:55 A.M. I uploaded some pictures of the recent changes in my apartment <http://scott-mike.com/mls-apt-1217/> and <http://mikelouisscott.com/mls-apt-1217/> . Well I have done the best that I can afford. CIO

12/08/17 Friday 3:15 A.M. I went outside twice. I backed up the updated and changed files from the primary work Dell computer C: drive to the Seagate 1 TB external hard drive in the Rosewell hard drive holder. I installed a few apps on the Iphone 4. I will now go outside again. CIO

12/08/17 Friday 1:20 A.M. I did a Windows Complete PC backup of the primary work Dell computer from the C: drive to the Toshiba 2TB external hard drive. I drank my coffee outside, and I chatted with neighbors. I washed the breakfast dishes. I made my bed. I

will now do an Aomei backup of the primary work Dell computer from the C: drive to the Toshiba 2 TB external hard drive. I will go outside again. I will then shower and clean up. CIO

12/07/17 Thursday 10:45 P.M. I went back outside again at 2:30 P.M.. I woke up, and I ate three ounces of Norwegian Jarlsberg cheese and 9 ounces of lightly salted mixed nuts. I finally woke up at 10 P.M.. I went outside. I picked up the mail. As of January 1, 2018, my www.ssa.gov supplemental security income is going up from \$735 to \$750 a month. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will now go outside again. CIO

12/07/17 Thursday 12:30 P.M. I will now shut down the primary www.dell.com work computer, and I will eat a 5.4 ounce Dannon low fat Greek raspberry yogurt, and I will go to bed. Bon Soir. CIO

12/07/17 Thursday 12:05 P.M. I put one each of the two new stakes in each of the miniature potted palms, so each one now is tied up with two stakes. I added a bag of potting soil to each one, and I formed it like a cone around each plant. I then added a quart of water to each plant with 10 drops of Schultz Liquid plant food in each quart, and I also watered the other two plants with the same formula. The poinsettia does not need watering yet. I will now go outside again. CIO

12/07/17 Thursday 11:05 A.M. I went downtown to McArdles on Arch Street. They have a lot of festive holiday greenery. I bought two dry 4 quart Espoma organic potting mix for \$6 each and a 4 foot 3/8th inch stake for \$1.50 and .88 tax for \$14.38 total. I then sat out downtown for a while. I walked over to Zyn Stationary, and I bought an Ace's High scratch card for a dollar, and I lost. I sat out for a while longer. I then went by the Greenwich Hardware store <https://www.greenwichhardware.com/>, and I bought a three foot by 1/2 inch dowel for \$2. I then went by the Greenwich Hospital Thrift shop <https://greenwichunitedway.org/organization/greenwich-hospital-auxiliary-thrift-shop/>, and I toured the place. I bought a Queen Anne chair green and brown plaid pattern Scotch Guard fabric in very good condition for \$65. I then carried it out and put it in my Volvo wagon. When I got home, I used my little folding cart to wheel it up to my apartment. I moved the www.harvard.edu chair from the hallway entrance to in front of the northwest corner of the living room in front of the Sony CD player. I gave the five white throw pillows to a neighbor. I put the Queen Anne chair to the left of the left living room closet at the hallway entrance. It is very comfortable, and fits well, and a good location for watching television. I went outside, and I chatted with neighbors. I will now go outside again. CIO

12/07/17 Thursday 7:35 A.M.

https://www.nytimes.com/2017/12/06/world/middleeast/salvator-mundi-da-vinci-saudi-prince-bader.html?emc=edit_th_20171207&nl=todaysheadlines&nid=46729

https://www.nytimes.com/2017/12/06/business/starbucks-shanghai.html?emc=edit_th_20171207&nl=todaysheadlines&nid=46729

<http://view.reply.reaganfoundation.org/?qs=8ce7d78e11eb82d3d2f4a6a9b8f6dbc33c964b273c3e85e75cf02e31fa87495050135952f2d74b082f79fd844a0a9814995eba493c4b67d2f3a7d2690cbff7803b4889ba9e0eb5eb>

I will now go downtown again to get some dirt. CIO

12/07/17 Thursday 7:15 A.M. <https://www.mcardles.com/> might have some MiracleGro potting soil https://www.miraclegro.com/en-us/products/soils-amendments/miracle-gro-cactus-palm-citrus-potting-mix?cmp=kid/Gardens/Google_SEM/Brand/G_Gardens_Brand_Do_PottingMix/G_Gardens_Brand_Do_PottingMix_General&s_kwcid=AL!4676!3!193829906106!e!!g!!miracle%20gro%20potting%20mix&ef_id=WicASwAAAK8TNHNG:20171207120912:s for my miniature plants. They open at 8 A.M.. The Dutch when they can afford it like flowers and house plants. CIO

12/07/17 Thursday 6:50 A.M. I ate a salad of five ounces of Romaine lettuce with 4 ounces of diced Norwegian Jarlsberg cheese and three campari tomatoes cuts into quarters and four sliced medium mushrooms and two ounces of Chatham Village garlic and cheese croutons and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and Wish Bone Spicy Caesar dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet www.coke.com . I will now go outside again. CIO

12/07/17 Thursday 6:15 A.M. A local rabbit was moving around, so that probably means there are no predators around. CIO

12/07/17 Thursday 5:50 A.M. I finished entering the telephone numbers on my Iphone 4. While doing that I did a Windows Complete PC backup of the primary Dell work computer from the C: drive to the D: drive. I will now go outside again. CIO

12/07/17 Thursday 4:40 A.M. I saw the red fox crossing east at the north end of the building coming from the Byram River. I did not need multiple vitamins, since I had another bottle of similar vitamins in my vitamin supply, but I did not recognize them since they were in a box not a bottle. I will now start entering the telephone numbers on my Iphone 4. CIO

12/07/17 Thursday 4:15 A.M. I threw out the garbage. While I was out, I installed the latest Windows Updates on the primary www.dell.com work computer. I went by www.cvs.com at 644 West Putnam Avenue. I bought buy one get one free of 120 capsule CVS Multivitamin/Multimineral capsules for \$11.49 both. I then went downtown to Greenwich Avenue. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. There was not much going on. By 1 A.M., the Sundown saloon was closed. After my walk, I went by the Putnam Shell at 481 West

Putnam Avenue. I bought a 6.25 ounce STP super concentrated high mileage fuel injector cleaner <http://www.stp.com/products/fuel-additives/super-concentrated-fuel-injector-cleaner/> for \$7.99 and .51 tax for \$8.50 total. I put it in my gasoline tank for a cheap tune up. I bought \$9 of self service V-Power premium gasoline for \$3.599 a gallon for 2.502 gallons at odometer reading of 116541 miles for 35 miles driven since Tuesday November 28, 2017 for 13.989 miles per gallon in local traffic. I then returned home. I sat outside briefly. I started installing telephone numbers on my Iphone 4. I will now go outside again. CIO

12/06/17 Wednesday 11:45 P.M. I went outside, and I drank my coffee. I picked up the mail. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up and go downtown. CIO

12/06/17 Wednesday 10:40 P.M. I chatted with a relative at 5 P.M.. I woke up at 10 P.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. CIO

12/06/17 Wednesday 1:40 P.M. I think I will take another nap. CIO

12/06/17 Wednesday 1:35 P.M. There used to be a little www.apple.com store up in New Canaan, Connecticut 30 years ago, so maybe somebody up there made money off Apple. Of course the resources are more limited in New Canaan, but there is a lot of stuff around it. I once met the nephew of Queen Beatrice of the Netherlands and he lived in Ridgefield, Connecticut, and he was the pilot on www.klm.com 747 that lost all four engines over a volcano in Alaska, but he was able to restart the jet. In the olds days, one could go to an airport and network with the flight personnel to see what was happening elsewhere in the world, since the flight personnel were well traveled. When I was in Key West, Pan Am still existed, because that was where they originally started flying airboats from Key West to Havana. The Harriman family had a major investment in Pan Am. Alas the world has changed a bit since then. The last time I changed jets at Hartsdale airport in Atlanta over ten years ago, I saw a lot of airlines that I had never heard about. CIO

12/06/17 Wednesday 12:50 P.M. I ate a 10.75 ounce Banquet Swedish meatballs with a 12 ounce glass of diet Fresca. I will now go outside again. CIO

12/06/17 Wednesday 12:30 P.M. I went outside twice. I chatted with a relative. The had a northeastern on the coast of Maine last night
<http://www.kennebunkportbeachwebcam.com/> . CIO

12/06/17 Wednesday 11:20 A.M.
<http://www.greenwichtime.com/news/us/article/Suburban-NY-police-tell-residents-to-avoid-hybrid-12406414.php> CIO

12/06/17 Wednesday 10:45 A.M. I woke up at 10:30 A.M.. I ate 2.5 ounces of crispy onions and a 3 ounce chunk of Norwegian Jarlsberg cheese. I went outside again. It seems to be cold and damp outside. CIO

12/06/17 Wednesday 5:45 A.M. https://www.nytimes.com/2017/12/05/obituaries/king-michael-romania-dead.html?emc=edit_th_20171206&nl=todaysheadlines&nid=46729

https://travel.aarp.org/articles-tips/articles/info-2017/bucket-list-international-destinations-photo.html?cmp=EMC-DSO-NLC-TRVL-TRAVEL--MCTRL-120517-F1-2606724&ET_CID=2606724&ET_RID=121632&mi_u=121632&mi_ecmp=20171205_TRAVEL_member_Control_Winner_253900_377204&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I%3D#slide1

<http://view.klm-mail.com/?qs=c6f3f24406d49a01d01049c81a9b69ed5937cfc28638a76079bd6d7c9b0850084d477215c8f3ab5a63484300b4a8664c3687207891f71e2dbe68b0f9d3c7f8484d2ebbb1e84ec8e6>

I will now go outside again. I think I will then take another nap. CIO

12/06/17 Wednesday 5:10 A.M. When I was younger around here in Greenwich and Nantucket, I used to wear a <http://www.hawaii.edu/> T-shirt, and I have visited the big island in Hawaii and stayed at the <https://maui.regency.hyatt.com/en/hotel/home.html> on Maui. I even once took a hundred dollar cab ride to do an errand near Pearl Harbor, but I have not been on the base there. I might have driven by the University of Hawaii. Word of advise, one does need to wear a Brooks Brothers herringbone wool suit in Hawaii in August. All they show on television there is Hawaii Five O. CIO

12/06/17 Wednesday 4:45 A.M. I ate a salad of five ounces of Romaine lettuce with 3 ounces of diced Norwegian Jarlsberg cheese and three campari tomatoes cuts into quarters and four sliced medium mushrooms and 1.5 ounces of Fresh Gourmet crispy onions and six Lindsay large black pitted olives and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and Wish Bone Spicy Caesar dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Sprite Zero. I will now go outside again. The last time I checked recently, I was 217.4 pounds. That is weight not money. CIO

12/06/17 Wednesday 3:45 A.M. There is a cold wind coming out of the Northwest. I also was around the <http://www.uva.nl/en/home> when I stayed next to the <https://www.heineken.com/us/agegateway?returnurl=%2fus> brewery, and <https://www.uibk.ac.at/> when I stayed a small hotel on a AAA trip overseas, and I visited <https://www.ice.edu/>, when I visited the Roosevelt home in Hyde Park, New York, and I once spent the night camping outside at Easter Time at the <http://w2.vatican.va>, and I have a relative that lives near <https://new.trinity.edu/>, and I probably walked or drove by <https://www.gwu.edu/> when I was in Washington D.C.. Somebody I once met was the head trustee of <https://www.vassar.edu/>, but I never visited it. I once stored my belongings near <http://www.norwich.edu/> while I summered out on Nantucket. When I left the island to

Woods Hole in one day I visited Harvard, Dartmouth, Yale, Princeton, and stored the items in a relative's house near Philadelphia, and then I closed down <https://mcsorleysoldalehouse.nyc/> in Greenwich Village, and then left the U-Haul truck in New London, and hitchhiked down to Cayo Hueso. The person I was traveling with was from Blue Eyed, Missouri and seemed to know a bit more about Nantucket than I did jogging and washing dishes and pots and painting. CIO

12/06/17 Wednesday 3:05 A.M. I drove by the <https://www.upenn.edu/> a number of times while visiting relatives in the Philadelphia area. I once stopped by <http://www.psu.edu/> during Halloween night while driving across country. I stayed over night at the Woods Hole ferry dock on the way to www.nantucket.net while visiting the <http://www.who.edu/>. They have good clam chowder there. While in the Keys where the <http://www.fio.usf.edu/index.html> is, I stayed one year at the <http://www.casamarinaresort.com/> when it was being reconstructed. I think it used to be called the Key West Oceanographic Institute. I spent a winter near <http://daytonabeach.erau.edu/> living in an inexpensive motel on Daytona Beach with friends. At <https://www.ju.edu/>, I stayed with Hurley Haywood. I visited <http://www.northeastern.edu/> while at Lake Forest College. I visited <https://www.uchicago.edu/> while living at 31 East Elm Street in Chicago. While living in Boston, I also visited www.mit.edu that I worked next to while at Polaroid. I also drove by <http://www.bu.edu/>, <http://www.northeastern.edu/>, <http://www.simmons.edu/>, <https://www.tufts.edu/>, <https://www.bc.edu/>. I visited <https://www.unh.edu/> and stayed with Jim Eldert. I traveled up to the entrance of <http://www.bowdoin.edu/>, but stayed at the Y.M.C.A. in Portland, Maine which has an indoor swimming pool. While in Kennebunkport over the years, I visited the <http://www.une.edu/> while staying with family. I visited <http://www.virginia.edu/> when we drove up north to move to Connecticut. I visited <https://www.wlu.edu/>, when I was college hunting, and I recall staying with my father in an old Inn there. I visited <https://www.hamilton.edu/> when I was college hunting with my father, and I recall driving through a blizzard from Boston to and back the same day. I visited <http://www.wm.edu/> in the summer of 1965 with Jerry Harrison when we stayed again with Mrs. Barclay the secretary to the head of Colonial Williamsburg <https://www.colonialwilliamsburg.com/> and returned again when I was older, and I stayed on the front porch of the Presbyterian minister there. I used to drive down to Atlanta and tour around <http://www.gatech.edu/> and stay in cheap motels. I lived near both <http://www.furman.edu/> and <https://www.bju.edu>, <https://www.greenvilleinstitute.com/> and <https://www.clemson.edu/>. I used to drive down from Boston and visit friends at www.brown.edu. I drove by <http://www.risd.edu/> and possibly visited it on my way to Nantucket. I visited <http://www.uwyo.edu/> while driving across country, but I did not stay there. While at the Albertville, France Winter Olympics, I spent a day walking around near the <https://www.unige.ch/en/university/presentation/> where the World Wide Web got started. While in New York, I used to walk near <http://cooper.edu/>. While on Long Island, I visited <http://post.edu/> when I was living and working in Plandome Manor. <https://www.purchase.edu/> is nearby me with its busy airport. I drove near <https://www.scripps.edu/> while traveling the Coast Highway in California. I also visited <http://www.ucla.edu/>, <https://uci.edu/>, and <https://www.pepperdine.edu/>. My mother's family is from Holland, Michigan where

<https://hope.edu/> is where I used to vacation. Another relative showed me <https://www.oru.edu/> . While touring Montreal once or twice, I recall visiting or being around <https://www.mcgill.ca/> where the www.cia.gov conducted the LSD experiments on brain washing. I visited Myles McGough at <http://www.utica.edu/> . In driving around Connecticut and the New England area, I visited <https://www.usma.edu/> , <http://www.cga.edu/> , <http://www.trincoll.edu/> , <https://uconn.edu/> , <https://www.williams.edu/> , <https://www.amherst.edu/> , <http://www.middlebury.edu/> , <http://www.wesleyan.edu/> , and <https://www.fairfield.edu/> . Of course in Florence Italy, I was attending classes at the University of Grenoble extension there. I think I once drove around the <https://www.usna.edu/> while driving to Florida. I think I have driven by the www.fit.edu coming and going from Vero Beach, Florida. <http://www.fau.edu/> was in Boca Raton, Florida when I camped out there. I also once drove by <http://www.flagler.edu/> while touring the coast of Florida. I also was around <http://www.broward.edu/> , <http://www.rollins.edu/> , <http://www.stetson.edu> , when I was camping out in Florida. I will now go outside again. CIO

12/06/17 Wednesday 1:25 A.M. I went outside again. Scotland is famous for having "The Black Watch". The Netherlands is famous for having "The Night Watch". I am not sure what the English do at night, since the pubs there close at 11 P.M., but they have private clubs and private casinos. At www.stamford.edu , I might have slept in their parking lot on one of my five trips to California between 1978 and 1980. At the University of California at Santa Cruz <https://www.ucsc.edu/> , I slept in their parking lot. At the University of California at Santa Barbara <https://www.ucsb.edu/> , I slept in the parking lot and up in the mountains at camp ground with mountain lions and cattle near Solvang. Driving across country back then there were a number of Universities and Airports that I stopped by to rest at. I had family to visit at the University of Illinois at Champaign Urbana <http://illinois.edu/> . The last time at www.lfc.edu , I stayed at a relative's in Chicago. At www.nyu.edu , my last roommate in Manhattan was secretary to the Dean of Business School before she went to work as head of word processing Cyrus Vance after he was secretary of state. www.columbia.edu was also nearby the apartment. Also I toured www.rockefeller.edu a number of times, particularly to use their cafeteria for \$2 lunches. You know an apple, a Dannon yogurt, and a container of milk. While driving across country 3.5 times, I ate out of grocery stores usually consisting of Colby cheese, yogurt, and orange juice. At www.duke.edu I was put up by three young security guards. At www.unc.edu , I left to visit Duke. At the University of Toronto <https://www.utoronto.ca/> , before I returned to Greenwich, Connecticut in December 1983, I stayed at the Anglican Seminary Library for two weeks. The last night after I had to move out, I stayed outside all night at the Tatu dormitory warming up in the vestibule in zero degree weather. At the University of Grenoble <https://www.univ-grenoble-alpes.fr/en/home-page-136826.kjsp> , I stayed with a friend from Greenwich, Connecticut. At the University of Oslo <http://www.uio.no/english/> , I stayed at the Best Western Hotel behind the Palace. The University of Iowa <https://uiowa.edu/> has a lot of bicycles, since it is pretty flat out there. I stayed with a friend at Colorado College <https://www.coloradocollege.edu/> and we visited the <https://www.usafa.org/> . <https://www.wkkf.org/> gives the most money to American Universities of any foundation. You know corn flakes. At the University of Vermont <https://www.uvm.edu/> , I think I stayed at commune or with friends, but I can not

remember that far back. At <https://www.utah.edu/> , I cleaned up while returning back through the Rockies in a blizzard on my first trip across country. At <http://www.yorku.ca/index.html> , I stayed up all night at the Scott Library <https://www.library.yorku.ca/web/scott/> . At the <http://www.english.paris-sorbonne.fr/> , I stayed on the Left Bank. At www.georgetown.edu , I stayed at the <https://www.thegrahamgeorgetown.com> and <http://www.georgetowninn.com/> . I will now go outside again. CIO

12/06/17 Wednesday 12:20 A.M. This time of year once the hurricane season is over, a lot of people start traveling down south to Florida and other warmer points. However, it also gets cold down in Florida. CIO

12/06/17 Wednesday 12:15 A.M. Stamford, Connecticut and Norwalk, Connecticut have homeless shelters. The town of Greenwich gives fifty thousand dollars a year to the Stamford homeless shelter. Westport, Connecticut also has a very nice small homeless shelter near their police station. Westchester County airport also has a homeless shelter, but one has to be referred by a Westchester County social services agency. When I was younger, and I explored www.yale.edu back in September 1975, I tried sleeping on a red leather couch in the basement of the Yale law school. The last time I traveled through www.harvard.edu at night I slept on a stone bench at the Corbusier Center for design. Back in winter of 1968, I visit the Lawrenceville Hockey tournament at www.princeton.edu , and I slept at the Cottage Club. Back in the summer of 1980, when I was driving to Montreal, I spent the night at a fraternity house at www.dartmouth.edu . It must have been a hundreds that summer up north. Once one gets older, it is hard to travel without money, since medically one is not as fit. CIO

12/05/17 Tuesday 11:45 P.M. I went outside, and I chatted with a neighbor. I made my bed. I will now shower and clean up. I will use my new Water Pik for the first time. A Water Pik gets all of the food debris from underneath one's gums that can cause problems. It is still raining outside, so there is probably no dry environment downtown, so I will not be cruising Rodeo Drive East. One could stand underneath the portico of Restoration Hardware store to get out of the rain or underneath the covered entrance of the www.chase.com bank at the top of Greenwich Avenue at Pickwick Plaza. I think the latter also has free wireless. Normally visitors know somebody when they show up here, but we have always had curious visitors from the Big Apple, particularly in the summer or on weekends. In the daytime, the Greenwich Library is a popular stopping off point with its free internet. We do not have any all night grocery stores anymore, and the local diner is only opened all night on weekends. There are three mini mart gasoline stations on West Putnam Avenue in my neighbor as well as a all night www.cvs.com whose pharmacy closes at midnight. The Walgreen's in Old Greenwich, I think has a all night Pharmacy. The local J House in Cos Cob is popular with high tech people. I think the Greenwich taxi cabs quit running from 1 A.M. to 5 A.M.. The Greenwich Hospital is opened 24 hours, if one has a medical emergency. There are also about seven five star hotels in nearby White Plains, New York. The two rest areas on I-95 are opened 24 hours. I was told that homeless people and the traveling public are welcome to park over night in Wal-Mart store parking lots, and that probably would apply to Sam's Clubs too. So much for American

Hospitality. In the old days back in the winter of 1972, when I was in southern Europe with a U-Rail pass, instead paying for a hotel room, I would take an overnight train to another city or town. The McKinney Transportation is opened all night in Stamford, Connecticut; and they used to have 24 hour security there. CIO

12/05/17 Tuesday 11:10 P.M. I woke up, and I ate a Nature's Valley trail mix bar. CIO

12/05/17 Tuesday 8:25 P.M. I chatted with a friend. I went outside. I will now take a nap. CIO

12/05/17 Tuesday 7:10 P.M. I chatted with a friend. CIO

12/05/17 Tuesday 6:35 P.M. I drank my coffee outside, and I chatted with neighbors. I picked up the mail earlier. I washed the breakfast dishes. I made my bed. I chatted with a relative. I made up a fresh batch of punch. I went outside, and I threw out the garbage. It is starting to rain, so I probably will not be going downtown. Having been back in Greenwich, Connecticut since December 1983 or about 34 years, when I finished my summer working vacation out on www.nantucket.net, I have worked the grape vine around www.ibm.com. In covering the waterfront including Steamboat Road, where I once lived for 4.5 year, I learned a few things. First of all, there are other parts of the world that also have waterfront. In my old class at the <http://www.taftschool.org/>, I had a friend from Katonah, New York who also lived in Key West, when I was there, and he was friends of the Jordanian Royal family. I was once told that one of those Mexican fisherman on the pier at Steamboat Road late at night in the warmer weather was actually the "[https://en.wikipedia.org/wiki/Abdullah II of Jordan](https://en.wikipedia.org/wiki/Abdullah_II_of_Jordan)" who likes fishing. With the www.un.org nearby in Manhattan, one never knows what diplomats and heads of state might occasionally show up in this area. From my viewpoint, they like this area, because it is more peaceful. I went outside again. CIO

12/05/17 Tuesday 3:20 P.M. I woke up at 8 A.M., and I ate four Fig Newtons, 3.5 ounces of croutons, and 2.5 ounces of Jarlsberg Norwegian cheese. I went outside, and I chatted with neighbors. I went back to sleep. I woke up at 2:30 P.M.. I went outside, and I chatted with a neighbor. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. The former maintenance worker that I once met at Christ Church, once told me that my apartment looks like one of the Vanderbilt Private Railroad cars in Shelburne, Vermont <https://shelburnemuseum.org/collection/locomotive-220-grand-isle-private-rail-car/>. I was once told that my mother's mother's mother was from the Vanvilabelt family in the Netherlands, so maybe I am distantly related to the American family with slightly different name. Tulips are not in season. CIO

12/05/17 Tuesday 6:10 A.M. I have not seen my cousins down on the farm in Illinois in over 60 years, so they are probably pushing up tulips, but they might have younger

relatives around who more high tech. I will now shut down the primary work computer, and I will go to bed. Bon Soir. CIO

12/05/17 Tuesday 5:45 A.M. Cheap LED bulbs

https://www.newegg.com/Product/Product.aspx?Item=9SIA1JA3NR3717&cm_re=BestMas sage 60 Watt Equivalent SlimStyle A19 LED Light Bulb Soft White 2700K - 12 Pack - LE-1260- -1X2-002E-00001- -Product . I will now go outside again. CIO

12/05/17 Tuesday 5:20 A.M. It says here

https://www.google.com/search?source=hp&ei=hHEmWpKNBMOL QaqiInICw&q=How+many+square+miles+is+Illinois+&oq=How+many+square+miles+is+Illinois+&gs_l=psy-ab.3..33i160k1.1090.10266.0.18328.34.12.0.22.22.0.184.1170.9j3.12.0....0...1c.1.64.psy-ab..0.34.1491...0j0i131k1.0.7pUjjY2i3Ks , the state of Illinois is 57,915 square miles, and England is

https://www.google.com/search?source=hp&ei=hHEmWpKNBMOL QaqiInICw&q=How+many+square+miles+is+England&oq=How+many+square+miles+is+England&gs_l=psy-ab.3..0l2.3273.13164.0.13516.32.11.0.21.21.0.146.1066.8j3.11.0....0...1c.1.64.psy-ab..0.32.1393...0i131k1.0.BAyJ0n1WylA is 50,301 square miles, but Illinois is not as densely populated, and they can have major tornado problems. CIO

12/05/17 Tuesday 5:15 A.M. I was told by an old time railroad person that the best way to keep the wild animals away from the horses at night in the stable is to leave a radio running in the stable, but make sure it is not a fire hazzard. I will now go through <http://scott-mike.com/bf.htm> . CIO

12/05/17 Tuesday 4:55 A.M. I ate a 10.75 ounce Banquet Swedish meatballs with a 12 ounce glass of diet Fresca. I will now go outside again to bay at the moon. My cousins down on the farm in Illinois used to like playing with baby wolf cubs, if you get my drift. CIO

12/05/17 Tuesday 4:20 A.M. I went outside again. I moved the oak Lazy Susan from the living window ledge to the center of the oak dining table with the candle sticks on it along with white poinsettia plant and a few other items. CIO

12/05/17 Tuesday 3:40 A.M. I moved the little Grundig short wave radio from on top of the cable box to the speaker behind it, and I tuned it FM 105.9 classical music. I move the two blue vases from the living window ledge to the back side of the oak dining table. CIO

12/05/17 Tuesday 3:00 A.M. I move the Danbury Mint Buckingham Palace model from the bedroom desk to right side of the oak dining table. I have the little radio on top of the Cablevision box in the living room. I also put water in three ice cube trays on the inside freezer door. CIO

12/05/17 Tuesday 2:55 A.M. I put the three brass candle sticks on the oak dining table with white unused candles in them. CIO

12/05/17 Tuesday 2:55 A.M. I moved the two four foot potted palms from the bedroom desk to the far side of the oak dining table. Queen Victoria liked those potted palms so much, she had two large ones on either side of her casket, when she was lying in state. The seeds for them come from a small island off New Zealand, and they have gone all over the world. I also put one of the folding oak tables behind the Harvard chair and another one in front of the Ethan Allen recliner, to have available for people sitting at those locations for meals or laptops, if they need them. I need to get some more potting soil for the four foot palm trees. I originally bought them for about a dollar apiece when they were about seven inches tall from the A&P when I lived at 700 Steamboat Road in a small studio apartment, so they have done much better here. I will now go outside again. CIO

12/05/17 Tuesday 2:20 A.M.

<http://links.sicirculation.mkt6348.com/servlet/MailView?ms=MzIwNDUxNTMS1&r=NzQwNzA3MDI0MjcS1&j=MTE4MDUwODQxMgS2&mt=1&rt=0>

https://www.microsoft.com/en-us/store/b/12-days-of-deals?WT.mc_id=PromoEmail_14934_en_US_12DD_Reveal_12-4-17_Hero_LearnMore

<https://iavcei-cvl.org/>

I received email from my Social worker and the Greenwich Housing Authority that Section 8 should cover my rental increase.

<https://www.britannica.com/biography/Ivan-the-Terrible>

I will now go outside again. CIO

12/05/17 Tuesday 1:55 A.M. I went outside again. I drank a 8.5 ounce glass of cold www.perrier.com. I still have some year 2000 Perrier. However, Perrier glass bottles tend freeze and break in the refrigerator, so I do not put the glass ones in the refrigerator anymore. They now come in cans and plastic bottles. The Duke of Windsor "https://en.wikipedia.org/wiki/Duke_of_Windsor" made Perrier famous by taking it with him everywhere on his world travels to drink with Bells Scotch Whisky when one can not buy in the U.S.A.. In the old days, frequently there was bad water in other parts of the world. When I was in Europe for six months in 1972, one did not drink the local water, and bottled water was expensive at about \$5 a bottle, so the local wine was only about a dollar or two dollars a liter, so everyone drank the local wine. Perrier does not get old, since it is over a billion years old. CIO

12/05/17 Tuesday 1:20 A.M. From October 1973 to February 1975, when I occasionally used Frederick Von Mierers apartment at 420 East 49th Street who was supposed to be taking over Billy Baldwin's "[https://en.wikipedia.org/wiki/Billy_Baldwin_\(decorator\)](https://en.wikipedia.org/wiki/Billy_Baldwin_(decorator))" Interior decorating business, I learned a bit about maintaining a small pied a terre. Particularly at Christmas time, one has to be ready for anyone showing up for the Christmas Tree lighting at Rockefeller Center <https://www.rockefellercenter.com/whats-happening/2017/11/29/2017-rockefeller-center-christmas-tree-lighting/> or the

<http://www.internationaldebutanteball.com/> , but since I have not visited Manhattan in ten years, I do not know how people put on the feed bag for visitors anymore. CIO

12/05/17 Tuesday 12:40 A.M. I moved the Rowenta four slice toaster to on top of the microwave oven which is beneath the stove fan, so any toaster smoke or heat can go up the stove fan. I put the CuisineArt 12 cup coffee machine on top of the bread box at the left kitchen entrance, so it is available for heavy coffee drinkers. Thus Chez Mike's Coffee and Internet Bistro is now opened. Having been a multiple Presidential neighbor, I try to be prepared for emergencies or hospitality based on my income. I will now go outside again. Well, also Connecticut happens to be a submarine state, and compared to a submarine, my apartment would be considered spacious. CIO

12/04/17 Monday 11:55 P.M. I went outside a couple of times. I rehung the picture of the Paris town hall over the bedroom closet. I moved the All American Golf magazine with the autographs on top of the left hallway bookcase. I moved the www.harvard.edu chair to the left of the left living room closet. I put the two oak leaves in the oak dining table and rearranged it, so three people can dine at it and a fourth if the bric-a-brac is removed from the left side of it. Thus Chez Mike's is opened for business. Of course four people could also sit at the oak dining table and use laptops or tablets with the apartment wireless. However, since I do not know anybody in Greenwich, Connecticut or the area, I am just prepared for any out of town relatives or friends or guests. However, with the oak dining table spread out, there is less room to sleep on the living room floor, if people were planning to camp out. I will now go outside again. CIO

12/04/17 Monday 10:10 P.M. I ate the other half of the Knorr butter and herb rice with two White Castle cheeseburgers with a 12 ounce glass of diet Sprite Zero. I will now go outside again and throw out the garbage. CIO

12/04/17 Monday 9:25 P.M. I went out, and I went by the www.chase.com bank at Deerfield Place. I then went by the Wells Fargo Bank, and I paid my rent to the Greenwich Housing Authority. I then went downtown to Greenwich Avenue. I chatted with a friend. I chatted with a www.starbucks.com regular. I walked the entire length of Greenwich Avenue. I sat out at various locations. I toured the www.apple.com store. I bought a dollar Ace's High scratch card at Zyn Stationary, and I lost. I used the bathroom at Starbucks. I toured www.cvs.com . I chatted with a relative. After I finished my walk, I used the bathroom at Starbucks. I then went by the Stop and Shop on West Putnam Avenue, and I bought a six inch yellow poinsettia plant for \$5, a 16 ounce box of campari tomatoes for \$2.50, a 8 ounce box of whole mushrooms for \$1.67, two Fresh Gourmet 3.5 ounce Crispy onions for \$1.50 each, a 10 ounce bag of hearts of Romaine lettuce for \$2, and .32 tax for \$14.49 total. I then returned home. I sat outside briefly. I put the yellow poinsettia plant on a white dinner plate on the right front of the oak dining table. I added a cup of water to it. I will now go outside again. CIO

12/04/17 Monday 4:20 P.M. I used my complicated Hoover vacuum to vacuum the entire apartment. I will now go outside again. CIO

12/04/17 Monday 3:05 P.M. <http://www.greenwichtime.com/news/article/Opossum-breaks-into-liquor-store-and-gets-drunk-12400561.php> . CIO

12/04/17 Monday 3:00 P.M. I threw out the old Water Pik. I chatted with neighbors outside. I am just about to eat half of a Knorr butter and herb rice mixture with two White Castle cheeseburgers and a 12 ounce glass of diet Fresca. CIO

12/04/17 Monday 1:50 P.M. I woke up at 1 P.M.. The order with tracking of https://wwwapps.ups.com/WebTracking/processInputRequest?HTMLVersion=5.0&TypeOfInquiryNumber=T&loc=en_US&InquiryNumber1=1ZV7855E0342560883&AgreeToTermsAndConditions=yes&track.x=37&track.y=6 on the order for \$34.99 for https://www.bestbuy.com/site/waterpik-ultra-water-flosser-white/9984673.p?skuId=9984673&ref=212&loc=1&ksid=938e6370-5057-435e-8863-8807424d974c&ksprof_id=13&ksaffcode=pg221624&ksdevice=c&lsft=ref:212,loc:2 in black and \$2.22 tax for \$37.21 with free shipping arrived. I went outside, and I chatted with neighbors. I will now make my bed. I will then unpack the Water Pik. CIO

12/04/17 Monday 6:20 A.M. I will now take a nap. CIO

12/04/17 Monday 6:00 A.M. There is still the big huge full moon out there. I will now go through <http://scott-mike.com/bf.htm> . CIO

12/04/17 Monday 5:40 A.M. I ate a salad of five ounces of Romaine lettuce with 4 ounces of diced Norwegian Jarlsberg cheese and three campari tomatoes cuts into quarters and five sliced medium mushrooms and two ounces of Chatham Village garlic and cheese croutons and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

12/04/17 Monday 4:40 A.M.
<http://view.reply.reaganfoundation.org/?qs=3fc19cd78d2c1e5525624bfff2e04d0b7355a9fec8cd68225766af2ed25d501a079eead1b1d6034a685f084866fa5291a728bd4027fe9dedd5d377df94f09918e8d8634422c56a>

CIO

12/04/17 Monday 4:25 A.M. I went outside. I could hear a lot of early morning traffic on nearby I-95. CIO

12/04/17 Monday 3:40 A.M. I cleaned the bathroom sink and counter with Windex surface cleaner. I cleaned the toilet with Clorox blue toilet cleaner and Windex surface cleaner and Lysol spray disinfectant. I cleaned the bathtub with Comet cleaner and the shower walls with Windex surface cleaner. I cleaned the kitchen sink and counters with Windex surface cleaner. I emptied out the crumbs from the toaster. I organized the accumulated paper work in the apartment into a pile on the right side of the oak dining table. I straightened up a number of items on the oak dining table. I dusted the entire apartment with a damp

wash cloth that I rinsed out frequently. I will not vacuum at this hour of the morning, but maybe after 7 A.M.. I straightened up the throw rugs in the apartment. I went outside several times, and I chatted with neighbors. I drank a 8.5 ounce cold www.perrier.com . I will now shower and clean up. CIO

12/03/17 Sunday 10:50 P.M. I went outside, and I drank my coffee, and I chatted with a neighbor. I washed the breakfast dishes. I made my bed. I will now do a bit of house cleaning. CIO

12/03/17 Sunday 10:25 P.M. I ate four Fig Newtons. I woke up, and I chatted with a friend and a relative. I finally woke up at 8:30 P.M.. I went outside. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

End of Scott's Notes week of 12/03/17

12/03/17 Sunday 10:25 A.M. I chatted outside with neighbors. My www.eversource.com electricity bill for November 2017 was \$160.09 for 835 kWh for 26.94 kWh per day for 31 days with an average temperature of 43.5 degree Fahrenheit. For November 2016, it was \$130.35 for 738 kWh for 21.71 kWh per day for 34 days with an average temperature of 46.7 degrees Fahrenheit. I will now send out my weekly notes. I will then go outside. I will then go to bed, and let the other 3/13ths of the World's Population in the Western Hemisphere take care of things or whatever they do here in the daytime. CIO

12/03/17 Sunday 9:35 A.M. I learned something new watching episode 2 of Top Ten Architecture on Netflix the other night. It mentioned that two thousand years ago when Rome controlled Europe they built 45,000 miles of paved roads, so they knew how to keep busy. I went out downtown to Greenwich Avenue. I tested my Iphone 4, and it works fine, but it does not pick up the local free wireless downtown, but the AT&T wireless for calling works just fine. However, my sim card imported my email contacts, but not my telephone numbers, so some time in the future I have to manually enter them. There is a nice ice sculpture in front of the Senior and the Arts Center. Today is another Christmas stroll day. I walked the entire length of Greenwich Avenue. I sat out at various locations. I bought an Ace's High scratch card at Zyn Stationary for a dollar, and I lost. I used the bathroom at www.cvs.com . I bought a 12 single roll bundle of Scott toilet paper septic safe for \$6.99 and .44 tax for \$7.43 total. I then bought two six packs of frozen White Castle cheeseburgers for \$8 all. After I sat out for a while at the top of Greenwich Avenue, I returned to CVS, and I bought for half price a Craig DVD player for \$14.99 .95 tax for \$15.94 total. I do not have a DVD player on my primary television in the living room, but I have better ones on all of the other televisions, so I will use the new one on one of the other TVs, and put one of the better DVD players on the primary television. It will be another apartment Christmas gift, which I will do at Christmas time. After I finished my walk, I sat out for a while. I then went to the Stop and Shop, and I bought buy one get two free of

six packs of Thomas' English muffins for \$4.39 all and a 8 pack of large Stop and Shop eggs expire January 5, 2018 for \$1.49 for \$5.88 total. I then returned home, and I sat outside briefly. I put away my purchases. One has to remember that only 3/13ths of the world's population live in the Western Hemisphere, so when we are supposed to be asleep at night 10/13ths of the World's population is awake and busy during their day time. Thus when I am on a night schedule in the Western Hemisphere, I have a lot of help elsewhere. I will now go outside again, and I will throw out the garbage including the 8 large eggs that expired October 29, 2017. CIO

12/03/17 Sunday 5:25 A.M. I will now go outside to make sure no Indians attack. Tonight coming up is supposed to be the <https://www.express.co.uk/news/science/887170/supermoon-2017-date-when-is-super-moon-december-3-full-moon> . I will now go downtown to watch www.starbucks.com open at 6 A.M.. It is the nature of Starbucks Security we keep odd hours. It stinks of garlic in here, but it keeps the vampires away. CIO

12/03/17 Sunday 5:00 A.M. Don't forget <https://slooh.com/> . CIO

12/03/17 Sunday 4:55 A.M. I chatted with a neighbor outside. I am making up a batch of Knorr Creamy Garlic pasta shells with grated parmesan and Romano cheese, and two White Castle Cheeseburger which I will eat with a 12 ounce glass of diet Sprite. CIO

12/03/17 Sunday 4:20 A.M. https://www.nytimes.com/2017/12/01/business/american-airlines-smart-luggage-battery.html?emc=edit_th_20171202&nl=todaysheadlines&nid=46729 I will now go outside again. CIO

12/03/17 Sunday 3:10 A.M. https://gunnsdeals.net/victorinox-swiss-army-pocket-knife/?utm_source=feedburner&utm_medium=feed&utm_campaign=Feed%3AGunnsDeals+%28Gunns+Deals%29 . The last time I was in Switzerland was during the Albertville, France Winter Olympics in February 1992. I was only in Geneva, Switzerland for about a half of a day. There were a whole lot of U.S.A. banks around Lake Geneva, and also a <https://www.lacoste.com/us/store>. We ate lunch at www.mcdonalds.com there which was about \$20 for two regular cheeseburgers, one regular French Fries, and a small diet www.coke.com , so it is a lot more expensive in Switzerland. We went to a sports shop there where Henry Kissinger buys his guns, and I bought a small yellow Swiss Army knife for about \$7. They have a big chess board in the park, where people move large chess pieces, and we went to a disco, but nobody was there, because it was too early. There is an eight lane highway from France to Switzerland, so a lot of people must travel there. Back then on the bus signs, they advertised a 6 ounce Delmonico steak at the John Bull Steak House for about \$100, so I do not think the Swiss eat too many steaks. However, they also have Mountain Lions there, and they probably still use Alpine Horns for communications. The first time I was in Switzerland was back in February 1972, when I had a U-Rail pass, and I took the train from Florence, Italy to Pisa and changed for another train to Grenoble, France which went through Switzerland, and they checked my passport, but I did not get off the train until I changed trains in Chamonix, France in the early morning hours, and

walked around, until I caught a commuter train to Granoble, where a Greenwich friend was attending school during the student riots. CIO

12/03/17 Sunday 2:45 A.M. My AT&T Go Phone Iphone 4 number is 1-203-252-0709. However, when I carry it with me as a backup phone, when I go downtown, I never leave it turned on, so the battery will not run down, so I never answer it. However, one can leave voice mail on it, but I never check that either. I will now go through <http://scott-mike.com/bf.htm> . CIO

12/03/17 Sunday 2:25 A.M. I went outside again. I did some Mickey Magic. I took my AT&T sim card that I had cut down to micro Sim for the Nokia Windows 10 Phone, and I used the regular size sim card adapter, and I put it in my Apple Iphone 4, so my Apple Iphone 4 now has my telephone directory and the \$492.16 on my AT&T Prepaid Go Phone account good until January 17, 2018, by which time I have to add some more money to it. Thus I have switched my backup phone from Microsoft Nokia which Microsoft got rid of to an older Apple Iphone 4 which works perfectly fine, but only has a 4 inch screen which is hard to read, but it works just fine. However, the AT&T Go Phone account is only good for 10 cents a minute telephone time and not good for AT&T wireless, but it will work wireless if wireless is nearby. I will now go outside again to moon watch. So I now have an Iphone at no cost. CIO

12/03/17 Sunday 1:05 A.M. This item <https://www.ebay.com/itm/Samsung-Galaxy-Grand-Prime-SM-G530T-8GB-Gray-T-Mobile-Smartphone/122021755014?trkparms=aid%3D222007%26algo%3DSIM.MBE%26ao%3D1%26asc%3D20150313114020%26meid%3D021494ac663e4da5a530af46c5c8993c%26pid%3D100338%26rk%3D4%26rkt%3D30%26mehot%3Dpp%26sd%3D142600434251&trksid=p2141725.c100338.m3726> is supposed to work with the AT&T prepaid micro sim card. CIO

12/03/17 Sunday 12:40 A.M. I went outside a couple of more time, and one time I chatted with a neighbor. I told the neighbor a fast way to make a little money with the baby boom generation retiring would be to start a medical supply warehouse. I have told a lot of people that over the years. CIO

12/02/17 Saturday 11:20 P.M. <http://www.history.com/topics/medici-family> CIO

12/02/17 Saturday 11:15 P.M. I went outside, and I chatted with a neighbor. I saw the red fox cross over again at the north end of the building. I got a letter from the Greenwich Housing Authority that the base rents on a one bedroom apartment are being raised from \$455 a month to \$755 a month. However, the actual rent is based one one's actual income, so some people pay more, and other people get Section 8 assistance and pay less, which is my case. Of course we also have to pay for the expensive electricity which includes heat and electricity and hot water. I cleaned up my magazine rack, and I threw out the old magazines. The town of Greenwich, Connecticut pays \$2 billion in Federal taxes and \$1 billion in Connecticut taxes, but we do not get much back except for traffic. I will now make my bed. I will then shower and clean up. I could go downtown at midnight during a

full moon, but at that hour there is no place to go to the bathroom which for older people my age at 67 happens to happen more frequently. CIO

12/02/17 Saturday 10:15 P.M. There was a Coopers Hawk in the parking lot here this morning. Some neighbors photographed it. It apparently was quite large. I ate a salad of five ounces of Romaine lettuce with 3 ounces of diced Norwegian Jarlsberg cheese and four campari tomatoes cuts into quarters and three sliced medium mushrooms and two ounces of Chatham Village garlic and cheese croutons and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Fresca. I will now go outside again. CIO

12/02/17 Saturday 9:40 P.M. I went outside a few times. I chatted with two relatives. On the third episode of Netflix "Top Ten Architecture", about the Uffizi Gallery <http://www.uffizi.org/> in Florence, Italy, it said the Medici family ran out of money in 1729, and some wealthy person back then bought all of their assets. However, after that one of the Medici women did a merry a King of France, so possibly that branch of the family are making ends meet. CIO

12/02/17 Saturday 8:10 P.M. I woke up at 7:15 P.M.. I went outside, and I chatted with neighbors. I picked up the mail. I will now go outside again. CIO

12/02/17 Saturday 2:20 P.M. See the Nantucket Christmas stroll <http://www.themaurypeople.com/live-webcam> . CIO

12/02/17 Saturday 2:15 P.M. I went outside, and I drank my coffee, and I chatted with neighbors. I washed the breakfast dishes. I will now go back to bed to rest for a while. CIO

12/02/17 Saturday 12:20 P.M. I woke up at 10:30 A.M.. I drove a neighbor over to Neighbor to Neighbor at Christ Church. We stopped by the Shell Station on West Putnam Avenue on the way back. I sat outside for a while. I will now eat breakfast of oatmeal with Equal sweetener and milk and sliced banana, a toasted English muffin with Smart Balance spread and preserves, a 12 ounce glass of 50% punch and 50% cold filtered water, a cup of coffee with Equal sweetener and milk, and vitamins and supplements. I will go outside again. CIO

12/02/17 Saturday 2:15 A.M. On Netflix, I watched episode 3 of "The Top Ten Architecture". I went outside. There is almost a full moon. I will now shut down the primary work computer, and I will go to bed. CIO

12/02/17 Saturday 1:00 A.M. I went outside again. I ate ten buttermilk biscuits with Smart Balance spread and a glass of cold filtered water. CIO

12/02/17 Saturday 12:20 A.M.
<http://view.reply.reaganfoundation.org/?qs=9dfea3142a7e7569b93ccfa5621bac9abca639778>

88e390efd3d7e16ae0eb7a7347ac16e2df3b67b5f7f614de5e510cc49987d280204906735bbe5ce54763f39d52f9c8f7cd40043

I will now go outside again. Venus is still out there. CIO

12/01/17 Friday 11:55 P.M. I went outside again. If one likes star gazing at night, one should visit <http://www.lanzarote.com/> in the Canary Islands. It is way out there in the middle of no where. This is the list of vitamins and supplements that I have stored up <http://scott-mike.com/msvit.htm> . CIO

12/01/17 Friday 10:55 P.M. I went outside twice. I will now go through <http://scott-mike.com/bf.htm> . CIO

12/01/17 Friday 10:00 P.M. I ate a salad of five ounces of butter lettuce with 3 ounces of diced Norwegian Jarlsberg cheese and three campari tomatoes cuts into quarters and three sliced medium mushrooms and two ounces of Chatham Village garlic and cheese croutons and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone balsamic and vinaigrette dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Sprite Zero. I will now go outside again. <https://www.forbes.com/sites/betsyschiffman/2015/11/10/full-list-most-expensive-zip-codes-in-2015/#b046eaf36939> , 06831 Greenwich, Connecticut is number 50. 06830 is number 88. CIO

12/01/17 Friday 9:25 P.M. I rested until 8:30 P.M.. I chatted with a relative. I went outside, and I chatted with a neighbor. Earlier today, I threw out the three remaining Thanksgiving dinners from Temple Shalom in the Community Room refrigerator, since they were nine days old. CIO

12/01/17 Friday 5:15 P.M. I went to my 1:30 P.M. appointment. I then gave a neighbor a ride back to our apartment building. I then went downtown to Greenwich Avenue. I used the bathroom at the Senior and the Arts Center. I walked the entire length of Greenwich Avenue. I sat out at various locations. I toured www.cvs.com . After my walk, I used the bathroom again at the Senior and the Arts Center. I chatted with a friend. I returned home. There was a four point buck deer out in our parking lot lawn eating the grass, and it acted like it was not afraid of me. I chatted with a friend. The friend told me it is the mating season for deer, so they act a bit strange. I picked up the mail. I got a letter from the Greenwich Department of Social Services stating that the Renters Rebates will not be mailed out until mid December 2017, and they will be ten percent less than promised. I went outside again. CIO

12/01/17 Friday 12:20 P.M. I will now head out early to my 1:30 P.M. appointment. CIO

12/01/17 Friday 11:25 A.M. I drank my coffee outside. I washed the breakfast dishes. I made my bed. I will now go outside again. I will then shower and clean up. CIO

12/01/17 Friday 10:05 A.M. I woke up at 9 A.M.. I went outside. I paid my <http://optonline.net/> Digital Cable TV, Optimum Boost Plus, Optimum Voice, and my <http://www.verizon.net/> bill and my www.eversource.com electricity account. My current Optimum bill was about \$203, which is about \$65 for high speed Cable Modem, \$35 for Optimum Voice long distance and about \$103 for premium Cable TV. However that includes \$35 in discounts for all three packages which covers the two cable boxes which are about \$12 and taxes other fees. I printed out two copies of my Microsoft Sunset Income versus Spending report for November 2017, and I have one copy read to mail to an interested relative with a forever stamp. I will mail it downstairs in the mail room. I will eat breakfast of Kashi cereal and milk, a toasted English muffin with Smart Balance Spread and jelly, a glass of 50% punch and 50% cold filtered water, and a 12 ounce cup of regular coffee with Equal sweetener and milk and vitamins and supplements. I will go outside again. CIO

12/01/17 Friday 2:00 A.M. I will now shut down the primary work computer. I will then go to bed. I have to be up at 10 A.M. for a 1:30 P.M. appointment today. CIO

12/01/17 Friday 1:30 A.M. I went outside again. https://www.aarp.org/health/conditions-treatments/info-2017/alzheimers-rates-rise-fd.html?cmp=EMC-DSO-NLC-RSS-BRN--CTRL-113017-P1-2594591&ET_CID=2594591&ET_RID=121632&mi_u=121632&mi_ecmp=20171130_DailyBulletin_Control_247401_320001&encparam=bOFQlFwmDrIAIENPzsAYSf2BB34EBFHhEasCar6lS/I=

I will now go outside again. CIO

12/01/17 Friday 12:25 A.M. <http://www.bbc.com/news/world-asia-42191096>

https://clothingmonster.com/en/109-animal-t-shirts-clothing-the-mountain?gclid=EAIaIQobChMIup-G-Yfo1wIVwrazCh1aXgmGEAEYASAAEgLGSPD_BwE . CIO

12/01/17 Friday 12:15 A.M. I ate a salad of five ounces of butter lettuce with 3 ounces of diced Norwegian Jarlsberg cheese and three campari tomatoes cuts into quarters and three sliced medium mushrooms and two ounces of Chatham Village garlic and cheese croutons and a 3.75 ounce tin of sardines with oil and grated parmesan and Romano cheese and Wish Bone blue cheese dressing and Wish Bone balsamic and vinaigrette dressing and extra virgin olive oil with ground black pepper and a 12 ounce glass of diet Sprite Zero. I will now go outside again. CIO