

**Michael Louis Scott**

**June 1997 to Date**

**Greenwich, Connecticut USA Site:**  
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**Note: <888> 01/31/02 Thursday 8:55 P.M.:** My friend and I watched a bit of television. I made dinner about 6 P.M.. I cooked up a batch of white rice. I also took the boneless chicken breast and cut it into small nugget size pieces. I then put some olive oil in a large frying pan several pads of margarine. I heated it over medium high heat, and I added the chicken pieces, six dice gloves of garlic, and one diced medium onion, and I browned the mixture. I added dashes of celery salt, ground black pepper, chicken and meat seasoning, garlic powder, Italian spices, Basil, oregano, nutmeg, ginger, India hot curry, and Chinese five spice. I stirred the mixture while it browned for about five minutes. I then added about one fourth of a head of chopped broccoli and a quarter pound of cut fresh green beans, and I mixed it all together. I added dashes of Medina balsamic vinegar, La Choy low sodium soy sauce, Lea and Perrins Worcestershire sauce, sesame oil, McHilney's Tabasco sauce, and a few pads of butter. I stirred it all together, and I let it all steam together over medium heat with a lid on the pan for about ten minutes until the vegetables were al dente. I put this mixture over the white rice. I also had a large avocado that I peeled and sliced, and I put dashes of ground black pepper, garlic powder, celery salt, Italian spices, Basil, and oregano, and I put a dozen pitted olives on each plate of avocado slices and then I put Italian Medina balsamic vinegar and olive oil on the seasoned avocado slices. We had this all for dinner with ice tea. After dinner, I also had a deluxe cappuccino. We then watched a bit of television. My guest just left. I will now do a little bit of computer work. CIO

**Note: <888> 01/31/02 Thursday 4:40 P.M.:** I was up at noon. I had breakfast of three medium boiled eggs, rye toast, orange juice, coffee, and vitamins. I went out, and I stopped by Putnam Trust Bank of New York. I then drove downtown to the central post office. I paid my electricity and AT&T long distance with money orders. I walked over to First Union Bank, and I paid my February rent. I then went to the Greenwich Hospital Thrift shop, and I bought a Terayon cable modem for \$10. I tried to make my 3 P.M. appointment, but it was cancelled. I returned home. I split my input cable for the cable modem with a two splitter, and I added two shorter cables. I hooked up the Terayon cable modem to my backup computer, and it works online with the Optimum cable service while the Motorola surfer modem works at the same time with the backup computer. Thus I can run both computers online at the same time. A friend stopped by to visit. CIO

**Note: <888> 01/31/02 Thursday 1:00 A.M.:** I finished my regular computer work. I might try to go to bed early to get back on a daytime routine. CIO

**Note: <888> 01/30/02 Wednesday 10:05 P.M.:** I went out, and I stopped by the Greenwich Library. I read the Greenwich Times, the Wall Street Journal, and U.S.

**News and World Report. I then drove downtown, and I redeemed my \$2 prize on the scratch card at Zyn stationary. I then drove down by the waterfront. I then went to Stop and Shop, and I bought buy one get one free of two large Lays potato chips for \$2.99 both, and a Cracker Barrel bar of Vermont extra sharp cheese for \$2 for \$4.99 total. I then returned home. I had some Lays potato chips and saltines and mozzarella and Vermont extra sharp cheese and ice tea. I am now making up a batch of my usual ice tea mixture [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I am using 7 Bigelow bags, 3 Lipton orange peako bag, 2 Lipton green tea bags, 1 Twinings Earle Grey, Ceylon, Prince of Wales, and Blackcurrant bags. I will now do some regular computer work. CIO**

**Note: <888> 01/30/02 Wednesday 5:50 P.M.: I was up at noon today. I had breakfast of oatmeal, rye toast, orange juice, coffee, and vitamins. I checked the mail. I fell back to sleep until 4 P.M.. I just had the same dinner as last night. I ran a teaspoon of white vinegar and water through the primary Braun cappuccino espresso machine to decalcify it. I will now clean up and go out for some fresh air. CIO**

**Note: <888> 01/30/02 Wednesday 1:00 A.M.: I sifted through my email and through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I also registered for Forbes portfolio site and two free issues. CIO**

**Note: <888> 01/29/02 Tuesday 11:55 P.M.: I downloaded and ran the latest version of BootVis for Windows XP available for download from Microsoft. CIO**

**Note: <888> 01/29/02 Tuesday 10:55 P.M.: I went out after the last message. I drove down by the waterfront. I then went by the Greenwich Library, and I read the local paper and the Wall Street Journal. I drove back down by the waterfront. I then walked lower Greenwich Avenue. I stopped by Zyn stationary, and I bought a dollar #28 Connecticut lotto card. I then returned to the library, and I read some more of P.C. Magazine. I then returned home. I finished off the open bag of potato chips and I had some saltines and mozzarella cheese and ice tea. I won \$2 on the lotto ticket for a dollar profit. I watched President Bush's State of the Union message on the Fox network. I tried recording it on the videotape machine, but it was set to channel 2 and did not record. It needs to be set to channel 3 on the videotape machine to record properly. I set the time on the videotape machine. I will now do a little bit of regular computer work. There was a report on CNN on Sunday night saying that Mount Rainier is one of several volcanic mountains in the United States of America in danger of erupting in the future. The report said 150,000**

people live on unstable volcanic deposits in that area. The report was given by a volcanologist with the United States Geographic Survey. CIO

**Note: <888> 01/29/02 Tuesday 4:45 P.M.:** I went to bed after the last message last night. I was up at 9 A.M. this morning. I had a couple of telephone calls. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I rested more until 2:30 P.M.. I listened to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I took a Pyrex dish and coated it with a little olive oil. I put in a washed boneless breast of chicken, and I put on La Choy soy sauce on it. I then seasoned the top side with garlic powder, ground black pepper, celery salt, chicken and meat seasoning, Italian spices, Basil, and oregano and covered it with Bulls Eye barbeque sauce. I cooked it in the convection oven at 350 degrees Fahrenheit for 30 minutes. I had the chicken breast for dinner with reheated white rice, and steamed fresh green beans and fresh broccoli, ice tea, and a cappuccino. I will now clean up and go out for some fresh air. CIO

**Note: <888> 01/28/02 Monday 9:55 P.M.:** I sifted through my email. I went through my daily work list. I chatted with a friend whom returned from vacation. I did a little bit of random surfing. CIO

**Note: <888> 01/28/02 Monday 7:15 P.M.:** I received a call about 9 A.M. this morning canceling my 4 P.M. appointment today. I was up at 1 P.M.. I had breakfast of three medium boiled eggs, sliced rye toast, orange juice, vitamins, and coffee. My Microsoft Windows XP Professional Upgrade \$50 rebate came and also my Symantec \$30 rebate came also. I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I then walked lower Greenwich Avenue. I next drove down by the waterfront. I then stopped by the Greenwich Library, and I read the Sunday and Monday Greenwich Times, the Wall Street Journal, and three computer newsweeklies. I then stopped by the Stop and Shop, and I bought White Gem boneless breast of chicken at \$2.99 a pound for \$4.90, two Land O Lakes margarine .99 each, two Nathan's big bun beef franks for \$5 both, French's squeeze Dijon mustard \$1.49, Sweet Baby Ray barbeque sauce \$1.49, and Cracker Barrel Vermont cheese \$2 for \$16.87 total. I then returned home. For dinner, I had two hotdogs with buns and mustard and ketchup, dill pickle, potato chips, the rest of the trail mix, ice tea, and a cappuccino. I will now do some regular computer work. CIO

**Note: <888> 01/28/02 Monday 1:15 A.M.: I ran Norton SpeedDisk on the C: drive. I watched television while doing this. There is a program on about the history of German rockets. Well, I am tired; I should head off to bed. Have a good morning. CIO**

**Note: <888> 01/27/02 Sunday 11:45 P.M.: I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I did a C: drive to D: drive backup. I watched television while doing this. I had the last slice of cheesecake. I had some of the trail mix. I also had some ice tea. I have been watching a CNN program on aircraft carriers. I will probably head off to bed shortly. CIO**

**Note: <888> 01/27/02 Sunday 7:55 P.M.: In My Network Places, I just uninstalled Client for Microsoft Networks and File and Printer sharing. Recently when booting up, I have had a problem with my networking staying online to the cable service, and since I am not networking with other computers, I might be able to fix the problem by uninstalling Client for Microsoft Networks. I will see as I use the system in the future if it worked. CIO**

**Note: <888> 01/27/02 Sunday 7:35 P.M.: I went out about 1 P.M.. I drove down by the waterfront. I then drove through Bruce Park. I found a purple polar fleece size large pullover on the road going through Bruce Park. I then drove over to Tod's Point. I walked around the entire park. I chatted with a local. I then stopped by Staples, and I toured the store. They do not have store specials this week. I then drove back to central Greenwich, and I drove down by the waterfront. I then drove over to the Korean vegetable stand at the Cumberland Farms shopping plaza on the Greenwich – Port Chester border, and I bought a large avocado for \$1.49, a head of broccoli for \$1.49, trail mix at \$3.99 a pound for \$3.27 and green beans at \$1.29 a pound for \$1.05 for \$7.30 total. I then toured Cumberland Farms, and I noticed they have 18 packs of Coors for \$8.99. I got curious, so I went over to the Port Chester Beer distributor, and I toured the store. They have 12 packs of Busch beer for \$4.99, 6 packs of Carlsberg Elephant beer \$6.49, 12 packs of cans of St. Pauli beer regular \$7.99. I finally bought the last 12 pack of St. Pauli Girl dark beer for \$10.99 plus .60 deposit plus .74 tax for \$12.33 total. I then returned home. For dinner I had a broiled Porterhouse steak with Lea and Perrins Worcestershire sauce, steamed white rice, steamed fresh broccoli and green beans, ice tea, and a deluxe cappuccino. I will now do some regular computer work. I do not usually drink beer myself, but I keep it around for guests that occasionally stop by. CIO**

**Note: <888> 01/27/02 Sunday 11:45 A.M.:** I went out after the last message last night. I drove down by the waterfront. I walked the entire length of Greenwich Avenue. I stopped by CVS, and for half price, I bought a Sure deodorant stick for .95 plus .06 tax for \$1.01. I sat out for a while. I returned home, and I relaxed a bit. I had some mozzarella cheese and crackers, cheese cake, potato chip, and ice tea. I went to bed about 9:30 P.M., and I was up about 10:30 A.M. this morning. I had breakfast of oatmeal, three slices of toasted Rye bread, orange juice, coffee, and vitamins. I will do a bit of regular computer work, and then I will go out for some fresh air. CIO

**Note: <888> 01/26/02 Saturday 5:15 P.M.:** I had some potato chips. I just finished house cleaning and watering the plants. For dinner, I had a Marie Callender meal loaf dinner along with ice tea. I will now clean up and go out for some fresh air. CIO

**Note: <888> 01/26/02 Saturday 2:00 P.M.:** I was up at 10 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I checked the mail. I went back to bed until just now. I just had a piece of French cheese cake along with a glass of ice tea. I am listening to [www.radio10.fm](http://www.radio10.fm) . I will now start my house cleaning. CIO

**Note: <888> 01/26/02 Saturday 12:25 A.M.:** I went out after the last message. I stopped by the Arnold Bread outlet, and I bought three 10 packs of Arnold hotdog buns for .69 each pack, a loaf of Freihoffer's 12 grain bread \$1.29, a Deluxe French cheese cake \$1.89 for \$4.72 total. I then drove by the waterfront. I next stopped by the Greenwich Library, and I read the local paper, the Wall Street Journal, and P.C. Magazine. There was an article in P.C. Magazine, I believe it was John Dvorak's column that said that IBM was going to reorganize its PC division into a separate company and spin it off from IBM. I then walked the entire length of Greenwich Avenue. I stopped by the Greenwich Hardware store, and I bought 2 three inch bolts with 2 mollies for \$1 total. I then walked up to CVS, and I bought CVS shave gel for \$1.85 and a CVS bleach toilet bowl drop in for \$1.99 plus .23 tax for \$4.07 total. I then completed my stroll on Greenwich Avenue. I then drove down by the waterfront. I next stopped by the Stop and Shop, and I bought a Marie Callender chicken parmesan and a meal loaf and gravy dinner for \$2.50 each, and a 16 ounce package of S&S mozzarella skim cheese for \$1.99 for \$6.99 total. I returned home. I rehung a brass hook that had fallen off my bedroom entrance way with the two bolts and mollies. I put the CVS bleach toilet tab in the toilet tank. I relaxed a bit, and I had a frosted diet Coke in a frosted mug. I had dinner of the chicken parmesan dinner, potato chips, ice tea, and French cheese cake. I just finished doing my laundry. I relaxed a bit while doing the laundry. CIO

**End of Scott's Notes week 01/25/02:**

**Note: <888> 01/25/02 Friday 2:50 P.M.:** I went to bed about midnight, and I was up at 8 A.M.. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I then went back to sleep. I got up at 1 P.M., and I checked the mail. I watched a bit of television. I had two hotdogs with buns and mustard and ketchup, potato chips, dill pickle, ice tea, and a deluxe cappuccino. I will now send out my weekly notes.

**Note: <888> 01/24/02 Thursday 10:50 P.M.:** I chatted with a relative. After dinner I relaxed. Well have a good night, I will head off to bed shortly. CIO

**Note: <888> 01/24/02 Thursday 8:10 P.M.:** I went back out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then drove over to Staples in Old Greenwich. They have the same HP 95A cartridge for the same price, but one does not get a free can of air spray. I bought two packages of 600 sheets of HP LaserJet paper for \$6.99 each plus .84 tax for \$14.82. I then drove back to central Greenwich, and I drove down by the waterfront. I then went to Exxon, and I bought \$9.75 of premium at \$1.499 a gallon. I then went to the Stop and Shop, and I bought 12 pack of Northern Quilted toilet tissue for \$3, buy one get one free of S&S garbage bags 30 count for \$2.59 both, two dozen large eggs at \$1.69 a dozen for \$9.31 total. I then returned home. I put about 150 sheets of the new HP LaserJet paper in the top and bottom trays of the HP LaserJet IID printer. It works just fine in the printer. I put the rest of the HP LaserJet paper in the SouthWorth paper box, and I put the remaining open paper in the HP LaserJet wrapper since I did not have an extra paper box. I then put both batches of paper along with the Beige quality paper I have, and I put each batch in a garbage bag and sealed them to hopefully reduce addition moisture content in the paper. I put the HP LaserJet paper in what I believe to be the upright position. I relaxed a bit. I now have the HP LaserJet IID printer in tip top condition should I ever need to do any heavy duty printing. I relaxed a bit. I will now have a Marie Callender chicken dinner with ice tea. CIO

**Note: <888> 01/24/02 Thursday 3:20 P.M.:** I went out after the last message. I stopped by Putnam Trust Bank of New York on Mason Street. I then went over to the Greenwich Hospital Thrift shop, and I dropped off the palm frond basket along with the goldfish bowl and lamp shade. I then drove up Glenville Road to King Street, and by Westchester county airport, and west on I-684 and west on I-287 to

exit 2 in Elmsford, New York and then west from there about a mile to Sam's Club. I was told that I would need to get a annual membership card to buy anything, and one could be obtained for \$27. I checked out the HP LaserJet cartridges, but they only had three more recent model cartridges. I then drove over to CompUSA in White Plains, New York and they did not have a HP LaserJet IID 95A cartridge. I stopped by a store by Marshall's in Hartsdale going out business with 10% to 20% off. I then drove west to Hartsdale, New York to Office Depot. They carry their own remanufactured 95A laser cartridge for \$65, however I decided to buy the HP original LaserJet IID 92295A cartridge for \$93.99 plus \$6.34 tax for \$100.33. They also gave me a free can of Office Depot air duster worth \$5.99. I did notice they sell a Lexmark personal laser for \$180 with a 1000 page starter cartridge. I noticed at CompUSA, they have on special a Samsung personal laser printer with 8 Megs of memory for \$180. Apparently laser printers come with just starter cartridges, and one has to buy a full cartridge when new after the shorter use cartridge is used up. My HP cartridge lasts 4000 pages. I returned home the same way I came. I installed the new HP LaserJet 95A cartridge in the HP LaserJet IID printer, and it all works just fine. I cleaned it out with the air duster before installation. One also has to install the felt strip that comes with the cartridge. The test print out is just perfect. I had lunch of two hotdogs with buns and mustard and ketchup, reheated white rice, ice tea, and a deluxe espresso cappucinno. I will now go out for some more activity. CIO

Note: <888> 01/24/02 Thursday 8:10 A.M.: I went to bed at 11 P.M., and I was up at 5 A.M.. I had breakfast of three medium boiled eggs, toast with strawberry jelly, orange juice, vitamins, and coffee. I cleaned my HP LaserJet IID printer this morning, and although it works fine, it needs a new cartridge. I will go over to Sam's in Elmsford, New York this morning, and I can get the Xerox version of the HP 95A cartridge for \$45 plus tax. I have a family member's Sam's Club card number. They do not open until 10 A.M.. The HP LaserJet IID printer frequently needs to have fresh dry paper in it, since living near the ocean paper sitting for long periods of time without frequent use can accumulate too much moisture from the air in this area. I emailed a friend about tech support. I will now clean up and go out and start my daily routine. CIO

Note: <888> 01/23/02 Wednesday 10:10 P.M.: I did a little bit of rearranging around the apartment. I gave my wicker hamper, I do not use anymore to a neighbor. I put a palm frond cobra basket in the back seat of my car to give to the Hospital Thrift Shop. I also will give them a goldfish bowl and an unused lamp shade. I threw out the old National Geographics that a neighbor gave me a few years ago. I put the seven unused humidifiers in the false ceiling in the bedroom in front of the closet. I put the two drawer file cabinet on top of the four drawer file cabinet in the far corner of the bedroom. I moved the square Danish table on top of the bedroom desk



to the left of the brass and glass coffee table on top of the desk which I moved to the right on the desk. I put the vintage Long Island light bulb on top of the Brass and Glass coffee table. I put one of the bedroom desk lamps on top of the Danish square table. I moved the Rubbermaid wheeled hamper to the hallway entrance at the end of the day bed. I put the brass valet rack adjacent to the high bureau in the bedroom. I put the Lindbergh radio on top of the high bureau. I thus have made the overall layout of the rather small bedroom a little bit easier to navigate. There is more room to get at the bedroom desk and the far side of the bed. I put the bedroom plant down in the Community Room, so it might get more sunlight. I chatted with a couple of neighbors. I relaxed a bit, and I had some ice tea. I guess I will go to bed shortly. I am a bit tired. I will have a dozen crackers and mozzarella cheese slices and ice tea before bed. CIO

Note: <888> 01/23/02 Wednesday 5:05 P.M.: I studied cappuccino and espresso machines on the internet until about 10 A.M. this morning. I then checked the mail. I decided to return the Briel cappuccino espresso machine. I gave a neighbor a ride over to Port Chester, New York by Home Depot. I then stopped by the Greenwich Hardware store. They explained to me their cost on the Briel coffee machine four years ago was \$350, so although it sells today for \$130, they could not discount it anymore. They cheerfully let me return it for \$111.30. They will send me a check for it in about a week. I am sure some other coffee connoisseur will grab it up quickly since it comes with the \$40 frothing attachment. However, they are not suppose to let you return 70% off merchandise. However, since I am a long time customer, they let me do it. I checked out the other Briel Capri SED-71 machines they had on sale from \$240 for \$150 for the espresso, cappuccino, drip coffee maker combination with the frother attachment, which is an excellent value considering the Capri model espresso along is \$190. The Capri model has a stainless steel interior and more advanced features. Well, at this time of year with colder weather coming in February, I suppose it is more important to save one's money. I then walked lower Greenwich Avenue. I then drove down by the waterfront. I then went by the Greenwich Hospital Thrift shop. I then walked over to Putnam Trust Bank of New York on Mason Street, and I then returned back to the Hospital Thrift shop. For \$20, I bought a Braun Espresso Master E250T/E260T Modele 3062 machine. It came with the instructions and all of its parts. Instead of being a pump espresso machine it is a steam espresso cappuccino machine. It is actually a slightly older model that appeared not to be used. I like this model very much since it holds more coffee or espresso grounds for a stronger brew. However the frother part is not as frothy. I then returned home. I put the Braun espresso cappuccino machine on the left side of the kitchen hallway bookcase next to the newer one on the right. I then had a broiled porterhouse steak, with steamed white rice, and steamed fresh broccoli, and ice tea. I then started to brew up a batch of cappuccino in the new Braun machine. I first brewed water through it to clean it out. I then discovered that my second Braun coffee grinder with the espresso beans was broken since it smoked when I turned it on. I had not turned it on in a long time. I tried to fix it to

no avail. I then took the removable newer parts off it and put them on my older Braun coffee grinder, I use for my regular coffee beans. I then filled up the Gaggia coffee grinder with espresso beans, and I discovered the Braun cappuccino espresso grinds holder fits it perfectly when filling it. I put the Gaggia in between the two Braun espresso cappuccino machines. I then read the instructions which are pretty much what I am familiar with. I then made up a batch of cappuccino with the new espresso beans. I tried to froth the milk too early in the process, so it did not quite come out well enough. Still it was an excellent cappuccino. I will now do a little bit of computer work. Since I only had three and a half hours sleep last night, I am bit weary, but after the cappuccino, I will probably be up a while more. I have been advised by weather watchers from down south, that February might be a particularly harsh month, since whatever means they use for this forecast suggest it. Perhaps a flock of Canadian Snow Geese showed up in the tropics or some other indicator like that. CIO

Note: <888> 01/23/02 Wednesday 8:35 A.M.: I went to bed at 12:30 A.M. this morning after relaxing a bit after the last message. I was up at 4 A.M.. I had breakfast of oatmeal, toast with Smuckers strawberry jam, orange juice, cappuccino, and vitamins. I cleaned up. I relaxed a bit. I called the Greenwich Hardware store, and they said I should check with the salesman I bought the coffee machine from at 10 A.M.. I relaxed a bit. I called AT&T and verified my rate plan is \$5 a month minimum, 10 cents a minute all the time Interstate, and 9 cents a minute all the time Intrastate. I will now do a bit of regular computer work. CIO

Note: <888> 01/22/02 Tuesday 11:10 P.M.: Well, I had a busy day. I went out after the last message this morning. I mailed the letter at the Valley Road post office. I then stopped by the Greenwich Hospital Thrift shop. I next went by Putnam Trust Bank of New York on Mason Street. I then stopped by the Merry Go Round Mews thrift shop, and I bought a brass hurricane lantern base without the globe for \$2. I then went down by the waterfront. Next I stopped by the ELDC thrift shop in Cos Cob. I then went by the Food Mart in Cos Cob, and I bought two large bags of Wise Ridges potato chips for \$1.99 each, and two Porterhouse steaks at \$3.99 a pound for \$5.04 and \$5.36 for \$14.36 total. I then went by the Stop and I bought two Marie Callender chicken meals at \$2.50 each, four half gallons of Tropicana premium calcium orange juice at \$1.99 each, a 10 pack of S&S dry milk for \$5.49, B&G Kosher Dill spears \$2.59, two one pound bars of S&S whole milk mozzarella cheese \$1.99 each, a bottle of Modenaceti balsamic vinegar for \$2.99, a two pack of General Electric 15 watt light bulbs \$3.29 for \$31.50 total. I then went by Smokes for Less in Byram, and I bought two cartons of Seneca Lights 100s for \$19 each carton for \$38 total. I then returned home. I put away my purchases. I filled the brass oil lamp with the Lamplighter oil I already had, and I used a glass globe on it, I already had from another Lamplighter oil lamp, and I put it on the Netherlands's Club of New

York trivet. I then checked my mail. I then had one of the Marie Callender chicken meals for lunch with ice tea and a cappuccino. I then put one of the 15 watt bulbs in the center living room lamp that stays on all the time, so it is not too bright at night when the other lights are off. I chatted with a relative. I then went back out about 3 P.M.. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by the Greenwich Hardware store twice, and the Putnam Trust Bank of New York Greenwich Avenue ATM machine twice. The first trip up the Avenue at the Greenwich Hardware store, I bought a small British flag and a small Scottish flag for \$2.99 each plus two one dollar plastic flag stands for \$8.46 total. A friend of mine had asked me to buy these when available. I already have my own. I then walked up the Avenue, and on the way back down, I stopped by the Greenwich Hardware store again. On the 70% off shelf area they had a Briel Kenya ES-36P cappuccino espresso machine which was suppose to be regularly \$349.99 for 70% off. I bought it for \$105 plus \$6.30 tax for \$111.30. It came with the frothing attachment. I then walked down the Avenue, and I put it in my car. I checked out coffee at Starbucks. I then went by the waterfront again. I then stopped by Fresh Fields, and I bought at \$9.99 a pound of Allegro espresso coffee beans #24187 for \$11.19 total. I then returned home. I unpacked the Briel Kenya ES-36P cappuccino espresso machine, and I put it on the blue bookcase in the kitchen entrance where the bread box was. I put the bread box on another box to the side of the blue bookcase and blue chest in the kitchen. I put a box of espresso cups I had in the blue bookcase. I filled my other Braun coffee grinder with the espresso coffee beans, and I set it on fine grind. I tried fitting the frothing attachment on the machine, and it fits on easily. I read the instructions and it basically works the same way as any espresso coffee machine. I did not use it since I did not need coffee, and I want to use bottle water with it. I put a coffee jar of espresso beans behind the Braun coffee grinder in between both coffee machines on the bookcase. I move some boxes of crackers on top of the bread box. I read the instructions for the new Briel coffee machine. I had two hotdogs with buns and mustard and ketchup and a dill pickle slice, potato chips, and ice tea for dinner. I then searched Briel on the internet, and unfortunately Yahoo sells the same machine regularly at \$129.99 not \$349.99. Thus I will check with the Greenwich Hardware store tomorrow, and see if they will give me 70% off \$129.99, if not I will return the Briel machine. Basically they owe me about \$70. I guess they were not aware of the regular price on the Briel coffee machine. I am a bit tired, so I will go to bed shortly. CIO

Note: <888> 01/22/02 Tuesday 8:00 A.M.: I finished my sifting through the email and my regular computer routine. I wrote a relative a letter. I will now have a couple of hotdogs with buns and ketchup and mustard a dill pickle and ice tea. I will then clean up and go out for some fresh air. CIO

**Note: <888> 01/22/02 Tuesday 4:10 A.M.: I was up at 3 A.M.. I put a new 60 watt light bulb in the Decoy lamp in the bedroom. Yesterday, I replaced the 8 watt light bulb in the center living room lamp with a 40 watt bulb which I leave on all the time. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I will now do a little bit of regular computer work. CIO**

**Note: <888> 01/21/02 Monday 7:30 P.M.: I finished my regular internet routine after dinner. I also watched the ABC evening news. I guess I will head off to bed now. CIO**

**Note: <888> 01/21/02 Monday 5:35 P.M.: I watched a bit of television with my visitor. We had some cheese and crackers and ice tea. My friend left about 3 P.M.. I relaxed a bit. I just noticed that the redirect at DNS2GO for "mrscott.com" works pointing to [www.geocities.com/mikelscott/](http://www.geocities.com/mikelscott/). However there is a java script debug problem with it caused by the advertising link. However, at least former users will now find what remains of my old web site. I noticed that [www.tigerdirect.com](http://www.tigerdirect.com) offers an interesting \$300 barebones system, but when one considers the memory difference it is pretty much the same as [www.accessmicro.com](http://www.accessmicro.com). I also uninstall and reinstalled Client for Microsoft Networks. My network logon has occasionally been spotty when starting up. It seems to work fine now. I noticed two items enabled in the XP Firewall, possibly caused by the new Microsoft Messenger. I disabled them. I also locked out two more Trojan Horses from Optimum's network. I will now have a Stauffer's 20 ounce lasagna for diner and an ice tea. CIO**

**Note: <888> 01/21/02 Monday 11:40 A.M.: I finished house cleaning and watering the plants. I also ran Norton AntiVirus 2002, Norton Disk Doctor, Norton WinDoctor, Norton SpeedDisk. I fixed the power connector on the power nozzle on the Electrolux vacuum cleaner. It is about 20 years old, and the connector tends to get loose some times. If the part were available, I could probably buy a new part for less than \$10 and install it. It can be annoying when vacuuming and having the power nozzle cut in and out. I made up a batch of ice tea using five Bigelow bags, five Lipton bags, two Lipton Green tea, one Twinings Prince of Wales, Earle Grey, Black Currant, and Ceylon breakfast bags using the formula at <http://www.geocities.com/mikelscott/icetea.htm>. I had two hotdogs with buns and mustard and ketchup a dill pickle and the rest of the pineapple cantaloupe fruit salad. I just finished cleaning up. A friend just stopped by to visit. CIO**

**Note: <888> 01/21/02 Monday 5:40 A.M.:** My friend and I went out yesterday after the last message. We drove down by the waterfront. We then drove over to Tod's Point, and we walked the shoreline along the eastern beach area for a while in the morning. Quite a few people were out there walking dogs. I viewed a large ship heading westward along Long Island's north shore. We returned back to my place about 11 A.M.. My friend then ran out briefly to the Food Emporium and bought two shell steaks with bones for \$3.99 a pound. I broiled these for dinner, and we had them along with steamed white rice and steamed broccoli and ice tea. After dinner I rested a while. We went back out about 3 P.M., and we walked lower Greenwich Avenue. We returned back to my place, and I made my friend a cappuccino. We then watched television until 8 P.M., when my friend left. I headed off to bed. I was up at 2 A.M., and I had breakfast of oatmeal, toast with strawberry jelly, coffee, orange juice, and vitamins. I then went back to bed until just a short while ago. I will now start my weekly house cleaning routine after checking out a couple of news web sites. I received a post card from a relative this weekend from the volcanic island of Bali in Indonesia. CIO

**Note: <888> 01/20/02 Sunday 7:30 A.M.:** A friend showed up yesterday about 5 P.M.. We split a Red Baron extra cheese pizza along with having ice tea. We stayed up until 11 P.M., and my friend stayed down because of the snow. I chatted with a relative twice yesterday. I had some of the Pepperidge Farm layer cake. I was up at 4 A.M.. I cooked breakfast of 3 scrambled eggs apiece, toast with Smuckers strawberry jelly, orange juice, vitamins, and coffee. We have been watching television. My friend went out to clean off the 3 inches of snow off our cars. I am feeling a bit better. CIO

**Note: <888> 01/19/02 Saturday 5:45 A.M.:** I cleaned up, and I went out after the last message yesterday. I stopped by the Outpatient Clinic at the Greenwich Hospital, and they said I should take Nyquil or Tylenol. I then went by Putnam Trust Bank of New York on Mason Street. I then drove down by the waterfront. I stopped by the Greenwich Hospital Thrift shop. I then went by the Stop and Shop, and I bought two buy one get one free of Red Baron four cheese pizzas both for \$4.99, two Pepperidge Farm chocolate layer cakes \$1.99 each, a Stauffer's 20 ounce lasagna for \$3.49 for \$12.46 total. I returned home. I continued resting. I had some cheese and crackers around midnight. Earlier in the day, I finished off the carrot cake. I just had breakfast of oatmeal, toast, orange juice, and vitamins. I guess I will continue resting again today. A friend called, and said he would be down to visit tomorrow. CIO

**End of Scott's Notes week 01/18/02:**

**Note: <888> 01/18/02 Friday 7:30 A.M.:** The mail server was down until now. I checked with Optimum and they told me it was down. Gibson Research [www.grc.com](http://www.grc.com) has information about recent internet security alerts. I checked with Symantec's security site, and my site is safely secure. I downloaded the latest Norton AntiVirus updates. I will now send out my weekly email. I feel pretty much the same. I am not sure whether I should go out or not. Flu information at <http://flustar.com/> and <http://www.fluwatch.com/index2.html> . I am not sure if I am getting over the flu or just an ordinary cold. CIO

**Note: <888> 01/18/02 Friday 5:45 A.M.:** I rested until 3 A.M., and then I watched some television until 4 A.M.. I had two hotdogs with buns and ketchup and mustard, the rest of the herbal rice reheated, a portion of the pineapple and cantaloupe mixture, ice tea, and a cappuccino. I then made my bed. I just finished cleaning up and showering for the first time since Monday. I guess I had the three day Asian flu, and I am just getting over it. I took another CVS extra strength pain reliever gel cap and a Echinacea and Goldenseal complex pill when I had the last meal. I am feeling a bit better, although I am still a bit under the weather. I guess I will go out later this morning for some food. I have only had a half dozen cigarettes in the last four days, so I will try to quit for now. I will now do a little bit of regular computer work, and I will send out my weekly note. CIO

**Note: <888> 01/17/02 Thursday 11:35 P.M.:** I continued to rest all day trying to shake off the flu bug. Around 6 A.M., I had two hotdogs with buns and mustard and ketchup and reheated herbal rice and ice tea. Around 11 A.M., I had a bowl of the cantaloupe and pineapple mixture. About 6 P.M., I had three medium boiled eggs, toast, vitamins, and orange juice. I just now had two cold slices of eye round and with reheated herbal rice, two slices of Pepperidge Farm carrot cake, and ice tea. I have been taking a CVS extra strength pain reliever gel cap about every five to six hours. I also am taking the Echinacea and Goldenseal complex pill about three times a day. I am beginning to feel a little bit better, but I am not sure whether I will be recovered or not tomorrow. I will continue to rest until the flu goes away. CIO

**Note: <888> 01/17/02 Thursday 3:00 A.M.:** I did a bit of regular computer work. I checked the mail. I guess I will try to rest some more to shake this cold. CIO

**Note: <888> 01/17/02 Thursday 1:55 A.M.:** I have continued to stay in bed resting trying to shake off this cold or flu. I did have some Carr's crackers and Vermont extra sharp cheddar cheese yesterday after the last note. Around noon I had some Wise potato chips. I was up at 6 P.M., and I had oatmeal, two slices of toast with margarine and grated parmesan cheese on it, vitamins, orange juice, and no coffee. I watched the ABC evening news. I continued to rest through the evening. Besides taking my vitamins, I have been taking every six hours a CVS extra strength pain reliever gel cap and an Echinacea and Goldenseal complex pill. I had some wheat crackers about 9 P.M.. I just had some reheated herbal rice with two slices of cold eye round with Lea and Perrins Worcestershire sauce and ice tea. I will now check the mail, and maybe do a small bit of computer work before going back to bed. CIO

**Note: <888> 01/16/02 Wednesday 5:35 A.M.:** I went through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I went through some XP newsgroups. I looked at the XP Ebook with Microsoft Reader. I created a bootable XP MS DOS disk with the format command and Partition Manager on it. I have been using my glasses while working on the computer which at this point seems easier on the eyes. I am a bit tired, so I will rest a while. CIO

**Note: <888> 01/16/02 Wednesday 12:55 A.M.:** I have come down with a bit of a cold or flu. I was up at 6 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I went back to bed until midnight. I just finished off my coffee with some ice. I had two slices of cold eye round with horseradish and Lea and Perrins Worcestershire sauce along with reheated herbal rice and ice tea. I took another Echinacea and Goldenseal complex pill which I also take with my vitamins. I will now do a little bit of regular computer work. CIO

**Note: <888> 01/15/02 Tuesday 2:40 A.M.:** I went through my normal computer routine. I emailed a couple of friends. I am feeling a bit tired, so I might go to bed early. Perhaps it is because I did not have a second cup of coffee earlier. CIO

**Note: <888> 01/15/02 Tuesday 1:45 A.M.:** I had two slices of cold beef with horseradish and Lea and Perrins Worcestershire sauce along with reheated herbal rice and ice tea and a piece of cake. I blocked another IP address. The five IP addresses I have blocked that are attacking my computer with Trojan Horse entrance are "24.93.241.97", "24.116.63.100", "24.127.116.193", "24.185.227.139", "24.101.48.161". I assume that either these are the source of the Trojan Horse attacks, which would assume they are not very proficient hackers or that someone is

spoofing these IP address. Most hackers hide their IP addresses, so these might not actually be the real source of the Trojan Horse attacks. CIO

Note: <888> 01/15/02 Tuesday 12:35 A.M.: I signed up for the AT&T one rate plan of 10 cents a minute and \$5 minimum per month. I will have to check when I can get a person instead of a computer about whether this is the rate for interstate calls as well as intrastate calls. CIO

Note: <888> 01/14/02 Monday 11:35 P.M.: I watched a little bit of television. There is not much going on. I refrigerated the ice tea. CIO

Note: <888> 01/14/02 Monday 10:45 P.M.: I relaxed a bit, and I had some ice tea and some Wise potato chips. CIO

Note: <888> 01/14/02 Monday 10:15 P.M.: I was up at 6 P.M.. I had a crank fax call and a wrong number call. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I watched the ABC evening news. I chatted with a friend. I cleaned up, and I went out, and I stopped by the Greenwich Library, and I read the local paper and the Wall Street Journal. I walked lower Greenwich Avenue. I returned home. I received a letter from AT&T, I have to sign up for a new rate plan. I tried calling them, and they said it is a Holiday, and they would be closed until Wednesday. I am not sure what Holiday it is. I am making up a batch of <http://www.geocities.com/mikelscott/icetea.htm> . When I returned home, I had some of the pineapple cantaloupe fruit salad, and I also had a slice of the Pepperidge Farm chocolate layer cake. I also had a slice of it this morning before going to bed. CIO

Note: <888> 01/14/02 Monday 6:35 A.M.: I finished my regular computer routine. I had to block a fourth IP address Trojan Horse that the Symantec Firewall detected. Well, I suppose some of these early morning risers like to do a little bit of hacking before going to work. Let me remind any hackers that professional corporations take a dim view of such activity, and this could lead to the termination of their contracts of employment if caught, since at my level it does not really matter, but on a higher professional level, most professional employers would take a dim view of such activity, particularly when directed at an individual like myself. I suppose, it is



like throwing a rock through a window, anyone can do it, but few people do it under recently. Well have a good morning, I am off to bed. CIO

Note: <888> 01/14/02 Monday 5:40 A.M.: Having trouble on the internet, this could be why Chris Pirillo - C:\PIRILLO.EXE . CIO

Note: <888> 01/14/02 Monday 5:25 A.M.: I found this link on Lockernome email No More Popup Ads . CIO

Note: <888> 01/14/02 Monday 4:50 A.M.: I had a minor technical problem. I was trying to make my long list of Favorites available to Guest login, by putting my Favorites in a temporary e:\webroot\favhold folder and then tranfering the empty Favorites folder into the C: folder for All Users, and hopefully thus enabling it, and then transferring the empty folder back into the E:\webroot directory to enable it for both logins, however it was going to take to long, so I cancelled the operation after the !First and Bookmarks folders were transferred, but when I tried to open the temporary folder it was Access Denied, so I restored the !First and Bookmarks folder from the backup back into the e:\webroot\favorites directory. I then noticed they were all attributed with the Read attribute, so I cleared this attribute in all my favorites. I then for some reason can not delete the favhold folder which is still access denied. I also tried doing this with a Safe boot to no avail. Well anyway the Favorites are back to normal, except for any in those two folders I might have added in the last month since the backup which would not be many. Possibly interrupting the operation which is tied to a Windows System folder caused the problem. Well it is back to normal computer routine. The enabling of the Favorites on the system does not seem to slow it down at all. Well, I suppose out there in the world, there might be one or two spiders that miss the favorites on the web, but I have not received any email from users to that effect. I also had 12 Carr's crackers with slices of Vermont extra sharp cheese and some ice tea. CIO

Note: <888> 01/14/02 Monday 2:50 A.M.: I adjusted some of my settings in Guest Login. I can not enable my long list of Favorites in Guest Login. CIO

Note: <888> 01/14/02 Monday 2:20 A.M.: I enabled my long list of Microsoft Favorites by cutting and pasting the Favorites folder into the Favorites folder on the E: drive where my Favorites are kept for the server from when I ran the server. I

**cleaned up the Favorites folder a bit, so mostly Folders show when one opens the Favorites folder. I will continue my normal internet routine. CIO**

**Note: <888> 01/14/02 Monday 1:20 A.M.: I had an enjoyable dinner. I will now a little bit of computer work. I added some of the music icons to my desktop. CIO**

**Note: <888> 01/13/02 Sunday 10:40 P.M.: I cleaned up, and I went out. I walked lower Greenwich Avenue. I sat out briefly. I drove down by the waterfront. I went by Exxon gasoline station, and I bought \$5.40 of premium at \$1.549 a gallon. I went to the Stop and Shop, and I bought a large bag of Wise potato chips for \$1.99, a box of S&S saltines .67, by mistake not on sale a Pepperidge Farm deluxe frozen carrot cake \$4.59, a Pepperidge Farm chocolate fudge cake \$1.99, a eye round roast at \$2.29 a pound \$6.96, a large jar of Smuckers grape jelly \$1.50, a large cantaloupe .99 for \$18.67 total. I guess the Pepperidge Farm carrot cake was not on sale since it is deluxe. I then returned home. I put away my purchases, and I had some ice tea. I use a melon ball scooper, and I hallowed out balls of the cantaloupe, and I then peeled and diced the Del Monte pineapple, and I mixed the pineapple and cantaloupe together, and I added a tablespoon of Angostura bitters, one a half ounces of Mount Gay rum from Barbados, and two tablespoons of Master Choice lemon juice, and I mixed it altogether, and I put it all in a large Rubbermaid container in the refrigerator. I will now cover the eye round with garlic powder, celery salt, ground black pepper, poultry and meat seasoning, Italian spices, Basil, Oregano, and Bull's Eye barbeque sauce, and I will cook it in the convection oven at 350 degrees Fahrenheit for 50 minutes. I will then make up my herbal rice mixture, and have a couple of slices of eye round for dinner with herbal rice mixture, and steamed fresh broccoli, ice tea, and a cappuccino. It was not too bad out when I was out, the wind had died down. I suppose the weather will be heading across the Atlantic Ocean in a day and a half, and some area like Scotland and points east will be covered with the blizzard that hit Nova Scotia. CIO**

**Note: <888> 01/13/02 Sunday 6:05 P.M.: I finished vacuuming and polishing some glass and mirrors. I also ran Norton Disk Doctor and Norton Speed Disk on the C: drive while I was asleep. I will now clean up, and go outside in the quite blustery weather. I suppose there will be a few Canadians around thinking it is a tropical breeze wearing shorts and out to enjoy the night air. Well for those of you less fortunate from warmer climates with thinner blood that find this weather more severe, I would recommend taking shelter from the elements. CIO**

**Note: <888> 01/13/02 Sunday 5:10 P.M.:** I had two pieces of toasted slice bread with margarine and grated parmesan cheese before going to bed about 9 A.M.. I was up at 4 P.M.. I had breakfast of three medium boiled eggs, two slices of toasted slice bread with margarine and grated parmesan cheese, orange juice, coffee, and vitamins. I listened to <http://www.bbc.co.uk/radio5live/live/output28.ram> and now I will listen to [www.radio10.fm](http://www.radio10.fm) . I will do the vacuuming and then I will clean up and go out for a bit of windy and blustery fresh air. CIO

**Note: <888> 01/13/02 Sunday 8:05 A.M.:** I checked the Microsoft Security CD, and it is not for XP. I checked the driver for my SOHO Lan card, and it uses the default XP driver. I installed the Creative Windows XP driver for my Creative MP3 Live card, and the audio quality is much better. The computer system is running fine. I have been receiving Trojan Horse attacks on my Symantec Firewall since I installed it, and I have blocked three of the IP addresses that appear to be from users on the Optimum Online Network. I have been advised by Optimum that they monitor such attacks, but it does not seem they are capable of doing anything about it. CIO

**Note: <888> 01/13/02 Sunday 7:05 A.M.:** I decided not to have the can of Campbell's New England Clam chowder, since the date on it, I believe is the expiration date, so I will throw it out. I had a can of Progresso New England clam chowder that I believe is less than six months old. Progresso does not label its cans with expiration dates that I can figure out. I had the can of Progresso New England clam chowder with 10 Carr's crackers with slices of Vermont cheddar cheese on them along with a glass of ice tea. There is a wind advisory on the National Weather service bulletin that I get from [www.weatherbug.com](http://www.weatherbug.com) of winds around 45 MPH today. I chatted with a neighbor last night who had read the local paper, and I was told the power outage on Friday night was caused by a raccoon chewing on a power cable that got fried. A couple of times in the recent history of the town, it has been squirrels gnawing on the power cables. I noticed that CompUSA sells a barebones system without a processor for \$250, but it only has 3 PCI slots. My viewpoint is that [www.accessmicro.com](http://www.accessmicro.com) offers some of the best wholesale OEM prices on the internet for Barebones systems which include the processor. Since my computer after formatting and reinstallation from scratch of Windows XP Professional Upgrade is running so well, I will not be having to upgrade anytime in the near future. I put the Holland America picture as my OEM logo, since it was the only jpg that came up off my hard drive that fit. I received the Microsoft Security CD several days ago. I might take a look at it. CIO

**Note: <888> 01/13/02 Sunday 5:30 A.M.:** I had a bag of Lays KC Master Choice barbeque potato chips yesterday morning before going to bed about 6 A.M.. I was

up at 2 P.M. yesterday. A friend stopped by. I got a loaf of bread from the bread donation table downstairs along with some rolls. I had breakfast of oatmeal, toasted roll with margarine and Smuckers strawberry jelly, coffee, orange juice, and vitamins. My friend also had a roll with jelly. I cleaned up. We chatted a while. We went out for a short drive down by the waterfront, and we sat downtown a while. We returned home, and we had ice tea and chatted a while. About 8 P.M., I had dinner of two hamburgers with rolls and AC Dijon mustard, Heinz ketchup, Bulls Eye barbeque sauce, Gold's horseradish, and Hellmann's mayonnaise and slices of Vermont extra sharp cheddar cheese on the burgers along with a dill pickle slice and ice tea and a cappuccino. My friend had two rolls with Hellmann's mayonnaise and Vermont cheese. My friend left about 8:30 P.M.. Yesterday I received a letter from the Connecticut State police that they had performed an investigation, and there was no security threat as far as my former internet web site was concerned and the Terrorist hotmail address that I received five threatening emails from. I still do not know why Microsoft allows that Hotmail address to be used. After my guest left, I watered the plants and did my apartment house cleaning. I still have to vacuum later in the day. I rested from 1 A.M. to 4 A.M.. I put some more folders in my documents folder on the computer. I installed Harley Hahn's 1999 Internet web guide on my computer. I am not sure how current it is. I put the OEM logo program on my computer desktop. I tried booting the computer at 450 MHz, but it still crashes like it always did, so it remains at 366 MHz. I did change the Memory Multiplier in the CMOS from 4 to 0. I guess I will now have a can of Campbell's chunky New England Clam chowder. It has a date on it of November 2001. I am not sure if that was when it was made or when it expires. I will have some ice tea with it. CIO

Note: <888> 01/12/02 Saturday 4:30 A.M.: I finished the laundry a while ago, and I will put it away. I relaxed a bit. I went through my email and my work list. I will head off to bed shortly. CIO

Note: <888> 01/12/02 Saturday 1:55 A.M.: Right after I wrote the last message, the power went off in my building and all of southwestern Greenwich, Connecticut all the way to Greenwich Avenue. I got out my beam lanterns, and I checked to see if anyone was stuck in the elevator which was not the case. I chatted with some neighbors that had communications. I checked with the Housing Authority answering service, and they told me that the electricity was off in this part of town. I got out my Free Play windup radio, and I listened to the local radio station 1490 AM, and they said that it was in this part of town. They continued a feed of an internet show. The fire department showed up in response to one of the neighbor's concern. I set out one of the Lamp Light Farms Lamplight Farms oil lamps on the coffee table, and it provided a very even light. I noticed that at night without the solar cells working, one has to wind up the Free Play radio a bit more than I

thought to keep it playing. Still the reception from our local radio station was fine. I relaxed a bit. I made a couple of telephone calls. The electricity finally came on at 12:30 A.M. about the time I was ready to go out for a break. I started my laundry doing three washer machine loads, and I am now on the dry cycle doing three dryer cycles. They will be done in about 45 minutes. I am not using the elevator at the moment in case the electricity should fail again. Microsoft Word 2002 had saved the previous note when the power failed, so I did not have to rewrite it. Well, the computer is all running fine, and it is back to normal routine. One has to remember to be prepared for when the lights go out. The Coleman emergency light worked in the bedroom. I put a new lantern battery in the smaller lantern. Well back to normal routine. Somebody discarded an Ericsson DH668 Digital Cellular Phone down by the mail room which I retrieved. CIO

Note: <888> 01/11/02 Friday 9:30 P.M.: I was up at 2 P.M.. today. This morning before doing the backup, I noticed that Microsoft Internet Explorer works better without the JAVA virtual machine enabled, since on sites with lots of JAVA advertising, it takes quite a long time to download the JAVA applets in the web pages, and if the internet is slow like it can be at certain times of the day, downloading the additional JAVA script advertising applets slows down and sometimes freezes the web browser. Thus I disabled the JAVA virtual machine in Internet Explorer. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I then put clean sheets on my bed. I will do my laundry shortly. After cleaning up, I went out, and I stopped by the Greenwich Hospital Thrift shop. I then drove by the waterfront. I next walked lower Greenwich Avenue. I then stopped by the Greenwich Library, and I read the local paper and P.C. magazine. I then went by the Stop and Shop, and I bought a 10 pound bag of S&S enriched white rice for \$2.99, a bag of La Moi spinach noodles \$1.79, a Del Monte golden pineapple \$3.99, a 32 ounce jar of Smuckers strawberry jam \$2.50, Hell of a Good horseradish \$1.99, S&S Vermont extra sharp cheese \$1.99, S&S 50 ounce apple sauce, a large bottle of Lea and Perrins Worcestershire sauce \$2.29, Five Brothers garlic alfredo sauce \$2.99, a dozen large eggs .84, Lays KC masterpiece barbeque chips .99, two bulbs of garlic at \$2.49 a pound .85 both bulbs for \$25.50 total. I then stopped by Val's Liquor store, and I bought a liter of Gordon's London Dry gin for \$13.99 plus .81 tax for \$14.80 total. I do not drink alcohol myself, but I keep it around for hospitality beverage for older relatives should they ever need to entertain. I will put the Gordon's Gin with the other bar supplies. I then went by the Port Chester beer distributor, and I noticed that the price of beer has doubled in the last five years. The last time I was there about five years ago, a case of Coors was \$8.99 now a 12 pack is \$7.99. I bought a six pack on special of Hannover, Germany's Lindener Spezial beer for \$3.99 plus .35 tax for \$4.30 total. I then returned home.

End of Scott's Notes week 01/11/02:

**Note: <888> 01/11/02 Friday 4:50 A.M.: I sifted through my email. I enabled the animated features of XP, and I also enabled Clear Type. I just finished making a backup of the C: drive to the D: drive. My C: drive has 10 gigabytes of files and 5 gigabytes of free space. I also ran Norton Disk Doctor and Norton Win Doctor before starting the backup. I had some Pepperidge Farm goldfish crackers and ice tea while performing the backup. I will now send out my weekly notes. I had to recreate the weekly notes mailing list of about 26 individuals from my address book. I will then head off to bed. CIO**

**Note: <888> 01/11/02 Friday 1:30 A.M.: I installed some more updates. I updated the Internet Explorer security fix. I am sifting through <http://www.geocities.com/mikelscott/scotwork.htm>. I figured out how to put the Internet Explorer Icon in the correct position on the desktop by searching Help with the term "Internet Explorer Icon". One wonders how many other little tricks there are in Windows XP that it takes time to figure out. I have "Guest" enabled on boot up login. From the Desktop settings for ALL Users, I put all my desktop icons in the Desktop folder, so that as opposed to my individual login setting desktop folder, all the icons appear on login either way one logs in. Basically the computer seems to be responsive enough for regular use. One item when I switched from "Guest" login into "Administrator" login, it seems that both logins were running at the same time slowing down the system a bit. I was prompted on Windows Update to install the Epson Stylus Color 880 printer driver and Creative Sound Blaster Live MP3 drivers again. I had already once installed them. I will now run System Restore, and create a backup. Then I will go back to regular computer work. CIO**

**Note: <888> 01/10/02 Thursday 11:30 P.M.: I installed the Microsoft Reader ebooks in the proper folder, so they display in Microsoft Reader. I will have to study the Windows XP Ebook that Microsoft makes available from its Reader site. I restored a number of files from the old backup, so I have everything I need from the previous installation. I will wait to do another backup for a day or two to make sure I have everything I need. I also restored all my saved Email and its address book. I installed a couple of programs from the backup that I have enabled. I had dinner about 8 P.M. of two fried hamburgers on buns with mustard and ketchup and Hellmann's mayonnaise and ice tea and a cappuccino. I chatted with a friend. I installed some other programs after dinner. I rearranged my "My Documents" folder with the contents from the backup and other Document folders on the computer. I have Net2Phone installed and working. Well, I basically have done all that I can think of as far as restoring my system, so I guess I will do a little bit of regular computer work now. I also organized my desktop icons better. I can not get**

the Internet Explorer Icon to be in its right place though. I am sure there are some other minor details I will have to take care off. Well back to the computer. CIO

**Note: <888> 01/10/02 Thursday 5:30 P.M.:** I was up at 9:30 A.M.. Norton Speed Disk was completed. I installed the Microsoft Reader and its dictionary and its Windows XP manual. I also installed the Net Library EBook reader. I have to restore the books I downloaded to my hard drive, since Microsoft does not make them available anymore. I chatted with a relative. I went back to bed from 10:30 A.M. until 1 P.M.. I had breakfast of oatmeal, a piece of toast with margarine and parmesan cheese, orange juice, coffee, and vitamins. I made my 3 P.M. appointment. I went by the Greenwich Hospital Thrift Shop. I then walked lower Greenwich Avenue. I then drove down by the waterfront. I just now returned home. I will not restore the Ebooks and search the backup files for other information to restore. I have to enable icons on my desktop, and I have organized them. CIO

**Note: <888> 01/10/02 Thursday 4:15 A.M.:** I installed Real One and its additional programs and plugins. I installed three other music programs, Win Amp, Music Match, and Music City Morpheus. I setup the programs. I ran Norton Disk Doctor. I ran Norton Win Doctor. I installed the latest version of WS-FTP. I will now run Norton Speed Disk, and leave it running while I go to bed. I have a 3 P.M. appointment today. CIO

**Note: <888> 01/10/02 Thursday 1:40 A.M.:** I installed the other software I have. I still have to install the Music and Real programs which I will download again. I also have to install the PostScript fonts from my backup file. I installed the Logitech cordless mouse driver and the Microsoft Internet Pro keyboard drivers. I installed the drivers for the Ezonics Ezcama USB and the Visioneer 4400 USB scanner. I also installed the programs that came with these items. I installed the Office XP updates. I installed the Epson printer driver update. This all took some time. I have selected the option to not have icons on my desktop, and I will start programs from the Start Menu. I just had dinner of two fried hamburger with buns and Hellmann's mayonnaise and ketchup and mustard and ice tea. I removed the Cue Cat from my computer. I put a copy of the Windows XP Professional Upgrade CDROM on my C: drive. The computer is all running fine, and I am most pleased with the results of the reinstallation. CIO

**Note: <888> 01/09/02 Wednesday 8:10 P.M.:** I was up at 6 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I cleaned up,

and I went out; and I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove down by the waterfront. I then stopped by the Food Emporium, and I bought buy one get one free of 93% lean ground sirloin \$5.88 and a free \$5.63 package. I also bought four half gallons of Tropicana orange juice with Calcium at \$2.50 each, a box of Carr's crackers \$2.29, a dozen large eggs \$1.69, and a bag of 8 Freihoffer's hamburger rolls \$1.99 for \$21.85 total. I returned home, and I let a neighbor know that they had left the interior light on in their car. I have the Slaymaker jump start system if I ever need to jump start somebody. I then put away my purchases. I will now continue setting up the computer. CIO

Note: <888> 01/09/02 Wednesday 11:30 A.M.: I have been up all night and morning since the last message. I went through my email and regular internet routine earlier in the evening. About 1 A.M., I decided to uninstall my C: drive partition and then I reinstalled it using the Windows ME boot disk. I then had to add the Format command to the disk which is not put on it from my back up computer, and I formatted the C: drive. I then booted the Windows XP Professional Upgrade CDROM, and I did a clean installation using the NTFS file system. I installed the Windows Updates. After some system tweaks, I installed the Norton System Works 2002, Norton Symantec Personal Firewall 2002, and I then installed the Microsoft Works Suite 2002. The computer is running much better without any problems. I would say it is running twice as fast. I also disabled in the My Computer Properties, the special effects. I also restored about 600 Megs of files from my backup to the C: drive. I installed the printers. I am quite tired right now, so I will head off to bed shortly. Still the system is running so much better, it was worth the effort. I will install the rest of the programs and camera and scanner when I wake up early this evening. Well have a good day. And of course hyper linking works [www.geocities.com/mikelscott/](http://www.geocities.com/mikelscott/) . CIO

Note: <888> 01/08/02 Tuesday 8:55 P.M.: I was up at 10:30 A.M. this morning. A friend called, and said he would be coming down to visit at 12:30 P.M.. I had breakfast of oatmeal, two slices of toast with margarine and parmesan cheese, orange juice, coffee, and vitamins. I cleaned up and checked the mail. My friend arrived promptly at 12:30 P.M.. We chatted a while. We went out, and we stopped by Putnam Trust Bank of New York on Mason Street. We then drove down by the waterfront. We then drove over to the Port Chester shopping center. If one has not noticed it recently, they're demolishing a good portion of downtown Port Chester for new projects including a Costco warehouse. We stopped by Modells, but they did not have jeans in my friend's smaller size. We then went over to the VitaminMart. I bought a 300 capsule bottle of Echinacea and Goldenseal complex for \$15.97. My friend bought the liquid version for preventing colds. We then toured Odd Job. I bought a Woods power strip there for \$2.99 plus .20 tax for \$3.19 total. We then returned back to my place. I noticed Odd Job is selling stainless steel



kitchen garbage cans for \$20. We each had a cappuccino and a slice of toasted bread with margarine and parmesan cheese. We watched television until dinner. Around 6 P.M., I heated up the rest of the spaghetti noodles and tomato meat sauce, and we had this for dinner with a hotdog apiece with a bun and tomato meat sauce on them with ice tea. I then had a 50% - 50% instant coffee of Folgers regular instant and Folgers decaffeinated coffee. We chatted a while after dinner. My friend left at 8 P.M.. I hooked up the Wood power strip underneath the living room desk, and I plugged the backup computer into it along with the floor lamp and one of the DeLonghi electric radiators. I will now do a little bit of regular computer work. I started using Microsoft Word 2002 for these notes again, since I figure it is more important to have the spell checker than to be able to hyperlink. I will contact Microsoft some time in the future about the problem. CIO

Note: <888> 01/08/02 Tuesday 1:10 A.M.: I sifted through my email, and I also went through <http://www.geocities.com/mikelscott/scotwork.htm> . I had some Pepperidge Farm goldfish crackers and ice tea. I will now head off to bed. CIO

Note: <888> 01/07/02 Monday 11:00 P.M.: I reformatted my Notes Page with FrontPage Express. CIO

Note: <888> 01/07/02 Monday 10:40 P.M.: I worked on repairing the Hyper Link problem, but at Microsoft Tech Support, it says that it is a problem with Word 2002, and the fix offered does not work. Basically Hyper Linking worked until Friday or Saturday, and then it quit working, so obviously since it worked all this time, there must be some reason now for it not working. Perhaps Microsoft is trying to sell me FrontPage. CIO

Note: <888> 01/07/02 Monday 6:40 P.M.: I was up until 5:30 A.M. working on the computer. I was up at 1 P.M.. I had breakfast of three medium boiled eggs, two slices of toast with margarine and grated parmesan cheese on it, orange juice, coffee, and vitamins. I fiddled with the computer, and I started running Norton Antivirus 2002, which was finished when I just now returned without any problems. I cleaned up, and I stopped by the Greenwich Hospital Thrift Shop. I then went by Putnam Trust Bank of New York on Mason Street. I then made my 4 P.M. appointment. I then drove over to Port Chester, and I stopped by Levine's Army Navy store. Lee Jeans there were \$28, but they did not have my size 40" X 30". I then drove over to the Port Chester shopping center. I stopped by Modell's <http://www.modells.com> , and Wrangler Jeans were \$14.99 a pair. I bought two pairs one dark blue and one

medium blue casual fit in size 40" X 30", one pair of long underwear bottoms \$3.99 plus .93 tax for \$34.90 total. I then walked over to the VitaminMart, and I bought a jar of VitaminMart 100 tablets of garlic 500 mg. for \$4.77. I then toured Staples. I then toured Odd Job. I bought a pair of two steel scouring pads for .69 both plus .05 tax for .74 total. I then returned home. I tried on the jeans and they fit just fine. I am wearing a pair right now. I took a garlic pill. I am listening to <http://www.radio10.nl> . I will now have for dinner a broiled Porterhouse steak with reheated herbal rice and steamed fresh broccoli, ice tea, and a cappuccino. CIO

Note: <888> 01/07/02 Monday 3:45 A.M.: For some reason hyper linking is not working in Word 2002. I tried fiddling with it for a while. Finally I uninstalled it, and then I reinstalled it, and then I installed the update. Well when I type a hyperlink, it still does not automatically hyperlink. I am not sure what the problem is. Perhaps the document is too long. I am tired now, so I will go to bed. CIO

Note: <888> 01/06/02 Sunday 11:50 P.M.: I am making up a batch of <http://www.geocities.com/mikelscott/icetea.htm> . This time for the dilute mixture which I pour into the jugs, I am using 5 Bigelow orange peako and China black tea bags, 4 Lipton orange peako tea bags, 2 Lipton green tea bags, 1 Prince of Wales Ashram tea bag, 1 Twinings Prince of Wales black tea bag, 1 Twinings Earle Grey tea bag, 1 Twinings black current tea bag, 1 Twinings Ceylon breakfast tea bag in the usual mixture of four teaspoons of Angostura bitters and a cup of sugar into the Revere gallon pot which I dilute into the four 96 ounce orange juice jugs and fill with water. I am letting it steep for an hour now before diluting. CIO

Note: <888> 01/06/02 Sunday 10:30 P.M.: After the last message, I had reheated spaghetti noodles with tomato meat sauce and ice tea. I chatted with a relative about 3 P.M.. I rested a bit. I then had some Pepperidge Farm goldfish crackers with ice tea. I chatted with a relative about 6 P.M.. I rested until about 9 P.M..I watched some cooking shows on television. I just had two hotdogs with buns and tomato meat sauce on them with a dill pickle and ice tea. I will now do a little bit of regular computer work. CIO

Note: <888> 01/06/02 Sunday 1:05 P.M.: I was up at 10:30 A.M.. I received a telephone call from a relative. I had breakfast of two slices of toasted bread with margarine and grated parmesan cheese, orange juice, coffee, vitamins, and oatmeal. I chatted with another relative. I looked at some web sites. The DNS server list is not

yet updated to see if “mrscott.com” forwards to DNS2GO to <http://www.geocities.com/mikelscott/> . Well I guess I will clean up shortly. CIO

**Note: <888> 01/05/02 Saturday 11:00 P.M.:** I finished off the French cheese cake. I sifted through my email and my daily list. I went to Add Remove Programs, and I uninstalled and reinstalled Internet Explorer. It seems to be working a bit better. I also used Tweak XP to block popups and advertisements. I have had a problem recently with Internet Explorer freezing when some page content such as advertisements are slow to download. It could just be internet congestion which possibly as always existed, but since I have been on an earlier schedule the last few months, it has become more noticeable to me. Well, it is time to head off to bed shortly. CIO

**Note: <888> 01/05/02 Saturday 8:40 P.M.:** I went out after the last message, and I stopped by the ATM at Putnam Trust Bank of New York on Mason Street. I then drove down by the waterfront. I then stopped by the library, and I read three computer newsweeklies. I then walked lower Greenwich Avenue. I stopped by Zyns stationary, and I bought a scratch card for a dollar #31 “Instant Payday Doubler”, but I lost. I sat outside for a while. I went by Exxon, and I bought \$11.35 of premium gasoline at \$1.499 a gallon. I then went by Stop and Shop, and I bought buy one get one free of Khan’s Jumbo beef franks for \$3.69 both and a head of broccoli at .99 a pound \$1.37 for \$5.05 total. I then went across the street, and I bought buy one get one free of 93% lean sirloin for \$4.75 both at \$3.99 a pound on sale for \$2 a pound for \$4.75 both about 2.5 pounds total. I then returned home, and my computer was just finishing running Norton SpeedDisk on the C: drive. I then had a diet Coke in a frosted mug. I then browned and drained the 2 ½ pounds of 93% lean sirloin, and I put it in the large Revere pot with four tablespoons of olive oil, plus four peeled and diced medium onions, eight peeled and minced gloves of garlic, three 28 ounce cans of TuttoRosso crushed tomatoes with basil, dashes of sesame oil, Angostura bitters, Lea and Perrins Worcestershire sauce, McHilney’s Tabasco sauce, La Choy low sodium soy sauce, and a I sprinkled dashes of garlic powder, celery salt, ground black pepper, Chinese five spice, India hot curry, Italian spices, Basil, Oregano, tarragon, rosemary, nutmeg, cinnamon, ginger, Hungarian paprika, parsley, chili powder, three bay leaves, and two beef flavored bouillon cubes. I mixed it all together, and after bringing the pot to a boil, I simmered it for an hour. I made up a box of spaghetti noodles shortly before the sauce was done. I had some of the noodles and spaghetti tomato meat sauce for dinner with grated parmesan cheese along with ice tea. I put one container of the spaghetti sauce in the refrigerator and two in the freezer. Basically for an alternative, one could put the spaghetti meat tomato sauce on a hamburger and have a sloppy Joe or one could

**put it on a hotdog on a bun and have a chili dog. I will now do some regular computer work. CIO**

**Note: <888> 01/05/02 Saturday 1:25 P.M.: Last night before going to bed at midnight, I logged onto Network Solutions again, and I tried to delete "mrscot-hst" the host server for "mrscott.com". This morning when I woke up, I had received a message from Network Solutions that it will be deleted. I changed the setting from "individual" to "role" to get it to work this time. This means that when one types "mrscott.com" it will now be redirected to [www.dns2go.com](http://www.dns2go.com) which will then redirect to [www.geocities.com/mikelscott/](http://www.geocities.com/mikelscott/) . Hopefully this will all work. One should know in a day or two when the DNS files on the computer servers are updated. I checked the mail. I picked up a loaf of bread from the supply usually left downstairs on Saturday morning. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I received a telephone call from a relative that has returned from a voyage. I just finished doing my house cleaning and watering the plants. I backed up the C: drive to the D: drive while doing the house cleaning. I will now have two hotdogs with buns and ketchup and mustard and reheated herbal rice and ice tea. I will then clean up and go out for some fresh air. CIO**

**Note: <888> 01/04/02 Friday 9:40 P.M.: I discovered at GeoCities that one can have 15 Megs of space, so I put my entire directory on the site at <http://www.geocities.com/mikelscott/scotlist.htm> . I also added a link from the homepage <http://www.geocities.com/mikelscott/> to download the entire file of my Random Notes from June 1997 through December 2001 in HTML format in a ZIP 1865 Kbytes long and 1584 pages if you dare print it out <http://www.geocities.com/mikelscott/mlsnote1.zip> . Well, I am tired. I will head off to bed shortly. CIO**

**Note: <888> 01/04/02 Friday 7:25 P.M.: I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop looking for a blanket. I then stopped by ELDC thrift shop, and when I arrived, they were throwing out in the dumpster two cotton comforters which I retrieved. One is black and white and the other is a black and white checker pattern with color patches. I toured ELDC. I then drove downtown, and I walked lower Greenwich Avenue. I drove down by the waterfront. I then stopped by Smokes for Less in Byram, Connecticut; and I bought three cartons of Seneca Ultra Lights 100s for \$19**

a carton for \$57 total. I returned back to the apartment. I had a frosted Citra soda in a frosted mug. I put the comforters at the end of each sofa. I relaxed a bit. I then had dinner of a Stauffer's pot roast dinner with reheated herbal rice and ice tea and a piece of cheese cake. I watched some television. I will go to bed about 9 P.M. or shortly thereafter. CIO

Note: <888> 01/04/02 Friday 1:20 P.M.: I studied Barebones Systems at [www.accessmicro.com](http://www.accessmicro.com), but alas I can only afford to stick with my present system. I sifted through my email. I picked up my mail downstairs. I will now have a couple of hotdogs with buns and ketchup and mustard and a dill pickle and reheated herbal rice and a slice of cheese cake and ice tea. I will then clean up and go out. CIO

End of Scott's Notes week 01/04/02:

Note: <888> 01/04/02 Friday 11:00 A.M.: I had some cheesecake last night and Pepperidge Farm goldfish crackers. I watched a bit of television. I went to bed at midnight. I was up at 9 A.M.. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I checked the mail. It has not arrived yet. I took down the Audubon Flamingo and Pelican Prints from above the left hallway bookcase, and I hung them above the bedroom desk. I put the Unicorn tapestry to the left of the hallway bookcase and to the right of the bathroom door. I moved the picture of Moulin rouge below it. I put the George Bush and Richard Cheney inaugural invitation to the left side of the bathroom door. I move the extra books to the top of the left hallway bookcase held in place by steel book ends. I will now send out my weekly notes. CIO

Note: <888> 01/03/02 Thursday 7:55 P.M.: I was up at 9 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I went back to bed until 11:30 A.M.. I watched some of the news. About 1:30 P.M., I had two hotdogs with buns, ketchup, mustard, horseradish, and ice tea. I cleaned up, and I went out about 2 P.M.. I stopped by Putnam Trust Bank of New York. I then went by the Greenwich Hospital Thrift Shop. I dropped off the shopping bags there. I made my 3 P.M. appointment. I then went downtown, and I went to the Greenwich central post office, and I obtained a money order for .90 to pay my Verizon telephone bill. I also bought ten flag stamps for .34 each for \$3.40 total. I then walked lower Greenwich Avenue. I then went by the Arnold Bread outlet, and I bought two packages of eight hotdog buns for .99 each and a French deluxe cheese

cake for \$1.89 for \$3.87 total. I then returned home. I had a Diet Coke in a frosted mug. I then made up a batch of herbal rice using the same recipe as mentioned earlier in these notes. I had a broiled Porterhouse steak for dinner horseradish and Lea and Perrins worcestershire sauce with some of the herbal rice and steamed fresh broccoli, ice tea, and a cappuccino. I watched the ABC evening news. I straightened up the left bookcase in the hallway. I have a stack of books behind the bathroom door which I will eventually put elsewhere. I took the Putnam Lodge Greenwich Masonic plate down from the bathroom wall, and I put it on the bedroom desk. I put the plate with the Great Seal of the President of the United States back up on the bathroom wall. I will now do a little bit of computer work. CIO

Note: <888> 01/03/02 Thursday 1:35 A.M.: I printed out Scott's Random Notes from September 2001 through December 2001. I also reprinted out May 2001 through August 2001 with the HP LaserJet II D printer with Times Roman postscript fonts, so the pagination in the notes is similar and consecutive with the previous printouts. I put them in an Oxford clip binder. I have to keep the HP LaserJet II D printer sheet feeder tray relatively full, so it does not jam. I am tired. I will head off to bed shortly. CIO

Note: <888> 01/02/02 Wednesday 8:55 P.M.: I had two hotdogs with buns and mustard and ketchup and a dill pickle along with ice tea before going out. I then went out, and I mailed the letter at the Valley Road post office. I then went by the Greenwich Hospital Thrift Shop which was closed. I next stopped by the Mews Thrift shop. I then walked the upper Greenwich Avenue area. I stopped by CVS, and I bought a blue Djeep lighter for \$1.69, CVS 1000 mg 100 count vitamin C \$3, and two CVS Balanced B-100 60 count for \$4.80 apiece plus .10 tax for \$14.39 total. I then drove down by the waterfront. I stopped by Putnam Trust Bank of New York. I then stopped by the Greenwich Library, and I returned a book and two videotapes. I paid a .30 fine on the book. I read the Wall Street Journal and the local paper. I then stopped by the Food Emporium, and I bought a 36 ounce bag of Hasslenut coffee beans for \$8.79, a five pound bag of sugar \$2.39, MC squeeze Dijon mustard 8 ounces \$1.69, Twinings Prince of Wales 25 bags tea \$2.89, two Porterhouse Steaks at \$3.99 a pound for \$3.91 each for \$23.58 total. I then stopped by the Arnold Bread outlet, and I bought two loaves of Freihofers twelve grain bread for \$1.29 each \$2.58 total. I then returned home. I mixed the bag of Hasslenut coffee beans with the existing coffee beans, and I stored them in the glass jars I keep my coffee beans in. I had a Stauffer's Pot Roast dinner for dinner along with the rest of the herbal rice, ice tea, and a cappuccino. I watched the ABC evening news and the BBC evening news and the BBC antiques road show. I cleaned out the plastic and paper bags from my right living room closet, and I put them in the back of my car to give to the Greenwich Hospital Thrift shop. I threw out a number of

small shipping boxes. I put the Christmas pine cone wreath in a large plastic bag, and I put the small artificial Christmas tree in another plastic bag, and I stored both of them above the false ceiling above the bar. I will now do a little bit of regular computer work. CIO

Note: <888> 01/02/02 Wednesday 1:05 P.M.: I went to bed around 11 P.M. last night after working on the computer. I was up at 9 A.M. this morning, and I had breakfast of two slices of toasted rye bread with grated parmesan cheese and margarine, oatmeal, orange juice, coffee, and vitamins. I went back to bed until 11:30 A.M.. I just finished writing a letter to a relative. I will now clean up and go out. CIO

Note: <888> 01/01/02 Tuesday 8:45 P.M.: This morning after the last message, my guest and I went out for a walk of the entire length of Greenwich Avenue. We stopped by CVS. My guest bought 2 boxes of nicotine patches on sale for \$35 down from \$50 for a box of 12. We sat out at various locations. We drove down by the waterfront. We returned and watched some television. I reheated the cooked boneless breasts of chicken from two nights ago along with the herbal rice and we had this for dinner along with steamed fresh broccoli and ice tea. I also had a coffee. We watched the New Years concert from Vienna. We then went for a drive. We drove back down by the waterfront, and then we stopped by the Hyatt Hotel in Old Greenwich, and I used the Bank of New York ATM there. My guest bought gasoline at the Mobil gasoline station across from the Hyatt. We returned back to my place. We watched more television having some ice tea. We had some Carr's crackers with Vermont extra sharp cheddar cheese. My guest left at 8 P.M.. I will probably go to bed shortly. Stay warm. CIO

Note: <888> 01/01/02 Tuesday 9:10 A.M.: Happy New Years. I had a friend come down and visit after the last message yesterday. I gave my friend a cappuccino. We went out to dinner at 5 P.M. to the Thatawayrestaurant on Greenwich Avenue. We both had a Prime Rib dinner with garlic mashed potatoes and vegetable and salad. For beverage I had a Perrier and my guest had a glass of red wine, and we also had coffee. After dinner, we walked lower Greenwich Avenue. We returned back to my place, and watched the videotape "Simon Birch". I went to bed at 10 P.M.. I was up at 7 A.M.. I cooked three scrambled eggs each for breakfast with dashes of oregano, Italian spices, and basil and we each a slice of toasted Rye bread with margarine and grated parmesan cheese along with orange juice, coffee, and vitamins. We are watching a bit of television. CIO

**Note: <888> 02/28/02 Thursday 8:05 P.M.: I went out after the last message, and I dropped a neighbor off in Port Chester. I then stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. Everything is half price. I then went by the Mews Merry Go Round Thrift shop, and they have a full stock of items. I then drove down by the waterfront. I next drove over to Old Greenwich to Off Center Hair Stylists, and I got my hair cut for \$16 plus \$4 tip for \$20 total. I then went to the Rummage Room thrift shop, and I toured the shop. Everything is half price. I next went to the Old Greenwich Food Mart, and I bought a roast beef sandwich on a Kaiser roll with mayonnaise, lettuce, tomato, onion, and horseradish for \$3.95 plus .24 for \$4.19 total and it came with a small bag of potato chips. I then went out to the Southwest parking area at Tod's Point, and I ate the sandwich and potato chips for lunch. I noticed a large container ship coming down Long Island sound towards New York, which one normally does not see. I then went to Staples, and from the Clearance area, I bought two Outdoor Products 24" X 36" one blue and one green duffle bags regularly \$30 for \$4.50 each plus .54 tax for \$9.54 total. I then stopped by the Greenwich Hospital Thrift Shop again, and I bought an Epson Color Photo 870 printer that supposedly worked and needed new ink cartridges for \$14.75. I then drove down by the waterfront. I then made my 3 P.M. appointment. I next returned a video DVD to the library. I then returned home. I set up the Epson 870 printer, and I installed the drivers. I turned it on, and it came on with lights showing it needed new ink cartridges. However, the print head would not slide to open up the ink cartridge holders. I unscrewed the lid and open the print cartridge holders, and the print head was broken with a piece broken off. Thus it is no good. I will return it tomorrow. I put the Compaq IJ200 printer back on top of the backup computer. I will now have two hotdogs with buns and ketchup and mustard and potato chips and a dill pickle slice and ice tea. I will then relax, and I will head off to bed a little while after that. CIO**

**Note: <888> 02/28/02 Thursday 9:50 A.M.: I listened to some music. I cleaned up, and I will go out shortly. CIO**



**Note: <888> 02/28/02 Thursday 7:50 A.M.: Well I finished my regular internet work. I guess it is time to clean up and go out for some daytime activity. CIO**

**Note: <888> 02/28/02 Thursday 5:10 A.M.: Yesterday before going to sleep, I had a couple of hotdogs with buns and mustard and ketchup, potato chips, a dill pickle slice, and ice tea. I went to bed about 11 A.M., and I received a telemarketing call about 3 P.M.. A friend show up about the same time. The friend watched television while I went back to sleep until 7:30 P.M.. I had breakfast of three medium boiled eggs, poppy seed bread toast, orange juice, and coffee. I gave my guest coffee. My guest left about 9:30 P.M., and I was tired, and I wanted to be on a day schedule, so I went back to sleep until just now. I will now have two half inch slices of cold eye round with horse radish and Lea and Perrins Worcestershire sauce, steamed white rice, and steamed frozen mixed vegetables, ice tea, and a cappuccino. I will then do some computer work. CIO**

**Note: <888> 02/27/02 Wednesday 10:15 A.M.: Well, I went out, and I stopped by the waterfront. I then parked downtown. I walked up to the Greenwich Hardware store, and I bought two packs of two each of 15 watt frosted candelabra bulbs for \$3.20 each two pack plus .39 tax for \$6.79. I then returned to the car, and I went by the Stop and Shop, and I bought a large bag of Lays sour cream and onion potato chips for \$1.99 plus a five pound bag of S&S sugar for \$2.49 for \$4.48 total. I then returned home, and I relaxed a bit. I will now head off to bed. Well have a good morning. CIO**

**Note: <888> 02/27/02 Wednesday 6:25 A.M.: I finished my daily internet routine. I will now run Norton AntiVirus 2002 on the C: drive. I will also go out for some fresh air. CIO**

**Note: <888> 02/27/02 Wednesday 4:05 A.M.: Well, I had dinner of two slices of cold eye round with horseradish and Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy sauce, steamed frozen mixed vegetables, ice tea, and a cappuccino. I listened to a bit of the [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) chatting about the Commonwealth of Nations apparently quite a few countries belong to it. I will now go back to regular computer work. CIO**

**Note: <888> 02/27/02 Wednesday 1:45 A.M.: I sent out an email to some friends. I am making a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I will now do some regular computer work. CIO**

**Note: <888> 02/26/02 Tuesday 10:20 P.M.: I tried watching the movie, but I stopped it after a while. I was up until 9 A.M.. I had a hard time falling asleep. I received a telephone call from a relative about noon. I slept until 9 P.M.. I had breakfast of oatmeal, poppy seed bread toast, orange juice, coffee, and vitamins. I just finished cleaning up. I will now do some regular computer work. CIO**

**Note: <888> 02/26/02 Tuesday 2:35 A.M.: Well, I am done with my normal computer routine. I think I will watch a DVD video movie. CIO**

**Note: <888> 02/26/02 Tuesday 1:05 A.M.: I had the same meal for dinner as last night. I have received over a 100 Trojan Horse attacks on my computer within the last month, usually several a night, which the Symantec Norton Firewall 2002 has detected and blocked. Over two thirds of them are from Optimum Online users. Thus, it is my opinion that even with the Norton Symantec 2002 Firewall, and the Windows XP firewall, that online users with Optimum Online probably do not have secure connections with Optimum Online, so thus when they are online, their private information is not secure. It would seem that Optimum should have the capability of monitoring such activity and curtailing the accounts of the abusers. Still with about a third of the hackers coming from elsewhere on the internet which could be anywhere else in the world, it would seem that local hackers with their abusive behavior are incurring the wrath of other hackers. The Optimum online tech support person I chatted with a few nights ago told me that hackers place Trojan Horse programs on computers, and then other hackers scour the internet looking for these Trojan Horse programs, so they can hack into the computers. Thus, if one were trying to maintain secure information or communications in terms of documents and databases, I would recommend not to have computer systems online for those secure systems. Basically in cryptology and hacking it has always been my belief if one person can write a security system, another person can break it. Well time to go back to some normal computer routine. CIO**

**Note: <888> 02/25/02 Monday 11:00 P.M.: I posted my NASA page at [www.geocities.com/mikelscott/nasa.htm](http://www.geocities.com/mikelscott/nasa.htm) . The next shuttle launch page is at [www.geocities.com/mikelscott/nasa-109.htm](http://www.geocities.com/mikelscott/nasa-109.htm) . CIO**

**Note: <888> 02/25/02 Monday 10:30 P.M.: I was up at about 5 P.M.. I had breakfast of three medium boiled eggs, poppy seed bread toast, orange juice, coffee, and vitamins. I cleaned up, and I went over to Port Chester, New York. I stopped by the ATM machine at Bank of New York on Midland Avenue in Port Chester. I then drove over to the Vitamin Shoppe at the A&P shopping center. I bought Vitamin Shoppe MSM 1000 mg. 300 capsules for \$32.37 plus I had a \$10 discount coupon from my Vitamin Shoppe card for \$22.37 total. I then returned to central Greenwich, and I stopped by CVS, and I bought a 12 roll pack of double roll Cottonelle bathroom tissue for \$4.99 plus .30 tax for \$5.29 total. I then went to the Greenwich Library, and I returned a book and two DVD video disks, and I checked out two more DVD video disks. I then walked lower Greenwich Avenue. I next drove down by the waterfront. I then returned home, and I chatted with a friend. CIO**

**Note: <888> 02/25/02 Monday 7:10 A.M.: I am listening to the BBC World Service [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I finished sifting through my email. I also went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I found this link if one is interested in translating foreign languages <http://www.teletranslator.com:8080/> . I finished the backup of the backup computer of the C: drive to the D: drive. I had two hotdogs with buns and mustard and ketchup, Lays onion and sour cream potato chips, a dill pickle slice, and ice tea. If one has a microwave, one can microwave hotdogs usually by pricking them with a fork lengthwise on two sides, and then I put them on a microwave proof plate, and I cover them with a microwave cover, and I cooked them on high for 90 seconds. At gourmet specialty stores one can buy specialty microwave hotdog cookers, but sometimes they do not hold the large hotdogs. I generally take frozen hotdog buns, and I microwave them for 30 seconds to defrost them. Well, I guess I will shut down for now. Have a good morning. CIO**

**Note: <888> 02/25/02 Monday 4:55 A.M.: The 6 gigabyte Maxtor hard drive, I salvaged is successfully installed in the upper bay of the backup computer as the D: drive. I put on side rails on it that I had. I connected it with an IDE controller cable I had from the secondary IDE controller as the primary drive. I ran FDISK, and I deleted its old partitions, and I then formatted it. I put Microsoft Backup on the backup computer which is available for install as an ADDON from the Windows ME CD. I am now doing a C: drive to D: drive backup on the backup computer. I will now do a little bit of regular computer work on the primary computer. CIO**

**Note: <888> 02/25/02 Monday 2:40 A.M.:** I went to bed about 9 A.M. yesterday. I was up at about 6:30 P.M.. I had breakfast of oatmeal, Poppy seed bread toast, orange juice, coffee, and vitamins. I went out at 8 P.M.. I drove down by the waterfront. I then drove over to the ATM machine at Putnam Trust Bank of New York on Mason Street. I then stopped by the Stop and Shop, and I bought two cans of Progresso New England clam chowder for .99 each, four half gallons of Florida Natural orange juice with calcium for \$2 each, Lysol pine cleaner \$1.99, S&S parmesan cheese \$2.49, two replacement sponges for the O Cedar dishwashing wand \$2.49, a dozen large eggs \$1.69, two large bags of Lays onion and sour cream potato chips \$1.99 each for \$22.89 total. I then drove downtown. I walked lower Greenwich Avenue and the train station area. I then sat out downtown for a while. I then walked up to the top of Greenwich Avenue, and I sat out for a while. I then walked back down the Avenue. I then drove down by the waterfront. I had noticed around the train station dumpster two discarded Dell Optiplex GxA workstations, which I retrieved. I then returned home about midnight. I put away my groceries. Both Dell Optiplex GxA workstations have been stripped of their memory and processors. Thus they are not of any use. One did have a Maxtor Model #9065OU2 six gigabyte hard drive which I will put in the backup computer. There are no other salvageable items on either unit, unless one had a similar Dell desktop and could use the floppy drives or power supplies. I will put both of them out by my dumpster before installing the Maxtor hard drive on the backup computer. I had dinner of two 1/3 inch slices of cold eye round with horseradish and Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy sauce, steamed frozen Brussels sprouts, ice tea, and Brazilian instant coffee. CIO

**Note: <888> 02/24/02 Sunday 7:30 A.M.:** I just had two hotdogs with buns and mustard and ketchup and ice tea. I will now shut down for the day. CIO

**Note: <888> 02/24/02 Sunday 4:15 A.M.:** I had an enjoyable dinner. I am doing some regular computer work. CIO

**Note: <888> 02/24/02 Sunday 1:35 A.M.:** I went back downstairs and I checked the mail after the last message. I went to bed yesterday about noon. About 1:30 P.M., I got a call from one of Robert Schuler's people soliciting contributions for his church ministry. I explained to them that on my limited income, I can not afford to give to his church, but I encourage my wealthier friends to give to his church. I also discussed certain Dutch matters and Reform church matters on the east coast. I went back to bed until 8 P.M., and I received a telephone call from a relative that they received the book I sent them. They explained to me that in the reused wrapper I sent it in that I had enclosed another relative's Christmas card with a \$20

gift. The relative is returning it to me. I got up, and I had breakfast of three medium boiled eggs, two croissants I got from the table downstairs, vitamins, orange juice, and coffee. I watched the Winter Olympics until about 11:30 P.M.. I then cleaned up. I then took the three pound eye roast, and I seasoned it on both sides with ground black pepper, garlic pepper, celery salt, chicken and meat seasoning, oregano, basil, and Italian spices, and then I covered its entire surface with Texas Best barbeque sauce, and I am cooking it in the convection oven for 45 minutes at 325 degrees Fahrenheit. I will let it stand about ten or fifteen minutes to let the meat absorb the juices after cooking before slicing some off for dinner. I will put on the eye round Lea and Perrins Worcestershire sauce, horseradish, and McHilney's Tabasco sauce. I will have it with steamed white rice with La Choy low sodium soy sauce, steamed frozen green beans, ice tea, and a cappuccino. I will then do some regular computer work. CIO

Note: <888> 02/23/02 Saturday 10:15 A.M.: I went out, and I stopped by the waterfront. Believe it or not Long Island Sound still seems to be there. Despite our local rain fall shortage and drought conditions, we can still look at the moist waterfront. Maybe we should start thinking of building a desalination plant. I recall Dupont makes reverse osmosis water desalination plants. I then drove downtown, and I walked lower Greenwich Avenue. I stopped by Zyns, and I played number 28 scratch card for \$1, but I did not win. I sat out for a while. I then went by the Greenwich Hospital Thrift shop. They still have the \$20 bag sale on. Today is the last day of \$20 a bag. I suppose it is cheaper next week. I bought a chipped 8 inch glass bowl for \$1. I then went by the Stop and Shop, and I bought a package of expire hotdog buns for .79, two 32 ounce Heinz ketchups for \$3 both, Lea and Perrins Worcestershire sauce large bottle \$2.29, and an eye round roast at \$2.99 a pound for \$9.21 for \$15.29 total. I then returned home. I picked up a loaf of poppy seed bread from the bread donation table. I then relaxed a bit. I will now head off to bed. CIO

Note: <888> 02/23/02 Saturday 7:20 A.M.: I took my omelet pan which I do not wash, but I leave seasoned. I sliced four 1/6 inch slices of mozzarella cheese, I then broke three extra large eggs, and I mixed them with two tablespoons of milk with a fork but not too thoroughly. I also added dashes of Basil, Italian seasoning, and oregano. I heated the omelet pan on the large electric burner at medium heat adding two tablespoons of olive oil and three pads of margarine. Once the fat was heated, I added the egg mixture and let it heat. Once it began to be cooked on the top side, I loosed it with a spatula and I flipped the omelet to cook on the other side, and I added the slices of mozzarella and once it began to puff up, I folded it and I placed the mozzarella cheese omelet on a plate and I added dashes of parmesan cheese on top of it. I had it with two slices of Italian bread toast and ice tea. I will now go out for some day light activity. CIO

**Note: <888> 02/23/02 Saturday 6:35 A.M.: I finished some regular computer work. I guess I will relax a bit. I might have a bite to eat.**

**Note: <888> 02/23/02 Saturday 4:30 A.M.: I went out after the last message. I drove down by the waterfront. The police were towing a car by Greenwich Capital. I then walked the entire length of Greenwich Avenue. The Dome Restaurant left their front window open. I noticed quite a few stores are empty on Greenwich Avenue. I then drove by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then stopped by the Shell Station, and I bought a dozen eggs for \$2.59 which is a bit higher than usual, but I did not feel like going to Cumberland Farms across the border in New York where they would be cheaper. Both the Food Emporium and the Stop and Shop appeared to be closed. I then returned home. I am having an ice tea. CIO**

**Note: <888> 02/23/02 Saturday 1:35 A.M.: I finished doing two loads of laundry. I changed the sheets on my bed. I did my house cleaning and watering the plants. I still have to vacuum in the morning when I will not disturb my neighbors. I watched the Winter Olympics while doing this. Earlier in the week, I put on a new 6 foot cable from the cablevision wall outlet underneath the living room windows to the first splitter. Hopefully this will eliminate lines on the television screen. I had a meal of two hotdogs with buns and mustard and ketchup and ice tea and Brazilian instant coffee. I ran Symantec Live Update and Windows Update installing the latest updates. I will now clean up and go out for some fresh air. CIO**

**End of Scott's Notes week 02/22/02:**

**Note: <888> 02/22/02 Friday 9:30 P.M.: I was up until 11 P.M. last night watching a bit of television. I had some Danish cookies. I went to bed then, and I was up at 8 A.M.. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I guess I was tired because I fell asleep until 7:30 P.M. this evening. I just had a broiled boneless shell steak with Lea and Perrins Worcestershire sauce, steamed frozen green beans, microwaved steamed white rice with La Choy low sodium soy sauce, ice tea, and a cappuccino. I will now send out my weekly computer notes. I will then do my laundry. CIO**

**Note: <888> 02/21/02 Thursday 9:45 P.M.: I did a little bit of regular computer work. I will now relax for the rest of the evening, and maybe I will watch a little television before going to bed. CIO**

**Note: <888> 02/21/02 Thursday 8:35 P.M.: I fell asleep until 1:30 P.M.. I had two hotdogs with buns and mustard and ketchup and ice tea. I then cleaned up, and I made my 3 P.M. appointment. I then stopped by the Greenwich Hospital Thrift shop. They have a \$20 a bag of clothing sale going on. I then drove downtown. I noticed all the parking meters on Greenwich Avenue are now a quarter for a half hour. They do not accept nickels and dimes. I did notice all the parking meters in the Board of Education parking lot are the same, but about the last 15 in the northwest corner west of the tree on the north side of the parking lot are a quarter for an hour. Thus the parking bargains on Greenwich Avenue seem to have been eliminated. I suppose the off street parking lots like next to the Town Hall might offer better rates. I also suppose that Old Greenwich still does not have parking meters. I walked lower Greenwich Avenue. I then drove by the waterfront. I next stopped by the Greenwich Library, and I returned a DVD video. I then went by Exxon, and I bought \$8 of premium at \$1.499 a gallon. I then went by the Food Emporium, and I bought two boneless shell steaks at \$4.99 a pound for \$7.29 total. I then returned home. I relaxed a bit. I then had dinner of a Stauffer's 20 ounce Lasagna with parmesan cheese, ice tea, and a cappuccino. I will now do a bit of regular computer work. The procedure for remedying with the Symantec Firewall preventing Windows XP from logging on to Optimum Online works fine. I tried it just now. Simply when one boots, and the computer does not log on, disable from the lower right side icon the Symantec Norton Firewall, then on the networking icon click repair, and then enable the Symantec Norton Firewall, and one should be on line with Optimum. I am not sure if Symantec has a cure, but at least this works. Back to the internet. CIO**

**Note: <888> 02/21/02 Thursday 9:05 A.M.: I was up at 6:30 A.M.. I chatted with a friend. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I relaxed a bit. On the computer when I start up the computer, and it logs onto Optimum Online, sometimes because of the Symantec Internet Firewall, it does not log on properly. With the icons in the lower right side of the screen, one can temporarily disable the Symantec Firewall, and then on the networking icon, one can click to repair the network, and then one is back online again properly. Of course then one enables the Symantec Firewall to protect against Trojan Horse intruders and other malicious hackers. I also forgot to mention on Sunday evening, I made up another batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . Well, although it is a bit warm outside, it is also damp, so I guess I will remain inside a while to stay more comfortable. I really do not have much to do when I go out on damp days besides stopping by the**

**Hospital Thrift Shop and the Library. I guess on Tuesday when it is free, one could always visit the Bruce Museum. Well, I am plenty comfortable at home, and when it is damp like today, I can climb back into bed underneath the comforter, and I can read more of the Windows XP manual. I have a 3 P.M. appointment this afternoon. CIO**

**Note: <888> 02/21/02 Thursday 1:35 A.M.: I had a piece of cake. I finished my regular computer routine. The system is running just fine. Well I have a 3 P.M. appointment today, so I will start getting ready to go to bed. Have a good morning. CIO**

**Note: <888> 02/20/02 Wednesday 11:45 P.M.: I was up until 2 A.M. this past morning. I was up at 11 A.M. today, and I had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. I was cold and tired, so I fell back asleep until 3 P.M. when a friend showed up to visit. We chatted a while. I cleaned up, and we went out. We walked from the center of downtown Greenwich Avenue down by the waterfront and down to the end of Steamboat Road and back to the center of town. We then stopped by the Food Emporium, and my friend bought a rib eye steak at \$3.99 a pound. We then returned back to my place. My friend started watching television, and asked me to turn on the computer to try to get stock quotes. The computer would not log onto Optimum online. So after rebooting a few times, I tried uninstalling and reinstalling the TCP/IP stack to no avail. I tried from the Command Prompt "ipconfig /release" and "ipconfig /renew" to no avail. I checked with a neighbor to see if they were having the same problem. My backup computer worked just fine. I finally shut down about 8 P.M.. I cooked dinner of broiled rib eye steaks, steamed white rice, steamed frozen green peas, ice tea, and a cappuccino. My guest left about 9 P.M., and after I finished my cappuccino about 10 P.M., I tried to get the computer to go online, by uninstalling and reinstalling the TCP/IP stack again along with the "QoS packet scheduler" . I do not install Client for Microsoft Network, since I am not networking with other computers. I then called Optimum Online, and while I was waiting for tech support, I tried disabling the Symantec firewall, and I was able to get online with Optimum. I then ran "Ipconfig /release" and "Ipconfig /renew" from the command prompt, and the system was back up and working just fine, and I enabled the Symantec firewall. I then chatted with Optimum Online tech support for about 45 minutes, so I could brief them on the problem, and I chatted a bit of tech. Of course my tech fixes apply to my particular system with Windows XP Professional. I will now do a little bit of regular computer work. CIO**



**Note: <888> 02/19/02 Tuesday 11:05 P.M.: I chatted with a friend. I finished my regular internet routine. I will now watch a DVD movie. CIO**

**Note: <888> 02/19/02 Tuesday 9:15 P.M.: This morning before falling asleep, I had some Marachaun shrimp lunch noodles, potato chips, and ice tea. I eventually fell asleep about 7:30 A.M.. I was up at 2 P.M., and my new RCA clock radio woke me up just fine. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I cleaned up, and I went out, and I mailed the Monsoon audio speaker system \$30 rebate information at the Valley Road post office. I then made my 4 P.M. appointment. I next went downtown, and I walked lower Greenwich Avenue. I noticed a black squirrel in the park. I have not seen gray ones yet. I was thinking about the weather, and I was thinking that perhaps with the warmer than normal winter, we will have a warmer than normal summer, which would mean warmer Atlantic ocean waters, which might mean an increased tropical storm season for the folks down south. I then went by the Greenwich Library, and I checked out three DVD video disks including one opera. I then returned home. I had some ice tea. I relaxed a bit. I then had a broiled rib eye steak with Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy sauce, steamed frozen green peas, ice tea, and a cappuccino. I then watched a bit of television. I will now do some regular computer work. CIO**

**Note: <888> 02/19/02 Tuesday 5:00 A.M.: Well, I finished some of my regular computer routine. I will now head off to bed. Have a good morning. CIO**

**Note: <888> 02/19/02 Tuesday 3:20 A.M.: I put together the \$30 Monsoon rebate information, and I have it ready to mail to British Columbia, Canada. It says it takes 8 to 10 weeks for the rebate. I had to reinstall PaperPort for the Visioneer 4400 USB scanner to get it to print out a copy of my CompUSA receipt. I enabled web capture to print out from PaperPort. I registered the Monsoon Audio System – MH502 at their web site. I put the 6” shielded audio cable with 1/8” stereo miniplugs and In-Line 1/8” mini-jack coupler in my lower right living room desk drawer since I am not using them right now. I will now do some regular computer work. I have a 4 P.M. appointment today, so one I get tired in a couple of hours, I will go to bed. CIO**

**Note: <888> 02/19/02 Tuesday 1:30 A.M.: I was up at 4 P.M. yesterday. I had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. I cleaned up, and I went out. I stopped by the ATM machine at Putnam Trust Bank**

of New York on Mason Street. I drove downtown, and I drove by the waterfront. I then drove over to Radio Shack in Cos Cob. I bought a 4" Stereo Headphone Cable Y-Adapter for \$5.49, a 6' shielded audio cable with 1/8" stereo miniplugs \$3.99, a In-Line 1/8" mini-jack coupler for \$3.49 plus .78 tax for \$13.75 total. I then went to the Food Emporium, and I bought two Rib Eye steaks at \$3.99 a pound for \$3.71 and \$3.23 for \$6.94 total. I then returned home. I then installed the three parts from Radio Shack, so I could hook up my stereo input more conveniently from the computer at the input plug on the TDK speaker system. I noticed that the input jacks on the TDK speaker system were way too loose, so I decided to return the TDK speaker system. I packed it up in its box. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove up to Costco in Norwalk, and I returned the TDK speaker system for a cash refund for \$55.35. I then drove over to CompUSA in Norwalk which has a larger selection of computer speakers. I bought the Monsoon Audio System MH-502 Monsoon Audio Systems - MH502 which regularly sells for \$99.99 for \$79.99, plus it also has a \$30 mailin rebate, so it will eventually cost me \$49.99. I also bought at \$5 off a 3.5 inch floppy drive for \$14.99 and both items came to \$100.68 with \$5.70 tax. I then returned home. I put the new 3.5" floppy drive in my primary computer. I then hooked up the Monsoon MH502 Audio System. It is a heavier system than the TEAC system that I returned with the same 60 watts. I put the right side speaker on top of the corner room speakers by the Motorola cable modem, and I put the left speaker on the CD stand to the left of the monitor. I put the amplifier subwoofer on the shelf beneath my computer coffee table. I also put the large power supply behind the amplifier subwoofer. I have the power supply plugged into the same extension cord that controls my other speakers and turns off and on from the control panel. I plugged in the input to the amplifier subwoofer into one of the two Y plugs coming off the first sound card speaker jack. The Monsoon Audio System - MH502 has a power on/off switch and volume control dial on its input cable that I placed on the keyboard shelf to the right of my keyboard. The sound is most excellent. I have the amplifier subwoofer at  $\frac{3}{4}$  volume, and the speaker volume switch on the cord about half way as well as the computer sound at half way. I then took the 4" Stereo Headphone Cable Y-Adapter, and I plugged it into the second speaker jack on my Creative MP3 Live sound card, and from it I hooked up another pair of older speakers as well as a cable leading to my input cable for the input into my stereo system amplifier. I have both ends hanging off the orange and gold mirror on the wall to the left of my computer for easy connection when one wants to play through the room stereo system. As usual to do that, the amplifier has to be set to Phono. I then had a Marie Callendar beef tips dinner with ice tea and a cappuccino. I then installed my old 3.5" floppy drive I took out of the main computer on my backup computer to replace the defective 3.5" floppy drive on it. This all took some time. However, the over sound is quite superior and comfortable to listen to, particularly when listening at low volume late at night. I will now fill out the \$30 rebate form on the Monsoon Audio System - MH502 to have ready to mail. I took the aroma lamp that was on the corner room speakers where I put the right Monsoon speaker, and I put the aroma lamp on the window shelf behind and to the right of the backup computer. I will then do some regular computer work. CIO

**Note: <888> 02/18/02 Monday 5:55 A.M.: Well, I finished my regular computer routine. I will now head off to bed. CIO**

**Note: <888> 02/18/02 Monday 3:20 A.M.: Since I have not been using the EpsonStylus Color 880 printer much in the last two months, I cleaned its nozzles and checked the pattern just to keep the ink in the machine fluid. It is just fine and ready for use. CIO**

**Note: <888> 02/18/02 Monday 3:10 A.M.: Since the older Terayon TeraPro cable modem on the backup computer does not seem to want to work probably since it is not a DOCIS cable modem, I unplugged it from the power control center on the backup computer. I placed the backup computer LAN cable near to the primary computer Motorola Surfer Pro cable modem, so it is easy to exchange between LAN cables for either computer should someone need to use the backup computer. Of course without a cable router, one can not use both at the same time which would be difficult anyway, since they are adjacent to each other sharing the same chair. I also connected on the backup computer the Compaq IJ200 printer to the power control switch for printer, and I have both speaker systems on the backup computer on the power control center AUX1 and AUX2. I also enabled my 74,000 Favorites on the backup computer, which I did by moving the system folder C:\Windows\Favorites to the Favorites folders containing my bookmarks. I also turned the Compaq IJ200 printer across the top of the backup computer CPU, and I am using the plastic cutting board to support it, so it is stable and has room for paper to feed out of it. I might surf the net a bit instead of reading the Windows XP manual right now. CIO**

**Note: <888> 02/18/02 Monday 2:10 A.M.: I went out for a drive after the last message. I drove downtown. I noticed the old computer monitors are still in the lower level train station dumpster. Unless one was very strong, they would be extremely heavy to lift. I drove down by the waterfront. I then drove over to CVS in Riverside which is open 24 hours. I bought two six packs one chicken and one shrimp of Maruchan instant lunch cups for \$1.49 each six pack and a bottle of cinnamon for \$1 for \$3.98 total. I then drove back downtown, and I then returned home. On Sunday nights the Food Emporium is not open 24 hours. I put the Maruchan instant lunch cups on the right living room closet shelf. I then took a can of Progresso chicken broth penna soup, and I put it in the microwave pot with lid, and I put it in the GE microwave and pressed the reheat button. I had the soup with a half dozen saltines and ice tea. I then had a cup of Brazilian instant coffee. I then took the JVC VCR and the TEAC DVD player off the small dark oak table, and I**

moved the small dark oak table back between the desk and the Epson printer stand. I took four 3 inch thick yellow pages, and I stacked them two high side by side on the TV chest, and I put one of the unused entertainment center shelves 28" by 14", and I put it on top of the telephone books. I then put the TEAC DVD player on the shelf and then I put the JVC VCR on top of the TEAC DVD player. I put the tape rewinder on top of the VCR. To the right of the stacked components, I put the Emerson wireless headphones which I put rechargeable batteries in. I also put the Radio Shack battery recharger in the same location. On the left side and on top I spread around my various remote controls. Thus the TEAC DVD player and the JVC VCR are stacked lower in front of the Orion television. This also gives remote control users a direct line of sight to the Orion television with out having to raise the remote control higher. I put the plastic cutting board the VCR was sitting on the lower level of the oak table back with the other cutting boards in the kitchen. For now I have left the dark oak table in between both computers empty, but I am sure over time it will fill up with odds and ends. I will now read some of the Microsoft Windows XP manual. CIO

Note: <888> 02/17/02 Sunday 10:35 P.M.: I videotaped the latest version of National Geographic's Volcano Hunters. I have it on the same tape that I recorded another National Geographic volcano special on last week. I put the tape by the Smithsonian volcano book on the top shelf of the center bookcase in the hallway. I will now go out for some fresh air. I had some potato chips and Carr's crackers with Vermont cheddar cheese and ice tea while watching the Volcano special. I just ran Symantec Live Update. CIO

Note: <888> 02/17/02 Sunday 7:35 P.M.: I was up at 4 P.M. when a relative called. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I have been watching a bit of television. I chatted with another relative. I cleaned up. I am watching television. At 8 P.M., I will videotape the National Geographic special on MSNBC about Volcanoes at 8 P.M.. CIO

Note: <888> 02/17/02 Sunday 5:55 A.M.: I sifted through my email. I went through my daily work list [www.geocities.com/mikelscott/scotlist.htm](http://www.geocities.com/mikelscott/scotlist.htm) , and I noticed the Times of London no longer publishes the Court Circular or at least I can not find it. I imported my music files into the Windows Media Player. I also created a separate Music folder on my desktop, and I placed in it 17 short cuts to my music play lists on the E: drive of some vintage music for quick click enjoyment. I had a piece of cake. I will now head off to bed. Have a good day. CIO

**Note: <888> 02/17/02 Sunday 1:00 A.M.:** I cleaned up after watching some of the Winter Olympics. I went out. I returned the DVD video at the library drop. I walked the entire length of Greenwich Avenue. I sat out for a while. I then went by the lower level train station dumpster, and I noticed they have about a dozen six year old 20 inch monitors they have discarded that weigh about 100 pounds apiece. I do not need one, so I left them there. I drove down by the waterfront. I then returned home. For dinner I had the rest of the eye round roast with horseradish, McHilney Tabasco sauce, and Lea and Perrins Worcestershire sauce, steamed white rice, steamed frozen green peas, and ice tea. I moved the Terayon cable modem to the left side of the backup computer, and I put a shorter and heavier cable from the splitter to it. I put the Compaq IJ200 printer lengthwise on top of the backup computer CPU. I have not been able to get the Terayon cable modem to go online recently, but the instructions says it takes up to seven minutes for it go online, so I will just leave it on and see if it eventually goes online. The instructions say to leave it on all the time, but since I hardly ever use it, I do not leave it on all the time. Perhaps since it is not the Motorola Surfer Pro I have registered with my main computer, Optimum has blocked it. Well, I will now do a little bit of regular computer work. A relative while on vacation sent me a post card of the Mount Ruapehu, New Zealand volcano erupting at sunset in the mid 1990s. It is located at Tongariro National Park. CIO

**Note: <888> 02/16/02 Saturday 9:00 P.M.:** I tightened the antenna connections on the amplifier tuner, and I adjusted the antennas, and the reception is a bit better. Possibly some radio stations do not come in as strongly anymore since the antenna on the World Trade Center is not there anymore. I can still input from one of the right speakers on the computer into the stereo system, but the feed is weak. I should find a female connector to plug into the input in the TDK woofer that has a split female connector that could connect to the cable imputing into the stereo as well as the TDK speaker system. On the primary output jack on the computer sound card, I have a two way Y splitter with the output to the TDK speaker system on one of the two outputs, and the second output has a three way connector with another speaker system connected to it, and the earplug from the microphone and the headphones thus the system audio feed weakens a bit. I had my cappuccino. I am now watching the Winter Olympics. CIO

**Note: <888> 02/16/02 Saturday 7:15 P.M.:** I watched the DVD movie until midnight last night. I chatted with a friend during the movie. I went to bed after the movie, and I was up at 9:30 A.M.. I picked up a loaf of Italian bread and two croissants downstairs. One of the local building tenants has a source of day old bread. I then had breakfast of two croissants, oatmeal, orange juice, vitamins, and coffee. I fell back asleep until 4 P.M.. I had two hotdogs with buns and mustard and ketchup, potato chips, dill pickle slice, and ice tea. I just finished house cleaning and watering

the plants. I also did a C: drive to D: drive backup of the computer while doing house cleaning. I have to adjust the antenna connection on my amplifier for the tuner. I will then have a cappuccino and clean up, and I guess go out for some fresh air. CIO

Note: <888> 02/15/02 Friday 8:00 P.M.: I read some news. I sent some messages. I will now shut down the computer, and I will watch a DVD video. CIO

Note: <888> 02/15/02 Friday 6:45 P.M.: I received two shirts in the mail from a relative. I went out after the last message. I stopped by the Valley Road post office, and I mailed some mail; and I also mailed the book to a relative for \$3.13 book rate. I then stopped by Putnam Trust Bank of New York. I had received a call earlier in the day that my account slips from Deluxe check printers had the wrong account number on them, so I got that matter sorted out. I should be receiving a new batch of slips soon. I then stopped by the Greenwich Hospital Thrift shop, and I bought a new Cuisine Art original food processor without the blade for \$7.50. I have the Classic model at home with a set of blades, so now I have a backup Cuisine Art. I then went downtown, and I stopped by the Merry Go Around Mews thrift shop, and I bought a bolt of white brocade cotton cloth 12 feet long by four feet wide for \$5. I walked around the center of town a bit. I then drove down by the waterfront. I then drove over to Smokes for Less in Byram, and I bought three cartons of Seneca Ultra Lights 100s for \$19 apiece or \$57 total. I then returned home. I put the new Cuisine Art in the bedroom closet. I put the new piece of white cloth on the lower half of the long green pattern sofa against the living room window wall. I had some ice tea, and I relaxed a bit. I then had dinner of three 1/3 inch thick slices of cold eye round beef with horseradish, McHilney's Tabasco sauce, Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy sauce, steamed frozen peas, ice tea, and a cappuccino. I watched a bit of television. CIO

Note: <888> 02/15/02 Friday 12:20 P.M.: I was up until 5:30 A.M., and I woke up at 10:30 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I did some paper work. I have been listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . The new TDK Tremor S60 speakers sound great with the existing other two pairs of speakers. The sound is much clearer and easier to listen to at a distance. I will now clean up. I will then go out and mail the book. I will do some other day time activity. CIO

End of Scott's Notes week 02/15/02:

**Note: <888> 02/15/02 Friday 2:00 A.M.: I installed the old Advent speaker system on the backup computer connecting it to the second SoundBlaster AWE 32 speaker plug in hole. I connected the power to the printer switch on the power control panel with the other pair of speakers on AUX1. Of course the right speaker does not work with the Advent system, but the left and the woofer works fine. One has to plug in the Compaq IJ200 printer into the floor power control strip to use it. I put the Compaq IJ200 printer on the Terayon cable modem on the CPU. I adjusted sound settings. I ran Symantec Live Update and Windows Update on the backup computer. I will now send out my weekly notes and then after some Vermont extra sharp cheddar cheese and Carr's crackers and ice tea, I will head off to bed. CIO**

**Note: <888> 02/15/02 Friday 12:35 A.M.: After the last message when I had my snack, I relaxed a bit. I then went out at 7:30 P.M.. I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove up to Costco in Norwalk. They are open until 8:30 P.M. on weekdays. I bought a TDK TDK:Tremor S60 Speaker system regularly \$75 for \$49.99, and I also bought a RCA AM/FM clock radio RP3721 for \$19.99 plus 5% non member charge of \$3.50 plus \$4.41 sales tax for \$77.89 total. I then drove back to Greenwich, and I drove by the waterfront. I then stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went to the Exxon station next to the library, and I bought \$7.25 of premium at \$1.499 a gallon. I then returned home. I took out the old Advent speaker system that was defective, and I installed the new TDK Tremor S60 system. I put the bass woofer on the floor to my left side next to the box that holds my left side mouse pad, so it can reverberate off the wooden box. I put the right speaker on the right side of the CPU in front of the other two speakers, and I put the left speaker on the left side on the monitor on the keyboard drawer shelf holder. I connected them to the SoundBlaster Live MP3 audio card as the front speakers on the fist audio output jack, and I have another pair with splitters on the same jack along with the microphone ear piece and the headphones. I have another pair of Jensen speakers on the second jack set up as the rear speakers. I adjusted the TDK woofer audio to midrange, and I adjusted the other audio settings, and it all sounds just great. I installed the RCA clock radio next to my bed, and I set it up. I put the older Panasonic clock radio on my older Sony color television in the kitchen. This all took a while. Since the Advent speaker system I took off the computer does not work on the right side, but the woofer and left side works, I will probably connect it to my backup computer. I will start doing that now. After I do that, I will probably head off to bed. CIO**

**Note: <888> 02/14/02 Thursday 6:30 P.M.: I watched television this morning. About 6 A.M., I had two hotdogs with buns and ketchup and mustard, a dill pickle slice, potato chips, and ice tea. I rested until noon. I checked the mail. I had a Marie Callander beef tips meal, ice tea, a slice of cake and an instant Brazilian coffee. I**

made my 3 P.M. appointment. I stopped by the Greenwich Hospital Thrift shop. I then went by the Greenwich Library, and I returned a DVD video disk. Downstairs in the snack bar area, they have discarded library books for sale for .25 apiece. I bought two for .50. I then went by Var Max liquor pantry just across the Greenwich, Connecticut and the Port Chester, New York border on U.S. 1, and I bought a 1.5 liter bottle of Rene Junot white wine for \$5.99 plus .40 tax for \$6.39 total. I returned home. I put the Rene Junot white wine in the refrigerator to chill to have it in reserve for hospitality occasions. I then package up one of the books to send to a relative book rate, when I have a chance to mail it tomorrow. I relaxed a bit. I will now have some Vermont extra sharp cheddar cheese with Carr's crackers and ice tea.

Note: <888> 02/14/02 Thursday 2:55 A.M.: I will shut down the computer now. I will now read the Windows XP manual or I will watch some television or I will rest and get back on a day schedule. I have a 3 P.M. appointment today. CIO

Note: <888> 02/14/02 Thursday 2:15 A.M.: I noticed in the finals of the Westminster Kennel Club dog show, there was a Corgi from Volcano, California. I did a little research, and I came up with this web site of a local hotel there with reference information The St. George Hotel . It says that the place was named Volcano, California since it looked like a Volcano, but it does not say whether there is actually a volcano there. Still judging from the locality it would be a nice place to sip a glass of wine. It says the hotel charges an extra \$150 if one smokes in their room. I have sifted through my email, and I will now start working on [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 02/14/02 Thursday 1:15 A.M.:

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**Volcano Hunters documentary**

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From: "Stephen James O'Meara" <[someara@interpac.net](mailto:someara@interpac.net)>

Dear Friends and Colleagues:

For all those who inquired the National Geographic Society Explorer program entitled VOLCANO HUNTERS will air in its entirety on Sunday, February 17, 2002 on MSNBC at 8PM EST. Earlier to the west.

The program details our work with active volcanoes and an investigation



into a possible lunar tidal influence at particular volcanoes.

Check local listing on the west coast for earlier times.

Sincerely, Donna and Steve O'Meara

--

**Volcano Watch International**  
**Donna and Stephen O'Meara**  
**P.O. Box 218**  
**Volcano, Hawaii 96785**

**808.985.7186**

**[someara@interpac.net](mailto:someara@interpac.net)**

**[donna@post.harvard.edu](mailto:donna@post.harvard.edu)**

**<http://volcano.und.edu/>**

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**NATIONAL GEOGRAPHIC PRESS RELEASE**

**A DATE WITH DISASTER:  
 VOLCANO HUNTERS RACE TO PREDICT  
 DEADLY VOLCANIC ERUPTIONS**

**National Geographic EXPLORER's Volcano Hunters Premieres  
 Sunday, February 17 at 8 p.m. ET/5 p.m. PT only on MSNBC**

(Washington, DC February 12, 2002) In the aftermath of Congo's current Nyiragongo volcano crisis, scientists and researchers from all over the world are racing to find clues that will help predict future deadly eruptions. On Sunday, February 17, at 8 p.m. ET/5 p.m. PT on MSNBC, EXPLORER joins two courageous volcano hunters, Steve and Donna O'Meara, for two perilous weeks atop one of the world's most active hot spots, Stromboli, in Italy's Aeolian Islands. Supported by the National Geographic Society, the husband and wife team set out to investigate an ancient and controversial lunar theory that they believe will contribute to the science of predicting eruptions and may save lives.

Off the northern coast of Sicily, Stromboli's summit is a forbidding landscape of craggy rocks frequently shrouded in clouds of toxic gas. Hot ash rains down as sulfuric vapors overtake the fresh air. EXPLORER follows the O'Mearas through smoke and ash to collect hard data to prove that some volcanic eruptions follow a pattern based on the moon's gravitational pull, much like the ebb and flow of the ocean's tides. Ascending the smoking, belching Stromboli volcano takes courage, tenacity, and perhaps a touch of madness. Ignoring critics who doubt such a lunar correlation exists, the O'Mearas push on, determined to find out if the moon is indeed tugging at the earth's molten core.

Volcanoes have killed close to a quarter million people in the past 500 years. The most catastrophic events can not only level entire towns -- as Nyiragongo did in Congo last month -- but can also wipe out animals large and small in the surrounding areas -- as Mount St. Helens did here in the United States in 1980. If the O'Mearas' observations at Stromboli are viable, their continuing work could impact crisis aid and conservation efforts while forever shifting the study of volcanoes.

The eruption last summer of Europe's tallest active volcano is the subject of "Etna Ignites," the cover story of the February 2002 issue of National Geographic magazine.

For programming information and updates for National Geographic EXPLORER, please log on to [www.nationalgeographic.com/tv/explorer](http://www.nationalgeographic.com/tv/explorer). NGT&F is a wholly-owned subsidiary of National Geographic Ventures, which also manages National Geographic's businesses in interactive, online, merchandising, travel expeditions, and related businesses. Building on its reputation for remarkable visual and compelling stories, National Geographic Television & Film (NGT&F) augments its award-winning documentary productions (winner of 116 Emmys and more than 800 other industry awards) with feature films, large-format, and long-form television drama programming. Worldwide, NGT&F's programming can be seen on the National Geographic Channel, MSNBC, and PBS, home video & DVD, and through international broadcast syndication. The National Geographic Channel is received by more than 130 million households in 23 languages and 136 countries, including the U.S. More information about NGT&F is available on [www.nationalgeographic.com](http://www.nationalgeographic.com).

MSNBC is a joint venture between NBC, a leading provider of news and information, and Microsoft, the leader in personal computer software and a major provider of Internet online services. Built on the worldwide resources of NBC News, MSNBC is a 24-hour cable news network available in 68 million homes and Internet news service at <http://www.msnbc.com/>.

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Contacts:

Terry Smith National Geographic Television 202-775-6146  
Eileen Campion Dera & Associates 212-966-4600

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To unsubscribe from the volcano list, send the message  
"signoff volcano" to: [listserv@asu.edu](mailto:listserv@asu.edu), or write to:  
[volcano-request@asu.edu](mailto:volcano-request@asu.edu).

To contribute to the volcano list, send your message to:  
[volcano@asu.edu](mailto:volcano@asu.edu).

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**Note: <888> 02/14/02 Thursday 12:25 A.M.: I installed this patch Microsoft TechNet. Yesterday morning I videotape off PBS channel 10, the National Geographic special on volcanoes. It runs about 50 minutes. I put the volcano videotape on top of the Smithsonian volcano book on the top shelf of my center hallway bookcase. I noticed in the Westminster Kennel Club dog show, the Corgi in the finals was from Volcano, California. CIO**

**Note: <888> 02/13/02 Wednesday 11:40 P.M.: I went to bed at 6 A.M. this morning after watching some television. I had a telephone call from a family member about noon. About 4 P.M. I got up, and I dressed, and I went to the Valley Road post office, and I mailed the Westminster Kennel Club dog show video tape priority mail to a relative for \$3.50. I then returned to my apartment, and I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I fell back asleep until 9 P.M.. I started watching the Winter Olympics. I also had dinner of three half inch slices of cold eye round beef with horseradish, McHilney's Tabasco sauce, and Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy sauce, steamed frozen peas, ice tea, and a cappuccino. I just finished watching the Winter Olympics. I will now do some regular computer work. CIO**

**Note: <888> 02/13/02 Wednesday 1:55 A.M.: I finished reading for the night. I will now head off to bed briefly. CIO**

**Note: <888> 02/13/02 Wednesday 12:05 A.M.: I had a piece of cake. I sent out an email. CIO**

**Note: <888> 02/12/02 Tuesday 11:40 P.M.: I finished watching the dog show. I chatted with a friend. I packaged the dog show videotape to mail to a relative. One can not put Priority Mail packages in the mail box at the post office, so I will have to mail it tomorrow. I guess I will start reading the Microsoft Windows XP manual. Yesterday, when I went out, I also ran Norton AntiVirus 2002 on the C: drive. CIO**

**Note: <888> 02/12/02 Tuesday 9:10 P.M.: I was up until 5 A.M. yesterday. I got up at 1:30 P.M. this afternoon. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I went out, and I stopped by Putnam Trust Bank of New York on**

**Mason Street. I then went by the Greenwich Hospital Thrift shop. I next drove downtown, and I stopped by the waterfront. I then walked lower Greenwich Avenue. I then went to the Greenwich Library. I checked out one of two copies of Microsoft Windows XP Limited Edition manual. I then returned home. I chatted with a friend. I then read some of Microsoft Windows XP manual. About 7 P.M. for dinner I had four 1/3 inch thick slices of cold eye round beef with horseradish, McHilney's Tabasco sauce, and Lea and Perrins Worcestershire sauce, and steamed white rice, and steamed frozen Brussels sprouts, ice tea, and a cappuccino. At 8 P.M., I started watching The Westminster Kennel Club , and I am also videotaping it for a relative who is busy this evening. I will go back to watching the dog show. I remember in February 1983 on my way back from Florida before going up to Norway, I walked through Pennsylvania Station, and in New York then after about two feet of snow, I saw the Westminster Kennel Club dog show letting out, and the train station was full of dogs. CIO**

**Note: <888> 02/12/02 Tuesday 1:00 A.M.: I finished watching the Winter Olympics. I watched a bit of other television. I will now watch a DVD video movie. CIO**

**Note: <888> 02/11/02 Monday 10:30 P.M.: I went out, and I mailed the letter at the Valley Road post office. I then stopped by the Greenwich Library. I returned two DVD video movies, and I checked out two DVD video movies. I also read the Wall Street Journal and P.C. Magazine. I then drove down by the waterfront. I then walked lower Greenwich Avenue. I then stopped by the Stop and Shop. I bought two half gallons of Tropicana orange juice with Calcium at \$1.99 a half gallon, four 28 cans of TuttoRosso crushed tomatoes .50 a can, two Marie Callender beef tips dinner \$2 each, a eye round roast \$2.99 a pound \$9.12, and Lays Wavy potato chips large bag \$1.49 for \$20.59 total. I then returned home. I coated both sides of the eye round roast with ground black pepper, garlic powder, chicken and meat seasoning, celery salt, Italian spices, Basil, oregano, and Texas Best barbeque sauce, and I am cooking it at 325 degrees Fahrenheit for 50 minutes in the convection oven. I will have a few 1/3 inch slices of the eye round for dinner with steamed white rice and steamed frozen Brussels sprouts, ice tea, and a cappuccino. I am watching the Winter Olympics also. CIO**

**Note: <888> 02/11/02 Monday 7:35 P.M.: I finished the letter. I will now go out and mail it, and I will also stop by the library. When updating this note on the remote server with the older version of FTP Pro, I have to temporarily disable the Symantec Firewall to get it to work. This was not the case with the latest version of FTP Pro which I do not feel like buying after the trail period ended. Remember to**

**stay warm this evening. I turned up the apartment thermostat two degrees to 74 degrees Fahrenheit to warm up the apartment on this cold evening. CIO**

**Note: <888> 02/11/02 Monday 6:25 P.M.: I went to bed at 4:30 A.M., and I was up at 4:30 P.M.. I had a telemarketing call from a resort in Florida about noon. I checked the mail, and my check from the Greenwich Hardware store came for the coffee machine I returned. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I watched some of the Winter Olympics for a while. I cleaned up. I put another 15 watt candelabra bulb in the right part of the right sconce on the living room wall adjacent to the hallway. I also changed the center living room lamp bulb from 15 watts to 40 watts. I will now write a Valentine's letter to a family member. CIO**

**Note: <888> 02/11/02 Monday 2:25 A.M.: I relaxed a bit. I watched some television. I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now watch a bit of television, and then possibly I will try to go to bed. It is interesting in that my computer says it is 53 degrees Fahrenheit outside, and the weather report on television this afternoon says we are suppose to go down into the teens tonight. I guess we must be on the edge of a weather front. Well have a good morning. CIO**

**Note: <888> 02/10/02 Sunday 11:25 P.M.: I have been watching the Winter Olympics. For dinner, I had a Stauffer's Salisbury steak and macaroni dinner and a fish filet and macaroni dinner with ice tea and a slice of cake. I noticed while watching the opening ceremonies, I have the Dutch flag hanging vertically backwards in my apartment from the curtain rod on the living room windows, so I changed it around, so when it hangs vertically the orange stripe is on the left and the blue stripe is on the right with the white stripe in the center. Well, I now will do a bit of computer work. CIO**

**Note: <888> 02/10/02 Sunday 10:05 P.M.: After the last message, I napped until 3 P.M.. I got up and I had a couple of hotdogs with buns and ketchup and mustard, potato chips, dill pickle slice, slice of cake and ice tea. My guest and I went for a drive. We walked lower Greenwich Avenue. We drove down by the waterfront. We stopped by Staples in Old Greenwich. We came back to my apartment. We had cappuccino. We have been watching the Winter Olympics. My guest just left. I will go back to watching the Winter Olympics. I tied up the Cablevision cord coming out of the living room wall, so I do not get video lines on the television. CIO**

**Note: <888> 02/10/02 Sunday 9:40 A.M.:** I had a friend stop by yesterday after the last message. We went out for a drive down by the waterfront. We stopped by the Food Mart in Cos Cob, and we bought two salmon steaks for \$3.99 a pound. We then returned back to my apartment. We watched some of the Winter Olympics on television. I rubbed the Salmon steaks in olive oil, and I put them in a Pyrex baking disk. I added about a third of a cup of lemon juice, and I seasoned them with Italian spices, Oregano, and Basil. I baked them at 350 degrees Fahrenheit for 25 minutes. About 7 P.M., we had the salmon steaks for dinner with steamed white rice and steamed frozen mixed vegetables and ice tea. We then watched the DVD video disk "Broadcast News", and then we watched some more of the Winter Olympics. We went to bed about 10:30 A.M., and I was awake at 7:30 A.M.. We had breakfast of three scrambled eggs each, French bread toast with margarine, orange juice, vitamins, and coffee. It is a bit damp today, but we will figure out something to do. CIO

**Note: <888> 02/09/02 Saturday 2:50 P.M.:** I was up at 9:30 A.M.. I checked the mail, and I picked up a loaf of French bread from downstairs. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I just finished watering the plants and cleaning the apartment. I am just about ready to put away a new batch of ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I just had lunch of two hotdogs with buns and ketchup and mustard, dill pickle, potato chips, piece of cake, and ice tea. I am throwing out the rest of the Purdue oven stuffer roaster chicken since it is over three days old. After I put away the ice tea, I will have a cup of cappuccino. I will then clean up and go out for some fresh air. This should be in about an hour. CIO

**Note: <888> 02/09/02 Saturday 1:45 A.M.:** I was up at 2:30 P.M. yesterday. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I checked the mail. I moved the oil filled electric radiators back into the bedroom since I have not been using them this warmer winter. I also put the Radio Shack battery charger to the right side of the TEAC DVD Multi Player. I cleaned up, and I drove downtown. I walked lower Greenwich Avenue. I drove down by the waterfront. I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I went by the Greenwich Library, and I returned the four DVD videos I checked out yesterday, and I checked out two more and I also checked out a book. I stopped by Exxon, and I bought \$9.50 of premium at \$1.499 a gallon. I returned home. I did three loads of laundry. I started watching the Winter Olympics 2002 from Salt Lake City, Utah and its opening ceremonies. I started videotaping them about 9 P.M. until the end at midnight. It took one and a half videotapes. I had some two plates of Vermont cheese and Land O Lakes cheese and crackers while watching them along with ice

tea. I had a bit of tummy trouble or indigestion, so I took a Tums antacid pill. I found these internet links from the Wellcome Trust on the Human Genome Project Ensembl Genome Server , Human Genome Working Draft, EBI, the European Bioinformatics Institute (EMBL Outstation, Hinxton, UK) serving the bioinformatics community , NCBI , DDBJ . Well, I am tired, so I guess I will go to bed shortly. Have a good morning. CIO

End of Scott's Notes week 02/08/02:

Note: <888> 02/08/02 Friday 4:35 A.M.: I was up at 1 P.M. yesterday. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I cleaned up, and I went down, and I signed my lease for the next year. I then went over to my 3 P.M. appointment. I next went by the Hospital Thrift shop. I then drove down by the waterfront. I then stopped by the ATM at Putnam Trust Bank of New York on Mason Street. I next stopped by the Greenwich library. I then went by the ATM again at Putnam Trust Bank of New York on Mason Street. I then drove up to Costco in Norwalk, Connecticut. I use the ATM machine at Costco. I the bought two packages of five boxes of Carr's crackers for \$5.59 each package. I also bought a major purchase. I bought a TEAC 5 disk carousel DVD Multi Player model DV-M5000 for \$149.99 plus I paid a 5% surcharge of \$8.06 since I was using a one day Costco card plus \$9.45 tax for \$178.68 total. I then returned to Greenwich, and I stopped by the Greenwich Library, and I checked out four DVD videos. I then returned home. I had dinner of two slices of cold chicken with Tabasco sauce, steamed white rice, steamed green beans, ice tea, and a cappuccino. I then proceeded to install the TEAC DVD player. First I removed the old Zenith short-wave radio from the TV chest. I took out the small dark oak table from the right of the primary computer, and I put it on top of the TV chest. I put the old Zenith short-wave radio in the bedroom closet. I put the blood pressure tester machine on the right side of the bedroom desk. I put the JVC videotape machine on a piece of plastic on the lower level of the dark oak table. I put the new TEAC DVD machine on top of the dark oak table underneath the television. I hooked up the TEAC DVD Multi Player to the Orion 25 inch television with the yellow, red and white audio and video RCA jack cables that came with the TEAC DVD Multi Player. I plugged it in, and it turned on. It took me some time and fiddling to figure out that I needed to use the remote control on the Orion TV to select "TV/AV" to have the TEAC video feed go into the Orion TV. I connected the red and white audio cables with RCA Y male to two female adaptors, and I plugged the other set of cables into the VCR input on the Technics amplifier, so I can play audio through my stereo system. I setup the Setup on the TEAC DVD Multi Player. Basically this all took some time, since I had to search for certain items, and I had to move other items around. I put the large button telephone on the arm of the couch adjacent to the television. I moved the tape rewinder on top of the JVC VCR. I moved the

Emerson wireless headphone on top of the VCR. I tested the TEAC DVD Multi Player, and it works just fine. Since it has a five disk carousel, one can listen or watch five different disks. I then put the 50 CD rack in between the day bed and the blue couch. I put the nine boxes of Bigelow tea on the shelf in the right living room closet. This all took some time, and I was finally done about 3:30 A.M.. I then had two hotdogs with buns and ketchup and mustard, potato chips, dill pickle slice, slice of cake, and ice tea. I will now send out my weekly notes and go to bed. Have a good morning. CIO

Note: <888> 02/07/02 Thursday 3:00 A.M.: I did a little bit of regular computer work [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I did not have time to sift through my email yet. I decided to clean my primary computer. I opened up the case, and I cleaned the interior with the air duster as well as the CD player and the 3.5" floppy drive. I then disconnected the Primary computer CPU, and I cleaned the case in the kitchen with bleach and then rinsed it with water. I reattached the Primary computer CPU to the rest of the system, and it is all running fine, and it looks a bit better. I did not clean the 19" monitor since it is difficult to lift, and also it is much more difficult to clean the monitor with the delicate circuitry which through the vents could be exposed to moisture. I sent out a couple of emails to friends. Well, I have to be up about 11 A.M. today, so I will go to bed. CIO

Note: <888> 02/06/02 Wednesday 9:15 P.M.: I went out after the last message, and I stopped by the Greenwich Hardware store. I gave them my receipt for returning the coffee maker, and they said they would send me the check. I have copies of the receipt. I bought a package two sets of two inch by four inch Velcro patches for \$3.99 plus .24 tax for \$4.23. I will use some to install the paper holder fork on the backup computer monitor. I then drove by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then drove around Tod's Point. I then went to Staples in Old Greenwich and the HP LaserJet paper is the same price I paid for it two weeks ago, \$7.99 minus a dollar for \$6.99. Thus if I saw right, they have a good sale on it at Staples in Port Chester, New York for \$3.99. I then stopped by Radio Shack at the Riverside shopping center. I then went to CVS at the Riverside shopping center, and I bought two round tins of Danish Absolute Divine cookies for \$1.99 each tin, a two pack of Dove soap for sensitive skin for \$2.37, and two white Djeep lighters for \$1.89 each plus .37 tax for \$10.50 total. I then returned home. I had a frosted Diet Coke in a frosted mug. I watched the ABC evening news. I had dinner of cold slices of Purdue chicken with McIlHenny Tabasco sauce, steamed white rice with La Choy low sodium soy sauce, steamed frozen green beans, ice tea, and a cappuccino. I then chatted with a friend. I will now put on the paper holder clip on the backup computer monitor with the Velcro strips. I will then do a little bit of regular computer work. CIO



**Note: <888> 02/06/02 Wednesday 1:55 P.M.:** Well today is the beginning of the celebration of the 50<sup>th</sup> anniversary of Queen Elizabeth II's coronation. One can email congratulations at Welcome to the Official Web Site of the British Monarchy . Also today is Ronald Reagan's 91<sup>st</sup> birthday, and one can email Mrs. Reagan at Ronald Reagan Presidential Foundation & Library-Welcome . I was up at 11 A.M. when I had breakfast of orange juice, French bread toast, coffee, vitamins, and oatmeal. I watched a bit of television. It said on Burt Wolf's cooking show that Donald Trump's grandfather use to run a restaurant in the Klondike. I called the Greenwich Hardware store about getting the check for \$111.30 for the coffee machine I returned two weeks ago, and they called me back and said they had lost the receipt. They want me to bring in the receipt, so they can copy it. I made extra copies of the receipt to have myself which I can do with the Visioneer scanner and Epson printer. I guess I will now clean up and go out for some daytime activity. CIO

**Note: <888> 02/05/02 Tuesday 10:45 P.M.:** I had a delicious dinner. I guess I will watch a little television, and I will head off to bed. CIO

**Note: <888> 02/05/02 Tuesday 9:20 P.M.:** I went out, and I drove down by the waterfront. I stopped by the Greenwich Library. I went by Putnam Trust Bank of New York on Mason Street, and I used the ATM machine. I next stopped by the Stop and Shop, and I bought a 42 ounce container of Quaker old fashioned oats for \$3.99, a large 12.25 ounce bag of Wise potato chips for \$1.99, a quart jar of Vlassic kosher dill pickle spears for \$1.99, a Stauffer's regular Salisbury steak dinner and a fish filet dinner for \$2 each, two dozen large eggs \$1.69, Land O Lakes 10 ounce bar of sharp cheddar cheese \$1.99, two jars of S&S Manz Spanish olives .99, buy one get one free of Khan's beef franks \$3.69 both, S&S 10 package of dry milk \$5.49 for \$28.50. I then went across the street, and I bought two half gallons of Florida Natural orange juice with calcium for \$2.50 each, buy get one free of Pepperidge Farm frozen layer cakes for \$3.69 both, two AC frozen green beans, two AC frozen peas, two AC frozen mixed vegetables for \$4 all or .66 each, four packages of I Can't Believe It's Not Butter light .99 each, two Louis Rich turkey franks .99 each, a 5 ounce bottle of McIIHenney Tabasco sauce \$2.99, and a Purdue oven stuffer roaster at .79 a pound for \$6.29 for \$29.66 total. I then returned home, and I put away my groceries. I then rinsed off and dried the Purdue oven stuffer roaster removing the giblets from inside which I throw away outside right away since I do not use them, and I don't want them to stink. I put the chicken rack in a roasting pan, and I seasoned the top side of the chicken with ground black pepper, garlic powder, celery salt, poultry and meat seasoning, Italian spices, Oregano, and Basil. I then covered the chicken with the rest of the Bulls Eye barbeque sauce and some more Texas Best Barbeque sauce about a half cup all together. I then put it in the convection oven for

about one hour and a half to one hour and forty minutes until the bird water thermometer pops up. It should be ready in about a half hour. I will have slices of it for dinner with reheated steamed rice and steamed frozen peas, and ice tea. It is a bit nippy out, so stay warm. CIO

Note: <888> 02/05/02 Tuesday 4:50 P.M.: I finished sorting out the paper work for my lease signing on Thursday afternoon. I made up a grocery list. I will now go out and do some grocery shopping after I clean up. CIO

Note: <888> 02/05/02 Tuesday 3:25 P.M.: I had a 3 liter container of Bertolli olive oil that I opened, and I used for filling my olive oil containers. I am listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I will now do the paper work. CIO

Note: <888> 02/05/02 Tuesday 2:15 P.M.: This morning before going to bed, I sifted through old newspapers and periodicals throwing out old ones. I move the ceiling panel with the First Alert smoke detector over one panel away from the kitchen to keep the smoke detector from going off when I use the toaster oven. I disconnected the center living room window wall lamp with the 15 watt bulb, and I connected it to the control panel that controls the other two adjacent lamps, so it comes on and off with the entry light switch. With the lava mood lamp on all the time, I do not need the other lamp on all the time. The lava mood lamp gives off a redish rose light. Before going to bed, I had two hot dogs with buns and ketchup and mustard, potato chips, dill pickle, and ice tea. I cooked them in the microwave cookware I bought. I finally went to bed about 6:30 A.M.. I was up at 11 A.M.. I checked the mail. I had breakfast of three medium boiled eggs, French bread toast, orange juice, coffee, and vitamins. I noticed it is cooler today. While at Wal-Mart on last Saturday in north Norwalk on Route 7, I noticed they have the oil filled electric radiators for \$40. I made a telephone call about a matter to do with the building. I have some paper work to do today before going out. CIO

Note: <888> 02/05/02 Tuesday 2:50 A.M.: I just printed out my Microsoft Money 2002 and report for the last 11 years. It has been pretty much the same old financial routine for the last 11 years. There is not much going on, so I think I will shut down for the night. Have a good morning. CIO

**Note: <888> 02/05/02 Tuesday 1:05 A.M.:** Today, while I was in Staples in Port Chester, New York a nice couple were asking about page holders for the side of the computer monitor. I showed them at the clearance area there was a package that was on sale for \$10 that came with a page holder, cable separators, air duster, and 15 inch glare screen. This evening, I remembered that I had a Kensington page holder for the side of the monitor. I got it out, and I had a piece of Velcro to attach it to the upper right side of my primary computer monitor. It seems to on there quite securely, since I can not even separate the two pieces of Velcro easily to take it off should I need to. It would probably also hold a magazine or other light publication for typing from. I have a fork page holder that I thought about attaching to the backup monitor, but I do not have anymore Velcro. Velcro strips are available at the Greenwich Hardware store. I then sorted out my recent print outs, and I put them all underneath the Epson Stylus Color 880 printer. I sorted out the scratch paper from the print outs, and I added it to the existing pile of scratch paper. All together I have about three to four reams of scratch paper, usually with one side used. I put the large pile of scratch paper on the square Danish table on my bedroom desk. I move the unused ream of HP LaserJet paper underneath my Epson printer on top of the old HP95 cartridge that I saved. I put the package of regular paper there also, with a note in it saying it is not HP LaserJet paper, although it is wrapped in a HP LaserJet wrapper. I am out of empty boxes to put paper in. I still have the open box of HP Laser Jet Paper in a box wrapped in plastic wrap in the same location. I ran Symantec Live Update to update my antivirus file and other Symantec files. The lava mood lamp seems to be working fine. While at Staples in Port Chester today, I noticed they have 600 page reams of HP LaserJet paper on sale for \$3.99 down from the \$6.99 apiece I paid for two reams of the same paper at Staples in Old Greenwich about two weeks ago. I also labeled the open HP LaserJet paper in the Southworth box I have in a plastic bag underneath the Epson printer.  
CIO

**Note: <888> 02/04/02 Monday 10:05 P.M.:** I went out this afternoon about 2 P.M.. I stopped by the Greenwich Hospital Thrift shop. I then went by Putnam Trust Bank of New York on Mason Street. I next drove over to the central Greenwich Post Office. I obtained three money orders at .90 apiece to pay my Verizon telephone, Optimum Online, and Cablevision bills. I also bought twenty U.S.A. flag stamps at .34 apiece for \$6.80. The postal clerk commented the number 888 had been coming up in her mind quite a bit recently. I then made my 4:30 P.M. appointment. I next drove down by the waterfront. I then went over to Port Chester, New York to the shopping center, and I stopped by Staples, and I bought a Holmes Mood Lava lamp silver base with red lava affect marked down from \$20 for \$6 plus .41 tax for \$6.41 total. I stopped by Odd Job. I noticed they have the large First Alert fire extinguisher on sale down from \$40 for \$25. They have a large selection of different items. I bought a four container 20 bag per container package of Ceylon Tea of Raspberry Herbal, Peppermint Herbal, Chamomile Herbal, and Serendip Green tea for \$4.99 for all four containers, five containers of 3.52 ounce Golden Brazil Classic Arabica instant coffee at \$1.19 a container, two 19 ounce containers of Texas Best Cajun sauce for \$1.99 each, a three pack of Sahara Club white men's crew socks

80% cotton, 16% polyester, 4% Elastic for \$3.99 and a 3 pack of the same crew socks white, gray, and black pairs for \$3.99. They are made in Pakistan. I also bought a three pack of men's Empire dark dress socks 70% Acrylic 30% polyester made in India for \$2.99 plus .30 tax for \$26.19 total. I then returned home. I put the mood lava lamp in front of the air conditioner underneath the lamp with the Victorian lamp shade. I relaxed a bit. I then had dinner of reheated boneless chicken breast from two nights ago, steamed white rice, steamed frozen green peas, ice tea, and some of the Brazilian instant coffee. I chatted with a friend. Earlier in the evening, I unpacked the microwave cooking ware I got last Saturday, and I put it on top of the microwave oven. I noticed at the Clearance section at Staples in Port Chester, New York they have a number of computer items I do not need. They have the \$400 automobile CD guidance system for \$100 for example. CIO

Note: <888> 02/04/02 Monday 1:15 P.M.: I had a bowl of reheated white rice with La Choy low sodium soy sauce and ice tea during the night. My guest left at 8 A.M.. I was up at 11 A.M.. I chatted with a relative. I had breakfast of oatmeal, French bread toast, orange juice, coffee, and vitamins. I checked the mail. I will look at a few computer pages, and then I will get ready to go out. I have a 4:30 P.M. appointment. I noticed yesterday that Staples has a store on Park Avenue on the east side of the street around 55<sup>th</sup> Street, so I guess one can get office supplies in Manhattan. CIO

Note: <888> 02/03/02 Sunday 11:00 P.M.: I had a busy day today. My guest, and I were up at 8 A.M.. We had breakfast of French bread toast, orange juice, coffee, 3 scrambled eggs apiece, and vitamins. We cleaned up, and we departed for Manhattan about 11 A.M.. We drove into Manhattan on I-95 and we got off the Bruckner Boulevard, and we took the Willis Avenue Bridge into Manhattan. We got off the 71<sup>st</sup> exit of the FDR drive, and my friend made a stop at 72<sup>nd</sup> Street on the East side. We then parked on 81<sup>st</sup> just west of Madison Avenue facing the Metropolitan Museum of Art. We walked down Madison Avenue, and we stopped by at the Madison Avenue Presbyterian Church and we attended the end of the Sunday service. The United States Navy choir was there for the service. It was most enjoyable to hear the music. We then walked down to 70<sup>th</sup> street and we toured some of 70<sup>th</sup> street, and then we walked over to Fifth Avenue, and we walked back up to the Metropolitan Museum. We met our friends at 1 P.M., and we toured the Metropolitan Museum and its various exhibits until about 2:30 P.M.. It was most enjoyable since I had not been there in about 12 years. We then all headed down Central Park and we went to the boat basin to the boat house restaurant for coffee and a half of roast beef sandwich. We then walked around the miniature sailboat pond, and we then walked over to Park Avenue down to 70<sup>th</sup> street, and we toured the John D. Rockefeller art gallery at the Asian institute. We then toured some more of 70<sup>th</sup> street, and then we toured the Frick Museum. We listened to a guitar recital.

I noticed they have the original Rembrandt Polish rider painter at the Frick museum that I have a copy of in my apartment. About 6:30 P.M., we headed walking down Madison Avenue viewing the shops and the offices. Around 55<sup>th</sup> street we headed east to Park Avenue, and we saw the large security presence around the Waldorf Astoria for the World Economic conference. There was only security and no protestors. We had to detour back to Madison Avenue, and we walked down to Biltmore Street and Vanderbilt Avenues opposite Grand Central Station, and we toured the Yale Club. In the reception room upstairs at the Yale Club, they have the portraits of the four former Presidents that have attended Yale University. I did not see a picture of the current president whom I believe attended Yale University also. We then walked through and toured Grand Central station including a pub called Campbell's on the southwest corner of the station. We walked south to 41<sup>st</sup> Street and Park Avenue, and then walked west a half block to the Peking restaurant and we all had a very enjoyable dinner of four different Chinese meals along with tea and rice. After dinner, we then walked back through Grand Central Station, and we viewed the Missing Persons pictures posted after 911 on the concourse. We went down to the Subway, and we got MTA passes, and then we walked over to Madison Avenue and 42<sup>nd</sup> street. We said good bye to our friends, and we caught the M1 bus uptown to 79<sup>th</sup> street, and we retrieved the car, and we drove back out to Connecticut via the FDR drive north to the Willis Avenue bridge to Bruckner Boulevard to I-95 east and back to Byram area of Greenwich, Connecticut. I had a frosted Diet coke in a frosted mug when I returned, and my guest headed off to bed. I washed my feet to get the salt off of them. I will now head off to bed myself. In all it was a very enjoyable day, and a healthy change from the country, although it involved quite a bit more walking than normally in Greenwich. Well have a good night. CIO

Note: <888> 02/02/02 Saturday 10:05 P.M.: My guest and I left at 4:30 P.M.. My guest discovered he had lost a car molding part at a car wash in Norwalk, so we drove up to Route 7 in North Norwalk, and we retrieved the part. We then went to Wal-Mart on Route 7 on the Norwalk – Wilton border. I bought a pair of Farah white khaki pleated pants waist 40" by 30" length for \$15.97 and I also bought a 10 piece Amberware microwave cook set for \$9.97 plus .60 tax for \$26.54 total. My friend bought epoxy glue for the car molding part. We then returned to Greenwich, and I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. We then went to the Food Emporium, and I bought two 13 ounce bags of A&P regular coffee beans, and two of balanced blend each for \$1.69 a bag for \$6.76 total. We then returned back to my place. I mixed the coffee beans with my existing batch of coffee beans, and I now have 7 quart jars of coffee beans for my regular blend. I put the Avocado seed in the jar in water in the community room. I noticed that the Avocado plant I put down there some time ago is no longer there anymore. We watched television. My friend at the Food Emporium bought Purdue boneless breast of chicken for \$2.99 a pound and several packages of frozen peas. I cooked the chicken the same way I had earlier in the week along with steamed rice and

steamed frozen peas, and we had it all for dinner with ice tea. We then watched television. I finished off a bag of potato chips. I called a friend in Manhattan to verify meeting them in the City tomorrow. Well my guest will stay down tonight, and I will probably head off to bed in another hour. CIO

Note: <888> 02/02/02 Saturday 3:35 P.M.: I finished the house cleaning and watering the plants. A friend showed up about 1 P.M. and is taking a nap. I used four tooth picks, and I pushed them into the avocado seed I saved, and I have it sitting in a jar of water above the kitchen sink. I will try to start an avocado plant. I have a nearly dead plant in the community room that I can put the avocado seed in its pot should it successfully germinate. I will now clean up, and my guest I will go out for some daytime activity. CIO

Note: <888> 02/02/02 Saturday 12:30 P.M.: Well, I guess Willem and Maxima are hitched. I guess CNN could not afford to cover the event. More than likely since Willem is a member of the International Olympic committee, he and Maxima might be coming to the United States to Salt Lake City for the Winter Olympics. Perhaps they will be stopping by New Amsterdam on their way. I will be going to New Amsterdam tomorrow Sunday to visit some friends. We will probably go the Metropolitan Museum of Art. There is an afternoon concert at the Frick museum. Possibly we will have coffee at the boat house in Central Park and maybe stopped by the Yale club for a drink. I have not been in New Amsterdam in the day time for about 12 years. Of course up until nine years ago, I use to go in there at night as part of the New Amsterdam Dutch night watch, so possibly old wooden shoe makers and wind mill watchers might remember me. I was up at 11 A.M.. I checked the mail. I picked up a loaf of French bread from the donations left out at the front hallway table. I had breakfast of three medium boiled eggs, French bread toast, orange juice, coffee, and vitamins. I am listening to [www.radio10.fm](http://www.radio10.fm) to keep up with the events in old Amsterdam. Alas, I do not understand Dutch, but I enjoy listening to the music on the 22 speakers in my apartment hooked up to the computer internet music. It says on the Royal Dutch household site, that Willem regularly goes to Aruba and the Netherlands Antilles, so perhaps they might go down there before the Winter Olympics. I have a Holland flag displayed in my apartment between the United States of America and the British Union Jack. Well, it is Saturday like any ever efficient Dutch boy house cleaner, I have to do my weekly house cleaning. Keep an eye on the ground hog. CIO

Note: <888> 02/02/02 Saturday 1:45 A.M.: Royal Dutch Household site <http://www.koninklijkhuis.nl/> and Congratulations to the Royal Dutch Household

site <http://www.koninklijkhuis.nl/UK/congratulations/congratulations.html> . I guess I will head off to bed now. CIO

Note: <888> 02/02/02 Saturday 12:55 A.M.: Send Congratulations to Prince Willem and Maxima <http://www.koninklijkhuwelijk.nl/en/felicitatieregister.html> . CIO

Note: <888> 02/02/02 Saturday 12:15 A.M.: I went out, and I mailed the letter at the Valley Road post office box. I drove down by the waterfront. There was construction debris blowing around in the high wind on Steamboat Road at the Del a Mar Hotel construction site. It is rather confusing on the exterior of the new façade in that some of the rooms have full length opening doors on the upper floors on the exterior, but there are no balconies. So unless they plan to install balconies, guests more than likely would be able to fall out of their room windows should they venture out the glass door windows unless they are for appearances and do not open. It looked like both the Food Emporium and the Stop and Shop were both closed. I relaxed a bit when I got back, and I am now having an ice tea. Well Happy Ground Hogs Day. Also today is Prince Wilhelm's of the Netherlands of the House of Orange wedding to his Argentinean bride Nationaal Oranje Comité . I suppose they will be partying and having lots of festive activities in the Netherlands today. Possibly the wedding might be on CNN in the early morning hours. Well I will now do a little bit of regular computer work. CIO

Note: <888> 02/01/02 Friday 10:55 P.M.: I finished writing the letter. I will now go out and mail it. I chatted with a friend. CIO

Note: <888> 02/01/02 Friday 9:45 P.M.: I researched the Terayon TeraPro cable modem for the backup computer. I researched Optimum's web site [www.optonline.net](http://www.optonline.net) . I just had dinner of a Red Baron extra cheese pizza with ice tea. I will now write a letter to a family member. CIO

Note: <888> 02/01/02 Friday 6:50 P.M.: I went to bed at 4:30 A.M.. I was up at 11 A.M.. I checked the mail. I had breakfast of oatmeal, rye toast, orange juice, coffee, and vitamins. I went back to bed until 3 P.M.. I had a couple of hotdogs with buns and mustard and ketchup, potato chips, dill pickle, ice tea, and a cappuccino. I cleaned up, and I went out. I drove by the waterfront. I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I went by Exxon,

and I bought \$8.60 of premium at \$1.499 a gallon. I went over to Smokes for Less in Byram, and I bought three cartons of Seneca ultra lights 100s for \$19 a carton for \$57 total. I noticed they have buy three get two free of Marlboros for \$12 a five pack or \$24 a carton. I returned home. I finished running Norton SpeedDisk on the backup computer. It takes time because of the 74,000 favorites. I also enabled the telephone modem on the backup computer, so if the cable modem is down, I could dialup to Juno. Juno has a local number in Greenwich for its free access. I am watching the ABC evening news now. CIO

End of Scott's Notes week 02/01/02:

Note: <888> 02/01/02 Friday 3:15 A.M.: I sifted through my email, and I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I noticed that the Terayon cable modem on the backup computer does not go as fast as the Motorola surfer modem on the primary computer. I finally figured out it goes about a third to a fourth as fast which is fast enough. I tried fiddling with the cables to no avail. I put a longer cable on the Terayon modem, so it can sit on top of the backup computer CPU. I tried uninstalling and reinstalling the backup computer LAN card driver. I also disabled the Logicode telephone modem on it. I removed the Network Dialup Adaptor in the Network settings. I also uninstalled Client for Microsoft Networks, and just left it at Windows Login. I also tried the tweak setting at [www.speedguide.net](http://www.speedguide.net) . Still the Teryaon cable modem on the backup computer is fast enough for my needs. I also installed the Microsoft Word 2002 updates on it. I ran Symantec Live Update on it. I installed Juno 5 on it. I tried fixing the Compaq IJ200 printer that is attached to it, but I think the cartridge has just about had it. I will not be getting another one, since I have the two good printers on the primary computer. I ran Norton Disk Doctor, Norton WinDoctor, and I am now running Norton SpeedDisk on the backup computer. I deleted the Microsoft Windows XP Professional Beta RS2 download files from the backup computer. Well, I am a bit tired, so after sending out my weekly email, I will head off to bed. CIO



**Note: <888> 03/31/02 Sunday 7:00 P.M.: I went out, and I walked the entire length of Greenwich Avenue. I sat out at a couple of different locations. I then drove down by the waterfront, and I checked out the cloud formations. It looks like we might get some rain. I then returned home. I had a call on the answering machine from a relative. I reheated a bowl of the pasta Alfredo mixture, and I had it with about 10 Carr's crackers with mozzarella cheese and ice tea. I will now watch some television for a while before going to bed. CIO**

**Note: <888> 03/31/02 Sunday 1:50 P.M.: Dinner was just fine. The lamb came out perfect. I will now go out for some fresh air. CIO**

**Note: <888> 03/31/02 Sunday 12:15 P.M.: I had to reposition the meat thermometer. It needs to be in the main portion of the meat which would be the least done. It seems to working all right.**

**Note: <888> 03/31/02 Sunday 11:50 A.M.:** I watched a little bit of morning television. I cleaned up. I went outside briefly. I chatted with a relative. I started cooking the three pound semi boneless Australian leg of lamb in the convection oven at 350 degrees Fahrenheit for about one hour and fifteen minutes. I put a meat thermometer in, but I am not sure whether it works or not. It should be done at interior temperature of the meat at 135 to 140 degrees Fahrenheit. Before cooking on a meat rack in a baking pan, I rubbed the entire leg of lamb with olive oil. Then on both sides and the wide end, I covered it with garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Old Bay seasoning, Italian spices, Basil, Oregano, Thyme, and Rosemary. I then minced five large cloves of garlic, and I spread them on top of the lamb. I will have a some slices of it with steamed fresh asparagus and reheated green spinach noodles with alfredo garlic sauce, ice tea, and a cappuccino. I have about 50 minutes and ten minutes of resting until it is done. CIO

**Note: <888> 03/31/02 Sunday 9:10 A.M.:** I read the news in the British press about the passing of the Queen Mother. I sent my condolences at <http://www.royal.gov.uk/>. I found this link for cooking the Easter leg of lamb <http://www.australian-lamb.com/>. I am guess in my convection oven which cooks faster, I should cook the 3 pound half of a leg of lamb at 350 degrees Fahrenheit for about an hour and then let it stand for about 10 minutes. I am not sure whether I will use one of their recopies or not. CIO

**Note: <888> 03/31/02 Sunday 7:00 A.M.:** I was up at 5:30 A.M.. I had breakfast of three medium boiled eggs, toasted halves of a roll, orange juice, coffee, and vitamins. I watched the news on the BBC television about the Queen Mother passing away. They said they are saying prayers for her in England and around the world. I will now do some regular computer work. CIO

**Note: <888> 03/30/02 Saturday 6:50 P.M.:** I have been listening to tributes to the Queen Mother of England on her passing away on the BBC [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram). I am sure the British people will dearly miss her as well as the Scottish people. I suppose she had been part of the Old Guard's life for most of this century. I remember once attending a horse race at Fort Erie race track in Ontario in Canada in 1972, where she presented the winning trophy. I have seen many people over the years that reminded me of the Queen Mother. Well, we should all pray for her departed soul, and I am sure Queen Elizabeth will be most grieved on the passing of her mother. I had some potato chips and French onion dip along with 7 Carr's crackers and slices of mozzarella cheese. I am tired, so I will head off to bed. I also chatted with a relative. CIO

**Note: <888> 03/30/02 Saturday 4:50 P.M.:** I just heard the news on the passing away of the Queen Mum. I am most grieved to hear of the beloved Queen Mum passing away. I am making a simple dinner of spinach pasta and alfredo garlic cheese sauce. I will continue listening to the BBC. CIO

**Note: <888> 03/30/02 Saturday 4:15 P.M.:** I went out, and I parked downtown. I walked lower Greenwich Avenue, and I sat out for a while. I then drove down by the waterfront. I then went to the Greenwich Library, and I read the Greenwich Times. One of the patrons was looking for the copy of the Greenwich Post, which the library was missing; so I returned to my apartment and I fetched my this week's copy of the Greenwich Post, which I had not read, and I returned to the library, and I gave it to the patron. I will have to remember to read it in the library. I then went to the Stop and Shop, and I bought a half of leg of fresh semi boneless Australian lamb for \$1.99 a pound for \$5.83, two half gallons of Florida Natural orange juice for \$2.50 each, a 8 ounce bar of Cracker barrel Vermont extra sharp cheddar cheese \$2.50, thin fresh asparagus at \$1.99 a pound \$2.17, and two large 12.5 ounce bags of Lays potato chips for \$1.99 each for \$19.48 total. I then returned home. I was quite hot since it was 68 degrees Fahrenheit, and I had dressed for cooler weather. I had a 28 ounce bottle of Perrier with Angostura bitters to quench my thirst. CIO

**Note: <888> 03/30/02 Saturday 12:05 P.M.:** I finished house cleaning. I went downstairs, and I picked up a loaf of poppy seed bread and two rolls. I just had lunch of two hotdogs with buns and ketchup and mustard and a couple of small dill pickles and Pepperidge Farm goldfish crackers and ice tea. I will now have a Brazilian instant coffee. Then I will clean up and go out for some fresh air. CIO

**Note: <888> 03/30/02 Saturday 8:45 A.M.:** I am listening to Cnet Radio talking about [www.datavor.com](http://www.datavor.com) a new search engine. CIO

**Note: <888> 03/30/02 Saturday 8:00 A.M.:** I relaxed and watched television until 2:30 P.M. yesterday. I had some Carr's crackers and mozzarella cheese about noon. I chatted with a relative. I slept until 2:30 A.M.. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I went back to bed until about 7:30 A.M.. I will now have some Carr's crackers with mozzarella cheese and ice tea. I threw out the Rib eye steak I bought a week ago. I will then do some house cleaning and watering the plants. I will listen to Cnet Radio while doing this. CIO

**Note: <888> 03/29/02 Friday 9:15 A.M.: I had two hotdogs with buns and ketchup and mustard, a dill pickle slice, a bowl of Pepperidge Farm goldfish crackers, ice tea, and a cappuccino. I relaxed a bit. CIO**

**End of Scott's Notes week 03/29/02:**

**Note: <888> 03/29/02 Friday 7:30 A.M.: I sifted through my email. I will now send out my weekly notes. CIO**

**Note: <888> 03/29/02 Friday 5:50 A.M.: I rotated the paper trays in the HP LaserJet IID printer, so the full lower tray is now in the top position, and I filled the current lower tray with HP LaserJet paper. Thus both paper trays now have 150 to 200 sheets of paper in them. I keep my HP LaserJet paper in a plastic bag to prevent moisture accumulation. I also keep it the side up that it goes into the HP LaserJet II D printer. CIO**

**Note: <888> 03/29/02 Friday 5:35 A.M.: I went to bed at 8 P.M. last night, and I received a telephone call from a friend about 9 P.M.. I slept until 2:30 A.M.. I had breakfast of three medium boiled eggs, toast with raspberry jam, orange juice, coffee, and vitamins. I refilled my EpsonStylus 880 Color printer's black ink cartridge with the black ink refill kit that I have. I now have a full black ink cartridge, and the existing color cartridge is about half full. I also cleaned my Que CD/RW drive with the AT&T CD lens cleaner that I have. CIO**

**Note: <888> 03/28/02 Thursday 6:00 P.M.: I relaxed a bit, and then I made my 3 P.M. appointment. I gave my 3 P.M. appointment #5 copy of my Internet Directory Cdrom. I have made 2 master CD/R, 2 master CD/RW, and 23 CD/R copies of the directory. After my 3 P.M. appointment, I went downtown, and I sat out for a while. I then drove down by the waterfront, and I checked out the Sea Gull population. I then returned home. I am a bit tired, so I guess after some Carr's crackers and mozzarella cheese slices and ice tea, I will head off to bed. I have been awake for quite a while, so I guess I need some rest. Have a pleasant evening. CIO**

**Note: <888> 03/28/02 Thursday 1:40 P.M.: I ran Norton Disk Doctor on the C: drive, and then I ran Norton SpeedDisk on the C: drive while I was out. I went out at 8 A.M., but the Valley Road post office does not open until 8:30 A.M.. I went to the central Greenwich Post Office, and I mailed the Imation rebate and one of the Favorites CD envelopes that had eight 34 cent stamps on it. I had to wait to mail the other 5 Favorites CD envelopes since the central Greenwich post office does not open its windows until 8:30 A.M. I was able to mail first class domestically three of the Favorites CD envelopes for \$1.72 each and one \$1.95 and one air mail to Great Britain for \$5.60 for \$12.71 total. I then walked around and sat out downtown for a while. I then drove down by the waterfront. I then stopped by the Greenwich Library, and I returned 15 music CDs and I read the Wall Street Journal and the Greenwich Times. I then stopped by the Greenwich Hospital Thrift shop. I next went downtown, and I stopped by the Mews Merry Go Round Thrift shop, and I bought a two level wicker rack for \$5. I then sat out for a while. I then walked up Greenwich Avenue, and I stopped by the Greenwich Hardware store, and I bought a three pack of 30 pound Professional picture hangers for \$2.49 plus .15 tax for \$2.64 total. I then walked up to the top of Greenwich Avenue, and I sat out for a while. I then walked down the Avenue, and I sat out in the center of town. I then returned home. I had a can of Progresso chicken, rice, and vegetable soup with 7 Carr's crackers and mozzarella cheese and ice tea. I then hung the wicker rack with two of the 30 pound Professional picture hanger hooks on the wall to the right of the main computer. I put two of the speakers on the top level and the Imation 100 CD/R bundle and on the lower level, I put the Sony 50 CD/R bundle with my extra Epson color ink cartridge and the Office Depot air spray can. Well, it neatens up the work area around the primary computer a bit. I checked the speakers to make sure they are working properly. The lucky recipients of my Favorites CDs internet directory will be able to surf the internet to their heart's content especially if they were not fortunate to download it while it was freely available for download over the last seven years until I had to quit running my server. I have a 3 P.M. appointment. CIO**

**Note: <888> 03/28/02 Thursday 5:40 A.M.: I made 18 copies of my Favorites CDrom to send to six parties. I first printed out a letter and CD labels. I then put the letters in the mailing envelopes and put address labels on them. I put the numbered labels in the thin CD jewel cases. I then burned 18 Favorites CDroms on the Sony CR/R 24X disks. I assembled 3 CDs into each of the six packages. I had a problem getting my computer to read my Favorites CDrom which interfered with my entire system. I finally figured out that I had to disable the Real One auto play, and the system worked fine. I also did a System Restore back to March 26, 2002. My computer is a bit slow starting, and I need to run Norton Speed Disk to get the startup files at the start of the computer C: drive. I will mail the disks at 8 P.M. this morning at the Valley Road post office. I will now have two hotdogs with buns and mustard and ketchup and potato chips and a dill pickle slice and ice tea and Brazilian instant**

coffee. I will then clean up and do some more computer work before going out at 8 P.M.. CIO

Note: <888> 03/28/02 Thursday 12:15 A.M.: I went to bed after the last message. I received a telephone call from a friend while asleep. I was up at 10:30 P.M.. I had breakfast of oatmeal, toast with raspberry jam, orange juice, coffee, and vitamins. I will now do some computer work. CIO

Note: <888> 03/27/02 Wednesday 2:15 P.M.: I did a little bit of routine computer work. I filled out the Imation CD \$20 rebate information. I had some cheese and Carr's crackers with ice tea. I guess I will relax for a while. I feel a bit tired, so maybe I will take a nap. CIO

Note: <888> 03/27/02 Wednesday 10:35 A.M.: I drove downtown, and I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove downtown. I drove by the waterfront. I drove over to Staples in Old Greenwich. I bought a 100 pack of Imation 24X CD/R disks for \$29.94 plus there is a \$20 mailin rebate. Also I bought a 12 pack of 6" X 9" of Jiffylike cushioned mailers for \$5.49 plus \$2.13 tax for \$37.56 total. I then stopped by the Greenwich Hospital Thrift shop. Next I drove downtown, and I stopped by the central Greenwich Post Office, and I bought 20 U.S.A. flag stamps for \$6.80. I sat out briefly. It is still a bit damp out. I then stopped by the Greenwich Library, and I checked out one video DVD and 15 music CDs. I now will fill out the Imation \$20 mailin rebate. CIO

Note: <888> 03/27/02 Wednesday 7:20 A.M.: I finished writing the letter. I will go out shortly. I will head over to Staples in Old Greenwich some time this morning to get a package of the 100 Imation CD/R 24X disks for \$30 down from \$50 plus the \$20 mailin rebate card. I will now shut down. CIO

Note: <888> 03/27/02 Wednesday 6:05 A.M.: I checked the mail. I had a meal of two hotdogs with buns and mustard and ketchup and potato chips and a dill pickle slice with ice tea and a Brazilian instant coffee. I just finished cleaning up. I will now write a letter to a relative. CIO

**Note: <888> 03/27/02 Wednesday 4:15 A.M.: I am going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I found this link for Whose Watching Me? From <http://Trapware.com/> . The 90 day demo did not detect any snoopers. CIO**

**Note: <888> 03/27/02 Wednesday 3:20 A.M.: I watched a bit of television until noon yesterday. I fixed the television cable by jiggling it where it comes out of the wall. Frequently when the television has lines on Channel 2 it is because of a badly adjusted cable. Anyway it is working fine now. I rested from noon to 9 P.M.. I had three medium boiled eggs, toast, orange juice, coffee, and vitamins. I then rested more until about 2:30 A.M. this morning. I will now do some regular computer work. Frequently when it rains, the low barometric pressure makes my low blood pressure even lower, so I tend to be tired. CIO**

**Note: <888> 03/26/02 Tuesday 7:45 A.M.: I did a little bit of computer work. I think I might relax a bit or watch television. A little bit later this morning, I might go out. CIO**

**Note: <888> 03/26/02 Tuesday 6:25 A.M.: I chatted with a friend until about 10:30 P.M. last night. I was up at 4:30 A.M.. I had breakfast of oatmeal, toast and raspberry jelly, orange juice, coffee, and vitamins. I will now pursue some regular computer activity. CIO**

**Note: <888> 03/25/02 Monday 9:25 P.M.: I chatted with my guest. We drove down by the waterfront. We chatted some more. We had dinner of two Stouffer's hearty meals with ice tea. When cooking two Stouffers meals in the microwave, I cooked them about a third longer, and I stack them perpendicular to each other and rotate the stack half way through the cooking time, and then two Stouffer's microwave meals come out fine. I also had coffee earlier this afternoon. I chatted some more with my guest. My guest just left. I will now head off to bed, but I will now be back on a day schedule. CIO**

**Note: <888> 03/25/02 Monday 1:35 P.M.: I rested from after the last message until 7 A.M.. I had two hotdogs with buns and ketchup and mustard and ice tea. I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then drove over to Oil Star in Cos Cob, and I had my oil changed. They put in Castrol**

15W40 and a Fram oil filter plus checked the other fluids, and I also got an air freshener for \$1 for \$33.92 plus \$2.04 tax for \$35.96. They have noted the last several oil changes, I have a torn boot on my front steering rods that needs to be replaced. Also my starter motor which Exxon has fixed twice recently still occasionally makes a grinding noise which if not a missing tooth on the fly wheel might be a bad solenoid. Still the 1976 Volvo is running just fine at 117,000 miles. I then drove over to Old Greenwich, and I toured the Old Greenwich rummage room. I next drove around Tod's Point. I then went by Staples, and I bought a 2002 Calendar of the National Parks for \$2.50 plus .15 tax for \$2.65. I then went to Oil City, and I got the Express car wash for \$5. I next went by the Greenwich Hospital Thrift Shop. I then drove downtown. I walked lower Greenwich Avenue. I bought a raspberry Danish at the St. Moritz bakery for \$1.25, and I ate it in the park. I then stopped by the Greenwich Library, and I returned a video DVD disk. I have just now returned home. Staples has a 100 pack of Imation CD/R 24X disks regularly \$49.99 minus \$20 instant rebate for \$29.94 plus a \$20 mailin rebate for \$9.94 total. I will pick up a bundle later in the week. A friend just called and is coming down. CIO

Note: <888> 03/25/02 Monday 2:50 A.M.: I did a little bit of regular computer work. I just had some potato chips and S&S French onion dip and ice tea. I feel like relaxing, so I will now shut down watch some television. CIO

Note: <888> 03/24/02 Sunday 11:15 P.M.: I was up to 7:30 A.M. this past morning. I watched <http://hourofpower.org/>. I was up about 5 P.M.. I had breakfast of three medium boiled eggs, the last of the Italian bread toast, orange juice, coffee, and vitamins. I chatted with a relative. I went out for a drive. I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove over to Exxon next to the Greenwich Library, and I bought \$11 of premium at \$1.679 a gallon. I guess gasoline has gone up 18 cents a gallon since I last bought gasoline. I then walked lower Greenwich Avenue. I sat out at a couple of locations. I drove down by the waterfront. On the way back home by the Mercedes Benz dealership, I brushed a bug off my ear. By the Shell station, I noticed it was on my windshield and it was a wasp or a yellow jacket. Then it hopped on my steering wheel. I tried not to panic, I pulled off at Old Post Road, and I drove down a bit and pulled over, and opened the car door, and I brushed the wasp or yellow jacket off my steering wheel out of the car. I then returned home. I relaxed a bit. I just had dinner of a broiled rib eye steak with Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy sauce, steamed fresh asparagus and broccoli, ice tea, and a cappuccino. I will now do a little bit of regular computer work. CIO



**Note: <888> 03/24/02 Sunday 3:55 A.M.: I surfed the web a bit. I had two hotdogs with buns and ketchup and mustard, potato chips, and a dill pickle slice along with ice tea. I keep my hotdog buns in the freezer, and I microwave them before use for 30 seconds. I microwave the hotdogs for 90 seconds on a microwave proof plate with a cover to keep them from splattering. I also prick the length of two sides with a fork. I checked the sale ads, and CompUSA has a Belkin four port router for \$50 that I could use if I want to run both computers on the internet at the same time. One could listen to music or news on one and web browse on another. I am not sure if it is necessary, but it supposedly provides additional firewall protection. Of course, I might want to keep some funds in reserve to pay bills in April since I have my first primary GEICO payment of the four month billing cycle for the every six month policy. It is getting to be a trade off technology versus lifestyle. I bet some realistic people without the internet are able to actually save money without all the shopping temptation the internet brings. I will have to check what the regular price is for the four port Belkin router. I think I will head off to bed shortly. CIO**

**Note: <888> 03/24/02 Sunday 2:25 A.M.: I went out, and I drove downtown. I walked the entire length of Greenwich Avenue and the train station area. It was not too damp tonight. I then drove down by the waterfront. On the way home, I stopped by the Shell Station; and I checked the air in my tires including the spare by pressing on it. I put 28 PSI all around. My driver's side front tire was down four pounds, so I put a couple extra pounds in it around 30 PSI. It has been about a month since I last checked them. I stopped in to see the station attendant to thank him for the air. I then returned home. I am having a glass of ice tea. CIO**

**Note: <888> 03/23/02 Saturday 11:35 P.M.: I finished cleaning up. Today, I also took the First Alert rechargeable flashlight out of the right side of the kitchen, and I put it in the bedroom where the First Alert rechargeable lantern was. The First Alert rechargeable lantern has not worked very well for two years since I put in a new rechargeable battery. I put it on the floor underneath the backup computer plugged into the power strip. I put the old CDrom drive in the box in the bedroom window. Well time to go out. CIO**

**Note: <888> 03/23/02 Saturday 10:55 P.M.: I just finished dinner. I renewed Microsoft Windows XP Step by Step over the internet at <http://pac.greenwichlibrary.org/screens/mainmenu.html> . Today, when vacuuming, I also put in a new Electrolux vacuum bag. I will now have a smoke. Then I will clean up and go out to enjoy some brisk spring air. CIO**

**Note: <888> 03/23/02 Saturday 10:25 P.M.: I put number labels on my music CD/Rs and Jewel cases, so one can identify them when out of the case. I finished house cleaning and watering the plants. I listened to some MP3 CDs on the TEAC DVD player while house cleaning. Although it is five disk, it does not play continuously from disk to disk. One has to prompt it to play the next disk. I have not read the instructions to see if there is anyway to do so. I also made up a batch of ice tea. I just finished doing my laundry, and when I do my laundry I change the sheets on the bed. I disconnected the gold plug from the computer to stereo amplifier input line, and I unscrewed and reattached the wires in a different configuration. It did not work at first, but when I put the cap on the gold plug, it is now playing sound on both sides of the speaker system when hooked up. I am not sure if it is stereo or mono though. I have about six wire pieces in the strand from the computer to amplifier, and I could probably improve on it by using the right adaptors and line. I am now making a Stouffer's 20 ounce lasagna, which I will have for dinner with ice tea. I will then take a shower and clean up. I am thinking about going out for a short drive, since I have to go out to throw out the garbage anyway. CIO**

**Note: <888> 03/23/02 Saturday 4:30 P.M.: I started house cleaning. I was playing music from the computer through my stereo amplifier, and I noticed one of the channels was not working. I checked the cables, and I figured out I have the gold plug behind the backup computer soldered wrong, so I will have to resolder it correctly to get both right and left sides working correctly. I am surprised I never noticed it before. I also put the computer input wire on the CD channel of the amplifier. I also noticed the music CDs that I have recorded have no way off telling the generic CD from other CDs once they are out of the CD jewel case. I will stop house cleaning briefly and put labels on each jewel case and CD with matching numbers, so one knows which CD goes with which jewel case. CIO**

**Note: <888> 03/23/02 Saturday 3:20 P.M.: After the last message this morning, I took the cover off the backup computer. I changed the rails off the 3.5 inch floppy drive with the rails which were different off the E: drive. I put both the 3.5 inch floppy drive and the E: drive back into the computer with the exchanged rails. I also put more black electrical tape on the 3.5 inch floppy blank, so it looks more uniform. I cleaned the backup CPU with bleach to clean the case. I then put it all back together, and it looks much nicer with the uniform blank and the 3.5 inch drive properly spaced. I had some potato chips and French onion dip along with the rest of the Danish cookies. I did not fall asleep until about 7:30 A.M.. I did not make the Italian bread pickup downstairs this morning. I had calls from two friends. I was up at 2:30 P.M.. I just had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. I will now do my weekly house cleaning. CIO**

**Note: <888> 03/23/02 Saturday 3:05 A.M.: I am tired. I will now go to bed. I turned up the living room thermostat two degrees, but there is still a chill in the air. CIO**

**Note: <888> 03/23/02 Saturday 2:30 A.M.: My Favorites CDrom works just fine on the new backup computer 45X CD player. One just has to press the play button next to the eject button to get it to work. It might be because the CD is not fully written. Well that is a relief. I will now do some regular computer work. CIO**

**Note: <888> 03/23/02 Saturday 2:20 A.M.: After dinner, I ran Live Update. I now have to reboot the machine. CIO**

**Note: <888> 03/23/02 Saturday 1:25 A.M.: I went out after the last message. I went by the Greenwich Library, and I read three computer newsweeklies. I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove up to CompUSA in Norwalk, and I was looking for a face plate for my backup computer where I have fit the 3.5 inch floppy drive in the top 5.25 inch bay. They only had a bay fitting for \$15 with a USB port on it that would not work on my computer motherboard although it would have held the drive fine. I toured the store looking at other merchandise. They had a lot of different cables on clearance. I chatted with a couple. I decided to buy a Clearance Prime Peripherals 45 X Cdplayer down from \$30 for \$9.60 plus .58 tax for \$10.18 total. Since the couple was looking for a CD audio cable that the store wanted \$15 for, I gave them the four pin audio cable in the clearance CD player, since I have a spare one at home that came with the QUE CD/RW player. I then toured Circuit City. I then toured Staples up by Costco. They have a generic 95A cartridge on the clearance table for \$50. I then returned to Greenwich. I drove downtown, and I drove by the waterfront. I then went to the Food Emporium, and I bought asparagus at \$1.99 a pound for \$3.40, two rib eye steaks at \$3.99 a pound for \$2.75 and \$2.23 for \$8.38 total. I then returned home. I took off the case off my backup computer. I measured the 3.5 inch floppy drive against a case 5.25 inch blank. I then drew lines on the blank. I cut small 1/8 inch holes with a drill every 1/8 inch along the outline. I then broke off the piece. I filed it with a knife sharpener. I then wrapped the rough edges with electrical tape. I put it in front of my 3.5 inch floppy drive, so the bay is closed off. I had a problem with the rails on the floppy drive adjusting them, so it sits back slightly since I did not have a small pair of rails. I put the Clearance 45 X Cdplayer in the backup computer replacing my 24X cdplayer that might have been faulty. I hooked up the sound with the existing four pin cable. The 45X CDplayer works fine with music cds. However, it does not display my Favorites CD, although it works with other CDs. It was recognized plug and play. I fiddled with it a while. I took my backup data CD, and I copied its data files to the backup computer. I am not sure**

why the Favorites CD will not play on the 45X CD player, but since I have the Favorites on the C: drive it does not matter. I put the 24X cdplayer in the 45X box. I will now have the same dinner as I had last night finishing off the cold eye round roast slices with Lea and Perrins Worcestershire sauce, McHilney's Tabasco sauce, and horse radish along with reheated brown rice and steamed asparagus and broccoli and ice tea. CIO

Note: <888> 03/22/02 Friday 5:00 P.M.: I fell back to sleep until 3:30 P.M.. I checked the mail. I just had a Stouffer's Hearty pot roast dinner, ice tea, and a cappuccino. I will now clean up and go out for some fresh air. I just heard at the Cnet radio site about a clever web site [www.dvdeastereggs.com](http://www.dvdeastereggs.com) which lists the Easter Eggs hidden on DVDs. On the backup computer, the C: and D: drives are 6 gigabyte and the E: drive is 8 gigabytes, so I have a little over 20 gigabytes of storage on the backup computer. CIO

End of Scott's Notes week 03/22/02:

Note: <888> 03/22/02 Friday 7:45 A.M.: Winter has returned, it is 19 degrees Fahrenheit right now. I was up at 2:30 A.M.. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I then decided to take my old E: drive I had in the Fire Sentry Case and put it on the backup computer. From the backup computer, I removed the 5 ¼ floppy drive that I do not really need anymore and put it in the bedroom right night stand. I put my 3 ½ inch floppy in the top 5 ¼ " bay. I put the C: and D: drives in the lower 3 ½ inch bays. On the two lower 5 ¼ inch bays, I put the E: drive and the 24X CDrom drive. I have the C: and D: drives on IDE1 as master and slave. On IDE 2 I have the 24 X Cdrom drive as master and the E: drive as slave. In this configuration, my IDE cables reach the respective drives. I tested the system. Since the E: drive with the old server information was formatted in NTFS, I had to run Fdisk on it and reformat it. I had a problem originally having the computer run smoothly which turned out it was over heating because one of the IDE cables was keeping the CPU fan cooler from spinning. Once I got the system tested, I put the case cover back on with the face plates. I do not have a face plate for the top bay with the 3 ½ "drive, so there is open space around it. I ran Norton Live Update on the system and updated it. It is all running fine. However, I know longer have a copy of my old server directory. I will now send out my weekly notes. CIO

**Note: <888> 03/21/02 Thursday 9:10 P.M.: I finished dinner. I had to put in the primary audio card outlet splitter plug in further to get sound on both of the Monsoon speakers. It needs to be pushed in all the way. I am tired, so I will head off to bed shortly. CIO**

**Note: <888> 03/21/02 Thursday 8:00 P.M.: The first copy of my Favorites on a Sony 24X CD/R disk was done about 7 A.M. this morning. I then burned another one from the original group of files on the computer which took about 50 minutes. I then burned two CD/RW from the same source. I thus have two Master CD/R and two Master CD/RW disks #1 - # 4. I rested a bit while doing this. I was finally up at 1:30 P.M.. I had two hotdogs with buns and ketchup and mustard and ice tea. I cleaned up, and I made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift Shop, and they have a new collection of spring items for sale. I then drove downtown, and I walked from the center of town up to the Greenwich Hardware store. They have the \$250 Broehm cappuccino espresso machine on sale for \$75 since the regular price on it is about \$150 now. I then drove down by the waterfront. I returned home. I then made 5 copies on Sony 24X CD/R disks from one of the CD/R master disks. The copy process show an erroneous error message since the disks are not completely written. However, they work just fine. I printed out a front CD label picture of myself in front of the Louvre ten years ago and a rear CD disk information label. I assembled the disks in the large CD jewel cases with the labels. I put one CD/R and CD/RW master in the First Sentry case and the other two masters in another safe place. I labeled each front label 1 – 9. Since the 75,000 Favorites are somewhat dated, I am not sure if there is any interest in them. However, at least now I have them in more useable format that one can use on any computer including a library computer with a web browser and CD player without having to copy all of them to one's hard disk. I will now have the same dinner as last night. CIO**

**Note: <888> 03/21/02 Thursday 6:10 A.M.: I finished copying the Favorites and the Favorites \*.zip files, and the Interactive directory to the E: CD write able drive. I will now write them to a Sony CD/R disk. This will probably take a while, so I will go to bed now. I have a 3 P.M. appointment today. CIO**

**Note: <888> 03/21/02 Thursday 2:35 A.M.: I was up until about 7 A.M. yesterday morning. I had to prompt the file copying process a few times. I woke up at 4 P.M.. I had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. I rested a bit until about 7 P.M.. I chatted with a friend. I cleaned up, and I went by the library, and I returned nine music CDs, and I read the Greenwich Times and the Wall Street Journal. I then walked lower Greenwich Avenue. I drove down by**

the waterfront. I then went by the Stop and Shop, and I bought two packages of S&S hotdog rolls \$1.19 each, a 5.5 ounce bag of Wise potato chips .89, a ten pack of S&S powdered dried milk \$5.49, and a large container of Quaker old fashioned oats for \$3.99 for \$12.75 total. I then returned home. The file copying process had reached a prompt. I have to copy smaller groups of folders on the "Government Military" category folder since there are prompts that stop the process on a larger collection. I tried once again by changing the preferences to use Nero Burning Rom for the process without success. I quit copying the Government folder, and I copied the IBM, folder. I had dinner about 1 A.M. while doing this of the same meal as last night without the coffee. I will do some minor computer work, and then start working on copying the government category and continue on. The copying process to the E: drive CD burner seems to be into another temporary folder from which after I am done copying I will burn the CD/R. I would imagine this all will still take a bit of time. CIO

Note: <888> 03/20/02 Wednesday 3:10 A.M.: I finished sifting through my email. I am now going to try to copy my 75,000 Favorites to a CD/R disk which I could then copy. This could take a day or two, so I will be limited to the activity that I can do on the computer. CIO

Note: <888> 03/20/02 Wednesday 2:10 A.M.: After dinner, I rearranged some of my music CDs in the 50 CD music rack, so I can put three thin jewel case CDs in one slot, so technically it can hold a 150 of the thin jewel case CDs. Actually the CD jewel case rack is one that I bought for 40% off at about \$22 at the Al Franklin music store going out business sale. I think it might actually be designed to be a videotape rack which I use for a CD jewel case rack. I also made copies of the CDs for my Microsoft Works Suite 2002, Norton 2002 System Works and Norton 2002 Firewall. When printing out Music CD labels with the Nero Burning Rom program, I get the remains of a sheet of paper after I cut it, where I can cut it again, and get a small sheet of note paper and another about twice the size, so as not to waste scrap paper. I will now do a bit of regular computer work. CIO

Note: <888> 03/19/02 Tuesday 9:10 P.M.: I was up at 2 P.M. today. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I cleaned up, and I made my 4 P.M. appointment. I then went to the Greenwich Library, and I returned 9 music CDs, and I checked out 9 music CDs. I then went to the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove down Greenwich Avenue, and I stopped by the waterfront. I then went to Smokes for Less in Byram, and I bought three cartons of Seneca Lights 100s for \$19 a carton \$57 total. I then returned to my apartment. I had some ice tea. I then drove

back by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove over to Staples in Old Greenwich. Their weekly sales brochure did not show the Sony CD/R 24X fifty bundle on sale, but they checked the sale advertisement at Staples, and they found out they are suppose to be \$10 off for \$17.94. I also bought a 50 pack of thin CD jewel cases for \$9.94 plus \$1.67 tax for \$29.55 total. The thinner CD jewel cases allow one to put in more CD jewel cases in a CD rack. Staples in Old Greenwich has an internet terminal in their office furniture department. I then returned home. I chatted with a neighbor. I had dinner of four 1/3 inch thick slices of cold eye round beef with horseradish, Lea and Perrins Worcestershire sauce, and McHilney's Tabasco sauce along with reheated brown rice with La Choy low sodium soy sauce and steamed fresh broccoli crowns and fresh cut asparagus along with ice tea and a cappuccino. I will now do some regular computer work. CIO

Note: <888> 03/19/02 Tuesday 5:40 A.M.: I did a little bit of regular internet work. I am tired, so I will head off to bed. CIO

Note: <888> 03/19/02 Tuesday 3:50 A.M.: After the last message and dinner, I worked on making some Audio CD/R from some vintage MP3 files I had on my computer. This took a while. I also labeled them with the label maker, and I put them by my TEAC DVD player. I also reorganized my 50 CD wire rack by the day bed. I put the German Classical CDs in the bookcase next to the records, and I added some new CD/Rs to the wire rack. I put the big button telephone in the long couch arm to make room on the video chest for the CD/Rs of MP3s. I made a copy of Nero Burning 5.0, and I put it on the lower level of my computer table. I put the original in the Que CD/RW box on the left living room closet shelf. I updated my list of blocked IP addresses that I have blocked with the Symantec Norton Firewall. The link for the list is [www.geocities.com/mikelscott/blockip.txt](http://www.geocities.com/mikelscott/blockip.txt) . I will now have a couple of hotdogs with buns and mustard and ketchup and a dill pickle slice, potato chips, and ice tea. CIO

Note: <888> 03/18/02 Monday 9:10 P.M.: I was up at 4 P.M.. I had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. I cleaned up, and I drove down Greenwich Avenue, and I stopped by the waterfront. Long Island Sound is still there on a rather bleak raining evening. I then stopped by the library, and I read P.C. Magazine. I toured the music CDs for the first time in a while. I know the collection fairly well since I use to regularly check out music CDs until a couple of years ago. I recently have not been listening to music at night since it disturbs my concentration when working on the internet. I did check out one DVD video and 9 music CDs. I then stopped by the Food Emporium, and I bought a two

dozen large eggs at \$1.79 a dozen for \$3.58 total. I then returned home. I chatted with a friend. I then took the slightly less than two pound eye round, and I seasoned both sides with ground black pepper, garlic powder, celery salt, poultry and meat seasoning, Italian spices, Basil, and Oregano. I then also covered both sides with Baby Ray's barbecue sauce. I am cooking it fat side up in the convection oven at 325 degrees Fahrenheit for 45 minutes. I will have it with steamed brown rice and steamed fresh broccoli crowns and asparagus slices and ice tea and a cappuccino. CIO

Note: <888> 03/18/02 Monday 4:45 A.M.: Earlier around midnight, I had potato chips and S&S French onion dip. I just now had about ten Carr's crackers with slices of mozzarella cheese and ice tea. I will now head off to bed. CIO

Note: <888> 03/18/02 Monday 3:25 A.M.: I just finished listening to the MP3 CD/R, and it was quite enjoyable to listen to some vintage music. I also noticed a vintage circa 1937 Cadillac downtown today with an antique license plate from Florida. I guess some old timer got tired of the hot sweaty weather down in Florida and decided to come up north and enjoy the invigorating spring days. I remember once in Florida, I met the first Cadillac dealer in New York City, and he told me if I have nothing better to do, to try to sell some Cadillacs. Well, I have tried that angle over the years, and I guess no one has bitten. This old time Cadillac dealer also started General Motor Acceptance Corporation, and he told me they would beat any dealer's price on a General Motors product at <http://www.gmacfs.com/>, of course one would have to have some sort of credit rating. Well, I have seen a lot of Cadillacs in my day. I remember at tea time in Florida, one would see thousands of new yellow or white Cadillacs and Lincolns cruising along A1A going to various social occasions. CIO

Note: <888> 03/18/02 Monday 2:25 A.M.: I made a CD/R of the collection of various songs from the 60s, 70s, and 80s. I am listening to it on the TEAC DVD player since they are MP3 files. I printed out CD covers for the copy of the CD/RW and the CD/R. I am listening to it on my Emerson wireless headphones connected to my amplifier with the TEAC DVD player through on the VCR1 selection. For your reading amusement I will list the 21 songs which run a bit more than 70 minutes. Since I am user friendly with ASCAP, I do not think they will mind me listening to them in my own apartment. I can also listen to them with the headphones next to my computer, if I plug them into the cable by the left lower desk drawer, so as to save my Emerson wireless headphone batteries. I believe Odd Job is selling the Emerson wireless headphones for \$16.99 this week, but one would still have to go to Radio



**Shack for a battery recharger and rechargeable batteries. The link to my current listening that I just recorded on the Que CD writer is**

**<http://www.geocities.com/mikelscott/music001.jpg> . CIO**

**Note: <888> 03/18/02 Monday 1:10 A.M.: I just finished watching Silicon Valley III summit on MSNBC. It was most interesting since I had seen the previous two broadcasts. I just happened to catch it. I will now fiddle with the Que CD/RW player some more. CIO**

**Note: <888> 03/17/02 Sunday 10:40 P.M.: I finished my computer work. I will now shut down and watch some television. CIO**

**Note: <888> 03/17/02 Sunday 10:00 P.M.: I sifted through my email. For dinner, I had a Stouffer's Home style meatloaf dinner with ice tea and a cappuccino. I relaxed a bit. CIO**

**Note: <888> 03/17/02 Sunday 7:30 P.M.: Last night I put \$10 on my McCray laundry card. I ran Norton Speed Disk on the C: drive before going to bed about 6 A.M.. I was up at noon and Speed Disk was done, and I took the AAA rechargeable batteries out of the battery charger, and I put a pair in my Emerson wireless headphones, so they work now. I went back to bed until 3 P.M.. I had breakfast of three medium boiled eggs, 3 slices of Italian bread toast, orange juice, coffee, and vitamins. I then cleaned up, and I went out about 5 P.M.. I went downtown, and I walked lower Greenwich Avenue and the train station area. I drove down by the waterfront. I stopped by the Food Emporium, and I bought two bags at \$1.50 each of A&P balanced blend 50% less decaffeinated coffee, and two bags at \$1.50 each of A&P regular red bag coffee for \$6 total. I then went by the Stop and Shop, and I bought fresh heads of broccoli at .79 a pound for \$1.34, three S&S premium margarine for \$2 all, a eye round roast at \$2.99 for \$5.53, and it was the last one out at that time, fresh garlic at \$2.49 a pound .35, and a gallon of S&S bleach for .99 for \$10.27 total. I then returned home. I put away my purchases. I mixed the four new bags of A&P coffee beans with the existing supply of coffee beans I had, and I now have about 7 quarts of mixed coffee beans. I keep the quart jars of coffee beans underneath my dining room table next to the kitchen entrance. I keep them in resealable quart glass jars similar to mason jars. I will now do some regular computer work. CIO**

**Note: <888> 03/17/02 Sunday 5:30 A.M.: I tried twice to copy the CD/RW disk to a CD/R disk, but it did not work. I was able to copy one of my regular music CDs to a CD/R disk, so that feature does work. It takes about 9 minutes to copy a music disk. Perhaps, there was a bad track in the CD/RW disk, or perhaps one can not do that. I am tired, so I will go to bed shortly. I have to wake up at noon to take the batteries out of the charger. CIO**

**Note: <888> 03/17/02 Sunday 3:15 A.M.: I encoded with the Real One Roxio plugin some of the music from my hard drive onto a CD/RW disk. This takes a bit of time, about as much as it does take to listen to the music. There is a little bit over 70 minutes on the disk. The MP3 music files encoded this way as opposed to copying, play on my TEAC DVD player which is suppose to support MP3 music formats along with other CD formats. I hooked up an old pair of head phones to my amplifier that have a lose wire on one side that some times work properly and some times do not. I am recharging the AAA Nickel Cadmium rechargeable batteries I have for my wireless headphones, and they should be charged by noon today. I will now make a CD/R copy of the music I just encoded. CIO**

**Note: <888> 03/17/02 Sunday 2:15 A.M.: I had a Stauffer's Hearty pot roast dinner along with a couple of slices of Italian bread toast and ice tea. I tried to burn my Favorites on a CD/RW disk, but at the rate it takes to transfer each one, it would take two and a half days to put them all on a disk. I guess, I will wait until I have some time. I updated the Roxio plugin on Real One, and I imported my C: drive songs into its media library. I am now encoding a CD/RW disk with some vintage music of my generation. I went downstairs, and I put \$10 on my laundry card. It will take anther 40 minutes for the CD/RW disk to be completed. I am just relaxing. CIO**

**Note: <888> 03/16/02 Saturday 10:50 P.M.: The Nero Burning program froze again when I was trying to burn all my 75,000 Favorites at one time. I have been able to copy them in Zip format though. I will now try to burn them on one disk one sub folder at a time. CIO**

**Note: <888> 03/16/02 Saturday 10:30 P.M.: I had reheated steamed rice with the meal I had after the last note. I did my house cleaning and watering the plants. I also ran Norton Clean Sweep along with Disk Doctor and Win Doctor. I finished the**

backup of the C: drive to the D: drive. I imported my Favorites into Nero Burning, but on the first CD write attempt it froze. I will try it again shortly. I emptied all my garbage cans. I went out, and I stopped by the West Putnam Avenue postal facility and I mailed my Que rebate forms along with a Forbes cancel invoice. I did get the two free Forbes magazine. I read their web site regularly anyway at [www.forbes.com](http://www.forbes.com) . I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went to Exxon, and I bought \$10 of premium at \$1.499 a gallon. I next stopped by the library, and I dropped off a DVD video disk at the outdoor video drop. I noticed while at the Post Office my driver's side rear bulb was going off and on like it was just about worn out. I stopped by the Stop and Shop, and they do not carry car bulbs. The Exxon station did not have them either. The Shell station carries car bulbs for more recent models. I stopped by the Mobil station, and they did not have car bulbs. I returned back to my residence, and I had a spare bulb in my tool case in the trunk. I installed the new smaller driver's side rear bulb, and I checked the other lights. They are all fine. I put another snow brush from the trunk in the back seat to replace, the one that broke some time ago. I will now try to burn a Favorites CD again. CIO

Note: <888> 03/16/02 Saturday 4:10 P.M.: I went to bed at 11 P.M. last night, but I was unable to fall asleep until about 4 A.M.. I had some goldfish crackers and ice tea. I received a telephone call from a relative about 9 A.M.. I went downstairs, and I picked up a loaf of Italian bread from the table now in the community room. I ate breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. I fell back asleep until 3:30 P.M.. I will now delete the E: drive backup off the D: drive. I will then run Norton Disk Doctor on the C: drive and Norton WinDoctor. I will then start a backup of the C: drive to the D: drive. I will have a Stauffer's lean cuisine Beef portabella for lunch along with ice tea and a Brazilian instant coffee. I will then start my weekly house cleaning and watering the plants. CIO

Note: <888> 03/15/02 Friday 11:30 P.M.: I did a bit of regular computer work sifting through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will wait until tomorrow for my email. I am a bit tired, so I will head off to bed. CIO

Note: <888> 03/15/02 Friday 10:50 P.M.: I cleaned up, and my guest arrived at 4:30 P.M.. We chatted a while. About 6 P.M. we had the same dinner I had earlier this week of spiced barbeque boneless breast of chicken with steam asparagus and steamed white rice and ice tea. This time besides adding margarine to the white rice, I also added sesame oil, La Choy low sodium soy sauce, and Medina balsamic

vinegar. After dinner, we watched the ABC evening news. We then watched the a DVD video movie. My guest left about 9:30 P.M.. We had thought about going up to the United States Military Academy at West Point, New York [www.usma.edu](http://www.usma.edu) tomorrow Saturday March 16, for the 200<sup>th</sup> anniversary celebration. However with my rather severe arthritis, I would not be very comfortable out in the rain expected tomorrow. Well, I guess I will have to make it to the 250<sup>th</sup> anniversary. They are selling First Day issues of stamps and Eisenhower silver dollars at Eisenhower Hall tomorrow for \$35 each. I think an ounce of silver is only worth about \$7, so one pays a premium to have Eisenhower's picture on the silver dollar. If one ever runs out of money making such neumistic investments, one could always use it as a lucky silver dollar at a casino. Well, I then relaxed a bit. I then took off the cover off the computer case, and I inspected the IDE cables. It is just as I suspected. They are two short for rearranging them to have one IDE cable on each CD player. Well, the Que CD/RW player copies fast enough for me from the 50X CD player with both of them on the same IDE cable. Well, I guess it is the story of my life at middle age. When ever I think something is fast enough, others think it is too slow. I guess time is relative as to the speed of events. Well, I will now do a little bit of regular computer work. CIO

End of Scott's Notes week 03/15/02:

Note: <888> 03/15/02 Friday 3:25 A.M.: I was up at 10:30 A.M.. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I made up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I was able to get the Que CD/RW working successfully. I copied my Windows 95, Windows 98, Windows 98 Second Edition Upgrades, Windows ME, and my Windows XP Professional disks. I keep the copies by my computer, and I keep the original disks in their boxes they were sold in. I made five archive copies of my primary computer data files, 4 on CD/R and one on CD/RW, and I put one of each in the Sentry Fire Storage box. I probably will store one or two others off site. On copying CDs, my computer would be even faster doing it, if I put each CD player on a separate IDE cable. I am not sure in the present configuration if the existing cables would be long enough. I will look into it later. I will now send out my weekly notes. I have a guest coming down for dinner about 5:15 P.M.. CIO

Note: <888> 03/15/02 Friday 1:15 A.M.: I zipped my Favorites into sub folders, and I copied them to a CD/R disk. I tried to add additional folders to the disk, but somehow I had them in a different format. I also can not get my ACER 50/X drive to read the CD/R disk, so I am still in the learning curve about using the QUE CD/RW drive. I will now relax and head off to bed. CIO

**Note: <888> 03/14/02 Thursday 8:05 P.M.:** I fixed some short cuts on my desktop. I filled out the rebate information for the Que CD/RW drive, and for both of them they want the original UPC code from the box along with a copy of the receipt, so I sent the UPC code with the \$20 rebate, and I copied it, and I sent that with the \$15 rebate. CompUSA advertised two rebates, so hopefully QUE will honor both of them. CIO

**Note: <888> 03/14/02 Thursday 6:40 P.M.:** I was up at 1:30 P.M.. I had a Stauffer's lean cuisine honey chicken meal with peppers, and I also finished off the pineapple grape mixture along with ice tea. I made my 3 P.M. appointment. I then drove downtown, and I walked lower Greenwich Avenue on the nice warm spring day, and I also sat out at various locations. I then drove down by the waterfront. I then returned back to my apartment. I relaxed a bit. I just now ate a Stauffer's hearty turkey breast meal with stuffing and ice tea. I will now do some regular computer work. I also have to fill out the rebate forms for the Que CD RW drive. CIO

**Note: <888> 03/14/02 Thursday 10:00 A.M.:** I installed the Nero Burning Rom 5.0 software, and I tired using it. I had trouble getting it to format a RW disk, but I found at the Que web site an update to Nero Burning Rom 5.0 for XP, and the formatting and copying to a RW disk work fine. I still have to figure out other bits of the software. I did make one RW disk with 15 Beatles songs on it which plays from the computer CD players, but I can not get it to load on my DVD player. I made a CD R disk, and it records them very quickly. I will study this all later. I need some rest. I have a 3 P.M. appointment, so I have to be back up at 1 P.M.. I had some ice tea and goldfish crackers. Time for rest. CIO

**Note: <888> 03/14/02 Thursday 3:50 A.M.:** I did a little computer work, and I went back out last night at 7 P.M.. I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove up to CompUSA in Norwalk. I toured the store looking at the 18<sup>th</sup> anniversary specials. I bought the QUE CD-RW Drive 24X/10X/40X for \$84.99 which included a \$15 instant rebate plus \$5.10 tax for \$90.09. The QUE drive also has two mailin rebates for \$20 and \$15, so it will eventually be \$50 and tax. I also bought a 10 pack of Smart Buy CD-RW 4X-10X recording disks for \$6.99, a bundle of 50 CompUSA CD-R 24 X recording disks for \$14.99 and a box of 50 CompUSA jewel cases for disks for \$14.99 plus \$2.22 tax for \$39.19. I started down the road, and I remembered that I might need a Y cable splitter for my power supply, so I returned to CompUSA. I bought a Y cable splitter for \$10.99 off \$2 because I was short of cash and a CompUSA pack of 6 computer case thumb screws for \$3.99 plus .90 tax for \$15.88. I then returned home driving through central Greenwich on the way back home. I first disconnected my computer

case, and I looked at the wiring situation. I only have two double IDE cable connectors, so I decided I would have to remove the E: hard drive. I reconnected the computer, and I copied from the E: drive to the C: drive my 74,000 Favorites, some Music, some small programs and other files. This took some time, so I had same dinner as last night around midnight. I then took apart the computer. I removed the E: drive, and I put it in my Fire Sentry Case next to the front door in a plastic static bag. I put in the new QUE drive in the same location, setting it as a slave drive. The wires were already set up there from the E: drive, and I did not need to use the Y power cable splitter. I connected the two wire connector from the SoundBlaster Live MP#+ sound card to the QUE drive leaving the 4 wire connector on my Acer 50X cdrom player. I then tested the system, and sound plays out of both the ACER CD drive and QUE CD/RW drive. I reassembled the case and connected all the cables in back of the computer. It all seems to be working fine. I now have to install the software, and I guess I will do a test record with the QUE CD/RW drive. CIO

Note: <888> 03/13/02 Wednesday 5:40 P.M.: I went to bed at about 1 A.M. last night, and I was up at 1 P.M. today. I had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. I cleaned up, and I went out. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I then drove downtown, and I went by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times and the Wall Street Journal. I returned a DVD video, and I checked out two DVD videos. I then went by the Food Emporium, and I bought two bundles of fresh asparagus at \$1.49 a pound for \$1.45 and \$1.43 each bundle, three Stouffer's hearty meals at \$2.15 and a Stouffer's 20 ounce lasagna at \$2.57. All of the Stouffer's regular meals are 40% off. I also bought a bulb of garlic at \$2.99 a pound for .75 for \$12.65 total. I then returned home, and I put away my purchases. I will now listen to some Cnet radio. CIO

Note: <888> 03/12/02 Tuesday 11:30 P.M.: After dinner, I watched a DVD video. I will shut down the computer shortly and relax a bit before going to bed. CIO

Note: <888> 03/12/02 Tuesday 7:35 P.M.: I was up at 12:30 P.M.. I checked the mail. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I chatted with a friend. I listened to a bit of Cnet radio www.cnet.com to hear about technology happenings on the west coast. I worked on the backup computer. I installed the Real One final product and updates and plugins. I had to set its video in Real One preferences on the backup computer to a lower level by unchecking a box since the backup computer only has four megs of

onboard video. I tried updating the video drivers on the backup computer, but I kept the old one. I updated the Symantec firewall and Norton Antivirus 2002. I also installed Microsoft MSN 7.0 and the latest Java Virtual machine. I downloaded from Real and listened to Paul McCartney's "Freedom". I am cooking the same boneless breast of barbeque chicken the same way with a little lemon juice added to the previous recipe. I will have it with steamed white rice and steamed asparagus, ice tea, and a cappuccino. It is damp out, so I will probably be staying inside tonight. CIO

Note: <888> 03/12/02 Tuesday 12:30 A.M.: I finished sifting through my email and going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I noticed that CompUSA has the Lexmark E210 Laser Printer for \$99.99 after rebates Welcome to CompUSA.com - Products , about \$100 off. I will now shut down for the night. CIO

Note: <888> 03/11/02 Monday 11:30 P.M.: I had the same boneless breast of barbeque chicken, steamed white rice, steamed asparagus, and ice tea as last night for dinner. I am going through my regular computer routine. CIO

Note: <888> 03/11/02 Monday 9:20 P.M.: I went downtown, and I walked lower Greenwich Avenue. I then went by the Greenwich Library, and I read P.C. World magazine. I returned back to my apartment, and I relaxed a bit. CIO

Note: <888> 03/11/02 Monday 6:15 P.M.: The Logitech cordless mouse was getting erratic, so I replaced the batteries in it, and it seems to run better. I moved the Logitech cordless mouse base station to the left of the power control centers. I put the left Monsoon speaker behind the computer to the left on top of the HP LaserJet IID manual. CIO

Note: <888> 03/11/02 Monday 6:10 P.M.: I listened to some internet broadcasts. I had two hotdogs with buns and ketchup and mustard and a dill pickle slice and potato chips and ice tea and a Brazilian instant coffee. I cleaned up, and I will go out shortly. CIO

**Note: <888> 03/11/02 Monday 4:00 P.M.: I reinstalled the Creative SoundBlaster Live MP3+ drivers for Windows XP. When I was checking the speaker on quadraphonic speaker setup, I noticed the left Monsoon speaker and one of the other pair of speakers was not working. I checked the back of the computer, and on the first speaker output jack the double splitter was not plugged in all the way affecting the Monsoon speakers, and I also changed the setting on one of the other pair of speakers to surround, so both speakers work. Thus I now have all speakers set up and tweaked properly. I will now clean up. CIO**

**Note: <888> 03/11/02 Monday 1:50 P.M.: I was up at 11 A.M.. I checked the mail. I listened to some internet news. I had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. For the interested parties that read my notes, I will list the vitamins and supplements that I take every day. Following is a list: one 325 mg. aspirin, either a balanced B-100 or B-50 tablet, 500 mg. of Niacinamide, a multiple vitamin such as Centrum Silver, 400 IU USP vitamin E, 1000 mg. or 500 mg. of Vitamin C, 500 mg. of Deodorized Garlic, 1000 mg. of MSM, Echinacea 150 mg. and Goldenseal 100 mg. complex, and Glucosamine Sulfate 500 mg. and Chondroitin Sulfate 400 mg. and MSM 500 mg. combination. Before going to bed, I take a Tylenol and a MSM 1000 mg. Well, it all seems to help me a bit with my over all health and joint pain. I plan to stay inside and do some regular computer work. CIO**

**Note: <888> 03/11/02 Monday 1:45 A.M.: Well, I finished my regular internet routine. It is time to call it a day. CIO**

**Note: <888> 03/11/02 Monday 12:50 A.M.: I had the same barbeque boneless chicken breast dinner I had a couple of nights ago. CIO**

**Note: <888> 03/10/02 Sunday 11:05 A.M.: I analyzed the IP addresses with <http://www.arin.net/whois/arinwhois.html> , and judging from the returns if it is one hacker, it is a Asian from Taipei who travels all the time to Canada and down the east coast to Georgia going through Massachusetts, Connecticut, New Jersey, Georgia, and Florida frequently, and visits California frequently and might work for Intel in California and made one trip to Australia. Of course if it is more than one hacker, then other users IP addresses besides Optimum Online start with "24.". However, I bought my motherboards from somebody from Taipei, so maybe they are monitoring my computer use hoping to sell me an Intel product. So much for my Sherlock Holmes skills. CIO**



**Note: <888> 03/10/02 Sunday 10:25 P.M.:** I made up a list of the IP addresses that I have blocked in the last two months with Symantec Norton Firewall 2002 mostly for trying to attack my computer looking for Trojan Horse access. Most of them are from Optimum Online Users. Following is a link to the list <http://www.geocities.com/mikelscott/blockip.txt> . CIO

**Note: <888> 03/10/02 Sunday 8:55 P.M.:** I went out after cleaning up. I drove downtown, and I drove around the train station area. I drove down by the waterfront. I then went to the Food Emporium, and I bought three Stauffer's hearty pot roast dinners at 40% off for all Stauffer's for \$2.15 each, and boneless breast of chicken at \$1.99 a pound for \$5.77, and fresh asparagus at \$1.49 a pound for \$1.55 for \$13.77 total. I then went to the Stop and Shop, and I bought three 96 ounce jugs of Tropicana orange juice with calcium at \$2.99 a jug for \$8.97 total. I then returned home, and I put away my purchases. I chatted with a relative. I noticed yesterday when I was down at Grass Island that the park there on the waterfront has about three to five Canadian goose droppings per square foot which is quite dirty. I suppose if other people with waterfront lawns have the same problem, they have a major health problem. I read that they have reduced the Swan population on the waterfront by curdling their eggs in the nests. Perhaps since the Swan population is down, the Canadian Geese population is up. I am not sure or not if the Swans will run off the Canadian geese or keep them from hanging around one's lawn. Well time for some regular computer work. It was quite blustery outside. CIO

**Note: <888> 03/10/02 Sunday 6:25 P.M.:** I finished two loads of laundry. I change the bedroom sheets when I do laundry. I had to leave the socks out on the day bed to dry more. I did a bit of regular computer work. I just had a Stauffer's lean cuisine Chicken scaloppini with lasagna meal and some of the pineapple and grape mixture along with ice tea and a cappuccino. I will now clean up and go out. CIO

**Note: <888> 03/10/02 Sunday 3:45 P.M.:** I was up at noon. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I put my laundry together, but the machines were busy. I went back to bed until 2 P.M.. I am now on the dry cycle of the laundry. CIO

**Note: <888> 03/09/02 Saturday 9:45 P.M.:** We finished watching the DVD video. My guest left about fifteen minutes ago. I will now relax before going to bed. CIO

**Note: <888> 03/09/02 Saturday 6:35 P.M.:** I finished the house cleaning and backing up the computer about 1:30 P.M.. I ran Norton Disk Doctor and Norton Win Doctor before the backup. I had lunch of two hotdogs with buns and ketchup and mustard and potato chip and ice tea and Brazilian instant coffee. I had a guest stop by at 2 P.M.. I cleaned up. We went by the library, and I returned a DVD video, and I checked out 2 DVD videos. We drove down by the waterfront and took a drive through Bruce Park. We stopped by the library again to sit outside briefly. We stopped by the Stop and Shop, and my guest bought fillet of salmon and fresh asparagus. We stopped by Smokes of Less in Byram. We returned to my place. I ran Norton Speed Disk while I was out. We chatted a while. I am now cooking the same baked fillet of salmon meal with steamed asparagus and steamed white rice and ice tea. We will then watch a DVD video. CIO

**Note: <888> 03/09/02 Saturday 10:50 A.M.:** I was up at 9:30 A.M.. I fetched a loaf of Italian bread and four rolls downstairs from the bread table. I had breakfast of Italian bread toast, oatmeal, vitamins, orange juice, and coffee. I will now start a backup of the C: drive to the D: drive. I then will start my weekly house cleaning. CIO

**Note: <888> 03/09/02 Saturday 12:30 A.M.:** I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I updated the Java Virtual machine. I will now shut down, and I will relax a bit before going to bed. CIO

**Note: <888> 03/08/02 Friday 11:05 P.M.:** My sheep skin from New Zealand is made by Bowron Sheepskin .

CIO

**Note: <888> 03/08/02 Friday 10:55 P.M.:** My guest and I watched the DVD video. My guest just left. I will now do a little bit of regular computer work. CIO

**Note: <888> 03/08/02 Friday 8:00 P.M.:** A friend stopped by, and we chatted for a while. We had the same dinner as last night. I just cleaned up. We will now watch a DVD video disk. CIO

**End of Scott's Notes week 03/08/02:**

**Note: <888> 03/08/02 Friday 3:05 P.M.:** I was up at 9 A.M., and I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I went back to bed until about 2:30 P.M.. I had some spice drops. I will now send out my weekly email notes. I will then have two hotdogs with buns and mustard and ketchup and potato chips and dill pickle slice and ice tea and a cappuccino. I noticed in today's Greenwich Times that Vice President Cheney's wife Lynne Cheney was in town for a fund raiser last night. I was over at Staples about that time, and I had thought about using the ATM machine over at the Hyatt at that time, and I would have run into them all, but I decided not to buy anything at Staples, so I did not need to use the ATM machine at the Hyatt. Greenwich Time link <http://www.greenwichtime.com/news/local/scn-gt-award2mar08.story?coll=green%2Dnews%2Dlocal%2Dheadlines> . After my meal, I will do a little regular computer work. CIO

**Note: <888> 03/07/02 Thursday 9:35 P.M.:** I sifted through my email. I now will relax a bit and channel surf the television before going to bed. CIO

**Note: <888> 03/07/02 Thursday 8:20 P.M.:** After the last message, I gave one of my neighbors a ride to Port Chester, New York. I then returned to central Greenwich, and I went by the Greenwich Library, and I returned a DVD video disk, and I read P.C. Magazine. I stopped by the Grand Union, and I bought White Gem boneless breasts of chicken at \$2.99 a pound for \$4.49. I then returned back to my apartment, and I had lunch of a Stouffer's lean cuisine hearty meal Chicken Picone with rice, pineapple grape fruit salad, ice tea, and Brazilian instant coffee. I then went out, and I made my 3 P.M. appointment. I then stopped by the Greenwich Hospital Thrift Shop. I next went downtown, and I walked lower Greenwich Avenue, and I sat out in the town common. The black squirrel is still there, and I also saw a Mocking Bird. I then drove down by the waterfront. I cleaned my car windows with glass cleaner. I chatted with a resident. I drove over to Staples in Old Greenwich, and I toured the store. I then returned to my apartment. I relaxed a bit. I then oiled the Pyrex pie dish with olive oil, and I rubbed one chicken breast in the oil and I diced four gloves of garlic, and I put them on the chicken breast. I the seasoned the chicken breast with garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, and Basil. I then covered the chicken breast with Texas Best barbeque sauce, and added dashes of McHilney's Tabasco sauce, Lea and Perrins Worcestershire sauce, and La Choy low sodium soy

sauce, and I cooked it in the convection oven at 350 degrees Fahrenheit for 35 minutes. I had it with steamed white rice and chopped fresh asparagus spears and ice tea. By the way, I made up a new batch of ice tea last night. I will now do some regular computer work. Also my left shoulder has been hurting today like it might have Bursitis, and since my 1976 Volvo does not have power steering, it was a little painful driving today. Still, I am sure the pain will go away soon. CIO

Note: <888> 03/07/02 Thursday 10:30 A.M.: The apartment inspection went fine. They need to fix the sheet rock above the bathroom sink where the hot water heater was replaced a few years ago. It was also suggested that I move my Rubbermaid laundry hamper back into the bedroom, so there is more hallway entrance space. Well, it is a nice day, so I will go out for some daytime activity. Have a good day. CIO

Note: <888> 03/07/02 Thursday 9:00 A.M.: I went to bed at midnight. I was up at 7 A.M.. I had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. I cleaned up, and I went out and threw out some garbage. It is a very nice day. I have an apartment inspection at 9:15 A.M. today. I guess I will do a little computer work this morning. CIO

Note: <888> 03/06/02 Wednesday 8:55 P.M.: I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I next went downtown, and I walked lower Greenwich Avenue. I then went by Exxon, and I bought \$9 of premium at \$1.499 a gallon. I then went over to the Food Emporium, and I bought two packs of four General Electric 40 watt lights bulbs for .99 each and two packs of four General Electric 60 watt light bulbs for .99 each, four packs of Stauffer's hearty light meals for two for \$3.99 or \$7.98 all, two packages of Master Choice mozzarella skim cheese \$2.50 each, and a bar of Cabot's Vermont extra sharp cheddar cheese for \$2.89 plus .24 tax for \$17.56 total. I then returned home. I relaxed a bit. Then I had the same meal as last night. I chatted with a relative, and thanked them for the sheep skin. I will now watch a DVD movie video. Have a good night. CIO

Note: <888> 03/06/02 Wednesday 2:00 P.M.: I went over to Odd Job in Port Chester, and I returned the Eureka steam cleaner for \$53.36 cash refund with tax. I then bought an Oneida wire cheese slicer for \$1.99, an Oneida sliver cheese slicer for \$1.99, a pound of spice drops \$1.99, 2 Tuff Pot Shot cookware cleaner .99 each, a Oneida spatula .99, a set of three Chef's Helper jar openers \$1.49 minus 10 percent

senior discount on Wednesday for \$1.04 Senior Discount with my AARP card plus .63 tax for \$10.02 total. I then went to Smokes for Less in Byram, and I bought two cartons of Seneca Ultra Lights 100s for \$19 each \$38 total. I was told that April 3, when the new Connecticut cigarette tax increase goes into effect that they will go up \$6 a carton to \$25 a carton. I will now have two hotdogs with buns and ketchup and mustard and a dill pickle slice and potato chips and ice tea and a cappuccino. I will then go out for some more daytime activity. CIO

Note: <888> 03/06/02 Wednesday 11:45 A.M.: I tried the Eureka steam cleaner, and it does not work very well, so I will return it after I clean up. I guess it is not a very heavy duty item. It just blows a little steam for about ten minutes before having to be refilled, and the items I tried cleaning did not really change very much. I also received a sheep skin from a relative that visited New Zealand, so I put it on my day bed. It is a Bowron sheepskin very white and fluffy. CIO

Note: <888> 03/06/02 Wednesday 10:25 A.M.: I watched television until midnight. I was up at 9 A.M.. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I sent out an email. I will now try out the Eureka power steamer to see how it works. I will listen to [www.radio10.fm](http://www.radio10.fm) for relaxing music while I clean. CIO

Note: <888> 03/05/02 Tuesday 9:35 P.M.: I went out after the last message, and I put a half of quart of Pennzoil oil in my car. I also filled the antifreeze overflow container to half way full. I sprayed WD-40 on the front passenger side door latch, and I worked it a bit. It shut properly when one slams it harder, but it is still suspect, so one has to be wary when sitting on that side, and should test that it is secure by pushing out on the door to make sure it is securely latched. I also sprayed WD-40 on some of the ignition contacts and wires along with the battery terminals and some of the throttle linkages. I then drove over to the Gateway Auto Supply, and I bought two quarts of Pennzoil 10W-40 oil for \$1.99 a quart or \$3.98 total. I then put another third of a quart of Pennzoil in my car. I put the two containers in the trunk. I then made my 4 P.M. appointment. I next drove down by the waterfront. I then stop by the Stop and Shop, and I bought a dozen large eggs for \$1.69, buy one get one free of Ball Park beef franks for \$3.79 both, fresh fillet of salmon at \$3.99 a pound for \$1.70, asparagus at \$1.49 a pound for \$1.47, S&S lemon juice quart \$1.89, and a jar of Classico alfredo garlic sauce \$2 for \$12.54 total. I then returned home. I relaxed a bit. I then took a round Pyrex pie dish, and I put a couple of teaspoons of olive oil in it. I then rubbed the fillet of salmon I had left over from Sunday in it, and I put about a half inch of lemon juice and orange juice in the dish. I then seasoned the fish with Old Bay seasoning, Italian spices, oregano, and

**Basil. I peeled and halved a small onion and halved about ten asparagus, and I put them in the dish. I covered the Pyrex dish with a Pyrex lid, and I cooked it all in the convection oven at 325 degrees Fahrenheit for 20 minutes. I had it all for dinner with steamed white rice which I added some of the juices too along with the salmon, and I also had a glass of ice tea. I chatted with a friend. I then updated the beta of Real One to the finished product with the plugins also. I will now start relaxing before calling it a day. I might watch a little television before going to bed. CIO**

**Note: <888> 03/05/02 Tuesday 3:05 P.M.: I put the rest of the air freshners in the bedroom bureau drawer. I will now go out. I will check my car oil and spray some WD-40 on the car door lock. CIO**

**Note: <888> 03/05/02 Tuesday 1:55 P.M.: I dropped my neighbor off at the Pathmark in Port Chester, New York. I then went to the ATM machine at Bank of New York. I then went to Staples, and I bought from the Clearance center a three pack of 500 sheets each of IBM Ultimate white heavy duty inkjet paper regularly \$23 all for \$10 all, and a Coleman three pack of electronic mosquito repellers for \$4 all plus .95 tax for \$14.95. I then went over to Odd Job, and I bought two 64 ounce containers of Bissell glass cleaner refill with ammonia for \$1.79 each, two Bissell disinfectant spray antibacterial 12 oz. .99 each, two McAuley's carpet and room deodorizer with baking soda Mulberry .79 each, TurtleWax extreme 2001 Protectant \$1.99, 8 Sierra heavy duty room fresheners 6 oz. .49 each plus .88 tax for \$13.93. I then returned home, and I left my purchases in my apartment. I then went back to the ATM machine at Bank of New York in Port Chester. I then went back to Odd Job, and I bought a Eureka Enviro Steamer hotshot regularly \$79.99 for \$49.99 plus \$3.37 tax for \$53.36 total. The Eureka Enviro steamer comes with a few attachments. It is made in Italy, and it is refurbished in Mexico. It will be handy for heavy duty cleaning. It also kills germs. I then returned home. I put one of Sierra room fresheners behind the window fan and another one underneath the bathroom fan. I will now have two hotdogs with buns and mustard and ketchup and potato chips and dill pickle slice and ice tea and a cappuccino. Also my passenger side front door seems to not close properly, but I think I fixed it. I have a 4 P.M. appointment today. CIO**

**Note: <888> 03/05/02 Tuesday 10:25 A.M.: I have cleaned up. I put new 15 watt frosted candelabra bulbs in the sconces on the far wall in the living room. I am now going to give a neighbor a ride to Port Chester, and then I will do some other outdoors activity. CIO**

**Note: <888> 03/05/02 Tuesday 9:05 A.M.:** I was up at 8 A.M.. I had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and pineapple grape mixture. I will now clean up, and then I will do a little computer work. It seems a bit cold out at 21 degrees Fahrenheit, so I guess the arctic birds had common sense in flying down here. I notice it is 51 degrees Fahrenheit in mid state Florida, so I guess the oranges are all right. CIO

**Note: <888> 03/04/02 Monday 8:30 P.M.:** I went out, and I stopped at Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I next went downtown, and I stopped by the central Greenwich Post office, and I obtained a money order to pay my Verizon telephone bill. I then stopped by the Greenwich Tobacconist briefly. I next drove down by the waterfront. I went by the ELDC thrift shop in Cos Cob, and I bought a brass plant mister for \$2.12 with tax. I then returned a DVD video at the library, and I checked out three DVD videos. I also read the local paper and the Wall Street Journal. I then went by Stop and Shop, and I bought a fresh Del Monte pineapple for \$3.99, white seedless grapes at \$1.99 a pound for \$2.61, Vlassic snack kosher dills \$1.99, two containers of S&S French onion dip \$1.29, La Choy light soy sauce \$2.19, Old Bay Seasoning \$2.99, Asto sesame oil \$3.59, Gold's horseradish \$1.50, two medium bags of Wise Ridge sour cream potato chips \$1.09 each for \$23.31 total. I then returned home. I peeled and diced the pineapple, and I cleaned and picked the grapes, and I mixed them together. I then added three tablespoons of Angostura bitters, a jigger of Mount Gay rum, and two cups of fresh orange juice, and I mixed it all together. I then put it all in a Rubbermaid container in the refrigerator to chill. I then relaxed a bit. I put the brass plant mister on the lower shelf of the bookcase in the kitchen entrance. For dinner I had the rest of the spaghetti and tomato meat sauce with grated parmesan cheese and ice tea. I chatted with a friend. I think I will relax a bit and maybe channel surf the television and then head off to bed. CIO

**Note: <888> 03/04/02 Monday 1:15 P.M.:** After lunch, I moved the Holmes lava mood lamp from the living room window shelf to the Danish bar table, so hopefully if it is warmer, it might work instead of freezing up. I will now clean up and go out. I am listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . CIO

**Note: <888> 03/04/02 Monday 11:55 A.M.:** I went downstairs after the last message, and I checked the mail which was not here yet. I then came up, and I watched some of the History Channel. I noticed when I switched to channel two that I had interference lines in the television reception. This is generally caused by the connections at the splitter where the cable comes out of the wall. I had hung it up on a stretched rubber band on a hook, and I switched from the rubber band to a more secure piece of heavier blue electrical wire to secure the various cables in relative position, so they do not have pressure on them. Right now the reception on the

television is near perfect. This might have also been causing interference on the cable modem causing it to disconnect from being online. Hopefully I have remedied the problems. I checked the mail, and I received my Verizon telephone bill, so I will pay it later on this afternoon. I also had a toasted roll. They supposedly are going to move the large table out of the front entrance hall, since the Housing Authority does not allow tenants to place furniture in the hallway. I will now have some reheated spaghetti noodles with tomato meat sauce and grated parmesan cheese, ice tea, and a cappuccino. I will then clean up and go out for some outdoor activity. I should be out about 1:30 P.M. or a little before. CIO

Note: <888> 03/04/02 Monday 9:30 A.M.: I finished sifting through my email. I also went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I guess I will now shut down, and I will clean up and go out for some daytime activity. CIO

Note: <888> 03/04/02 Monday 7:45 A.M.: I was up at 6 A.M.. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I started up the computer, and I uninstalled and reinstalled the networking. Occasionally when I start the computer, I have problems with the computer logging onto Optimum Online, so hopefully this solved the problem. I will now do some regular computer work. CIO

Note: <888> 03/03/02 Sunday 8:30 P.M.: Instead of going out after the last message, I relaxed a bit, and I took a nap from 9 A.M. until 11:30 A.M.. I then had a cappuccino, and I cleaned up. A friend stopped by about 12:30 P.M., and we drove down by the waterfront. We then walked the lower Greenwich Avenue area. We stopped by the Stop and Shop, and I bought three packages of S&S margarine for \$1 all, four packages of Muller thin spaghetti for .50 each, fresh fillet of salmon at \$3.99 a pound for \$6.62, fresh asparagus at \$1.49 a pound \$1.61, S&S hotdog buns \$1.19, a 16 oz. package of frozen Brussels sprouts \$1.89, and two 16 ounce packages of frozen green peas \$1.89 each for \$18.09 total. We then returned back to my place. We had some Carr's crackers with mozzarella cheese and ice tea. We watched a DVD movie. I then put a light layer of olive oil in a Pyrex baking dish, and I cut the fillet of salmon in three pieces about a half pound apiece. I cooked two fillets adding about a half cup of lemon juice in the dish with salmon and seasoning the Salmon filets on top with Basil, Oregano, and Italian spices. I cooked them at 325 degrees Fahrenheit for 20 minutes. We had the salmon with steamed white rice and steamed asparagus and ice tea. We then chatted a while. My guest left about 8 P.M.. I will now head off to bed. CIO



**Note: <888> 03/03/02 Sunday 7:45 A.M.: I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I renewed the Microsoft Windows XP book at <http://pac.greenwichlibrary.org/patroninfo> at <http://www.greenwich.lib.ct.us/>**

**. I was emailed about finding pictures on the web, and I suggested <http://www.corbis.com/> and for art there is always [www.getty.edu](http://www.getty.edu) . Well I will now have a can of Progresso beef and mushroom soup with a roll with margarine, potato chips, ice tea, and a cappuccino. I will then clean up and go out in about an hour of more for some fresh air probably around 9 A.M. or so. Have a good morning. CIO**

**Note: <888> 03/03/02 Sunday 6:05 A.M.: I finished writing the letter. I noticed that CompUSA [www.compusa.com](http://www.compusa.com) has good sale prices on hard drives this week. I will now do some regular computer work. CIO**

**Note: <888> 03/03/02 Sunday 4:30 A.M.: I went to bed at 8 P.M., and I was up at 3:30 A.M.. I had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. I will now write a letter to a relative. CIO**

**Note: <888> 03/02/02 Saturday 6:20 P.M.: I had an enjoyable dinner. I think I will now shut down the computer, and I will watch a bit of television before going to bed. Have a good evening. CIO**

**Note: <888> 03/02/02 Saturday 5:35 P.M.: I put the PCI USB 2 Port card in the backup computer. I had to move the Logiccode EISA modem card and the SoundBlaster SW32 EISA cards down one slot, so as to make room for the PCI USB 2 Port card to fit into the case. The PCI USB 2 Port card was a little bit short for my case, but by curving the backside slide holder, I was able to fit it in. The PCI 2 Port USB card works fine in the backup computer, although at the moment I do not have any USB devices to attach to it. I cleaned the inside of the backup computer with the Cleaning Duster air. I opened up the old power supply, and I cleaned it, and I attached the new power switch to it, and I packaged it up in the new box. I will keep it for emergency needs. However, realistically at the \$20 cost, it is better to use a new one in an emergency if available. I am defrosting some tomato meat sauce, and I will make up some spaghetti noodles and have some it with parmesan cheese for dinner along with ice tea and a roll. CIO**

**Note: <888> 03/02/02 Saturday 3:45 P.M.:** I went out, and I gave a ride to a neighbor to Port Chester. I then drove through downtown Greenwich, and I drove by the waterfront. I then drove up to Norwalk, and I stopped by the Wiz, and I paid my this month's Cablevision and Optimum Online bills. I then went to CompUSA, and I bought a PCI USB 2 Port Card for \$14.99 and a CompUSA 250 watt AT Power Supply for \$19.99 plus \$2.10 tax for \$37.08 total. I then returned home to Greenwich. I just finished installing the new CompUSA 250 watt AT Power Supply on my primary computer. I did not use the CPU switch that came with the power supply, but I continue to use my old one, since it was a bit tricky to install a new switch. I never use the switch since I turn on the computer with the power control center, so the old switch should be just fine. I also keep the existing power cord. The primary computer is working just fine, and it is quieter, since the old power supply was a little louder. Since the first year and a half I had the original power supply in the AT case, I ran a server which means the CPU was on all the time, there would have been a bit of wear and tear on the original power supply. I will now install the PCI 2 Port USB card in the backup computer, so the backup computer will have USB capability. CIO

**Note: <888> 03/02/02 Saturday 10:35 A.M.:** I finished the house cleaning and watering the plants. I picked up a loaf of Italian bread and four rolls downstairs from the bread donation table. I just had two hot dogs with buns and mustard and ketchup, a dill pickle slice, potato chips, ice tea, and I am just about to have a cappuccino. I will then clean up and go out for some fresh air. CIO

**Note: <888> 03/02/02 Saturday 7:45 A.M.:** I was up at 6:30 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I will now do some house cleaning. CIO

**Note: <888> 03/01/02 Friday 10:00 P.M.:** After the last message, I went out and I stopped by the Greenwich Hospital Thrift shop, and I returned the Epson Stylus Photo 870 printer that was broken for a full refund of \$14.75. I then bought a roll of cloth for half price for \$10. It was 30 feet by 54 inches. It is upholstery material that is a medium Williamsburg Blue with lighter blue stripes and petit point red and green flowers. I then drove down by the waterfront. I next walked lower Greenwich Avenue. I went by St. Moritz bakery, and I bought a round pastry with pecans and apples and rectangular pastry with raspberry filling for \$2.75 both. I sat out in the cool fresh air, and I ate them. I then returned home. I cut the upholstery material in three six foot lengths and a twelve foot length. I draped the three six foot length vertically across the long green sofa since that is the way the pattern ran. It looks quite sharp, and a lot cleaner. I left two sets of blue pattern pillows on the sofa. I

draped the 12 foot length of upholstery material over the Queen Anne chair folding it, so it fits neatly. I put the down comforter on the end of the sofa on the end of the day bed. Thus my sitting area in the living room looks a bit neater and sharper. I also brought back to the apartment the Slaymaker jumpstart system, since I did not need it. I went back downtown at noon. I stopped by Putnam Trust Bank of New York on Mason Street. I then went to First Union National Bank on Havemeyer Place, and I paid my rent. I then paid my AT&T telephone bill with a money order at the central Greenwich Post Office. I sat out for a while. I walked a small section of Greenwich Avenue. I then stopped by Exxon, and I bought \$11 of premium at \$1.499 a gallon. I also checked the air in my tires to 28 PSI. I then returned home. I had the rest of the cold eye round in a sandwich with mayonnaise and horseradish, potato chips, dill pickle slice, ice tea, and a cappuccino. A friend stopped by at 2:15 P.M., and we chatted a while. I then took a nap from 3 P.M. to 5 P.M.. We then went out to the Cos Cob Food Mart, and we bought four ears of Florida corn for .33 each and a pork tenderloin for \$3.99 a pound. We then drove down by the waterfront. We then stopped by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$19. We then returned back to my place, and we chatted and had ice tea. I then broiled the pork tenderloin for 5 minutes a side seasoning with ground black pepper, garlic powder, celery salt, and poultry and meat seasoning. We had it for dinner with the steamed corn on the cob and ice tea. We chatted a while, and my guest left at 9:15 P.M.. I will now head off to bed since I am a bit tired. CIO

Note: <888> 03/01/02 Friday 8:05 A.M.: I cleaned up. I went downstairs briefly. I have been listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I will now go out for some daytime activity. CIO

Note: <888> 03/01/02 Friday 6:20 A.M.: I just heard on the BBC that the Tate Gallery in London have just put 30,000 paintings from the Turner collection online <http://www.tate.org.uk/home/default.htm> . CIO

Note: <888> 03/01/02 Friday 6:00 A.M.: I sent out my weekly email notes. I sifted through my email. I am charging up the Slaymaker Jumpstart system to have it fully charged. I might take it with me today in case anyone needs a jumpstart. I sent out this message. Message follows:

Friday 5:45 A.M. 03/01/02

**Yesterday about noon, I saw about four snow geese in Bruce Park.**

**When I was down in Old Greenwich shortly thereafter, I was told there was a Snowy Owl on the second building after entering Tod's Point.**

**They last time I saw Snow Geese in Bruce Park about 12 years ago, we had a two and a half foot snow fall. I guess with the drought, we will not be getting the snow, but it certainly is cooler.**

**The snow geese I saw were not all white, but were partially brown tan and white.**

**Mike Scott**

**Greenwich, Connecticut**

**End of Scott's Notes week 03/01/02:**

**Note: <888> 03/01/02 Friday 4:05 A.M.: I went to bed at 9 P.M., and I was up at 3 A.M.. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I will now do some regular computer work. CIO**

**Note: <888> 04/30/02 Tuesday 10:10 P.M.: I printed out a birthday card for a relative. I finished making the ice tea. I got some bills ready to pay tomorrow. I chatted with a friend. I watched some television. I will now shut down for the night. CIO**

**Note: <888> 04/30/02 Tuesday 7:15 P.M.: I had an enjoyable dinner. I am in the process of making up a batch of ice tea. CIO**

**Note: <888> 04/30/02 Tuesday 5:20 P.M.: I was up at 10 A.M. this morning. For breakfast I had two slices of sunflower seed bread toast, orange juice, coffee, vitamins, and oatmeal. I took a Benedryl before going to bed last night and one this morning. I figured with the increased pollen in the air, it might help me feel better. I cleaned up. I then went out. I drove over to the VitaminShoppe in Port Chester, New York, and I bought 100 capsules each of deodorized garlic \$4.47, E 400 IU \$7.97, B-Complex 100 mg \$9.47, daily multiple with luten \$10.47, Niacimide \$3.97, C-500 mg \$4.47 plus I had a \$10 off coupon for \$30.82 total. I then toured Staples and Odd Job. Odd Job has lots of various teas. I then stopped by Putnam Trust Bank of New York on Mason Street, and I cashed my \$20 Staples rebate check. I then went by the Greenwich Hospital Thrift shop, and I bought a size 40 inch waist pair of dark navy cotton shorts for \$6 and a size 42 inch waist pair of baby blue linen shorts for \$6 for \$12 total. I then toured the Merry Go Round Mews thrift shop. At the moment they do not have any used clothing for larger people. I sat out briefly. I drove down by the waterfront. I then stopped by the library, and I returned the day late video disk with a \$1 fine that I paid, and I also checked out another one. I then went by Stop and Shop, and I bought four half gallons of Tropicana Premium with calcium for \$2 each, a 5 pound bag of Domino sugar \$1.99, Morton Light salt .99, two Swanson dinners for \$2 each, a eye round roast at \$3.99 a pound for \$9.38, two dozen large eggs at \$1.69 a dozen for \$27.74. I then returned home, and I put away my purchases. The shorts fit fine. I had some ice tea. I will now season the eye round with garlic powder, ground black pepper, celery salt, Old Bay seasoning, Italian spices, Basil, Oregano, and Sweet Baby Ray barbeque sauce and cook it in the convection oven at 350 degrees Fahrenheit for 50 minutes. I will have a couple half inch slices of it for dinner with reheated pasta Alfredo mixture and steamed fresh asparagus and broccoli and ice tea. CIO**

**Note: <888> 04/29/02 Monday 9:40 P.M.: I had a can of Progresso minestrone soup along with ice tea. I chatted with a friend. CIO**

**Note: <888> 04/29/02 Monday 7:45 P.M.: I rested until 6 P.M.. I had reheated Alfredo sauce and spinach pasta mixture with ice tea. I have not been doing that much food shopping recently. Normally this time of year after the winter season, I start using up some of the can goods I keep in the apartment in case of winter snow emergencies. I still have quite a few of these items to use up, so I have been eating them instead of shopping for fresh food. I threw out the garbage. I received a Staples \$20 rebate on the 50 disk CD/r pack I bought. I am just relaxing. CIO**

**Note: <888> 04/29/02 Monday 1:40 P.M.: I was up at noon. I had a toasted roll and a slice of sunflower seed bread, oatmeal, orange juice, and vitamins. I am just relaxing. I feel a bit better today. CIO**

**Note: <888> 04/28/02 Sunday 6:15 P.M.:** I chatted with a relative. I had my meal. I will now watch some television and relax. CIO

**Note: <888> 04/28/02 Sunday 4:30 P.M.:** I was up at 9 A.M. today. I had three medium boiled eggs and a toasted roll with orange juice and vitamins. I watched a bit of television, and I relaxed today. I will have some of the spinach pasta and Alfredo sauce mix, steamed fresh broccoli along with ice tea. I am feeling a bit better, and hopefully I will make it outside tomorrow. CIO

**Note: <888> 04/27/02 Saturday 4:35 P.M.:** I continued to rest to get over my cold. I was up at 9 A.M. this morning, and I got three rolls and a loaf of oat bread from the bread table downstairs. I went back to bed until noon. I had oatmeal and a toasted roll with orange juice and vitamins. I rested until about 4 P.M.. I made up a batch of Mollina Italian spinach noodles, and I put on a heated jar of Five brothers creamy garlic Alfredo sauce. I had a portion of this with grated parmesan cheese sprinkled on it. I will now relax some more. CIO

**End of Scott's Notes week 04/26/02:**

**Note: <888> 04/26/02 Friday 4:00 P.M.:** I rested some more. I chatted with a relative. I cleaned up, and I checked the mail. I just had a Tombstone pepperoni pizza with ice tea. I will now send out my weekly notes. CIO

**Note: <888> 04/26/02 Friday 10:55 A.M.:** I have had the flu or a fever since Tuesday evening. I stayed in bed continually with chills and fever. I had 3 medium boiled eggs and toast on Wednesday along with glasses of orange juice and vitamins. On Thursday I had oatmeal and toast, and I had a Marie Callender chicken parmesan meal. I also had orange juice, and I took vitamins and CVS extra strength non aspirin pain reliever. I will now have three medium boiled eggs, toast, vitamins, and orange juice. I guess I will continue to stay inside since I have not fully recovered yet. CIO

**Note: <888> 04/23/02 Tuesday 10:40 P.M.:** I watched the DVD video. I will now head off to bed. CIO

**Note: <888> 04/23/02 Tuesday 6:20 P.M.:** I went out, and I stopped by the Greenwich Hospital Thrift shop. I bought a new AT&T white council telephone that has a built in speakerphone for \$10. I then drove down by the waterfront. I weather watched for a while. I then sat out downtown for an extended period of time. I chatted with a local. I next made my 4 P.M. appointment. Afterwards I returned home. I put the new AT&T telephone on the left front of the bedroom desk, so there are now two telephones in the bedroom. I relaxed a bit with an ice tea. For dinner I had a Maria Callender lasagna dinner with ice tea. CIO

**Note: <888> 04/23/02 Tuesday 1:05 P.M.:** I sent out a couple of emails. I checked the mail. I received my AARP card information. I did a little bit of computer work.

**I had lunch of two hotdogs with buns and ketchup and mustard, potato chips, two small dill pickles, ice tea, and a cappuccino. I will now clean up and go out. I have a 4 P.M. appointment. CIO**

**Note: <888> 04/23/02 Tuesday 10:25 A.M.: My guest was up at 4 A.M. this morning, and he left at 5 A.M. to catch his flight. I had breakfast of oatmeal, raisin bread toast, orange juice, coffee, and vitamins. I went back to bed until 9:30 A.M.. I checked the mail, and it is not here yet. It is a bit chilly out this morning at 41 degrees Fahrenheit. I will now do some regular computer work. I have a 4 P.M. appointment this afternoon. CIO**

**Note: <888> 04/22/02 Monday 9:15 P.M.: My guest showed up at 4 P.M.. We chatted and had some ice tea. At 6 P.M. I made dinner of filet of salmon which I cooked in a Pyrex pie dish coated with olive oil, and about a half cup of lemon juice with a pad of margarine on each filet seasoned with Old Bay seasoning, oregano, basil, and Italian spices. I baked it at 325 degrees Fahrenheit in the convection oven for 20 minutes. We had this for dinner with steamed white rice and steamed fresh asparagus and broccoli and ice tea. We then watched some television. My guest has to be up at 4 A.M., so I will shut down for the day now. CIO**

**Note: <888> 04/22/02 Monday 3:45 P.M.: I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then stopped by the Greenwich Hospital Thrift shop. I bought a Queen Elizabeth II Silver Jubilee dish for \$2. I then went downtown. I walked the entire length of Greenwich Avenue including the train station area. I did not sit out at various locations because it was raining. I then drove down by the waterfront. I then went to the ELDC thrift shop. I ran into a school classmate there checking out the bargains. I then went by the Greenwich Library, and I returned two DVD video disks, and I checked out double video disk "Victoria and Albert". I then went by Exxon, and I bought \$12.20 of premium at \$1.799 a gallon. I then went to the Stop and Shop, and I bought filet of salmon at \$3.99 a pound for \$4.43, fresh California asparagus at \$1.99 a pound for \$2.41, fresh broccoli at .79 a pound for .99 for \$7.83 total. I also received .75 credit for returned soda pop cans for \$7.08 total. I then returned home. I put the Queen Elizabeth Silver Jubilee dish next to the Queen Elizabeth II whiskey jug on the Danish bar. I had some ice tea. CIO**

**Note: <888> 04/22/02 Monday 11:00 A.M.: I rested until 10 A.M.. I watched some television, and I had a dozen Carr's crackers with Vermont extra sharp cheddar cheese. I checked the mail. I got the Abercrombie and Fitch catalog which shows a warmer tropical resort. Well, it is cold and damp here. I guess I will clean up and go out and face the English weather. CIO**

**Note: <888> 04/22/02 Monday 6:00 A.M.: Today is "Earth Day", so one should try to save energy today. I went to bed after the last message yesterday. I had a call about 7 P.M.. I was up at 5 A.M., and I had breakfast of three medium boiled eggs, raisin bread toast, orange juice, coffee, and vitamins. CIO**

**Note: <888> 04/21/02 Sunday 3:50 P.M.: I finished my meal. I finished making the ice tea. I chatted with a relative. I am just relaxing on Sunday. CIO**

**Note: <888> 04/21/02 Sunday 1:35 P.M.: I chatted with a friend. Apparently his daughter broke her thomor recently, and she is in a complete body cast. My friend was also in a severe automobile wreck on April 11, and was almost killed. He will be taking a long time to recover, but he seems to be on the road to recovery. I did not know until I just called. I am making up a batch of ice tea. I will now have two hotdogs with buns and ketchup and mustard, potato chips, two small dill pickle slices, ice tea, a piece of Pepperidge Farm cake, and a cup of Brazilian instant coffee. CIO**

**Note: <888> 04/21/02 Sunday 11:55 A.M.: I was up at 5:30 A.M., and I had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. I watched <http://hourofpower.org/> . I chatted with a friend. I went back to bed until just a bit of time ago. CIO**

**Note: <888> 04/20/02 Saturday 9:40 P.M.: I chatted with my guest. About 6:30 A.M., I fried four ½ inch thick pork chops in olive oil and margarine for two minutes a side or slightly more seasoning them with ground black pepper, celery salt, garlic powder, oregano, basil, and Italians spices and adding a few tablespoons of La Choy low sodium soy sauce with Lea and Perrins Worcestershire sauce while they fried. We each had two chops with steamed white rice and steamed fresh asparagus and broccoli and ice tea. We watched a bit of television and then we chatted. I will now go to bed. CIO**

**Note: <888> 04/20/02 Saturday 4:50 P.M.: I went out after the last message, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I bought a pine wall rack for \$5. I then went downtown. I walked up the Avenue to CVS from mid avenue. I then went by the Greenwich Hardware store, and I bought a package of three 30 pound Professional wall hangers for \$2.49 plus .15 tax for \$2.64. I the picked up a free copy of Friday's Wall Street Journal in front of Saks Fifth Avenue. I then drove down the Avenue. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library, and I checked out a DVD video disk. I then went to the Stop and Shop, and I bought two packages of S&S hotdog rolls for \$1.19 each package, a package of four pork chops at \$2.59 a pound for \$2.56, two Marie Calander meals for \$1.49 and \$1.99 each for \$8.42 total. I then returned home. I polished the pine wall hanger with lemon oil, and I hung it with the 30 pound hangers to the right of the bathroom sink with various items stored in it. I took the wicker wall rack hanger that I had hanging there, and I put it on the wall to the left of the primary computer. I put my left side computer speakers on it along with my inexpensive digital camera and computer tool kit and some extra eye glasses. I had my guest arrive at 3:30 P.M.. I chatted with a relative. CIO**



**Note: <888> 04/20/02 Saturday 9:55 A.M.:** I finished house cleaning and vacuuming. I chatted with a friend who will be visiting at 3:30 P.M. today. I had a meal of a Swanson's Hungryman boneless breast of chicken dinner with ice tea and a Brazilian instant coffee. I picked up a loaf of raisin bread from the bread table downstairs. I will now clean up and go out for some fresh air. CIO

**Note: <888> 04/20/02 Saturday 7:25 A.M.:** I went to bed at 8 P.M., and I was up at 2:30 A.M. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I just finished the house cleaning except for vacuuming, which I will do after 9 A.M., so as not to disturb my neighbors. CIO

**Note: <888> 04/19/02 Friday 4:25 P.M.:** I did a little bit of computer work. I will not shut down for the day. CIO

**Note: <888> 04/19/02 Friday 2:45 P.M.:** I relaxed a bit. About 6 A.M., I had two hotdogs with buns and mustard and ketchup, potato chips, two small dill pickles, ice tea, and a Brazilian instant coffee. I rested until 11 A.M.. I went out, and I put new silver duct tape on my right rear tail light which has a couple of cracks in it. The duct tape should keep the moisture out. I relaxed a bit more. I had two ½ inch slices of cold eye round beef with Lea and Perrins Worcestershire sauce, steamed white rice, steamed fresh broccoli and asparagus, ice tea, and a cappuccino. I just got the NOAA weather warning for a severe storm front moving over this area from Westchester Country airport on north and east. We are right on the southern edge. I would imagine IBM in Armonk will shortly be experiencing an intense electrical storm. I just told my neighbors. I also just cleaned the inside of my car windows. CIO

**End of Scott's Notes week 04/19/02:**

**Note: <888> 04/19/02 Friday 4:50 A.M.:** I scanned yesterday's Wall Street Journal article about the French Volcano tourist park . The link to their web site is <http://www.vulcania.com/> . I will now send out my weekly notes. CIO

**Note: <888> 04/19/02 Friday 3:00 A.M.:** I have only been in Manhattan once in the last ten years about two months ago. Some friends showed me a bar in the Campbell Apartment just off Vanderbilt Avenue on the south west corner of Grand Central Station. I do not drink alcohol anymore, but I think some people still do to relieve themselves with alcohol refreshment from the temperature variations of Manhattan. The steps into the Campbell Bar are very steep, and if one were drinking alcohol or were frail, one would have to exercise caution descending and ascending the steps. Still it is a pleasant atmosphere from what I saw, particularly for commuters whom no long have access to the Brasserie coffee shop in the basement of the Seagram's building. I posted a link to their brochure I picked up when I was there [www.geocities.com/mikelscott/campapt.jpg](http://www.geocities.com/mikelscott/campapt.jpg) . CIO

**Note: <888> 04/19/02 Friday 2:45 A.M.: I was up at midnight. I had breakfast of oatmeal, Italian bread toast, orange juice, coffee, and vitamins. When cooking breakfast with oatmeal, I use the GE microwave, DeLonghi toaster oven, and Krups espresso cappuccino machine all at the same time off the same kitchen wall socket on an orange extension cord. I guess the DeLonghi toaster oven has more wattage since I had to reset the circuit breaker behind the living room mirror leading towards the hallway. Thus I should make the coffee first then do the oatmeal and toast. Still the DeLonghi toaster oven worked fine. I took off the top of the toaster oven the Danish cookie tin that I keep cigarette butts in, and I put it on the large coffee soup cups in the blue kitchen hallway bookcase. I also took off the steel coffee cup tree, and I washed the six coffee mugs, and I put the steel coffee mug tree and the mugs on top of the Danish bar in the living room. I did some research on the internet. CIO**

**Note: <888> 04/18/02 Thursday 4:50 P.M.: I went to my 3 P.M. appointment, but it was cancelled for today. I returned home. I chatted with a neighbor. I relaxed a bit. I will now go to bed. CIO**

**Note: <888> 04/18/02 Thursday 1:40 P.M.: I went out after the last message. I stopped by the Free Wall Street Journal Newspaper box in front of Saks Fifth Avenue on Greenwich Avenue, and I obtained yesterday's and today's Wall Street Journal. I then walked lower Greenwich Avenue. I sat out for a while. I then walked up to the top of Greenwich Avenue. I sat out for a while. I stopped by the Greenwich Hardware store on the way down the Avenue, and I viewed their top floor merchandise. They have a few 70% off items. I then sat out in the park, and I read the two issues of the Wall Street Journal. The last inside page of today's Wall Street Journal has an article about a new volcanic amusement park they built in the volcanic region in France for \$87 million dollars. It is suppose to quite an interesting adventure park, and it is suppose to attract 500,000 people a year to the volcanic region of France. I will copy and post the article when I have time. I then went to the Mews Merry Go Round Thrift Shop. A skunk apparently let loose in front of their door, so there is a bit of an odor entering the shop. Skunks are very common on Greenwich Avenue and the waterfront area. It is generally wise not to startle them. If one should be unfortunate enough to be sprayed with a skunk, generally tomato juice in quantity will help wash away the smell. I bought a dark navy pair of size 44 inch waist shorts for \$2 and a pair of khaki size 38 inch waist shorts for \$2 for \$4 total. I then drove down by the waterfront. I next went to the Greenwich Hospital Thrift shop, and I bought a black DeLonghi Alfredo Ultima toaster oven for \$5. I then returned home. I put the DeLonghi toaster oven behind the General Electric microwave oven where the Welbilt toaster oven was. I put the Welbilt toaster oven beneath the lower left cabinet, and I threw out my old spare General Electric toaster oven. I also threw out a popcorn popper. I put the DeLonghi toaster oven broiling pan on top of the GE microwave oven with the other frequently used cooking utensils. I did not get the broiling pan handle with it, but it did come with instructions. I had two hotdogs with buns and ketchup and mustard and potato chips and two small dill pickles along with ice tea. The size 44 inch shorts fit me,**

but the size 38 inch shorts do not fit. I have a 3 P.M. appointment this afternoon. I guess I will now listen to some BBC

[http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . CIO

Note: <888> 04/18/02 Thursday 7:10 A.M.: I finished my regular computer work. I had two 1/3 to 1/2 inch thick pieces of cold eye round beef with horseradish sauce and Lea and Perrins Worcestershire sauce, reheated steamed white rice with La Choy low sodium soy sauce, steamed fresh asparagus and broccoli, ice tea, and a cappuccino. I watched a bit of television. I will now clean up and go out for some cooler morning air. CIO

Note: <888> 04/18/02 Thursday 4:05 A.M.: I ran Windows Update, and I installed a Critical Update. I also installed an Internet Explorer Security Update. CIO

Note: <888> 04/18/02 Thursday 3:15 A.M.: I finished the laundry, and I put it away. CIO

Note: <888> 04/18/02 Thursday 1:45 A.M.: I received a telephone call from a friend at 9 P.M.. I was up at midnight. I had breakfast of three medium boiled eggs, Italian bread toast, orange juice, coffee, and vitamins. I am on the wash cycle of my laundry. I also put clean sheets on the bed which I do whenever I do laundry. I will now do some regular computer work. CIO

Note: <888> 04/17/02 Wednesday 2:15 P.M.: I watched a bit of television. I am a bit tired, so I will go to bed. CIO

Note: <888> 04/17/02 Wednesday 12:50 P.M.: Before going out, I put the two living room sofa comforters in plastic bags, and I put them in the false ceiling above the bedroom bed. I put the Bodum lambs wool throw on top of the Queen Anne chair in the living room. I put a 12 pack of Barq's root beer in the lower drawer of the refrigerator. I went out at 7 A.M.. I figure by that time of the day, it is daylight, and there should not be any predator cats around. I stopped by the free Wall Street Journal box in front of Saks Fifth Avenue, and I picked up yesterday's Wall Street Journal. I then walked lower Greenwich Avenue and the train station area. I bought a raspberry Danish at St. Moritz bakery for \$1.25. I ate it in front of the senior center. I then walked up to the top of the Avenue, and I sat out a while. I then walked down the Avenue, and I went to the rear entrance of the Greenwich Hardware store which opens at 8 A.M., and I bought a Frost King air conditioner filter for \$1.99 plus .12 tax for \$2.11. I then sat downtown for a while. About 8:30 A.M., I drove down by the waterfront, and I chatted with a local. I then went by the Greenwich Hospital Thrift shop. I then went by the Greenwich Library, and I returned and checked out a DVD video. I then went by the Stop and Shop, and I bought two 96 ounce containers of Tropicana premium with Calcium for \$2.99 each, S&S 10 pack of dry milk for \$5.49, three S&S premium margarine for \$2 all, and a head of broccoli for .99 a pound for \$1.15 for \$14.62 total. I then went by the Food Emporium, and I bought two bunches of asparagus for \$1.49 a pound for \$3.28

total. I then went by Smokes for Less in Byram, and I bought two cartons of Seneca Ultra Lights 100s for \$26 a carton for \$52 total. I then returned home. It is quite comfortable and cool in my apartment with the General Electric Profile 15,500 BTU air conditioner with remote control that I bought two years ago at Partridge and Rockwell for \$589. I put the new Frost King air conditioner filter over the original air conditioner filter replacing the old one. I put the Frost King filter in because it makes the original GE last longer, and it is easily replaced. I remember last year that the Wiz had a 15,000 BTU Panasonic air conditioner with remote control for \$450, and I recall that Home Depot had a 15,000 BTU Hampton air conditioner without remote control for \$359. All of these units used 115 Volt. Usually if one goes any higher in BTU, one needs a special 220 Volt plug receptacle. I had lunch of two hotdogs with buns and mustard and ketchup, potato chips, two small dill pickles, and ice tea. CIO

Note: <888> 04/17/02 Wednesday 5:25 A.M.: I sorted through the paper work on the bedroom desk. Now it looks a bit neater. I also went through the periodicals on the magazine rack, and I sorted out the old flyers. I also glanced through the issues of the Greenwich Post since last mid October. Well, although I do not have time to read all the information that I get in the mail, since I am on the internet quite a bit reading mostly technology news, I have done my best to catch up. I will now clean up and go out for some morning air. CIO

Note: <888> 04/17/02 Wednesday 3:35 A.M.: I finished my meal. I know in the North Country, they frequently have problems with predatory cats. I have six Norwegian chocolate cups that have mountain lions seals on them. I believe they have also used the mountain lion on the flags in Scotland and Switzerland historically. In the North American region, I believe we have to deal with mountain lions, bob cats, lynx, cougars, pumas, jaguars, leopards, panthers and other such feline animals. From my experience they hunt in the early morning hours. I do not know if they are common this time of year, but I have not seen rabbits out crazing recently during the evening and morning hours which might be an indicator that such feline predators might be around. If one keeps horses, I was advised the best thing to do is to keep a radio going in the stable to scare away any cats. Well it was 90 degrees Fahrenheit in Chicago yesterday, so more than likely the heat wave will continue our way today. In looking at pictures, the last time I was at the dentist last summer, I believe, I saw a picture in National Geographic of a Brazilian Jaguar, an animal one definitely would not want to run into on an early morning stroll. Anyway I think I will sort out and clean up the paper work on my bedroom desk, and then I will sort out and clean up the periodicals on my magazine rack. This should keep me busy until later in the morning. I also turned the air conditioner down to 70 degrees Fahrenheit, so the apartment should be about 72 degrees Fahrenheit. CIO

Note: <888> 04/17/02 Wednesday 1:55 A.M.: I have been sleeping a bit. I went to bed after the last message, and I had a call from a friend at 5 P.M.. I then chatted with another friend at 8:30 P.M.. I had breakfast of oatmeal, Italian bread toast,

orange juice, coffee, and vitamins. I watched some television. I fell back asleep until 1:30 A.M.. I guess although it is cool in my apartment, I have subconsciously been avoiding facing the heat of the day. I will shortly have two 1/3 inch thick pieces of cold eye round with horseradish and Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy sauce, steamed fresh broccoli, ice tea, and a cappuccino. Possibly then I will clean up and go out for some fresh air. However, since Mountain Lions and other predatory cats seem to hunt in the early morning hours, I will have to think about whether I want to take an early morning walk. CIO

Note: <888> 04/16/02 Tuesday 9:15 A.M.: I went through Monday and Friday's Wall Street Journal. I will now try to rest a bit. CIO

Note: <888> 04/16/02 Tuesday 7:50 A.M.: I slept from after the last message to 5:30 A.M.. I had a piece of Pepperidge Farm cake, two slices of Italian bread with margarine, and three 1.5" X 1.5" X 1/4" slices of Vermont extra sharp cheddar cheese. I relaxed a bit more. I got two crank Fax phone calls. I chatted with a friend. I turned the air conditioner back on to 72 degrees Fahrenheit. It is suppose to go up to 80 degrees Fahrenheit today. I am thinking about going out for some fresh air, or perhaps I might relax some more. Maybe I will read the yesterday's and Friday's Wall Street Journal. CIO

Note: <888> 04/16/02 Tuesday 3:00 A.M.: I watched the DVD video "The Perfect Storm". I watched some other television. I had dinner of two 1/3 inch thick slices of cold eye round with horseradish sauce and Lea and Perrins Worcestershire sauce, reheated steamed white rice, steamed fresh broccoli, and ice tea. I watch a bit more television. I will now rest for a bit. I turned the air conditioner back to "Fan". CIO

Note: <888> 04/15/02 Monday 10:30 P.M.: I was up at 6 P.M.. I watched the ABC evening news. I turned on my General Electric Profile 15,500 BTU air conditioner with remote control to 72 degrees Fahrenheit since it was 80 degrees Fahrenheit in the apartment. It is 68 degrees Fahrenheit right now. This warm spell is suppose to continue through Wednesday or Thursday. I had breakfast of three medium boiled eggs, three halves of toasted rolls, orange juice, vitamins, and coffee. I put away my comforter in the top shelf of the bedroom closet. I cleaned up. I went to the Greenwich Library, and I checked out the DVD video disk "The Perfect Storm". I picked up a copy of the Free Wall Street Journal in front of Saks Fifth Avenue. I then walked lower Greenwich Avenue. I sat out for a while. I then drove down by the waterfront. I then returned home. I am having a glass of ice tea. Usually when I set the air conditioner at 72 degrees Fahrenheit, the temperature in the apartment stays at about 74 degrees Fahrenheit. CIO

Note: <888> 04/15/02 Monday 5:50 A.M.: I watched some television including a Connecticut Public Television on Channel 10 presentation on the history of the Rockefeller family up until about 1980. It showed some vintage film clips. I guess I will relax a bit before going to bed. Have a good morning. CIO

**Note: <888> 04/15/02 Monday 1:55 A.M.:** I did some regular computer work. I watched some public media cable television. They are now broadcasting on the PBS station the vintage television series "The Prisoner". I have told many people over the years living in Greenwich, Connecticut is like the television series the "The Prisoner". One can always try to escape or depart to other regions, but they will always return you back to Greenwich. I am not sure what my number is, but I suppose we are slightly a more modern version of "The Prisoner" since we have modern devices like computers and the internet along with labor saving devices like microwave ovens. Unfortunately in the setting of my apartment they have not made room for other newly discovered inventions like dish washer machines, so I have to live with stained dishes. There is no room in my apartment for a dish washer machine. On a more routine basis, there is not much happening; so I will do a little bit more computer work. I also had dinner of two 1/3 to 1/2 inch thick slices of cold eye round with horseradish sauce and Lea and Perrins Worcestershire sauce along with steamed white rice with La Choy low sodium soy sauce and steamed fresh broccoli along with ice tea. CIO

**Note: <888> 04/14/02 Sunday 9:50 P.M.:** I was up at 4 A.M. this morning. I had breakfast of oatmeal, three toasted roll halves, orange juice, coffee, and vitamins. I fell back to sleep from about 6 A.M. until about 6 P.M.. I had two hotdogs with buns and mustard and ketchup, potato chips, two small dill pickles, ice tea, and a cappuccino. I cleaned up, and I went by the Greenwich Library, and I returned two DVD videos and a book. I then went by the Stop and Shop, and I bought buy get one free of two dozen large eggs for \$1.69 both. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I noticed in front of Saks Fifth Avenue, they are giving out free copies of the Wall Street Journal, so I retrieved a copy. I then drove down by the waterfront. I next returned home, and I had a glass of ice tea. CIO

**Note: <888> 04/14/02 Sunday 12:25 A.M.:** I finished watching the DVD video. I watched the BBC news. I will now head off to bed. CIO

**Note: <888> 04/13/02 Saturday 9:10 P.M.:** I had a delicious dinner. I will now watch a DVD video disk. CIO

**Note: <888> 04/13/02 Saturday 7:55 P.M.:** After lunch, I clean up. I went out and I walked lower Greenwich Avenue. I sat downtown for a while. I then drove around a couple of locations around the downtown waterfront. I then drove over to Tod's Point, and I sat out for a while at the southwest picnic area. I then returned home. I took a nap from 3:30 P.M. to 7:30 P.M.. I am now cooking a three pound eye round roast in the convection oven at 350 degrees Fahrenheit for 50 fifty minutes. I covered it with garlic powder, poultry and meat seasoning, celery salt, ground black pepper, Italian spices, Basil, oregano and Sweet Baby Ray's barbeque sauce. I will have a couple of slices of it for dinner with reheated steamed white rice with La

**Choy low sodium soy sauce, steamed fresh broccoli, and ice tea and a piece of Pepperidge Farm cake. CIO**

**Note: <888> 04/13/02 Saturday 11:15 A.M.: I finished the house cleaning and watering the plants. I also finished the backup of the C: drive to the E: drive. I also cleaned the front of the GE Profile air conditioner with the remote control, and I cleaned its filters. I cleaned the Lasko fan, and I took it off the window shelf, since I do not need it to blow the heat around anymore. I put it behind the Orion television in the living room. I also cleaned the two Honeywell Hepa air filters. Actually, I just cleaned the outer charcoal filter, and I do not wash the Hepa part of the filter since it looks like it might be paper and might be damaged by moisture. I picked up a loaf of Italian bread and three rolls from the bread table down in the community room. I chatted with a relative. I will now have two hotdogs with buns and rolls and mustard and ketchup and potato chips and two small dill pickles with ice tea and a Brazilian instant coffee. I will then clean up and go out for some fresh air. CIO**

**Note: <888> 04/13/02 Saturday 6:00 A.M.: Happy Birthday to a relative. A friend called up at 11:30 P.M. last night and we chatted. I was up at 4 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I will start a C: drive to E: drive backup. I will also start my house cleaning. CIO**

**Note: <888> 04/12/02 Friday 7:35 P.M.: After dinner, I relaxed a bit. I am a bit pooped, so I guess I will go to bed. CIO**

**Note: <888> 04/12/02 Friday 5:30 P.M.: I called up Midas at 1 P.M., and they told me my Volvo was finished being repaired. I then walked back east on West Putnam Avenue, and I picked up my Volvo at Midas. The total bill was \$155.74. The charges were \$31.99 for a valve cover gasket, \$5.99 for exhaust system hangers, \$64.80 to reinstall and reseal the exhaust system, \$43.20 to install the valve cover gasket \$1 shop supply for \$146.98 plus \$8.76 tax for \$155.74. I then drove by the Hospital Thrift shop and I toured the store. I then tried exiting their parking lot very slow, and the exhaust system did not seem to scrape on the ground, so hopefully it is hung properly now and high enough off the ground. I then drove downtown. I stopped by the Merry Go Round Mews thrift shop, and I toured the store. I then drove down by the waterfront. I next went to the Stop and Shop, and I bought a bunch of broccoli at \$1.49 a pound for \$1.76, eye round roast at \$3.29 a pound for \$9.54, two 12.5 ounce bags of Lays potato chips \$2.99 both, and a three quart container of Tropicana calcium orange juice for \$3.99 for \$18.28 total. I then returned home. I relaxed a bit, and I had some ice tea. I will now have a Boston Market sirloin chunks and pasta meal along with ice tea. CIO**

**Note: <888> 04/12/02 Friday 12:25 P.M.: I went out at 8:30 A.M., and I stopped by Midas Muffler on West Putnam Avenue. They inspected my car. It will be about \$45 to rehang and tighten the exhaust system. Also they are replacing the leaky valve cover casket which will be about \$70 or \$80. I left the car there, and I walked downtown. I sat out for a while. I then walked down to the bottom of Greenwich**

Avenue. I then walked up to the top of the Avenue, and I walked over to the Greenwich Hospital Thrift shop. I then stopped by Putnam Trust Bank of New York on Mason Street. I then walked over to the Greenwich Library, and I read the local paper. I then stopped back at Midas about 11 A.M.. They said they had to call around for the valve cover casket, and for me to check back with them about 1 P.M.. I then walked home. I had some ice tea. I will check with them at 1 P.M.. CIO

Note: <888> 04/12/02 Friday 7:40 A.M.: I had dinner of two 1/3 inch thick slices of Butterball turkey breast with Boston Market turkey gravy, steamed white rice, steamed fresh broccoli, ice tea, and a Brazilian instant coffee. I will now clean up. I will then go out for some fresh air, and I will also have Midas check the leak on the front connection of my exhaust resonator. CIO

Note: <888> 04/12/02 Friday 6:05 A.M.: I made two copies of the historical Midas paper work I have on my 1976 Volvo 244 DL. I will now relax a bit. CIO

End of Scott's Notes week 04/12/02:

Note: <888> 04/12/02 Friday 4:00 A.M.: I juggled the ice tea. I will now send out my weekly note, and then I will relax and possibly watch some television. If one is worried about Gray Panthers or Mountain Lions are other such cats from my experience they hunt at first light, so thus it is better to wait for later in the day. CIO

Note: <888> 04/12/02 Friday 3:45 A.M.: I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now put the ice tea mixture in the four 3 quart jugs. My ice tea recipe is [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . Recently, I have been using a mixture of different teas to make ice tea. CIO

Note: <888> 04/12/02 Friday 1:35 A.M.: I relaxed and watched television yesterday until about 7 A.M.. I went to bed, and when my alarm went off, I failed to wake up, so I missed my 3 P.M. appointment. I rested until 4 P.M., and I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I rested some more, and I received a telephone call from a friend about 8 P.M.. I finally got up about midnight. I watched some television. I had a meal of a Hungryman boneless pork dinner. I watched some more television. I checked the mail. I am now making up a batch of ice tea. CIO

Note: <888> 04/11/02 Thursday 2:50 A.M.: I did a little bit of computer work. I searched Gray Panther at [www.google.com](http://www.google.com) . It is confusing; the Gray Panther I saw, they call the Florida Panther down in Florida, but as I recall the one I actually saw was gray not the color of a mountain lion. Anyway they say it is extremely rare, and there are only about 50 in Florida. I suppose it was unusual to see one on the eastern side of the state. Well anyway with all the deer around here, any gray panther would have plenty to eat. I suppose, they could try breeding them and reintroducing into the south western United States where they once were plentiful. I



always suspected that amongst all the stray cats in Key West, there might have been some gray panther kittens hiding out. Well, I am trying to rest my eyes a bit, so I am not doing too much on the computer. I will shut down now for the night, and maybe I will watch some television. CIO

Note: <888> 04/11/02 Thursday 12:40 A.M.: I was up about 3 P.M. today. I received three crank fax calls this afternoon. I had breakfast of three medium boiled eggs, a toasted poppy seed roll, orange juice, coffee, and vitamins. I went out, and I checked my muffler system on my 1976 Volvo 244. It appears sound. I have had the entire system replaced over the last few years. However, when I started up the car, I noticed a little condensation moisture dripping out at the exhaust system at the front of the second muffler in from the rear where it joins with the pipe coming from the catalytic converter. It looks as if the U clamp is a bit loose causing some minor exhaust leakage and a slight increase in sound. I have all the warranted paper work from Midas. When I have some time, I will take the Volvo into Midas to have it tightened. I have also noticed since I had the exhaust and brake work done last August that the rear tail pipe bends down a bit more than it should, so when I exit from the Hospital Thrift shop and the Board of Education parking lots, it scrapes a small bit, which is why I exit both of those areas very slowly, so it does not hit hard. However from what I can tell, the over all exhaust system seems sound. I brought in the Midas paper work to review. I will also make copies of it to have in reserve. I chatted with some neighbors. I then cleaned up. I stopped by the Greenwich Library, and I read the local paper. I went downtown, and I walked around the train station area. I then walked the entire length of Greenwich Avenue. I chatted with some locals. I then drove down by the waterfront. I then returned home. For dinner I diced two 1/3 inch thick slices of Butterball turkey breast and I put the cubes on a bed of rice and I added four tablespoons of Boston Market turkey gravy and I reheated it all. I had this with steamed broccoli and ice tea and a cappuccino. I was chatting with one local this evening, and I told the local about seeing a gray panther around the polo grounds in Boca Raton, Florida one early 1979 winter morning at sunrise when I was sleeping in my old Subaru with a friend. It was about 150 feet in front of us staring at us, and I recall it stood about four and a half feet high. I recall hearing stories about the Grey Panther use to pick up stray cats and bring them down to the Florida Keys for save keeping which is why all the cats were down there. I remember finding areas inside palm groves and palmetto tree groves that look like the gray panther slept in them, although they were surrounded by populated areas. I once read that a gray panther can range over 50 miles a day. Last June, I recall a mountain lion or some other cat like creature jumping on my Volvo roof when I was driving in the early morning around the dam at the Greenwich reservoir. I recall at that time having my cat allergies activated. I also remember reading about Mountain Lions jumping on trucks and trains out west and hitching rides. I recall when I camped around Ronald Reagan's ranch just east of Santa Barbara, California next to Hidden Valley and near Solvang; I remember suspecting that there were Mountain Lions or possibly cougars around. It is my theory that this time of year as it begins to warm up that the migratory game migrate up and down the mountain and ridge areas, so thus this time of year as it

begins to warm up, they could be coming through our way again. I will now do some regular computer work. CIO

Note: <888> 04/10/02 Wednesday 7:10 A.M.: I did a little bit of computer work this morning. I watched television. I relaxed a bit. I replace the same bulb that I replaced earlier with a used bulb with another used bulb. I had some potato chips with S&S French onion dip and a few slices of Vermont extra sharp cheddar cheese. I guess since it is damp out, I will stay inside this morning and possibly rest. CIO

Note: <888> 04/10/02 Wednesday 12:30 A.M.: I rested until 9 P.M.. A friend called me about 8 P.M.. I watched a bit of television. I just had a meal of two 1/3 inch slices of Butterball turkey breast, steamed white rice with La Choy low sodium soy sauce, steamed fresh broccoli, ice tea, and a cappuccino. I will now do some regular computer work. Since it is warmer out, I turned down the thermostat, and I turned on the fan on the air conditioner to bring in some fresh air. CIO

Note: <888> 04/09/02 Tuesday 5:35 P.M.: I finished recording the Queen Elizabeth II Queen mother's funeral about 9 A.M.. I ran Norton Disk Doctor. I then started Norton SpeedDisk on the C: drive before going to bed at 9:30 A.M.. I received four crank fax telephone calls during the morning. I was up at 4 P.M.. I replaced a 15 watt frosted candelabra bulb in the third sconce light to the right on the kitchen living room wall. I had breakfast of oatmeal, a toasted roll, orange juice, coffee, and vitamins. CIO

Note: <888> 04/09/02 Tuesday 8:35 A.M.: Since the last message, I have been watching the funeral of Queen Elizabeth the Queen Mother. I started recording it on CNN when the funeral started in Westminster Cathedral. The tape stopped briefly for a couple of minutes before I caught it. I will let it run another 15 minutes for the full two hours of the tape. I chatted with a friend. I am a bit tired, so when the tape finishes, I will probably go to bed. I also finished running Norton Anti Virus. CIO

Note: <888> 04/09/02 Tuesday 6:05 A.M.: I ran Windows Update, and I installed the latest updates. I ran Cnet Catchup [www.catchup.com](http://www.catchup.com) , and I installed a number of smaller program updates. I will now start Norton AntiVirus, and I will head off to bed while it runs. CIO

Note: <888> 04/09/02 Tuesday 4:15 A.M.: Well I think I will head off to bed. I figure the Queen Mother's funeral would be about 8:30 A.M. here since it is 12:30 P.M. there, and they probably are not on daylight savings time yet. However, the U.S. media probably will not be broadcasting it in its entirety. My CPU fan is making a bit of noise, and I think I replaced it last fall. Also my muffler system on the Volvo is beginning to make a bit of noise, and I had it fixed last August. All of the parts are warranted by Midas, so I will have to take it in some time and have them check it. It is just a slightly louder noise, so maybe they need to tighten a clamp. Well have a good morning. CIO

**Note: <888> 04/09/02 Tuesday 3:15 A.M.: I relaxed a bit. I just ran the print head clean utility on my EpsonStylus Color 880 printer. CIO**

**Note: <888> 04/09/02 Tuesday 2:25 A.M.: I took the [www.realage.com](http://www.realage.com) test, and despite the fact that I have smoked for 30 years, it says at age 51.9, I am actually 52.6 years old. Thus I guess all my other healthy activities are paying off. CIO**

**Note: <888> 04/09/02 Tuesday 12:55 A.M.: I did some regular computer work. I had dinner of two one third inch thick slices of Butterball turkey breast with Boston Market turkey gravy, reheated steamed white rice with La Choy low sodium soy sauce, steamed fresh broccoli, ice tea, and the last piece of Pepperidge Farm coconut cake. I will now go back to some regular computer work. CIO**

**Note: <888> 04/08/02 Monday 10:55 P.M.: I replaced the CMOS battery on my primary computer, and it is back up and running fine. Hopefully now my primary computer clock will not lose time when it is turned off. I will now do some regular computer work. CIO**

**Note: <888> 04/08/02 Monday 10:25 P.M.: I went out at 7:30 P.M., and I stopped by at CVS, and I bought an Energizer CMOS battery #2032 for \$2.99 plus .18 tax for \$3.17. I then stopped by the Greenwich Library, and I returned two DVD videos, and I checked out two DVD videos. I then went downtown, and I mailed the letter at the central Greenwich Post Office. I then walked the entire length of Greenwich Avenue. I sat out at various locations enjoying the warmer evening. I have put on 15 pounds this winter, since I have not been walking regularly in the evening, and I am up to 215 pounds. I figure I better try walking a bit more now that it is warmer, so hopefully I lose some weight. I then drove down by the waterfront. I next stopped by Exxon, and I bought \$11 of premium at \$1.739 a gallon. I then went by the Stop and Shop, and I bought two Swanson Hungryman dinners for \$2.50 each one boneless pork and the other boneless chicken breast, fresh broccoli at \$1.49 a pound for \$1.79 and a 12 ounce bottle of Lea and Perrins Worcestershire sauce for \$2.29 for \$9.08 total. I then returned home, and I had a glass of ice tea. I used my eye glass screw driver, and I tightened the screws on the two pairs of reading glasses and my primary pair of sun glasses. I will now shut down the computer and replace the CMOS battery on it. I have to pull the case cover to do this. CIO**

**Note: <888> 04/08/02 Monday 6:25 P.M.: I finished writing the letter. I watched the NASA launch on the computer and on television. On the computer NASA television feed, there is about a 20 second delay. I went outside to see if I could see the shuttle flying overhead, but there was cloud cover. I came back in, and I had to reboot the computer. I ran the CMOS utility to checked my drives, and when I rebooted it put my first hard drive as the C: drive, my second hard drive as the E: drive, my CD/RW CDplayer as the D: drive, and my CD 50X as the F: drive. This really does not matter, but I guess it is how I have it set up, so the operating system reassigned the drives. Since I only have backup programs on the E: drive, the drive letter**

designation does not matter. I then printed out my letter with Microsoft Home Publisher 2000. I print out one copy in color and another file copy in black and white on the HP laser printer. I will now have two hotdogs with buns and ketchup and mustard and potato chips and two small dill pickles and ice tea. I will then clean up and go out and mail the letter and enjoy some fresh air. CIO

Note: <888> 04/08/02 Monday 3:50 P.M.: I received a telephone call at 8 A.M.. I finally got up at 2:30 P.M.. I had breakfast of three medium boiled eggs, two halves of a toasted roll, orange juice, coffee, and vitamins. I will now write a relative a letter. NASA might be launching the shuttle at 4:39 P.M.  
[www.geocities.com/mikelscott/nasa.htm](http://www.geocities.com/mikelscott/nasa.htm) and [www.geocities.com/mikelscott/nasa-110.htm](http://www.geocities.com/mikelscott/nasa-110.htm) . CIO

Note: <888> 04/08/02 Monday 12:40 A.M.: I sifted through my email. I also went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I watched a bit of television. I looked at CompUSA, Staples, and Circuit City sale ads. I will now shut down and relax before heading off to bed. CIO

Note: <888> 04/07/02 Sunday 10:05 P.M.: I went to bed at 9 A.M., and I was up at 3 P.M.. I had breakfast of oatmeal, a toasted roll, orange juice, coffee, and vitamins. I cleaned up. A friend arrived to visit at 4:30 P.M.. We went for a drive down by the waterfront. We then drove in back country and on the way back we viewed the Daffodils along North Street. At 7 P.M. we had dinner of two 1/3 inch thick slices each of Butterball turkey breast with Boston Market turkey gravy, steamed white rice, steamed broccoli and ice tea. I also had a slice of Pepperidge Farm coconut cake. We then watched a DVD movie. The DVD video disk was defective, so it was not as enjoyable. My guest left at 9:30 P.M.. Friends called while we were out, and they want to visit tomorrow, but I suggested that they visit on a warmer day. I will now do some regular computer work. CIO

Note: <888> 04/07/02 Sunday 8:30 A.M.: I watched and listened to the 2 hour and 37 minute BBC broadcast of the Queen Elizabeth the Queen Mother's funeral procession this past Friday  
[http://news.bbc.co.uk/olmedia/cta/events02/uk/queen\\_mother/smil/procession\\_index.ram](http://news.bbc.co.uk/olmedia/cta/events02/uk/queen_mother/smil/procession_index.ram) . I had some Vermont extra sharp cheddar cheese and Carr's crackers and ice tea and Carr's crackers while listening to the broadcast. I also received a morning telephone call from a friend. I will now head off to bed. CIO

Note: <888> 04/07/02 Sunday 5:05 A.M.: Well, I guess daylight savings time sprung forward an hour. I will now set my clocks forward. I went out, and I mailed the four envelopes at the Valley Road Post office. I noticed after I put them in the mailbox in the lobby that there is no pickup on Sunday. I should have mailed them downtown. I drove downtown and by the waterfront, and I just returned home. I just reset my clocks. I still have to reset the car clock. I keep my watch, microwave, and VCR at exact time. I keep the living room wall clock and the living room window ledge clock

15 minutes fast. I keep the bedroom clock radio a half hour fast. I will now do some more computer work. CIO

Note: <888> 04/07/02 Sunday 4:00 A.M.: I started reading my email. I updated Nero Burning with the latest version [www.nero.com](http://www.nero.com) . I found a link in a Locker Nome newsletter to [Netslideshow - Easy image presentation www.netslideshow.com](http://Netslideshow - Easy image presentation www.netslideshow.com) . I downloaded and installed the program. I edited its \*.ini file, and I copied it and the program along with 218 photographs mostly of me with other people at various stages in my life, and I burned them to five copies on CD/R disks. I then made labels and packaged them in thick CD jewel cases, and I am now going to mail four copies to relatives. The disk auto plays when put in the CD player, and I set it up to play a picture every ten seconds without sound. This all took while. I used four 34 cent stamps on each mailer. Well time to bundle up to go out and mail them at the Valley Road Post Office. It is 28 degrees Fahrenheit at the moment. CIO

Note: <888> 04/06/02 Saturday 9:35 P.M.: I finished the laundry. I chatted with a couple of relatives. I had dinner of a Boston Market sirloin and pasta dinner with ice tea. I watched some television. I now will do some regular computer work. CIO

Note: <888> 04/06/02 Saturday 6:50 P.M.: I watched another movie on television last night called "Journey to the Center of the Earth" until about 2 A.M.. Seeing Pat Boone in his younger days gave me the answer to another question that I had forgot. "Who were the four famous people that died at the Alamo when Santa Ana attached with his superior force?" The answer is Davy Crocket, Jim Bowie, Colonel Travis, and Daniel Bonne. A relative of mine from Texas told me to always remember this. I was told by a relative in Texas that Ron Howard is making a new movie on the Alamo. I was up at 10:30 A.M. this morning, and I got two loaves of French Bread and three rolls from the bread table. I then rested until 12:30 P.M.. I had breakfast of three medium boiled eggs, French bread toast, orange juice, coffee, and vitamins. I then did my house cleaning and watering the plants. I sorted out my boxer shorts, and I put the older pairs in the second bureau drawer in the living room. I put some of the larger older pairs and the new pairs in the lower left bureau drawer in the living room. I also removed the tags. After house cleaning, I had two hotdogs with buns and ketchup and mustard, potato chips, two small dill pickles, ice tea, and Brazilian instant coffee. I then went out, and I returned and checked out a DVD video from the library. I then went to CVS on Greenwich Avenue. I bought a 1.5 liter bottle of CVS yellow mouth wash for \$3.99, two Gillette sensitive skin shave cream gels for \$1.99 each, two Crystal Shine antibacterial dishwashing liquid for .99 each, and a CVS Clorox drop in bowl tablet for \$1.99 plus .72 tax for \$12.66 total. I then walked lower Greenwich Avenue. We had a brief snow flurry. I then returned home. I am on the washing cycle of two loads of laundry. I need to buy and install a new CMOS battery for my main computer. The clock is losing time, but the CMOS settings are still saved. CIO

Note: <888> 04/05/02 Friday 10:20 P.M.: My guest and I went out at 4 P.M.. We drove down by the waterfront. We then stopped by the library, and I checked out

two DVD videos. We then went to the Stop and Shop, and my guest bought filet of salmon and fresh broccoli for dinner. We then went by Smokes for Less in Byram where my guest bought cigarettes. We returned back to my place. We watched television. About 6:30 P.M., we had dinner of filet of salmon baked in lemon juice and I sprinkled the filets with Old Bay seasoning, oregano, Italian spices, and Basil. Also we had steamed white rice with La Choy low sodium soy sauce and fresh broccoli along with ice tea. I also had a piece of Pepperidge Farm coconut cake. We then watched a DVD movie. Afterwards we watched a bit of television. My guest left at 9:30 P.M.. I will now have another piece of cake. I will then relax a bit before going to bed. CIO

End of Scott's Notes week 04/05/02:

Note: <888> 04/05/02 Friday 3:15 P.M.: I woke up at 6 A.M. and 8 A.M., and there was no live coverage on television of the Queen Mother's funeral. I finally got up at 11 A.M., and I had breakfast of orange juice, coffee, vitamins, poppy seed bread toast, and oatmeal. I rested more until 1 P.M., when I chatted with a relative. I rested more until 2 P.M., when a friend called to say he was coming down. I cleaned up, and my guest arrived at 2:30 P.M.. I will now send out my weekly notes. CIO

Note: <888> 04/04/02 Thursday 9:30 P.M.: I did a little bit of regular internet work. I will now relax for a bit before going to bed. I will be up a little before 6 A.M. to see if there is any coverage of the Queen Mother of England's funeral procession on television. CIO

Note: <888> 04/04/02 Thursday 7:30 P.M.: I was up until 3 A.M. this morning watching the DVD movie. I was up at 10 A.M. this morning. I had breakfast of three medium boiled eggs, poppy seed bread toast, orange juice, coffee, and vitamins. I chatted with a friend. I cleaned up, and I went out. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Library, and I made a copy of my automobile registration and my beach card. I also returned a DVD video. I then went by the Greenwich Town Hall, and I obtained the form for applying for an automobile beach sticker. I made a copy of my driver's license. I then filled out the form, and I left it at the beach card mailing box. I then went by the Greenwich Hospital Thrift shop. I bought two white 16 ounce cups and saucers for \$4 both. They are soup mugs. I then made my 3 P.M. appointment. I then drove down by the waterfront. I next went by the Greenwich Library. I then went by the Stop and Shop, and I bought a Butterball boneless breast of turkey at \$3.99 a pound for \$7.10 and Boston Market turkey gravy for \$1.99 for \$9.09 total. I then returned home. I washed the soup cups and saucers, and I put them on top of the convection oven on top of the refrigerator. I had some ice tea. For dinner, I had the rest of cold slices of the leg of lamb, steamed white rice, steamed asparagus and broccoli, ice tea, and a cappuccino. I will now do some regular computer work. CIO

Note: <888> 04/03/02 Wednesday 11:35 P.M.: I went out, and I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove over to

Marshalls in Stamford. I bought nine pairs of Joe Boxer boxer shorts extra large 42" to 44" [www.joeboxer.com](http://www.joeboxer.com) for \$4.99 each for \$44.91 total. I bought four green and blue plaid, four purple and blue plaid, and one green and white plaid. I toured Odd Job and Staples at the same shopping center. I then drove back to Greenwich, and I read the local paper in the Greenwich Library. I then walked lower Greenwich Avenue. I then went to Stop and Shop, and I bought a ten pound bag of Carolina Gold parboiled rice for \$4.49, a five pound bag of S&S sugar \$2.49, two half gallons of Tropicana premium orange juice with calcium for \$2 each, S&S premium margarine .67, S&S 8 ounce of French onion dip \$1.89, two Boston Market sirloin and noodles dinner \$2.99 each, a Tombstone pepperoni pizza \$3, a 12.5 ounce bag of Lays potato chips \$1.99, Lysol Island Breeze scent disinfectant \$2.99, a 2 pound bag of onions \$2.99, S&S Vermont extra sharp cheddar cheese \$1.99, S&S Italian Espresso beans at \$7.99 a pound for \$7.27, La Molisana spinach noodles \$1.79, buy one get one free of Oscar Meyer beef franks \$3.69 both for \$46.08 total. I then returned home, and I put away my purchases. The boxer shorts fit fine in the larger size, and they comfortable when one relaxes without tight elastic band on my older smaller size boxer shorts. I relaxed a bit. I then had dinner of cold slices of lamb, reheated white rice with La Choy low sodium soy sauce, steamed fresh asparagus and broccoli, and ice tea. I relaxed a bit more. I will now watch a DVD video. CIO

Note: <888> 04/03/02 Wednesday 5:10 P.M.: I had my meal. I noticed on my web sites at GeoCities, I can not FTP anymore. I have to use their upload web page. I received a call that my life time beach pass is probably still good without having to renew it. I decided, I will try going to Marshall's in Stamford first to look for the boxer shorts. I will now clean up and go out. CIO

Note: <888> 04/03/02 Wednesday 4:00 P.M.: I went to bed at about midnight. I was up at 10 A.M.. I had breakfast of oatmeal, poppy seed bread toast, orange juice, coffee, and vitamins. I made a telephone call. I fell back to sleep until 3 P.M.. I updated my NASA <http://www.geocities.com/mikelscott/nasa.htm> and the current launch page <http://www.geocities.com/mikelscott/nasa-110.htm> . I looked at Kohl's website [www.kohls.com](http://www.kohls.com) . I am thinking about going over to Kohl's in Port Chester and getting a half dozen pairs of boxer shorts for \$6 a pair. I guess I would take waist 40 inches to 42 inches. However, in measuring my waist higher up around my belly button, it is about 43 inches. I had a pair of boxer shorts rip recently when I was bending over, so I guess I need some larger boxer shorts. I will now have two hotdogs with buns and mustard and ketchup and potato chips and small dill pickles and ice tea and a Brazilian instant coffee. I will then clean up and go out. It is warm out, so it made me feel tired today. CIO

Note: <888> 04/02/02 Tuesday 8:50 P.M.: I went out about 2:30 P.M.. I stopped by the Fashion Light Center on West Putnam Avenue. I bought a sunlite 25 watt intermediate flood light for \$4.29 and a Westinghouse 15 watt T-7 candelabra base bulb for \$1.69 with .36 tax they were \$6.34. I then went by Putnam Trust Bank of New York on Mason Street. I then went to the Greenwich Hospital Thrift shop. I

next drove down by the waterfront. I then drove over to Tod's Point in Old Greenwich, and I sat out at the southwest picnic area. I remembered, I was suppose to have a 4 P.M. appointment downtown, and so I drove over to the southeast concession area, and I called my 4 P.M. appointment at 4 P.M., and I cancelled. The SNET pay phone at the southwest concession area costs 50 cents for unlimited time local phone call. I then sat out for a while at the beach. I next drove over to Staples in Old Greenwich, and I bought a 50 pack of thin CD jewel cases for \$9.94 plus .60 tax for \$10.54 total. I then drove downtown, and I walked lower Greenwich Avenue. I then drove down by the waterfront. I returned home. I put the 25 watt flood bulb in the lava lamp, so it works now. It is frosted not a clear bulb. I then relaxed a bit. I had dinner of cold slices of Australian leg of lamb with Lea and Perrins Worcestershire sauce, steamed white rice, steamed fresh asparagus and broccoli, and ice tea. I relaxed a bit. I will now relax a bit and maybe watch some television before going to bed. CIO

Note: <888> 04/02/02 Tuesday 1:05 P.M.: I am just finishing making up a batch of ice tea. I just had lunch of two hotdogs with buns and mustard and ketchup, potato chips, two small dill pickles, ice tea, and a cappuccino along with a slice of Pepperidge Farm coconut cake. I have been listening to some CD music to relax. I chatted with a telemarketer for handicap people that sells household products at 1-800-640-4109 #2940 ask for Bill if you need to order any household products. They sell light bulbs with a ten year warranty and many other products. I will now clean up and go out and do some errands. CIO

Note: <888> 04/02/02 Tuesday 10:40 A.M.: I was up at 8 A.M.. I had breakfast of three medium boiled eggs, poppy seed bread toast, orange juice, coffee, and vitamins. I checked out the Brookstone [www.brookstone.com](http://www.brookstone.com) web site for the radio I found at the Greenwich Hospital Thrift shop for \$2 yesterday. This is the link to the radio [Brookstone.com](http://Brookstone.com) - 1-800-926-7000 . It costs \$75 new. However, the hour and down band button does not work. One sets the minutes by pressing the memory button, and I guess one could reset the hour button by pulling a battery and starting it up when the time was right. It says that it is waterproof, so I guess one could listen to it in the rain. I also set the radio presets. My bulb in the lava lamp burned out, so I have to get another one today. I just had a telephone call, and I chatted a while. Since I have quite a few electronics in the apartment, I spend a considerable amount of my time and spare funds for maintaining the electronics. Well, I guess I should clean up. Maybe I will go out now. I am not sure. CIO

Note: <888> 04/01/02 Monday 9:05 P.M.: I finished making the 4 CD emergency CD disks. I put them in the quad CD case with labels, and I put the case in a plastic Ziploc bag, and I put six blue rubber bands around it. I then put the Emergency CD kit in a place, which I can fetch quickly if I had to leave quickly. However, it would only be good on a computer that could run Windows XP, since I would need the Windows 98 disk to upgrade Windows ME disks in a relocation emergency. However, there is really nothing critical in my computer setup or my files. It is mostly just archival work. Well, I will now have some Carr's crackers with



mozzarella cheese slices and ice tea. Then I will relax a bit and go to bed. When I worked on computers for a company called Polaroid in 1971, I read a book called "Report from Iron Mountain" about computer security. Thus I tend to try to be prepared for technical problems. CIO

Note: <888> 04/01/02 Monday 7:40 P.M.: I went out after the last message. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the central Greenwich post office. I obtained three money orders to pay my Verizon, Optimum Online, and Cablevision bills. I made a mistake, and I sealed the receipts in two of the bills instead of the checks, and I had go across the street to Zyn stationary, and I bought a roll of 3M Scotch magic tape for \$1.79 plus .11 tax for \$1.90 total. I then went back to the post office, and I resealed the two envelopes with the Scotch tape, and I mailed all three of the bills. I then sat out for a while. I walked up to the Greenwich Hardware store, and I bought from the 70% off rack a AT&T CD Quad Case for \$1.50 plus .09 tax for \$1.59. I then sat out for a while longer. I then went by the Greenwich Library, and I read the Greenwich Post. I next returned home. I chatted with a friend. Earlier today, I put the new Brookstone AM/FM portable radio in the blue kitchen bookcase with the other portable radios. I put the new small claw hammer with the other tools in the sweater closet in the hallway. I plan to use the four CD quad case to hold copies of Windows XP Professional Upgrade CD, Windows ME Upgrade CD, my backed up data files CD, and my favorites CDs, so I can keep them all together handy should I have to leave my current computer setup in a hurry. I will now make the copies for the Quad CD case. CIO

Note: <888> 04/01/02 Monday 3:00 P.M.: I went out at 9 A.M.. I stopped by Putnam Trust Bank of New York on Mason Street. I then stopped by the Greenwich Housing Authority, and I gave them some paper work. I next stopped by First Union National Bank on Havemeyer Place, and I paid my rent. I then went to the central Greenwich Post Office, and I obtained money orders to pay my GEICO automobile insurance and AT&T long distance. I also obtained a \$12.50 money order to renew my annual AARP "American Association of Retired Persons" membership. I then sat out for a while. I walked up to the top of Greenwich Avenue, and I chatted with a local. I stopped by the Greenwich Hardware store, and they have a few 70% off items. I then drove down by the waterfront. I next stopped by the EDLC thrift shop in Cos Cob, and I bought a small claw hammer for \$2 plus .12 tax for \$2.12 total. I then went by the Greenwich Hospital Thrift shop, and I bought a Brookstone AM/FM portable radio for \$2. I then went by the Greenwich Library, and I renewed a DVD video. I then went by Exxon, and I bought \$10.65 of premium at \$1.699 a gallon. I then went to the Stop and Shop, and I bought dozen large eggs \$1.69, S&S Vermont extra sharp cheddar cheese \$1.99, buy two get two free of Progresso New England clam chowder for \$2.39 each two, two S&S hotdog rolls \$1.19 each package, two Pepperidge Farm frozen cakes \$2 each, 10 ounces of La Choy low sodium soy sauce \$2.19, a bunch of broccoli at .99 a pound for .88 for \$16.72 total. I then went by Smokes of Less in Byram. The state tax goes up .60 a package on cigarettes this Wednesday. My brand of Seneca cigarettes were just raised from \$19 to \$20.50 a carton by the manufacturer. I bought three cartons of

Seneca ultra lights regular for \$20.50 a carton for \$61.50 total. They will go up to \$25.50 a carton when the new tax goes into effect. I returned home. I had some ice tea. I then had a couple of slices of cold lamb with Lea and Perrins Worcestershire sauce with reheated spinach pasta and alfredo sauce and steamed fresh broccoli and asparagus, ice tea, and a Brazilian instant coffee. I put four new AA batteries in the Brookstone portable radio and it works fine, but I can not figure out how to set the time. I will now go out to pay some more bills. I noticed today that the long time jeweler on Greenwich Avenue near CVS is installing a new pedestal street clock. CIO

Note: <888> 04/01/02 Monday 7:15 A.M.: I watched television until 9:30 P.M. last night. I was up at 5 A.M. this morning. I had breakfast of oatmeal, two halves of a roll toasted, orange juice, coffee, and vitamins. I organized some of my bills to pay today and other paper work. I will briefly check out a few internet sites. Then I will go out after cleaning up. About 6 A.M., I also called the Greenwich Police non emergency number at 203-622-8000, and I reported that the cross walk light button has not worked in front of Thataway café's patio for about a month. CIO

End of Scott's Notes week 05/31/02:

Note: <888> 05/31/02 Friday 11:55 P.M.: I finished the laundry. I had the rest of the Chinese mixture on white rice with ice tea and a cappuccino. I cleaned up. I went out, and I walked the entire length of Greenwich Avenue. I returned home. I will now send out my weekly note. CIO

**Note: <888> 05/31/02 Friday 8:00 P.M.: About 3 A.M. this past morning, I had a roast beef sandwich on a Kaiser roll with Hellmann's mayonnaise, horse radish, salt, and pepper along with ice tea. I went to bed about 4 A.M. this past morning. I think I was up about 3 P.M.. I had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. I relaxed a bit. About 6 P.M. NOAA weather radio started going off with warnings for this area. I started my laundry, and I am on the dry cycle with about 45 minutes to go. I checked the outside weather conditions, and it sounds like the weather front might be arriving shortly. I checked the Volvo mechanics manual I have, and it said that if the noise I am getting from the underneath of the car is a transmission noise, that the car might need to have 90 weight oil added which is what it uses for the manual transmission gear box. I will have it checked on Tuesday at Exxon station next to the library. CIO**

**Note: <888> 05/31/02 Friday 1:35 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I still have some individual sending me daily an email virus that Norton Anti Virus 2002 catches, and its origins daily or a different spammed email address each day. I suppose somebody with my email address might have an email worm on their machine. Well, I guess I will shut down for the night and watch some television. I checked out [www.lanzarote.com](http://www.lanzarote.com) . Apparently they now get 1.7 million visitors a year. CIO**

**Note: <888> 05/31/02 Friday 12:05 A.M.: I put the ice tea in the refrigerator. I went out, and I walked lower Greenwich Avenue. I drove down by the waterfront. I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove part way down the Avenue, and I tried driving up the steep hill at Indian Field Road, and the car went up it fine in second gear. However, I still have the rattling noise at lower idle which might be coming from the gear box or clutch. Another remote possibility might be that one of the cylinders is not firing properly, but it sounds like it is running smoothly. I will have Exxon next to the Greenwich Library check on it next week, if I get on an earlier schedule. I then went by the Food Emporium, and I bought four Tropicana half gallons of orange juice with calcium for \$2.50 each, a 38 ounce box of Pepperidge Farm goldfish crackers for \$5.29, AC five pound bag of sugar for \$2.49 a boneless chicken breasts at \$1.99 a pound for \$4.30. However, the total came out to \$20.77 since the cash register computer only took of the discount on two orange juices instead of four, so the cashier voided one of the orange juices to lower the price. I then returned home. I guess I will do some regular computer work. CIO**

**Note: <888> 05/30/02 Thursday 10:00 P.M.: I went out about 1:30 P.M.. I stopped by the Greenwich Hospital Thrift shop, and I bought a eight ounce bottle of English Leather men's cologne for \$5. I then went by Putnam Trust Bank of New York on Mason Street. I next drove down by the waterfront. I then made my 3 P.M. appointment. I then went by Gateway automotive, and I bought 3 feet of 5/16" hose for \$2 and four hose clamps for \$3.40 for \$5.40 total. I then drove down to by the waterfront, and I sat out for a while. I then drove to another location on the waterfront. I then drove downtown. I stopped by the Greenwich Hardware store, and they gave me a 1/4" by 1" bolt, 1/4" by 1.25" bolt, two 1/4" inch nuts, and two 1/4 inch lock washers which normally would have been .35. I told them that Gateway Automotive sells Nu Finish car wax for \$9.99. I then walked up to CVS, and I bought a Glade Plugin Scented Oil refill Mystical Garden scent for \$2.99 and a green apple car air freshener for \$1.19 plus .25 tax for \$4.43. I chatted with a local. I complete my walk of the entire length of Greenwich Avenue, and I put the car air freshener in the car. I bought a medium size pineapple from the Greenwich Avenue vegetable market for \$2. I then returned a DVD disk to the Greenwich Library. I then went by Val's liquor, and I bought a four ounce bottle of Angostura bitters for \$4. I then returned home. I put the new glade plugin in the kitchen to scent the apartment. I then put part of the 5/16 inch hose with two clamps from the Volvo fuel injection chamber to the PCV valve, and I put another part of the hose with two clamps from the radiator to the radiator overflow tank. I also cleaned the PCV valve, and I put a larger 2 inch clamp around the PCV valve hose that connects to the valve cover. The car is a lot peppier and runs smoother with the tighter vacuum system, but there is still a slight rattle at low idle. I do not think it is the exhaust system, but I have the bolts to try to secure the manifold pipe to the body bracket when the car is cold. I checked the Volvo by wedging a screw driver in the space between the manifold pipe and body bracket, and the car still had the rattle. Two days ago, I checked the clutch clearance, and it is fine. The car clutch and gear box work fine when driving and do not make any noise. I am not sure what is causing the rattling sound. I will have to wait until I am on an earlier schedule to have Greenwich Exxon check it out. I have not had Greenwich Exxon check the rear end and gear box fluid in eight years, but I thought the Oil Star lube garage checked those fluids whenever I have the oil changed. Since the car seems to be running fine, I do not intend to make any major expenses on a 26 year old Volvo 244 DL. I then went upstairs, and I had a chilled Barq's root beer in a frosted mug. I then made up another batch of rice, and I reheated some of my Chinese beef vegetable mixture, and I put it on top of the rice. I had this for dinner with ice tea and a cappuccino. I am simmering a 3 quart pot of concentrated tea to make 12 quarts ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) right now. I will now peel and chop up the pineapple and season it with orange juice and angostura bitters. CIO**

**Note: <888> 05/30/02 Thursday 1:00 P.M.: I watched television and slept last night. I was up at noon today. I had breakfast of three medium boiled eggs, oatmeal toast,**

orange juice, coffee, vitamins, and supplements. I had to throw out one of the cooked eggs since it was no good. I have a 3 P.M. appointment today. CIO

Note: <888> 05/29/02 Wednesday 10:25 P.M.: I rested until 6 P.M.. I had ten Carr's crackers with mozzarella cheese and ice tea. I then rested until 9:30 P.M.. I had some of the Chinese mixture from last night with rice and ice tea. CIO

Note: <888> 05/29/02 Wednesday 4:10 P.M.: I was up at noon today. had breakfast of oatmeal, oatmeal bread toast, orange juice, coffee, vitamins, and supplements. I went out, and I checked my Volvo's exhaust system, and the slight rattle I hear when I start up the car does not seem to be coming from the exhaust system. I think the problem might be that since I have it set on a lower idle, the car runs a little rougher when starting until it warms up. However, on a lower idle, one does not have to worry about it getting too hot in traffic in the summer. I touched up a few spots with touch paint. I came back inside, and I relaxed a bit. I had a relative call. I tried out Net2Phone, and it works quite well, and I chatted with a few people. I will now do some regular computer work instead of going out in the heat of the day. CIO

Note: <888> 05/29/02 Wednesday 2:40 A.M.: I sifted through my email. I will now shut down and relax before going to bed. CIO

Note: <888> 05/29/02 Wednesday 12:55 A.M.: I went out, and I walked the entire length of Greenwich Avenue. I sat out at various locations for a while. I then drove down by the waterfront. I then drove over to Grass Island, and I sat out by the waterfront for a half hour with the Coleman electronic mosquito repeller clipped to my shirt collar. There tend to be a lot of bugs at Grass Island in the evening. The Coleman electronic mosquito repeller was effective, and no mosquitoes or gnats bit me, although I could see some close by. Since the package comes with three, the idea way to wear them might be one clipped to the collar and one clipped to either pocket of ones pants. I then went back home. I readjusted my Volvo idle downward, so the car does not overheat on the warmer days. I notice from inside the hood when one looks down on the manifold pipe that connects to the exhaust system, one can easily see the clamp it is suppose to connect to with what looks like it would take any nut and bolt and possibly a lock washer and washer. I will have to check it out when it is cold. I checked my oil too. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went to the Greenwich Library, and I checked out a DVD video disk. I also read the Wall Street Journal and P.C. Magazine. I then went by Stop and Shop, and I bought a 12 pack of Northern

quilted tissue for \$3, 10 pack of S&S dry milk for \$5.49, a Marie Callender boneless chicken breast dinner for \$1.99, a four ounce container of sun dried tomatoes .99, a Stouffer's 21 ounce lasagna \$2.87, two four ounce cans of Sunny Deli portabella mushrooms .75 each, a green pepper at .99 a pound .41, a Vidalia onion at .79 a pound .58 for \$17.01 total. I then returned home. I relaxed a bit. I chatted with a friend about 9:30 P.M.. I then started preparing a more elaborate dinner. I first too my China Village rice cooker. I washed a cup of white rice in a bowl, and then I strained it with a strainer. I then put it in the China village rice cooker with a cup and a half of water and five pads of margarine. I put the steamer insert and lid on, and I put it in the microwave oven. I set it for 11 minutes, but I did not start it yet. The China village rice cooker for a cup of white rice takes 11 minutes in microwave and five minutes standing covered afterwards. I then started preparing the ingredients for the meal. I took a 10 ounce shell steak, and I cut off the fat and bone. I cut it into ¼" by 1" by 1" chunks for about a cup of steak chunks which I put in a small dish. I then peeled and sliced eight cloves of garlic. I next peeled and diced ¾ of a Vidalia onion or about a cup. I put this in another small dish. I sliced on an angle half inch lengths of a half pound of asparagus. I cut off about a cup and a half of broccoli florets in smaller pieces. I opened and drained the two four ounce cans of Sunny Deli portabella mushrooms. I cleaned and diced a green pepper. I diced the four ounce container of sun dried tomatoes. I cut off the corn off an ear of corn on the cob. I rinsed a half pound package of snow peas. I put all of these ingredients in separate small dishes for holding. I then took my 12 inch Griswold cast iron fry pan with glass lid. I put it on the large electric burner on medium high. I added six tablespoons of olive oil and four pads of margarine. Once it was heated, I added the eight sliced cloves of garlic, the cup of shell steak chunks, and the cup of diced Vidalia onions. I sautéed these about five minutes adding ground black pepper and garlic powder. I also started the rice cooking for 11 minutes in the microwave oven. After sautéing the beef, garlic, and onions for five minutes, I added the broccoli florets, diced green pepper, sliced asparagus, and corn. I stirred and continue cooking on medium high another five minutes seasoning the mixture with ground black pepper, garlic powder, celery salt, chicken and meat seasoning, Basil, Oregano, Italian spices, ginger, nutmeg, Old Bay seasoning, and Chinese five spice which I mixed into the mixture. I then added a tablespoon of sesame oil, a tablespoon of Lea and Perrins Worcestershire sauce, two tablespoons of Modena, Italy balsamic vinegar, four tablespoons of La Choy low sodium soy sauce, a teaspoon of Angostura bitters and three quarters of a cup of Rene Junot French white table wine, and I mixed this all together, and I continue to cook covered with the glass lid on medium high stirring occasionally for ten minutes. When the ten minutes were up, the rice was ready to stand for five minutes. I then added to the mixture, the diced sun dried tomatoes, the two four ounce cans of drained Sunny Deli portabella mushroom, and a half pound package of rinsed snow peas along with another quarter of a cup of white wine. I continued to steam this mixture over medium high heat covered for five minutes stirring occasionally. I then put about half the rice on a plate, and I put the rest of the rice in a container in the refrigerator. I then put about a cup and half of the seasoned vegetable beef mixture on top of the rice, and I put the rest in a container in the refrigerator. I had it for

dinner with ice tea and a cappuccino. I then watched the BBC evening news. I will now do some regular computer work. CIO

Note: <888> 05/28/02 Tuesday 4:45 P.M.: I was up at 10 A.M. this morning. I watched the morning news. I had breakfast of three medium boiled eggs, oatmeal bread toast, orange juice, coffee, vitamins, and supplements. I fell back to sleep until 2 P.M.. I got up, and I went out, and I checked my car. I noticed that the rattle the car is making might have been that it was idling too slowly. I increased the idle on the car, and I adjust the airflow intake. The car runs more smoothly with the increased idle, and it does not seem to rattle. Still, when I have the time, I should go over to Stamford Volvo, and see if they have the bolt for attaching the exhaust manifold pipe to the under body of the car. Still, I am not sure if the threaded opening is there or not, and possibly when they installed the exhaust manifold pipe last August, they just cut it off with a torch. Well at the moment the car seems to be running smoothly. I came back inside, and I picked up my AT&T bill out of the mail box. They now seem to be charging a minimum of \$7.50 instead of \$5.00 plus tax, still I tend to talk that much. I had another roast beef sandwich on a Kaiser roll with Hellmann's mayonnaise, horse radish, Vidalia onion, salt and pepper. I had it with Lays potato chips and sliced dill pickles with ice tea and a Brazilian instant coffee. I just clipped my toe nails and my finger nails, since they were getting a bit long. The NOAA weather radio just went off saying there might be heavy showers this evening. I will now clean up and go out. CIO

Note: <888> 05/28/02 Tuesday 12:10 A.M.: Well, I finished for the day. I will now shut down and relax before going to bed. CIO

Note: <888> 05/27/02 Monday 11:50 P.M.: Preview Paul McCartney's "Driving Rain" <http://store.artistdirect.com/store/artist/album/0,,1571086,00.html> . CIO

Note: <888> 05/27/02 Monday 10:10 P.M.: Scott's Random notes is now working at the GeoCities web site. I updated <http://www.geocities.com/mikelscott/nasa.htm> and <http://www.geocities.com/mikelscott/nasa-111.htm> . CIO

Note: <888> 05/27/02 Monday 9:10 P.M.: I went downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I then went to another location along the waterfront, and I sat out in my

beach chair for about a half hour. The mosquitoes are beginning to come out again. I then returned home. I got out my package of three Coleman electronic mosquito repellents made in China, and I put a battery in the gray one. I attached it to my key chain. I now have it ready to turn on the next time I go down by the waterfront. I then watched a television program on the History Channel about the World Trade Center done the January before 911. A friend called and we chatted. I will now do a bit of regular computer work. I noticed last night the large files at the GeoCities web site do not come up. Hopefully, they will have it fixed after the holiday weekend.

CIO

Note: <888> 05/27/02 Monday 5:45 P.M.: I heard the honor guard salute outside this morning about 7 A.M.. I was up about noon. The nicotine patch came off during the night, so I put another one on, since I could not find it in the bedding right away. I had breakfast of oatmeal, oatmeal bread toast, orange juice, coffee, vitamins, and supplements. I went out, and I washed the car with the hose I have in the trunk and a bucket of water with dishwashing detergent in it. I cleaned the white walls with an S.O.S. pad. I dried the car. I then waxed the 1976 Volvo 244 DL with Nu Finish once a year car polish. I cleaned the windows inside and out with Windex. I cleaned the inside vinyl with Turtle Wax Extreme 2001 Protectant. I wiped the door openings with a damp cloth. I was able to get the passenger side rear door to open and close properly. I put all five beach chairs on that side of the car. I vacuumed the interior of the car. Thus the car looks a lot better with its annual spring cleaning done. This took about four hours. I was able to vacuum using three extension cords out the front of the building. I had three diet Cokes while doing all of this. I came inside, and I had a roast beef sandwich on a Kaiser roll with Hellmann's mayonnaise, horse radish, slices of Vidalia onion, and salt and pepper, along with a dill pickle slice and potato chips, ice tea, and a Brazilian instant coffee. I cleaned up, and I took off the nicotine patch while showering. I watched some of the Memorial Day events on television. I will now go out for some fresh air. CIO

Note: <888> 05/27/02 Monday 12:35 A.M.: I finished watching the DVD video. I watched a bit of television. I will now go to bed. CIO

Note: <888> 05/26/02 Sunday 9:15 P.M.: I watched a bit of television. I took the new lamp shades from the bedroom night stand lamps, and I put them on the pineapple lamps on the brass coffee table on top of the bedroom desk. I took the shades from the pineapple lamps, and I put them on the bedroom night stand lamps. They are thus fit better relative to the size of the lamps. I tested Scott's Random Notes on the backup computer, and they do not come up from the GeoCities web site on the backup computer either. Thus there must be something wrong with the GeoCities



web site, or Optimum has blocked my notes. Well, I will now watch a DVD video disk. CIO

**Note: <888> 05/26/02 Sunday 7:35 P.M.:** After dinner, I closed the window and finished airing out the apartment. CIO

**Note: <888> 05/26/02 Sunday 6:40 P.M.:** I opened all my closets to air out with the window opened before I went out. I went out, and I walked the entire length of Greenwich Avenue. I stopped by CVS, and I bought two half price Sure Advantage regular deodorants for \$2 each, and Gillette shaving gel sensitive skin for \$1.99 plus .36 tax for \$6.35 total. I then went by the Greenwich Hardware store, and I bought Nu Finish Once a Year Car Polish for \$6.99 plus .42 tax for \$6.41 total. They told me they were going to raise it to \$9.99. I also stopped by Pier One and looked at all the scented candles. I then drove down by the waterfront. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by Radio Shack in Cos Cob, and I bought a one foot 75 Ohm video cable with gold plated connectors \$2.99 plus .18 tax for \$3.17. I then went to the Cos Cob Farmer Market next door, and I bought asparagus at \$1.99 a pound and a package of snow peas for \$3.28 total. I then went to the Stop and Shop, and I bought two Vidalia onions at .79 a pound for \$1.12, a package of Bernadinos' six water Kaiser rolls \$1.99, S&S rare roast beef at \$5.99 a pound for \$7.07, two Marie Calendar meals at \$1.99 each, one beef tips and one meat loaf for \$14.16 total. I then returned home. The apartment smelled a lot fresher with the window open and the fan blowing in fresh air. I sprayed Bissell Air Freshener deodorizer in the closets and around the room. I took off the face plate off the wall cable plate and tightened the cable connector. I put on the new one foot cable I bought at Radio Shack connecting to the four splitter. Now Channel 2 seems to come in clear. I will now take a Kaiser roll and split it, and put mayonnaise on both sides. I will then put slices of rare roast beef on it, and I will put horse radish on the roast beef, and then I will put a few slices of Vidalia onion on it, and I will season it with salt and pepper, and I will have the roast beef sandwich with a dill pickle slice and potato chips along with ice tea and a cappuccino. CIO

**Note: <888> 05/26/02 Sunday 2:45 P.M.:** I rested until 2 P.M.. I chatted with a relative. I took off the old shades of the bedroom lamps, and I put the new shades on. I will throw out the old shades. I opened the left living room window. I disconnected the air conditioner, and I plugged in the fan and turned it on medium. I am now airing out the apartment. I will take a shower and put on the nicotine patch. Then I will go out for some fresh air. CIO

**Note: <888> 05/26/02 Sunday 12:30 P.M.:** I was up at 11 A.M. this morning. I had breakfast of three medium boiled eggs, oatmeal bread toast, orange juice, coffee, vitamins, and supplements. I watched some of the morning news. Last night when I was out for a walk, I bought from Zyn stationary a #29 Cold Cash Doubler scratch card for \$1, but I did not win anything. I will start using the nicotine patch today. CIO

**Note: <888> 05/26/02 Sunday 12:25 A.M.:** I went out, and I stopped by the Exxon station next to the Greenwich Library. I bought \$10.50 of premium gasoline at \$1.779 a gallon. I then dropped off a DVD video disk at the video drop at the Greenwich Library. I then went downtown. I first walked the entire length of Greenwich Avenue, and I then walked lower Greenwich Avenue again. I sat out at various locations. I noticed that the mobile art exhibit at the senior and arts center has flood lights shining on it. However, the flood lights also shine out into Greenwich Avenue which interferes with the night time vision of divers in that location. When I returned home, I called the Public Safety department, and I gave them my viewpoint. I also noticed that the mobiles have wires attaching them to the ground to keep them from swinging which people in that location can not see at night. When I was first out, I saw the full moon rising and at the same time I saw a shooting star. The wind was out of the southwest, so it was a dry night and easy on my arthritis. I drove down by the waterfront afterwards. I next went to the Stop and Shop, and I bought a bottle of Lysol Island Breeze cleaner for \$2.99, a Tombstone Pepperoni pizza for \$2.99, a dozen large eggs \$1.69, three S&S premium margarine \$2 all, a bulb of garlic .35, buy one get one free of B&G Kosher dill spears \$2.69 both, for \$12.89 total. I then returned home about 11 P.M., and I relaxed a bit. I will now watch some television before going to bed. I will probably try to quit smoking when I wake up today using the nicotine patches. CIO

**Note: <888> 05/25/02 Saturday 8:05 P.M.:** I watched the ABC evening news. I had a broiled shell steak with Lea and Perrins Worcestershire sauce, steamed broccoli and corn on the cob, ice tea, and a cappuccino. I will now go out for some fresh air. CIO

**Note: <888> 05/25/02 Saturday 6:20 P.M.:** I finished house cleaning and watering the plants. I cleaned up. I finished listening to the Oldies count down. CIO

**Note: <888> 05/25/02 Saturday 2:50 P.M.:** I am listening to [www.warx.com](http://www.warx.com) for some vintage Oldies music. I am playing the internet music through my amplifier stereo system. It is now for time for house cleaning. CIO

**Note: <888> 05/25/02 Saturday 2:00 P.M.:** Last night I watched BBC programming on PBS channel 21 before going to bed at 11 P.M.. I was up at 8 A.M.. I had breakfast of oatmeal, orange juice, toast, coffee, vitamins, and supplements. I picked up a loaf of bread from the bread table. I have been taking Benedryl recently for allergies which make me sleepy when I wake up. I fell back asleep until 1:30 P.M.. I think the allergy season now might be less severe, so I will quit taking Benedryl. I had a telephone call from a relative. I checked the mail. I will now have a Boston Market beef pot roast dinner with ice tea and a Brazilian instant coffee. I will then start my house cleaning. CIO

**End of Scott's Notes week 05/24/02:**

**Note: <888> 05/24/02 Friday 8:20 P.M.:** It appears that the GeoCities upload is not working at the moment, so I can not update my "Scott's Random Notes" . I did notice in the Greenwich Times today that water restrictions have been lifted locally. Thus I can hose and bucket wash and wax my car some time in the future when I have time, and when I get around to buying some car wax. I will now send out my weekly notes. I will then watch a DVD video disk. I will try to go to bed around midnight. I will do house cleaning in the morning. I have a friend coming to visit at 1:30 P.M. tomorrow. CIO

**Note: <888> 05/24/02 Friday 7:30 P.M.:** The note still does not work without the HTML format. It is like

**GeoCities has it blocked. The other pages at the site seem to work. CIO**

**Note: <888> 05/24/02 Friday 7:25 P.M.:** For some odd reason, my web page of "Scott's Random Notes" will not display from the GeoCities web site. I am trying to post using the text editor instead of Microsoft Word 2002 with all the HTML content. I chatted with a friend. CIO

**Note: <888> 05/24/02 Friday 6:10 P.M.:** I was up at 8 A.M. this morning. I watched the morning news and relaxed. About 10 A.M., I had breakfast of three medium boiled eggs, oatmeal toast, orange juice, coffee, and vitamins. I then cleaned up, and

I went out. I decided not to try the nicotine patches today, since it would be a busier day. I drove over to "Smokes for Less" in Byram, and I bought three patches of Seneca Ultra Lights 100s for \$8.25 for three packages. I then on the way to town gave a neighbor a ride from the bus stop on the Post Road to town. I then went by Putnam Trust Bank of New York on Mason Street. I then stopped by Midas, but they only had two people on today, so they could not check out the rattle on my Volvo. I then went by the Greenwich Hospital Thrift shop and lamps were \$2 and lamp shades were .50. I bought a pair of lampshades with a small blue stripe for .50 each \$1 total. I then drove down by the waterfront and I chatted with some waterfront locals. I then drove to another part of the waterfront, and I chatted with a local while I searched my car for about a half hour looking for a DVD video disk that I thought I had brought with me, but later turned out to back at home. I chatted with some other locals. I could not get the passenger side rear door to open from the outside, so I moved the child lock latch on the door jam, and now it will not open from the outside or the inside, which I suppose is just as well since it occasionally would come open when closed. I then drove back to the other part of the waterfront. I then went by the ELDC thrift shop. I then went by the Greenwich Library, and I checked out two DVD video disks. I then returned home. I had a frosted diet Coke in a frosted mug. Then for a meal, I had two hotdogs with buns and ketchup and mustard and potato chips and two small dill pickles and ice tea and a cappuccino. I put the new lamp shades on top of the existing lamp shades on the bedroom nightstand tables on either side of the bed. CIO

Note: <888> 05/24/02 Friday 1:40 A.M.: I watched the DVD video. The TEAC DVD system is working just fine. I will now head off to bed. CIO

Note: <888> 05/23/02 Thursday 10:20 P.M.: I read the smoking patch information. I started to watch the TEAC DVD system, and once again it would not start properly. I disconnected it and reconnected it a number of times. I finally figured out the weight of the JVC videotape machine on top of it was causing it to malfunction. I moved the JVC videotape machine to the bookcase stereo rack, and the TEAC DVD video disk machine now starts properly. I will now watch a DVD video. CIO

Note: <888> 05/23/02 Thursday 8:55 P.M.: I was up at 6 A.M. this morning. I watched some morning news. I had breakfast of oatmeal, oatmeal toast, orange juice, coffee, vitamins, and supplements. I then fell back to sleep until 11 A.M.. I checked the mail. I had lunch of a Stouffer's hearty turkey dinner with ice tea and Brazilian instant coffee. I then went out, and I returned a book to the Greenwich Library. I read the local paper and a Time Magazine special issue about "911". I then made my 3 P.M. appointment. I read another Time Magazine while waiting. I then stopped by Putnam Trust Bank of New York on Mason Street. I then went to the Greenwich Hospital Thrift shop. I next went downtown. I walked the entire

length of Greenwich Avenue, and I sat out at various locations. I stopped by the Greenwich Hardware store, and I viewed their 70% off shelf in the front of the store. I went by CVS, and I bought a box of the CVS Nicotine Transdermal System of 14 patches Step One 21 mg. stop smoking aid with behavior support program for \$38.99. The wind was out of the southwest today, so it was dry which is good for arthritis. After my walk, I drove by the waterfront. I have noticed in the last couple of days that my 1976 Volvo 244 DL has a slight exhaust rattling. I looked underneath the car, and the system is secure, but there is a bolt missing from the exhaust manifold pipe that is suppose to connect it to the under body of car. I will have it checked soon. It does not appear to be anything major, and hopefully this will stop the slight rattling. After the waterfront, I went by Stop and Shop, and I bought buy one get one free of large bags of Lays Barbeque potato chips for \$2.99 both. I then went by the Food Emporium, and I bought two shell steaks at \$3.99 a pound for \$5.91 and buy one get one free of Edy's sorbet pints, one raspberry and the other mandarin orange. I then returned home. I had a chilled diet Coke in a frosted mug. I relaxed a bit. I then had a broiled shell steak with Lea and Perrins Worcestershire sauce, steamed corn on the cob, steamed broccoli florets, ice tea, and a cappuccino. I will try the stop smoking patches starting tomorrow morning after I shower. I think I will watch a DVD movie now. On my TEAC DVD video disk system, sometimes one has to unplug the machine to let the programming reset itself whenever it gets messed up. CIO

Note: <888> 05/22/02 Wednesday 11:00 P.M.: I relaxed a bit. I had two hot dogs with buns and ketchup and mustard and three small dill pickles and ice tea. CIO

Note: <888> 05/22/02 Wednesday 9:35 P.M.: I finished the laundry. I hung the new shirts in my bedroom closet. I put the larger shorts in the top white bureau drawer with the other larger shorts. I put the Harry Potter mouse pad on the right side of the primary computer. CIO

Note: <888> 05/22/02 Wednesday 8:45 P.M.: I went out, and I made my 1 P.M. appointment at the Greenwich Hospital Dental outpatient clinic to have my teeth cleaned. I noticed they were serving barbeque hamburgers outside. I then went by the Greenwich Hospital Thrift shop. I bought for \$4 an extra large white Greenwich Ducks Unlimited 50<sup>th</sup> anniversary shirt for \$4. I then went by the Mews Thrift Shop. For \$10 I got 10 extra large polo and crews and leisure shirts of various colors about half from the GAP including an Izod, an extra large blue boxer Speedo swim suit, a Ralph Lauren polo sweat shirt, and a pair of waist 40 inches denim shorts. I thanked them for the bargains. I then drove down by the waterfront. I then drove over to the Old Greenwich Rummage Room Thrift shop, and I bought a waist 40

inch pair of long white Bermuda style shorts for \$4. While looking at their pants, I found \$8 cash in a pair of pants pockets that I gave to the staff. I then drove around Tod's Point, and I sat out at the southeast beach area for about 45 minutes. I found a quarter. I then went by Staples in Old Greenwich. They have 80 gigabyte Maxtor 5400 rpm hard drives for \$120 plus a \$40 mailin rebate for \$80 which is very reasonable. They also have a 2.4 gigahertz AT&T cordless phone for \$50 with a \$10 AT&T phone card. I bought a Harry Potter mouse pad from the clearance table for \$1.50 plus .09 tax for \$1.59. I then went back downtown, and I drove around the waterfront. I then stopped by the Greenwich Library, and I returned a DVD video disk, and I read the local paper. I then returned home. I am on the dry cycle of washing the clothes that I bought that needed washing. I made room in my bedroom closet for the new clothes by moving about 10 smaller polo shirt to the closet shelf to the right on the paper products making room for the new larger clothing items to hang along side the other clothes. CIO

Note: <888> 05/22/02 Wednesday 11:55 A.M.: I rested until 11 A.M.. I checked the mail. I had a Marie Callender meat loaf dinner with ice tea and a Brazilian instant coffee. I will now clean up. I have a 1 P.M. appointment. CIO

Note: <888> 05/22/02 Wednesday 6:15 A.M.: I watched a DVD video disk until 11 P.M. last night. I then went to bed. I was up at 4:30 A.M. this morning. I had breakfast of three medium boiled eggs, oatmeal bread toast, orange juice, coffee, vitamins and supplements. I watched a bit of television, and I checked my email. CIO

Note: <888> 05/21/02 Tuesday 8:00 P.M.: I relaxed a bit. A friend called me up. I just had dinner of a Stouffer's hearty pot roast dinner and ice tea. I will relax a bit more before going to bed later on. I will now shut down the computer. CIO

Note: <888> 05/21/02 Tuesday 4:00 P.M.: Well, I chatted with a relative and another individual. I did some computer work. It seems a bit damp out, so I will stay inside today. CIO

Note: <888> 05/21/02 Tuesday 1:50 P.M.: I was up at 5 A.M., and I watched a bit of the morning news. I had breakfast of oatmeal, oatmeal bread toast, orange juice, coffee, vitamins and supplements. I then chatted with a friend. I have been thinking

about this Marine coral calcium from Japan that I am taking. Perhaps if the Florida Keys is made out of the same substance they could grind up the Florida Keys and sell it for 50 cents a pill. Apparently this substance was very popular with the first pharmaceutical shops in Barcelona, Spain 300 years ago, and perhaps this is what leads to the legends of Ponce de Leon and the Fountain of Youth. I have a feeling it also might be the ingredients in Gator Aid, a well known sports drink from Florida. Whatever the case, it might explain why in theory some of the old alligators and crocodiles live to be 200 years old in Florida hanging around the coral deposits along the shores of Florida. Moreover from what I know and from what I saw on Dr. Robert Barefoot's infomercial, there might be some truth to the validity it helps the body rejuvenate itself, and it is good for warding off diseases like Parkinson's syndrome, cancer, and tired blood. Still, it is too early to tell whether it is doing any good for me or not. However, for all I know the Coral Calcium from Japan might be different from other coral deposits around the world. It is suppose to have a lot of electrolytes and enzymes that are suppose to be good for the body. Still locally it is cold and damp which is not good for my arthritis. Also despite taking the benedryl my allergies seem to be activated in this most severe allergy season. Well, when I got up at noon, I checked the mail. I then had a Marie Callender's breaded fish fillet with macaroni and cheese meal along with ice tea and a Brazilian instant coffee. The Greenwich Times on Sunday said there are 1750 people from South America living in Greenwich, Connecticut and a lot more in the neighboring towns of Port Chester, New York; Danbury, Connecticut; and Stamford, Connecticut. Alas I do not speak Spanish or Portuguese, so I do not network with that community. Well, I guess I will clean up and go out for some routine activity. CIO

Note: <888> 05/20/02 Monday 11:10 P.M.: I finished watching the television movie. I had some ice tea. Well, there is not much going on, since it is cooler out, and the people with the so called money to spend in this area prefer warm weather, so until it gets warmer, the general local economy will remain in recession. Of course maybe some Canadian found a gold mine, and maybe that so called Canadian will spend some money in this area, while it is still cooler. Of course for all I know the moon is made of Swiss cheese. Thus for all I know with the threats of terrorism in this area, the people whom normally spend money in this area have fled the area to spend their ill begotton gains in other deluxe areas that are less threatened. Well, the real story is not much ever happens here, so people whom like to read books enjoy reading books here while nothing is happening. Cheerio. Also on Dr. Robert Barefoot's infomercial about Coral Calcium, they said they are also giving it to horses, which might explain why certain horses are winning unexpectedly. CIO

Note: <888> 05/20/02 Monday 7:50 P.M.: I had a couple of hotdogs with buns and ketchup and mustard and potato chips and ice tea. I will watch a television movie at 8 P.M.. CIO

**Note: <888> 05/20/02 Monday 7:30 P.M.: I rested from 3 P.M. until 6 P.M.. A friend called, and we chatted. I watched the ABC evening news. CIO**

**Note: <888> 05/20/02 Monday 1:45 P.M.: Today I decided to have my primary meal of the day at noon. I had a medium rare broiled shell steak with Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy sauce, steamed fresh corn on the cob, steamed fresh broccoli florets, ice tea, and a cappuccino. I then relaxed and listen to some of the chit chat from BBC radio 5 <http://www.bbc.co.uk/fivelive/> . They mentioned that Queen Elizabeth II, Prince Phillip, and Prince Charles visited the Chelsea Flower Show and were describing the garden of holistic medicine plants that Prince Charles had patronized. Well, I guess this time of year the foliage would be coming out in England, and they probably would have an allergy season problem. On a lesser note, I tend to have busy weekends, so I frequently relax the Friday before weekends and the Monday after. CIO**

**Note: <888> 05/20/02 Monday 11:10 A.M.: I rested until 10:30 A.M.. I checked the mail. I will now listen to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) and there are other BBC listening links at <http://www.bbc.co.uk/> . I believe the British humorously call the BBC “Aunt B”. Alas I have never been to the United Kingdom. Like parking on Greenwich Avenue, it is too expensive to go there. CIO**

**Note: <888> 05/20/02 Monday 5:35 A.M.: I went to bed at 4 P.M. yesterday. I had two calls from relatives. I was up at 4 A.M. this morning. I watched a bit of morning television. I had breakfast of three medium boiled eggs, oatmeal bread toast, orange juice, coffee, and vitamins and supplements. I will now do some regular computer work. CIO**

**Note: <888> 05/19/02 Sunday 2:55 P.M.: I went back downtown at noon. I drove down by the waterfront. I then sat out for a while. I then walked with a local, and I walked up to the Greenwich Library. We then walked along the Boston Post Road as far as Christ Church. We then returned to Greenwich Avenue, and we parted company. I then walked back down the Avenue, and I sat out for a while. I then drove down by the waterfront. The Greenwich Crafts festival is going on at the Bruce Museum. I then returned home. I will now have some goldfish crackers and**



ice tea. I then will go to bed. I will now before going to bed take a Tylenol, MSM, and a Coral Calcium pill along with another pill I take to relax. CIO

Note: <888> 05/19/02 Sunday 11:45 A.M.: I went over to the Port Chester, New York shopping center at 9:45 A.M.. The VitaminShoppe does not open until 11 A.M. on Sunday. I waited and toured Odd Job. I bought a "As Seen of TV" 301 piece Titanium coated drill bit set for \$4.99, two Polaroid 9 volt batteries for \$1.49 apiece, and two packages of 10 Ultra Plus twin blade disposable razors for .99 a package, a large tube of Crest tartar control toothpaste gel \$1.59 plus .79 tax for \$12.43 total. I then toured Staples. When the VitaminShoppe opened, I bought the last two bottles of 60 capsules each bottle of Natures Benefit, Inc. Professional Products Marine Coral Minerals which contain 100% pure ocean bed coral calcium from Okinawa, Japan. One is suppose to take two capsules a day with purified water, and two capsules contain 1000 mg. of Coral Calcium, 240 mg. calcium, 120 mg. of magnesium, and they also contain a lot of marine trace minerals. I paid \$23.96 per bottle plus I had a \$10 discount card for the VitaminShoppe for \$37.92 total. I then returned home. I took one of Marine Coral Mineral coral calcium pills with a half of glass of orange juice. I will now go out for some more fresh air. I put the drill set in the sweater closet with the other tools. CIO

Note: <888> 05/19/02 Sunday 9:10 A.M.: I went out, and I stopped by the waterfront. There were the usual fishermen fishing. I then drove downtown. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went to the Food Emporium. I bought two shell steaks at \$3.99 a pound for \$6.06, four ears of corn for .67 total, and a dozen extra large eggs for \$1.79 for \$8.52 total. I then returned home, and I had some ice tea and watched a bit of television. I will now have a Swanson's chicken teriyaki dinner with ice tea. CIO

Note: <888> 05/19/02 Sunday 5:00 A.M.: I watched Robert Barefoot's program on Coral Calcium. It looks interesting. It is available at the VitaminShoppe [VitaminShoppe.com](http://VitaminShoppe.com) - Product Details for Marine Coral Minerals by Natures Benefit . I might go over there at the Port Chester shopping center later this morning. I had a Tony's pepperoni pizza with ice tea and a cappuccino. I make the Tony's [www.tonys.com](http://www.tonys.com) frozen pizza, by cutting the frozen pizza into quarters and putting it on a cookie sheet. I then season it with celery salt, garlic powder, ground black pepper, Italian spices, oregano, and basil and sprinkle a few tablespoons of olive oil on it. I then cook it in the convection oven at 425 degrees Fahrenheit for 13 minutes. I will now clean up, and I guess I will go out for a chilly morning walk. I

will keep a keen eye out for Mountain Lions and Cougars and whatever cats might be prowling around in the early morning hours. CIO

Note: <888> 05/19/02 Sunday 3:30 A.M.: I watched a program about the Concorde which is older than my Volvo. Apparently they fly it down to Barbados a lot. I am now watching a program about Firenze, Italia. They showed Bertolloci's dome that I once climbed which was quite a hike considering when I got to the top at it noon on Saturday, it was just closing, and we had to walk down which was much harder without really having time to enjoy the view. Now the program is lecturing on Cosmo Di Medici and his family's art works. The GeoCities web site is back up and running. CIO

Note: <888> 05/19/02 Sunday 1:50 A.M.: I went back to bed until 1 A.M.. I am watching a program on Egyptology on the Travel channel. I finished making a batch of ice tea. CIO

Note: <888> 05/18/02 Saturday 7:55 P.M.: I ran WinDoctor before going to bed. I ran Norton SpeedDisk on the C: drive while I was asleep. I just got up. I will have breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. CIO

Note: <888> 05/18/02 Saturday 12:30 P.M.: I did a C: drive to E: drive backup. I had dinner at 8 A.M. of a Stouffer's hearty Salisbury steak dinner with ice tea. I picked up a loaf of oatmeal bread from the bread table downstairs. I went out, and I stopped by the Greenwich Hospital Thrift shop. I then went by the Greenwich Hardware store. I bought four Satco flame tip 15 watt frosted bulbs for \$2.49 each plus .60 tax for \$10.56 total. I then drove down by the waterfront. I then stopped by the Greenwich Library, and I read the local paper, and I checked out a DVD video disk. I then went by Exxon, and I bought \$12 of premium at \$1.819 a gallon. I then went by the Stop and Shop. They now carry General Electric flame tip 15 watt frosted bulbs in a two pack for \$2.79 both. I bought two of the GE two packs for \$2.79 each, three Land O Lakes 8 ounce bars of cheese for \$5 all, a head of broccoli at .99 a pound for \$1.17, a Tony's Pepperoni pizza \$2.50, and two Marie Calendar's dinners for \$2.50 each plus .33 tax for \$19.58 total. I then returned home. I put the Satco flame tip bulbs in the sconces above the dining room table, and I put the GE bulbs with the other bulbs in the bedroom bureau. I vacuumed the apartment, and I finished my house cleaning. I finished the C: drive to E: drive backup at noon. I will

now relax a bit and have some goldfish crackers and ice tea before going to bed.  
CIO

**Note: <888> 05/18/02 Saturday 5:45 A.M.:** I sifted through my email. I am listening to [www.wqxr.com](http://www.wqxr.com) for some relaxing classical music on my new computer headphones. CIO

**Note: <888> 05/18/02 Saturday 4:50 A.M.:** I am finished with the house cleaning except for vacuuming which I will do later when I will not disturb my neighbors. I enjoyed listening to the Beatles music with the wireless headphones while house cleaning. I can replace the rechargeable batteries in the wireless headphones after recharging them in my Radio Shack battery charger. CIO

**Note: <888> 05/18/02 Saturday 3:35 A.M.:** The [www.geocities.com](http://www.geocities.com) site where I have my site at [www.geocities.com/mikelscott/](http://www.geocities.com/mikelscott/) is down for maintenance until Sunday, so it will not be running. I listened to the music clips at <http://www.paulmccartney.com/>. I can buy his new CD for less than \$20 or \$14 at [www.amazon.com](http://www.amazon.com). I will now do my weekly house cleaning while listening to some vintage Beatles Music on MP3 on my TEAC DVD player with my Emerson Wireless headset, so I do not disturb the neighbors. I hope I do not drop the headphones in the toilet while I am cleaning the bathroom. CIO

**Note: <888> 05/18/02 Saturday 2:10 A.M.:** After I finished putting the laundry away, I cleaned up. I went out about 11:30 P.M., and I walked the entire length of Greenwich Avenue in the rain with an umbrella. I sat out at various locations. There were the usual number of pub crawlers at the Bleu Café <http://www.bleu-cafe.com/>, the Dome restaurant, the Sundown saloon, and the Thataway café. They were playing a bit of music. I then drove down by the waterfront. On weekends the Food Emporium is not open at night, but the Glory Days diner is now open 24 hours for late night dining. I returned home, and I had two hotdogs with buns and ketchup and mustard, potato chips, two small dill pickles, a frosted diet Coke in a frosted mug, and a cappuccino. I then watched a bit of television. CIO

**End of Scott's Notes week 05/17/02:**

**Note: <888> 05/17/02 Friday 10:15 P.M.: I watched television until 4 A.M. this morning. I watched the CSPAN replay of the Ronald Reagan presentation of the Congressional Metal of Honor to Nancy Reagan. I had some goldfish crackers and ice tea. I slept until 8 P.M. this evening. I had oatmeal, toast, orange juice, coffee, and vitamins. I am on the dry cycle on my laundry. I chatted with a friend. I will now send out my weekly note. CIO**

**Note: <888> 05/17/02 Friday 1:30 A.M.: I went through my regular computer routine. I put Yap Gear Net2Phone 10 on my computer. It works with the YAP card. I have about \$13 of YAP time on the cards I have. I set up Net2Phone 10 and its speed dial. The later version does not seem to work with the YAP cards. Well, I will shut down for the night. I will relax a bit and maybe watch some television before going to bed. CIO**

**Note: <888> 05/16/02 Thursday 11:45 P.M.: I had some goldfish crackers and ice tea before going to bed this morning about 7 A.M.. I was up at 1 P.M.. For breakfast I had three medium boiled eggs, toast, orange juice, coffee, and vitamins. I made my 3 P.M. appointment. I returned home, and a friend had arrived to visit. We went down by the waterfront and sat out by the waterfront for a while. We then drove around the waterfront. We then stopped by the Greenwich Hardware store. I was looking for 15 watt frosted candelabra bulbs, but they were out of them. We then stopped by Smokes for Less in Byram for my friend to get some smokes. We then drove over to the Port Chester, New York shopping center. We toured Odd Job and Lenins and Things. I checked out Staples, and I met up with my friend at Vitamin Shoppe where he made a purchase. On returning home, I noticed my exhaust system was making a rattling sound. I checked it out later after dinner, and it was slightly touching the body, so it rattled. I turned it down a bit, and it is fine. I hit a stick on the way to Port Chester which might have knocked it up a bit. We watched the BBC evening news. I made the same dinner for us as last night. I also had a cappuccino. My friend left about 9 P.M.. I went out and fixed the rattling exhaust tail pipe. I dropped off a DVD video disk at the library video drop. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I just now returned home, and I had some ice tea. CIO**

**Note: <888> 05/16/02 Thursday 6:05 A.M.: I listened to a bit of music with the new headphones. I will now relax for a while. I have a 3 P.M. appointment today. CIO**

**Note: <888> 05/16/02 Thursday 4:05 A.M.: I ran Windows XP Professional Update, and I updated Internet Explorer 6.0. The web site in the movie is [www.govworks.com](http://www.govworks.com). CIO**

**Note: <888> 05/16/02 Thursday 3:20 A.M.: I watched the DVD video "Startup.com". It is pretty apropos about the way the internet has gone. I will now do some regular computer work. CIO**

**Note: <888> 05/16/02 Thursday 1:15 A.M.: I had goldfish crackers yesterday morning before going to bed about 7 A.M.. I was up at 7 P.M.. For breakfast I had oatmeal, toast, orange juice, coffee, and vitamins. I went by the library, and I returned two and checked out two DVD video disks. I walked the entire length of Greenwich Avenue. I sat out at various locations. There was a star or planet on either side of the crescent moon. I drove down by the waterfront. I returned home. I relaxed a bit. I had the same dinner as last night without the cappuccino. CIO**

**Note: <888> 05/15/02 Wednesday 5:00 A.M.: I watched a DVD video disk. I watched a bit of television. I will now have some Carr's crackers with mozzarella cheese and ice tea. I then will relax a bit before going to bed. CIO**

**Note: <888> 05/15/02 Wednesday 1:45 A.M.: I finished going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I sifted through my email. Yesterday, I ran Norton Anti Virus and my system is clean. However, every day since April 11, 2002; somebody sends me an email virus worm to my address from different email addresses. Since my system is clean, it appears that somebody with my email address has an email worm or an individual is deliberately trying to send me an email worm spoofing various email addresses. It is a minor annoyance, but Norton AntiVirus 2002 catches it every time. CIO**

**Note: <888> 05/15/02 Wednesday 12:25 A.M.: For any fisherpersons or nautical people this site might be handy listing Tide times <http://www2.primushost.com/~mcmorran/tide/tideform.html> . CIO**

**Note: <888> 05/15/02 Wednesday 12:05 A.M.:** I slept until midnight on Tuesday. I watched a long television movie and other television until 6 A.M.. I had some potato chips and ice tea. I went to bed at 6 A.M., and I was up at 6 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, and vitamins. I then cleaned up, and I went out. I drove by the waterfront, and I chatted with the regular fishermen and a local. I then went by the Greenwich Library, and I read the local paper and P.C. Magazine. I also checked out a DVD video disk. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I then went to the Food Emporium, and I bought a 34 ounce bag of Food Emporium hazelnut coffee beans for \$8.79, and I also bought a 38 ounce box of Pepperidge Farm goldfish crackers for \$5.29 for \$14.10 total. I then returned home. I had some ice tea. I then mixed the new hazelnut coffee beans with the existing batch of Food Emporium red and blue bag coffee beans. I now have six mason jars of coffee beans which I keep underneath my dining room table. I opened up the Indiana Kitchen pork tenderloin package, and it had two one pound whole pork tenderloins in it. I cut off about two thirds of one, or about two thirds of a pound. I took a Pyrex pie dish, and I added a couple of tablespoons of olive oil, and a couple of tablespoons of La Choy low sodium soy sauce, and a tablespoon of Lea and Perrins Worcestershire sauce, and I rolled the pork tenderloin in it. I seasoned it on both sides with ground black pepper, celery salt, garlic powder, Old Bay seasoning, Italian spices, and Oregano. I added two quartered onions. I cooked it in the convection oven at 350 degrees Fahrenheit for 25 minutes. I had it with steamed white rice with La Choy low sodium soy sauce, and steamed slices of fresh zucchini, sliced fresh asparagus, and fresh broccoli florets, along with ice tea, and a cappuccino. I will now do some regular computer work. CIO

**Note: <888> 05/13/02 Monday 6:30 P.M.:** I relaxed a bit. I made my 4:30 P.M. appointment. I returned home, and NOAA weather radio went off again saying there would be about two inches of rain this evening. They also said there was a tornado watch extending from Philadelphia up into Pennsylvania and the New Jersey area until 7 P.M.. I just had a Swanson turkey breast stuffing dinner and ice tea. I am a bit tired, so I guess I will relax a bit and go to bed. CIO

**Note: <888> 05/13/02 Monday 2:50 P.M.:** In the mail, I received my Greenwich Parks car sticker which one sticks above the emissions sticker in the left front inside window. I went out, and I stopped by Smokes for Less in Byram, and I bought two cartons of Seneca Lights 100s for \$26 each carton or \$52 total. I then went to the Arnold Bread store outlet, and I bought two loaves of Freihofer's 12 grain bread for \$1.29 each and with senior discount \$2.32 total. I then stopped by Putnam Trust Bank of New York on Mason Street. I then went to the Greenwich Hospital Thrift shop, and I checked out their vast selection of merchandise. I then drove down by

the waterfront, and one of the regular fishermen were there. I then went by the ELDC thrift shop in Cos Cob, and I bought Panasonic Stereo headphones RP-HT96 for \$15 plus .90 tax for \$15.90 total. I next went to Radio Shack in Cos Cob, and I bought two gold stereo headphone cable Y-Adapters for \$5.99 each plus .72 tax for \$12.70 total. I then went to the Greenwich Food Mart, and I bought Indiana Kitchen whole pork tenderloin for \$3.59 a pound for \$7.08 total. I then went by the Greenwich Library, and I returned a DVD video disk, and I checked out one. I then went to the Stop and Shop, and I bought a bunch of broccoli for .99 a pound for \$1.20, a Tony's Pepperoni pizza for \$2.50, and four Tropicana orange juice half gallons with calcium for \$2 each for \$11.70 total. I then returned home. I used one of the gold stereo headphone Y adaptors to connect a set of speakers and the ear plug to the microphone headset on the backup computer. I disconnected the stereo headphones on the primary computer, and I plugged them into the cable on the lower left side of the desk by the computer that is connected to the stereo amplifier. I then took off the cable they were connected to the primary computer, and I put it in the lower right desk drawer. I connected the new Panasonic stereo headphones to the primary computer. I will save the second gold Y-adaptor for future use, and I put it in the left top desk drawer. CIO

Note: <888> 05/13/02 Monday 10:05 A.M.: I had a cappuccino. I checked the mail, and it is not here yet. I guess I will clean up and go out for some daytime activity. CIO

Note: <888> 05/13/02 Monday 8:55 A.M.: The groin hernia was probably aggravated over the years when I did things like build the garage apartment in Plandome Manor, Long Island in 1982 and when I worked in the Lanqueduc restaurant in Nantucket and other restaurants from 1978 to 1983 lifting many heavy items like hundred pound bags of onions and garbage on a regular basis along with other construction work not to mention all the times I have moved furniture items. Thus since I am getting older and I have put on weight my abdomen wall is probably weaker allowing part of my intestinal region to slip down into the groin area. CIO

Note: <888> 05/13/02 Monday 8:45 A.M.: I have actually had the groin hernia since about February 1979 when there was an ice storm in New Canaan, Connecticut. I showed up at the apartment there, and a pipe had frozen in the basement, and I moved a trunk of mine with about 200 pounds of books to keep them from getting wet before fixing the frozen pipe. However, recently since I put on the weight the groin hernia seems to have gotten worse. When I lie down, it goes away, but when I stand up it falls back down into the groin area. CIO

**Note: <888> 05/13/02 Monday 8:25 A.M.: I researched “groin hernia” at [www.google.com](http://www.google.com) , and I came up with [http://www.medbroadcast.com/health\\_topics/health\\_conditions/hernia/index.shtml](http://www.medbroadcast.com/health_topics/health_conditions/hernia/index.shtml) . I have a bad groin hernia. I have not lifted that much heavy stuff recently besides the 85 pound HP laser printer and the Orion 25 inch television which weighed about 85 pound too. I use to move my furniture more frequently, but I have not done so in six month. From reading the hernia site information, it says a groin hernia can be caused by being overweight. I am presently 217 pounds which I would say is 30 to 50 pound overweight for my six foot height and small bone frame. I have thought about having the hernia operated on, but I thought it might first be better to lose some weight which I have not succeeded in doing since I have not been walking as much recently in the colder weather damp weather. Well, I guess it is hard to stop the aging process. I just had a Boston Market chicken teriyaki with rice dinner with ice tea. I guess I will relax a bit now. CIO**

**Note: <888> 05/13/02 Monday 7:15 A.M.: I was up at 7 P.M. last night. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I watched television and rested until about 6 A.M. this morning. I chatted with a friend and a relative. About midnight I had two hotdogs with buns and ketchup and mustard, potato chips, two small dill pickles, ice tea, and a Brazilian instant coffee. I threw out the garbage a little while ago. My Volvo runs fine, but for the last three to five years, I have had one or two ripped rubber boots on the front steering arms which I have been told I should have replaced. Maybe I will look into it this week. I have a 4:30 P.M. appointment this afternoon. CIO**

**Note: <888> 05/12/02 Sunday 8:55 A.M.: I finished watching the DVD video. Some of the Greenwich Library DVD videos are defected and can cause playing problems when watching them. I watched a bit of other television, and I relaxed. I guess I will head off to bed now. CIO**

**Note: <888> 05/12/02 Sunday 3:45 A.M.: I had dinner of the last of the cold eye round with horseradish sauce and Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy sauce, steamed fresh asparagus, and ice tea. I will now watch a DVD video. CIO**



**Note: <888> 05/12/02 Sunday 2:45 A.M.: I sifted through my email. There is a group of people in Greenwich, Connecticut stuck with old cars whom can not afford to go anywhere. Their web site is <http://www.greenwichconcours.com/> .**

**Note: <888> 05/12/02 Sunday 12:55 A.M.: I fell asleep yesterday morning about 8 A.M.. I had a bowl of potato chips and ice tea before going to bed. I did not wait to get bread from the bread table, since I figured I would start eating the multiple grain bread from the Arnold Bread outlet which would be healthier and less fattening. I was up at 4 P.M., and I had breakfast of three medium boiled egg, toast, orange juice, coffee, and vitamins. I started house cleaning, and I got a tired spell, so I fell back to sleep until 9 P.M.. I had a Stouffer's Hearty pot roast meal along with ice tea and Brazilian instant coffee. I then watched a bit of television. I just finished house cleaning. I still have to vacuum during a time I will not disturb my neighbors. CIO**

**Note: <888> 05/11/02 Saturday 4:00 A.M.: I did some regular computer work. I went out at 2:30 A.M.. I drove down by the waterfront. I then drove over to the Riverside Shopping Plaza to CVS. I bought two full length marine blue vinyl and steel beach chairs for \$9.99 each, and two CVS ground black pepper .99 each, Italian spices \$1, Ground Cinnamon \$1, and Garlic Powder \$1 plus \$1.20 tax for \$26.16 total. I then drove back through downtown, and I returned home. I put the two full length beach chairs in the right passenger side rear seat area of the Volvo since I do not have room in the trunk. The last one I had like them lasted about 12 years. They are made in China. I will now shut down for the night. I will try not to have a snack. I will go to bed once I am tired. CIO**

**Note: <888> 05/10/02 Friday 11:00 P.M.: When I installed the Bosch Platinum spark plugs in the Volvo, I used the factory preset gap on the plugs of about .032 mm. I went out, and I put in \$5 of premium gasoline at \$1.819 a gallon at Exxon along with the Chevron Techron fuel injection system cleaner. I lowered the air in my tires which had gone up in the warmer weather from 34 PSI to 30 PSI. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I next went to the Greenwich Library, and I read the Greenwich Times and the Wall Street Journal. I then went to Stop and Shop, and I bought S&S hotdog rolls for \$1.19, B&G kosher dill spears for \$2.69, Lays large bag of potato chips \$1.99, La Choy low sodium soy sauce \$2.39, and a large bottle of Lea and Perrins Worcestershire sauce for \$2.29 for \$10.55 total. I then returned home, and I had a ice tea. I relaxed a bit. I then had dinner of three 1/3 inch to 1/2 inch thick slices of cold eye round beef with horseradish and Lea and Perrins Worcestershire sauce, steamed white rice with La**

**Choy low sodium soy sauce, steamed fresh cut asparagus, ice tea, and a cappuccino. I will now do some regular computer work. CIO**

**End of Scott's Notes week 05/10/02:**

**Note: <888> 05/10/02 Friday 5:20 P.M.: About 3 A.M. this past morning, I had a dozen Carr's crackers with Vermont extra sharp cheddar cheese and ice tea. I went to bed about 4 A.M., and I was up at 3 P.M.. I had breakfast of oatmeal, toast, orange juice, coffee, and vitamins. I then went out, and I tuned up my 1976 Volvo 244 DL. I put in the new Mann air filter, Bosch distributor cap rotor, Bosch distributor cap, and four Bosch platinum spark plugs. This all took about an hour. I saved the old parts. The car runs just fine. I also sprayed WD40 on the ignition system to prevent corrosion. I checked the oil. I will put the Chevron Techron fuel injection system cleaner in the gas tank when I go downtown, and I fill up at Exxon. I also put on some gray duct tape on the passenger side rear tail light to prevent moisture leakage where it is cracked. I will now send out my weekly note. I will then clean up and go out for some fresh air. CIO**

**Note: <888> 05/09/02 Thursday 11:10 P.M.: I enjoyed dinner. I relaxed a bit. I will now watch some television before going to bed. CIO**

**Note: <888> 05/09/02 Thursday 9:25 P.M.: I was up until about 6 A.M. this morning. I watched a bit of television. I had a dozen Carr's crackers with Cabot's Vermont extra sharp cheddar cheese about 6 A.M. along with ice tea. I was up at 1 P.M., and I had breakfast of three medium boiled eggs, toasted roll, vitamins, orange juice, and coffee. I went by Putnam Trust Bank of New York on Mason Street. I then made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop. I then drove down by the waterfront. I then drove over to Stamford Volvo, and they did not have the tune up parts for my car. I toured the showroom, and they did not have the new Sport Utility Vehicle on display, but they did have a blue convertible. I then went to International Car Parts a couple blocks west of Stamford Volvo. I bought Chevron Techron fuel injection system cleaner for \$7.95, WD-40 \$2.95, a pine scent air freshener for .83, 4 Bosch BSP 4216 Platinum spark plugs for \$3.95 each, a Bosch 04038 rotor for \$5.71, a Bosch 03010 Distributor Cap \$8.05, a Mann BEC 042-1107 air filter \$7.62 plus \$2.93 tax for \$51.89 total. I will tune up my 1976 244 DL Volvo tomorrow when it is cold if the weather is clear. I then drove over to Staples in Old Greenwich, and from the clearance table I bought a Net2Phone YAP headset for \$9 plus .54 tax for \$9.54 total. Staples is reorganizing**

their store putting the aisles north to south instead of east of west. It looks like a lot of work. I then drove downtown, and I walked upper Greenwich Avenue, and I sat out at a couple of locations. I stopped by CVS, and I bought two 12 packs of Benedryl for \$3.77 each package and two white Djeep lighters for \$1.89 plus .23 tax for \$11.55 total. I noticed I can get boxes of 14 nicotine patches for \$40 which means they would cost about \$80 a month and would be about \$50 a month cheaper than smoking. I am considering trying them again. I returned home. I put the Net2Phone YAP headset on the primary computer. It works fine. I hung it on the right side of the speaker to the right of the computer chair. I took the old Andrea Electronic microphone, and I put it on the backup computer. The Net2Phone YAP headset came with a \$10 YAP card which I have not installed yet. I chatted with a relative and a friend. I will now have three 1/3 " to 1/2 " inch thick slices of cold eye round with horse radish and Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy sauce, steamed fresh asparagus, and ice tea. CIO

Note: <888> 05/09/02 Thursday 12:35 A.M.: I finished my regular internet work. I will now put the ice tea in the refrigerator. I will then either read or watch television or both. CIO

Note: <888> 05/08/02 Wednesday 11:40 P.M.: I was up at 4 P.M. today. I received telephone calls from a relative and a friend. I had breakfast of oatmeal, toasted roll halves, orange juice, coffee, and vitamins. I cleaned up, and I went out. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I drove down by the waterfront, and the usual fishermen were there. They did not seem to be having very good luck fishing. Still it is fun to see them again. I noticed at the exit 3 entrance east bound a Red Cross disaster services semi truck heading east. I went by the Greenwich Library, and I read the local paper, and I checked out a book. I then went to the Stop and Shop, and I bought a large container of Old Fashioned Quaker oatmeal for \$3.99 and buy one get one free of Kahn's beef franks for \$3.69 both for \$7.68 total. I returned home. I had a frosted diet Coke in a frosted mug. My 52<sup>nd</sup> birthday is tomorrow May 9, and a relative sent me a package. It contained an Olympus SuperZoom 3000 35mm camera with instructions and a roll of Kodak ASA 200 24 exposure film and a Radio Shack traveler's alarm clock. The camera was used, and I had to put a piece of black electrical tape on the back where a small part was missing. I installed the film, and the batteries are in good condition. I read the instructions to figure out the features on it. I now can take some pictures in my spare time providing I can afford the processing. However, people tend to be very camera shy in Greenwich, so one has to be careful taking pictures. Still it is a most excellent camera, and I will enjoy using it in the future. Last summer while up in Maine, my old Canon camera malfunctioned on the scenic shots. I had dinner of three 1/2 inch thick slices of cold eye round beef with horse radish and Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy

sauce, steamed fresh asparagus, ice tea, and a cappuccino. I am also making up a batch of ice tea. I put two AA batteries in the Radio Shack alarm clock. I will now do some regular computer work. CIO

Note: <888> 05/08/02 Wednesday 3:10 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I looked at my email. Then from midnight until now, I watched cooking shows on the Food TV network. Well, I guess I will head off to bed now. CIO

Note: <888> 05/07/02 Tuesday 11:20 P.M.: I went back to sleep until 4 P.M.. I was up a few times watching television. It was a bit warm in the apartment, so it made me sleepy. I turned on the air conditioner to 70 degrees Fahrenheit when I got up. I had breakfast of three medium boiled eggs, toasted roll halves, orange juice, coffee, and vitamins. I went out, and I returned a DVD video disk at the library, and I checked out another one. I went downtown, and I walked the entire length of Greenwich Avenue. I used the ATM machine at the Putnam Trust Bank of New York on Greenwich Avenue. I sat out at a couple of locations. I went down by the waterfront, and the regular fishermen are back again this year. I went to the Stop and Shop, and I bought a eye round roast at \$1.99 a pound for \$5.79, asparagus at \$1.49 a pound for \$4.19, two Boston Market dinners for \$2.50 each, Hell of a Good Horseradish \$2.19 for \$17.17 total. I then went across the street to the Food Emporium, and I bought four Stouffer's hearty dinners at \$1.79 apiece and Texas Best barbeque sauce for \$2.89 for \$10.05 total. I then returned home. I had a Barq's frosted root beer in a frosted mug. I seasoned the eye round on all sides with ground black pepper, celery salt, garlic powder, Italian spices, and Sweet Baby Ray's barbeque sauce, and I cooked it in the convection oven at 350 degree Fahrenheit for 50 minutes. I had three ½ inch slices of the eye round for dinner with steamed fresh yellow squash slices and fresh sliced asparagus and steamed white rice with La Choy low sodium soy sauce, ice tea, and a Brazilian instant coffee. I chatted with two friends while I was cooking dinner. I will now do some regular computer work. CIO

Note: <888> 05/07/02 Tuesday 2:25 A.M.: Yesterday morning about 3 A.M., I had a dozen Carr's crackers with slices of Cabot Vermont extra sharp cheddar cheese. I then rested, and I had a telephone call at 7 A.M.. I rested until 3 P.M., and I had breakfast of oatmeal, toasted roll halves, orange juice, coffee, and vitamins. I chatted with a relative. I went back to sleep until 9 A.M.. I watched some television. About 11 P.M., I had a Swanson boneless chicken dinner with ice tea. I watched television and rested until now. I am now having some ice tea. CIO

**Note: <888> 05/05/02 Sunday 11:35 P.M.: I compiled the last four months of my random notes, and I put them in one long Microsoft Word 2002 document, and I printed them out. I bound them in an Oxford Clip binder, and added it to the other bound copies of my notes which I keep in the left hallway bookcase. The notes are now 1712 pages long. I am able to print them out fast with the HP LaserJet II printer using Postscript fonts which with the printer font cartridges print quite rapidly. I chatted with a friend for a while also. CIO**

**Note: <888> 05/05/02 Sunday 9:20 P.M.: A friend called at 1:30 P.M. today, and said he would be down at 2:30 P.M.. I had breakfast of three medium boiled eggs, toasted halves of a roll, orange juice, coffee, and vitamins. I cleaned up, and when my friend arrived we went down by the waterfront and sat out for a while. We then went to the Knights of Columbus flea market. For \$10 I bought a package of three Braun Oral B replacement brushes. We then drove around the waterfront. We then sat downtown for a while and walked lower Greenwich Avenue. We then returned to my place and had ice tea and watched television. I replace the brush on my Braun Oral B device. I seasoned the pork tenderloin with olive oil, ground black pepper, garlic powder, celery salt, and chopped garlic, and I cooked it with two quarter onions in the convection oven at 350 degrees Fahrenheit for 25 minutes. We each had half of the pork tenderloin with onion quarter, with steamed fresh yellow and green squash slices, steamed white rice with La Choy low sodium soy sauce, ice tea, and I had a Brazilian instant coffee. We then watched a DVD video. My guest just left. CIO**

**Note: <888> 05/04/02 Saturday 9:25 P.M.: I went out, and I walked the entire length of Greenwich Avenue. I sat out at a couple of different locations. I then drove down by the waterfront. I went by Exxon, and I bought \$10 of premium at \$1.849 a gallon. I then went by the Stop and Shop, and I bought a whole pork tenderloin for \$3.99 a pound for \$5.07, and yellow and green squash at .99 a pound for \$1.97 for \$7.04 total. I then returned home. I chatted with a relative. I will now watch a DVD video. CIO**

**Note: <888> 05/04/02 Saturday 6:35 P.M.: I was up at 9 A.M.. I picked up 7 rolls from the bread table downstairs. For breakfast I had oatmeal, a toasted roll, orange juice, coffee, and vitamins. I then rested until 2 P.M.. I then had a Swanson fish stick dinner. I cleaned the apartment and watered the plants. For dinner I had two 1/3 inch thick slices of cold eye round with horse radish and Lea and Perrins Worcestershire sauce, two steamed sliced green squash, ice tea, and a cappuccino. I**

then watched the Kentucky Derby. War Emblem the Saudi Arabian #5 horse green and white colors won the race and paid over 21-1 odds. I will now clean up and go out for some fresh air. CIO

Note: <888> 05/03/02 Friday 10:25 P.M.: I finished my laundry. I did a bit of computer work. I watched the ABC evening news. I had three 1/3 inch thick slices of cold eye round for dinner with horseradish and Lea and Perrins Worcestershire sauce, steamed slices of yellow squash, and steamed white rice with La Choy low sodium soy sauce, ice tea, and a cappuccino. I then watched the BBC programming on PBS channel 21. I will now relax a bit for before going to bed. CIO

End of Scott's Notes week 05/03/02:

Note: <888> 05/03/02 Friday 5:35 P.M.: I watched television until midnight. I was up about 10 A.M. this morning. I received a telemarketing call for SNET ADSL service. I had breakfast of toast, three medium boiled eggs, orange juice, coffee, and vitamins. I cleaned up, and I went out. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I then went by First Union National Bank on Havemeyer Place, and I paid my rent. I then sat out for a while downtown. Since it is so expensive to park downtown now, I do not walk the Avenue much in the afternoon anymore. I drove down by the waterfront. I then drove over to the library, and I returned and checked out a DVD video. I also read the local paper and PC Magazine. I then went by Stop and Shop, and I bought La Mollina spinach noodles for \$1.79, two Swanson dinners for \$2 each, three S&S premium margarine for \$2 all, Lysol Island Breeze cleaner \$2.99, a two pack of GE 15 watt light bulbs for \$3.29 both, Gold's hot horse radish \$1.50, two green and one yellow squash at .99 a pound for .89 and \$1.01 for \$17.51 total. I then returned home, and I had some potato chips and a Barq's frosted root beer in a frosted mug. I then started my laundry and it should be done in 25 and 40 minutes. CIO

Note: <888> 05/02/02 Thursday 10:05 P.M.: I was up at 10 A.M. this morning. I had breakfast of two slices of sunflower seed bread toast, oat meal, orange juice, coffee, and vitamins. I went out, and I stopped by the Greenwich Hospital Thrift shop. I then went by Putnam Trust Bank of New York on Mason Street. I then went by the central Greenwich Post Office, and I bought 10 postage stamps at .34 each for \$3.40, and I obtained a money order for .90 cost to pay my Verizon telephone bill. I then went by the Mews Merry Go Round Thrift shop, and I bought a LandsEnd blue

polo shirt extra large with the logo "Banker's Trust Chairman's Championship 1994" for \$2. I then went by the Greenwich Library and I returned a DVD video and checked out a DVD video. I then went to "Smokes for Less" in Byram, and I bought two cartons of Seneca Ultra Lights 100s for \$26 each carton for \$52 total. I then returned home, and I had a glass of ice tea. I made my 3 P.M. appointment, and then I returned home. A friend stopped by to visit at 4 P.M.. We chatted. We went back by "Smokes for Less" for the friend to buy some smokes. We drove by Costco in Port Chester, but it is not open yet. We went downtown, and my friend bought a gift at Simon Pierce. I helped a local with jump start cables while waiting. I admired the tulips at the central post office plaza. We then drove down by the waterfront. We then went by Stop and Shop, and my friend bought a loin of pork back strap at \$3.99 a pound for \$4.63. My friend and I returned to my place, and we chatted. I then put a little olive oil in a Pyrex dish and I seasoned the loin of pork with ground black pepper, garlic powder, and celery salt. I cooked it in the convection oven at 350 degrees Fahrenheit for 25 minutes. We each had half for dinner with steamed white rice with La Choy low sodium soy sauce, and steamed fresh asparagus and fresh broccoli, and ice tea. After dinner we watched a DVD video disk. My guest left at 9:30 P.M.. I guess I will relax a little bit, and watch a bit of television, and then I will head off to bed. CIO

Note: <888> 05/01/02 Wednesday 11:55 P.M.: I chatted with a friend. I watched a DVD video disk. I chatted with a relative. I send out an email. I will now go to bed. CIO

Note: <888> 05/01/02 Wednesday 7:35 P.M.: Well, I was up about 9 A.M. this morning. I had breakfast of three medium boiled eggs, two slices of sun flower seed bread toast, orange juice, coffee, and vitamins. I cleaned up, and I went out. I stopped by Putnam Trust Bank of New York on Mason Street. I then went to the central Greenwich Post Office. I obtained ten .34 stamps. I am not stocking up on stamps since they go up in price at the end of June. I obtained four money orders, and I paid my GEICO automobile insurance, AT&T, Cablevision, and Optimum Online bills. I then drove down by the waterfront. I chatted with a former neighbor. We drove over to another waterfront location, and he did chores on his boat. We then drove along the waterfront to Old Greenwich. We both got hair cuts at Off Center hair cuts in Old Greenwich. They are opened on Wednesday afternoon. I paid \$16 and a \$4 tip. We then drove out to Tod's Point, and we drove around the Point. We sat out at the southeast beach area. A local school was having a field trip. About 3:30 P.M., we headed back. We stopped by the Rummage Room, and I bought an extra large dark green Fruit of the Loom "Athletics" polo shirt for \$1.50. We then drove back along the waterfront, and I showed the former neighbor my apartment. I then returned the neighbor to the waterfront area, and I chatted with another former neighbor. I then returned home. For dinner, I had two 1/3 inch

**thick slices of cold eye round with horseradish and Lea and Perrins Worcestershire sauce, steamed white rice with La Choy low sodium soy sauce, steamed fresh asparagus and broccoli, and ice tea. I will now do some regular computer work. CIO**

**Note: <888> 06/30/02 Sunday 8:00 P.M.: My guest departed at 2 P.M.. I rested until 7:30 P.M.. I had some goldfish crackers and an iced coffee outside. CIO**

**Note: <888> 06/30/02 Sunday 12:25 P.M.: I was up at 3 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and I had a coffee outside. I went back to bed about 6 A.M., and I slept until about 11:30 A.M. when a friend showed up. I just had low fat small curd cottage cheese with cantaloupe chunks and blueberries along with an iced coffee. My guest brought down two cantaloupes and a quart of blueberries. CIO**

**Note: <888> 06/29/02 Saturday 8:35 P.M.: My guest arrived while I was outside. We came upstairs and had ice tea. We went out for a drive. We stopped by Gateway Auto Parts looking for metric license plate bolts for my guest's SAAB. We finally found them at Greenwich SAAB and attached his new license plates. We drove down by the waterfront. We returned to my place and chatted. I chatted with a relative. For dinner we had low fat small curd cottage cheese with cantaloupe chunks and blueberries and ice tea. We then watched a DVD video disk. My guest just left. I will now head off to bed. I am a bit tired. CIO**

**Note: <888> 06/29/02 Saturday 2:05 P.M.: I discontinued charging the batteries in the charger. I will go outside briefly. CIO**

**Note: <888> 06/29/02 Saturday 12:45 P.M.: I finished vacuuming and house cleaning. I dumped out the paper and bathroom garbage that had accumulated. I am expecting a friend to come by and visit at 3 P.M.. I am listening to Radio 10 <http://www.radio10.nl/live20.ram> . Well the old Dutch Boy has finished his house cleaning and other chores. CIO**



**Note: <888> 06/29/02 Saturday 11:55 A.M.:** I went out after the last message. I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove over to Off Center Hair Stylists in Old Greenwich, and I had my hair cut for \$16 plus \$4 tip for \$20 total. I then went out to Tod's Point, and I walked around the entire Tod's Point area about a 2.5 mile walk. I then drove back to central Greenwich. I stopped by the Greenwich Hospital Thrift Shop. I next went by Putnam Trust Bank of New York on Mason Street. I then went downtown. I went to the central Greenwich Post Office, and I bought the new higher rate postage stamps 20 antique toy car stamps at .37 each for \$7.40 total. I then went by the Merry Go Round Mews Thrift shop, and I browsed the store. They close in July and August, and they have a 50% off sale right now. I then went by the waterfront. I next went by Exxon, and I bought \$11.35 of premium gasoline at \$1.779 a gallon. I am getting about 14 miles per gallon. I then went by the Food Emporium, and I bought a rib eye steak with bone in at \$3.99 a pound for \$4.55, Hellmann's mayonnaise 32 ounces for \$1.99, and two Edy's 48 ounces ice cream one Snickers and one Mars for \$2.50 each for \$11.54. I then returned home. I had a cold A&W root beer in a frosted mug. I sat outside having it. I then had three scoops of the Edy's Mars ice cream. I will now vacuum my apartment and finish the house cleaning. CIO

**Note: <888> 06/29/02 Saturday 6:45 A.M.:** I finished making the ice tea. I also finished the house cleaning except for vacuuming which I will do later when I won't disturb my neighbors. I changed the rechargeable batteries in the wireless headphones. I am charging up the used pair, and they need to come out of the charger at 2 P.M. after eight hours charging. I will now clean up and go out for some morning air. CIO

**Note: <888> 06/29/02 Saturday 4:35 A.M.:** I had the Brazilian instant coffee outside. I occasionally get a rattling noise in my bedroom wall from some oddity in the wall. I usually fix it by pushing on the wall where the tern picture is. I thought it might be caused by the air purifier on the living room side of the wall. I checked the Honeywell Hepa air purifier, and I noticed it was off. I guess whenever the electricity goes off, it needs to be restarted. I started it up. I suppose it has been off a month or two, since the electricity has gone off several times in the last couple of months. I am not sure what causes the bedroom wall rattling. I started making up a batch of ice tea. I will now start my house cleaning. I will listen to some music while doing it wearing the wireless headphones with the apartment speakers turned off. CIO

**Note: <888> 06/29/02 Saturday 3:10 A.M.: I rested a bit, and I watched some television. I guess I will now have some small curd low fat cottage cheese with cantaloupe chunks and blueberries along with ice tea and a Brazilian instant coffee. After the meal, I will try to start my house cleaning. I feel a little lackadaisical, maybe the coffee with get me up to speed. CIO**

**Note: <888> 06/28/02 Friday 10:35 P.M.: I had the same salad for dinner at last night. I also had ice tea and a iced coffee outside. I watched some BBC British comedy on Channel 21 PBS. I guess I will take a short nap now. CIO**

**Note: <888> 06/28/02 Friday 8:35 P.M.: There is a little weather activity to the north of us still and NOAA weather radio went off again and we seem to be getting hit with some more rain right now. One can look at <http://www.erh.noaa.gov/er/okx/> . I just updated [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm). Well, I guess I will stay inside and avoid this storm. It seems to be more severe than predicted by the weather service.**

**End of Scott's Notes week 06/28/02:**

**Note: <888> 06/28/02 Friday 6:45 P.M.: This past morning, I was up until 4:30 A.M. watching a bit of television. I had some goldfish crackers and ice tea. I woke up at 3:30 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I went back to sleep until 6 P.M.. I am up for the evening. I will now send out my weekly notes. CIO**

**Note: <888> 06/28/02 Friday 12:55 A.M.: I went out, and I drove downtown. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then walked lower Greenwich Avenue again. I then drove down by the waterfront. The car is running a bit better with the adjustments I made this morning. I still think it might be the timing. I just now returned home. I guess I will now watch a bit of television before going to bed. I will now also have some low fat small curd cottage cheese with cantaloupe chunks and blueberries along with ice tea. CIO**

**Note: <888> 06/27/02 Thursday 11:05 P.M.: I finished off the pint container of Edy's raspberry sorbet. I will now go out for some fresh air. Remember when around this building in the evening hours to keep an eye out for the skunk. CIO**

**Note: <888> 06/27/02 Thursday 10:40 P.M.: Where the British Royal Household Budget goes <http://www.telegraph.co.uk/news/graphics/2002/06/28/nqueen28big.gif> . CIO**

**Note: <888> 06/27/02 Thursday 10:10 P.M.: You can use [http://www.measure.demon.co.uk/Acoustics\\_Software/speed.html](http://www.measure.demon.co.uk/Acoustics_Software/speed.html) to determine the speed of sound in a hot weather rain storm. At about 350 meters per second, and about 1750 meters to a mile, it would take sound about five seconds to travel a mile give or take 25%, so if one saw lightning, every second from the thunder would be about a fifth of a mile, so if it took five seconds to hear the lightning, it would be about a mile away. Depending on the direction of wind, one could judge the arriving and departure of the lightning. I went out, and I checked the weather, and it is letting up a bit, just a lighter shower now. Just as I went out the front building door, I spotted a skunk about ten feet in front of the building entrance, but it did not spray. Thus we have another skunk for a neighbor this year. CIO**

**Note: <888> 06/27/02 Thursday 9:30 P.M.: I was up at 1 P.M. this afternoon. I received a post card from Austria. Yesterday, I moved the NOAA weather warning radio from the hallway bookcase to on top of the backup computer in the living room, so its liquid crystal display is easier to view, and it is less noisy when sleeping in the bedroom. This evening we have a lot more rain and electrical storm activity. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had iced coffee outside. I cleaned up, and I went by Putnam Trust Bank of New York on Mason Street. I then made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop, and I bought for \$2 the Reader's Digest Great World Atlas published in the early 1950s. It has some interesting maps. I have bought two other copies of this Atlas, and friends have barrowed it from me. I put it in the hallway bookcase on top of the family photo albums. I then went by the Greenwich Library, and I returned a DVD video disk, and I read the local paper. I then returned home. I noticed that I had another wasp in my apartment. I was able to spray it a couple of times with Lysol, but it kept flying around for about an hour during which time I was unable to catch and do it in. I finally went out, and I went to the Stop and Shop, and I bought a 25% more of Hotshot wasp and hornet spray with a range of 20 feet for \$3.99 and a 10 pack of S&S powdered milk for \$5.49 plus .24 tax for \$9.72 total. I then went by the Greenwich Library, and I checked out two DVD video disks. I then returned home.**

The wasp was no where to be seen. I sprayed the area around the curtains rods and the pull down shades where the wasp had been lingering earlier. The Hotshot container says not to use it inside, but I sprayed a small bit. I also sprayed the air intake duct on the air conditioner where the wasp possibly got in through. I have not seen the wasp again. I had dinner of the same green salad I had earlier in the week, plus I washed the red lettuce more thoroughly with the salad spinner, and I also added a bit of parmesan cheese. I had it with iced tea. I had an iced coffee outside. The storm is a bit intense right now. I chatted with a friend. I just finished making up another two quarts of coffee to chill for iced coffee. I put the Hotshot wasp spray on top of the wall clock behind the entrance door, so it is high up. CIO

Note: <888> 06/27/02 Thursday 7:50 A.M.: I went outside, and I checked the Volvo fuel pump. It looks all right, and I figure since the car has enough power, it is all right. I checked the fuse box, and the fuses look all right. I smoothed out the engine idle by increasing the RPMs or increasing the idle speed, and I increased the air amount in the air fuel mixture. The car is running more smoothly at a slightly higher idle speed. I will now get some sleep until 1 P.M. when I have to get up for a 3 P.M. appointment. CIO

Note: <888> 06/27/02 Thursday 6:50 A.M.: I tried to sleep. I had some goldfish crackers with ice tea. I got to thinking about the rough running on the Volvo, and I remembered that I made note on May 16, I hit a stick with the car. As I recall it was a larger stick and it made noise around the rear driver side wheel well. That is also where the fuel pump is located. Possibly the fuel pump malfunctioning could be the problem I am having with the car. When I have time, I will look at it. I replaced the fuel pump at about 50,000 miles shortly after I bought the car. I also replaced the fuel pump on a similar car owned by a friend. I should inspect the fuel pump wiring since when the car is wet it seems to run better. Possibly I dislodged the fuel pump wiring when I hit the stick. I also should check the fuse box. I first noted that I had heard the rattle for a couple of days on May 23. A new external fuel pump would cost about \$100. Well, I should try to get some sleep after going outside briefly.

Note: <888> 06/27/02 Thursday 3:20 A.M.: I finished sifting through my email. I guess I will go outside and view the night sky before going to bed. I will now shut down and relax and then go to bed. I have a 3 P.M. appointment today. CIO

Note: <888> 06/27/02 Thursday 2:15 A.M.: For anyone who has not figured out how to make cantaloupe chucks, there is an easier way than a melon ball scooper. I first

cut the cantaloupe in half lengthwise. I then scoop out the seeds from each half and put them in a large bowl. I then cut each half into lengthwise quarters and then eighths lengthwise. I then cut the rine off each eighth sections and then one cuts each skinless eighth in juicy sections of one's preferred size. I store the chunks in a sealed Rubbermaid container in the refrigerator. I put the rines in the bowl with the seeds and then dumps them into several small plastic grocery bags for disposal without dripping. I finished going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) .  
CIO

Note: <888> 06/27/02 Thursday 1:25 A.M.: I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. There is a rumor there is another Dutch trading post west of Greenwich at the end of Long Island sound about 25 miles away. We might consider sending out an exploration party to see what they are doing for entertaining the summer visitors. Still we pride ourselves on running a quite town here, so even if something is happening we always say nothing is happening. When I returned home, I had a bowl of low fat small curd cottage cheese with cantaloupe chunks and blueberries and ice tea. I guess I will try to do some regular computer work. CIO

Note: <888> 06/26/02 Wednesday 11:50 P.M.: I had a cup of 50% Folgers's instant decaffeinated coffee and 50% Brazilian instant coffee. I just finished putting away the laundry. I will now go out for a walk since it is not raining, but it is a bit damp and humid. CIO

Note: <888> 06/26/02 Wednesday 11:05 P.M.: I was up at 3 P.M.. I had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. A friend called and came down to visit at about 5 P.M.. We sat out the electrical storm. We went out about 6 P.M., and we drove down by the waterfront. We stopped by Maneros butcher outlet, and we got a steak sandwich for \$4.95 plus .30 tax for \$5.25. We split it to eat in the parking lot. We then returned back to my place. We watched a DVD video disk. My guest left about 9:15 P.M.. I started my laundry which will be done in a half hour. When I do the laundry, I change the sheets on the bed. I had the same style roast beef sandwich with ice tea, potato chips, and a dill pickle slice. I peeled and diced and refrigerated the two cantaloupes. I cleaned a pint of blueberries. I straightened the slip cover on the long living room couch. I am now on Step Two 14 mg. nicotine patches. CIO

**Note: <888> 06/26/02 Wednesday 2:45 A.M.: I had some small curd low fat cottage cheese with blueberries and ice tea. I watched a television movie. I had goldfish crackers and ice tea while watching the movie. I guess I will now head off to bed. CIO**

**Note: <888> 06/25/02 Tuesday 11:35 P.M.: I went for a walk. I walked the entire length of Greenwich Avenue, and then I walked lower Greenwich Avenue again. I sat out at various locations. I then drove down by the waterfront. I next stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Food Emporium to visit the cheerful night crew. They are open all night on week days. I bought two large Cantaloupes for \$3 both, two pints of blueberries for \$3 both, Pepperidge Farm 38 ounce box of goldfish crackers for \$3.97, two quarts of America's Choice low fat small curd cottage cheese for \$3.50 each quart, a five pound package of AC sugar for \$2.49, a container of Morton light salt \$1.19 for \$20.63 total, less \$1.35 returned beverage cans for \$19.28 total. I then returned home. I am having a glass of ice tea right now. CIO**

**Note: <888> 06/25/02 Tuesday 8:45 P.M.: I chatted with a few relatives and friends. I watched a bit of the financial news on television. I relaxed a bit more. I made up a batch of salad dressing. I took an 8 ounce salad dressing holder. I put in about ¼ teaspoon each of ground black pepper, garlic powder, celery salt, oregano, basil, and Italian spices. I added two tablespoons of Tameraire Dijon French mustard, and 1.5 ounces of Italian Medina balsamic vinegar, an 1.5 ounces of Rene junot white wine, a couple of dashes of Angostura bitters and I shook it. I then added about six ounces of regular Bertolli olive oil, and I shook the salad dressing holder. I then made a salad. I have a lettuce spinner which I should have used that I now set out on top of the microwave oven. I washed the red lettuce once, when I should have washed it several times to get the sand out. I put about five torn leaves of red lettuce on a large dinner plate. I then diced two plum tomatoes and added them. I diced one fourth of a Vidalia onion and added it. I cut in half inch thin squares 1/3 of an 8 ounce bar of Land O Lake Monterey Jack cheese and added it to the salad along with a third of an 8 ounce jar of pitted stuffed olives which I diced. I added a dill pickle slice and I diced about a quarter of a red pepper which I added. I then added the salad dressing to the salad, and I had it for dinner with ice tea. After dinner I went outside, and I had an iced coffee. I chatted with a friend. I guess I will now go out for a walk downtown. CIO**

**Note: <888> 06/25/02 Tuesday 3:35 P.M.: I was up at 2 P.M., and I went out, and I checked the idle air fuel mixture on the car. It seems to be all right. The grounds crew are cutting down brush and tree limbs on the north side of the baseball field**

adjacent to the building. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had a coffee outside. I guess I will now clean up and do some regular computer work. CIO

Note: <888> 06/25/02 Tuesday 3:10 A.M.: I went out. I started to walk Greenwich Avenue, but it started to rain, so I took a short drive. Driving without traffic, the car still seems to be running a bit rough, more so than I have noticed recently. Well unless it is the emissions charcoal canister that needs replacing for the \$150 cost of the canister at Stamford Volvo, there is not much that I can do about it. As mentioned before, if it is the timing, I would need Exxon to adjust it, since I do not have a timing light, and since when one loosens the distributor hold down bolt, it will not move anyway since the distributor seems frozen in place. Perhaps a mechanic with a loop chain or pipe wrench might be able to free it up to adjust the timing if that is the problem. Well for now it will remain the same. I noticed two raccoons in the front drive when I was just sitting out just now. I am a bit tired. I had some goldfish crackers and ice tea. I will now have some cottage cheese and blueberries with ice tea. Then I will relax a bit before going to bed. CIO

Note: <888> 06/25/02 Tuesday 2:10 A.M.: An unusual event happened this evening after I had ended my walk. I was sitting out on the bench next to the veterans monument in front of where I had my white Volvo parked, and four teenagers whom had been making a lot of noise shouting at civilian passerbys on Greenwich Avenue approached the rear of my Volvo, and they had their hands on the rear and the trunk or in England the boot of my car. When I looked around and saw them lingering around my Volvo, I got up and approached the car a dozen feet away. As I approached the car, they took off running down Greenwich Avenue at full pace. I inspected the car at that point to see if any mischief had been performed, and it looked all right. I just checked the trunk lock, and it is all right too. Since I keep a Ship to Shore radio in the car with a two foot portable antenna in the rear car window for emergency communications around the waterfront to the Coast Guard Channel 16, perhaps the two foot antenna attached to the inside of the back window attracted their attention or perhaps they were just hiding out from other kids. Well, it is warm out, and I am bored, so I will go for a short drive and perhaps a walk to lose some weight. Basically despite the terrorists alerts in the news, being overweight for me is more of a threat to my health, so perhaps if I walk more I will lose some weight. I will keep a keen eye out for any Mountain Lions or Cougars lingering in the trees, and since it is a full moon, I should keep an eye out for any ware wolves or other nocturnal beings. I finished sifting through my email. CIO

**Note: <888> 06/25/02 Tuesday 12:50 A.M.: Check your browser security  
<http://browsercheck.qualys.com/> . CIO**

**Note: <888> 06/25/02 Tuesday 12:30 A.M.: I am doing a little bit of regular computer work. I noticed this story in the Electronic Telegraph from the U.K. that the U.S. press has not picked up on  
<http://www.telegraph.co.uk/money/main.jhtml?xml=/money/2002/06/25/cndoll25.xml&l&sSheet=/portal/2002/06/25/ixport.html> . I hope the U.S. government does not default. CIO**

**Note: <888> 06/24/02 Monday 10:25 P.M.: I went back out for a walk. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I drove down by the waterfront. I returned home. I am having a glass of ice tea. CIO**

**Note: <888> 06/24/02 Monday 8:05 P.M.: This morning before going to bed, I had some small curd low fat cottage cheese with cantaloupe chunks and ice tea. I went to bed about 4 A.M., and I was up at 1 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and I had my coffee outside. I went out about 3 P.M.. I stopped by the library, and I returned two DVD video disks. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop, but they were closed because their air conditioning system was broken. They are supposed to be opened tomorrow. I then made my 4 P.M. appointment. I next drove by the waterfront. I then went back by the library, and I read the Wall Street Journal newspaper and P.C. magazine. I then went by Stop and Shop, and I bought two S&S premium margarines for .67 each package, two half gallons of Florida Natural orange juice buy one get one free for \$3.59 both, a quart of Hellmann's mayonnaise for \$3.59, six plum tomatoes at .99 a pound for \$1.31, a Vidalia onion at .99 a pound .91, a Red Pepper at .99 a pound for .97, a head of Red leaf lettuce for .99, two Kaiser rolls at .45 each, two large bags of Wise ridges potato chips buy one get one free \$2.99 both for \$16.15 total. I then went to Val's liquor store, and I bought a four ounce bottle of Angostura bitters for \$4 total. I then returned home. I had a cold diet Coke in a frosted mug. I watched the ABC evening news. I had a roast beef sandwich on a Kaiser roll with Vidalia onion, red leaf lettuce, Hellmann's mayonnaise, horseradish, salt, and pepper along with potato chips, dill pickle slice, ice tea, and I went outside to have an iced coffee. I threw out four ears of old corn and two old moldy Kaiser rolls. I guess I will go out for an exercise walk now. CIO**



**Note: <888> 06/24/02 Monday 1:50 A.M.: I watched a bit of television. I went outside briefly. I will now shut down for the night and go to bed early if I can fall asleep. CIO**

**Note: <888> 06/24/02 Monday 12:05 A.M.: I watched a DVD video. CIO**

**Note: <888> 06/23/02 Sunday 8:45 P.M.: I went to bed about 4 A.M. last night after having some goldfish crackers and ice tea. I was up at 1 P.M. when a relative called. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements and iced coffee outside. I rested some more until about 4 P.M.. I had a roast beef sandwich on a Kaiser roll with horseradish, Hellmann's mayonnaise, Vidalia onion, salt and pepper, ice tea, and then I had an iced coffee outside. I cleaned up, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by CVS, and I bought a liter of CVS yellow mouthwash for \$1.99 plus .12 tax for \$2.11 total. I drove down by the waterfront. I sat out at the library. I then stopped by Exxon, and I bought buy three get two free of Marlboro Lights 100s for \$16.50 all. I then returned home. I had a chilled Citra soda in a frosted mug. CIO**

**Note: <888> 06/23/02 Sunday 12:45 A.M.: I downloaded and followed the instructions from Symantec to run W32.Klez.gen@mm and W32.ElKern.gen removal tool on my computer. Neither of the viruses or their variants are on my computer. I do however have someone regularly trying to email them to me which my Norton AntiVirus 2002 program catches. I also ran the Office Updates on my computer updating Word 2002. I guess I will shut down not and watch some television before going to bed. CIO**

**Note: <888> 06/22/02 Saturday 11:05 P.M.: I made up two quarts of iced coffee which I put in the refrigerator. I had friend call who came down to visit at 5:30 P.M.. We chatted. We had dinner of low fat small curd cottage cheese with blueberries and cantaloupe and ice tea. We watched a television movie. A relative called and we chatted. My guest just left. CIO**

**Note: <888> 06/22/02 Saturday 4:40 P.M.:** I went to bed at midnight, and I was up about 11 A.M.. I had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. I had my coffee outside. I then fell asleep until about 3:30 P.M.. I just had a roast beef sandwich on a Kaiser roll with Hellmann's mayonnaise, horseradish, salt, pepper, and slices of Vidalia onion along with ice tea. I had my Brazilian instant coffee outside. It is a bit hot out. It is 89 degrees Fahrenheit. However, in the apartment with the General Electric 15,000 BTU air conditioner with remote control going it is about 72 degrees Fahrenheit. I have a friend coming down, so I will put off house cleaning. I guess I also should brew up a large pot of coffee for iced coffee. CIO

**Note: <888> 06/21/02 Friday 8:55 P.M.:** I went out, and I drove along the waterfront over to Old Greenwich. I stopped by the Old Greenwich Second Congregational Church Rummage Room, and I bought an extra large salmon colored GAP polo shirt for \$3 and an extra large long sleeve cotton twill Lord and Taylor purple and blue and other colors plaid shirt for \$6 for \$9 total. I then drove out to Tod's Point. I walked the 2 1/2 mile walk around Tod's Point. I then sat out for a while at the southeast concession area. I then drove back to central downtown Greenwich, and I sat out for a while. I then drove down by the waterfront. I next stopped by the Greenwich Library, and I read the local paper, and I checked out a DVD video disk. I then went by Exxon, and I bought \$12.30 of premium gasoline at \$1.779 a gallon. I had 78 miles on the trip odometer and I put in close to 7 gallons, so I am now only getting 11 miles per gallon as usual puttering around town in slow stop and go traffic. I then went by the Stop and Shop, and I bought S&S sliced roast beef at \$5.99 a pound for \$6.32, a package of S&S margarine for .67, and two Kaiser rolls for .67 both for \$7.66 total. I then returned home. I had low fat small curd cottage cheese with blueberries and cantaloupe along with a glass of ice tea. I guess I will now watch some television and shut down the computer. CIO

**End of Scott's Notes week 06/21/02:**

**Note: <888> 06/21/02 Friday 2:25 P.M.:** I went to bed last night about midnight. I had some goldfish crackers and ice tea before going to bed. I was up at 8 A.M.. I had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. I went out to the Greenwich Hospital Dental clinic for my 10 P.M. appointment. The dentist said I need a #14 DOL filling, #13 MO filling, and a #30 MOBL possible filling with a crown in the future. The clinic is booked up through the first of the year, so unless I can get it done in private practice which would be expensive, I will have to wait until after the first of the year. The dentist recommended having it done sooner. I then went by the Greenwich Hospital Thrift Shop. I next went by the

**Merry Go Round Mews thrift shop. They have a \$10 a bag of clothing sale going on. They gave me a tan canvas 20”X15”X6” zipper bag which normally would have been \$5. I then drove down by the waterfront. I chatted with a resident. I drove the resident over to Grass Island to get an anchor out of his boat, and then I returned him to his house. I then returned home. I was sitting in my apartment, and I noticed a wasp in my apartment climbing on the Victorian lamp shade. I doused it with Lysol to immobilize it, and I then I flushed it down the toilet. I had the same style roast beef sandwich for lunch with a dill pickle slice and ice tea. I then sat outside, and I had a Brazilian instant coffee. It is a bit warm out, so I guess I will stay inside this afternoon. I will now send out my weekly notes. CIO**

**Note: <888> 06/20/02 Thursday 8:25 P.M.: I had some goldfish crackers and ice tea last night before going to bed. I was up at 10 A.M. this morning. I was told by a neighbor the fire alarm went off at 3 A.M., but since I was asleep, I did not hear it. I can not hear the fire alarm bell in my bedroom when I am asleep. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, vitamins, and supplements. I sat outside a bit in the day time. I cleaned up, and I went out about 2 P.M.. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I bought a gilt framed print of dogs playing poker called “A Friend in Need” for \$5. I then made my 3 P.M. appointment. I next went downtown, and I walked the entire length of Greenwich Avenue. I stopped by CVS, and I bought a bag of Starburst jelly beans 14 oz. for \$2.19 and a bag of Lifesaver jelly beans 14 ounce for \$2.19 plus .26 tax for \$4.64 total. I then drove down by the waterfront. I chatted with a local resident. I gave the resident my silver Coleman electronic mosquito repeller. I have a blue and a green one in the apartment. I will put the blue one back in the Volvo. I then went by the Greenwich Library, and I returned a DVD video disk, and I checked out one. I returned home. I had a cold Citra soda in a frosted mug. I hung the dog print on the wall to the right of the toilet. I mixed both bags of jelly beans together, and I put them in a bowl in another bowl on the dining room table. For dinner, I had the same style roast beef sandwich with a dill pickle slice along with ice tea. I also had a dish of Edy’s fruit raspberry sorbet. After dinner I had a 50% - 50% Folgers decaffeinated instant coffee and Brazilian instant coffee which I drank outside. I have a 10 A.M. appointment tomorrow, so I will go to bed about midnight tonight. I will now watch a bit of television and maybe a DVD video disk. CIO**

**Note: <888> 06/20/02 Thursday 12:05 A.M.: I watched a DVD video disk. I guess I will shut down for the night and relax a bit before going to bed. CIO**

**Note: <888> 06/19/02 Wednesday 9:10 P.M.:** I went out, and I forgot to wear my nicotine patch. I went down by the waterfront and parking down at the end of the road was filled up, so I parked by Greenwich Capital, and I walked over to the waterfront there. There was a boat at the Delamar Hotel stopping for sandwiches at Maneros. I walked down to the end of the road. I chatted with a local resident. I walked down to the end of the road. I returned to my car. I went to the Greenwich Library, and I read the Wall Street Journal and the Greenwich Times. I went by the Stop and Shop, and I bought two pints of New Jersey blueberries at \$1.50 a pint for \$3 total. I returned home, and I put the nicotine patch on. CIO

**Note: <888> 06/19/02 Wednesday 6:05 P.M.:** I went outside a couple of times. I chatted with a relative's relative. I found out at [www.expedia.com](http://www.expedia.com) that the new Delamar Five Star Hotel is opening on Steamboat Road on September 16, 2002 for \$355 to \$385 a night. To verify that information, check the dates at [expedia.com](http://expedia.com) for September 16 to September 17 for the Delamar Hotel. I guess I will now have the same roast beef sandwich with potato chips and ice tea. Maybe I will clean up and go out for a while. CIO

**Note: <888> 06/19/02 Wednesday 4:15 P.M.:** I have a bit of intestinal turmoil. I hope the cottage cheese I got is fresh. I went through my email. I received this link for a New York Times summer reading list Books for Summer Reading . CIO

**Note: <888> 06/19/02 Wednesday 3:10 P.M.:** I rested until 1:30 P.M.. I went outside briefly. I had low fat small curd cottage cheese with cantaloupe chunks and ice tea. I then had a cappuccino outside. I found a Silver Shield baseball cap on the bench in the backyard, so I put it in the back seat of my Volvo. My groin hernia has been causing a bit of discomfort, so I have been less active and resting more recently. I guess I will do some regular computer work. CIO

**Note: <888> 06/19/02 Wednesday 11:10 A.M.:** I rested last evening until about 9 A.M. this morning. I went outside this morning. I then had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. I went outside and had my coffee. I tested my new Columbia 2.4 gigahertz telephone, and it works around the front of the building. It does not work inside downstairs or in back of the building. The NOAA weather radio alarm system test just went off. The weather seems nice and clear today, but this time of year in the late afternoon or early evening we can occasionally get an afternoon shower. Well, I guess I will clean up and try to pursue

some daytime activity. The NOAA weather radio just said there is a 30% chance of showers this afternoon. CIO

Note: <888> 06/18/02 Tuesday 10:00 P.M.: I went out, and I stopped by CVS, and I bought two rolls of CVS 5 yards by one inch adhesive medical tape for \$2.39 each roll plus .29 tax for \$5.07 total. I then drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I stopped by Zyn stationary, and I bought a scratch card for \$1 #29, but I lost. I then went by the Greenwich Library, and I read the Wall Street Journal and the Greenwich Times. I then went by Stop and Shop, and I bought four pint containers of low fat small curd cottage cheese for \$1.50 a pint for \$6 total. I then went by the Food Emporium, and I bought a 38 ounce box of Pepperidge Farm goldfish crackers for \$5.29. I then returned home. I chatted with a couple of friends. CIO

Note: <888> 06/18/02 Tuesday 5:25 P.M.: Another event happened in 1640 when the Dutch arrived in New Amsterdam; they also started the New Amsterdam Night Watch. Today it is more of an honorary society since not much of New Amsterdam is made of wood buildings anymore. Still having been on a night schedule for the better part of 37 years, it seems I am back on a late schedule today. I went to bed about 4 A.M. after watching a show on the history channel about private jets. I was up at 10 A.M., and I went outside briefly. I then had breakfast of three medium boiled eggs, toast, orange juice, coffee, cantaloupe chunks, vitamins, and supplements. After breakfast I fell back to sleep until about 4:30 P.M.. I went outside briefly. I just had a roast beef sandwich on a Kaiser roll with Hellmann's mayonnaise, horseradish, Vidalia onion slices, salt, and pepper. I had the sandwich with Lays barbeque potato chips and dill pickle slice along with ice tea. I had a Brazilian instant coffee outside. Well, I guess I will clean up and go out shortly. Although I use tape to tape on my nicotine patches, they keep falling off while I am asleep. I think the CVS nicotine patches do not have enough adhesive on them. Perhaps I should try the more expensive regular brand of nicotine patches, I think called Nicoderm. CIO

Note: <888> 06/18/02 Tuesday 12:35 A.M.: I had some goldfish crackers and ice tea. I relaxed a bit. I am a bit tired of focusing on the computer, so I will shut down for the night. CIO

Note: <888> 06/17/02 Monday 11:45 P.M.: I chatted with a friend. I sat outside briefly. I noticed in the news recently that NOAA reports that El Nino has been

developing off the coast of Peru recently, and the ocean temperature off the coast of Peru is 6 degrees warmer, which does not mean that Kevin Bacon is in Peru, but that El Nino might change the current hurricane season forecast and make it less intense than predicted. About five years ago when we had El Nino, there was flooding on the west coast of the United States, and we had drought on the East Coast and there was a lesser hurricane season. I am not sure what the future long term weather forecasts might be, but it seems about the regular weather pattern here to me for this time of year. There is not much else happening as far as I know. I guess with arthritis, I would prefer drier weather, but many of the local gardeners probably prefer damper weather. CIO

Note: <888> 06/17/02 Monday 9:30 P.M.: I went out. I drove downtown, and I stopped by the waterfront. I checked out the weather and chatted with some locals. I then went downtown, and I walked the entire length of Greenwich Avenue. I then stopped by the Greenwich Library. I read Arthritis Today magazine, and I used the library terminal to email myself these links to myself <http://www.nhlbi.nih.gov/index.htm> , [www.ava.org](http://www.ava.org), [www.arthritis.org](http://www.arthritis.org), [www.jointsinmotion.org](http://www.jointsinmotion.org) , [www.RAacademy.com](http://www.RAacademy.com) . I then went by the Stop and Shop, and I bought six Kaiser rolls for \$2.29, a dozen large eggs \$1.69, 2 Vidalia onions at .99 a pound for \$1.42, Gold's Horseradish \$1.50, Boar's Head sliced roast beef at \$8.49 a pound for \$7.90, and four ears of sweet corn for .40 a ear for \$1.60 for \$16.40 total. I believe the same year the Dutch first arrived in New Amsterdam. I meant to buy the store brand of sliced roast beef for \$5.99 a pound, but the deli clerk accidentally sliced the Boar's Head roast beef, and it looked so good I bought it. I also noticed that blueberries which they were out of are \$1.50 a pint as well as strawberries which they had, and cottage cheese is two pints for \$3, so I will have to get some later in the week. I then returned home. I had the same dinner as last night with two ears of corn on the cob. The last three nights when I had the pork tenderloin, I also cooked a half of Vidalia onion with the pork. I sat outside to have my Brazilian instant coffee. I noticed the Brazilian instant coffee that I got at Odd Job this past winter has sort of a licorice taste to it which is quite good. The last time I was at Odd Job when I went to the Vitamin Shoppe for the Coral Calcium, I noticed they had some gourmet coffees on sale. Well I guess I will try to do some regular computer work. CIO

Note: <888> 06/17/02 Monday 3:55 P.M.: I sat outside briefly. I took the two long stretch beach chairs out of the back seat of the Volvo, and I put them in the trunk. I took out the other three low short sit up beach chairs, and I put them in the bedroom false ceiling. I now have the entire back seat of the Volvo opened up and free for passengers. However, the trunk is pretty much full. I guess I might as well clean up and go out to see what is happening in the rest of the world, but I have to refrigerate the ice tea before I leave. The Volvo was running just fine yesterday, so

hopefully I am done with all the maintenance for the season. I only drive about 5,000 miles a year, so since my Volvo could easily go 250,000 miles from its present 117,800 miles, I might have the Volvo until the year 2025. Of course sitting outside all the time year round, it is subject to the weather and elements of the area. CIO

Note: <888> 06/17/02 Monday 3:20 P.M.: I was up at 8:30 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. After going outside briefly, I went back to bed until about 1 P.M.. When I woke up, I had low fat small curd cottage cheese, with cantaloupe chunks, and blueberries along with ice tea. I also had a Brazilian instant coffee outside. As it starts to get warm, I will quickly summarize what I learned about air conditioners a year or two years ago. I bought the General Electric Profile 15,000 BTU remote control air conditioner from Partridge and Rockwell in Greenwich for \$589. I noticed that the Wiz also sells a similar 15,000 BTU with remote control Panasonic model for \$450. I also noticed that Home Depot sells a generic Hampton 15,000 BTU air conditioner without the remote control feature for \$350. Well, I was thinking about going to Tod's Point this morning, but I decided I better avoid the sun, since in the last few years; I have not been getting too much sun. It is an enjoyable 3 mile walk around Tod's Point, but it costs me about \$4 to drive over there. Living in Byram, where I do, I can walk downtown to Greenwich Avenue and back which is also about a three mile walk on a noisy U.S. 1. However, one can view all the new cars, and there are generally places to rest and go to the bathroom such as Wendy's, McDonald's, the Greenwich Library, Exxon, the Greenwich Hospital, Starbucks, the Senior Center, the Greenwich Train Station, or whatever catches one's eye along the way. For the physical fitness enthusiasts we have a quite a steep long set of stone stairs in our back yard that one could hike up and down. I have heard the usual air traffic recently. I suppose if one did not have a car or one did not want to pay to park at the airport, one could take the local Westchester County Bus from where it stops by Cumberland Farms, and ride it through Port Chester, and up King Street to the Westchester County airport and view that air traffic. Of course, one would have to make sure they get on the right bus, or they might end up in White Plains or one of the boroughs of New York. Well, there is not much happening here, so I am making up a batch of ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) to enjoy for the rest of the week. CIO

Note: <888> 06/16/02 Sunday 9:30 P.M.: My guest, and I chatted. We had the same dinner as last night. We watched a DVD video disk movie. My guest just left. I will go outside for a moment, and then I guess I will head off to bed. CIO

**Note: <888> 06/16/02 Sunday 5:50 P.M.:** I cleaned up, and a friend arrived to visit. We went by Smokes for Less, and I bought four packs of Seneca Ultra Lights 100s for \$2.75 a pack for \$11 total. We drove downtown, and we walked the entire length of Greenwich Avenue. I noticed they have taken the renovation construction scaffolding down from around the Senior and Arts center. It looks quite nice now that it is completed. We then sat out by the waterfront for a while. We returned to my place just before a down pour of rain. CIO

**Note: <888> 06/16/02 Sunday 1:25 P.M.:** I received a telephone call from a relative. I went outside, and I checked out the car. It seems to be running fine. I did notice that when running rough when starting up cold that the engine fan seems to come close to one of the fan shield and makes a slight scraping sound, so I pulled it out a bit. I checked the three vacuum hoses on the carbon canister container, and only one seems to have a vacuum on it. Since the car seems to be basically running fine, at the moment, I do not feel like putting any more money into it, so I guess I will just leave it as is. I came back upstairs. I cleaned and diced the two cantaloupes and put the pieces in a Rubbermaid container in the refrigerator. For lunch, I had low fat small curd cottage cheese with blueberries and cantaloupe chunks along with ice tea, and I will now have a Brazilian instant coffee. Since it is a nice day, I guess I will next clean up and go out for some fresh air. CIO

**Note: <888> 06/16/02 Sunday 11:55 A.M.:** I was up at 8:30 A.M. this morning. I went outside briefly. I had breakfast of three medium boiled eggs, toast, orange juice, cantaloupe, coffee, vitamins, and supplements. I watched a bit of television. I then rested a bit. I went back outside again briefly. CIO

**Note: <888> 06/16/02 Sunday 2:15 A.M.:** After dinner, I relaxed a bit. From about 10 P.M., I watched television including until now a series of programs on the Travel channel about volcanoes. I am tired, so I will go to bed. CIO

**Note: <888> 06/15/02 Saturday 5:45 P.M.:** I finished house cleaning and watering the plants. I sat outside briefly. I watched a bit of television. I cut one of the two Hatfield pork tenderloins in half, and I put a little olive oil in a Pyrex pie dish and rubbed the tenderloin in it. I seasoned it with garlic powder, ground black pepper, and celery salt. I am cooking it in the convection oven at 350 degrees Fahrenheit for 25 minutes. I will have it with steamed corn on the cob and fresh broccoli, ice tea, and a cappuccino. CIO



**Note: <888> 06/15/02 Saturday 2:25 P.M.: I was up at 8:30 A.M. this morning when a friend called. I went outside briefly. I had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. I went back to sleep until 1 P.M.. I went outside briefly. I had lunch of the same roast beef sandwich I have been eating earlier in the week along with potato chips and dill pickle slice and ice tea and an instant coffee. I sat outside briefly. I will now do my weekly house cleaning. CIO**

**Note: <888> 06/14/02 Friday 9:15 P.M.: I watched channel 21's program on Dr. Perricone's <http://www.drperricone.com/> from Yale University lecturing on dermatology. I watched two of the three segments. I am tired, and I will go to bed now. CIO**

**Note: <888> 06/14/02 Friday 7:45 P.M.: I watched the ABC evening news and the BBC evening news. For dinner I had a bowl of low fat small curd cottage cheese with blue berries and cantaloupe chunks along with ice tea. I guess I will watch the BBC comedy shows on Channel 21 PBS this evening. CIO**

**Note: <888> 06/14/02 Friday 6:25 P.M.: I cleaned up, and I went out about 2 P.M.. I mail the Columbia cordless telephone \$20 rebate at the Valley Road post office. I went by the Greenwich Hospital Thrift shop. I bought a pleated 10" lamp shade for .50 and a pair of 72" boot laces for .25 for .75 total. I then went by the Greenwich Library, and I read the first couple of pages of a U.S. News and World Report article about the U.S.A. Secret Service, but I got a nicotine fit, since I had forgot to wear my nicotine patch. I drove down by the waterfront for a break. I then went to Porricelli's Greenwich Food Mart in Cos Cob, and I bought a Hatfield whole pork tenderloin at \$3.99 a pound for \$7.24, two 96 ounce containers of Tropicana orange juice with calcium for \$2.50 each, two Del Monte cantaloupe for .99 each, a Tony's Supreme pastry pizza for \$2.50, four ears of corn for .20 each for .80, a head of broccoli for .89 for \$18.43 total. I then returned home. I put away my groceries. I put on the patch. I had some ice tea. I put the new 10 inch pleated lamp shade on the small lamp between the two computers. I put the lamp shade from that lamp on top of the orange colored glass globe on the brass lamp on the Danish bar to prevent glare. I chatted with a relative on the Columbia cordless telephone with the headset, and the reception was just fine. Whether lifting groceries, my car tool box, or laundry has caused my groin hernia to return. I guess it tends to fall down and pull back up into my intestinal cavity. I am a bit arthritic with all the damp weather. CIO**

**End of Scott's Notes week 06/14/02:**

**Note: <888> 06/14/02 Friday 12:20 P.M.:** I woke up during the night, and I had goldfish crackers and ice tea. I finally woke up this morning about 8 A.M.. I watched the David Bowie performance on the NBC morning show. I went outside briefly. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, vitamins, and supplements. I just finished my laundry. I programmed my Columbia 2.4 gigahertz cordless telephone with the Directory Speed Dial numbers. I tested it calling up a relative, and it sounds just fine. I put the base plate on the base unit, so it stands more upright. I filled out the \$20 rebate information for the Columbia cordless telephone. I will send out my weekly notes shortly. I will then have the same type of roast beef sandwich as before along with barbeque potato chips, dill pickle slice, cantaloupe chunks, ice tea, and a cappuccino. I will then clean up and go out. It is suppose to rain through out the weekend. CIO

**Note: <888> 06/13/02 Thursday 9:35 P.M.:** Before going out for my 3 P.M. appointment, I installed the Columbia 2.4 gigahertz telephone on the Danish bar next to the AT&T answering machine. I also took the AT&T regular speaker phone from the bedroom desk, and I put it next to the Columbia cordless telephone. I put the General Electric cordless telephone on the bedroom desk. I then went out to my 3 P.M. appointment. After my 3 P.M. appointment, I went by the Greenwich Hospital Thrift Shop. I then drove down by the waterfront, and I adjusted my idle fuel mixture with the car warmed up. I then went by Exxon, and I bought \$12 of premium gasoline at \$1.779 a gallon. I then returned home. I put another 1/2 inch hose clamp on another hose running over the valve cover to the air intake chamber, and I cleaned its inline valve with carburetor cleaner. I readjusted the idle downwards, and I adjust the air fuel mixture again. I loosened the distributor timing nut, but it has been so long since the distributor has been moved it seems to frozen in position. I tried to spraying WD40 on the swivel housing to no effect. I had a new timing belt put in about four years ago, but from the way it looks, they could not have possibly moved the distributor to readjust the timing. I did clean the interior contacts of the new distributor cap and new rotor with fine metal sandpaper. I got about 14 miles per gallon when I filled up. If one of the cylinders or spark plugs were not firing properly, I would think I would get fewer miles per gallon. Anyway the Volvo is running pretty much the same it has for the last six weeks since I first got the rumbling sound. Still when one is driving and accelerating it runs fine. It is just at idle it makes the noise. I then chatted with a neighbor who waiting for a ride. About 7 A.M., I gave the neighbor a ride over to Port Chester, New York to get groceries at Pathmark. The neighbor gave me \$5 for the trip. We then returned back to my building around 8 P.M.. I checked the range on the

**Columbia 2.4 gigahertz cordless telephone. It does not play in back of the building out by the baseball field, but it does play down in front of the building by the entrance below my windows. The Columbia cordless telephone also came with a headset that works with it and also with my other cordless telephones. I left the headset near the Columbia telephone. I had the same roast beef sandwich for dinner with barbeque potato chips and a dill pickle slice and chunks of cantaloupe and ice tea. I went outside again briefly. I am a bit tired, so I will go to bed shortly. CIO**

**Note: <888> 06/13/02 Thursday 2:15 P.M.: I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then drove over to Stamford Volvo, and I picked up the S hose that I had ordered. They told me if I wanted to buy the emissions charcoal canister it would be \$150. I then drove by International Car Parts, and they did not have a Bosch ignition coil for the Volvo, but they could order it in a day for \$40. I then went by Autozone, and they did not have the ignition coil either. I drove up to Norwalk on a test drive, and the car basically was running normally. I stopped by Gateway Computers. I then went by the other International Car Parts store, and they did not have an ignition coil either. I went by an auto parts store near Stew Leonard's. I then went by CompUSA, and I bought the Columbia 2.4 gigahertz cordless telephone for \$39.99 plus \$4.99 for a year's replacement warranty plus \$2.70 tax for \$47.68. The Columbia 2.4 gigahertz cordless telephone also has a \$20 mailin rebate, so it basically \$20 plus the \$5 years warranty from CompUSA. I then drove back to Greenwich. I went back by Putnam Trust Bank of New York on Mason Street. I then went by Gateway Auto Supply, and they did not have the ignition coil. They told me that an ignition coil works or it does not, so it would not improve the car's performance to replace it. I was just thinking of doing some preventive maintenance. I bought 4 one inch hose clamps for .60 each for \$2.40 total. I went by the auto supply store across from McDonalds on the Post Road, and they did not have the ignition coil either. I then returned home. I was checking out the charcoal emissions canister, and I noticed a short four inch connecting vacuum hose to it had a crack in it. I replaced that one quarter inch hose, and the car seemed to be running smoother. I locked the keys by mistake in the car, so I went upstairs to get my backup keys. I then took the car for a test drive over to the Arnold Bread store. It seemed to be running much better with the charcoal canister emissions vacuum hose replaced. I bought two loaves of Arnold Branola 12 grain bread for \$1.78 both. I then returned home, and I installed the S hose from the valve cover chamber attachment to underneath the air manifold. I also put two one inch hose clamps on it. I adjusted the air fuel mixture idle giving the car more air. The Volvo seems to running much more smoothly. I will still have to see what it is like in regular driving and when it is cold. I will now connect the Columbia 2.4 gigahertz telephone. I have a 3 P.M. appointment. I am also having some ice tea. CIO**

**Note: <888> 06/13/02 Thursday 8:40 A.M.: I had a meal of a Swanson's Hungryman Veal Parmesan dinner with ice tea and a Brazilian instant coffee that I drank outside. I will now clean up and go out. CIO**

**Note: <888> 06/13/02 Thursday 6:45 A.M.: Well, I guess I was tired. I slept through until about 2:30 A.M.. I had three crank fax type phone calls. I had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. I went outside a couple of time, and I watched some television. I fell back asleep until just now. CIO**

**Note: <888> 06/12/02 Wednesday 12:25 P.M.: I peeled and diced two large cantaloupes, and I put the pieces in a large Rubbermaid container in the refrigerator. I sat outside briefly, and I threw away the cantaloupe remains. I watched a bit of television. I had the same roast beef sandwich as yesterday with a dill pickle slice and a dish of cantaloupe and ice tea. Like they do in some parts of Europe, I will now take my afternoon nap. CIO**

**Note: <888> 06/12/02 Wednesday 10:20 A.M.: I went out, and I walked the entire length of Greenwich Avenue. I stopped by the Bagel shop, and I bought a bagel and butter for \$1.17, and I ate it in front of the senior center. I then drove down by the waterfront. The car is running fine. I went by the Greenwich Hospital Thrift shop. I then went by the Greenwich Library, and I read the local paper and the Wall Street Journal. I then returned home. I just had a cold Citra soda in a frosted mug. It is a bit warm out for me, so I will be staying inside by the air conditioner today. CIO**

**Note: <888> 06/12/02 Wednesday 7:40 A.M.: I did my regular computer work. I looked at my Chilton Volvo manual. I went outside, and I worked on the car. I can not adjust the fuel pump mixture since I do not have the right tool although I know where the little hole is. I also need to replace the charcoal emissions canister which is suppose to be replaced every 45,000 miles. When I go over to Volvo, I will see if they have it. I took off the rubber air manifold intake, and I cleaned the air intake plate with carburetor emissions cleaner. I increased the idle speed, and I adjusted the air fuel mixture to be a little bit more air and less fuel. The car seems to running fine at idle and cool, so I will go out now and test it. When I was showering and cleaning up, I noticed that my groin hernia has disappeared, and I guess it has retracted back into my intestines. All I can figure out is the walking helped it, or bending up and down while working on the car, or I have not been eating so much rice recently or quitting smoking made me more vigorous and it fixed itself. Still, I hope it stays in place and does not fall back down again. There is probably still a**

tear in the intestinal wall, or possibly with the additional weight I have put on, there is not as much room in my belly cavity. Still I need to lose some weight. I will now go out for a walk. CIO

Note: <888> 06/12/02 Wednesday 3:55 A.M.: About 3 A.M. the central building fire alarm system went off. I checked the system, and nats or small bugs or insects were attracted by the center back stairway light, and they got into the smoke detector and set it off. I reset the central building fire alarm system, and I call "911", and I told them it was probably a false alarm. The same thing happened two days ago. Four fire trucks arrived, and they told me I should not reset the fire alarm system which I did not know. They checked the smoke detector on the back stair way, and they closed the window whose screen lets the small bugs in. I later turned off the center back stairway light, so as not to attract more insects. Three fire trucks left, and one stayed behind with a supervisor. They are waiting for a key holder for the alarm company to come, so they can lock the central alarm system boxes. I frequently can not hear the alarms in my apartment when I am asleep, since my bedroom is away from the alarm box. However, I was sleeping lightly, so I heard the alarm. About 20% of the residents responded to the alarm. The rest remained asleep in their apartments. Well, I will now have breakfast of three medium boiled eggs, toast, orange juice, coffee, vitamins, and supplements. I guess I am on an earlier schedule. CIO

Note: <888> 06/11/02 Tuesday 7:35 P.M.: I watched some television including the ABC evening news. I now will head off to bed. CIO

Note: <888> 06/11/02 Tuesday 5:40 P.M.: I just had a cold roast beef sandwich made with a Kaiser roll, Hellmann's mayonnaise, horseradish, Vidalia onion, salt, and pepper along with a dill pickle slice and barbeque potato chips and ice tea. I will now go outside for a short spell. CIO

Note: <888> 06/11/02 Tuesday 4:15 P.M.: I went back out at noon. I drove down by the waterfront. I then drove over to Old Greenwich going from exit 4 to exit 5 on the turnpike. The car is running much better, but it still has a slight rumble at very lower speed. Still what I did this morning seemed to have improved it. I think it is fine for regular driving, and unless something develops, I do not plan to do anymore on it beside put in the S hose. I stopped by the Old Greenwich Rummage Room Thrift shop, and I bought two Billy Baldwin or Cole Porter white pleated butler lamp shades for \$5 apiece plus .60 tax for \$10.60 total. I use the ATM machine at

First Union across the street from the Old Greenwich Rummage Room which cost me a \$1. I then went out to Tod's Point. I walked the entire 2.5 mile walk around Tod's Point from the south concession area and around the shore and back down the access road. It was a little bit cooler out at Tod's Point. I did a brisk walk hoping to lose a bit of weight. I then stopped by Staples in Old Greenwich. I next went to Greenwich Avenue, and I stopped by CVS, and I bought a Glade oil scent Meadow Breeze refill for \$2.99 plus .18 for \$3.17. I then went by Stop and Shop, and I bought a 12 pack of Citra soda cans for \$3.34 plus .60 can deposit, a six pack of Kaiser rolls for \$2.29, 3 Vidalia onions at .99 a pound for \$2.18, a half gallon of Florida Natural orange juice \$2, two large California cantaloupes for .99 each, sliced roast beef at \$5.99 a pound for \$6.18, 2 lime, 2 cheery 2 orange S&S gelatin for \$2 all for \$20.78 total. I then returned home. I had a cold A&W frosted root beer in a frosted mug. I relaxed a bit. I went outside briefly. I put the lamp shades on the butler lamps in the living room replacing the old shades I had on them, and I put the old shades in the false ceiling in the bedroom. I will now relax a bit and listen to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . It is 86 degrees Fahrenheit outside, and about 70 degrees Fahrenheit in my apartment. CIO

Note: <888> 06/11/02 Tuesday 11:40 A.M.: After cleaning up, I went out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I chatted with a fisherman who is a mechanic. He checked out the sound of my car and gave me a bit of information since he was familiar with the car. He told me the Bosch Platinum plugs are factory preset. They came at .035" and I had reset them to .030". He also suggested that using the Volvo tool one can reset the air fuel mixture on the fuel pump chamber, which is an Allen or "L" wrench type tool. He said possibly I should have that done and maybe the timing. I told him I wanted to wait until I had installed the new S hose I have ordered that is coming tomorrow. I then went by the Hospital Thrift shop. I next returned a DVD disk and checked out another DVD disk from the library. I then returned home. I took out the Bosch Platinum spark plugs and I regapped them to .035" and then I reinstalled them. The car seemed to be running more smoothly. I then took out the PCV valve and cleaned more thoroughly the backfire break with carburetor cleaner. I also installed a hose clamp on a hose on top of the valve cover to make it tighter. I redirected the ignition wires over another vacuum hose to give more clearance above the valve cover. I tightened the clamp around the four ignition wires that keep them from touching the air manifold. I adjusted the idle air fuel mixture knob to slightly more richer. I noticed all the spark plugs seemed fine when I took them out except for the one closest to the passenger compartment which looked a bit fouled which it had before. I cleaned it before putting it in. I took the car for a short test drive, and it seemed to be running normally, and better than it has in a long time. Still, I have to take it for a longer test drive later. I then came upstairs, and I had a cold Diet Coke in a frosted mug. I relaxed a bit. It is nice and cool in the apartment. I will now have some cottage cheese and blueberries along

with ice tea. I am not sure if I will go out again since it is quite hot out. I might just stay inside in the cool apartment and work on the computer. CIO

Note: <888> 06/11/02 Tuesday 6:30 A.M.: I was up at 8 P.M., and I went outside briefly. I then had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. I then went outside briefly again. I then fell back to sleep until midnight. I went outside briefly. I then watched a DVD video disk until about 3 A.M.. I then went outside briefly. I then rested until 5 A.M.. I went outside briefly. I finished the rest of the herbal chicken and rice along with ice tea and a cappuccino. I then watched some morning television. The morning news said it is going to be up to 95 degrees Fahrenheit today, so I turned the air conditioner down to 68 degrees Fahrenheit to cool off the apartment while it is cool out. I guess I will go outside briefly. I then will clean up, and I will go downtown for a morning walk. Usually when I go outside briefly, I am sneaking a cigarette since I am trying to quit, I have not been smoking in the apartment. Hopefully once I put the new nicotine patch on this morning I will not have as much as an urge to smoke. They say you are suppose to relax when trying to quit smoking. CIO

Note: <888> 06/10/02 Monday 12:10 P.M.: I received in the mail from Bank of New York my Monsoon Speaker check which was returned because it was off of a Canadian Bank. I went out, and I stopped by Putnam Trust Bank of New York on Mason Street, and they said they would send the check in for collection and return the \$10 return fee, which should be done in a few days. I then went by the ELDC thrift shop, and I viewed the merchandise. I next returned home, and I chatted with a neighbor. I just talked with a relative. I will now go to bed. CIO

Note: <888> 06/10/02 Monday 10:25 A.M.: I went out. The car seems to be running a lot better, but there is still the slight rumble from underneath that I hear at lower speeds and when shutting off the car. I drove downtown. I walked lower Greenwich Avenue. I stopped by St. Moritz bakery, and I bought a raspberry Danish for \$1.25. I ate it in front of the Senior and Arts Center. I drove down by the waterfront. I noticed at the end of Steamboat Road there is a sign limiting parking to two hours. Also there is no parking from 9 P.M. to 6 A.M.. Having observed the weather from Steamboat Road for 19 years and having lived there five years, I guess I am familiar with the location. I suppose the parking regulation depends on whether local law enforcement enforces it. I next went to the Greenwich Hospital Thrift shop, and they gave me a black and a white milk crate. I then went by Exxon, and I bought \$8.20 of premium at \$1.779. Since I tuned the car, locally it seems I have gone from getting 11 miles per gallon to 14.5 miles per gallon. Since I keep a lot of stuff in my trunk, I have a bit of weight in the trunk. Well, I then returned home, and I sorted

out the items in two old cardboard boxes in my trunk, and I put them in the plastic milk crates, and I threw away the cardboard boxes. Just about the time I was about ready to go inside the building fire alarm went off, and the fire department arrived shortly there after. It was a false alarm. Apparently some insects had gotten into the stairwell smoke detector. I finally returned to my apartment. I just had some low fat cottage cheese with blue berries and ice tea. I guess I will relax a bit and go to bed. However, first I will check the mail. CIO

Note: <888> 06/10/02 Monday 7:35 A.M.: I went out, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I drove down by the waterfront. I then returned home about 5 A.M., and I had some goldfish crackers and ice tea. I studied my Chilton's Volvo manual. I went out about 6 A.M., and I studied the engine on the car. If I have a EGR valve, I can not find it. I did notice that the lower secondary wire on the ignition coil was loose. When I tried to tighten the connector it broke. I had another similar electrical connector, so I installed it on the wire, and reattached it back to the ignition coil. I adjusted the idle again increasing it slightly. I tried tightening the exhaust pipe bracket bolt some more, but I broke the head off the bolt, but it is still holding the pipe tighter in place. I also put a couple drops of oil in the center rotor of the distributor rotor. I just had an A&W root beer in a frost mug. I will now go out for a test drive. CIO

Note: <888> 06/10/02 Monday 3:05 A.M.: I watched the CNN program about hurricanes. I had some Pepperidge Farm goldfish crackers with ice tea. I remember in the old days in Key West occasionally from 1976 to 1983, and I did not have much money for food, I use to survive off Pepperidge Farm Goldfish crackers which were freely available at many hotel bars for the grabbing. Well at 220 pounds, I am not starving, so I guess I suppose a little outside exercise will not hurt me. I use to say down in Key West living off sea biscuits or Pepperidge Farm goldfish crackers were a way of proving that I was from Connecticut where they came from. I also knew quite a few people in the United States of America cheese business since my family had Midwestern connections with the American Dairy association. Of course if I ever had to swim, I would sink like "Bubba the Beached Whale". Since it is a nice night, I might go out again. CIO

Note: <888> 06/10/02 Monday 1:35 A.M.: I went out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I then returned home. I sat out briefly. I will now do some regular computer work. CIO



**Note: <888> 06/09/02 Sunday 11:20 P.M.: I had my Brazilian instant coffee outside in my Starbucks travel mug. When I got back inside, CNN was showing a program about hurricane forecasting. They said it is an inexact science. They also said 83 million people live along the coast from Maine to Texas. Well, I guess it is that time of year to start tracking hurricane activity. I still have the tropical weather page posted at [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) for one to make their own best guess about tropical storm activity. Although I live near Long Island Sound and the Atlantic Ocean, I am on relatively high ground compared to some of my neighbors. I will now clean up and go out for some fresh air. CIO**

**Note: <888> 06/09/02 Sunday 10:30 P.M.: I received a telephone call from a relative about 9 A.M. this morning. I was up at 4 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, vitamins, and supplements. I went outside a couple of times, and once I walked around the building. I went back to bed until 10 P.M.. I went outside briefly. I am now cooking herbal chicken cooked in wine along with steamed white rice and steamed frozen green peas, ice tea, and a Brazilian instant coffee. I bake the herbal chicken by taking four small boneless chicken breasts and rubbing them in several tablespoons of olive oil in a Pyrex pie dish. I then added a half cup of Rene Junot white wine and seasoned the top of the breasts with celery salt, garlic powder, ground black pepper, oregano, Italian spices, Basil, and a pad of margarine on each breast. I cook them in the convection oven at 350 degrees Fahrenheit for 30 minutes since they are thinner than regular breasts which I do for 35 minutes. I will then clean up and go out for some fresh air. CIO**

**Note: <888> 06/09/02 Sunday 3:00 A.M.: I finished my regular computer work. I stepped outside briefly. I will now watch some television before going to bed. I guess I will have some blueberries and low fat cottage cheese with ice tea also. CIO**

**Note: <888> 06/09/02 Sunday 1:50 A.M.: The Times of London <http://www.timesonline.co.uk/> has started charging 40 Pounds a year for overseas subscription readers. However, the Court Circular at the moment still comes up, but the primary stories want one to pay 40 pounds for the privilege of reading the Times of London. CIO**

**Note: <888> 06/09/02 Sunday 1:25 A.M.: I cleaned my ears with the Debrox ear cleaning system. I opened a new bottle of Debrox. I put 20 drops in the right ear, and then I relaxed keeping my head tilted with the ear upwards for about ten minutes. I then used a rubber ear wash syringe, and I flushed the ear with medium**

hot water flushing out the loosened wax. Two big clumps of wax came out of the right ear. I did the same procedure twice on the left ear, and about four big clumps of wax came out. The second time was just to clear it up. In the old days before going to Nantucket after spending the winter on the beach in Florida where lots of salty fine sand would mix in with the ear wax, I would stop by the Boston Eye and Ear clinic attached to Massachusetts General Hospital and have them clean out my ears, so I would have clean ears for the summer. In the late 1970s they had an advanced machine that I believe would suck out the wax out of one's ears. About five years ago when I had it done at the Greenwich Hospital, they were still using a metal water syringe. Well, I should be a little bit more sound aware with my ears cleaned out. I watched a bit of television. I had some gold fish crackers with ice tea. I went outside briefly. CIO

Note: <888> 06/08/02 Saturday 11:20 P.M.: I went back downtown. The Volvo is running better. It still has a slight rattle or muffled rumble sound. I also noticed a slightly higher pitched vibration sound occasionally from the exhaust system. I was not able to tighten the exhaust pipe bracket bolt all the way, so maybe it makes a slight vibration. I could try putting some WD40 on it and try tightening it some more once it has seated in. Still for local driving the Volvo is just fine. There are a couple of emissions components that I have never serviced in the 70,000 miles I have owned the car in the last ten years. I guess I could study my Chilton Volvo manual about servicing them. Well still it runs fine for regular use. Maybe the noise has always been there and possibly my hearing got better. This reminds me that I have not cleaned out my ears with the Debrox ear wax removal system in about a year. Maybe I will do that now. I walked the entire length of Greenwich Avenue. I sat out at a couple of different locations. I drove down by the waterfront. I then returned home. I sat out briefly. CIO

Note: <888> 06/08/02 Saturday 8:15 P.M.: I was up at 2 P.M.. I had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. I checked outside, and I checked the mail. About 6 P.M. I finished house cleaning and watering the plants. I then went outside, and I was able to get the stove bolt tightened from the exhaust body bracket to the front exhaust manifold pipe, so at least the system is more secure. I was not able to put on the washer and nut, but the bolt is plenty secure and won't fall off. I then took out my fuel injection noozle plugs and I cleaned them with WD-40, and I reinstalled them. I started the car, and it seems to run more smoothly. I opened up the air intake on the air valve on the combustion intake manifold a little bit. I have not test driven it yet. I just had a cold A&W root beer in a frosted mug. I took the other  $\frac{3}{4}$  pound piece of pork tenderloin, and I put two tablespoon of olive oil in a Pyrex pie dish and rubbed the pork in it, and I seasoned both sides of the pork with garlic powder, celery salt, and ground black pepper. I am cooking it in the convection oven at 350 degrees Fahrenheit for 25

minutes. I will have it with steamed corn on the cob and steamed frozen green peas, ice tea, and a Brazilian instant coffee. I will then clean up and go out for some fresh air. CIO

Note: <888> 06/08/02 Saturday 3:05 A.M.: After dinner, I went outside briefly. I then watched some television. I will now go to bed. CIO

Note: <888> 06/08/02 Saturday 12:30 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I watched the BBC late evening news. I then watched some BBC comedy on Channel 21 PBS. I am cooking dinner now. I took half of the pork tenderloin about  $\frac{3}{4}$  of a pound. I put three tablespoons of olive oil in a Pyrex pie dish. I put the half of pork tenderloin in, and I rubbed both sides with olive oil. I seasoned both sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, oregano, Italian spices, Basil. I put in about a third of a cup of Rene Junot white wine. I minced two large gloves of garlic, and I spread it on top of the pork tenderloin. I am cooking it for 25 minutes in the convection over at 350 degrees Fahrenheit. I will have it with fresh steamed corn on the cob and steamed frozen green peas and a baked half onion in the pyrex dish and ice tea. CIO

Note: <888> 06/07/02 Friday 10:45 P.M.: I cleaned up, and I went out. The car is running more smoothly, but it still has the same rattle. I will try to put the exhaust bolt on tomorrow. I noticed it also makes a bit of extra noise when accelerating in first gear. My attitude is that it is still reliable local transportation, so I suppose I will see how it continues to run. Even though the clutch might be reasonable to fix if that were the problem which I don't think it is, if one had to repair the gear box that would be additional cost. Well, I'll see when I attach the exhaust bolt. I drove downtown, and I walked lower Greenwich Avenue. I then drove down by the waterfront. I went by the Stop and Shop, but they do not carry quarts of cottage cheese, and blueberries there are \$3.50 a pint. I went across the street to the Food Emporium, and I bought two quarts of Master Choice low fat small curd cottage cheese for \$2.79 a quart, two pints of blue berries for \$1.50 a pint, and Gold's hot horse radish for \$1.50 for \$10.08 total. I then returned home. I sat outside briefly, and one can hear a lot weekend traffic on the highway. I will now do some regular computer work. CIO

**Note: <888> 06/07/02 Friday 7:15 P.M.:** I had a call from a relative about 11:30 A.M. I went out, and I checked the weather and the mail. I went back to bed until 2:30 P.M. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, vitamins and supplements. I did not clean up, and I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then drove over to International Car Parts at 134 Jefferson Street, Stamford, Ct. 06902 (203) 327-9022, and I bought a set of Bosch 09232 ignition wires for \$38.19 and 3 feet of 3/8" fuel line for \$2.55 plus \$2.44 tax for \$43.28 total. I then went over to Stamford Volvo parts, and I got exhaust x-muffler bracket flange screw for \$2.84, washer \$1.04, hexagon screw \$2.43 plus I ordered the S hose for \$12.01 plus \$1.10 tax for \$19.42 total. The S hose will be in next Wednesday. I was told they will be getting the new 2003 Volvo XC90 SUV in about two months. They gave me a catalog. I then returned home. I put the 3/8" fuel hose in place of the 5/16" hose from the PCV valve to the air manifold. I installed the new ignition wires using the silicone lubricant that came with them grease the wire boots. I started up the Volvo, and it is running much better with only a slightly noticeable rattle occasionally. I topped up the oil with Pennzoil 10W 40. I adjusted the idle air intake. I put a hose clamp on the ignition wires with two of them insulated with pieces of hose, so they do not rest on the hot air manifold. I took the car for a test drive over to Smokes for Less in Byram, and it is running just fine. I am smoking a few cigarettes a day, so I bought buy three get two free of Marlboro Lights 100s for \$15 total. I then returned home. I noticed in my Volvo records of the previous owner at 45,000 miles Stamford Volvo replaced the clutch and master brake cylinder for \$630, so thus a clutch job would probably be about \$500 if the car ever needed it. One can take out the transmission and replace the clutch without removing the engine. I still have to install the exhaust nut and bolt, and possibly I might have Midas check the exhaust system for a possible rattle and have them do the bolt. I am going to have some cold herbal garlic boneless chicken breast with McHilney's Tabasco sauce, along with steamed corn on the cob, small carrots, broccoli, ice tea, and a cappuccino. I am making a batch of ice tea. I will then clean up and go out for some fresh air in about an hour and a half. CIO

**End of Scott's Notes week 06/07/02:**

**Note: <888> 06/07/02 Friday 5:25 A.M.:** I relaxed a bit. I had some goldfish crackers and ice tea. I watched a bit of television. I got to thinking about the rattle on the Volvo. I reviewed my notes. The original rattle that I fixed on 05/16/02 was just the tail pipe was turned up a bit against the body frame, which I fixed by pushing it down a little. However on 05/23/02, I made a note about the rattling sound I had heard for a couple of days which would have started around 05/21/02. I have not had Midas check the exhaust system yet since then, since they were busy the one time I took it in. However, the sound does not seem to be from the exhaust system,

and I have looked underneath a number of times to verify that. There is the possibility that vacuum irregularities could be causing problems with the timing at low idle speed. Yesterday, I reconnected the S hose from the valve assembly attached to the valve cover which leads to the fuel injection system. This might have been one of the problems. However, on 05/30/02 I attached a new 5/16" diameter hose from the Volvo fuel injection baffle air chamber to the PCV valve. The hose I took off had perhaps a third larger interior opening, so perhaps I am getting less of a vacuum in the timing system. I guess I should try putting on a larger diameter hose on that particular junction. Moreover having sealed up two major vacuum leaks and having replaced the regular Bosch spark plugs with Bosch platinum spark plugs, possibly I have effected the over ignition timing of the car, and once I get the proper vacuum hoses and possibly replace the ignition wires, I should have the timing checked. This is still predicated that there is not some odd vibration coming from the exhaust system. Still on an older car, it could be any of a number of items. Still from my experience in owning the car for ten years, it usually has been some sort of simple item which is difficult to troubleshoot. I took the car for a drive about 4 A.M. down by the waterfront. In gear driving there is no noise. I drove up the steep hill at Indian Field road, and the car performed smoothly. Thus when I am up today, I should get the larger vacuum hose for starters. If I have time, and I am up early enough I could try to go to Stamford Volvo and order a new S hose, unless Gateway auto parts has a hose is that diameter that one can shape in an S and not kink. Well, I still have reliable transportation. The S hose seems to be staying in place. I am a bit tired, so I will send out my weekly note and go to bed. CIO

Note: <888> 06/07/02 Friday 12:50 A.M.: I zipped through my email deleting most of it quickly. Some times one gets tired of reading tech newsletters. I did notice <http://chef2chef.net/> . I will now have some low fat cottage cheese with fresh blue berries and some ice tea. I will shut down and relax for a while before going to bed. CIO

Note: <888> 06/06/02 Thursday 11:45 P.M.: I looked at some car prices for used car prices at [www.kbb.com](http://www.kbb.com) and one can find a number of cars listed such as Subaru, Geo, Hyundai, Susuki for about \$2,500 with 50,000 miles about year 1995. Of course one would have to find one for sale. A 1995 Buick Century with 50,000 miles would be about \$4,000 private party trade. Of course, one would have to know where to look for such car, and they might be more difficult to find in this area. I noticed a 85 Volvo with 50,000 miles is worth about \$2,400. I went out to my car and got the registration, and I checked my Vin Number at [www.carfax.com](http://www.carfax.com) , but alas they do not list 1976 cars. I put the registration back in the car. It is still raining outside. Basically for now, my 1976 Volvo 244 DL is running just fine for my regular use. When I have the time, I should probably go over to Stamford Volvo and check on the metric bolt for the exhaust manifold pipe where it attaches to the body. I also

should check on the S hose that comes off the valve assembly chamber on the valve cover and attaches to the fuel injection combustion chamber. I should also check on the ignition wires. Well, there are not many inexpensive places to drive to in this area anyway, so I mostly stay locally in my less expensive routine. Of course we do have some public transportation in this part of town

<http://www.cttransit.com/content/routesStamford.asp> . I printed out 10 copies of the weekday and weekend bus schedule. I put 3 on the brass coffee table on my bedroom desk. I put one on the mail room bulletin board and one on the laundry room bulletin board, and I put 5 copies on the laundry room cabinet. CIO

Note: <888> 06/06/02 Thursday 9:25 P.M.: I had herbal garlic chicken for dinner along with a baked half of onion, steamed small carrots, corn on the cob, asparagus, ice tea, and a cappuccino. I cooked a second boneless chicken breast which I refrigerated. I chatted with a friend with Net2Phone. I checked the weather, and it is raining quite a bit outside.

Note: <888> 06/06/02 Thursday 6:20 P.M.: I was up at 1 P.M.. I had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. I cleaned up. I made my 3 P.M. appointment. I then stopped by the Greenwich Hospital Thrift shop. I then went by Gateway Auto Supply. I bought a quart of Pennzoil 10-40 W oil for \$2.10, Pennzoil Gumout KTRA concentrated fuel injector cleaner \$3.99, two ¾ “ hose clamps for .65 each, two 1.5” hose clamps .70 each, one 2” hose clamps .80 each, two 2.5” hose clamps .80 each, and two .5” hose clamps .60 each for \$12.39 total. I then drove over to Grass Island. I attached one of the ¾” hose clamps where I took it off yesterday. I noticed that the S hose that I fixed yesterday had slipped off. I put it back on and I retightened the hose clamp, but tried not to tighten it too tight, so it will not slip off. I guess I need to replace the S hose when I have a chance to go to Stamford Volvo. When I returned home, the S hose had stayed on. I then drove by another location on the waterfront, and I chatted with a local fisherman. I then went by Exxon, and I put the Pennzoil Gumout KTRA concentrated fuel injector cleaner in the fuel tank, and I filled the Volvo up with \$2.50 of premium gasoline at \$1.779 a gallon. I then went by the Greenwich Library, and I read the local paper. I then went by the Food Emporium, and I bought boneless breasts of chicken at \$1.99 a pound for \$4.58 total. I then returned home. CIO

Note: <888> 06/06/02 Thursday 3:50 A.M.: Last Saturday, I did not make it up to West Point to see the graduating class and the President and the other dignitaries which I occasionally do. It apparently was a sunny day. I just listened to the President’s speech at West Point which is posted at [www.whitehouse.gov](http://www.whitehouse.gov) . Still when one has the time, it is a short trip from this area over to West Point. I did not go

either for the 200<sup>th</sup> anniversary celebration since it was a cold damp February day which would have been hard on my arthritis. When I was younger around 1964, I first visited West Point with some friends for a football game. Afterwards we were invited aboard the Forbes Yacht “The Highlander”, and I signed my name in the guest book along with a great many other interesting names. Over the years I have visited West Point a number of times, and I have been frustrated that as a civilian I can not use the library. Still it is an interesting historical attraction. I was told by my grandmother Scott that I am related to Winfield Scott. Alas my grandfather Scott was a railroad engineer and not in the military. My father was a chemical engineer and not in the military. I guess myself, I am now a computer engineer, and as far as I know I am still not in the military, although I have lived around military facilities. So unless I signed up, and I forgot, I do not think I am in the military. Still it is interesting to have the family heritage. I believe the Winfield Scott townhouse on west 13<sup>th</sup> street in Greenwich Village, Manhattan, New York is across from the Forbes building, and it is now the Italian studies center for New York University. Still it is amusing that with such a large clan in the Scott family, one never hears from other relatives. I remember looking once at the memorial plaque I believe for the class of 1944 that there were two officers with the last name Scott killed during the last year of World War II. However, there was another Scott named Jim Scott that survived the war and made the most relief missions flying to Berlin after the war, and was killed in the effort. Also there were several Scotts killed at Pearl Harbor. Thus the family over the years has taken its share of casualties in defending the United States of America’s freedom. I believe there is a small street in Washington D.C.’s section of Georgetown named Scott street as well as Scott circle with the statue of Fuss and Feathers Winfield Scott. Well, I suppose since my branch of the Scott family was out in Illinois for a number of generations it is hard to tell how we are really related. However my father looked a bit like Winfield Scott, and as I get older, I have a bit of the same appearance. Well not to dwell on history, but today is the anniversary of D Day, so I imagine a great many old timers will be remember that period not so long ago. I had some gold fish crackers and Carr’s crackers with Land O Lakes cheddar cheese along with ice tea. I will now shut down for the night and go to bed. I have a 3 P.M. appointment today. CIO

Note: <888> 06/06/02 Thursday 1:45 A.M.: I went out, and I mailed the letter at the central Greenwich Post Office. There is quite a bit of lightning but no rain yet. I drove down by the waterfront. I then returned home. I had the rest of the pineapple mixture on low fat cottage cheese along with some of the blue berries along with ice tea. I will now do some more regular computer work. CIO

Note: <888> 06/06/02 Thursday 1:00 A.M.: I watched a bit of television. I sat outside briefly. I wrote a letter to a relative. I will now go out and mail the letter at the central Greenwich Post office. CIO

**Note: <888> 06/05/02 Wednesday 10:35 P.M.: I went out. The car is running smoother, but it still has the slight rattle from underneath the car. Well anyway it runs fine enough, and I do not feel like spending any more money on it. I went to the Greenwich Library, and I read the local paper and P.C. magazine. P.C. magazine had an article saying that cars after 1995 have computer diagnosis. I then stopped by CVS on Greenwich Avenue, and I bought another box of 14 patches of Step 1 21 mg. patches on sale for \$34.99. I then drove down the Avenue. I walked the entire Avenue. I chatted with a local. I stopped by the ATM machine at Putnam Trust Bank of New York on Greenwich Avenue. I also stopped by CVS again, and I bought a box of 14 patches of the Step 2, 14 mg. for \$34.99 on sale. They did not have Step 3, 7 mg. patches in a 14 patch box on sale. After walking the Avenue, I drove down by the waterfront. I then drove over to CVS in Riverside, and they did not have a Step 3, 14 patch box. I then returned to central Greenwich, and I went to the Exxon station, and I bought \$7.75 of premium at \$1.779 a gallon. I then went to the Food Emporium, and I bought a 38 ounce box of goldfish crackers for \$5.29, two half gallons of Florida Natural orange juice with calcium for \$2.50 each half gallon, a pint of blueberries \$1.50, and two boxes of frozen peas and one of frozen cut green beans for \$2 all for \$13.77 total. I then returned home. I read my owner's manual in the car about some details. I am about to have a Swanson's hungryman boneless pork dinner with ice tea and a 50% Brazilian instant coffee and 50% Folgers's decaffeinated instant coffee. I will then do some regular computer work. CIO**

**Note: <888> 06/05/02 Wednesday 6:55 P.M.: I listened to some of the NASA TV broadcast [www.geocities.com/mikelscott/nasa.htm](http://www.geocities.com/mikelscott/nasa.htm) about the Shuttle launch <http://www.geocities.com/mikelscott/nasa-111.htm> . I cleaned up. I will now go out for some fresh air. CIO**

**Note: <888> 06/05/02 Wednesday 6:05 P.M.: There was intense lightning about 7 A.M. this morning, so I unplugged the computer and disconnected the cable modem. I was up at 4 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, vitamins, and supplements. I went outside, and I checked the exhaust manifold bolt area, but I would need a metric bolt from Volvo to hopefully try to install it in its particular location. From what I can tell it was not rattling there anyway. I then decided to uninstall the Bosch Platinum Spark plugs and put in the old regular ones to see if it made a difference. The Volvo still had the same muffled rattle sound inside, so I reinstalled the Bosch Platinum 4216 plugs. However, while working on the car, I noticed there was an  $\frac{3}{4}$  " diameter S shaped hose about 15 inches long that connected from a valve attached to the valve cover to the fuel injection chamber. I noticed the hose at the valve attached to the valve cover was split, so it was not a sealed hose line. It probably became split when they replaced**



the valve cover gasket a month ago at Midas. I took off another ¾" hose clamp from another hose that was tight, and I put it on the split at the valve on the S hose to tighten and seal it off. When I started the car, it seemed to be running normally and smoother. I open up the air intake valve next to the throttle assembly since the mixture seemed a bit rich. I did not test drive the car, but it seems to be idling a lot smoother. I am having a cold A&W root beer with in a frosted mug. I tried calling a relative to wish them Happy Birthday. Since it is warm outside, I am just relaxing by the air conditioner. I will clean up shortly, but I might go out a little bit later when it is less hot. CIO

**Note: <888> 06/05/02 Wednesday 3:55 A.M.: I did a little bit of routine computer work. I sat outside for a while. I will now shut down and go to bed. CIO**

**Note: <888> 06/05/02 Wednesday 2:15 A.M.: I had a cup of the low fat cottage cheese with about a quarter cup of the fresh pineapple chunks and juice. Earlier in the evening, I also put \$10 more on the laundry card. CIO**

**Note: <888> 06/05/02 Wednesday 1:40 A.M.: I went out after the last message. I drove downtown, and I drove by the waterfront. Unfortunately the Volvo still seems to have the same rattle at low speed idle, although it runs fine at higher speeds. I circled around through town, and I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Food Emporium, and I bought a 32 ounce container of Master Choice cottage cheese for \$3.49 and a 12.3 ounce jar of Temeraire Old Fashioned Dijon Mustard for \$2.91 for \$6.40 total. I then returned home. I checked the internet for any information on what might be causing the rattle in my car. According to Bosch's web site, I am using the right Platinum spark plugs. I did not find any relevant information. From my Chilton's Volvo manual, I learned to test the clutch by putting it fourth gear with the brakes on and letting out the clutch which stalled the car which indicated the clutch is all right. All I can think of is returning to square one, and trying to use the nut and bolt and lock washer to attach the manifold exhaust pipe to the body hanger which was not done last August. Still from my investigation it does not seem like the exhaust system is causing the problem. Before I got the 1976 Volvo 244 DL ten years ago, I had a problem with the 1984 Ford Escort I had. I took it to a transmission place in Stamford, and they rebuilt the transmission only to find out the problem was either a fouled spark plug or bad spark plug wire. I could try to buy a new set of spark plug wires for about \$55 AutoZone.com | Shopping Bosch Spark Plug Wires . I looked in my notes, and the last time I replaced the ignition wires was in August 1997 at about 95,000 miles for about 23,000 miles ago. Still, since I am on limited income with a less expensive car, I have not done much of the routine Volvo**

maintenance that the car might require, so possibly it is caused by some other mechanical difficulty. Thus the game plan tomorrow weather permitting to try to put in the nut and bolt and lock washer on the exhaust manifold pipe to the body frame point where it is suppose to be attached. Then I will think about the ignition wires. I also stopped by Shell Oil on West Putnam Avenue this past evening, and I checked all of my tires for 30 PSI. None of them had changed pressure in the last month since I last checked them. CIO

Note: <888> 06/04/02 Tuesday 10:20 P.M.: The Swanson's hearty Mexican fiesta meal was very good. After my coffee, I think I will go for a drive downtown. CIO

Note: <888> 06/04/02 Tuesday 9:45 P.M.: I watched some television, and I went to bed about 4 A.M. after having some Pepperidge Farm goldfish crackers and ice tea. I was up at noon. I had oatmeal, toast, orange juice, coffee, vitamins, and supplements for breakfast. I chatted with some neighbors outside. I cleaned up. I called Exxon about 2:30 P.M., and they said my car was ready and it was \$54.21. I walked downtown to Exxon. I noticed that there are now buses running both ways on West Putnam Avenue. I picked the Volvo up at Exxon. It was \$19.75 for a gear box oil change, \$19.75 for rear end oil change; the clutch clearance is O.K., \$4.88 for 1.5 quart of Dextron and \$6.75 for 1.5 quart of 80/90 gear oil for \$11.63 parts and \$39.50 labor plus \$3.08 tax for \$54.21 total. They told me I had a slight leak in one of my differential oil seals. When I started the car, I noticed it still had the rattle or rough sound. I drove over to the Hospital Thrift Shop, and I toured the store. I then drove back to Exxon, and I asked them about the rattle or rough sound, but they did not know anything. I then drove down Greenwich Avenue, and I went to Gateway automotive, and I bought a 1.5 inch hose clamp for .70. I then drove over to Grass Island, and I installed the hose clamp on the larger hose leading off the valve cover, so it has a complete vacuum. I checked the car for the rattle or rough sound, and I could not figure it. I then drove by the waterfront, and I chatted with a local until 5 P.M.. I then drove downtown, and I walked the entire length of Greenwich Avenue. I stopped by CVS, and I bought a 24 pack of Charmin quilted toilet tissue for \$4.99 plus .30 tax for \$5.29. I then completed my walk of Greenwich Avenue after putting the toilet tissue in the car. I then drove by the Greenwich Library, and I read the local paper, and I checked out a DVD video disk. I then went to Stop and Shop, and I bought a 12 pack of A&W root beer for \$3.79 plus .60 deposit on cans, a Red Barron 4 cheese pizza \$3.50, four Swanson's hungry man dinners for \$2.50 each, turkey, pork rib, hearty Mexican, and veal parmesan; Lysol disinfectant spray \$2.99, X14 Clorox toilet bowl cleaner .99, two pounds of onions \$1.29, a bulb of garlic .45, two dozen large eggs for .84 a dozen, a Hormel pork tenderloin at \$2.99 a pound for \$4.54, and two ears of sweet corn .67 both. I then returned home. I cut off the \$1 off coupon off the A&W root beer, and I put the cans in the refrigerator. I put the X14 toilet cleaner tab in the toilet. I then went out, and

I checked my car. I increased the idle, and it still made a rattle or rough sound. I finally took out the new Bosch platinum spark plugs I installed a couple of weeks ago, and I checked them. They were slightly oil fouled. I checked the gap, and they were about .035 inch gap which was the Bosch preset. I checked my mechanics manual, and the gap for my Volvo for Bosch spark plugs is suppose to be .030 inch. I believe inch not millimeter. I took out all four Bosch Platinum spark plugs and regapped them to .030 inch, and I reinstalled them. The 1976 Volvo 244 DL is running much smoother and it seems to back to its normal running condition. I took it for a short test drive, and I am pleased with the present performance. I will leave the idle up at its present setting for now. Thus a combination of increased idle and changing the spark plug gap seems to have eliminated the rough idle sound of the car. I finished this all about 9 P.M.. I will now have a Stouffer's hearty Mexican meal along with ice tea and a 50% Folgers Decafinated coffee and 50% Brazilian instant coffee. I had a cold Barq's root beer in a frosted mug earlier. CIO

Note: <888> 06/04/02 Tuesday 1:10 A.M.: I watched some television. I worked on some email. I sat outside briefly. I printed out a birthday card and custom envelop with Microsoft Home Publishing 2000, and I mailed it in the letter drop downstairs. I ran the print head clean utility on my Epson Stylus Color 880 printer 3 times. I have not used it in a while. CIO

Note: <888> 06/03/02 Monday 9:35 P.M.: I had a Tony's pepperoni pizza along with ice tea for dinner. I downloaded and installed three free games for Real Arcade. CIO

Note: <888> 06/03/02 Monday 7:00 P.M.: I was up at noon today. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, vitamins, and supplements. I cleaned up. I checked my mail. I went downtown, and I stopped by Putnam Trust Bank of New York on Mason Street. I then by First Union Bank of Connecticut on Havemeyer Place, and I paid my rent. I then went by the central Greenwich Post Office, and I obtained money orders to pay my GEICO automobile insurance, AT&T, Verizon, Cablevision, and Optimum online bills for .90 a money order plus amount of the money order. I also obtained ten .03 stamps for .30 since I have ten .34 stamps which I might not use before the postage rate goes up .03 at the end of June from .34 to .37 . I then sat out downtown for a while. I next drove over to the Greenwich Hospital Thrift shop, and I bought for \$8 a pair of Dutch Delph blue Bermuda shorts from Trimminghams in Bermuda waist 41 inches. I then went by the Greenwich Library, and I returned a DVD video disk. I then made my 4 P.M. appointment. I next went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by Greenwich Exxon next to the Greenwich Library,

and I left my 1976 Volvo 244 DL to have the transmission gear box oil changed, the rear end axle oil changed, and the clutch adjusted. I also asked them to check on the transmission rattling sound which changing and filling up the gear box oil hopefully will fix. I told them I would call them tomorrow afternoon about the car. I then walked home which was an enjoyable walk looking at all the more deluxe cars along the route. I chatted with a neighbor. I tried calling a relative whom I will try calling again shortly. Well, I guess I am in for the evening. CIO

Note: <888> 06/03/02 Monday 2:30 A.M.: I watched a bit of television. I had two sliced boneless breast of chicken sandwiches on Kaiser rolls with Hellmann's mayonnaise, horseradish, McHilney's Tabasco sauce, salt and pepper, a dill pickle, and ice tea. I prepared my bills to pay today. I gathered together other paper work for my 4 P.M. meeting today. I will now shut down and try to rest to get on an earlier schedule. CIO

Note: <888> 06/02/02 Sunday 11:15 P.M.: I had a dozen Carr's crackers with mozzarella cheese, some Lays K.C. Masterpiece barbeque potato chips, some of the pineapple mixture, and ice tea. I will now sift through my email. CIO

Note: <888> 06/02/02 Sunday 10:35 P.M.: I watched a bit of television, and I went to bed about 4 A.M. this past morning. I watched a bit of television about 7 A.M.. I had some goldfish crackers and ice tea. A relative called about 9 A.M.. I went back to bed. A friend showed up about 1:30 P.M.. We chatted. I had breakfast of oatmeal, toast, orange juice, coffee, vitamins, and supplements. My guest left about 3:30 P.M.. I went back to bed until about 6 P.M.. I watched the BBC news. I had a Marie Callender beef tips dinner with ice tea and a Brazilian instant coffee. I then cleaned up, and I went for a walk of the entire length of Greenwich Avenue from 8 P.M. to 9 P.M.. I then returned home. I chatted with a friend with Net2Phone. I will now do some regular computer work. I will try to go to bed earlier this morning, so I can get up tomorrow early enough to pay bills. I have a 4 P.M. appointment tomorrow afternoon. CIO

Note: <888> 06/02/02 Sunday 1:45 A.M.: I watched a bit of television, a most enjoyable show. Yesterday, I also received the \$30 mailin rebate from Monsoon for the computer speakers I bought about two months ago. I will now shut down, and I will relax before going to bed. CIO

**Note: <888> 06/02/02 Sunday 12:20 A.M.:** I had a call from a relative yesterday morning. A friend stopped by at about 1:30 P.M.. I chatted with a relative. I had breakfast of three medium boiled eggs, toast, orange juice, coffee, vitamins and supplements. I cleaned up, and we went out. I drove downtown and drove by the waterfront. I saw all the old cars around Baldwin Park. I drove over to Oil Star in Riverside, but they do not service gear box oil. I then drove over to Staples in Old Greenwich, but they did not have anything on sale. I then drove back to Greenwich Avenue, and I went to CVS, and I bought a 12 pack of Diet Coke and a 12 pack of Sprite for \$2.25 each 12 pack plus \$1.20 can deposit, and a roll of Johnson and Johnson one inch by five yard waterproof First Aid tape for \$2.99 plus .45 tax for \$9.14 total. I will use the Johnson and Johnson First Aid waterproof tape to keep the nicotine patches from falling off my body particularly when I am asleep. We then drove back down by the waterfront. We sat out for a while, and we walked around a bit. Next we went by Exxon, and I bought \$10.50 of premium gasoline at \$1.779 a gallon. My guest went by the Stop and Shop and bought four ears of corn on the cob, a bag of small carrots, and broccoli florets for about \$3. We then returned back to my apartment. I had a cold Barq's root beer in a frosted mug. We watched a bit of television. For dinner, we had the same herbal garlic boneless chicken breasts as last night along with steamed corn on the cob, broccoli florets, small carrots, and ice tea. I also had a cappuccino. From 8 P.M. to 10 P.M. on Channel 13 PBS we watched Queen Elizabeth II's BBC broadcast of her 50 anniversary jubilee prom musical garden party which was very enjoyable. Afterwards my guest left. I then went for a walk of the entire length of Greenwich Avenue. I noticed they now have the cupola back on top of the senior and arts center with a flag pole and United States of America flag lit up flying. I then returned home. I chatted briefly with a friend. CIO

**Note: <888> 06/01/02 Saturday 3:50 A.M.:** After dinner, I watched a bit of television. I will now head off to bed. CIO

**Note: <888> 06/01/02 Saturday 2:40 A.M.:** I watched a bit of television. I had some Pepperidge Farm goldfish crackers with some ice tea. I just opened the package of boneless breasts of chicken I bought last night. I split each of the two pairs of breast and rinsed them and dried them. I put one pair in the refrigerator for another time. I then took a Pyrex pie dish, and I added a few tablespoons of olive oil to the Pyrex dish, and I rubbed the two halves of boneless breast of chicken in the oil. I then on the under side, I put garlic powder, ground black pepper, celery salt, poultry and meat seasoning, Old Bay seasoning, Italian spices, Basil, and Oregano. I then flipped the two pieces, and I added about  $\frac{3}{4}$  of a cup of Rene Junot white wine to the dish with the chicken breast. I then added the same spices on the top side of the chicken. I also added four peeled and chopped cloves of garlic to both pieces or two chopped cloves for each piece of chicken. I am now cooking them in the convection oven at

**350 degrees Fahrenheit for 35 minutes. I will have one of the pieces with steamed sliced fresh asparagus and ice tea. I will save the other piece for another meal. CIO**

**Note: <888> 07/31/02 Wednesday 6:00 P.M.: I have reinstalled the default Red Hat Linux 7.3 installation and it all seems to work fine now. The printer function seems to be working too. I will have to upgrade the updates later when the server is not busy. I will have some more jell-o now and ice tea. Earlier I had some Carr's crackers with Vermont extra sharp cheddar cheese. I will now shut down, and I will probably go to bed in a little while. I have the EPO 58 X Cdrom player \$20 rebate ready to mail in. CIO**

**Note: <888> 07/31/02 Wednesday 4:05 P.M.: I am having a bit of trouble getting the Red Hat Linux 7.3 to do a default installation. I made a few minor adjustments in the CMOS, so I will once again see if it runs through installation to completion. CIO**

**Note: <888> 07/31/02 Wednesday 12:30 P.M.: After the last message, I went out, and I stopped by the Arnold Bread store outlet, and I bought two loaves of Healthnut bread for \$1.78 both. I then went by the Greenwich Library, and I returned a DVD video disk. I next went by Putnam Trust Bank of New York on Mason Street. I then drove up to the Wiz in Norwalk, and I paid my Cablevision and Optimum online bills. I then went to CompUSA, and I bought an EPO 58 X CDrom player for my primary computer for \$39.99 plus \$2.40 tax for \$42.39. It had a \$5 instant rebate, and it also has a \$20 mailin rebate, so eventually the total cost will be \$22.39. I then returned home. I took out the Acer 50 X CDrom player from the primary computer, and I put it in the backup computer. I put the new EPO 58 X Cdrom player in the primary computer. They both work fine. On the new 58 X Cdrom player, one can push the play button for 3 seconds to slow it down incrementally for slower CDs. I am reinstalling Red Hat Linux on the backup computer. I will now fill out the \$20 rebate form on the EPO 58 X cdrom player. I will then have two hot dogs with buns and mustard and ketchup and potato chips and a dill pickle slice with ice tea and then I will have an iced coffee outside. I guess I will go out after that for some more activity once I have Linux installed again on the backup computer. CIO**

**Note: <888> 07/31/02 Wednesday 8:00 A.M.: I fiddled with Linux system, and I was not able to get the menu bar to work in the "root" login, but it still works fine in the**

**“scott” logon. I will have some of the Jell-o I made last night. Then I will clean up and go out for some day time activity. CIO**

**Note: <888> 07/31/02 Wednesday 4:35 A.M.: I was sitting outside on the bench before going to bed after the last message, and the skunk walked right underneath the bench that I was sitting on. It then walked in front of my neighbor sitting at the other end of the building. Alas, it did not spray either of us. I guess the best thing to do in that situation is to remain calm, and not to startle the skunk. I was up at 3:30 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins and supplements. I had coffee outside. When I make oatmeal, I put a half cup of Quaker old fashioned oatmeal in a microwave proof bowl, and I add a cup of water. I then microwave it on high with the bowl covered with a microwave cover for one minute and forty seconds. One covers it and does not microwave it too much or it will splatter over the microwave interior. I will now do some regular computer work. CIO**

**Note: <888> 07/30/02 Tuesday 9:50 P.M.: I will now shut down and rest. CIO**

**Note: <888> 07/30/02 Tuesday 9:30 P.M.: I fiddled with Red Hat Linux 7.3, and in the “root” logon, I lost my desktop menu bar for some odd reason. I still have it in the “scott” logon. CIO**

**Note: <888> 07/30/02 Tuesday 6:15 P.M.: I watched some television about ghosts in Hawaii. I remember once reading that Captain Cook was eaten by cannibals, so I guess his ghost still haunts the Sandwich Islands. I am making up a batch one carton of Cherry Jell-O and one carton of Blueberry Jell-O together. I add to the Jell-O mixture of two cartons two cups of boiling water into the Pyrex bowl, and after stirring two minutes, for the cold liquid I am adding a cup of orange juice and a cup of Rene Junot white wine with dashes of Angostura bitters. One has to chill it four hours. Alas, I do not have any fruit to add to it. CIO**

**Note: <888> 07/30/02 Tuesday 4:00 P.M.: I had two hotdogs with buns and mustard and ketchup and potato chips and a dill pickle slice and ice tea. I then had an iced coffee outside. I am making up two quarts of coffee to refrigerate to use for iced coffee. CIO**

**Note: <888> 07/30/02 Tuesday 2:05 P.M.: I had a few scoops of Edy's Snickers ice cream. I went to bed, and I just got up now. CIO**

**Note: <888> 07/30/02 Tuesday 8:10 A.M.: I disabled the "LPD" print system on the Linux system. I studied the CUPS print system, but I did not figure out how to use it. I will try to rest a bit now. CIO**

**Note: <888> 07/30/02 Tuesday 6:30 A.M.: I fiddled with the backup computer Red Hat Linux. I get a start and shutdown error for "LPD" which I assume interferes with the print operation. It does recognize the Compaq IJ200 printer, but the same as the Epson it does not print. I will research it some on the primary computer. CIO**

**Note: <888> 07/30/02 Tuesday 4:10 A.M.: The backup computer works fine on Windows ME now. I guess it was a temporary problem. I reinstalled the Epson Stylus Color 880 driver on it. The printer works fine on it when it is connected. I am not sure what the problem is with the Linux printer operation, but I get an "LPD" error when shutting down. I will now have some reheated spaghetti and tomato meat sauce with ice tea. I will then have an iced coffee outside. I went outside briefly by the side door, and there is a new brighter light there, so hopefully one can spot the skunk. When I lived down on Steamboat Road for five years before moving here 15 years ago, there was a skunk that lived in the yard and I saw plenty more when walking around the Steamboat Road area. CIO**

**Note: <888> 07/30/02 Tuesday 3:35 A.M.: I worked on the backup computer in Linux. I could not get the printer to work on it, although it recognized the printer from the printer configuration utility. Also the free office suite will not start up with the printer turned on. I decided to test the Epson printer on the backup computer with Windows ME, but I can not get it online at moment, although the primary computer works fine online. I need to install the Epson Stylus 880 color drive for the backup computer Windows ME partition. Well, I will get to it shortly, now that I know the cable modem service is working. CIO**



**Note: <888> 07/30/02 Tuesday 12:10 A.M.: I chatted with a relative with my Net2Phone YAP card. I just now installed my last YAP card with \$10 credit on it.**

**Note: <888> 07/29/02 Monday 11:25 P.M.: I went to bed at 2 P.M. after having some potato chips. I was up at 10 P.M.. I went outside, and I saw a hound dog being warned away by the skunk clicking sound. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I went outside to have my coffee. As I was exiting the side door, Pepe Le Peu was moving around in the side yard, but it just hurried off into the woods. Three boys jogged by shortly thereafter. Well, I guess Pepe is learning its territory. Let us hope we do not have any close encounters of the other kind. I will now do some regular computer work. CIO**

**Note: <888> 07/29/02 Monday 12:35 P.M.: I watched a bit of television. I checked the mail. My General Electric Service contract on the General Electric Profile 15,500 BTU air conditioner with remote control arrived, and it is good through September 11, 2003. I will now shut down the computer and go to bed after having some Carr's crackers with slices of Vermont extra sharp cheddar cheese. Stay cool. CIO**

**Note: <888> 07/29/02 Monday 10:25 A.M.: I went out after the last message. I drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove by the waterfront. I was told by an Indian Harbor Yacht Club employee that they use channel 68 on the ship to shore radio. Since I have a ship to shore radio in my 1976 Volvo 244 DL with a two foot emergency antenna, I took it off channel 1 for NOAA weather radio, and I put it on channel 68, so I can hear some harbor chatter. I then went back downtown. I sat out a bit. I then went by the Greenwich Hospital Thrift shop. I walked from there to Putnam Trust Bank of New York on Mason Street. I then returned to the Greenwich Hospital Thrift shop, and I bought a Today's Computer Power Control Center with five plug switches for \$5. I then went by the Greenwich Library, and I read the local paper. I returned home, and I had a Bombay Virgin Mary outside. I then install the power control center on top of the similar power control center underneath the backup computer monitor. I plugged into it the old Terayon cable modem that does not work with Optimum Online. I now have several extra plugs for the backup computer. The Greenwich Hospital Thrift shop is closing early today at 3 P.M. because of the heat. CIO**

**Note: <888> 07/29/02 Monday 5:40 A.M.:** Since it is going to be very hot out today, I am going out to enjoy some of the cooler morning air. I noticed at CompUSA's web site that they have a 58X CD drive for \$20 after a \$20 mailin rebate. I might get it later this week. However, I tried a music CD on my 24X drive on the backup computer, and it worked.

**Note: <888> 07/29/02 Monday 5:35 A.M.:** On the Linux system, I installed the printer drivers that came with OpenOffice, which may or may not work. I could not find a Linux drive at the Epson site for my Epson Stylus Color 880 printer. I decided not to install JAVA. The sound works fine on the Linux system. At the real site, I can not find a Real Player version in Linux. Also Microsoft does not seem to have any Linux programs. I shut down the backup computer. I keep the Linux boot disk on the speaker to the right of the monitor. I made two other copies. I will now do some regular computer work on the primary computer. CIO

**Note: <888> 07/29/02 Monday 4:40 A.M.:** I had some defrosted tomato meat sauce on reheated spaghetti with ice tea. I refilled my ice trays. I put the ice from the trays in a large Rubbermaid container in the freezer. One's ice trays in the freezer tend to evaporate over time, and one has to remember to refill them, in case on a day like today one needs them. I will now go outside and have some iced coffee. CIO

**Note: <888> 07/29/02 Monday 4:10 A.M.:** I downloaded and installed [www.openoffice.org](http://www.openoffice.org) for Linux on the backup computer Linux partition. I followed the instructions at [http://www.openoffice.org/dev\\_docs/instructions.html](http://www.openoffice.org/dev_docs/instructions.html) for installing. However, it could not find the Linux Java files. I might have to install the JAVA from Sun and then reinstall OpenOffice, so it is java enabled. I created a new Paw menu on the desktop bar menu with the links to OpenOffice and the other programs on the system. CIO

**Note: <888> 07/29/02 Monday 12:55 A.M.:** I went out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Shell station, and I checked the air in my tires to 30 PSI. They are all fine, and they do not appear to have any leaks. I then returned home. I will now do a little bit of regular computer work. I guess I will also download Microsoft Internet Explorer Linux edition to the backup computer D: drive Red Hat Linux 7.3 partition. Today is suppose to be up to the mid 90s, so enjoy the cooler evening air. CIO

**Note: <888> 07/28/02 Sunday 11:00 P.M.:** On the backup computer, when one boots one gets the boot manager, that for Red Hat Linux 7.3 it prompts one to insert the Red Hat Linux 7.3 boot disk to boot. I have the CMOS set up this way. Then when Red Hat Linux 7.3 boots from the disk, one is prompted for a logon which is for the administrator “root” or for my own personal logon “scott”. Then one enters the password, and when one receives a prompt, one enters “startx” and the Red Hat Linux 7.3 Gnome desktop interface starts. Of course one gets this logon when one has it connected to the cable modem, but it is a different interface when not connected to the cable modem. Now it is off to the shower. CIO

**Note: <888> 07/28/02 Sunday 10:50 P.M.:** I sewed the button on my walking shorts. My sewing kit is missing the needle threader, so it was a bit difficult threading the needle. I have some flannel shirts that need buttons sewn on, but alas I do not have the buttons. I noticed when I was outside briefly that there is a bit of heat lightning. I will now clean up and go out for some cooler night air. CIO

**Note: <888> 07/28/02 Sunday 10:00 P.M.:** I was up at 8 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. When I downloaded Red Hat Linux 7.3 on Friday all the sites were busy, but I tried Swedish download since Linux originally came from Sweden, and sure enough the Swedish site worked fast enough. The link to the Red Hat Linux 7.3 mirrors is <http://www.redhat.com/download/mirror.html> and download and installation information is at [www.redhat.com/download/](http://www.redhat.com/download/). I suppose one could try to install another boot manager to try to manage three partitions separately, but for my test purposes the floppy boot for Linux is just fine. Since I did not experiment with the Red Hat Linux boot manager, I am not familiar with its capability and alternative settings. While installing this morning, I watched Cspan book review, and they mentioned this internet site for blind people <http://bookshare.org> that has scanned books to use with text readers. I just chatted with a friend. I have to sew a button on a pair of walking shorts. I probably will shower and clean up shortly and go out in a while. I will be putting on my last nicotine patch this evening. I am down to 5 to 10 cigarettes a day instead of quitting, but it is a significant reduction from two packs a day. I also have not smoked inside in two months. I am cool and comfortable in the apartment. Tomorrow is supposed to be hot. CIO

**Note: <888> 07/28/02 Sunday 12:40 P.M.:** With the CD drive from my primary computer in the backup computer, I was able to do a basic install of Red Hat 7.3 on the D: drive. I put the CD drive back in the primary computer, and I put the old

**24X drive that is spotty in the backup computer. I updated the upgrades on the Red Hat Linux 7.3 drive. I will now make a copy of the Linux boot floppy that one has to use to boot the backup computer to Red Hat Linux 7.3. I then will have some more spaghetti with tomato meat sauce. I will shut down and go to bed. I watched television while doing the basic install. I also went outside a couple of times. I did the basic install since I will have room for other Linux programs that I might test. Thus I have about 4 gigabytes left on the D: drive. CIO**

**Note: <888> 07/28/02 Sunday 7:00 A.M.: I will temporarily take out the CD drive out of my primary computer and install it in the backup computer to install Red Hat Linux 7.3 on the D: drive of the backup computer. CIO**

**Note: <888> 07/28/02 Sunday 6:10 A.M.: The Red Hat Linux 7.3 full install froze. It appears the CD Player is defective and it will not work at all now. I removed the partition from the D: drive and I am about to reformat it. I am just finishing up sifting through my email. CIO**

**Note: <888> 07/28/02 Sunday 5:15 A.M.: The Red Hat full installation is 35 minutes under way and one hour and fifteen minutes to go. It seems to be running fine. I went out and had an iced coffee outside with a smoke after my spaghetti and tomato meat sauce meal. The skunk seems to have gone away. I will do a little bit of regular computer work while the install runs. CIO**

**Note: <888> 07/28/02 Sunday 4:30 A.M.: I rebooted and this time when I booted with Windows Me boot up disk, I did not enable the CDrom support, but when I run "autoboot.bat" from the E: drive it enables Linux CDrom support. I am trying a full install again with "Microsoft Intellimouse serial" 2 button selected as one of the options. If it completes, it will take about 90 minutes. I am using the EXT3 instead of EXT2 file system too. CIO**

**Note: <888> 07/28/02 Sunday 4:10 A.M.: The full Red Hat Linux 7.3 installation just froze, so I guess I will start installing the Default installation again before I have my meal. CIO**

**Note: <888> 07/28/02 Sunday 4:05 A.M.: I went outside for a smoke. I could smell the skunk as I came down the side door stairway. I carefully exited the door, and I did not see the skunk. I walked around the parking area having a smoke. I still sneak a few cigarettes outside. On returning to the side door, I almost ran into the skunk which was lurking behind some plantings along the walkway. I reentered the building through the front door. I guess when Skunky is around one can smell it besides the loud clicking noise it give out when scared. I will now have some spaghetti with reheated tomato meat sauce and ice tea and an iced coffee. I have an hour and ten minutes to complete the Red Hat Linux 7.3 software. I should have about 1.5 gigabytes free after installation which should be enough to put the Microsoft Internet Explorer for Linux and Real Player for Linux and a Windows Media player for Linux if there is one. CIO**

**Note: <888> 07/28/02 Sunday 3:45 A.M.: I was able to successfully install the default Red Hat Linux 7.3 program to my D: drive. I had copied the install disks to the E: drive, but the Red Hat installation programs looks to a hard drive for \*.iso files, and it possibly did not recognize my E: drive file system anyway from the installation boot. I booted the Red Hat 7.3 installation program by booting Windows ME emergency disk, and then from the first Red Hat CD copy on the E: drive, I ran "autoboot.bat" which started the installation program. Anyway by this method, I had no problem with the CD Player installing the files. However, since Red Hat Linux 7.3 uses a different file system on the D: drive, one can not boot from the backup computer XP boot manager, since it can not read that file system. When I rebooted with the Linux bootup disk, I had to enter "Logon" as "root" and then my password. I then had to enter the command "startx" to get the x interface going. I looked at the installation, and I was very pleased with what I saw. I decided to however, reinstall it with the first choice file system beginning with a 2 instead of the second choice file system beginning with a 3. I initially thought I would be able to install it on a VFAT32 system, but although that is an option, one needs to mount Linux on a Linux file system. I did not select the Linux multiboot option since it did not recognize my E: drive, but only the C: and D: drives. I am also doing a complete reinstall of all the contents on the three cdroms instead of just the default. It all seems to be going fine. The default settings logged onto my internet connection through the cable modem just fine for web browsing. I will then use Red Hat update to update the files I have installed. This all takes a bit of time. I will set up my XP boot manager to prompt for a Red Hat Linux boot disk, when one tries to boot it from the boot manager, of course I will have to change the Cmos setup to floppy boot sequence then IDO0 hard drive with floppy seek activated. Possibly by changing the CMOS to IDO2 boot for the D: drive, one might be able to boot Linux that way bypassing the C: drive. CIO**

**Note: <888> 07/27/02 Saturday 10:40 P.M.: I was up at 9 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had coffee outside. I watched a bit of television. I could hear the skunk off in the distance making a loud clicking noise. I have 2.5 gigabytes of space left on my backup computer on the E: drive. Thus I have room to put Red Hat Linux 7.3 there and can install it from the E: drive to the D: drive. I will look at the Red Hat page for the procedure. It is suppose to be hot tomorrow, so maybe later on when it is quieter, I might go for a walk. I now know how to set up the "boot.ini" on the backup computer, so I can boot Red Hat Linux 7.3 from the D: drive. CIO**

**Note: <888> 07/27/02 Saturday 12:05 P.M.: I guess I will shut down the computer now and head off to bed. CIO**

**Note: <888> 07/27/02 Saturday 12:00 P.M.: I chatted with a relative. I had a meal of two hotdogs with bun and mustard and ketchup and potato chips and ice tea. CIO**

**Note: <888> 07/27/02 Saturday 10:15 A.M.: Alas, one can use the "convert" tool for changing FAT and FAT32 to NTFS, but not the other way round. I am not sure if I changed the D: drive to FAT32, it once after installing Windows ME to the D: drive, if it would recognize the NTFS files on the C: drive, probably not or visa versa. Thus, I will not be doing it. CIO**

**Note: <888> 07/27/02 Saturday 9:30 A.M.: I went for a walk on the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I stopped by the Greenwich Hospital Thrift shop. I returned home. I vacuumed the apartments, and I polished the mirrors and picture glass. I am running the Norton Utilities on the backup computer. I got to thinking that since I have a 15 gigabyte C: drive on the primary computer with 12 g. used and a 20 gigabyte D: drive with the 12 g. backup from the C: drive. I have about 8 g. free on the D: drive. If I can alter the "boot.ini" on the C: drive after backing it up with the correct settings, I could install Windows ME on the D: drive if the "boot.ini" can be set up for that configuration. I would first have to also changed the C: and D: drive from NTFS file system to FAT 32 which one can do with an XP utility. I then would have to delete the C: drive backup on the D: drive and move the other files temporarily to the C: drive. I then would probably reformat the D: drive. I next would have to boot with the Windows ME emergency disk, and see if the Windows ME Cdrom could install Windows ME on the empty D: drive. If all of this worked, I would have a much faster system option for Windows ME from the boot menu. I would put on about 5**

to 8 g. of files on the D: drive, and then I would backup the C: drive to the D: drive again. I guess I will start working on this now. CIO

End of Scott's Notes week 07/27/02:

Note: <888> 07/27/02 Saturday 7:00 A.M.: I finished reinstalling Windows ME on the backup computer. The boot manger recognized and boots Windows ME. The lines of code in my C:\boot.ini file are:

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[Boot Loader]

timeout=30

Default=C:\

[Operating Systems]

multi(0)disk(0)rdisk(2)partition(1)\WINDOWS="Microsoft Windows XP Professional" /fastdetect

C:\="Microsoft Windows Millennium Edition"

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Thus although, it took the better part of the night and morning to get the backup computer boot manager fixed, as usual the solution is really simple. The rdisk setting of (2) for Windows XP is for my E: drive which is the third drive. C: would be 0 and D: would be 1. I am running the updates on my backup computer. I will now send out my weekly email a day late. I will then go out for some fresh air.

Note: <888> 07/27/02 Saturday 5:05 A.M.: On the backup computer, I reinstalled Windows XP Professional to the E: drive. However, the boot manager still does not recognize Windows ME on the C: drive. While doing this, I did my house cleaning and watering the plants. I still have to vacuum. I am now reinstalling Windows ME to the C: to see if that fixes the problem. Conceivably, I could try copying the Red Hat 7.3 disks to a hard drive, and then installing from the hard drive, if I have

enough disk space. I would need about 2 gigabytes of hard drive space on the C: or E: drives, which I am not sure I have. I had some reheated spaghetti with tomato meat sauce and ice tea. I just had some ice coffee outside. There is no sign of the skunk. I will now clean up and take a shower. CIO

Note: <888> 07/27/02 Saturday 1:20 A.M.: I was up at 8 P.M.. I received a call from a friend about 5:30 P.M.. I installed the 45X cdrom player in the backup computer. I tried reinstalling Red Hat 7.3 onto the backup computer, but I think both the 28X and the 45X cdroms I have for it are temperamental. I left the 45X cdrom in the backup computer. I tried working on the backup computer boot manager, and at first I just had Windows ME booting, and then I got Windows XP working, but Windows ME would not boot. I had breakfast of oatmeal, toast, orange juice, vitamins and supplements. I had coffee outside. I chatted with a friend about 8:30 P.M.. On working on the computer, I found out from the Microsoft Knowledge base that "boot.ini" is a hidden file on the C: drive. I used the attrib command to change the attributes, and then I started editing it. I studied this page [http://support.microsoft.com/default.aspx?scid=kb;\[LN\];Q314081](http://support.microsoft.com/default.aspx?scid=kb;[LN];Q314081) , and I have the Boot Menu coming up, but only XP boots. I have to fiddle with the settings to hopefully get Windows ME to also boot. This all takes a bit of time. I re Fdisked my D: drive and formatted it removing Red Hat 7.3 from the system. CIO

Note: <888> 07/26/02 Friday 11:20 A.M.: I tried installing Red Hat Linux 7.3 on the backup computer D: drive again doing a minimal install, but it crashed about 2/3 of the way through copying the files. I thought it might be bootable, so I tired changing the XP boot manager file "boot.ini" to try to boot the Linux D: drive. Unfortunately I messed up the boot manager, so only Windows ME boots. I tried to fix it, but I am too tired right now to continue. I will go to bed shortly. CIO

Note: <888> 07/26/02 Friday 6:20 A.M.: I had trouble installing Red Hat Linux 7.3 on the D: drive of the backup computer. Besides other minor problems, it give me a message the first disk might be corrupt. I will try to download it again later from another site. I will have some goldfish crackers and ice tea and then go to bed after shutting down. CIO

Note: <888> 07/26/02 Friday 12:55 A.M.: After dinner this evening, I chatted with a relative. I downloaded the three \*.iso files and the documentation \*.iso file for Red Hat Linux 7.3 from the Swedish web site which worked. This took a bit of time. I just finished burning and check summing the \*.iso files to CD/R disks. The first disk



is bootable. While doing this, I went outside, and once, while sitting on the bench by the baseball field, I heard a chittering sound which I thought was a big cricket. About 15 minutes ago when I went outside again, I heard the same chittering sound, and about 25 feet away I saw the skunk staring at me. It did not spray, and I am fine. I guess I should use the front door at night in the future. I never realized a skunk made a chittering sound like a big cricket to forewarn people away. Since people exit the side door rather fast, if the skunk happens to be walking by, they obviously are in for trouble. Well, I still have some tomato juice left over. I will now boot my backup computer with Windows XP, and try to use Norton Speed Disk to move the system backup files to the back of the D: drive. If I can't do that, I supposedly would have to remove and reinstall the D: partition with Fdisk to install the Red Hat Linux 7.3 on the D: drive. I guess, I really do not need the backup system files on the D: drive. Then possibly, I might be able to get the Windows XP boot manager to recognize the D: Linux partition, by starting a new XP installation or searching the XP Help site to see if there is way to show all three partitions. First I will first make some labels for the Red Hat Linux 7.3 disk cases. Don't forget about the skunk. CIO

Note: <888> 07/25/02 Thursday 6:35 P.M.: I had spaghetti with tomato meat sauce with parmesan cheese on it for dinner along with ice tea. CIO

Note: <888> 07/25/02 Thursday 5:25 P.M.: I went out, and I stopped by the Greenwich Hospital Thrift Shop. For fifty cents, I bought a book "Margaret Thatcher, the Downing Street Years". I then made my 3 P.M. appointment. I next went downtown, and I sat out for about a half hour. I then drove by the waterfront, and I viewed Long Island Sound. I then stopped by the Greenwich Library, and I read the local paper. I next returned home. CIO

Note: <888> 07/25/02 Thursday 1:35 P.M.: The last couple of weeks, I occasionally have seen a large black eagle or a condor flying overhead. If one were in Russia it might be a Vulcan. However, it basically is a big black bird several times the size of a crow. I will now clean up and head out. CIO

Note: <888> 07/25/02 Thursday 1:05 P.M.: I went outside, and I chatted with a neighbor. I finished making up the batch of ice tea. Along with my usual mixture, I used one each of the herbal teas which I opened up. I went outside, and I checked the car. Recently, the car has been making a noise which I discovered was caused by the engine fan slightly scraping the radiator engine fan's shielding. I pushed on the

shielding to slightly move it, so it does not scrape. Right now the car is running smoothly. Of course the car is 26 years old, so it is not a new car, and it has its own its own personality. I will now have two hotdogs with buns and ketchup and mustard and potato chips and an iced coffee outside. I will then clean up. I have a 3 P.M. appointment. CIO

Note: <888> 07/25/02 Thursday 10:35 A.M.: A friend called up and chatted last night before I went to bed. I was up at 9 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had coffee outside. I will now make up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 07/24/02 Wednesday 8:40 P.M.: I relaxed a bit, and I went outside and chatted with neighbors a couple of times. I will now shut down and go to bed. I had some ice tea. CIO

Note: <888> 07/24/02 Wednesday 4:00 P.M.: I relaxed around the apartment this afternoon watching television. I chatted with some neighbors. I took a little bleach in a bowl, and I cleaned the old Technics tape player, so it looks a little bit better. Well as far as I can tell, we need a bit more rain in this area, since the grass is beginning to turn brown. In the old days, there were some people whom had a constant cloud over their heads, and whenever they showed up, there were monsoon showers. I noticed a story <http://www.noaanews.noaa.gov/stories/s938.htm> about El Nino recently that has El Nino links. CIO

Note: <888> 07/24/02 Wednesday 1:15 P.M.: I will now have an iced coffee outside. CIO

Note: <888> 07/24/02 Wednesday 12:45 P.M.: I went out, and I went downtown. I walked lower Greenwich Avenue and the train station area. I sat out for a while. I then drove by the waterfront. I then returned a DVD video disk and a book at the drops at the Greenwich Library. I then went by the Greenwich Hospital Thrift shop, and I bought a Crown 2 tape cassette player with high speed dubbing for half price for \$2.50. It is made in Taiwan. I then went back down by the waterfront, and I chatted with a local sportsman. I then went by the Greenwich Library, and I read the local paper. I then went by Smoke for Less in Byram, and I bought eight packs

of Omni Lights 100s cigarettes for \$20 and an automobile apple scent Christmas tree for \$1. I put the scent tree on the dash board. I then returned home. I installed the Crown tape player in my stereo rack, and I removed the old single deck Technics player and put it underneath the blue sofa near the day bed. The Crown tape player works fine, and I now can dub tapes at high speed. My neighbor had borrowed the Regina rug cleaner again, and it has been returned and put underneath the day bed. I had a Bombay Virgin Mary. I will now have two hotdogs with mustard and ketchup and buns along with potato chips and ice tea. CIO

Note: <888> 07/24/02 Wednesday 6:45 A.M.: I had my cappuccino outside after eating the omelet. I cooked the omelet in my omelet pan which is an eight inch pan I keep seasoned that I have hanging above the microwave oven. For making an omelet, I break three large eggs and I add a couple of tablespoons of milk and whisk lightly. I heat the omelet pan on the large electric burner on medium heat with a few tablespoons of olive oil and a few pads of margarine. Once hot, I put in the eggs, and I heat one side until thick enough to flip without breaking. I then flip and cook the other side. Once puffed up a bit, I add the internal ingredients such as cottage cheese on one side, and I fold it, and slide it onto a plate. I then wipe the omelet pan with a paper towel, so it stays seasoned. I had some potato chips and ice tea when I first woke up. If one needs to order parts for working on watches, I found this web site <http://www.zantechinc.com/> . I will now clean up and go out for some fresh air. CIO

Note: <888> 07/24/02 Wednesday 5:45 A.M.: I have a Pulsar EXP 018 watch that a relative gave me several years ago as a Christmas gift. I never wore it waiting for my other watch Gruen Rolex style watch which I bought at Caldors for \$40 fifteen years ago to give out which it never did. However, the battery in the Pulsar EXP 018 watch has run down. I could either have it replaced or buy this tool [http://www.easycarts.net/ecarts/ShoppingCart/LED\\_Pulsar\\_Accessories.html#20LED610](http://www.easycarts.net/ecarts/ShoppingCart/LED_Pulsar_Accessories.html#20LED610) for removing the back of the watch. I guess once I get the battery replaced, I will wear it too. I will now have a cottage cheese omelet with toast and ice tea and a cappuccino. I am listening to classical music on channel 21 PBS. CIO

Note: <888> 07/24/02 Wednesday 3:15 A.M.: Alas it costs \$99 to play internet bridge. I have not played bridge since prep school, so I do not really remember how to play it anymore. I just put in a new CVS Clorox toilet tablet in the toilet tank water holder. It says, they are suppose to last four months, but I am usually lucky if they last me two months. <http://www.tropicsweather.com/chat/chat.html> weather chat room no body is using at the moment. Their web site is

**<http://www.tropicsweather.com/> and of course my small web page of weather links is [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . CIO**

**Note: <888> 07/24/02 Wednesday 2:20 A.M.: I rested until 2 A.M.. I went outside briefly, and the smaller skunk was roaming around. I will now do some regular computer work. I saw on a television program that Warren Buffet likes playing Internet Bridge, maybe I should try to play Internet Bridge to network with the more profitable part of the internet. CIO**

**Note: <888> 07/23/02 Tuesday 11:40 P.M.: My guest and I had spaghetti sauce and spaghetti for dinner with ice tea. We chatted a while, and we watched the ABC evening news and the BBC evening news on television. My guest left at 8 P.M.. I rested until 11 P.M.. I just had orange juice with vitamins and supplements. I just finished an iced coffee outside. I saw three raccoons pass by in the parking lot. CIO**

**Note: <888> 07/23/02 Tuesday 5:20 P.M.: I went back to bed until 3 P.M.. A friend called and then came down to visit. I made up a batch of spaghetti sauce. I browned two pounds of 75% lean ground beef in a large Griswold frying pan. I put in a few tablespoons of olive oil in a 3 quart Revere pot. I added the drained browned ground beef. I then added two diced large onions, eight peeled and diced gloves of garlic. I added three 28 ounce cans of Tuttorosso crushed tomatoes, two diced green squash, one diced yellow squash, two diced green peppers, one third of a cup of Rene Junot white wine, and I mixed it all together. I then added dashes of garlic powder, ground black pepper, celery salt, chicken and meat seasoning, Old Bay seasoning, Italian spices, oregano, basil, three bay leaves, Chinese five spice, India hot curry, Hungarian paprika, a teaspoon of sesame oil, and one beef bouillon cube. I mixed this all together. I am simmering the pot of ingredients for an hour. CIO**

**Note: <888> 07/23/02 Tuesday 7:20 A.M.: I finished the laundry. I sifted through my email. I updated the Advertisements page with more links [www.geocities.com/mikelscott/adv.htm](http://www.geocities.com/mikelscott/adv.htm) . I went outside briefly, and I chatted with a neighbor. There were two small baby fawns out on the ridge behind the parking lot. CIO**

**Note: <888> 07/23/02 Tuesday 3:55 A.M.: I went to bed after the last message. I had two telephone calls from a relative and a friend. I had breakfast of oatmeal, toast,**

orange juice, vitamins, and supplements. I had coffee outside. I am now doing my laundry. I just put clean sheets on the bed. CIO

Note: <888> 07/22/02 Monday 8:05 P.M.: I had a dish of cottage cheese for dinner along with ice tea. I chatted with a couple of relatives and a friend. I watched some television. I will shut down the computer and head off to bed. CIO

Note: <888> 07/22/02 Monday 6:40 P.M.: I relaxed a bit this afternoon. I went out at 4 P.M. for my 4:15 P.M. appointment. I then sat out a bit downtown. I then drove by the waterfront. I next went by the Greenwich Library, and I read the local paper. I then returned home. I just now sat outside, and I had a Bombay Virgin Mary. To repeat for this week, a Bombay Virgin Mary is simply a few dashes of India hot curry, with Italian spices, and Lea and Perrins Worcestershire sauce in a glass of chilled tomato juice. CIO

Note: <888> 07/22/02 Monday 1:15 P.M.: Before resting this morning, I had a dozen Carr's crackers with slices of Vermont extra sharp cheddar cheese with ice tea. I rested from 4 A.M. to 8 A.M. this morning. I then went out. I stopped by Marx Brothers Office Supply on Greenwich Avenue, and they told me the 399 battery was probably the same at the 395 battery. I went down to CVS, and I looked at the Duracell battery chart, and it said the Duracell 399 was the same at the Energizer 395. I bought the Energizer 395 for \$2.99 plus .18 tax for \$3.17. I then drove down by the waterfront. I chatted with a local. I chatted with a fisherman who is a mechanic about my car. He recommended using some Marvel Mystery Oil. I went to Gateway Auto Supply, and I bought a quart of Marvel Mystery Oil for \$4.99. I put half of it or a pint in the crankcase with the oil. I then drove over to Putnam Trust Bank of New York on Mason Street. I next went to the Greenwich Hospital Thrift Shop. I then went by Exxon, and I bought \$15.30 of premium gasoline at \$1.839 a gallon. I am getting 14 miles to the gallon still. I put the other half of quart or a pint of Marvel Mystery oil in the gasoline tank before filling up the Volvo. I drove the car for a short drive down the Post Road to Valley Road, and back around towards town. I then went by Euro Chasse, and they told me since the Swiss Army knife and watch were sidewalk sale items, they could not give me receipts for warranty use, and they were not sure whether Swiss Army would honor the warranty at the lower price or not. I then went by the Stop and Shop, and I bought two half gallons of Tropicana Grovestand Premium orange juice with calcium for \$2 each, a dozen jumbo eggs \$1.99, three boxes of extra thin S&S spaghetti noodles for \$1 all, 75/25% ground beef at \$1.99 a pound for \$4.34 less a \$2 off coupon on the package for \$2.34 and two green peppers at .99 a pound for .65 for \$9.98 total. I then returned home, and I put away my purchases. I installed the

**Energizer 395 battery in the Swiss Army watch, and it works fine. I closed the back making sure to align it properly with the indentations on the back for the light button and the dial knob. One has to use a bit of pressure to snap it shut. Initially, I did not think the dial light worked, but on holding the button longer in the dark, indeed the dial light flashes on, but it does not stay on continually, I guess to preserve battery life. The Swiss Army watch has florescent hands, so one does not really need the dial light. Still it runs fine and looks fine. I had a Bombay Virgin Mary outside. I then had two hotdogs on buns with mustard and ketchup and potato chips and ice tea. I then had an iced coffee outside. I next cleaned up. I have a 4:15 appointment this afternoon. CIO**

**Note: <888> 07/22/02 Monday 3:35 A.M.: I did some regular computer work. I watched a bit of television. I will now shut down the computer for the night and head off to bed. CIO**

**Note: <888> 07/22/02 Monday 2:00 A.M.: I researched more on the Swiss Army watch. I found a sight that told me that one uses the short stubby one inch blade on the Swiss Army knife to pop open the back. I tried it, and sure enough the back popped right off without scratching the case no problem. It had a Varta V399 German battery in it. I checked a battery table, and either the Eveready or Duracell 399 battery will work in it fine. I went out, and I drove to CVS in Riverside, and although they have a selection of watch batteries, they do not have a 399. I then drove by downtown Greenwich and by the waterfront. I then stopped by the Shell station, and they do not carry watch batteries. I then went by Cumberland Farms, and they do not carry watch batteries. I next went by the Texaco gas station on U.S. 1 in Port Chester, and they sell reproductions of expensive watches, but not the batteries. I then went by Path Mark in Port Chester which is open 24 hours, but their pharmacy section that might have had the battery was closed. I just now returned home. It will give me something to do later on today. I have to go by EuroChasse some time this week and pick up receipts for the Swiss Army knife and watch, since they will be part of the warranty needs. The Swiss Army watch has a button to light up the face at night, which will be handy when I am out at night. CIO**

**Note: <888> 07/21/02 Sunday 11:30 P.M.: I found the Swiss Army watch that I bought for \$40 at this web site for more [http://www.watches-etc.com/default.asp?brand=5.Starlight&item\\_id=36080](http://www.watches-etc.com/default.asp?brand=5.Starlight&item_id=36080) . CIO**

**Note: <888> 07/21/02 Sunday 10:20 P.M.:** I went to bed at 5 A.M., and I was up at noon. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had coffee outside. While I was having coffee outside, there was a young fawn running around on the backyard baseball fields. It was confused by the fences and could not get back into the woods adjacent. It was still out there when I went back inside. I went back to bed until 4 P.M., when a friend showed up to visit. We chatted for a while. We went out for a drive. We went over to Smokes for Less in Byram, and my friend bought a carton of cigarettes. We then went downtown, and we walked the entire length of Greenwich Avenue. The store next to Starbucks had go-go girls in the window performing. They normally sell cashmere. We sat out in the park briefly watching the dog walkers. We then drove down by the waterfront. We next stopped by the Stop and Shop, and we bought a half pound of sliced Italian roast beef for \$3.14 at \$5.99 a pound. We then returned back to my apartment. I made the same style chef salad as last week for each of us, but this time I added slices of cold roast beef along with the same other ingredients. We had ice tea with the chef salad. We then went outside, and I had iced coffee. I then made up two quarts of coffee, and I refrigerated it for more iced coffee. We watched television. My guest just left. CIO

**Note: <888> 07/21/02 Sunday 3:05 A.M.:** I finished sifting through my email. I will now shut down and go to bed shortly. CIO

**Note: <888> 07/21/02 Sunday 2:30 A.M.:** I had a Tombstone Pepperoni pizza with ice tea. I looked at Swiss Army's web site [www.swissarmy.com](http://www.swissarmy.com), and the Swiss Army Fisherman knife, I bought for \$25 retails for \$40 not \$89 like on the box. Still it is a good deal. The watch I got is not listed, but its instructions say it is part of a Marlboro promotion in 1999. The watch has a dial light button on it. From what I can tell, the so call list price of \$180 would be about right, and thus at \$40 it was a bargain, I would hope. CIO

**Note: <888> 07/21/02 Sunday 1:05 A.M.:** I created an Advertising page with all the Be Free advertisers, I was able to subscribe too. It is linked from the homepage at [www.geocities.com/mikelscott/adv.htm](http://www.geocities.com/mikelscott/adv.htm). CIO

**Note: <888> 07/20/02 Saturday 9:15 P.M.:** I was up at 1 P.M. today. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I then did my house cleaning and watering the plants. I chatted with a relative. I finished house cleaning about 6 P.M.. I had some low fat cottage cheese with

cantaloupe chunks and then I had an iced coffee outside. I then cleaned up, and I went downtown. I walked lower Greenwich Avenue. I went by EuroChasse, and I used the ATM machine next door at People's Bank twice at \$1.25 charge a time. At EuroChasse just before they were closing, I bought an \$89 Swiss Army Knife with a dolphin on it for \$25 plus \$1.50 tax for \$26.50 total. I then bought a \$180 Swiss Army stainless steel waterproof watch for \$39.95 plus \$2.40 tax for \$42.35 total. I have to take the Swiss Army watch back to EuroChasse when they open next week to have a battery installed. Still, both items were most excellent values. The Swiss Army watch needs a special tool I believe to open it. I did check the battery display at CVS, but I can not determine which battery it uses. I drove down by the waterfront before stopping by CVS. I then returned home. I had a Bombay Virgin Mary.

Note: <888> 07/20/02 Saturday 3:55 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I sifted through some email. I received notice that Value Click bought Be Free, so I signed up for it, but it looks like one has to use different script for each advertiser, instead of having all of the advertisers come up on one link. Well, I will now go outside briefly. I am now shutting down, and heading off to bed afterwards. CIO

Note: <888> 07/20/02 Saturday 2:10 A.M.: Instead of working on the computer, I watched a bit of television. I had a dozen Carr's crackers with slices of Vermont extra sharp cheddar cheese along with ice tea. I guess I will now do some computer work. CiO

Note: <888> 07/20/02 Saturday 12:20 A.M.: After the last message, I went outside with my guest. The NOAA weather warning system had been going off indicating an impending thunder storm. There was some lightning, so my guest and I came back in, and I shut down the computer. I then unplugged the cord from the wall for the primary computer and then disconnected the cable modem LAN cable. From the backup computer, I disconnected the telephone modem cord and the power cord from the power strip underneath the desk. My guest, and I chatted a while. We went outside briefly again. I prepared two of the same type chef's salads as last night using a half of can of tuna fish on each one instead of cold beef. We had this for dinner with ice tea. I went outside with my guest, and I had the iced coffee outside. We then watched BBC British situation comedies on Channel 21 Long Island PBS. I had 3 scoops of Edy's Snickers ice cream. My guest left at 9:30 P.M.. I watched the same programming for another hour. I chatted with a relative. I then went downtown. I walked lower Greenwich Avenue, and I sat out briefly. I then returned home. I reconnected the computers. If I ever wanted to try to network the



two computers together, I could connect each computer together with a Lan cable to their Lan cards, and hopefully plug and play networking would work. I can not install a second Lan card in the primary computer because of a lack of a PCI slot, but I could run the primary computer off the USB port to the cable modem, so theoretically it is all possible. I will now do a little bit of regular computer work. CIO

End of Scott's Notes week 07/19/02:

Note: <888> 07/19/02 Friday 4:55 P.M.: I went to bed about 5 A.M. this past morning. The younger skunk was outside when I last went outside before going to bed. I had a meal of low fat cottage cheese and cantaloupe chunks along with iced tea. I also had nine Carr's crackers with Vermont extra sharp cheddar cheese. I received a call from a friend about 3 P.M. who has arrived to visit. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had my iced coffee outside. I chatted with my friend when he arrived. I just finished cleaning up. There is suppose to be a thunderstorm on it way to this area according to NOAA weather radio. I will now send out my weekly notes. CIO

Note: <888> 07/19/02 Friday 1:20 A.M.: I watched a bit of television. I will now shut down the computer for the night and head off to bed. CIO

Note: <888> 07/18/02 Thursday 11:35 P.M.: I reinstalled the clean shower curtain and liner along with the bath mat. I had three scoops of Edy's Snickers ice cream. I opened up another two pack of European mystique shampoo and conditioner. I seem to use twice as much shampoo as conditioner. I put the new bottle of shampoo in the shower. I also put out some more toilet paper above the toilet in the wicker shelf. CIO

Note: <888> 07/18/02 Thursday 11:05 P.M.: I saw this web site on a car downtown [www.swissarmy.com](http://www.swissarmy.com) for those of you interested in Victorinox products. As I mentioned earlier, their products were on sale for half price at Eurochasse at the bottom east side of Greenwich Avenue. CIO

**Note: <888> 07/18/02 Thursday 10:55 P.M.: I was outraged to see in the local Stop and Shop that fresh corn was five ears for three dollars. Tonight there was an explanation by the price saying the weather had been so bad down south, it was affecting the harvest. However, the sign said local produce is due in about two weeks. I thought produce prices were a bit high for this time of year. CIO**

**Note: <888> 07/18/02 Thursday 10:45 P.M.: I took down my bath tub shower liner and outside shower curtain and along with the bath mat, I put them all in the washing machine downstairs with about a quart and a half of Clorox bleach, and I am running them on the normal wash cycle to clean off the mold and soap scum from them. One does not dry them in the dryer though, since they would melt. CIO**

**Note: <888> 07/18/02 Thursday 10:30 P.M.: I went out after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought two CVS medium tooth brushes for .97 each, three boxes of Arm and Hammer baking soda for .97 all, and a CVS Clorox toilet drop-in for \$1.99 plus .24 tax for \$5.14 total. While I was sitting at the bench on the north side of the veterans' monument, another skunk walked about two feet in front of me. Traditionally there is a skunk that has a hole behind the veterans' monument. I then drove down by the waterfront. I next went to the Stop and Shop, and I bought four 48 ounce cans of tomato juice for \$1.39 each, four packages of Blue Bonnet margarine for .59 each, a 16 ounce container of Kraft French onion dip for \$2.19, and a dozen extra large eggs for \$1.89 for \$12 total. I then returned home, and I put away my purchases. I sat outside, and I had a cold Citra soda in a frosted mug. CIO**

**Note: <888> 07/18/02 Thursday 8:10 P.M.: I made up a batch of salad dressing by taking my 10 ounce salad bottle. I added dashes of garlic powder, celery salt, ground black pepper, Italian spices, oregano, basil, two teaspoons of Tameriere Dijon mustard, two teaspoons of grated parmesan cheese, 1.5 ounce of Rene Junot white wine, 1.5 ounce of Medina Italian balsamic vinegar, and I shook it. I then added about six ounces of Bertolli olive oil, and I shook it again. Thus I had a container of homemade salad dressing. I then tore off the green part from the stalks of five leaves of Romaine lettuce, and I shredded them to bit size pieces. I then rinsed them in the lettuce spinner. I put them on a large dinner plate. I then diced two plum tomatoes and added them to the plate. I next diced about 4 ounces or the remainder of the eye round roast, and I added it to the plate. I then added slices of a half of a peeled cucumber, 1/6 th of a diced Vidalia onion, about six quarter inch slices diced of Vermont extra sharp cheddar cheese, one quarter of a diced green pepper, four sliced fresh mushrooms, and about 1/3 of a jar of diced manz stuffed olives. I then**

added a couple of tablespoons of grated parmesan cheese, and I put the homemade salad dressing on the chef's salad. I had it with ice tea. I then went out, and I had an iced coffee outside. I picked up my Regina rug shampooer from my neighbor along with the remainder of the rug shampoo which I put underneath the sink. I put the Regina rug cleaner underneath the day bed. I will now go out for some fresh air.  
CIO

Note: <888> 07/18/02 Thursday 6:35 P.M.: I was up at 1 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had an iced coffee outside. I cleaned up, and I made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop. I next drove downtown, and I parked down in the center of town with the Sidewalk Sales going on. I walked down Arch Street, and I went to Outdoor Traders' display. They have Pantagonia and North Face and Marmot winter jackets on sale for half price. I then walked down to lower Greenwich Avenue, and at Eurochasse, I bought a made in England 100% cotton coated in wax dark green Wellington jacket that was normally \$300 for \$79 plus \$4.74 tax for \$83.74 total. It is a very nice classical outdoor jacket such as Queen Elizabeth II wears on the moors at Sandringham. I have seen photographs of her wearing the same jacket. A friend of mine has one too. Of course I got mine in an extra large size. They have other outdoor sporting wear along with Swiss Victorinox products. I then walked the entire length of Greenwich Avenue touring all the sidewalk sale's displays. I next drove down by the waterfront. I then went by the Greenwich Library, and I returned and checked out a DVD video disk. I then returned home. I sat outside for a while chatting with a neighbor, and I had a Bombay Virgin Mary to ward off the heat. I just now started up the computer, and I upgraded weatherbug 3.0 to 4.0. When upgrading you have to disable the firewall.  
CIO

Note: <888> 07/18/02 Thursday 6:05 A.M.: I could not put the Norton Utilities on the laptop, since I do not have the right version on 3.5" disks. I did however reinstall Windows 95 on it from my 3.5" inch disks. I am running Speed Disk on it. I will now shut down and go to bed. I went out briefly, and the skunk had disappeared and the morning bunny rabbit was in its place. CIO

Note: <888> 07/18/02 Thursday 3:05 A.M.: I went outside briefly to have a smoke. I happened to look over my shoulder and up the walk was our old friend "Pepe Le Peu" the skunk. It seems to have a very nice coat and has grown larger. I guess I should stock up on some extra tomato juice in case, Pepe decides to express itself. I once saw a much larger skunk around here a couple of years ago. It was about the

size of a raccoon, and it was a regular visitor that summer. I think I will put the Norton Utilities on the laptop computer and run them. CIO

Note: <888> 07/18/02 Thursday 2:50 A.M.: I finished making the ice tea. I watched a DVD video movie. Since I am not smoking in the apartment anymore, I put the air conditioner on "Energy Saver" where it cuts on and off instead of running continually hopefully to save some money on my electricity bill. CIO

Note: <888> 07/18/02 Thursday 12:10 A.M.: I went out after the last message. I stopped by the Greenwich Library, and I returned and checked out DVD video disks. I also read the Wall Street Journal and the Greenwich Times. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. They have set up tents for the Greenwich Avenue sidewalk sales starting today through Saturday. I guess this will bring out all the "Shop Till You Drop Crowd". I chatted with a local. I then drove by the waterfront. I next went to the Stop and Shop, and I bought a 24 ounce container of S&S low fat cottage cheese for \$2.79, a 10 ounce box of mushrooms \$1.99, two jars of S&S manz stuffed olives .99 each, a four pack of General Electric 40 watt light bulbs \$1, two cucumbers at \$1.29 a pound \$1.38, two green squash at \$1.29 a pound \$1.24, two yellow squash at \$1.29 a pound \$1.19, a quart container of plum tomatoes \$2.49, a green pepper at .99 a pound .64, a head of Romaine lettuce .79, buy one get one free of Lays 12.25 ounce bags of Classic potato chips \$2.99 both for \$18.54 total. I then returned home. I had slices of cold eye round for dinner with horseradish and Lea and Perrins Worcestershire sauce on them, microwaved steamed white Carolina rice with margarine, hot curry, and sesame seed oil seasoning, steamed slices of a yellow squash, and ice tea. I then had an iced coffee outside. I am in the process of making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I will now do some regular computer work. CIO

Note: <888> 07/17/02 Wednesday 6:55 P.M.: I had a Bombay virgin Mary. I took a nap. I walked around the outside of the building a couple of times. The most popular air conditioner of the tenants here seems to be Frederick air conditioners. I will now have some cantaloupe chunks with cottage cheese. I will then clean up and go out for some cooler evening air. There is really not much going on, since so many people have gone away. Of course some people have air conditioning and just wait until it cools off. My viewpoint on daytime activity is there no point wasting energy heating up an automobile engine when the same energy can keep one's apartment cool and comfortable. CIO

**Note: <888> 07/17/02 Wednesday 3:15 P.M.:** I had some cottage cheese and cantaloupe chunks along with 9 Carr's crackers with Vermont extra sharp cheddar cheese before going to bed last night. I was up at 1 P.M. today. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I also had a cup of coffee outside. I leant my neighbor that had the toilet overflow on Sunday my old Bissell rug shampooer with rug shampoo and some carpet deodorizer. I received my electricity bill today, and my bill for July is as high as January with the air conditioner running all the time. In my apartment with the western exposure in the summer above the flat black tar roof, it would be over 110 degrees Fahrenheit in the afternoon without the air conditioner. Thus the air conditioner is a necessity, and since I am paying for it, I might as well stay inside and enjoy my cool apartment. CIO

**Note: <888> 07/17/02 Wednesday 3:05 A.M.:** I watched a bit of television. I will now shut down the computer and go to bed. CIO

**Note: <888> 07/16/02 Tuesday 10:40 P.M.:** I watched a couple of programs on the FoodTV [www.foodtv.com](http://www.foodtv.com) cooking channel. I just finished off the container containing a couple of scoops of Edy's Mandarin orange sorbet. CIO

**Note: <888> 07/16/02 Tuesday 9:25 P.M.:** I chatted with a relative. I went out, and I stopped by the Greenwich Library. I read the local paper, and I checked out a DVD video disk. I drove downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I drove around another section on the waterfront. I sat out at the library viewing the evening planets. I just now returned home. CIO

**Note: <888> 07/16/02 Tuesday 6:25 P.M.:** I had the same dinner as last night. I had an iced coffee outside. I will now clean up and go out for some fresh air. I would imagine today with the increased wind that some people were sailing as opposed to the large number of becalmed days we have had recently. CIO

**Note: <888> 07/16/02 Tuesday 4:40 P.M.:** Listen to what they're listening to in Tulip town <http://www.radio10.nl/live20.ram> . CIO

**Note: <888> 07/16/02 Tuesday 4:30 P.M.: Well, if anyone is missing locally from this region, you might find them at <http://www.nantucket.net/live/index.html> . CIO**

**Note: <888> 07/16/02 Tuesday 3:44 P.M.: I was just looking through Value Click's web site, and only .6% of users on my site actually click though on the advertising links at 12 cents a click though. I am trying to get enough click throughs to reach the payment threshold, and then maybe I will remove the Value Click advertising banners. It is 85 degrees outside, so I am staying home close to my air conditioner. CIO**

**Note: <888> 07/16/02 Tuesday 3:40 P.M.: I was up at noon. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I chatted with some neighbors. I rested until 3:15 P.M.. CIO**

**Note: <888> 07/16/02 Tuesday 1:40 A.M.: I put the ValueClick advertising link on my homepage. According to the statistics, 83% of the people whom arrived at my site searched Google for the term "stuffing recipie". I have had about 10,000 hits on the homepage since February, and I have had about 45,000 all together since February. Well, it is time for bed. CIO**

**Note: <888> 07/16/02 Tuesday 1:00 A.M.: To make the XP boot disk, one has to follow Microsoft's instructions at the support site. It is necessary to first Format the floppy disk with Windows XP to get the disk to work. The existing format on the disk will not work, but it needs to be an XP formatted disk. I was able to get the XP boot disk to work, and of course the CMOS setting had to be for a floppy boot drive. I just now had some cottage cheese with cantaloupe chunks and blueberries. I will now shut down and go to bed. CIO**

**Note: <888> 07/15/02 Monday 10:35 P.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) and I sifted through my email. I made a XP bootable disk. I will now try it, to see if it works. CIO**

**Note: <888> 07/15/02 Monday 8:15 P.M.: I started making up two quarts of fresh drip coffee to chill to use for iced coffee. CIO**

**Note: <888> 07/15/02 Monday 7:25 P.M.: I am having the same dinner as last night. With the cold eye round slices, I season them with Lea and Perrins Worcestershire sauce and horseradish. After dinner, I will have an iced coffee outside. I am listening to the [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . CIO**

**Note: <888> 07/15/02 Monday 6:50 P.M.: I was up at 1 P.M. this afternoon. I had three eggs, toast, orange juice, vitamins, and supplements for breakfast. I had a cup of coffee outside. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I then went by the central Greenwich Post Office. I obtained a money order to pay my bill for the General Electric Service Protection Plus maintenance contract on my General Electric Profile 15,500 BTU air conditioner with remote control. I paid the contract up through September 10, 2003. It costs \$58.25 a year for the in home service contract. I sat out a bit downtown. I then drove by the waterfront. I next drove out to Tod's Point, and I walked the 2.5 mile walk around Tod's Point. I then returned to central Greenwich to the Greenwich Library. I read the local paper and P.C. Magazine. I then returned home. I just had a Bombay Virgin Mary along with some potato chips and a glass of ice tea. CIO**

**Note: <888> 07/15/02 Monday 1:25 A.M.: I was sitting outside, and I heard somebody scream. Then one of the downstairs apartment lights came on near the front entrance and the emergency pull alarm went off. I investigated, and the tenant had opened their apartment door. The toilet was overflowing, and the tenant was unable to turn it off. I was able to turn of the toilet shut off valve, but water had already overflowed into the tenant's bathroom, hallway, and bedroom. We woke up the tenant with the master key, and got a mop and bucket. We called the housing authority answering service, and they said they would page the night emergency maintenance worker. One of the other tenants had locked themselves out of their apartment in the emergency. We could not turn off the emergency pull alarm, so another tenant called the fire department non emergency number since they have a key. The night key holder found a key to turn off the alarm, however the fire department later arrived. We finished mopping up the water. The night emergency maintenance arrived and cleared the toilet with a snake. Then the night emergency maintenance worker vacuumed up the residual water in the carpet with a water vacuum. All seems quiet now and is back to normal. I was just about to rest before this happened, so now since I am bit worn out, I will try to rest for a while. I will now shut down the computer and go to bed. CIO**

**Note: <888> 07/14/02 Sunday 11:25 P.M.: I had the same dinner as last night, but I did not have the coffee. I am just doing a little bit of regular computer work. CIO**

**Note: <888> 07/14/02 Sunday 9:20 P.M.: I went downtown. I walked the entire length of Greenwich Avenue. I went by CVS, and I bought a package of four 60 watt CVS light bulbs for .97 plus .06 tax for \$1.03 total. I sat out at various locations. Local citizen Bill Clark told me he has written a new book about Greenwich. It is available at the local bookstores for \$20. I drove down by the waterfront. I sat out briefly at the Greenwich Library. I returned home. I relaxed a bit. I had a plate of a dozen Carr's crackers with Vermont extra sharp cheddar cheese along with ice tea. I chatted with a friend for an hour with my YAP card with Net2Phone. For some reason, it only charged me a penny a minute instead of the advertised 2 cents a minute. CIO**

**Note: <888> 07/14/02 Sunday 5:05 P.M.: I peeled and chunked two cantaloupes, and I then put the chunks in the refrigerator. I will now clean up and go out. CIO**

**Note: <888> 07/14/02 Sunday 4:10 P.M.: I was up at noon. I had breakfast of oatmeal, toast, orange juice, vitamins and supplements. I had my coffee outside. I looked at the computer briefly. I fell back asleep until 3:45 P.M.. I will now have cottage cheese with cantaloupe chunks and blueberries along with ice tea. I will then have an iced coffee outside. CIO**

**Note: <888> 07/14/02 Sunday 3:20 A.M.: I chatted with a relative. I watched some television. I had some goldfish crackers and ice tea. I will now shut down and go to bed. CIO**

**Note: <888> 07/13/02 Saturday 10:05 P.M.: I am watching a History Channel program on American Food. I just had two scoops of Edy's Mandarin orange sorbet. CIO**

**Note: <888> 07/13/02 Saturday 7:35 P.M.: I installed Client for Microsoft Networks on my primary computer XP system network, which I had not been running. I was up at 10 A.M. this morning. I had breakfast of three medium boiled eggs, toast,**



orange juice, vitamins, and supplements. I had coffee outside. I started house cleaning and watering the plants while listening to CD music on my stereo system. I fell asleep half way through the process from about 1 P.M. to 3 P.M.. I woke up, and I had cottage cheese with cantaloupe chunks and blue berries along with ice tea. I then had an iced coffee outside. I finished my house cleaning. I cleaned up, and I went out. I drove over to Smokes for Less in Byram, and I bought a carton of Omni Lights 100s for \$24. I am on the Step 3 of the patch, 7 mg., but I am still smoking about five or slightly more cigarettes a day. I then drove downtown. I walked the entire length of Greenwich Avenue. I sat out at a couple of locations. At Zyn stationary, I bought for a dollar a #29 scratch card "Stars and Stripes Doubler", but I lost. I then returned home. I took the eye round roast, and I put it on a wire rack in a baking pan. I coated both sides with garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, basil, oregano, and Sweet Baby Ray's barbeque sauce. I am cooking it in the convection oven at 350 degrees Fahrenheit for 50 minutes. I will have it with microwave rice. I added margarine, a few dashes of hot India curry powder, and a small amount of sesame oil to the rice before microwaving it in the China village rice steamer that one can buy at out local Food Emporium. I will also have steamed broccoli and ice tea. I guess after dinner, I will have a 50% Brazilian instant coffee with 50% Folgers decaffeinated instant coffee. CIO

Note: <888> 07/13/02 Saturday 1:45 A.M.: I am tired, so I will shut down and head off to bed. CIO

Note: <888> 07/13/02 Saturday 1:05 A.M.: I relaxed a bit. I tried to speed up my primary computer a bit by disabling some startup programs and also setting Windows XP Professional from its more cosmetic appearance to best performance. Unfortunately one of the main system performance slowdowns beside the older motherboard and slower processor is caused by the fact that I am using 66 Mhz memory on my 128 meg memory chip and I believe the 64 meg chip is 100 Mhz. Also I run the AMD 450 MHz K6-2 processor at 366 MHz since it crashes on my motherboard when set at 450 MHz. I once tried removing the video card and using the onboard 4 meg. Memory, and I believe it still did not perform at 450 MHz. Since the system is very stable at its present settings, and I have not had any problems with it, I do not see any reason to try to tweak it anymore. CIO

Note: <888> 07/12/02 Friday 11:00 P.M.: I sifted through my email. CIO

**Note: <888> 07/12/02 Friday 10:15 P.M.: I went out, and I stopped by the Greenwich Library, and I returned a DVD video disk. They are closed at 5 P.M. in the summer on Friday night. I drove by the waterfront, and I chatted with a native. I then walked lower Greenwich Avenue. I then went to the Stop and Shop, and I bought two half gallons of Minute Maid Premium orange juice with calcium for \$1.50 each, a eye round roast at \$2.79 a pound for \$8.34, two pints of Friendship low fat cottage cheese \$1.59 each, a 12 ounce bottle of Lea and Perrins Worcestershire sauce for \$2.29, a eight ounce bar of S&S Vermont extra sharp cheddar cheese for \$1.99, a bunch of broccoli at \$1.49 a pound for \$2.19, two large California Del Monte cantaloupes for .89 each, a 12 pack of Scott 1,000 single sheet rolls of toilet paper for \$5 for \$32.06 total. I have quite a bit of toilet paper stocked up. CIO**

**Note: <888> 07/12/02 Friday 7:15 P.M.: I listened to the Habitrol Nicotine Patch CD. I had the same dinner as last night except I had a steamed slice green squash instead of a yellow squash. I had the same instant coffee outside. I heard on the local television news that there is a computer hacker convention going on in New York, so watch your computers. I have thought about putting Windows 3.1 on the Acer 486/33 Mhz 4 megs of memory laptop computer, but I would have to copy the Windows 3.1 5 ¾ inch disks to 3.5 inch disks, which means I would have to remove the cover on my backup computer and remove the E: drive and install the 5 ¾ inch floppy drive I have which could be done. However with the laptop, once it is booted Microsoft Word 6.0 seems fast enough for word processing, so there is really no point in doing it. As one gets older, it helps to have some quieter days at home as opposed to always going downtown everyday. I do not have a DVD video disk to watch, so I could clean up and go out and get one which I probably will do. CIO**

**Note: <888> 07/12/02 Friday 4:45 P.M.: I sifted through my left living room closet, and I threw out a couple of boxes and restacked the upper shelf contents on the left side. I pulled out the Queen Anne chair, and I reconnected the wires on the Emerson wireless headphones, so the sending unit could be mounted on top of the television with a direct line of sight outside the right living room window. I then tested the Emerson wireless headphones in front of the building, and they do work with a small amount of static. One of my neighbor's telephone conversations was picked up though. I threw out a few other boxes from underneath the television chest. I found my 5 ¾ inch floppy disks of Windows 3.1 that I had stored in the television chest, and I put them in the briefcase underneath the Queen Anne chair. I also set out the Zoom 28.8 VFP modem in its box underneath the right side of the day bed. In a small apartment when one moves one item, one frequently has to move quite a few other items. With my hernia, I really should not be lifting the Queen Anne chair or other heavy items. Well, it was just a little bit of make work, while I am having a quiet day at home. CIO**

**Note: <888> 07/12/02 Friday 2:55 P.M.:** I enabled the ports on the Acer Laptop computer, and I disabled the power sharing features, since I will not be using it with the battery for now. I went outside, and I had my iced coffee outside. I put a third of a quart of Pennzoil 10W-40 oil in the Volvo. The Volvo does not burn much oil, I only use about a quart every 3,000 miles at which time I change the oil. CIO

**Note: <888> 07/12/02 Friday 1:55 P.M.:** I sat outside talking to my neighbors a bit. I guess I will now have some cottage cheese with cantaloupe chunks and blueberries and ice tea and then I will have a glass of iced coffee outside. I tried checking the battery outside on the 1993 Acer Laptop computer, but it does not hold a charge, but it works fine plugged inside. CIO

**End of Scott's Notes week 07/12/02:**

**Note: <888> 07/12/02 Friday 10:45 A.M.:** I chatted with a relative before going to bed. I was up at 9 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins and supplements. I went outside, and I had coffee. I will now send out my weekly notes. CIO

**Note: <888> 07/11/02 Thursday 10:50 P.M.:** After dinner, I had my coffee outside. I chatted with a relative. I watched a DVD video. I will now shut down and go to bed. CIO

**Note: <888> 07/11/02 Thursday 7:20 P.M.:** I went out after the last message. I mailed the letter at the Valley Road post office. I then made my 3 P.M. appointment. I next went by the Greenwich Hospital Thrift shop. I ran over quickly to Putnam Trust Bank of New York on Mason Street, and I returned to the Greenwich Hospital Thrift shop. For \$10, I bought a Nikon L35 auto focus camera. I then drove downtown. I walked the entire length of Greenwich Avenue. I then sat out briefly. I drove by the waterfront. I then went by the Greenwich Library, and I read the local paper. I then went by Exxon, and I bought \$11.50 of premium gasoline at \$1.779 a gallon. I am still getting 14 miles per gallon. I then returned home. I checked out the Nikon camera, and I put batteries and film in it, and I fiddled with the buttons and levers, and it all works just fine. I used up the first five

pictures on a roll of film testing it. It has built in auto flash that works fine. I went outside, and I took a picture of my Volvo. I then washed the two boneless breasts of chicken halves, and I put some olive oil in a Pyrex pie dish, and I rubbed the chicken breasts in the olive oil. I then seasoned the top halves with garlic powder, ground black pepper, celery salt, chicken and meat seasoning, Italian seasoning, oregano, and basil. I then put Sweet Baby Ray's barbeque sauce on them and I added a quarter of a Vidalia onion. I am cooking them in the convection oven at 350 degrees Fahrenheit for 35 minutes. I will have one of the chicken breast and Vidalia onion quarter with a steamed ear of corn on the cob and steamed slices of fresh yellow squash along with ice tea. I guess afterwards, I will have a 50% Brazilian instant coffee with 50% Folgers's decaffeinated instant coffee. This past morning before going to bed, I had a dozen Carr's crackers with Vermont extra sharp cheddar cheese. CIO

Note: <888> 07/11/02 Thursday 1:45 P.M.: I finished writing the letter. I sat outside a couple of times. I had some cottage cheese with cantaloupe chunks, blueberries, raspberries, black berries, and ice tea. I then had an iced coffee outside. I have a 3 P.M. appointment, so I will clean up and go out shortly. Durante construction is fixing the street drain in front of the building, so it does not puddle up and freeze in the winter causing slippery conditions in front of the building. On Yahoo News, there is a report about El Nino saying that we will have a warmer winter next winter, which means that the oil companies will not be making as much money. I noticed yesterday on the U.S. 1 on the Stamford Darien border, there is a Morris Mini Cooper showroom selling the tiny cars that I think get over 50 miles per gallon. Although, safety wise the size of the small cars would be troublesome in this area with all the larger vehicles, it is a very sporty looking economical car. I think they cost around \$17,000. Darien also has a Land Rover Jaguar dealership for the well heeled. In the old days, Darien had a garage on the Boston Post Road with lots of old MGs and Triumphs and Austin Healy's. I guess the carriage trade is getting more upscale in Darien. Of course not everyone is not down and out in Greenwich, since we have to two Rolls Royce and Bentley showrooms that I believe also sell Aston Martins. I suppose they could also come up with a Daimler, not to mention all the other various cars for sale in town. Of course if you want a Buick or Chevrolet, alas Greenwich does not sell them anymore. Living over in this neck of the woods on Automobile Row, one occasionally is aware that some people do make living selling cars. We even have a Jeep Chrysler dealership across the street. I think Mercedes Benz which is across from McDonalds bought Chrysler, and in the old days Daimler Benz was half owned by Saudi Arabia, and I read recently that Daimler Chrysler credit was financing half of the new Delamar Hotel on the waterfront, so possibly we still have investors coming into the area. Of course there is a big pit across from the United Jewish Appeal office where the local BMW dealership can no longer afford to build a new showroom. Maybe we could get some other outfit to build in the pit. Well, I have to hit the shower. CIO

**Note: <888> 07/11/02 Thursday 10:10 A.M.: I was up at 9 A.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had my coffee outside. I will now write a letter to a relative. CIO**

**Note: <888> 07/10/02 Wednesday 11:35 P.M.: Well, I did a little bit of computer work. With all the walking I have been doing, I still weigh 220 pounds. Well maybe I should develop a split personality, and then each half of me would only weigh 110 pounds. Well, I suppose one can not stop the ageing process when one's metabolism slows down, and it is harder to keep weight off. Still, I will continue to try to exercise walk in the fair weather to keep weight off. I am a bit tired, and I will go to bed early, so I can be up earlier tomorrow. I will now shut down. CIO**

**Note: <888> 07/10/02 Wednesday 10:35 P.M.: I finished the laundry. I tested the Slaymaker 6.5 inch rechargeable spot beam outside. It is a very intense beam, and it shines a bright spot light across the playing fields in the back yard. I suppose one could use it for signaling across Long Island Sound to Long Island, but alas I do not know Moore's Code. I cut up two Cantaloupes into chunks and refrigerated them in a Rubbermaid container. I also put \$5 on the MacGray laundry card. CIO**

**Note: <888> 07/10/02 Wednesday 9:20 P.M.: I was up at 9 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I went back to bed until 2 P.M. I had a meal of cottage cheese, cantaloupe chunks, blueberries, raspberries, and blackberries with ice tea. I then had an iced coffee outside. I cleaned up, and I went out at 3:30 P.M.. I stopped by Putnam Trust Bank of New York on Mason Street. I then drove up to Costco in Norwalk, Connecticut on U.S. 1. I got a day card which one pays 5% more with. I bought a three five package boxes of Carr's crackers for \$4.99 each five pack, a 14 patch box of NicoDerm CQ Step 3 seven mg. for \$39.99, and a two pillow bundle of Dupont standard queen Comforel Ultima down alternative Hollander model pillow for \$16.79 both plus \$1.59 surcharge for the day card and \$1.06 tax for \$74.30 total. I noticed they have a Sharp 12,000 BTU air conditioner with remote control for \$279. I was thinking about buying some New York Strip steaks for \$6.49 a pound, but the ATM machine did not work with my bank card. As usual Costco has a large selection of wholesale items. They told me their store in Port Chester, New York would be opening around September 1. They said they had a problem with the ground being a bit soft along the waterfront in Port Chester, New York, and they are shoring up the building. I then returned to Greenwich, and I walked around the entire 2.5 mile walk around Tod's Point on an enjoyable evening stroll. I next drove**

by the waterfront in central Greenwich. I then returned home. I had a Bombay Virgin Mary. For dinner, I had another of my Vidalia onion roast beef sandwiches with potato chips and ice tea. I am on the dry cycle of the laundry. I put the new Dupont pillows on the bed along with clean sheets. I took off the old down pillows, and I put them on the day bed in the living room. I finished charging the Slaymaker 6.5 inch rechargeable spot beam, and I put the transformer back in the Slaymaker packaging, and I put the package on the software next to the bedroom television. I put the Slaymaker 6.5 inch rechargeable spot beam on the living room dresser bureau next to the day bed on top of the Buckingham Palace candy tin. The Volvo was running fine today in the long distance driving on the highway and around town.

**Note: <888> 07/9/02 Tuesday 10:20 P.M.: I have to charge up the Slaymaker 6.5 inch rechargeable spot light for 14 to 20 hours. I have it charging now. On a full charge it lasts about a half hour providing a million candle power. I went outside briefly. I will now shut down and go to bed. CIO**

**Note: <888> 07/9/02 Tuesday 9:45 P.M.: I went back out, and I was sitting downtown, and the weather started to look ominous. I drove down by the waterfront, and it was pouring rain heavily and lightning. I worked my way over to the underground parking garage at the Greenwich Library, and I waited out the thunder storm there. It was a quite severe thunder storm with lots of intense lightning and heavy rain. When the rain let up a bit, I went inside the Greenwich Library, and I read the local paper, and I checked out a book and a DVD video disk. I then drove by CVS. The Step 3 box of 14 nicotine patches is \$50, but I can get them at Costco in Norwalk for \$42. I then sat out downtown a bit. I next drove by the waterfront. I then drove over to Port Chester, New York, and Costco is still not open there. I went to Odd Job, and I bought a Slaymaker made in China 6.5 inch rechargeable spot light for \$9.99 plus .67 tax for \$10.66. I noticed they have Commonwealth tea there in 50 bag cans of five different varieties Earle Grey, English Breakfast, Mint, Lemon, and Green Tea for \$2 each can. They also have a \$130 Polaroid Digital camera for \$70. I then returned home. I sat outside briefly, and I had a cold A&W root beer in a frosted mug. I then put Hellmann's mayonnaise on each side of a cut Kaiser roll, and I put slices of the white meat boneless chicken breast that I cook and chilled yesterday. I added salt and pepper, McHilney's Tabasco sauce, horseradish, and sliced Vidalia onion. I had the sandwich with potato chips and ice tea. I will now check out the Slaymaker rechargeable spot light. CIO**

**Note: <888> 07/9/02 Tuesday 4:30 P.M.: I listened to some of the [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I sat outside briefly in the 92 degree Fahrenheit weather. I remember on hot days one can try putting a little India hot curry in one's food or beverage to not feel the heat. I just opened a chilled 32 ounce can of tomato juice, and I put it in a frosted beer mug. I put a few light dashes of India hot curry, Italian spices and Lea and Perrins Worcestershire sauce to taste in an Irish coffee glass or other type of tulip glass, and I filled it with chilled tomato juice stirring it with the other ingredients. I guess we can call it a Bombay Virgin Mary. Well, it is hot out, but I occasionally like people watching to see people from warmer regions that I have visited in the past, so I guess I will sneak downtown, since after 5 P.M. one does not have to pay to park. Stay cool. CIO**

**Note: <888> 07/9/02 Tuesday 2:25 P.M.: I was up at 6 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had a cup of coffee outside. I cleaned up, and I went out. I drove down by the waterfront. I then drove over to Tod's Point in Old Greenwich. I walked the 2.5 mile walk around Tod's Point. I then sat out briefly. I then stopped by the Old Greenwich Thrift Shop. I next stopped by Staples. I went by the Greenwich Hospital Thrift shop. I walked over to Putnam Trust Bank of New York on Mason Street. I then walked back to the Greenwich Hospital Thrift Shop. I bought a new solid oak curved back with spindles chair in natural and dark green finish for \$15. I put it in the back of the car. I then drove back down by the waterfront. I chatted with some locals. I then went by the Arnold Bread store outlet, and I bought three loaves of Branola nutty grain bread for \$2.67 total. I then returned home. I put the new solid oak chair at my bedroom desk. I discarded the old brass plated chair out at the dumpster. The new chair looks quite good at the desk. I then sat outside, and I had a cold Citra soda with the rest of the bottle of Perrier and angostura bitters in a frosted mug. I then had low fat small curd cottage cheese with cantaloupe chunks, blueberries, raspberries, and black berries along with ice tea. I then had an iced coffee outside. I guess I will now take a nap. CIO**

**Note: <888> 07/8/02 Monday 11:30 P.M.: I fully discharged the laptop battery. I will now leave it charging over night to see if it takes a full charge. I am tired, and I will now shut down and go to bed. The laptop also came with a LPT printer cable. CIO**

**Note: <888> 07/8/02 Monday 10:10 P.M.: I optimized the laptop computer a bit. I disabled PCMCIA and CDrom and I ran memmaker with the lines in the config.sys with rem added. I saved the original autoexec.bat and config.sys as \*.old files. I rearranged the desktop icons. I enabled Microsoft controlling virtual memory. I set screensaver to five minutes. I did a few other minor tweaks. I ran diskscan and disk**

optimization. Thus the laptop is running a bit better. Well for \$5 it is a pretty good laptop. I will now have my usual roast beef sandwich with potato chips and ice tea. CIO

Note: <888> 07/8/02 Monday 7:45 P.M.: I went out after the last message. I stopped by the Greenwich Hospital Thrift Shop, and I bought an AcerNote 735C laptop computer for \$5. It was made in 1993 and has a 486/33 MHz processor with 4 megs of memory and a color LCD screen with Windows 95 running on it. It came with its power pack. It runs although a bit slow with 4 megs of memory. I could buy an 8 meg memory upgrade to the maximum of 12 megs for \$50, which I do not think is worth it. It came with the manual. I am right now charging it up to see if the battery will hold a full charge. It is suppose to last 2-4 hours on a charge. Since I have never had a laptop computer, it is a novelty, although a bit out of date. I made my 4:15 P.M. appointment. I sat out downtown briefly. I drove down by the waterfront. I returned home. I plugged in the AcerNote 735C laptop to charge it up. It seems to work fine, but I need to add smartdrv.exe to the config.sys to improve its performance. I did some research on it on the internet. I sat outside, and I had a diet Coke. I will now have my usual roast beef sandwich with potato chips and ice tea. CIO

Note: <888> 07/8/02 Monday 2:40 P.M.: I finished sifting through my email. I went outside briefly. I will now clean up and go out. I have a 4:15 P.M. appointment. CIO

Note: <888> 07/8/02 Monday 1:30 P.M.: I did some regular computer work. I went outside a couple of times. We seemed to need a bit of rain. It was reported a month ago that El Nino would start affecting this area in the second week of July, which as it happened last time about five years means this area might experience some drought. I took two boneless chicken breast halves, and I rubbed them in a bit of olive oil in a Pyrex pie dish, and then I added about 1/3 cup of Rene Junot white wine, and then I seasoned them with ground black pepper, garlic powder, celery salt, chicken and meat seasoning, oregano, basil, Italian spices, and I put a few cloves of chopped garlic on them, and I baked them in the convection oven at 350 degrees Fahrenheit for 35 minutes. I had one of the boneless chicken breast halves with steamed corn on the cob and steamed green beans along with ice tea. I just had a glass of iced coffee outside. I refrigerated the other boneless chicken breast half. CIO



**Note: <888> 07/8/02 Monday 10:00 A.M.:** I was up at 3 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had a cup of coffee outside. I went back to bed until 8:30 A.M.. I had some small curd low fat cottage cheese with cantaloupe chunks, blueberries, blackberries, and raspberries along with ice tea. I had an iced coffee outside. I am now making up two quarts of coffee to put in the refrigerator for iced coffee. CIO

**Note: <888> 07/7/02 Sunday 5:35 P.M.:** I sat outside for a while. I watched some television. I finished off the Carr's poppyseed crackers with some Vermont extra sharp cheddar cheese and ice tea. I guess I will shut down and head off to bed. CIO

**Note: <888> 07/7/02 Sunday 3:15 P.M.:** I watched a bit of television. I finished making the ice tea. CIO

**Note: <888> 07/7/02 Sunday 1:25 P.M.:** At the moment, the GeoCities web site does not appear to be working, so I will not be able to update the note. CIO

**Note: <888> 07/7/02 Sunday 1:15 P.M.:** I rested until 9 A.M.. I chatted with a relative. I cleaned up, and I went downtown. I drove by the waterfront. I sat out downtown briefly. I went to the ATM machine at Putnam Trust Bank of New York on Mason Street. I went to Exxon, and I bought \$9.10 of premium gasoline at \$1.779 a gallon. I am getting about 14 miles per gallon. I went to the Food Emporium, and I bought two half gallons of Tropicana Premium orange juice with calcium for \$2.50 each, two pints of blueberries for \$1.99 each, buy one get one free of Edy's pints of sorbet for \$3.29 both, boneless breasts of chicken at \$1.99 a pound for \$4.24 for \$16.51 total. I then went across the street to Stop and Shop, and I bought a bulb of garlic at \$2.69 a pound for .40, two ears of sweet corn for .40 each, a green and a yellow squash at .99 a pound for \$1.22 both, S&S bar of Vermont extra sharp cheddar cheese \$1.99, a Tombstone Pepperoni pizza \$2.99, three pints of Friendship cottage cheese \$1.59 each, a half pint of blackberries and a half pint of raspberries for \$1.50 each and two large cantaloupes for .89 each for \$16.95 total. I then returned home. I relaxed, and I watched television. I just had the same roast beef sandwich as yesterday with potato chips and ice tea, and then I went outside, and I had an iced coffee. I will now start making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

**Note: <888> 07/7/02 Sunday 6:55 A.M.: I watched some television. I had a meal of low fat small curd cottage cheese with cantaloupe chunks and the rest of the blueberries along with ice tea, and then I had a glass of iced coffee outside. CIO**

**Note: <888> 07/7/02 Sunday 4:05 A.M.: I fell back to sleep until 3:45 A.M.. The baby bird possibly a robin is not longer out front, so possibly it learned how to fly. CIO**

**Note: <888> 07/7/02 Sunday 12:50 A.M.: I was up at midnight. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had a cup of coffee outside. CIO**

**Note: <888> 07/6/02 Saturday 2:45 P.M.: I went out, and I stopped by the Greenwich Library, and I read P.C. World magazine. I also returned a DVD video disk, and I paid a \$1 fine for being a day late. I then went by Putnam Trust Bank of New York on Mason Street. I then went downtown, and I walked lower Greenwich Avenue. I went to St. Moritz bakery, and I bought a pastry for \$1.25, and I ate it in the park. I then drove down by the waterfront. I next went to the Stop and Shop, and I bought a dozen large eggs for \$1.69, a six pack of Kaiser rolls for \$1.99, sliced roast beef at \$5.99 a pound for \$6.86, Hell of a Good Horseradish \$2.19, S&S Vermont extra sharp cheddar cheese \$2 and two Vidalia onions at .99 a pound \$2.06 for \$16.79 total. I then returned home. I relaxed a bit, and I had an ice tea. There is what appears to be a baby robin waiting to learn to fly in front of the building. I just had a meal of sliced roast beef on a Kaiser roll with sliced Vidalia onion, horseradish, Hellmann's mayonnaise, salt and pepper along with three dill pickles slices and potato chips and ice tea. I might either relax now or take a nap. CIO**

**Note: <888> 07/6/02 Saturday 8:50 A.M.: I finished house cleaning and watering the plants. I had a meal of low fat small curd cottage cheese with cantaloupe chunks and blueberries and ice tea and then I had an iced coffee outside. I will now clean up and go out and enjoy the pleasant summer weather around the local area of Greenwich, Connecticut. CIO**

**Note: <888> 07/6/02 Saturday 6:10 A.M.: I fell back asleep until 5:30 A.M.. I had ten Carr's crackers with Land O Lakes Monterey Jack cheese along with ice tea. I guess I will now start my house cleaning. CIO**

**Note: <888> 07/6/02 Saturday 1:40 A.M.: I was up at 12:30 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I also had a coffee outside. When I was having the coffee outside, the skunk was by the front entrance of the building. Let us hope it does not decide to let loose with a little bit of odor. Generally when threatened by skunks, it is wise to keep a few large cans of tomato juice around for removing the stench should the skunk strike. If you should not need to use them, one can always use them for Bloody Marys. On the waterfront on Steamboat Road near the soon to be opened deluxe Delamar 5 star hotel, there is a large population of skunks, so the well heeled guests will have to keep an eye out for skunks once the place opens September 16, 2002. One can book at [www.expedia.com](http://www.expedia.com) starting September 16, 2002. I will either relax now or do a bit of house keeping. CIO**

**Note: <888> 07/5/02 Friday 3:55 P.M.: I relaxed a bit, and I watched a bit of television. I am a bit tired, so I will head off to bed. CIO**

**Note: <888> 07/5/02 Friday 2:35 P.M.: I went out after the last message. I went downtown, and I sat out for a while. I played a #28 \$1 quick pick at Zyn stationary. I then went by Putnam Trust Bank of New York on Mason Street. I next paid my rent at First Union Bank on Havemeyer Place. I then drove down by the waterfront. I drove through Bruce Park. Just before exit 4 on the turnpike, there was an empty 50 pound plaster pail in the road that I did not see, and it started being dragged in front of my right front wheel. I stopped at the thruway bridge, and I looked at my car underneath, and I finally found the pail at the wheel. I removed it. I then went by the ELDC thrift shop. I next drove over to Old Greenwich, and I went to the First Congregational Church Rummage Room thrift shop. Pants are half price today, so I bought a pair of Ralph Lauren Polo size 40 inch waist by 30 inch length khaki pants for \$5. I then drove over to Tod's Point, and I sat in my car at the southwest parking area. I then sat out at the southeast parking concession area. I then returned to central Greenwich, and I sat out for a while. At noon I returned home. I had about 80% percent of a chilled liter bottle of Perrier with a few dashes of Angostura bitters in a frosted mug. I relaxed a bit. I then had a Marie Callender meat loaf dinner. I have been up since 9 P.M. last night, but I am trying to stay up longer to be on a daytime schedule. CIO**

**End of Scott's Notes week 07/05/02:**

**Note: <888> 07/5/02 Friday 7:10 A.M.: I rested until 6 A.M.. I had a meal of low fat small curd cottage cheese with cantaloupe chunks and blueberries with iced tea and iced coffee. I will go out this morning in a little while and pay my rent and pursue some daytime activity. I will now send out my weekly notes. It is a bit cooler this morning. CIO**

**Note: <888> 07/5/02 Friday 5:10 A.M.: I had some potato chips. I also had a dozen Carr's poppy seed crackers with Land O Lakes Monterey Jack cheese. I guess I will relax a bit before going out later this morning. CIO**

**Note: <888> 07/5/02 Friday 4:40 A.M.: I watched a little bit of television this morning. CIO**

**Note: <888> 07/5/02 Friday 1:25 A.M.: I fell asleep yesterday at 10 A.M.. I woke up this past evening at 9 P.M.. I had two telephone calls from relatives while asleep. I went outside, and I watched the Port Chester, New York fireworks from the hill in back with my neighbors. I then had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and I had an iced coffee outside. I then watched some television. I fell asleep from midnight until now. I just had some ice tea and goldfish crackers. CIO**

**Note: <888> 07/4/02 Thursday 7:05 A.M.: I went back downtown, and I drove by the waterfront. I then walked lower Greenwich Avenue. I then returned home. I had some goldfish crackers and ice tea. I will now shut down and head off to bed. CIO**

**Note: <888> 07/4/02 Thursday 4:20 A.M.: I watched a bit of television. I just had some low fat small curd cottage cheese with cantaloupe chunks and blueberries and ice tea. I also sifted through my email.**

**Note: <888> 07/4/02 Thursday 2:40 A.M.: I watched a bit of television. I went outside briefly, and the young skunk was prowling around the knoll in front of the parking lot. Well, it has cooled off to 78 degrees Fahrenheit. CIO**

**Note: <888> 07/4/02 Thursday 1:25 A.M.: I cleaned up after the last message. I chatted with a relative. I then went downtown. I walked the entire length of Greenwich Avenue. I drove down by the waterfront. I then returned home. It has cooled off a bit, and it is 80 degrees Fahrenheit. If you feel hot down around the New York City area, one could always try visiting <http://www.geocities.com/mikelscott/137.htm> . However, it does get hot there, and last summer the state of Maine sold out of air conditioners. Of course the ocean is always so cold there, one could always take a dip. CIO**

**Note: <888> 07/3/02 Wednesday 10:20 P.M.: I just started cooking a four cheese Red Baron pizza. I prepared it by cutting it into quarters and putting the pieces on a cookie sheet. I then season it with ground black pepper, garlic powder, celery salt, oregano, basil, and Italian spices, and then I pour a bit of olive oil over it, and I cook it in the convection oven at 400 degrees Fahrenheit for 15 to 17 minutes. I will have it with iced tea and iced coffee. CIO**

**Note: <888> 07/3/02 Wednesday 10:05 P.M.: I finished adding programs to the E: drive on the backup computer. I have the backup computer partitioned with XP on the E: drive. I also disconnected the backup computer printer cable from the Compaq IJ200 that does not work with XP, and I set the end of the cable on the left side of the backup computer desk, for easy attachment to the Epson Color Stylus 880 printer. I also installed the Epson Stylus 880 Color printer drivers on the E: drive partition on the backup computer. I just shut down the backup computer. CIO**

**Note: <888> 07/3/02 Wednesday 6:50 P.M.: My rent bill came today, but I did not wake up until 5:30 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and I had a iced coffee outside. I put a new Glade plug-in refill in my kitchen air freshener. Since it is 94 degrees Fahrenheit outside, I will be staying inside and doing a little bit of computer work. Tomorrow evening a cold front is suppose to come into the area. CIO**

**Note: <888> 07/3/02 Wednesday 7:55 A.M.: I was up all night and early this morning. I worked on the backup computer. I tried to install some other programs from the CD player to the E: drive, but the CD player did not work. I finally took out the 45X CD player I bought as a clearance item for \$10, and I put in the original**

24X CD player. I also changed the CD player to Slave on the second IDE controller with the E: drive as the Master on the second IDE controller. With the 24 X CD player working, I installed software on the E: drive of the backup computer. I also cleaned the CD player with my laser disk cleaner. This all took some time configuring and tweaking. Still, I have the backup computer running better. I had the rest of the Edy's Mars ice cream with ice tea. I went outside a few times. I will now go outside briefly. I should rest, but probably around noon I will check the mail to see if the rent bill and AT&T bill came. If so, I will probably go out and pay them, since with the Fourth, I will not be able to pay them on Thursday, but I could always pay them on Friday, if I do not do it today. It is suppose to be very hot, so I will have to see how I feel at noon when the mail comes and if the bills arrive. I will probably rest until then. Well stay cool today. CIO

Note: <888> 07/2/02 Tuesday 10:40 P.M.: I showered and cleaned up. Since it is very hot outside, I will do a little bit of regular computer work. It is important to keep computers cool in the hot summer heat. Needless to say it is nice and cool at Scott's Ice Palace with my General Electric Profile 15,000 BTU air conditioner going with its remote control. I chatted with a relative. CIO

Note: <888> 07/2/02 Tuesday 9:50 P.M.: I chatted with a relative at 2 P.M.. I then fell asleep until 8 P.M. when another relative called. I then chatted with a neighbor outside. I had a meal of low fat small curd cottage cheese with cantaloupe chunks and blueberries, ice tea and a coffee outside. I made up two quarts of coffee, and I put it in the refrigerator for iced coffee. I peeled and cut into chunks two cantaloupes. I chatted with a neighbor outside. I showered and cleaned up. I will stay inside by the air conditioner since it is 86 degrees Fahrenheit outside right now and no wind. CIO

Note: <888> 07/2/02 Tuesday 1:55 P.M.: For lunch I had a broiled rib eye steak with steamed green beans and steamed corn on the cob with ice tea, and I had an iced coffee outside. I will now shower and clean up, since I did not do so before going out today. Since it is 94 degrees Fahrenheit, I will be staying inside this afternoon next to the air conditioner avoiding the sweltering heat. CIO

Note: <888> 07/2/02 Tuesday 12:45 P.M.: I was up at 7 A.M.. I had breakfast of orange juice, three medium boiled eggs, toast, vitamins, supplements, and an iced coffee. I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the central Greenwich Post Office, and I obtained money

orders at .90 each to pay my Verizon telephone bill, GEICO automobile insurance bill, cablevision bill, and Optimum online bill. I then walked over to the town hall, and I paid the property tax for the year on my Volvo. I then walked the entire length of Greenwich Avenue. I viewed the 70% off rack at the Greenwich Hardware store. I stopped by CVS, and I bought Turtlewax Zip car wash \$2.99, two Dove soap bars \$2.37 both, a five pack of BIC lighters \$2.50 plus .47 tax for \$8.32 total. I then drove down by the waterfront, and I chatted with a local. I then went by the Greenwich Hospital Thrift Shop and everything is half price. I bought a 6" X 7" inch maple framed water color picture of Braton Parish Church in Williamsburg, Virginia by V. Carlson about 4" X 5" for \$3.75. As I was leaving one of the staff ladies fell behind the counter, however she appeared to be all right. I then went by Exxon and Shell looking for Marlboro buy three get two free cigarettes, but they were sold out of them. I went to Smokes for Less in Byram, and I bought a carton of Omni Ultra Lights 100s for \$24 total. I then returned home. I had a cold Citra soda in a frosted mug. I hung the Braton Parish church picture to the right of the right sconce on the living room bedroom wall. I put the Turtlewax zip car wash in the sweater closet with the other car care products. CIO

Note: <888> 07/2/02 Tuesday 1:10 A.M.: For any Canadians around yesterday was Dominion Day. I watched some television. I had some goldfish crackers and ice tea. I will now go to bed. CIO

Note: <888> 07/1/02 Monday 11:55 P.M.: I prepared my bills to pay. I also have not received my AT&T bill. CIO

Note: <888> 07/1/02 Monday 11:25 P.M.: I started a backup of the XP partition on the backup computer from the E: drive to the D: drive. I then went out. I stopped by the book and video drops at the Greenwich Library, and I returned a book and a DVD video. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various places. I then drove down by the waterfront. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Food Emporium, and I bought fresh green beans at \$1.49 a pound for \$1.13, two ears of corn for .67 both. 38 ounce boxes of Pepperidge Farm goldfish crackers have gone up .50 to \$5.79 from \$5.29, and I bought one box, and two quart containers of AC small curd low fat cottage cheese for \$3.49 for each container, and a box of Carr's poppy seed crackers for \$2.29 for \$18.65 total. I then returned home. I had a bowl of three scoops of Edy's Mars ice cream and ice tea. I shut down the backup computer. CIO

**Note: <888> 07/1/02 Monday 8:05 P.M.:** I was up at 11 A.M. this morning. I have received all my bills except my rent bill. Thus I will wait until tomorrow to pay my bills when hopefully after the mail comes, I have my rent bill. I spent all day configuring the backup computer with Windows XP Professional with the boot option with Windows ME also as a boot option. Since I never use the backup computer, I have it in reserve should I have a system or hardware problem on the primary computer. I put the Norton System Works 2002 and Norton Internet Security 2002 along with Real One Basic and Weather Bug on the XP partition along with the Windows Update. I am just finishing running on the XP partition Norton Disk Doctor, Norton Win Doctor, and Norton Speed Disk is running on it now. I will now have some low fat small curd cottage cheese with cantaloupe chunks and blueberries along with ice tea. I guess after that I will clean up and go out for some brief errands. CIO

**Note: <888> 07/1/02 Monday 3:40 A.M.:** I decided to try the multiple boot feature of Windows XP, so I installed it on my backup computer as a new installation, and put it in the E:\Windows directory on the E: hard drive which was empty. It installed without any problem, and it runs fine giving the prompt for Windows XP Professional or Windows at startup boot. Alas, since I need Windows XP on my primary computer, I can not activate it on the back up computer. I guess once it expires after 30 days, I will uninstall it. I just had a Swanson's Hungryman sliced turkey dinner with ice tea. I went outside briefly a few times, and the last time, the ominous skunk was out there. I guess I will rest for a while now. CIO

**Note: <888> 08/31/02 Saturday 11:50 P.M.:** I am a bit tired, so I will shut down the computer and go to bed. CIO

**Note: <888> 08/31/02 Saturday 11:40 P.M.:** I did some routine computer work. I had a bowl of Progresso New England Clam chowder with four Carr's crackers with ice tea. CIO

**Note: <888> 08/31/02 Saturday 9:35 P.M.:** Of course if the wind keeps up the way it was, it would be cheaper for a plane to fly from Europe this way, but it looks like the Atlantic Ocean might be a bit choppy. I suppose one could check cruise line schedules to see if any interesting cruise ships were arriving in the port of New York. We have quite a few waterfront experts in the area, and I tend to leave my expertise to a bit of bird watching. There was a warning in today's Greenwich Times [www.greenwichtime.com](http://www.greenwichtime.com) about a victim of West Nile Egyptian Encephalitis



living in the Old Greenwich, Connecticut area; so obviously the users of Tod's Point are exposing themselves to the recent outbreak of the mosquito born disease. I am not sure whether individuals whom have tropical exposure would be immune or not, and nobody seemed to know. I have lived near swamps in tropical parts of Florida, but since 1956, I have not been in Florida in the summer when it is more tropical, just in the winter when it runs 30 degrees Fahrenheit to 60 degrees Fahrenheit in places like the Florida Keys, and of course up north in northern Florida it is much cooler. Thus in the winter down in Florida, although there is usually not frost, there could have been mosquitoes around when I was down there, but I never really seemed to notice. Anyway today with the heavy wind at Tod's Point, I do not think there were any mosquitoes lighting on anyone for very much time. There tend to be a group of Old Greenwich experts whom tend to be courteous, but are very territorial since they tend to keep an eye on the point on a full time year round basis. Of course, since parts of Old Greenwich as well as other waterfront shore properties are low to the shore line, individuals tend to keep a weather watch, in case they have to evacuate in a minor flood situation. From an interior decoration point of view, I always suggested the ideal floor décor for a house on the waterfront might be slate floors with sysle carpeting, or simply a mop and a bucket a folding lawn chair. Of course some individuals enjoy the waterfront, so they get use to oddities like storm flooding, extra bugs, various reptiles, and tourists enjoying the shoreline during the warmer weather. Of course if one is fair skin, one has to worry about over exposure to the sun, particularly with eye care, since one can get increased glare off the waterfront, unless one's eyes are properly protected. Thus, as I get older, I am spending less time on the waterfront, and more time in the shade and inside. Particularly with arthritis, once it gets damp, I am not very useful outside in the damp weather. Still, I see a younger more vigorous group of people around, so perhaps they might have some more skills and expertise. Still, once my schedule permits or after the frost if West Nile is still a threat, I might try to venture out to the waterfront more often, but of course then one might have more of the northern game animals around the nature preserve. Still if there were any warm water crocodiles or alligators migrating south, they might still be around, since although the air is cooler, the water is still warmer. Well, I was not too hungry, so I just had about nine Carr's crackers with slices of Vermont extra sharp cheddar cheese and a small bowl of potato chips. There is not much else happening on this the far side of town from the down east folks on the other side of town, not to mentions those out north in the boon docks. Since we are one of the closet properties to the New York State line, I will keep a close eye out when out at night to see if the lights are still on in this section of New York. Apparently, Connecticut is the most bankrupt state in the nation, and since New York shares much of the same socio economic condition as Connecticut, I would assume much is to be said for the finances of the state of New York. CIO

Note: <888> 08/31/02 Saturday 6:30 P.M.: I went downtown, and I walked up the Avenue a bit, and I stopped by CVS, and I bought a container of Ajax cleaning

compound and a container of Comet cleaning compound each for .99, a four pack of CVS 8 watt clear night lights for \$2, and a CVS Clorox bleach toilet tank drop-in tablet for \$1.99 plus .36 tax for \$6.33 total. I then returned down the Avenue, and I went to Gateway automotive, and I bought two quarts of Castrol GTX 10W-30 oil for \$2 each quart for \$4 total. I then went drove around the waterfront. I noticed local people putting away their boats for the winter. I would advise any older people not to try to hoist their boats themselves unless they want to end up with a groin hernia like I have from hoisting too many bags of groceries at one time and other various items I move around occasionally. I then drove over to Old Greenwich, and I stopped by Off Center hair stylists, and I got my hair cut for \$16 plus \$4 tip for \$20 total. I then drove over to Tod's Point, and I observed the weather from the southwest parking area and then from the southeast parking area. The wind is due out of the east at about 60 knots. It looks a storm front out of the southeast and a storm front out of the northeast might be converging, while it is clear over Greenwich and slightly overcast. I would imagine anyone trying to fly to Europe in these conditions would use considerably more fuel if they made it at all. Perhaps they would have to refuel in Iceland. I then toured Staples, and they have lots of back to school supplies. I just now returned home. CIO

Note: <888> 08/31/02 Saturday 12:50 P.M.: I finished house cleaning and watering the plants. I received in the mail my new GEICO insurance card for the Hyundai. I put the automobile copy in the Hyundai glove box. I also put the GEICO emergency number sticker in the driver's side back seat window in the lower left side on the inside looking at it from the outside. For lunch I had two hotdogs with buns and mustard and ketchup and ice tea, and I just had an iced coffee outside. I guess I will now shower and clean up and go out for some errands. It looks like we have a weather front coming in from the southeast; I believe they call it a Bermuda low. CIO

Note: <888> 08/31/02 Saturday 9:10 A.M.: I had a call from a friend at 7 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had coffee outside. I chatted briefly with a friend. I made two copies of my Sears Michelin Tire receipts. I will keep one set of copies in the Hyundai glove box. I put the other copy and the original on the bedroom desk with the other receipts. I also made another copy of the tire receipt, so I can send it in to the Michelin "Get Rolling" Promotion for a free Michelin Atlas and a free Samsonite Carry On Upright Suitcase. I filled out the Michelin promotion information for that offer. I will now do my house cleaning. CIO

**Note: <888> 08/30/02 Friday 8:35 P.M.:** I had dinner of the barbeque boneless chicken breast that I reheated with reheated spaghetti noodles with parmesan cheese and margarine on it along with ice tea. Sears told me that they will rotate the tires every 5,000 miles for free. I decided to buy the tires at Sears since they were on sale and because they are a nationwide chain, so if one should ever have to travel which in my case I doubt, one would have the option of getting tire service at any of the many Sears Auto Service centers. Well not much else is happening. My arthritis is acting up, so although it seems like the weekend will be clear, generally when my arthritis acts up, it means it is going to rain. Still, it might be from the effect of going from the cooler air conditioned apartment to the warmer weather outside. I am tired, so I will now shut down the computer. CIO

**Note: <888> 08/30/02 Friday 6:45 P.M.:** I had a busy day. After the last message this morning, I drove downtown, and I sat out by the park a bit. I then drove down by the waterfront. I then walked lower Greenwich Avenue and the train station area. I next returned to my apartment. I then drove over to the Sears Automobile Center in White Plains, New York arriving about 8 A.M.. I bought four Michelin Weather Wise Sport 175/70R13 tires [http://www.sears.com/sr/product/summary/productssummary.jsp?BV\\_SessionID=@@@@0732464743.1030744511@@@@&BV\\_EngineID=ccfgadcgdiehmilcehgcmgdfmfdfin.0&vertical=AUTO&fromAuto=YES&bidsite=null&pid=09576711000](http://www.sears.com/sr/product/summary/productssummary.jsp?BV_SessionID=@@@@0732464743.1030744511@@@@&BV_EngineID=ccfgadcgdiehmilcehgcmgdfmfdfin.0&vertical=AUTO&fromAuto=YES&bidsite=null&pid=09576711000) regularly \$71.99 each for \$49.99 each. I paid \$10.99 a tire to have them performance balanced, \$2.50 for each valve stem, \$7.20 for each tire for Road Hazard, Plus Agreement, and \$2 for each of the four tires to be disposed of plus \$22.53 tax for \$313.25. I then was advised I should have the front end aligned, so I paid \$59.99 for a front end alignment, plus \$8.99 for a All Season WeatherHandler black rubber floor mat for the driver's side of the car, \$2.99 for a gallon of Peak Windshield washing fluid plus \$5.58 tax for \$77.55 total. The Sears Auto Service department was done about 10 A.M. , and I spent \$398.80 total. I got the larger size tires since the Hyundai would run more smoothly and be safer. The Michelin Weather Wise Sport Tires have a 65,000 mile warranty and were \$22 off each tire. With a copy of my sales receipt, I can order for free a Michelin suit case on wheels and a Michelin road atlas. Wearing my Columbia jacket this past winter which is blue and yellow, I have looked a bit like the Michelin Man logo. I had to walk next door to the Citibank ATM twice to get extra funds. I was told that Sears is moving over to the Galleria area. After thanking the cheerful Sears Auto Parts store staff, I departed. I put the new mat on the car floor before leaving the store. I then drove over to CompUSA, and I toured the store, and I found out they no long sell Net2Phone YAP cards. I was told lots of sales items starting this Sunday would be free after rebates. I then started driving back home, and while I was along side the Galleria, my left front hubcap spun off the car. I heard something, and three long blocks down the street, another driver told me. I parked on a side street in front of the Verizon building, and I walked back west three blocks, and across the street south in front a big brick building with diagonal steps on the corner for an entrance I found the hub

cab. I returned back to my car, and I reinstalled it. That HUB cap is tricky since it does not have a notch for the valve stem. I then drove back to my apartment on the back roads. The Hyundai with the new Michelin Weatherwise Sport Tires and Front End Alignment is running just great. I had lunch in my apartment of two hotdogs with rolls and mustard and ketchup and potato chips and ice tea and an iced coffee. I then got my bills that I have received ready to pay. I went downtown by Putnam Trust Bank of New York on Mason Street. I then went by First Union National Bank on Havemeyer Place, and I paid my rent. I then went by the central Greenwich Post Office, and I obtained four money orders to pay my electricity, AT&T, cablevision, and Optimum Online. I then sat out for a while. I next went by the waterfront. I then drove over to Riverside to the Oil Star Oil Change Center, and I had my oil and oil filter and general service check done for \$34.90 total. They put in a Fram oil filter, Castrol GTX 10W30 oil, and they checked the other fluids and some general maintenance items. Since I spent so much at the Sears Tire Center, I will not be going to Hyundai in Norwalk in the near future for their 30,000 mile \$250 service check. Still for now the car is running fine. I then went to the Greenwich Hospital Thrift Shop, and I bought a 33 inch by 40 inch gold framed with glass oil painting of a harbor scene with many pastels similar to the artist Caldwell, but I can not recognize the signature for \$65 total. I walked over to Putnam Trust Bank of New York on Mason Street to get the funds. I then went by the Greenwich Hardware store, and I bought two packages of one each of 100 pound test OOK carbide steel and brass hook and nail assemblies. I then returned home. I had a cold A&W root beer in frosted mug outside. I then took down the white wool Mexican poncho hanging over my bed, and I hung the pastel harbor scene above the bed with the two 100 pound test hook assemblies. It looks very cheerful. I sat outside for a while. I threw out some of the old unfolded boxes, I had saved behind my bed head board. CIO

End of Scott's Notes week 08/30/02:

Note: <888> 08/30/02 Friday 5:35 A.M.: I checked out [www.sears.com](http://www.sears.com), and I found out the Michelin WeaterWise car for my Hyundai is \$20 off this labor day weekend [http://www.sears.com/sr/product/summary/productssummary.jsp?BV\\_SessionID=@@@@0345256245.1030699736@@@@&BV\\_EngineID=cheadcgdiehmmicehgcmgdfmdfin.0&vertical=AUTO&fromAuto=YES&bidsite=null&pid=09573403000](http://www.sears.com/sr/product/summary/productssummary.jsp?BV_SessionID=@@@@0345256245.1030699736@@@@&BV_EngineID=cheadcgdiehmmicehgcmgdfmdfin.0&vertical=AUTO&fromAuto=YES&bidsite=null&pid=09573403000) , so I will head over to Sears White Plains, New York this morning when they open at 10 A.M., and get a set of the tires. I will not bother having the front end of the aligned since it seems all right. I will now send out my weekly notes. I will then go out for some morning air after I clean up. CIO

**Note: <888> 08/30/02 Friday 4:50 A.M.: I went to bed at 7:30 P.M.. I had a call from a relative at 10 P.M.. I was up at 3:30 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I just filled out the Hyundai's owner's manual transfer of ownership form to mail into Hyundai. CIO**

**Note: <888> 08/29/02 Thursday 6:15 P.M.: I took the three halves of boneless breast of chicken, and I rinsed them in cold water and dried them. I put a few tablespoons of olive oil in a Pyrex pie dish, and I seasoned both sides with garlic powder, black pepper, celery salt, Old Bay seasoning, Italian spices, chicken and meat seasoning, Basil, and Oregano. Then on the top sides, I put Texas Best barbeque sauce. I then cooked them in the convection oven at 350 degrees Fahrenheit for 35 minutes. My guest and I each had one of the boneless chicken breast, and I refrigerated one. We had them with two ears of sweet corn each and steamed slices of yellow squash along with ice tea. I will now shut down and watch some television before my guest leaves, and then I will go to bed. CIO**

**Note: <888> 08/29/02 Thursday 4:00 P.M.: La Blanc wreckers arrived from Norwalk, Ct. to tow away the Volvo at 1:30 P.M.. I paid the driver the \$50 cash for the charge for the service, and I explained the nature of the vehicle. I also made copies of the Volvo title and some of the Hyundai paper work to keep in my records. My guest, and I then drove downtown in the Hyundai. We stopped by New Country Motors Volkswagen, and I went to their parts department, and I bought six metric Phillips head stainless steel license plate bolts for \$1.47 each plus .53 tax for \$9.35 total. We then went to Exxon, and I put in the STP fuel injection cleaner in the tank, and I filled the tank with regular unleaded gasoline at \$1.699 a gallon for \$17.40 total. I think I only had about a gallon left in the tank. We then went to the library, and I reinstalled each license plate with then new license plate bolts using two bolts for each plate, and keeping two in reserve along with the other ones in the tool chest. We then went to the Greenwich Hospital Thrift shop, and they have a \$15 a bag sale. Next we went downtown, and we walked around the center of town. Then we drove down by the waterfront. The next stop was the Stop and Shop, and my guest bought two boneless breasts of chicken at \$3.99 a pound. We just now returned back to the apartment. The Hyundai seems to run just great, and I am most pleased with its performance. Perhaps on a nicer day, I will take a little longer day. We the Volvo served me faithfully for over 10 years, so it will be sad to no longer see it in the parking lot. Well, I guess it has gone to Valhalla. My 3 P.M. appointment was cancelled today because their electricity was out. CIO**

**Note: <888> 08/29/02 Thursday 10:40 A.M.: The Hyundai registration came in the mail just now, so I am all set to drive the Hyundai. I will continue to wait for the tow truck to take away the Volvo. I will clean up now. CIO**

**Note: <888> 08/29/02 Thursday 10:30 A.M.: My guest and I had breakfast of scrambled eggs, toast, orange juice, vitamins, supplements, and coffee. I called up Branford Hyundai, and they called me back, and they said the last time they serviced the Hyundai was at 13,000 miles. I checked with Norwalk Hyundai, and they said a 30,000 mile maintenance check would be \$250 where they do all the regular maintenance. Hyundai under the warranty will also fix the outside passenger side door handle for free. I checked with Milford Hyundai, and it was last serviced there about three months after the car was purchased there. I called La Blanc wrecking service in Norwalk, Connecticut; and they are coming down later this morning to tow away my old 1976 Volvo 244 DL for \$50. I chatted with the seller of the Hyundai to me, and she did not know anything about the service record. She told me she mailed me the registration papers from Stratford, Connecticut yesterday, so they may or may not be here in the mail today. My guest and I are just relaxing around the apartment waiting for the mail man and the tow truck. CIO**

**Note: <888> 08/29/02 Thursday 6:05 A.M.: I am thinking on the Hyundai, instead of having the oil changed right away and the air filter and spark plugs, I should check with the seller to see if she knows if the previous owner had the 30,000 mile service check done by a Hyundai service center, since the vehicle has 31,800 miles. Also possibly a local Hyundai service center would know possibly from the vehicle VIN number. Since I have not maintained a newer car in many years, I am not quite sure of what the procedures and costs might be. I suppose possibly the Hyundai service center in Norwalk, Connecticut might be able to help me out. If I should need new spark plugs, I plan to have NGK platinum spark plugs put in the vehicle. Still, there is no point spending money, if it is not necessary. A couple of telephone calls should let me know today. I noticed while looking at the NGK spark plug site, it mentioned it is important to torque the spark plugs correctly when installing them. Since I do not have a torque wrench, this might be difficult for me to do. Anyway, the Hyundai as far as I can tell is running just fine, so if the registration arrives today, I intend to put in the STP fuel injector cleaner and fill up the car with regular unleaded gasoline at Exxon, and take it for a drive locally. I am not sure whether having someone else or myself work on the Hyundai would void the five year 60,000 mile warranty still in effect. Also, there is a Hyundai dealership in White Plains, New York; so although I live 100 feet or so from the New York – Connecticut boarder, since I live in Connecticut, I try to be user friendly to Connecticut business. CIO**

**Note: <888> 08/29/02 Thursday 5:50 A.M.: I rested through out the night. I also read the first chapter of the Que book on Windows XP Professional. My guest should be awake shortly. I turned off the NOAA weather radio, so as not to disturb the guest's sleep on the guest bed in the living room. I will have to remember to turn it back on. I will do some regular computer work now. CIO**

**Note: <888> 08/28/02 Wednesday 10:50 P.M.: We watched a bit of television. I will now shut down the computer. CIO**

**Note: <888> 08/28/02 Wednesday 6:50 P.M.: A friend called at 4 P.M., and he said he would be coming down to visit. I got up, and I had orange juice with vitamins and supplements. My friend arrived, and since my Hyundai registration has not arrived in the mail yet, we drove downtown in his car. I went to Charles Stuttig's lock smith, and I had four Hyundai keys cut with the plastic tops on the keys for \$25.26 total. We then drove down by the waterfront. One of the regular fishermen just bought a new 2002 Hyundai at White Plains, New York Hyundai regularly \$14,750 for \$12,000 with all the accessory features. We then returned to my apartment, and I checked out the keys to make sure they work. I just checked the Hyundai, and I sprayed WD-40 on the hood latch lock. I put some windshield washer fluid in the windshield washer fluid container. My guest and I are about to have some reheated tomato meat sauce with spaghetti noodles and ice tea. My guest is going to stay down for the night, so I will try to rest from about midnight to about 6 A.M.. CIO**

**Note: <888> 08/28/02 Wednesday 5:05 A.M.: I did a little bit of computer work. I will now shut down the computer, and I will go to bed shortly. CIO**

**Note: <888> 08/28/02 Wednesday 4:25 A.M.: I went out, and I checked what number bulb the Hyundai rear tail light and brake light uses. In the manual it said 28/8. I started walking east to the Shell Station which is open all the time. I bought for \$1.69 each package, two packages of two of Victor auto bulbs turn signal-stop-tail light #2057 heavy duty pre-tested 12 volt which have two dimples on the base and two filaments in the bulb for combination brake and tail light made in China. I also bought a Medo Ultra Norsk clean surf smell auto deodorizer for \$1.39, an Eagle electric grounding adapter for \$1.89, and a 12 ounce bottle of STP super concentrated Fuel Injector cleaner with advanced clean technology for \$6.79 plus**

**.81 tax for \$14.26 total. I then chatted briefly with the regular proprietor and told him about the Hyundai. I then walked back. On the way to the Shell station, the regular skunk around our building crossed in front of me on the sidewalk along the Post Road, so the skunk covers a wide range. When I returned back I put two of the brake tail light bulbs in on each side of the rear lights. The rear lights are replaced from inside the trunk area turning the turn knobs on the housings and removing the covers, and then replacing them in their sockets. All the lights work fine on the Hyundai now. I then put the scent leaf on the hanger on the driver's side rear passenger compartment to freshen up the scent in the car. I returned to my apartment, and I had some of the remainder of my spaghetti and tomato meat sauce dinner with ice tea. I used the Eagle 3 prong electrical adaptor to put the Coleman rechargeable flash light which was in the bathroom sink area back on the power strip on the bedroom dresser. It has to be elevated by the 3 prong adaptor to clear the Coleman emergency light on the same power strip. The other 2 bulb package of brake tail lights, I put in tool case in the Hyundai. CIO**

**Note: <888> 08/28/02 Wednesday 2:05 A.M.: I went out, and I checked the side and rear view mirrors settings on the Hyundai. The list of items I have to do on the Hyundai as soon as I have the registration in the mail hopefully today is:**

- 1: Buy Fuel Injection System additive cleaner.**
- 2: Buy two brake rear tail light bulbs and install them.**
- 3: Fill up the tank with gasoline adding the fuel injection system additive cleaner.**
- 4: Have four copies of the key cut.**

**In the near future:**

- 5: Have oil and filter changed.**
- 6: Buy and Install new air filter.**
- 7: Buy and Install four new spark plugs.**
- 8: Buy four new tires, possibly the next size larger, and have new valve stems installed and have them balanced.**
- 9: Have the front end aligned when the new tires are installed.**
- 10: Have passenger side outside door handle repaired.**



**11: Try to obtain scratch remover for some minor scratches.**

**12: Touch up a few paint spots.**

**13: Wash car.**

**14: Possibly wax car once touchups are done.**

**15: I probably will not go to the ding doctor for a few minor dings since in the nature of our**

**environment, dings can occur frequently.**

**16: Buy black floor mats.**

**Item for consideration: One could have the Volvo repaired, and then try to see if somebody wants**

**it for a mud and snow car. However, on my limited budget this is not an option, I would probably**

**end up having to give it away anyway, so why spend the money. The Texaco station here in town said they might be able to take a look at it in about a week and a half, but once again it is not an option**

**for me. I will do some regular computer work now. CIO**

**Note: <888> 08/28/02 Wednesday 1:15 A.M.: I went outside, and I took most everything out of the Volvo trunk, and I pulled out the rubber floor mat trunk covering, and I shook it out. I put the various items back in the trunk. In the trunk besides the General Tire, I use as a spare that I bought at Walmart in Scarborough, Maine about nine years ago, I have the original Volvo jack and the Volvo tool kit for removing the lug nuts. I also have the original Volvo AM radio along with another Blaubunt AM/FM radio in the trunk besides the inexpensive tape deck with radio in the car. I left the rear window speaker that I installed. I took out the towels that I had on the front seats and the rear window and put them in the rear of the Hyundai. In the Volvo trunk in a box are various used distributor rotors, distributor caps, old fuel filter, a half dozen or so fan belts, old spark plugs, ignition wires, and two Phillips Halogen beam head lamps with one of two beams burned out. I put the third Halogen beam lamp in the back of the Hyundai to use with a repair light that it will fit with. I also put the half container of Pennzoil 20W50 and a full container of Pennzoil 20W50 and a full container of Pennzoil 10W40 in the back**

of the Volvo, since if someone should try to drive the car even a short distance, it would need a bit of oil. I think the original alternator resistor wire harness is also in the parts box. I have the Connecticut title for the Volvo, and I have two sets of keys in the apartment, and there is a third set in the Volvo glove box. The door key in the glove box that I kept hidden underneath the chassis of the car is a bit rusty. The Volvo has an ignition key, front doors key, glove box key, and gasoline fuel cap key. I left the three air freshener Christmas trees on the dash board. I put an old floor mat beneath the driver's seat. I am using an old blue rubber mat on the Hyundai driver's side along with the passenger blue floor mat for the Volvo on the passenger side of the Hyundai along with the two smaller blue floor mats in the rear of the Hyundai from the Volvo. The four General Tires on the Volvo have about 60% wear and 40% to go, and they were rotated last spring. All the tires seem not to leak. Thus the Volvo could possibly be repaired and driven by some sort of farmer in the cold country for a mud and snow car when one might not want to drive more deluxe cars. The 1976 Volvo 244 DL was part of the original series Volvo that was introduced as a much safer design, and it has such safety features as heavy metal steel rods in the side door panels to reinforce them against collision. It is a stately car, and one would not have been surprised by its performance capabilities when it was in better repair. Well, I will do a bit of computer work now. CIO

Note: <888> 08/28/02 Wednesday 12:10 A.M.: This afternoon, while I was working on the Volvo, I also made up at new batch of ice tea  
[www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) using 21 various tea bags. CIO

Note: <888> 08/27/02 Tuesday 11:55 P.M.: I chatted with a relative and a friend. I adjusted the cable on the cablevision system, so the living room television does not have lines in it. Today, when I was working on the cars, I put the coal shovel I use for a snow shovel on the right side of the left living room closet to have it in reserve for a snow storm some time in the future. I sorted out all my receipts for the entire 26 year service records of the Volvo including the previous owner's receipts. I put them all in a folder on the back seat of the Volvo along with the Chilton's Volvo service manual. I also left all the old tune up parts in the trunk of the Volvo. I put the cross tire iron with the Hyundai in its spare tire compartment. I also put the spring coil mount plate needed to fix the Volvo on the back seat in a Volvo parts box. Of course the Volvo also needs to have the front right motor mount replaced, and as I mentioned before it still might need other work mentioned earlier in my notes. There is a local employee that works at a local business that might take the Volvo, so once I have the Hyundai registration documents, and I am permitted to drive the Hyundai, I will stop by that establishment, and see if they want the Volvo. On the plus side of the Volvo, if one were an experienced mechanic and able to service the Volvo, the Volvo has started every day for ten years even on the coldest dampest weather. If one were a farmer or a rancher in the north country, more

than likely the Volvo would start on one's coldest days. Also with the weight in the trunk, and with a four speed stick shift and mud and snow radial tires, the Volvo always had good traction even during our recently infrequent snow storms. Thus some Canadian or old Vermonter might be interested in the Volvo, if they knew how to do repairs. Alas, in my present situation, I will leave it at the discretion of the local merchant if they want to take it off my hands for free. Of course they would have to transport it to whatever location they want it, since the Volvo is no longer registered. I remembered, I once was out in Santa Cruz, California for periods of time between 1978 and 1980, and the Royal Swedish orchestra and the King of Sweden were supposedly out there some time during that period, and there were over 2,000 vintage Volvos around the University of California at Santa Cruz. At the time, I had the 1974 Burgundy Volvo Coupe that I bought at John Delia's Subaru dealership locally here in Greenwich for \$1,750. I believe I sold that Volvo several months later in December 1980 with 20,000 more miles totaling around 95,000 outside the gates of Disney Land in Anaheim, California at a cash for your car place for about \$1,250, and the car also had a flat spare tire and a burned out clutch. Still, I was told that Volvos are more valuable the further away one gets from Sweden. If any interested readers want to see what the old Volvo looks like, try clicking [www.geocities.com/mikelscott/volvo001.jpg](http://www.geocities.com/mikelscott/volvo001.jpg) . Well, I guess I will do a little bit of regular computer work. CIO

Note: <888> 08/27/02 Tuesday 7:45 P.M.: I was up at 2:30 A.M. this past morning. About 4 A.M., I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I fell back asleep until noon. I had one phone call from the appointment I missed yesterday. At noon, I had reheated spaghetti and tomato meat sauce with ice tea, and then I had an iced coffee outside. I called up GEICO, and I changed my insurance to cover the Hyundai. I got comprehensive collision coverage, so the Hyundai is covered. I pay about \$300 more a year for it or about \$700 total for a year. I have preferred customer status since I have never had any claims. In a six month billing cycle, in the first four months, I will get four bills for about \$90. Hopefully the lower cost of operating the Hyundai will offset the cost of the increased insurance. I then started sorting the items in the Volvo trunk, glove compartment, interior compartment, and side door pockets. I put those items that I need in the Hyundai. I left the items that go with the Volvo in the Volvo. I also threw out some old maintenance containers. This all took a bit of time. I put the two beach lounge chairs on the floor of the back seat of the Hyundai. I was able to peel off the Greenwich Parks sticker and put it in the Hyundai wind shield. I put my Volvo floor mats in the Hyundai. I have all my tools in the trunk of the Hyundai. I took the ship to shore radio and antenna and stored it in the trunk of the Hyundai. I used Velcro to attach the little LCD clock on the Hyundai dash board. I checked the lights, and the combination rear tail and brake light bulbs need to be replaced. I am leaving the old nautical compass in the Volvo. I have the garden hose on top of all the items in the trunk. With the beach chairs in the back seat, there is plenty of clearance view out the back window. I removed part of the passenger door panel,

and it appears fixing the outside passenger door handle will have to be a job for the Hyundai shop. Since I still have the five year 60,000 mile warranty, I wonder if it is covered. I am not sure whether the spark plugs were replaced at the 30,000 mile interval along with the air filter. In addition to the oil and filter change, I will put in some fuel injection system cleaner when I fill up the tank with gasoline. I need to get some duplicate keys made for the Hyundai. I have three sets of keys for the Volvo. I will put the Volvo service manual with service papers I have in the back seat of the Volvo shortly. For dinner I had spaghetti with tomato meat sauce and ice tea. This afternoon since I was hot, I had a cold diet A&W root beer in a frosted mug, and later I had a cold diet Coke in a frosted mug. I put some more ice cubes in the plastic bag in the freezer. I will now call up a friend. CIO

Note: <888> 08/26/02 Monday 8:50 P.M.: I was up at 4 A.M. today. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I then had coffee outside. I searched used cars on the internet. I had a call from a friend saying he would be down after noon. I found a 1999 Hyundai Accent L Hatchback 2 door for \$3200 with 32,000 original miles [www.bargainnews.com](http://www.bargainnews.com) and this link too <http://www.kbb.com/kb/ki.dll/kw.kc.ur?kbb;507398&p&722;Hyundai;1999%20Accent&4;HY;AB&> . I called up the seller and we chatted. I told the seller I would call when my ride arrived. I had lunch of two hotdogs with rolls and mustard and ketchup and potato chips and ice tea and iced coffee. My friend arrived about 1 P.M. and we chatted with the seller. We drove up to Wilton first, and then we drove up to Stratford, Connecticut where the car was located near the waterfront. I immediately liked the car. Both I and my friend took it for a test drive. I told the seller I wanted to buy the car. We agreed on the \$3200 price. The seller sells other cars, so she offered to do the purchase tax and title work. I gave her a copy of my registration and insurance certificate. She filled out all the forms and had me sign them. The tax on the car is about \$150 and the registration is about \$50, so all together I paid \$3,400. I then transferred my Volvo license plates to the Hyundai. The car is like new with 31,800 miles was originally purchased 09/21/99, so it is about three years old. It still has the remainder of its six years 60,000 mile warranty. The Hyundai has a 5 speed stick shift and it does not have air conditioning. It has dual air bags and a cassette stereo radio. It needs new tires, and the passenger side door latch does not work from the outside. It has several minor dings, but overall it is in excellent condition, and it is painted black. It looks like new in the engine compartment. I drove the Hyundai down following my friend back to my apartment. The completed registration paperwork should be received by me in a couple of days by mail. I will not drive it until I receive the registration in the mail. I checked the Hyundai over when I returned. I called a relative. I checked with a relative whom checked it out at [www.carfax.com](http://www.carfax.com) , and the car came back with out any problems on the report. We had reheated tomato meat sauce with spaghetti for dinner with Perrier. I chatted with the relative again. I know of a foundation that I can call up that will pick up my old Volvo for free once I have transferred its trunk contents to the new car. I will wait until I receive the new paper work on the

**Hyundai. Well, it was a long day; my guest is resting before returning back to his home. I will shut down now, and I will be going to bed shortly. CIO**

**Note: <888> 08/25/02 Sunday 11:25 P.M.: I chatted with another friend. I chatted with a relative. I chatted with another friend. I looked at web sites for used cars. CIO**

**Note: <888> 08/25/02 Sunday 9:15 P.M.: I rested a bit after dinner. A relative called and suggested that I go to [www.shockwave.com](http://www.shockwave.com) and download the game "Collapse". I just chatted with a friend. I guess I will download and install the game now. CIO**

**Note: <888> 08/25/02 Sunday 6:15 P.M.: For the tomato meat sauce, I browned two pounds of 90% lean ground beef in the Griswold frying pan with a few tablespoons of olive oil. I then added a few tablespoons of olive oil to a 3 quart Revere pot. I added the browned ground beef, 8 chopped cloves of garlic, two minced medium onion, three 28 ounce cans of Tuttorosso crushed tomatoes, two chopped green squash, one chopped yellow squash, and then I seasoned the mixture with garlic powder, celery salt, ground black pepper, Old Bay seasoning, Hungarian paprika, chicken and meat seasoning, Italian spices, oregano, basil, ground ginger, India hot curry, Chinese five spice, a few tablespoons of Italian Medina balsamic vinegar, a tablespoon of sesame oil, dashes of McHilneys Tabasco sauce, dashes of Lea and Perrins Worcestershire, four bay leaves, and dashes of Angostura bitters. I stirred the mixture, and I brought it to a simmer over medium heat, then I reduced it to medium low heat, and I am simmering the mixture covered for 50 minutes. I will have some of it on spaghetti topped with grated cheese along with ice tea and then I will have an iced coffee outside. I will refrigerate and freeze the remainder of the sauce. CIO**

**Note: <888> 08/25/02 Sunday 5:05 P.M.: I fell asleep about 8 A.M. until a short time ago. I will now cook up a batch of tomato meat sauce for spaghetti. CIO**

**Note: <888> 08/25/02 Sunday 5:55 A.M.: I saw a few interesting prospects at [www.cars.com](http://www.cars.com) . I watched some television. I will now do some computer work. CIO**

**Note: <888> 08/25/02 Sunday 3:55 A.M.: I was up at 2:30 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I studied the car advertisements in Friday's Greenwich Times. I will study [www.cars.com](http://www.cars.com) . CIO**

**Note: <888> 08/24/02 Saturday 7:45 P.M.: I watched some television about modern engineering. I had the rest of the tomato meat sauce with spaghetti and grated cheese and ice tea. I am a bit tired, so I will be going to bed early. CIO**

**Note: <888> 08/24/02 Saturday 5:00 P.M.: I had some Carr's crackers with Vermont extra sharp cheddar cheese and ice tea. I just burned two copies of the QUE CD that came with their book on Windows XP. CIO**

**Note: <888> 08/24/02 Saturday 2:40 P.M.: I finished the house cleaning and watering the plants. I listened to the first five chapters of "A Connecticut Yankee in King Arthur's Court" from**

**[www.audiobooksforfree.com](http://www.audiobooksforfree.com) . I have that book and Tarzan saved on my hard drive. I went out for a break, and I jacked up the passenger front side of the Volvo. It appears that the center core of the lower spring mount on that side rusted through and gave way permitting the spring to expand pushing the spring mount plate downward against the wheel, and since the additional weight was transferred from the engine on the frame it appears the rear right side motor mount collapsed and the oil filter is resting on it askew. What other parts in that location that might be damaged is hard to determine. Since the Volvo has 119,000 miles on it, it has other problems like the starter motor occasionally skips because of a missing tooth on the fly wheel, the driver's side window does not go down because the window frame crank mechanism is broken, the fuel and temperature gauges are not accurate because a electrical regulator is needed behind the dash board. Some of the brake lines have small leaks. The clock does not work. At the present milage, one could expect to have clutch or gear box problems. The differential is supposedly leaking. On the plus side in the last few years, all brakes have newer calipers except one front brake, along with all new pads and rotors. They exhaust system is all new in the last few years. I put in new tuneup parts and filters. However, the suspension system has never been worked on. Probably the fuel filter is in need replacing in the next years. Thus the Volvo has all the problems one would expect from a 26 year old car. Some of the tail light lens and front lens are a bit worn too. Before I did the house cleaning, I checked my primary computer sound system, and rear channel does not play with most broadcasts, so I took one of the splitters off the backup computer, and I diverted all my audio lines from the primary sound card plug, and**

I set the computer to two stereo speakers setting. Thus all the computer speakers work including the various headphones and the line in cord to the Stereo amplifier that plays when CD is selected on the amplifier and the two cables are plugged together hanging above the orange mirror between the two computers. I will now go outside for a break. CIO

End of Scott's Notes week 08/24/02:

Note: <888> 08/24/02 Saturday 11:15 A.M.: Yesterday I was up at 6 A.M. when a friend called. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and then I had a coffee outside. I rested from about 8 A.M. to 10 A.M.. A friend came by to visit at noon. I had called around about Volvo repairs, but World Class auto repair is no longer in business. With a friend following me in his car, I drove my Volvo over to Autohaus on McGee Avenue in Stamford, and the mechanic looked at my Volvo. He said that the strut housing assembly, the strut, and the motor mount would need to be replaced which would cost easily over \$600. Since my Volvo is not worth that much, I decided not to have it repaired. We drove over to Stamford on U.S. 1, and apparently every time I went over a bump, the car leaked a bit of oil. We drove back slowly on I-95 in traffic since there were less bumps. The round trip used about a third of quart of oil. I need to find a new used car at a reasonable price hopefully with lower mileage, not quite so old. We looked in the local paper, and then we went out. We went by the Greenwich Hospital, and we looked at their bulletin board. We went by Peabody's garage and looked at the cars there again. Next we went by Putnam Trust Bank of New York on Mason Street. We drove down by the waterfront. We returned to my place. I looked for cars on the internet. Ebay does not have cars listed by locality. The dealer networks are too expensive. We had dinner of defrosted tomato meat sauce with spaghetti noodles and ice tea. After dinner, we went downtown and walked lower Greenwich Avenue. We then returned to my place, and we watched part of a DVD video disk. About 10:30 P.M., we went to bed. We were up at 7 A.M. this morning. We had scrambled eggs, toast, orange juice, vitamins, supplements, and then we had coffee outside. After cleaning up, we drove downtown by the waterfront. We then drove over to the Riverside shopping plaza, and we looked at their lots, but they did not have any cars there. We looked at the bulletin board at the Food Emporium. We then went by the Greenwich Library returned a DVD video disk. Next we went to the Stop and Shop, and I bought 90% lean ground beef at \$3.59 a pound for \$6.94 less a \$2 off package coupon, S&S 8 ounces of grated toppings with parmesan cheese \$3.79, a 96 ounce container of Tropicana premium with calcium for \$3.99, a dozen large eggs \$1.69, 3 packages of Rienzi #10 spaghetti noodles \$2 all, five pounds of S&S sugar \$2.39, four ears of sweet corn .25 each, green squash at .99 a pound \$1.38, yellow squash at .99 a pound \$1.23 for \$22.41 total. We then returned back to my place. My guest left about 10 A.M.. I will now send out my weekly notes. I will

then do my weekly house cleaning. I guess once I find a new used car, I will donate my car to one of the charities that pick them up. My neighbor knows of a place that will pick up the car even if it does not run. I will be able to use it for two or three local trips a week until; I find a new used car. CIO

Note: <888> 08/22/02 Thursday 9:45 P.M.: I just finished dinner. I found the old receipt for having the driver's side spring mount plate replaced on October 12, 1993. I was able to have World Class Auto Repair in Stamford, Connecticut do it. They charged me \$41.80 for the pair of spring mount plates, \$175 to remove the left side strut housing and weld in the new spring mount with an arc welder plus \$13 tax for \$224 total. I would assume after nine years, they might have gone up a bit in their price. I will call them up tomorrow. I just went outside briefly, and the skunk was taking another one of its evening strolls on our front sidewalk. I am a bit tired, so I will go to bed shortly maybe after watching a bit of television. CIO

Note: <888> 08/22/02 Thursday 8:45 P.M.: I examined the Volvo more closely, and by the passenger side front tire, the McPherson strut spring lower plate which was partially rusted through ten years ago when I got the Volvo finally has rusted through, and the plate has sprung down and is resting near the passenger side front tire. I replaced the part on the driver's side ten years ago, and I have the part for replacement on the passenger side front since they came in pairs, however the only place that can do it is a truck repair place near Stamford Volvo which has arc welding equipment. I will have to find out their name from Stamford Volvo and see if I can get them to fix it, providing there is no other damage. I have the old repair bill in my file cabinet and about 10 years ago it was \$200 to have the piece welded in. As I say, one gets so good on computers and gets the computer running so fine, that everything else starts falling apart for lack of attention and funding. Well, I will now have the same dinner as last night. Since I am a bit tired, I will probably not be up late tonight. I will try to get up earlier tomorrow to deal with the automobile repair problem. I will probably need to have the oil filter replaced also and the oil changed. However, since I can not get underneath the car to access the extent of the damage, it hard to see if there is any other damage. It sure does explain the mechanical problems I have been having. There is less than a quarter inch clearance between the broken spring plate and the passenger front tire. CIO

Note: <888> 08/22/02 Thursday 7:55 P.M.: I was checking out underneath my Volvo, and I was looking at the oil filter, and I discovered the motor mount just beneath the oil filter has worn out and collapsed. It appears to be a piece of hard rubber that has collapsed. Thus the engine on the passenger side has collapsed an inch or so, and the oil filter is resting on the motor mount. I would assume this is why the motor fan is scraping against the fan shielding and is the reason the car is leaking oil. I guess if Exxon can take it tomorrow morning, I will drop it off there



for them to inspect it. Of course they might not be able to get the part right away. If not tomorrow, I will take it by on Monday morning. I chatted with a relative. CIO

Note: <888> 08/22/02 Thursday 6:25 P.M.: I was up at 1 P.M. today. I had breakfast of orange juice, three medium boiled eggs, toast, vitamins, supplements, and then I had a cup of coffee outside. I went out, and I stopped by the Arnold Bread outlet, and I bought 3 loaves of Freioffers 7 grain bread for \$3.48 all. I next stopped by the Greenwich Hospital Thrift shop. I then made my 3 P.M. appointment. I then went down, and I sat out briefly. I next drove down by the waterfront. I then went by Peabody's garage, and I checked out their used car inventory. I was told by the proprietor that I might check the fire break on my Volvo's emission system. I just cleaned it a couple of days ago. However, I returned home, and I took it out again, and I cleaned it more thoroughly with some spray solvent I had in the trunk. It was about 50% blocked. I then cleaned another emissions valve also. I pushed much harder on the motor fan shielding to hopefully realign it and have it stop scraping. Well, I will have to see how the car performs for the next few days. I could not tighten the oil filter, since I do not have the right wrench. It seems like maybe some oil was falling on the exhaust system and smoking. Possibly cleaning the fire break in the emissions system solved the problem. I just had a cold diet A&W root beer in a frosted mug outside. CIO

Note: <888> 08/22/02 Thursday 7:25 A.M.: I finished the backup of the backup computer. I will now shut down the computers and head off to bed shortly. I have a 3 P.M. appointment today. CIO

Note: <888> 08/22/02 Thursday 6:25 A.M.: On the backup computer, I just started the second part of two parts backup of the C: drive to the E: drive. With the backups on the backup computer, I will not have much spare space on the three hard drives, but the backups are in place, in case I want to do a quick restore if one of the drives needs to be restored. I have enough space left on the drives to run the systems as they are presently configured for backup use. I am watching a bit of morning television for diversion. CIO

Note: <888> 08/22/02 Thursday 4:30 A.M.: I finished the backup of the E: drive on the backup computer. I am now doing the backup of the C: drive on the backup computer. I went outside briefly, and the skunk is still lingering around the front sidewalk. I am watching a bit of television while doing the backups on the backup

computer. I finished sifting through my email and I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 08/22/02 Thursday 2:50 A.M.: I am just about done with the first part of the backup. I went outside briefly, and the skunk was out on the front sidewalk. CIO

Note: <888> 08/22/02 Thursday 1:50 A.M.: On the backup computer when I boot the full XP partition which is the E: drive with C: as the Windows ME drive, D: and the CDplayer, and F: as the XP simple partition, I am backing XP full partition E: drive except its E:\Windows directory to the F:\backupe1 folder. I will then backup the E:\Windows to the C:\backupe2 folder. I then plan to try to backup the C: Windows ME drive to the E:\backupc1 and E:\backupc2 folders if compression gives me enough space. Windows XP backup does not use compression, but Windows ME backup does. I will now do some regular work on the primary computer. CIO

Note: <888> 08/22/02 Thursday 1:20 A.M.: After dinner, I had the cappuccino outside. The smaller skunk was out by the power transformer. CIO

Note: <888> 08/22/02 Thursday 12:30 A.M.: For dinner, I am having cold slices of top round of beef with horseradish and Lea and Perrins Worcestershire sauce, steamed sweet corn on the cob with a steamed slices of green squash, and ice tea. I guess since I will be up a while, I will have a cappuccino afterwards. I went outside briefly about ten minutes ago, and the smaller skunk was on the sidewalk in front of the building. CIO

Note: <888> 08/21/02 Wednesday 11:50 P.M.: I ran Norton Speed Disk on the E: drive on the backup computer while I was out. I had a bit of a problem getting the backup computer E: drive with XP and programs to boot, but with it optimized it boots just fine. I drove downtown and took a swing through town. I stopped by the Stop and Shop, and I bought a white General Electric 3 outlet adaptor for \$2.99, a Tony's Pepperoni pizza for \$2.50, three S&S margarine for \$2 all, two dozen large eggs \$1.69 a dozen, four ears of sweet corn for .25 each, yellow squash at .99 a pound for .90, green squash at .99 a pound for \$1.33, and I returned .95 in cans and bottles for \$13.33 total. I then went to the Food Emporium, and I bought two half gallons of

**Tropicana premium orange juice at \$2.99 each and a pint of Edy's mandarin orange sorbet for \$1.99 for \$7.97 total. I chatted with a local outside the Food Emporium about what I have been up too, since he did not appear to be on the internet. I then returned home. I put the General Electric 3 plug adaptor on the bathroom sink outlet, so I can plug in my Braun electric toothbrush and my waterpik and also have the Coleman rechargeable flashlight plugged in at the same location. CIO**

**Note: <888> 08/21/02 Wednesday 9:15 P.M.: I was up at 3:30 P.M. this afternoon. I had breakfast of oatmeal, toast, orange juice, vitamins, supplement, and then I had a coffee outside. I fell back asleep until 8 P.M.. I had some of the Jell-o mixture with ice tea. I had an iced coffee outside. The smaller skunk was behind the wall next to the front door. I just chatted with a friend. I ran the Norton Utilities on the backup computer C: and D: drive. I am now running Norton Speed Disk on the E: drive on the backup computer. I will clean up and go out shortly. CIO**

**Note: <888> 08/21/02 Wednesday 5:35 A.M.: I had some of the Jell-o mixture and ice tea. I watched some television. I had some goldfish crackers with ice tea. I will now shut down and go to bed shortly. CIO**

**Note: <888> 08/21/02 Wednesday 3:20 A.M.: I have finished everything I can think of doing on the backup computer. I am now running Norton Disk Doctor on all three drives. I will then setup the email account for Outlook Express on the Windows ME partition. I then will run Norton WinDoctor and Norton SpeedDisk on the Windows ME partition. I will then do the same on the Windows XP simple boot partition. I might not finish this activity before going to bed in which case I will do it when I work on the computers later today after sleeping. CIO**

**Note: <888> 08/21/02 Wednesday 3:00 A.M.: I finished installing the Favorites in the Windows ME partition on the backup computer. I installed some other programs on the backup computer Windows ME partition. The Microsoft Hotmail login for the Microsoft Reader does not work which I think it should. It still works on the primary computer. I sifted through my email and went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO**

**Note: <888> 08/20/02 Tuesday 10:45 P.M.: I am extracting to the C: Windows ME backup computer partition my 74,000 Favorites from the backup of the Favorites I**

made last May and put in \*.zip format and saved on a CD/R. This will take a bit of time since it takes WinZip a while to extract them. I will do some regular work on the primary computer while I do this. CIO

Note: <888> 08/20/02 Tuesday 10:30 P.M.: I finished putting away the laundry. I am adding additional programs and tweaking the Windows ME partition on the backup computer. CIO

Note: <888> 08/20/02 Tuesday 8:50 P.M.: I was up at 2 P.M. this afternoon. I had oatmeal, toast, orange juice, vitamins, and supplements. I had a cup of coffee outside. I cleaned the PCV valve on my Volvo, but it looked all right. I cleaned up, and I went out. I stopped by Gateway Automotive, and I bought two quarts of Pennzoil 20W-50 and one quart of 10W-40 for \$2.10 each for \$6.30 total. I put a half quart of 20W-50 in the car. I think the Marvel Mystery oil might have thinned out my oil too much, so I am trying to increase the viscosity. I then drove down by the waterfront. I next went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then stopped by Exxon, and I bought \$13.55 of premium gasoline at \$1.879 a gallon. I am getting about 14.5 miles per a gallon. I then went by the Greenwich Library, and I checked out a DVD video disk. I then returned home. I had the same meal as last night, but I had steamed frozen green peas. I had an iced coffee outside afterwards. I am about half way through the wash cycle on my two loads of laundry. I put clean sheets on the bed. CIO

Note: <888> 08/20/02 Tuesday 3:25 A.M.: I put the Symantec Norton Firewall and Norton System works on the backup computer XP simple boot partition. I ran the Norton Updates too. I tweaked some registry settings on the backup computer Windows ME partition suggested by [www.speedguide.net](http://www.speedguide.net) , but the internet speed on it is still about half the speed of XP according to the broadband speed meter at [www.circuitcity.com](http://www.circuitcity.com)  
[http://www.circuitcity.com/frame1.jsp?BV\\_SessionID=@@@@1492164134.1029827983@@@&BV\\_EngineID=ccddadcfmkihhdcfngcfkmdffhdfk.0&upper=head.jsp&lower=frame2.jsp&left=leftchilddept.jsp&right=departments.jsp&department=Broadband](http://www.circuitcity.com/frame1.jsp?BV_SessionID=@@@@1492164134.1029827983@@@&BV_EngineID=ccddadcfmkihhdcfngcfkmdffhdfk.0&upper=head.jsp&lower=frame2.jsp&left=leftchilddept.jsp&right=departments.jsp&department=Broadband) , however on both systems after the first try I get from about 350 to 450. I went out, and I mailed the Siemens \$40 mailin rebate at the Valley Road post office. The car seems to be running pretty much the same as today. I guess I will drive it for a number of days and check oil consumption and see if there is any simple fixable solution. I still need to somehow get the motor fan shielding not to slightly scrape against the motor fan. Still the car seems reliable enough for local transportation for the indefinite future. I will now shut down, and I will have some

of the Jell-o mixture with ice tea. Before going to bed, I will study the Chilton's Volvo manual that I have to see what they suggest. CIO

**Note: <888> 08/20/02 Tuesday 1:30 A.M.:** I have the Siemens \$40 mail in rebate ready to mail. I installed the Siemens printer drivers on the primary computer and the three operating system partitions on the backup computer. I set the port on the printers to use the Siemens printer drivers. Thus both computers can access all three printers, except of course the Compaq IJ200 will not work with XP. I put the Compaq XP IJ200 on the box of IBM inkjet paper between the two computers. I tested the setup, and they work fine. However, the Epson status monitor produced and error in XP, so I might disable it, but the printer still prints. I am installing Norton Firewall and System Works on my backup computer basic XP simple install. I made a mistake while installing, and I just now remembered with two computers online, one can work on the other computer while waiting for the tedious process of installation. I have to remember tomorrow that I should try to tighten my oil filter with the oil filter wrench that I have in the trunk. Hopefully the car will be all right. CIO

**Note: <888> 08/19/02 Monday 9:55 P.M.:** I went to bed at 5:30 A.M. this past morning, and I was up at 1 P.M.. I had a call from a friend this morning. I had breakfast of oatmeal, toast, orange juice, vitamins and supplements, then I had an iced coffee outside. I cleaned up. I then stopped by the Greenwich Library, and I returned two books and one DVD video disk. I had a 40 cent fine on one of the books. I then stopped by Putnam Trust Bank of New York on Mason Street. I then drove up to CompUSA in Norwalk. I noticed while driving up at about 55 MPH, that my car was emitting a white oil type smoke. I checked the car when I arrived at CompUSA, and it looked like it might have a slight oil leak. At CompUSA, I bought the Siemens 4-Port DSL/Cable Router with Built-in Print Server [http://www.compusa.com/products/product\\_info.asp?product\\_code=288801](http://www.compusa.com/products/product_info.asp?product_code=288801) by [www.speedstream.com](http://www.speedstream.com) for \$69.99 plus \$4.20 tax for \$74.19 total. The product also has a mailin rebate of \$40, so it will eventually cost me \$34.19. I got the Siemens' rebate slip also. I then drove back towards Greenwich along U.S. 1 avoiding high speed driving. In Stamford, I stopped by International Car Parts, and I bought two TRI 16 inch wiper blades for \$8.66 each plus \$1.04 tax for \$18.36 total. I then stopped by Feinsod Hardware store in Old Greenwich, and I bought a one plug to three plugs with ground adaptor for \$4.49 plus .27 tax for \$4.76 total. I then stopped by Charles Sudig lock smith on Greenwich Avenue, and I had two copies made of my building entrance key for \$5.36 total. I then returned home. I checked out the car, and it had some leaking oil underneath the engine around the splash plates. I decided to let it cool down. I had a diet A&W root beer in a frosted mug outside. I then installed the three plug adaptor wall plug behind the primary computer, and I plugged the two control panels into it. I then opened up the Siemens router. It

came with a six foot LAN cable. I plugged its power transformer into the top control panel. I then connected the power cord to the router. I put the router to the left of the cable modem. I connected the cable modem to the router on the back side. I connected my two computers to two of the four front port connectors. When I turned on the cable modem, router and primary computer, it all worked on line just fine. The backup computer works fine online at the same time. I went through the basic setup of the router, and it all seems to be working just fine. I will set up the print server in a little while, so all my printers work from both computers. I went outside, and I checked with a neighbor, if they needed a spare key, but they did not. I checked my Volvo once it had cooled down. It needed two quarts of Pennzoil 10W-40 oil which I put in. I tightened the valve cover, which had its gasket replaced at Midas about three months ago. I will have to monitor the Volvo's oil consumption to see if I have a problem, of it was a loose valve cover. I also tried adjusting the motor fan cowling, so it does not scrape. Anyway at fast idle the car seems to run fine. Possibly when I put in the Marvel Mystery oil into the crankcase, it thinned the oil out too much causing increased consumption. I came upstairs, and I had the same dinner as last night except I had steamed frozen Brussels sprouts instead of squash. I had an iced coffee outside. I will now set up the printer server to my printers. I will then start tweaking and configuring the backup computer Windows ME partition. I put one of the two building keys I purchased on my backup key chain and another key is one the wooden pineapple on the dining room table. I first will fill out the Siemens \$40 mail in rebate. I just finished chatting with a friend. CIO

Note: <888> 08/19/02 Monday 3:15 A.M.: I worked on the backup computer Windows ME partition. I am tired, so I will go to bed shortly. CIO

Note: <888> 08/18/02 Sunday 9:20 P.M.: My guest and I went out after the last message. We drove down by the waterfront. We then went to another location down by the waterfront. We returned back to my apartment. My guest set up his Siemens' 2.4 gigahertz cordless telephone and answering machine. It took a while since it is a complicated interface on the LCD display. It has good range to over 500 feet front and back of the building. We tested it by calling up my telephone number through the internet. We had the same dinner as last night except the beef was cold with horseradish and Lea and Perrins Worcestershire sauce. My guest just left. I will now do a little computer work setting up the Windows ME partition on the backup computer. My guest did not keep the Siemens' telephone box, so I put it in the false ceiling in panel between the front entrance and the right living room closet. CIO

**Note: <888> 08/18/02 Sunday 3:30 P.M.:** I put the tea mixture in the refrigerator [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I opened up the packing on a three pack of year 2000 Perrier that is chilled in the refrigerator. I put ten bottles of St. Pauli Girl dark beer in the refrigerator to have along with the 12 pack of Kennebunkport shipyard ale and a six pack of Lindener Special beer that I keep in the refrigerator along with other cool beverages. I keep a little beer around the house for guests. This morning at 9 A.M., I put the Siemens' 2.4 gigahertz cordless telephone with answering machine batteries that my guest bought in the Radio Shack battery charger. They are AA Nickel cadmium. They should be fully charged at 5 P.M.. Normally they would charge up in the phone. CIO

**Note: <888> 08/18/02 Sunday 3:00 P.M.:** My guest and I were up at 7 A.M. this morning. We had breakfast of scrambled eggs, toast, orange juice, cantaloupe chunks with white grapes, vitamins, supplements, and coffee outside. We went out, and we drove down by the waterfront. We went over to Tod's Point, and my guest tried fishing at the southwest area. The fish were not biting. We walked the 2.5 mile walk around Tod's Point. We sat out at the southwest area for a while. We then drove back to town. We stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. We then stopped by Smokes for Less in Byram, and I bought two cartons of Omni Ultra Lights 100s for \$24 a carton for \$48 total. We then returned back to my place. I had a cold diet Coke in frosted mug with ice cubes and my guest had a cold A&W root beer in a frosted mug. We had the soda outside. We saw a red tail hawk around the building. At Tod's Point we saw baby Asian Pacific Japanese crabs in the tidal pools along with a great grey and a great white herons and some egrets. For lunch we had Star-Kist solid white tuna with Hellmann's mayonnaise on Arnold's Healthnut grain bread along with Lays potato chips and ice tea. I also had an iced coffee outside. I am making up a batch of ice tea. For the dilute three quart mixture in heated boiled water that I steep for an hour that I mix into the four three quart jugs, I am using 13 types of tea or 21 tea bags total. I am using two Twinnings Earle Grey tea, one Twinnings Lady Grey Tea, one Twinnings English breakfast, one Twinnings Irish breakfast, one Twinnings Prince of Wales, two Lipton green tea, three Lipton orange peako tea, one Ceylon green, one Ceylon peppermint herbal, one Ceylon raspberry herbal, one Ceylon chamomile herbal, one Prince of Wales ashram tea, and six Bigelow orange peako and cut black China tea along with a cup of sugar and two teaspoons of Angostura bitters to be mixed with cold water for the 12 quart finished product. I make the ice tea mixture more dilute since one tends to drink quite a bit of it particularly during the hot summer days. Tomorrow there is supposedly cool weather coming back into the area. CIO

**Note: <888> 08/17/02 Saturday 11:20 P.M.:** I slept until 4 P.M. when a guest showed up to visit. We went out, and we drove over to the Cos Cob Food Mart. My guest

bought green and yellow squash at \$1.29 a pound for \$1.77. a top round roast at \$2.59 a pound for \$8.69, and four ears of sweet corn for \$1 for \$11.46 total. We then went drove down by the waterfront. Next we returned back to my place. I seasoned the roast with garlic powder, ground black pepper, celery salt, Old Bay seasoning, Italian spices, oregano, basil, and Texas Best barbeque sauce, and I cooked it at 350 degrees F. for 60 minutes in the convection oven. We had it for dinner with steamed corn on the cob and steamed slices of yellow and green squash along with ice tea. We then drove over to Staples in Port Chester looking for the Siemens' 2.4 gigahertz cordless phone with answering machine with call ID for \$40 on sale through today , but they were sold out. However, they checked their computer, and the store in Stamford had 14, so we went over there and my guest bought one. We then returned back to my place, and we watched a DVD video disk. My guest is staying down for the night, and I am going to bed shortly. I just went out the side door, and there was a skunk the size of a raccoon on the side yard. I am using my spare key for the side entrance door key, since my usual one does not seem to work anymore. CIO

Note: <888> 08/17/02 Saturday 11:35 A.M.: I added most of the programs to the C: Windows ME drive on the backup computer. I still have a few more to add and some minor configuration work. I had some of the Jell-o fruit mixture with ice tea. I will now shut down and go to bed shortly. CIO

Note: <888> 08/17/02 Saturday 4:25 A.M.: While I was just out in the parking lot, I accidentally stepped on one of those Zacadas, and it made quite a racket. I am recharging the second set of Nickel Cadmium AAA batteries for the wireless headphones, since I put in a fully charged set while I was house cleaning and listening to music. The pair on charge will be done at 9 A.M.. I guess, I will install some accessory programs on the backup computer now. CIO

Note: <888> 08/17/02 Saturday 4:10 A.M.: I finished installing the second copy of XP on the backup computer in the D: drive. The boot manager works and recognizes Windows ME on the C: drive, a basic XP installation on the D: drive, and the configured XP installation on the E: drive. I think I might relax a bit now. After having the cottage cheese and fruit, I got a bit of stomach gas. I just recently bought the items, however I checked the temperature settings on my refrigerator and it was set at "1" the lowest level, so I raised it to "4" to be colder, with the maximum "6" as the coldest. CIO



**Note: <888> 08/17/02 Saturday 3:00 A.M.:** On the backup computer after the last install of Windows ME, the boot manager would not come up. I thus formatted both the C: and D: drives. I then installed Windows ME on the C: drive. I did my house cleaning and watering the plants while it was installing. I am now installing Windows XP on the D: drive of the backup computer. It has about a half hour to go. I had a meal of cottage cheese, cantaloupe chunks, and white grapes with ice tea. I then had an iced coffee outside. Another one of those two inch flies was by the side door. I think they might be Zacadas?. I just finished showering and cleaning up. I am making up two quarts of coffee for iced coffee. Once I have XP installed on the backup computer on the D: drive, I will probably tweak the system a bit and install some other accessory programs and files. CIO

**Note: <888> 08/17/02 Saturday 12:00 A.M.:** I went outside briefly. A local raccoon seems to have replaced the skunk. I have less than a minute on the Windows ME installation in the D: drive on the backup computer. I will then have to rewrite the "boot.ini" file on the C: drive to recognize the other partitions which is simple. Whether the C: and E: drive XP partitions will work, I will have to wait and see. If they work, I will install a few drivers and programs. If they do not work, it means I will have to reinstall XP again to activate it. However, that might cripple the D: drive Windows ME which seems to rely on files in the C: drive for booting. I guess the ideal way would be to put Windows ME on the C: drive, and install Windows XP to the D: and E: drive, but maybe in trying to save the existing C: and E: installations I am creating more work. Anyway the E: drive XP partition should work. CIO

**Note: <888> 08/16/02 Friday 11:25 P.M.:** I was up at 8 P.M.. It looks like we finally had some rain. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. On the backup computer, I turned off the CMOS setup for the first C: drive and the third E: drive. I then installed Windows ME in the D: drive. It boots fine with the other drives turned off, but it does not boot with the two other drives turned back on in the CMOS. I have the boot manager "boot.ini" file setup properly. Now with all three drives turned on in the CMOS, I am trying a Windows ME upgrade install to the D:\Windows directory. I know it will work, but I am not sure whether it will cripple the C: drive Windows XP Professional simple install or not. I guess I will see after installation to see if all three drive boots works from the XP boot manager. Well this is what it is all about, trial and error. CIO

**End of Scott's Notes week 08/16/02:**

**Note: <888> 08/16/02 Friday 1:00 P.M.: I installed XP Professional on the C: drive of the backup computer. I was able to enable the backup computer E: drive boot of XP also with its fully configured setup. Thus the C: drive boot up on the backup computer is a simple XP boot up. I will use the D: drive for backup. I had some goldfish crackers and ice tea while doing this. I will now send out my weekly note, and then I will head off to bed. CIO**

**Note: <888> 08/16/02 Friday 8:15 A.M.: On the backup computer, after doing the low level format of the C: drive, Fdisk now recognizes it. I installed Windows ME on its C: drive, and then when I tried to install Windows 98 on the d:\windows directory, the boot is off the C: drive erasing Windows ME. I guess, I could try to disable the C: drive in the CMOS with Windows ME installed, and try to do a fake C: drive of the D: drive of Windows 98 and then update it to 98SE. However, I am tired. I just formatted the C: and D: drives again. I will go to bed shortly. I guess I will eventually put ME on the C: drive and XP on the E: drive, and use the D: drive for backup. I do not want to go through the cumbersome process of trying to install Red Hat Linux 7.3 on the D: drive again fiddling with the boot managers that may or may not conflict with XP when I install it. Well have a good day. CIO**

**Note: <888> 08/16/02 Friday 4:30 A.M.: Well first the bad news. While working on the backup computer trying to make the Red Hat Linux partition bootable from the D: drive, I somehow destroyed the Master Boot Record on the C: drive, so none of the three drives would work. Fdisk did not recognize the first drive. I am now running Maxtor PowerMax to low level format the first hard drive. I have already deleted the Red Hat Linux Partition on the D: drive. I only have the XP partition on the third drive that will not work. I guess the way to go is once I get Fdisk to recognize the first drive hopefully after doing the low level format, I will some time in the future install Windows ME, the Red Hat Linux 7.3 bootable from the D: drive then hopefully when I reinstall XP, it will recognize all three system in the boot manager or be able to be configured in the "boot.ini" on the C: drive to do so. This will all take some time, and the Red Hat Linux 7.3 is still buggy when installing from the CD and occasionally fails. I guess I will now have some cottage cheese with cantaloupe chunks and white grapes along with ice tea. The primary computer works just fine, which is why I keep the backup computer for such ventures. I am a bit tired, so I might go to bed before completing the attempt to Fdisk the first drive on the backup computer. CIO**

**Note: <888> 08/15/02 Thursday 11:20 P.M.: I looked at the section of the Que Windows XP Professional manual about installing Linux on a second partition in the XP boot manager, but after fiddling around with the idea, I finally figured out that since I made my Linux partition on the backup computer bootable from the Linux boot floppy, the procedure would not work. This took a bit of time. Still there is lots of other information in the XP manual to fiddle with. CIO**

**Note: <888> 08/15/02 Thursday 8:00 P.M.: I had the same dinner as two and three nights ago, but along with the sautéed boneless center cut pork chops, I had sliced green squash and steamed corn on the cob, and I sautéed a peeled and sliced onion with the pork chops. I had the dinner with ice tea, and I just had an iced coffee outside. CIO**

**Note: <888> 08/15/02 Thursday 6:55 P.M.: I napped until about 2:15 P.M.. I then cleaned up, and I went out, and I made my 3 P.M. appointment. I then went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop, and they were closed at 3 P.M. in the hot weather. I then drove downtown. I walked the central area of Greenwich Avenue. I stopped by the 70% off rack at the Greenwich Hardware store, and I bought a Black and Decker Quick 'N Easy X340 steam iron regularly \$31.99 for \$9.60 plus .58 tax for \$10.18 total. I then walked up to CVS, and I bought five 6 ounce cans of Star-Kist chunk white tuna in water for .99 each for \$4.95 total. I then walked back to my car, and I sat out briefly. I then drove down by the waterfront. I next stopped by the Greenwich Library, and I finished reading the last article in PC magazine about computer research, and then I read the Greenwich Times. I checked out the Que book "Special Edition Using Microsoft Windows XP Professional". I then went by the Stop and Shop, and I bought two green squash at .99 a pound for \$1.01, and one yellow squash at .99 a pound .80 plus a two pound bag of onions for \$1.49 for \$3.30 total. I then returned home. I had a diet A&W root beer in a frosted mug. CIO**

**Note: <888> 08/15/02 Thursday 1:15 P.M.: I had some potato chips and Kraft French onion dip before going to bed last night. I was up at 11 A.M. this morning. I had breakfast of oatmeal, orange juice, toast, vitamins, supplements, and coffee. I have a 3 P.M. appointment this afternoon. CIO**

**Note: <888> 08/15/02 Thursday 1:40 A.M.: I did a little bit of regular computer work. I will now shut down and go to bed early. I will first have some Edy's Mandarin orange sorbet. CIO**

**Note: <888> 08/15/02 Thursday 1:15 A.M.: I watched a bit of television. I noticed when I went outside for a smoke, there appears to be what looks like a dead two inch long bee by the east side door. On returning inside by the front door, I saw the same two inch long horse fly that was there last night. The two inch long horse fly seems to return every year when it is hot. I have seen it many times before. Maybe the two inch long horse fly did in the two inch long bee. CIO**

**Note: <888> 08/14/02 Wednesday 11:20 P.M.: I went out, and I stopped by the Greenwich Library, and I read part of PC magazine. I then went downtown, and I walked lower Greenwich Avenue. I then returned home. I watched some television. I had some goldfish crackers with ice tea. CIO**

**Note: <888> 08/14/02 Wednesday 7:30 P.M.: For dinner, I had a couple of scoops of cottage cheese, with cantaloupe chunks and white grapes along with ice tea, and then I had an iced coffee outside. I will now clean up and go out. CIO**

**Note: <888> 08/14/02 Wednesday 6:30 P.M.: I updated my advertisements [www.geocities.com/mikelscott/adv.htm](http://www.geocities.com/mikelscott/adv.htm) . I still have not earned any income from advertising. CIO**

**Note: <888> 08/14/02 Wednesday 4:35 P.M.: I was up at 2 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I watched a bit of television. It is 93 degrees Fahrenheit outside. I am making up a Jell-o mixture. I am using two packages of black cheery Jell-o, and I am adding two cups of boiling water which I will stir in a Pyrex bowl for two minutes with the boiling water. I will then put in two cups of orange juice, and I will add some of the cantaloupe chunks and white grapes to the mixture, and I will chill it all in the refrigerator for a half dozen hours until it sets. Be careful, the Jell-o can stain white formica counter tops. Well, it is a bit hot out, so I am just staying next to the General Electric Profile 15,500 BTU air conditioner with a remote control to stay cool <http://www.geappliances.com/shop/prdct/> . CIO**

**Note: <888> 08/14/02 Wednesday 3:00 A.M.: I just had some cantaloupe chunks and white grapes with ice tea. Try this [www.google.com](http://www.google.com) translation link for French**

news in English

[http://translate.google.com/translate?u=http%3A%2F%2Flemonde.fr&langpair=fr%7Cen&hl=en&ie=UTF-8&oe=UTF-8&prev=%2Flanguage\\_tools](http://translate.google.com/translate?u=http%3A%2F%2Flemonde.fr&langpair=fr%7Cen&hl=en&ie=UTF-8&oe=UTF-8&prev=%2Flanguage_tools) . I will now shut down and go to bed. CIO

Note: <888> 08/14/02 Wednesday 2:20 A.M.: I just fixed the click through links on the [www.geocities.com/mikelscott/lang.htm](http://www.geocities.com/mikelscott/lang.htm) page. When you click through from one of Scott's Homepages in the foreign language the sub pages come up in that language, and some of the click through links in the directory seem to come up in the foreign languages. Sacre Bleu! Nous sommes tres internationale. CIO

Note: <888> 08/14/02 Wednesday 1:05 A.M.: I made up a page of other language links [www.geocities.com/mikelscott/lang.htm](http://www.geocities.com/mikelscott/lang.htm) . CIO

Note: <888> 08/13/02 Tuesday 11:25 P.M.: I went out after the last message. I walked lower Greenwich Avenue. I returned back to my apartment. I chatted with a friend. I watched a bit of television. I had some Edy's Mandarin orange sorbet. I also had some goldfish crackers with ice tea. CIO

Note: <888> 08/13/02 Tuesday 8:00 P.M.: I had the same meal as last night except I had steamed sliced green squash instead of yellow squash. I will now clean up and go out for some outside activity. CIO

Note: <888> 08/13/02 Tuesday 6:55 P.M.: I chatted with a relative. I fiddled with Red Hat Linux 7.3 on the backup computer partition. I can not get the Epson or Compaq printers to work with it. I tweaked some settings. I will now do some regular work on the primary computer. CIO

Note: <888> 08/13/02 Tuesday 4:05 P.M.: I had some goldfish crackers before going to bed last morning. I was up at 2:30 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins and supplements. I had an iced coffee outside. I adjusted the motor fan shield on my Volvo, so it does not make a slight scraping noise. I also topped up the oil. I just chatted with a relative, and I am about to call back. It is 98 degrees Fahrenheit, so stay cool. CIO

**Note: <888> 08/13/02 Tuesday 5:05 A.M.: I installed Star Office 5.3 for Linux on the backup computer Linux partition. I was not able to copy a CD/RW disk on the backup computer with Linux running to copy my directory on to the Linux partition, although other CDs including audio work on it. I will now shut down and go to bed shortly. I just had some cantaloupe chunks with grapes and ice tea. CIO**

**Note: <888> 08/13/02 Tuesday 1:50 A.M.: I searched the phrase "Linux Download" at [www.google.com](http://www.google.com) . and I came up with these Linux links [www.geocities.com/mikelscott/linux.htm](http://www.geocities.com/mikelscott/linux.htm) . I also noticed that StarOffice 5.3 for Linux is still available for download from <http://linux.tucows.com/toppicks.html> if one is not satisfied with [www.openoffice.org](http://www.openoffice.org) . I will now download and install the Star Office 5.3 on my backup computer Linux partition. CIO**

**Note: <888> 08/12/02 Monday 11:20 P.M.: I went out after the last message. I stopped by the Greenwich Library, and I read the local paper. I then went downtown, and I walked lower Greenwich Avenue. I sat out briefly. I then went down by the waterfront, and I chatted with a regular fisherman. The fish were not biting. I then went by the Stop and Shop, and I bought a 48 tea bag package of Lipton Green Tea for \$3.19. I then went back downtown, and I walked the upper part of Greenwich Avenue. I sat out at various locations. I just now returned back to my apartment, and I am having a glass of ice tea. I have enough varieties of different teas to make up my usual mixture of various teas when I blend up a large batch of tea for ice tea. CIO**

**Note: <888> 08/12/02 Monday 8:00 P.M.: After dinner, I cut into chunks the two cantaloupes and picked off the seedless green grapes from the stems, and I mixed them together. I put the mixture into Rubbermaid containers in the refrigerator. I will now go out for a bit. CIO**

**Note: <888> 08/12/02 Monday 6:35 P.M.: I was up at noon. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had an iced coffee outside. I went out about 2 P.M., and I went by the Greenwich Hospital Thrift shop. I bought a Defcon 1 Notebook Computer Security System for \$1.50. The box has not been opened. I think it has a steel cable with an alarm for attaching to a Laptop computer. I do not think I need to use it with my \$5 laptop at the moment. I then went by Putnam Trust Bank of New York on Mason Street. I next sat out downtown**

in the park. I then drove down by the waterfront. I then made my 4:15 P.M. appointment. I then drove over to the Cos Cob Foot Mart, and I bought two pints of low fat Hood cottage cheese for \$1.50 each pint, two packs of three boneless center cut pork chops for \$2.49 a pound for \$2.89 and \$2.89 each three chop pack, four ears of sweet corn for .25 each for \$1, and two extra large Del Monte cantaloupes .99 each for \$11.76 total. I then went by the Stop and Shop, and I bought a bulb of garlic at \$2.69 a pound for .48, white seedless grapes at .79 a pound for \$1.87, a quart of Island Breeze Lysol \$2.99, a 8 pack of S&S hotdog rolls .89, two 25 bag packages of five varieties of Twinings tea for \$2.50 each box, Khans Jumbo franks buy one get one free \$3.79 both, S&S lemon dish washing detergent quart \$1.99, a dozen large eggs \$1.69 for \$19 total. I then returned home, and I had a chilled diet A&W root beer in a frosted mug outside. I will now sauté two boneless center cut pork chops in olive oil, margarine, and chopped garlic seasoned with garlic powder, ground black pepper, celery salt, Old Bay seasoning, Italian spices, oregano, basil and Lea and Perrins Worcestershire sauce. I will have them with two ears of steamed sweet corn and steamed slices of yellow squash, and ice tea. I will then have an iced coffee outside. CIO

Note: <888> 08/12/02 Monday 1:55 A.M.: I watched a DVD video disk. I had some goldfish crackers and ice tea. I will now rest for a while. CIO

Note: <888> 08/11/02 Sunday 10:35 P.M.: I had a couple of hotdogs with buns and mustard and ketchup, a dill pickle slice, potato chips and ice tea. I rested until about 10:15 P.M.. I just had some goldfish crackers. CIO

Note: <888> 08/11/02 Sunday 8:00 P.M.: I downloaded an installed the RealOne alpha Linux I386 player on to my backup computer. It did not install the Netscape plugin properly, so it would not play without entering the URL directly. I finally put on the Linux I386 Real Player 8 on to the backup computer Linux partition, and it works fine from Netscape playing the Audio or Video files linked in Netscape. This all took a bit of tinkering. CIO

Note: <888> 08/11/02 Sunday 3:50 P.M.: I was up at 11 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins and supplements. I had an iced coffee outside. I rested some more until 3 P.M.. I just had a Mrs. Paul's stir fry meal which is mostly rice along with ice tea. I am now having an iced coffee. I will now fiddle with Linux on the backup computer. CIO

**Note: <888> 08/11/02 Sunday 1:05 A.M.: I did a little bit of regular computer work. I will now have a couple of scoops of Godiva Belgium chocolate ice cream. I will shut down now and go to bed shortly. CIO**

**Note: <888> 08/10/02 Saturday 11:30 P.M.: I went out, and I walked the entire length of Greenwich Avenue. I sat out at a couple of locations. I had some goldfish crackers and ice tea earlier this evening before dinner. CIO**

**Note: <888> 08/10/02 Saturday 10:25 P.M.: I watched a bit of television. I read a bit. I had the same meal as last night except, I had green squash instead of yellow squash. I also finished up the eye round. I think I will go downtown for a change at night. CIO**

**Note: <888> 08/10/02 Saturday 6:35 P.M.: I went out, and I stopped by the Greenwich Library, and I checked out a DVD video disk. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next went by Exxon, and I bought \$13 of premium gasoline at \$1.779 a gallon. I got about 12 miles per a gallon on the last tank. I then stopped by CVS, and I bought a 1.5 liter of CVS yellow mouth wash for \$3.99, a two 16 ounce bottle pack of 25% more of European Mystique shampoo and conditioner for \$1.79 both, and two packs of Dove sensitive skin soap for \$2.37 plus .49 tax for \$8.64 total. I then walked lower Greenwich Avenue. I next drove down by the waterfront. I next sat out briefly at the Greenwich Library. I then returned home. I had a diet A&W root beer in a frosted mug outside. I am making up two quarts of coffee for iced coffee. It is suppose to be hot the next five days, so stay cool. CIO**

**Note: <888> 08/10/02 Saturday 4:05 P.M.: I finished house cleaning. I also finished backing up the computer from the C: drive to the E: drive. I just had lunch of two hotdogs with buns and ketchup and mustard and potato chips and ice tea. I had an iced coffee outside. I just chatted with a relative. I will now clean up and go out for some fresh air. CIO**

**Note: <888> 08/10/02 Saturday 12:15 P.M.: I was up at 11 A.M.. I had a telephone call from a friend about 8 A.M.. I had breakfast of three medium boiled eggs, toast,**



orange juice, vitamins, and supplements. I had coffee outside. I will now start my house cleaning. I will do a C: drive to E: drive backup while doing the house cleaning. CIO

Note: <888> 08/10/02 Saturday 1:05 A.M.: I finished making the ice tea. I went through my daily routine [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) and sifting through my email. I will now shut down and go to bed. CIO

Note: <888> 08/09/02 Friday 11:35 P.M.: For dinner, I had three one quarter inch thick slices of cold eye round with Lea and Perrins Worcestershire sauce and horse radish, steamed sliced yellow squash, steamed corn on the cob, and ice tea. I am making up another batch of ice tea. I am out of the Twinings Prince of Wales tea, and the Twinings Ceylon Tea, and the Twinings Black Current tea, and the Lipton Green Tea. However, I still have the four types of Ceylon tea, about a 100 count box and a half of Lipton tea, about 20 bags of Twinings Earle Grey tea, and six 100 count boxes of Bigelow tea, along with about ten bags of Prince of Wales Bombay tea. Thus, in this most recent mixture, I used one each of the four Ceylon tea, one Twinings Earle Grey, Prince of Wales, and Ceylon, five Lipton orange peako, one Lipton green tea, eight Bigelow, and one Prince of Wales Bombay along with the usual two teaspoons of Angostura bitters and a cup of sugar for the solution to make 12 quarts of ice tea. The Ceylon mixtures of tea are green tea, chamomile, raspberry, and peppermint. I am using a few more tea bags to make the mixture slightly stronger. I hope Twinings does not mind. I will now have a couple of scoops of Godiva Dark Belgium chocolate ice tea. CIO

Note: <888> 08/09/02 Friday 10:05 P.M.: I went out, and I returned a DVD video disk at the library drop. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I then went by the Stop and Shop, and I bought four ears of corn for .20 each for .80, two green squash at .99 a pound for .94, and two yellow squash at .99 a pound for .94 for \$2.91 total. I then went to the Food Emporium, and I bought two 38 ounce boxes of Pepperidge Farm goldfish crackers for \$5.79 each box, and two pints of Godiva ice cream for \$1.99 each for \$15.56 total. I then went by Var Max Liquor pantry in Port Chester, New York, and I bought three 1.5 liter bottles of Rene Junot white wine for \$5.99 each minus .60 discount on each bottle plus \$1.09 tax for \$17.26 total. I then returned home, and I put away my purchases. I am watching a bit of television. CIO

**Note: <888> 08/09/02 Friday 4:45 P.M.: I found this site [www.audiobooksforfree.com](http://www.audiobooksforfree.com) that has free downloadable audio books. I downloaded "Tarzan" and "A Connecticut Yankee in King Arthur's Court". With Real One Player, I created audio play lists to play the chapters sequentially. I created shortcuts in my desktop audio folder to play the books. I thought about burning the books to CD, but in the audio MP3 format they are in, it would take quite a few CD/Rs to burn them. Well, I guess I will now have a couple of hotdogs with buns and ketchup and mustard along with potato chips and ice tea. I will then have an iced coffee outside. CIO**

**Note: <888> 08/09/02 Friday 1:35 P.M.: I setup the CMOS on the backup computer, so the boot manager loads on startup. To do this, I have the first boot drive as Floppy A: with floppy drive seek enabled and the IDE0 or the C: drive to boot second, so when the boot manager appears one can boot Windows ME from the C: drive, Windows XP from the third drive, and with the A: drive Linux boot disk, one can boot D: or the second drive into Redhat Linux 7.3. I also ran Norton Win Doctor on the XP partition, and installed some updates from Windows update. CIO**

**End of Scott's Notes week 08/09/02:**

**Note: <888> 08/09/02 Friday 12:25 P.M.: I received a telephone call from a relative at 7 P.M. this morning. I slept until 11 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins and supplements. I had coffee outside. I will now send out my weekly notes and do a little bit of regular computer work. CIO**

**Note: <888> 08/08/02 Thursday 10:55 P.M.: My guest and I went out after the last message. We stopped by the Greenwich Library and returned a DVD video disk. We went by the Greenwich Hospital Thrift shop and dropped off the old Hoover vacuum cleaner. We sat down by the waterfront for about an hour. We went by another location on the waterfront. I gave several locals copies of the Greenwich Tide chart. We went back by the Greenwich Library, and I checked out a DVD video disk. We returned back to my apartment. We walked around the playing fields in the back yard. We had Carr's crackers and Vermont extra sharp cheddar cheese. We had the same dinner as last night along with coffee outside. We watched half of the DVD video disk. Then we started watching a television movie. My guest left at 9:15 P.M.. I just finished watching another television movie. I guess I will shut down the computer and head off to bed shortly. CIO**

**Note: <888> 08/08/02 Thursday 12:45 P.M.: I finished sifting through my email. Yesterday evening, I put a third of a bottle of CVS drain cleaner in the bathroom sink drain, and I left it in several hours. I then ran hot water and used the plunger, and I now have the bathroom sink drain cleared out. Since I shave with shaving cream and a throw away razor, the bathroom sink drain tends to build up a soap and facial hair build up over time clogging it. I just finished cleaning up. My guest just arrived. CIO**

**Note: <888> 08/08/02 Thursday 11:35 A.M.: I just used the new Hoover upright vacuum cleaner to vacuum the apartment. It works perfectly fine. It seems to do a better job than the vintage Electrolux power nozzle system that might not have as much suction. I just picked up the mail. I have a guest coming to visit at noon. CIO**

**Note: <888> 08/08/02 Thursday 10:50 A.M.: I had some Carr's crackers and Vermont extra sharp cheddar cheese last night before going to bed. I went outside briefly, and the skunk was by the front entrance. I went to bed about 3 A.M., and I was up at 9 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins and supplements. I had coffee outside. I will now test my new Hoover upright vacuum cleaner to see if it works properly by vacuuming the apartment. CIO**

**Note: <888> 08/08/02 Thursday 12:35 A.M.: I went through my normal computer routine. I will now shut down and go to bed. CIO**

**Note: <888> 08/07/02 Wednesday 11:25 P.M.: I finished the laundry, and I put it all away. CIO**

**Note: <888> 08/07/02 Wednesday 10:40 P.M.: I printed out ten copies of the Greenwich, Connecticut tide chart for August 2002 in black and white on the Epson Stylus Color 880 printer. It will not print out on the HP LaserJet II D printer. I also just now put in a new color ink cartridge in the Epson Stylus Color 880 printer. I will post one copy on the bulletin board in the laundry room, and I will keep about 6 copies in the car for handing out. CIO**

**Note: <888> 08/07/02 Wednesday 10:10 P.M.: I put the laundry in the dryers. If one should be interested in local tide charts, this link would prove useful <http://www.maineharbors.com/ct/tidectw.htm> . CIO**

**Note: <888> 08/07/02 Wednesday 9:35 P.M.: Dinner was delicious. I just started three loads of laundry. I also changed the sheets on my bed. CIO**

**Note: <888> 08/07/02 Wednesday 8:30 P.M.: After the last message, I went downtown, and I went by the Greenwich Hospital Thrift shop. I bought a green and beige like new Hoover upright vacuum cleaner for \$20. It is similar to the one I have that is worn out. I will donate the old one tomorrow to the Hospital Thrift shop. I put the new one in my bedroom closet next to the two vintage Electrolux vacuum cleaners. I then went by Putnam Trust Bank of New York on Mason Street. I next paid my rent at the First Union National Bank on Havemeyer Place. I then drove down by the waterfront. I stopped by the ELDC thrift shop, and I bought a 6 foot shielded stereo audio cable with 2 pairs of RCA male plugs for a dollar. I next drove over to Tod's Point, and I sat out briefly and then I drove around. I then went by Staples. I next went by Radio Shack at the Riverside Shopping Plaza. They carry a USB to USB cable for \$45 that one could use to network two computers together. It seems a bit expensive, but it has some sort of in line electronics. I viewed the store's merchandise for future reference. I then drove downtown, and I walked the central Greenwich area. I stopped by Zyn Stationary, and I bought a #29 quick pick scratch card for a dollar. I will scratch it shortly. I then sat out briefly. I next drove down by the waterfront. I then drove to another location on the waterfront. I was told that the Greenwich Marine patrol use channel 12 on the ship to shore radio. I next stopped by the Greenwich Library. I then went by the Stop and Shop, and I bought fresh green beans at .99 a pound for \$1.07, four ears of sweet corn at .20 each for .80, four half gallons of Tropicana Premium orange juice with calcium for \$2 each, two Mrs. Paul's Shrimp frozen stir fry for \$2.50 each, a eye round roast at \$1.99 a pound for \$4.56, Five Brothers creamy alfredo garlic sauce for \$2 for \$21.43 total. I then returned home, and I put away my purchases. I had a cold A&W root beer in a frosted mug outside. I then used the stereo cable to reconnect my old Zenith shortwave radio to my amplifier. It plays through the amplifier when one selects "phono". I connected the plug-in electric antenna to it. I set it to the right of the TEAC DVD player. Thus one can listen to conventional shortwave broadcasts in case the internet should not work. I then sat outside briefly. I am now cooking at 350 degrees Fahrenheit for 50 minutes the eye round. I seasoned both sides with garlic powder, ground black pepper, celery salt, and Texas Best barbeque sauce. I will be having it with steamed fresh corn on the cob and steamed fresh green beans along with ice tea. I chatted with a friend who will be down at noon tomorrow. I**

will now scratch the scratch card. I just scratched it, and I did not win. I also put \$10 on my laundry card. CIO

Note: <888> 08/07/02 Wednesday 12:40 P.M.: I had lunch of the rest of the cantaloupe chunks with blue berries and the remainder of the Jell-o mixture along with ice tea. I had an iced coffee outside. I will now go out downtown. CIO

Note: <888> 08/07/02 Wednesday 12:00 P.M.: I went over to the Vitamin Shoppe <http://www.vitaminshoppe.com/> at the Port Chester, New York A&P shopping center. I bought Vitamin Shoppe products of Glucosamine and Chondroitin with MSM 240 capsules for \$34.77, deodorized garlic 500 mg. 100 capsules \$5.37, B-Complex 100 mg. 100 capsules \$11.37, B-12 500 mg. 100 capsules \$4.77, Echinacea Goldenseal complex 300 capsules \$20.37, Niacinamide 500 mg. 100 capsules \$4.77, one daily multivitamin with lutein 100 tablets \$10.47, MSM 1000 mg. 300 capsules \$32.37, E-400 IU 100 tablets \$6.38, C-500 complex 100 tablets \$4.77, and Natures Benefit Marine Coral Minerals ocean bed coral calcium 60 capsules \$20.97 plus I had a \$10 off Vitamin Shoppe mail coupon for \$146.38 total. I will now put the vitamins and supplements away. I decided to start taking B-12 again too. I take all of these vitamins and supplements every day along with one aspirin and one other prescription medication. CIO

Note: <888> 08/07/02 Wednesday 10:45 A.M.: I was up at 8 A.M. this morning when I received a telephone call from a friend. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had a coffee outside. I checked my email. I received five crank fax calls and one crank call in the last hour. I will now clean up and go to the Vitamin Shoppe in Port Chester, New York to restock my supply of vitamins and supplements. CIO

Note: <888> 08/06/02 Tuesday 10:50 P.M.: My guest, and I were up last Saturday morning at 4 A.M.. We had breakfast of scrambled eggs, toast, orange juice, vitamins, and supplements, and then we had coffee outside. We left for Maine about 5:30 A.M.. We stopped at a rest area between New Haven and Hartford on I-91. We also stopped at the Massachusetts turnpike rest area after one gets on the Massachusetts turnpike after I-84. Then to I-295 to I-495, and we stopped before Lowell, Massachusetts for gasoline at a Mobil station. We drove on until the shopping Malls at Kittery, Maine arriving at 10:30 A.M.. We toured the Eddie Bauer warehouse outlet where merchandise was 50% to 70% off. I went to the Cambridge Sound outlet, and I bought a Creative Labs Cambridge Sound computer

sound system in black with two satellite speakers and a bass sub woofer for \$39.99 plus \$2 tax for \$41.99 new Creative Labs : like this item link but new not refurbished. They had much more expensive audio items which I could not afford. We finally arrived in Kennebunkport about 11:30 A.M.. I tried finding a relative we were going to stay with, and I tracked them down by about 1:30 P.M. with help from another relative. We relaxed on the beach while waiting. We stopped by the place where we stayed, and then we drove over to Cape Purpose and viewed the harbor. We then returned back to the place where we were staying, and we changed into swim suits and went to the beach. We returned back to our place and visited. For the next few days through Tuesday, I visited with relatives and friends. I went to the beach in the mornings and afternoons. Several times we had lobster or crab salad for meals. We also ate at Bennett's sandwich shop. I took a few pictures. We had a bad thunderstorm on Monday night. I helped prepare some meals. We had scrambled eggs and toast and coffee for breakfast along with orange juice. We left at 1 P.M. on Tuesday. We stopped at Kittery on the way down. I browsed Cambridge Sound again. We went to the Rockport Reebok store, and they have buy one pair get one pair 50% off. On the way down, we stopped at the rest area on the Massachusetts turnpike, and another rest area between Hartford and New Haven. We returned back to my place about 7:10 P.M.. We split a Stouffer's 20 ounce lasagna and had it with cantaloupe chunks and blue berries and ice tea. My guest left at 8:30 P.M.. I installed the new Creative Sound speakers, and the sound quality is much better. They all turn on with the same switch as before on the primary computer control panel. I unpacked my bags. I will have to do laundry tomorrow or the next day. I am a bit tired, so I will be going to bed in a little while. While in Kennebunkport, I also bought a 12 pack of Shipyard's Captain's collection of beers from KBC Coffee and Dry Goods for \$14.97, which I put in my refrigerator. CIO

Note: <888> 08/02/02 Friday 6:55 P.M.: I went downtown after the last message. I walked lower Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I returned home. The friend I am traveling with tomorrow has arrived. I will be gone from tomorrow morning until Monday. We have a severe thunderstorm coming in, so I might shut down shortly depending on the intensity of the storm. If so this would be the last message for the evening. I plan to have for dinner the cantaloupe and blueberry mixture along with a tuna fish sandwich and ice tea. CIO

Note: <888> 08/02/02 Friday 2:40 P.M.: I went downtown, and I stopped by the Greenwich Hospital Thrift shop, and I walked around the middle part of Greenwich Avenue. I sat out briefly. I went down by the waterfront. I stopped by the local Greenwich Library, and I ran into a local author, and I bought a copy of his book about Greenwich for \$20 to give to a relative for a gift. The author signed the book

to them. I returned home because it was a bit warm. I had a diet A&W root beer in a frosted mug. I chatted with a neighbor. I had some reheated rice and a dozen Carr's crackers with slices of Vermont extra sharp cheddar cheese along with ice tea. I guess I will do some regular computer work now. CIO

Note: <888> 08/02/02 Friday 10:45 A.M.: I had an early lunch of cantaloupe chunks with blueberries and ice tea. I then had an iced coffee outside. I will now go out for daytime activity. CIO

End of Scott's Notes week 08/02/02:

Note: <888> 08/02/02 Friday 9:20 A.M.: I was up at 5:30 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had a cup of coffee outside. I finished upgrading the updates on Red Hat Linux 7.3 on the backup computer. I also installed Open Office for Linux <http://openoffice.org/> on the backup computer Linux partition. I then went outside, and I washed my car with Turtle Wax car wash using a hose and bucket, and I cleaned the white wall tires with an SOS pad. I also cleaned the interior of the car windows with glass cleaner. One of my neighbors two nights ago had her car catch fire from spontaneous combustion from a piece of paper that she left in the front seat of the car. The fire department responded, and the car was a total loss. In the summer it can get very hot in a closed car, and depending on the angle of the sun's rays coming into a car, one can get spontaneous combustion on items like paper. This is why down south in the warmer climates they tint windows darker. I have been keeping a roll of paper towels in my back window of my car, and they were very dry, so I moved them to the trunk, so they would not have the same effect of spontaneous combustion. Also in one's house if one has a glass vase in the window with water depending on the angle the sun reflects through the vase and the water, one can get spontaneous combustion like the same effect when a camper uses a magnifying glass to start a fire in the sun. I just had some ice tea and I took a shower. Well, I will stay in until the mail arrives. I will now send out my weekly notes. CIO

Note: <888> 08/01/02 Thursday 9:15 P.M.: I chatted with a neighbor. I had dinner of the cantaloupe and blue berries along with the Jell-o mixture. I will now shut down and go to bed. CIO

**Note: <888> 08/01/02 Thursday 7:30 P.M.:** I went out after the last message, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went to the central Greenwich Post office, and I obtained two money orders for .90 cost each to pay my Verizon and my North East Utilities bills. I then sat out briefly downtown. I next drove down by the waterfront. I then went back by Putnam Trust Bank of New York on Mason Street. I then went by the library. I next went by the Food Emporium, and I bought four more 13 ounce bags of Hassle nut coffee for \$1.50 each bag, plus buy one six pack and get one free of A&W diet root beer for \$2.99 both packs, and .60 can deposit for \$9.77 total. I then went by Stop and Shop, and I bought a 10 quart pack of S&S dry milk for \$5.49, two bars of Vermont extra sharp cheddar cheese for \$1.99 each bar, a Marie Callander beef tips dinner for \$2.50, and a jar of Hell of a good horse radish for \$2.19 for \$14.16 total. I returned home, and I put away my purchases. I then had a frosted diet Coke in a frosted mug outside. I am just finishing up making up a three jug batch instead of a four jug batch of ice tea. I should be ready to refrigerate it shortly. CIO

**Note: <888> 08/01/02 Thursday 1:00 P.M.:** I went out after the last message, and I stopped by Smokes for Less in Byram, and I bought two cartons of Omni Lights 100s for \$24 a carton for \$48 total. I then went by Exxon next to the library, and I bought \$12.75 of premium at \$1.779 a gallon. I am getting closer to 15 miles per gallon now. I then went downtown, and I mailed the EPO 58 X CDplayer \$20 rebate at the post office, and I then walked the entire length of Greenwich Avenue. I stopped by at CVS, and I bought two Glade plugin refills Hawaiian scent at \$1.99 apiece plus .24 tax for \$4.22 total. I then bought a quart container of CVS drain cleaner for \$2.99 plus .18 tax for \$3.17 total. I sat out briefly. I then went by the waterfront. I next stopped by the Greenwich Hospital Thrift shop, and I bought two cut glass crystal globes for .50 each for \$1 total. I then went by the Greenwich Library, and I checked out a book and a DVD video disk. I then went by the Food Emporium, and I bought four 13 ounce bags of Hazelnut coffee beans for \$1.50 each, \$2.39 off each one, two pints of blueberries for \$1.50 each, two six packs of A&W diet root beer buy one get one free plus .60 deposit plus .18 tax for \$12.77 total. I then went by the Stop and Shop, and I bought S&S Vermont extra sharp cheddar cheese for \$1.99 each, a dozen large eggs \$1.69, two eight packs of S&S hotdogs rolls \$1.19 each pack, Lays potato chips large bags buy one get one free \$2.99 both, and two large cantaloupes for .89 each for \$10.83 total. I then returned home, and I had an A&W root beer in a frosted mug. I put the crystal globes in the Williamsburg scones. I then broiled a shell steak and I had it for lunch with Lea and Perrins Worcestershire sauce, steamed white rice with India hot curry, margarine, and sesame oil seasoning, and steamed frozen Brussels sprouts, along with ice tea. I then had an iced coffee outside. I next peeled and cut into chunks the two cantaloupes and I added the two pints of blueberries, and I put the mixture in the refrigerator in Rubbermaid containers. I put a new Glade plugin Hawaiian scent in the kitchen Glade holder. I have a 3 P.M. appointment this afternoon. I might go out a little bit earlier and pay a couple of minor bills. CIO



**Note: <888> 08/01/02 Thursday 7:15 A.M.: I sifted through my email and [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I was able to download install most of the Red Hat Linux 7.3 updates to my backup computer before their server was restricted to subscription users again. I have cleaned up, so I will now go out for some day time activity shortly. CIO**

**Note: <888> 08/01/02 Thursday 5:15 A.M.: I noticed in today's Greenwich Time <http://www.greenwichtime.com/> that yesterday, a dump truck up by the Merritt Parkway bridge on North Street knocked down the telephone wires and optic fibers that service the area north of that area. Thus there might be some high baud users up that way whom are without telephone or high speed optic fiber service according to the article. CIO**

**Note: <888> 08/01/02 Thursday 5:05 A.M.: I will be leaving early Saturday morning with a friend to drive up to Kennebunkport, Maine <http://www.geocities.com/mikelscott/137.htm> to visit with relatives through Monday. I was not able to upgrade Red Hat Linux 7.3 on the backup computer since their server is busy right now and restricted to subscribers. I received an alert this week from Volcano listserv that a volcano in Alaska was on orange alert, but there is nothing on their server <http://www.avo.alaska.edu/avo4/updates/updates.htm> to indicate any activity. I will now do some regular computer work. CIO**

**Note: <888> 08/01/02 Thursday 3:55 A.M.: I was up at 3:30 A.M.. I will now have breakfast of three medium boiled eggs, toast, orange juice, vitamins and supplements. I will have coffee outside. I will start the upgrades on the backup computer of Red Hat Linux 7.3. CIO**

**Note: <888> 09/30/02 Monday 7:35 P.M.:** I had two 1/3 inch thick slices of cold eye round with Lea and Perrins Worcestershire sauce and reheated green peas and reheated rice along with ice tea. I have to pay bills tomorrow, so I will be shutting down the computer now and relaxing before I go to bed. CIO

**Note: <888> 09/30/02 Monday 6:10 P.M.:** I went out, and I mailed a letter at the Valley Road Post Office. I then went by the Greenwich Hospital Thrift shop. I went by CVS. I next went downtown, and I went to the central Greenwich Post Office, and I bought twenty 37 cent U.S.A. flag stamps for \$7.40. I then drove down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times. I noticed they are offering subscriptions to "Friends of the Greenwich Library". I next went to Exxon, and I bought \$4.25 of regular unleaded gasoline at \$1.699 a gallon for 24 miles per gallon. I then returned back to my apartment. I put \$5 on my laundry card. I just chatted with a friend. CIO

**Note: <888> 09/30/02 Monday 12:45 P.M.:** I checked my mail. I did some paper work. I will go out to mail a letter in a little while. CIO

**Note: <888> 09/30/02 Monday 11:50 A.M.:** I was up at 8:30 A.M. when one of the painters knocked on my apartment front door to paint the hallway side of the front

door. I now have to wait for it to dry before I can go out. For the last week or so they have been painting the hallways in the building. I am not having them paint my apartment interior, since there is way too much stuff to move. I just had a cold eye round sandwich with Hellmann's mayonnaise and McHilney Tabasco sauce along with salt and pepper and potato chips and a dill pickle slice and ice tea. I then had a 50% Folgers decaffeinated instant coffee and 50% Brazilian instant coffee. CIO

Note: <888> 09/30/02 Monday 4:20 A.M.: I am getting tired, so I will shut down the computer, and I will go to bed in a little while. CIO

Note: <888> 09/30/02 Monday 3:15 A.M.: Guess Where <http://www.multimap.com/map/photo.cgi?client=public&scale=5000&X=529068&Y=179676&gride=0&gridn=0> ? CIO

Note: <888> 09/30/02 Monday 3:05 A.M.: I sifted through my email. I had a piece of pumpkin pie. I watched some television. I will do some regular computer work. CIO

Note: <888> 09/30/02 Monday 1:35 A.M.: I just received email from [www.dns2go.com](http://www.dns2go.com) that they are going to start charging \$10 a year as of October 1, 2002 to forward my web address <http://mrscott.com/> to <http://www.geocities.com/mikelscott/>. I do not plan to pay for this service, so as of October 15, one will have to use the web address <http://www.geocities.com/mikelscott/> to access my web site. I will probably let the Internic name "mrscott.com" lapse in March 2003 when it expires. CIO

Note: <888> 09/30/02 Monday 1:20 A.M.: For those of you whom are not afraid of getting a sun tan and have a few extra bucks kicking around, try this link <http://www.forbes.com/2001/06/07/0607feat.html>. For the rest of you whom might like to get a sun tan on a lower budget try <http://www.navy.mil/> or <http://www.royal-navy.mod.uk/> if you happen to be on the other side of the pond. CIO

Note: <888> 09/30/02 Monday 12:45 A.M.: I was looking at Microsoft's annual report <http://www.microsoft.com/msft/ar.htm>, and presently as of June 2002, they have \$38,652 millions in cash and short term investments. That is \$38.652 billion. Maybe Microsoft should open up a bank. CIO

Note: <888> 09/29/02 Sunday 10:55 P.M.: I went out, and I stopped by the Stop and Shop. I bought a Black Angus eye round regularly \$4.69 a pound for \$2.99 a pound on sale for \$6.16, and a dozen large eggs for \$1.69 for \$7.85 total. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I noticed as usual on Sunday night they had live music at the Thataway Café. I drove down by the waterfront. It does not look like the Delamar Hotel will be open tomorrow. I checked [www.expedia.com](http://www.expedia.com), and the first date it takes for a Delamar Hotel

reservation is October 12 through October 13, 2002. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street, but their machine only allows increments of \$50 withdrawals, so I went to the Putnam Trust Bank of New York ATM machine on Greenwich Avenue which allows \$20 increments. I then returned home. I put away the ice tea. I took the Black Angus eye round, and I seasoned it on both sides with Old Bay seasoning, garlic powder, ground black pepper, celery salt, chicken and meat seasoning, Italian spices, oregano, basil, and Texas Best Barbeque sauce. I am cooking it in the convection microwave oven for the two pound eye round at 350 degrees Fahrenheit for 45 minutes. I will have a couple of slices of it for dinner with steamed white rice with six pads of margarine and a teaspoon of sesame oil in the cup of white Carolina rice mixture with a cup and a half of water cooked in the China village rice steamer in the GE microwave oven for 11 minutes and let stand for five minutes along with steamed frozen green peas and ice tea, and then I will have a cappuccino outside. I also left eight quarters in the Hyundai change receptacle for parking. CIO

Note: <888> 09/29/02 Sunday 7:55 P.M.: I had a slice of pumpkin pie and ice tea. I will clean up shortly, and I will go out for some fresh air. CIO

Note: <888> 09/29/02 Sunday 7:35 P.M.: I rested until 12:30 P.M. until when a relative called. I called back the relative. I slept until 4 P.M., when I had breakfast of oatmeal, toast, orange juice, vitamins and supplements. I then had a coffee outside. I then rested until 7 P.M.. I am now making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) using 22 tea bags of 13 different types. CIO

Note: <888> 09/29/02 Sunday 1:35 A.M.: I watched a bit of television. Today is Michaelmas <http://web.onetel.net.uk/~gedburnell/michaelmas.htm> a holiday in the Christian calendar. I will shut down the computer shortly. I will go to bed in a little while. CIO

Note: <888> 09/28/02 Saturday 11:10 P.M.: I watched some television. I had two slices of Pumpkin pie. CIO

Note: <888> 09/28/02 Saturday 9:55 P.M.: The pumpkin pie is cooling. I watched a bit of television. I saw on the travel channel about three months ago that Dubai <http://www.city-of-gold.com> has a large gold market, so I guess they will make more money if the price of gold goes up. CIO

Note: <888> 09/28/02 Saturday 8:35 P.M.: Well, my bellwether portfolio of 156 stocks I use to track the stock market with is back to where it started six years ago. Steve Forbes said about a year ago that the break out point for gold is \$320 an ounce, <http://www.goldline.com/> which is where it is at now. Generally with gold the French tend to hoard gold to avoid taxes. Also in a country like India with a large population people tend to hoard gold, so if a country like India starts buying gold, it can cause a dramatic increase in price. Well let us wait and see. Locally in

the Westport, Connecticut area one can buy gold at Sam Sloat's <http://www.coinnet.com/dealers/ct01/> or out at the major international airports or in the financial or currency exchange areas they might have Deak gold dealers, but I am not sure that is still the case. Of course if one obtained the precious metal, one would have to pay for a safe deposit vault to hold it, unless one invested in other precious metal hedge funds. About all I can afford is one of those imitation gold foil covered chocolate candy coins. CIO

Note: <888> 09/28/02 Saturday 8:00 P.M.: I had some reheated spaghetti noodles with chicken and rice stew on them along with grated parmesan cheese and ice tea. I then had a cappuccino outside. I just started cooking in the convection oven a Mrs. Smith's frozen pumpkin pie which will take about 65 minutes. I am gradually emptying out the freezer which I do twice a year, so I do not have any food that is too old. I also need to use up some of my cans of soup and Campbell's pork and beans before they get too old too. I generally keep extra frozen and canned foods around in case there is a blizzard in the winter when one might get shut inside for a period of time. Still one has to use up one's reserves before they get too old. CIO

Note: <888> 09/28/02 Saturday 6:45 P.M.: I was up at 1:30 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I then had a coffee outside. I cleaned up, and I went out. I stopped by the Greenwich Library, and I returned a DVD video disk. I checked out another one, and I read the Greenwich Times. I then drove down Greenwich Avenue, and I cruised by the waterfront. I then drove over to Tod's Point. I sat out at the southwest picnic area, but I left shortly thereafter since there were lots of sand flies biting me. I then went over to the southeast concession area, and I found a dollar bill by the concession stand. I then went to the northeast beach area, and I noticed somebody had left a Verizon cell phone on a bench, so I asked various sunbathers if they had left it. The sand flies were also bad at the northeast area. I eventually found somebody that knew about cell phones, and the owner of the cell phone just then called up on the left Verizon cell phone. The third party knew how to answer it told the owner he would leave it at the gate entrance. As I was exiting Tod's Point I noticed one of those stretch 40 foot white Lincoln Continental limousines trying to make it out to Tod's Point. I am not sure they were able to navigate the rather winding narrow road out there, particularly if there were outgoing traffic. I then returned to the center of town. I walked lower Greenwich Avenue, and I sat out at a couple of locations. I just now returned home. I had a message from a relative on my answering machine. I had a cold diet Coke in a frosted mug outside. CIO

Note: <888> 09/28/02 Saturday 5:05 A.M.: I watched a bit of television. I will now shut down the computer and go to bed. Earlier I had some goldfish crackers and ice tea. CIO

**Note: <888> 09/28/02 Saturday 4:00 A.M.:** Well I finished going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) , and I also finished sifting through my email. CIO

**Note: <888> 09/28/02 Saturday 1:05 A.M.:** It is raining out, so I will not be going out. I will do a little bit of regular computer work. CIO

**Note: <888> 09/28/02 Saturday 12:15 A.M.:** I put away the laundry. I had some reheated spaghetti with chicken and rice stew on it with grated parmesan cheese. I will now have a cappuccino outside. Depending on the weather I might go out. CIO

**Note: <888> 09/27/02 Friday 10:50 P.M.:** I have finished cleaning up. I have a half hour until the laundry is dry. CIO

**Note: <888> 09/27/02 Friday 9:55 P.M.:** I finished the house cleaning and watering the plants. I changed the sheets on the bed. I had the Hoover Vacuum cleaner bag break, so I put a new C Hoover bag in the Hoover vacuum cleaner. I just started the wash cycle of my laundry. I will take a shower and clean up during the longer dry cycle. CIO

**End of Scott's Notes week 09/27/02:**

**Note: <888> 09/27/02 Friday 6:20 P.M.:** I was up at 1:30 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I fell back to sleep until 6 P.M.. I will shortly have a couple of hotdogs with buns and mustard and ketchup and potato chips and ice tea. I will then have a Brazilian instant coffee outside. I will now send out my weekly notes. Remember to follow [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . We have a high wind advisory for this evening. CIO

**Note: <888> 09/27/02 Friday 1:30 A.M.:** I chatted with a relative. I watched a DVD video disk. I had some goldfish crackers and ice tea. I will now shut down the computer and go to bed. CIO

**Note: <888> 09/26/02 Thursday 8:35 P.M.:** I chatted with a friend. I am listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I had dinner of spaghetti noodles with tomato meat sauce and grated parmesan cheese and ice tea. I will now have a Brazilian instant coffee. CIO

**Note: <888> 09/26/02 Thursday 6:05 P.M.:** I was up at noon. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I drove downtown by the waterfront. I then went by the Greenwich Hospital Thrift shop. I next made my 3 P.M. appointment. I then went by the Greenwich Library, and I read P.C. magazine and the Greenwich Times. I returned home, and a friend had arrived who works nearby. My friend was traveling from Harrisburg, Pennsylvania although he lives across Long Island

sound. He had to clean up for work. I gave him the small Scottish and British flags he had asked me to acquire for him last December at the GreenwichHardware store. We chatted for a while, and I showed him around the apartment. My friend left at 5:30 P.M. for work. I lent him a turquoise Eisenhower golf jacket to wear on a damp day. We had Pepperidge Farm three cheese goldfish crackers and ice tea. CIO

Note: <888> 09/26/02 Thursday 3:15 A.M.: I finished my regular computer work, and I will now shut down. I will go to bed some time soon. CIO

Note: <888> 09/26/02 Thursday 1:05 A.M.: I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 09/25/02 Wednesday 8:55 P.M.: I had a telephone call from a relative about 10 A.M. this morning. I was up at 2 P.M.. I had friend arrive about then. I had breakfast of oatmeal, toast, orange juice, vitamins and supplements. I had a coffee outside. I cleaned up. My friend and I drove over to Mercedes-Benz of Greenwich <http://www.greenwich.mercedescenter.com/mbcenter/b/index.jhtml> , and the parts department gave me a pair of Mercedes-Benz Greenwich, Ct. license plate frames for free. I then returned to my apartment building, and I installed them on my Hyundai. I then drove over to Smokes for Less, and I bought a carton of Liggett Select lights 100s cigarettes for \$27. I then drove by the Greenwich Library, and I returned a DVD video disk. I witnessed in the east parking lot upper level a car sideswipe the metal rail divider and I brought it to the attention to library security that they should make it more visible, so other people do not hit it again. I suggested they put one of the large orange cones in front of it or a metal warning sign like they use in traffic direction. The metal divider rail is in such a low position that people whom are not familiar with the parking area can easily hit it, although it is probably ideal height for skate boarders. I then drove down by the waterfront to a couple of different locations. My guest and I then sat out downtown. We then stopped by the Food Emporium, and I bought two 12 ounce boxes of Pepperidge Farm three cheese goldfish crackers for \$2.50 or \$5 total. We then returned back to my apartment. We had spaghetti with reheated tomato meat sauce and grated parmesan cheese and ice tea. I then had a cappuccino outside. We then watched a bit of television. CIO

Note: <888> 09/25/02 Wednesday 12:55 A.M.: Well, I watched a bit of television. I will now shut down the computer and head off to bed. CIO

Note: <888> 09/24/02 Tuesday 10:35 P.M.: For dinner, I had a Mrs. Paul's Shrimp Stir Fry dinner and I also finished of the pint container of Godiva caramel nut ice cream, and I had some ice tea. CIO

Note: <888> 09/24/02 Tuesday 9:50 P.M.: It looks like people down south should still study [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) and this link shows that tropical storm Lili is threatening the east coast of Florida and the Bahamas as well as the

islands to the south, [http://www.nhc.noaa.gov/graphics\\_astorm13.html](http://www.nhc.noaa.gov/graphics_astorm13.html) and it looks like tropical storm Isadore [http://www.nhc.noaa.gov/graphics\\_astorm10.html](http://www.nhc.noaa.gov/graphics_astorm10.html) might work it way up through New Orleans, for people living further north the storms could converge, and more than likely there would be tremendous rainfall and flooding. Possibly in the New York area and the northeast we could get a lot of rain in about four days since Isadore is a very slow moving storm accumulating lots of moisture. Thus we all along the eastern seaboard should keep a very close weather eye. CIO

Note: <888> 09/24/02 Tuesday 8:40 P.M.: I went out after dinner, and I drove downtown. I walked the entire length of Greenwich Avenue. I stopped by CVS, and they have CVS brown or white 15' or 12' or 6' extension cords for .99 each. I bought three white 15 foot extension cords for .99 each plus .18 tax for \$3.15 total. I then sat out at various locations. I then drove down by the waterfront. I next stopped by the Greenwich Library, and I read the Greenwich Times. I then went by Exxon, and I bought \$7.75 of regular unleaded gasoline at \$1.699 a gallon for about 27 miles per gallon local driving. I then went by Stop and Shop, and I bought an 8 ounce container of S&S grated parmesan cheese for \$3.79. I then returned home, and I am having an ice tea. CIO

Note: <888> 09/24/02 Tuesday 5:05 P.M.: I went out after the last message. I stopped by briefly in town. I then drove down by the waterfront. I met up with one of my former neighbors, and I drove him over to Gateway Auto Supply to get battery terminal connectors for his boat. I then drove him over to Grass Island, and he worked on his boat a while. I then drove the neighbor back to his residence, and I viewed the waterfront for a while. There was no sign of the shooting from yesterday, just the usual fishermen and lunch time crowd. I was told that Greenwich Capital had bought its building from General Reinsurance, so they own the building they are in on at 600 Steamboat Road, of course they are owned by National Westminster Bank which is owned by the Royal Bank of Scotland, the seventh largest bank in the world. The Delamar Hotel looks like it might be ready in a week. I drove my former neighbor along the waterfront over to Tod's Point. We briefly visited the southwest parking area. One could see two large 100 foot plus schooners off Belle Haven hidden from view from Steamboat Road. We then drove over to the southeast parking area, and one could see three 70 foot racing sailing yachts racing down Long Island Sound from east to west. My neighbor had a bite of lunch at the concession stand. We sat out briefly. I then drove my former neighbor back to his house. I then drove by the Greenwich Hospital Thrift Shop. I next went by the Greenwich Library. I then went by Delia Auto Parts on West Putnam Avenue, and I was told that according to the Greenwich Times, the shooting down on Steamboat Road yesterday was a self inflicted gunshot suicide from someone driving out from New York City. I then checked with the auto parts store as I did the previous one, if they sold Greenwich, Connecticut license plates frames with "Greenwich, Connecticut" on them, but alas they do not either. One of my neighbors has one without a dealer name on it. I then returned home. I had a cold A&W root beer in a frosted mug outdoors. I then for an early dinner, I had



reheated spaghetti with tomato meat sauce and grated parmesan cheese and cantaloupe chunks and ice tea. I will now have a Brazilian instant coffee outside, and then I will probably go back downtown. CIO

Note: <888> 09/24/02 Tuesday 10:00 A.M.: I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I just had a coffee outside. I will now clean up and go out. CIO

Note: <888> 09/24/02 Tuesday 9:15 A.M.: I went to bed about 1 A.M. this morning. I received a call from a former neighbor on Steamboat Road, and the neighbor told me there was a shooting down on the end of Steamboat Road yesterday about 3 P.M. and about ten Greenwich Police cars responded. The neighbor indicated the shooting was at the day sailing marina down on the east side end of Steamboat Road. The former neighbor needs a battery clamp for his boat battery, so I will go down there in a couple of hours to see if I can help him out. CIO

Note: <888> 09/23/02 Monday 11:35 P.M.: Well, I am tired, so I will shut down the computer. I will relax a bit before going to bed. CIO

Note: <888> 09/23/02 Monday 11:30 P.M.: I had a couple of scoops of Godiva carmel pecan ice cream. CIO

Note: <888> 09/23/02 Monday 10:45 P.M.: I relaxed a bit, and I watched the Travel Channel presentation on the World Cruise ship. If one obtains a free Forbes [www.forbes.com](http://www.forbes.com) password, one can obtain and read this article on the World Cruise ship <http://www.forbes.com/forbes/2002/0902/208.html?requestid=3261>. Alas, some people like me whom do not travel very much would be prone to motion sickness, so I guess I am one of the local arm chair travelers. It seems to be getting a bit cooler in the evening. It is down to 60 degrees Fahrenheit. Traditionally in the last few years when the weather starts to change in the fall with my arthritis, I experience a bit of discomfort until I get use to the cooler weather. However, I tend to enjoy cooler weather once I get use to it. There was this recent article about arthritis in the BBC <http://news.bbc.co.uk/1/hi/health/2269296.stm>. I suppose if hurricane Isadora comes up this way, I will be experiencing a bit of discomfort from the dampness. CIO

Note: <888> 09/23/02 Monday 8:20 P.M.: I had a relaxing afternoon. I rested a bit. I chatted with a couple of relatives. Earlier I finished off the carton of Edy's Mandarin Orange ice cream, and I had some potato chips. I am about to have some Progresso Beef and Potato soup and ice tea. The good news is that I have gone down from 220 pounds to 213 pounds, so I have lost seven pounds. CIO

Note: <888> 09/23/02 Monday 12:10 P.M.: I had some Carr's crackers and cheddar cheese last night when I woke up for a break. I was up at 10:30 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had a coffee outside. With the tropical weather activity in the Gulf of Mexico and the

Caribbean, I suggest interested users study [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . I found this satellite photo that pretty much sums up the situation [Naval Research Laboratory Satellite Photos](#) . Well, I will now do some regular computer work. I made an interesting discovery last night that I will not report on. CIO

Note: <888> 09/23/02 Monday 12:20 A.M.: I am a bit tired, so I will shut down the computer, and I will go to bed shortly. CIO

Note: <888> 09/22/02 Sunday 11:25 P.M.: I relaxed a bit. I sent out some emails. I chatted with a relative. I chatted with a friend. I noticed today, there was a dead skunk on the road in front of Greenwich Capital <http://www.gcm.com/> on Steamboat Road, so perhaps it might stink over there, if they have not removed it yet. From my experience there tends to be quite a few skunks in this area and on the waterfront, so when driving at night, one should keep a keen eye for skunks, unless one feels like washing their car with tomato juice. I believe Exxon across the street from me on the New York border on U.S. 1 use to have a steam cleaning apparatus which might also do the job of removing skunk odor. My Hyundai is fine, and I avoided hitting the skunk remains. I am up to about 32,200 miles, so I have driven about 400 miles since I got the Hyundai. I normally drive about 7,000 to 8,000 miles a year, but recently I have been driving less, since I have not been going downtown in the evening. CIO

Note: <888> 09/22/02 Sunday 5:05 P.M.: I cleaned up, and I went over to the Greenwich Train station to meet my guests at 1 P.M.. The train came in at 1:29 P.M. with a lot of passengers, and I did not see my guests. I tried calling my answering machine, but I did not know how to retrieve its messages. I returned to my apartment, and I got the message off the machine that my guests were on the other side of the train station. I returned to the train station, and I picked up the guests. I drove them around the waterfront. I then gave them a tour of the new Greenwich Library. I next drove them by the new Greenwich Hospital. I then drove them up North Street showing them the sights, and I then drove them across Upper Cross road, and down Round Hill Road showing them the sights. I dropped them off at their next appointment. I then sat outside briefly downtown. I then returned back to my apartment, and I had a cold A&W root beer in a frosted mug outside. I am about to have some reheated spaghetti noodles with tomato meat sauce and ice tea, and then I will have a cappuccino outside. I have to find my AT&T answering machine instructions and figure out how to retrieve messages off my answering machine. CIO

Note: <888> 09/22/02 Sunday 11:00 A.M.: I had a call from a friend at 7 A.M. this morning. I was up at 9 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had a coffee outside. I have to pick up

some friends arriving from Manhattan at 1:29 P.M. at the Greenwich Train station.  
CIO

Note: <888> 09/21/02 Saturday 10:40 P.M.: I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I guess I will now shut down the computer, and I will go to bed in a little while after watching some television.  
CIO

Note: <888> 09/21/02 Saturday 9:55 P.M.: I just posted this bit of information from my old server <http://www.geocities.com/mikelscott/resumee.htm> . CIO

Note: <888> 09/21/02 Saturday 9:25 P.M.: I listened to a bit of [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I found this Royal Engagement leaves out Connecticut <http://www.timesonline.co.uk/article/0,,61-421790,00.html> . CIO

Note: <888> 09/21/02 Saturday 7:30 P.M.: When I do apartment cleaning every Saturday my normal routine is as follows. I water my three plants by putting them in the kitchen sink and dousing them. I clean the bathroom sink, toilet, and shower bath walls spraying Lysol or other suitable cleaner. I clean the bath tub with Comet or Ajax. I use a damp cloth, and I wipe all the surfaces in the apartment that might gather dust. I put in diluted Lysol in a dish with water in front of the air conditioner for air freshening. I clean the surfaces in the kitchen with Lysol or other cleaner. I empty the kitchen garbage. I vacuum the apartment. I clean all the glass and mirror surfaces with glass cleaner. This usually takes about 2.5 hours to three hours. I also generally straighten up items around the apartment. I am just about to have some spaghetti noodles with reheated tomato meat sauce along with parmesan cheese and ice tea. CIO

Note: <888> 09/21/02 Saturday 6:45 P.M.: I went by the Greenwich Library, and I read the Greenwich Times and Time magazine. I then walked lower Greenwich Avenue, and I sat out for a while. I next drove down by the waterfront. I then returned home. I chatted with a relative and a friend. I have guests coming out to visit tomorrow that I am picking up at the train station at 1:29 P.M.. CIO

Note: <888> 09/21/02 Saturday 3:35 P.M.: I had some Edy's mandarin orange sorbet around 2 A.M. this morning. I had a call from a relative around 9 A.M.. I was up around 11 A.M.. For breakfast I had oatmeal, toast, orange juice, vitamins, and supplements. I had a coffee outside. I did my house cleaning and watering the plants. I also washed and cleaned the General Electric Profile 15,500 BTU air conditioner with remote control air filter, so it is now clean. I will clean the air cleaner filters in a few weeks. I just had lunch of two hotdogs with buns and mustard and ketchup and potato chips and a dill pickle slice and ice tea. I then had a Brazilian instant coffee outside. I will now clean up and go out in a little while.  
CIO

Note: <888> 09/20/02 Friday 11:25 P.M.: I watched a bit of television. I will now shut down the computer. I will have some Carr's crackers with slices of Land O Lakes cheddar cheese along with ice tea before going to bed. CIO

Note: <888> 09/20/02 Friday 9:00 P.M.: I listened to some [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I am making up another batch of ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I am using 22 tea bags of 13 different types. I am a bit tired, so maybe instead of doing computer work, I will listen to some of the Channel 21 PBS sitcoms that they run on Friday evening. I suppose they are rolling up the streets in downtown Greenwich about now. CIO

Note: <888> 09/20/02 Friday 7:30 P.M.: I went out after the last message. I drove downtown, and I sat out for a while. I went by the Merry Go Round Mews thrift shop. I then drove by the waterfront. I next went by the ELDC thrift shop. I then drove over to Old Greenwich, and I toured the Rummage Room thrift shop. I then went out to Tod's Point, and I walked the 2.5 mile walk around Tod's Point. I sat out at various locations. On the way back, I stopped by the Feinsod True Value Hardware store in Old Greenwich, and I bought two three prong to two prong electrical adaptors for .69 each plus .08 tax for \$1.46 total. I then returned to downtown Greenwich, and I stopped by the Greenwich Hospital Thrift Shop. They have a set of La Moge china there for \$2,000 if one does not feel like eating on paper plates. I then went downtown, and I sat out for a while. I next drove down by the waterfront. I chatted with some visitors from Germany in slow speaking English. I then went by the Greenwich Library, and I read the local paper. I next returned home. I had a cold A&W root beer in a frosted mug outside. I then had some reheated spaghetti noodles with tomato meat sauce and cantaloupe chunks and ice tea. I put one of the three prong to two prong electrical adaptors on the Coleman rechargeable flashlight in the bedroom, so I could plug it into the power strip where it has clearance above the other plugs. I used one last night to plug the HP LaserJet IIP Plus into the extension cord, I have plugged into the lower control panel on the primary computer. I now have a spare which I put in the top left drawer of the mahogany bureau in the bedroom. I guess I will now do some regular computer work. CIO

End of Scott's Notes week 09/20/02:

Note: <888> 09/20/02 Friday 11:40 A.M.: I had some goldfish crackers and Carr's crackers when I woke up briefly. I was up at 10 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I then had a coffee outside. Today I will probably go out to Tod's Point, since they sprayed for mosquitoes with encephalitis last night in Old Greenwich, I would imagine it would be relatively safe to venture out to Tod's Point. I put an HP printer tray cover on the paper feed for the HP LaserJet IIP plus printer, so when paper comes out of the front exit, it will not fall into the paper feed. I will now send out my weekly notes. CIO

**Note: <888> 09/19/02 Thursday 11:40 P.M.: I will now shut down the computer. I will go to bed in a little while. CIO**

**Note: <888> 09/19/02 Thursday 11:10 P.M.: I chatted with a relative. I happened to have an extra HP 75A laser toner cartridge if I ever need one for the HP LaserJet IIP Plus, however its installed cartridge seems just fine now. I set it to 150 X 150 DPI, and it prints out the tide charts at [www.maineharbors.com](http://www.maineharbors.com) . If one happens to be down around the Gulf of Mexico, one probably should be studying [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . It looks like Hurricane Isadora might hit between Houston and New Orleans at this moment. I will now have some cantaloupe chunks and ice tea. CIO**

**Note: <888> 09/19/02 Thursday 9:45 P.M.: I went out after the last message, and I sat out downtown. I then made my 3 P.M. appointment. I next went by the Greenwich Hospital Thrift Shop. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove by the waterfront. I next went by the Greenwich Library, and I read the local paper and the Wall Street Journal. I then drove downtown, and I retrieved a Hewlett Packard LaserJet II P plus printer that had been thrown out in the trash with and instruction manual. I then walked lower Greenwich Avenue. I then returned home. I put the HP LaserJet II P Plus printer on the oak table between the backup computer desk and the Epson Color Stylus 880 Printer. I put the old Compaq IJ200 printer in the bedroom. I put the IBM inkjet paper box underneath the gold chair at the apartment entrance. I connected it to the printer port box with and an LPT cable. I have it set to be turned on and off from the lower control panel on the primary computer. It works just fine, but if one sets it to eject the paper on top, it crinkles the paper, but when it is set to eject from the front, the paper comes out just fine. It prints out just fine. It has been used about 72,000 times. I put in my extra Microsoft Font cartridge, and I set it up with the printer driver on the primary computer. It has 512 Kbytes of memory. I will now set it up on the backup computer. CIO**

**Note: <888> 09/19/02 Thursday 2:05 P.M.: I had some reheated spaghetti with tomato meat sauce and grated parmesan cheese with ice tea. I then had a Brazilian instant coffee outside. I have cleaned up. I have a 3 P.M. appointment, so I will go out now. CIO**

**Note: <888> 09/19/02 Thursday 12:30 P.M.: There are a couple of tropical storms in the Caribbean [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . CIO**

**Note: <888> 09/19/02 Thursday 11:40 A.M.: I was up at 8 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I then had a coffee outside. I fell back to sleep until 11 A.M. I had a dream about roaming around downtown Florence, Italy where I use to live in the winter of 1972, or perhaps it was "Little Italy" in Manhattan. I guess I was thinking about the spaghetti and tomato meat sauce, I will be having for lunch in a little while. CIO**

**Note: <888> 09/18/02 Wednesday 9:00 P.M.: I relaxed a bit. I sifted through my email. I went outside, and I had a call on the answering machine from a relative. I will now shut down the computer, and I will go to bed in a little while. CIO**

**Note: <888> 09/18/02 Wednesday 7:10 P.M.: I had some Pepperidge Farm goldfish crackers while watching the evening news. I will now do some regular computer work. CIO**

**Note: <888> 09/18/02 Wednesday 6:30 P.M.: I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. They have lots of new items out on display. I next went by downtown, and I sat out in the center of town. I then drove down by the waterfront. I next went by the Greenwich Library. I read the Greenwich Times. I then read Forbes magazine. I then returned home. I had a bowl of cantaloupe chunks with ice tea. I will now watch the ABC evening news. CIO**

**Note: <888> 09/18/02 Wednesday 2:05 P.M.: Lunch was delicious. I will now clean up and go downtown. The Greenwich Hospital Thrift Shop has put out their new fall merchandise today. CIO**

**Note: <888> 09/18/02 Wednesday 1:00 P.M.: I went to bed at 10 P.M., and I was up at 6 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I then had a coffee outside. I then fell back to sleep until 11 P.M.. I next browned the two pounds of ground round in a couple of tablespoons of olive oil in the 12 inch Griswold frying pan. I put in a few tablespoons of olive oil into the three quart Revere pot, and I drained and added the browned ground round. I added three peeled and diced medium onions, one diced green pepper, eight diced gloves of garlic, and then I added two 28 ounce cans of crushed tomatoes and one 28 ounce can of whole plum tomatoes. I mixed this all together, and I added dashes of garlic powder, Old Bay seasoning, poultry and meat seasoning, celery salt, ground black pepper, Hungarian paprika, Italian spices, basil, oregano, Chinese five spice, and India hot curry. I also added a teaspoon of sesame oil, a few tablespoons of Italian Medina balsamic vinegar, dashes of Lea and Perrins Worcestershire sauce, La Choy soy sauce, Angostura bitters, and McHilney's Tabasco sauce, along with five bay leaves. I mixed this all together, and I brought it to a boil, and then I reduced it to a simmer for fifty minutes. I will have some of this tomato meat sauce on spaghetti noodles with grated parmesan cheese in a little while. I also peeled and diced two large cantaloupes. I put the cantaloupe chunks in Rubbermaid containers in the refrigerator. I will refrigerate about 60% of the tomato meat sauce, and I will freeze about 40%. I also put in two new AAA batteries in the General Electric Profile 15,500 BTU air conditioner remote control. I will have my lunch with ice tea and a Brazilian instant coffee afterwards. CIO**

**Note: <888> 09/17/02 Tuesday 9:00 P.M.:** I am tired. I guess I will shut down the computer for the night, and I will head off to bed in a brief spell. Maybe, I will watch some television. CIO

**Note: <888> 09/17/02 Tuesday 8:45 P.M.:** I chatted with a neighbor. I had a Marie Calandar chicken fried boneless chicken breast for dinner with mashed potatoes and corn on the cob in the dinner and a iced tea. CIO

**Note: <888> 09/17/02 Tuesday 7:25 P.M.:** I went out, and I stopped by Smokes for Less in Byram, and I bought a carton Doral Lights 100s for \$25. I then went by the Arnold Bread store outlet, and I bought two 8 packs of hotdog buns and a loaf of 12 grain bread for \$2.67 total. I then went by Exxon, and I bought 4.4 gallons of regular unleaded gasoline at \$1.699 a gallon for \$7.45 total for about 27 miles per gallon local driving. I then went by the Greenwich Library, and I read the local paper, and I checked out a DVD video disk. I then drove down by the waterfront, and I spent some time visiting with a former neighbor. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Greenwich Library, and I read the Wall Street Journal. I then went by the Stop and Shop, and I bought 75% lean ground beef at \$1.99 a pound for \$3.98, four half gallons of Tropicana Premium orange juice with calcium for \$2 each, three 28 ounce cans of S&S crushed tomatoes for \$1.09 each, two large cantaloupes for .99 each, a green pepper at .99 a pound for .49, two packages of Rienzi #10 noodles for .89 each for \$19.49 total. I then returned home. I chatted with a friend. I just had a cold Citra soda in a frosted mug outside. CIO

**Note: <888> 09/17/02 Tuesday 12:50 P.M.:** I had two hotdogs with buns and mustard and ketchup and potato chips and a dill pickle slice and ice tea, and then I had a Brazilian instant coffee outside. I will clean up and go out shortly. CIO

**Note: <888> 09/17/02 Tuesday 11:25 A.M.:** I slept until 10:45 A.M.. The black Samsonite carry on suitcase on wheels and Michelin road map arrived from Michelin via UPS shortly after 11 A.M.. I will check with a relative to see if they want it. CIO

**Note: <888> 09/17/02 Tuesday 6:35 A.M.:** I was up at 6 A.M.. I will have breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I will then have a coffee outside. I have to be around the apartment this morning, when the Samsonite suitcase on wheels from Michelin is due to be delivered by UPS around 11 A.M.. I guess I will do a little bit of regular computer work. CIO

**Note: <888> 09/16/02 Monday 9:40 P.M.:** I chatted with a friend. I will now shut down the computer. I guess I will go to bed in a little while. CIO

**Note: <888> 09/16/02 Monday 7:35 P.M.:** I went out, and I drove downtown. I stopped by CVS. I then made my 4 P.M. appointment. I next walked lower Greenwich Avenue, and I sat out for a while. I then drove down by the waterfront.

I next went by the Greenwich Library, and I read the local paper, the Wall Street Journal, and Popular Mechanics. I just now returned home. I had a cold diet Coke outside in a frosted mug. I will now cook a Tony's Pepperoni Pizza and have it for dinner with an iced tea. I guess I will then have a Brazilian instant coffee. I am a bit arthritic today with the dampness. CIO

Note: <888> 09/16/02 Monday 2:00 P.M.: I had lunch of the rest of the cold eye round in a cold eye round sandwich with Hellmann's mayonnaise and McHilney's Tabasco sauce, potato chips, a dill pickle slice, ice tea , and then I had a cappuccino outside. I installed the language support for the Windows ME partition on the Dell computer. There does not seem to be language support for XP. Possibly it is part of the install program. I received a post card from UPS, so I called the 800 number, and they will be delivering my Samsonite suitcase on wheels from Michelin tomorrow around 11 A.M.. I have a 4 P.M. appointment today, so I guess I will clean up in a little while and go out. CIO

Note: <888> 09/16/02 Monday 10:50 A.M.: I went back to sleep until 10 A.M.. CIO

Note: <888> 09/16/02 Monday 5:30 A.M.: I was up at 4 A.M.. I went outside to sneak a cigarette, and while I was sitting on the bench in front, the skunk walked up to about ten feet away from me and slightly raised its tail, but it did not spray. Then it moved to the other side of the parking lot. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will now do some regular computer work. CIO

Note: <888> 09/15/02 Sunday 7:30 P.M.: I chatted with a few relatives. A friend came down, and we chatted. I made eye round sandwiches with McHilney's Tabasco sauce and Hellmann's mayonnaise on them which we had with potato chips and dill pickles slices and reheated rice and ice tea. My guest just left. I will shut down the computer and head off to bed briefly. CIO

Note: <888> 09/15/02 Sunday 2:45 P.M.: I watched a bit of television. I repacked the Slaymaker Jumpstart system in its box after charging it up. I watched some television. I chatted with a relative. I finally got around to using my Hoover Vacuum to vacuum the apartment. I need to go by the Electrolux Parts Store on Armagone causeway and see if they have the power noozle power cord that needs to be replaced on my 20 years old Electrolux system. CIO

Note: <888> 09/15/02 Sunday 10:35 A.M.: I rested a bit. I had some goldfish crackers and ice tea. CIO

Note: <888> 09/15/02 Sunday 8:40 A.M.: While watching the church service on television, I had two 1/3 inch thick slices of cold eye round with Lea and Perrins Worcestershire sauce, steamed white rice with margarine an a bit of sesame oil in it, steamed green beans, and ice tea. I will now try to take a nap. CIO



Note: <888> 09/15/02 Sunday 7:40 A.M.: I went outside, and I checked the oil on the Hyundai. It is fine. I just checked out [www.hourofpower.org](http://www.hourofpower.org) and I believe Robert Schuler should be starting his new broadcast season by now, and according to their site, they are on the Discovery Channel channel 27 here on our local cablevision system. I enjoy following Dr. Schuler's program, since his broadcast church is part of the Reform Church of North America, one of the earliest churches in North America, except some Pilgrims before them, or any survivors from the Jamestown settlement of 1607 or Williamsburg 1633. I believe Peter Minute established the Dutch Reform Church in the New Amsterdam Colony around 1640 when Jamestown was 1607 and Colonial Williamsburg was 1699, but I thought it was 1620 and if I am not mistaken Plymouth Rock was 1620 and the net says St. Augustine was settled in 1567, so thus unless some Christian Viking had sailed over earlier from Greenland, it is fairly well documented what the earliest churches were. Of course Columbus in his expeditions set up churches before St. Augustine, Florida. The Encyclopedia Britannica says Williamsburg was settled as the scattered settlement of the Middle Plantation in 1633, but it does not necessarily say whether there were other settlements there between Jamestown's demise shortly after 1607 which is just a stones throw away. So, I think it is safe to say Williamsburg was discovered in 1607, since Jamestown is the settlement slightly closer to the James River, and more than likely some of Jamestown's settlers made it the short distance to Williamsburg. However, I believe the Kings of England changed in this disputed periods, so they renamed the settlement after Jamestown's demise on their second return. This all gets involved with Pocahontas and Captain John Smith who reportedly returned to England. CIO

Note: <888> 09/15/02 Sunday 6:00 A.M.: I noticed yesterday while I was exiting Bruce Park about 7 A.M. by exit four on the turnpike, there was a dead black and white cat in the right hand lane heading towards the turnpike. I suppose there are some people whom drive too fast through Bruce Park, so perhaps the town should institute some sort of speed controls in Bruce Park. CIO

Note: <888> 09/15/02 Sunday 5:35 A.M.: With GEICO [www.geico.com](http://www.geico.com) automobile insurance for more than 12 years, I have had free Emergency 800 number road side assistance 1-800-42-GEICO (1-800-424-3426) which I never have had to use. I also have never filed a claim which is why I am in their preferred driver's pool. CIO

Note: <888> 09/15/02 Sunday 5:30 A.M.: The Slaymaker Jump Start system was on yellow, so I am charging it now, so it is back to green which takes about four hours. It will cut off automatically, and can remain plugged in. I had to move the Coleman emergency light from the bedroom power strip to the bathroom fixture. CIO

Note: <888> 09/15/02 Sunday 5:20 A.M.: I sent out a couple of emails. I went outside, and I checked the Hyundai. I folded down the rear seat back, and I fished out the two side rear seat seat belts, and I put them on the rear side hooks that keep them from retracting into the back hatch back area, so all three rear seat belts are available. I took out the two long folding beach chairs, and I put them underneath

the hose on the back right side of the hatch back area, so the hose is on top, and there is plenty of rear window visibility. Thus the Hyundai is set up for four or five passengers, but of course the back seat might be a bit cramped since it is a smaller car. I also put my old straw hat on the back seat with the two other baseball caps and the binoculars and kids in crisis water bottle and the October tide chart and a few extra pairs of sun glasses. The back seat back does fold down, but it does not seem to lie perfectly flat, but it is on a slightly inclined angle. I think to get it to lie flat, one has to take out the back seat cushion, but I do not think one would be able to easily store it in the Hyundai. I looked briefly at the manual to see what it said about the back seat folding down, but I did not have my glasses, so I just looked at the pictures. I also put the three snow brush ice scrapers on top of the hatch back contents, so they are more easily available once colder weather comes. As I mentioned earlier in my notes a couple of weeks ago, I took out the coal shovel, I use as a snow shovel, and I put it on the right side of the left living room closet. I have lots of cooler weather clothes for somebody about six feet tall and 140 pounds to 220 pounds waist 32 inches to about waist 44 inches inseam 30 inches, since I have not thrown out my clothes from when I was thinner hoping that some day I might lose weight, and I have quite a few 9 ½ American size C width shoes, and a number of shirts from size 15 to 16 ½ inch collar sleeve length 32 to 34 inches. Thus as far as the wardrobe department, I am adequately supplied. Of course some of my formal clothes like suits and sport jackets no longer fit me, but I never wear them much anyway, but I do think I have a few items that might fit still including a black suit a couple of sports jackets and the Scottish Game Hunters suit which looks like an Alpine Mountains suit. Of course, I only have one pair of knee socks to wear with my Alpine suit since it has knee britches. It never really has been cold enough in this area when more formal attire was required except one of the last times I went into Manhattan on a sub zero degree Fahrenheit late evening, when I chatted with some visitors from Green Farms, Michigan outside the Waldorf Astoria whom thought it was not too cold since they have a green Ford Taurus to drive in. At that time the doorman at the Waldorf Astoria was a Swiss citizen. Thus if any visitors are here from warmer climates planning to spend the winter, they might think about getting ready for the winter. I still have the Slaymaker Jump Start system in my bedroom that I have only used twice. I have to remember to check the charge on it. CIO

Note: <888> 09/15/02 Sunday 4:05 A.M.: If look at <http://www.nottingham.ac.uk/meteosat/DTOT.JPG> , there seems to be a Tropical Depression forming about 800 miles off the west coast of Africa. I have my Tropical Weather Links at [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . CIO

Note: <888> 09/15/02 Sunday 3:40 A.M.: This links show this race is leaving today from the Intrepid Museum in Manhattan for a around the world solo sail boat race <http://www.aroundalone.com/> . CIO

Note: <888> 09/15/02 Sunday 1:55 A.M.: I had some goldfish crackers and ice tea before going to bed yesterday afternoon about 3 P.M.. I chatted with a neighbor

before going to bed. I forgot to vacuum, which I will do later today. I was up at about 12:30 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I just had coffee outside. As a point of reference, about cars I have used in my life, I first started driving in 1966 in a 1966 black Mustang convertible. In college I obtained and drove, 1952 Mercedes 300 B touring car, 1961 Mercedes 300 C touring car, 1962 Mercedes 220 S with a sun roof, a 1961 Mercedes 220 S four seater convertible, and I also drove a family 1970 Oldsmobile Jetstar in college in Illinois. In Greece in the spring of 1972, I drove a 1962 Opel station wagon. I used a family 1971 Monte Carlo in the early 1970s, and around 1973 I had a 1970 Volvo 240 for a brief spell. In South Carolina in 1975, I obtained and drove a 1966 Chevrolet Biscayne which I eventually gave away in Nantucket. Later in Nantucket around 1978, I obtained a 1972 Subaru station wagon. I eventually traded this in around 1980 for a 1974 Volvo 242 DL which I sold after a few months in Anaheim, California. I then did not have a car until 1985, when I obtained a 1976 Dasher wagon, which I eventually replaced with a 1978 Dasher wagon. Around 1988, I had a 1984 Ford Escort, and in 1991 I obtained the 1976 Volvo 244 DL which I just replaced with the 1999 Hyundai Accent. Of course I did occasionally drive other family cars when living around home. However, that basically is my automotive repertoire. I will now do some regular computer work.

Note: <888> 09/14/02 Saturday 2:25 P.M.: I relaxed a bit. I had a telephone call from a relative, but I was outside. I will now go to bed. CIO

Note: <888> 09/14/02 Saturday 12:05 P.M.: I went out after the last message. I drove downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next stopped by CVS at the Riverside Shopping Plaza, and I bought with my \$7 CVS coupon a Glade Plug In refill Hawaiian Breeze scent for \$2.99, 19 ounces of Ajax dishwashing detergent for \$1.19, a two bottle set of European Mystique shampoo and conditioners about 16 ounces each \$1.79 both, two boxes of ten CVS Band-Aids .50 each, a roll of Necco Candy wafers .55 plus .52 tax for the price of the \$7 coupon and .55 cash. I then walked around the entire 2.5 mile walk around Tod's Point. I wore my Coleman electronic mosquito repeller to ward off any mosquitoes. I then drove back to central Greenwich, and I stopped by the Greenwich Hospital Thrift Shop. Today is the last day of their \$5 a bag sale closing I believe at 1 P.M. I believe Monday and Tuesday they will be closed, and on Wednesday they will put out their new Fall collection. I next sat downtown for a while. I then went by the Greenwich Library, and I read the local paper. I returned home. I had two hotdogs with buns and mustard and ketchup and a dill pickle slice and potato chips and ice tea. While I was out, I ran Norton Speed Disk on the primary computer C: drive. CIO

Note: <888> 09/14/02 Saturday 4:35 A.M.: I threw out the garbage and polished the glass work and mirrors. I still have to vacuum after 9 A.M., so I will not disturb my neighbors. I had a meal of two 1/3 inch thick slices of cold eye round with Lea and Perrins Worcestershire sauce, steamed green beans, reheated rice, ice tea, and then I had a Brazilian instant coffee outside. I just put in a new Glade plug-in Hawaiian

Breeze air freshener in the kitchen. I will now clean up, and I will go out for some fresh air. CIO

Note: <888> 09/14/02 Saturday 3:05 A.M.: I was up at 11 P.M. when a relative called. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I then had a coffee outside. I have finished my house cleaning and watering the plants except for vacuuming, throwing out the garbage, and polishing the glass and mirror work. While doing this, on the primary computer, I backed up the C: drive to the E: drive in four different parts. On the Dell computer, I also finished on all three drives running Norton Disk Doctor, Norton Speed Disk, and Norton Win Doctor. I have already backed up the Dell computer. Also while doing this I did three loads of laundry. I put clean sheets on the bed. The third load of laundry was all my automobile towels that I washed and dried, and I then put in the back of the Hyundai. CIO

Note: <888> 09/13/02 Friday 1:25 P.M.: Well, I guess I will shut down the primary computer which is an AMD K6II 450 MHz running at 366 MHz with 194 megabytes of memory, 15 gigabyte hard drive and 20 gigabyte hard drive, 58X CD player, and 24X CD/RW player, with a Sound Blaster Live MP3+ card, and the new Netgear LAN card running on a [www.pcchips.com](http://www.pcchips.com) S-571 LMR motherboard, and all three computers are connected through the Siemens router to the Motorola cable modem. I am bit tired, so I will go to bed now. I will leave the Dell computer going optimizing the Windows ME drive. CIO

Note: <888> 09/13/02 Friday 12:55 P.M.: I went outside, and I used the little \$10 WWF camera to snap a couple of blurry pictures of the Hyundai [www.geocities.com/mikelscott/hyundai1.jpg](http://www.geocities.com/mikelscott/hyundai1.jpg) and [www.geocities.com/mikelscott/hyundai2.jpg](http://www.geocities.com/mikelscott/hyundai2.jpg) . I am running Norton SpeedDisk on the C: Windows ME partition on the Dell Dimension 300 computer. CIO

Note: <888> 09/13/02 Friday 11:45 A.M.: I finished washing the Hyundai with Turtlewax car wash and waxing it with NuFinish car wax. It looks quite nice. I also cleaned the windows with glass cleaner. I have a lot of dirty car wash towels I have to wash sometime. I sat out chatting with a neighbor. I called La Blancs, and I am having them send me a receipt to show that I junked the old Volvo for some state of Connecticut paper work. I am 89% through optimizing the XP full drive on the Dell Dimension 300 Mhz computer. I just had two hotdogs with buns and mustard and ketchup and a dill pickle slice and potato chips and ice tea. I think the Queen Elizabeth II cruise ship [www.cunardline.com](http://www.cunardline.com) is leaving South Hampton, England today for Manhattan arriving on September 19, so I would imagine with the recent hurricane winds out in the Atlantic, the first day or two of their crossing might be a little bit rough. CIO

Note: <888> 09/13/02 Friday 8:10 A.M.: I am finished optimizing the drive on the IBM Cyrix 233. After Win Doctor finishes running, I will optimize the XP full drive

on the Dell Dimension 300 MHz. I guess while that is going on, I will go outside and wash and wax the Hyundai. CIO

End of Scott's Notes week 09/13/02:

Note: <888> 09/13/02 Friday 6:05 A.M.: I will probably go back downtown at first light which is in about a half hour <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> . I will now send out my weekly notes. CIO

Note: <888> 09/13/02 Friday 6:00 A.M.: Dinner was delicious. For reference, the old backup computer now is an IBM Cyrix 233 Mhz computer with 64 megs of memory and a 8 gigabyte hard drive using the onboard sound system and onboard video from the PC Chips S-571 motherboard, and it has the SoHo LAN card in it. Considering this time around, I have spent 11 years on PCs, it is a very reliable system for word processing, web browsing and email. The audio quality is a bit tinny. I went to [www.driverguide.com](http://www.driverguide.com) to get the audio driver, since the one on the Cdrom that came with the motherboard did not install in Windows Me properly. I use both the IBM Cyrix 233 and the Dell Dimension 300 both as backup computers, and I can only use one at a time since, they both sit on either side of the Nec XP17 monitor that I use for a backup monitor. Both systems are completely hooked up; I just have to change the monitor cable on the back of the either computer to use either one. The IBM Cyrix 233 is 55% optimized with Norton SpeedDisk. I have all the same programs on all three computers except, the Microsoft Reader does not work on the two backup computers. I think I would have to open new hotmail account email addresses to get it to work. Also I have Nero Burning on the primary computer and other programs since I have 15 gigabyte and 20 gigabyte hard drive in the primary computer along with the CD/RW and the 58X Cd player. I also have a nine year old Acer laptop with four megs of memory whose battery does not hold a charge, so all together I have four computers, along with an IBM selectric typewriter, a Panasonic selectric type typewriter underneath the day bed, and an older Panasonic laptop portable electric typewriter in my briefcase. Thus for writing and word processing, I am well prepared. Of course I still have the old IBM 24 pin printer, the Epson Stylus color 880 printer, the HP LaserJet IID, and the older Compaq IJ200 printers. Thus I have a bit of useful office equipment around the apartment to keep me busy in my internet publishing efforts. Of course compared to the newer equipment, my equipment is older, but for what I do primarily, it is more than adequate. CIO

Note: <888> 09/13/02 Friday 4:35 A.M.: I went out, and I walked the entire length of Greenwich Avenue. Someone had left a container of six slices of cheese cake in front of Starbucks, but I decided not to help myself to them, since maybe someone else would want them. I sat out at various locations. I drove down by the waterfront. I stopped by the Food Emporium, and I bought two 12.5 ounce boxes of Pepperidge

Farm cheese trio goldfish crackers for \$2.24 each for \$4.48 total. I then stopped by the Shell Station, and I showed the Hyundai to the regular night proprietor. I then returned home. I had to restart Norton SpeedDisk on the old backup computer. It is still running. I took the eye round beef, and

I seasoned it on both sides with Old Bay seasoning, ground black pepper, celery salt, chicken and meat seasoning, Italian spices, Basil, Oregano, and then I covered it with a thin layer of Texas Best Barbeque sauce. I am cooking it in the convection oven at 350 degrees for 45 minutes instead of 50 minutes, so it will be slightly rarer. I will have a couple of slices of it with fresh steamed green beans, and I am using the China Village rice cooker to make Carolina rice. I rinse one cup of Carolina rice in a bowl in warm water, and I strain it and rinse it with a wire strainer. I then put the cup of Carolina rice in the China Village cooker along with a cup and a half of water and six pads of margarine, and a half teaspoon of sesame oil, and a teaspoon of Medina Italian balsamic vinegar. I cook the China Village container in the General Electric microwave for 11 minutes, and then I let it stand for five minutes. This makes two to four portions of rice depending one whether one is small or large. I will have some of the rice with dinner, along with ice tea, and then I will have a Brazilian instant coffee outside. CIO

Note: <888> 09/13/02 Friday 2:05 A.M.: I am in the process of making up a batch of ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I am using 22 tea bags in 13 different flavors. I showered and cleaned up, so I will go out for some fresh air. CIO

Note: <888> 09/13/02 Friday 1:10 A.M.: I had some Carr's crackers with slices of Monterey pepper jack before going to bed about 2 P.M.. A friend called at 8 P.M.. I was up at 10:30 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I then had a coffee outside. I fell back to sleep until midnight. On the old backup computer with Windows ME, I ran "msconfig", and I used selective startup to disable most of the startup items. I then ran Norton Disk Doctor. I am now running Norton SpeedDisk on it. I will then run Norton WinDoctor. Norton SpeedDisk would not run with some of the selective startup items running since they performed disk operations in the back ground that interfered with Norton SpeedDisk. I will now take a shower and clean up. CIO

Note: <888> 09/12/02 Thursday 1:35 P.M.: I finished configuring the old backup computer. I am a bit tired, so I will shut down the computers, and I will go to bed. I will skip my 3 P.M. appointment. I might have a quick snack. CIO

Note: <888> 09/12/02 Thursday 9:00 A.M.: I am still uncompressing Favorites on to the old backup computer. I had some Edy's Mandarin orange sorbet. I am listening to the [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) for diversion. CIO

**Note: <888> 09/12/02 Thursday 8:15 A.M.: I finished installing most of the software on the old backup computer. I am now configuring it and installing my Favorites. I am a bit tired, and I have a 3 P.M. appointment this afternoon. Perhaps, I will stay up and go to the appointment tired. CIO**

**Note: <888> 09/12/02 Thursday 5:10 A.M.: I am still installing programs on the old backup computer. I received in the mail yesterday a \$7 off coupon from CVS on my next purchase over \$7 which comes from using the CVS card when I make my purchases. I forgot to use the card when I bought the CMOS battery last night, but I will try to remember to use it in the future. I will do a little bit of regular computer work while I finish installing programs. CIO**

**Note: <888> 09/12/02 Thursday 4:00 A.M.: I am just putting some of my programs on the old backup computer. I took time to refill the black ink cartridge on the EpsonStylus Color 880 printer. Basically both color and the black cartridge are now full. I also ran the print head cleaning utility. Basically the EpsonStylus Color 880 printer after a year of use is running just fine. I finished off the Pepperidge Farm goldfish crackers with ice tea. CIO**

**Note: <888> 09/12/02 Thursday 12:55 A.M.: I have been doing a little maintenance on the Dell backup computer. I will then do some work on the old backup computer. I am listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram). I finished off the Dutch Apple pie. CIO**

**Note: <888> 09/11/02 Wednesday 11:25 P.M.: I registered the Siemens 4 port router online, and I now should have a two year warranty. I will now start working on configuring the old backup computer. CIO**

**Note: <888> 09/11/02 Wednesday 10:50 P.M.: I installed the new Cmos battery in the primary computer. I reset up the cmos settings on the primary computer, and it all works fine. I think I replaced the Cmos battery less than a year ago, so I guess they do not last the two to three years, they are suppose to. I will now fill out the warranty card on the Siemens router, which if I do so, I get a second year's warranty. CIO**

**Note: <888> 09/11/02 Wednesday 10:10 P.M.: I went out, and I went by CVS. I bought an Energizer #2032 computer CMOS battery for \$3.99 plus .24 tax for \$4.23 total. I will put it in my primary computer shortly, since its CMOS battery seems to not be working since the computer clock is off when I turn it on. I then walked lower Greenwich Avenue. I then drove down by the waterfront. I next stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Food Emporium, and they do not seem to carry the 38 ounce boxes of Pepperidge Farm goldfish crackers anymore. They just have the smaller boxes. I then went by the Stop and Shop, and they only have the smaller boxes of goldfish crackers too. However, do not despair; one can buy a 52 ounce box of Pepperidge Farm goldfish crackers for about \$6 at Costco, which is now open in Port Chester,**

**New York. One can get for 5% more a day card at Costco without paying the membership fee. At the Stop and Shop, I bought the last eye round roast at \$1.99 a pound for \$4.52 and fresh green beans at .99 a pound for \$1.35 for \$5.87 total. I then returned home. I will make a computer Net2Phone call, and then I will put the CMOS battery in the primary computer. CIO**

**Note: <888> 09/11/02 Wednesday 8:05 P.M.: I was awoken by a telephone call from a friend at 11 A.M. who came down to visit a half hour later. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins and supplements. I then had a coffee outside. I chatted with my friend a while, and while my friend watched television, I fell back asleep until 4:30 P.M.. I cleaned up, and we went out. We went to the "911" memorial ceremony behind the Greenwich Town Hall. We then returned to my place, and I made tuna fish sandwiches for us with minced olives in the tuna fish, and we had this with a dill pickle slice and potato chips and ice tea. My guest just left. I am about to have a cappuccino. I figured out I am owed a \$20 and \$15 rebate from CompUSA on the CD/RW drive I bought around May1, a \$20 rebate from CompUSA for the Columbia 2.4 gigahertz telephone around June 1, \$20 rebate around the first of August mailed in for the 58X Cdplayer, a \$40 rebate for the Seimens router this month, and then the two \$10 rebates I mailed in today. I believe that will be \$135 I have saved in rebates recently whenever they finally arrive. CIO**

**Note: <888> 09/11/02 Wednesday 4:05 A.M.: I looked at some of the sights at [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now shut down the computers for the night. I will have some Monterey Pepper Jack cheese and Carr's crackers along with ice tea before going to bed. CIO**

**Note: <888> 09/11/02 Wednesday 3:45 A.M.: I took a small knife blade, and I cleaned the rollers on the inside of my primary computer cordless mouse and my Dell computer scrolling mouse. The mice are much more responsive. I put a new generic mouse on the old backup computer. CIO**

**Note: <888> 09/11/02 Wednesday 3:25 A.M.: I installed all the downloadable updates and downloadable free programs on the old backup computer. I installed the Siemens printer port driver on the old back up computer along with the HP LaserJet IID and Epson printer drivers. I am done working on the old backup computer for the night. I reconnected the backup NEC XP17 monitor to the Dell backup computer, and I booted XP with the full install of programs. With 224 megs of memory now the Dell backup computer seems a lot more responsive, and it seems like it might be faster than my primary computer. I just installed some updates on it. CIO**

**Note: <888> 09/11/02 Wednesday 1:40 A.M.: I put the old backup computer to the left of the backup computer monitor with the Dell backup computer on the right side of the backup computer monitor. I have all its own items hooked up to the old backup computer, so it works when one turns it on with the cable modem with its**



own speakers, mouse, keyboard, LAN connection, microphone. When one wants to switch between either backup computer, one has to switch the monitor cord from the back of one computer to the other. I have the power for the old backup computer hooked up to the top control panel computer switch and the speakers on the top left most switch. Of course the Dell backup computer is on the lower control panel along with the monitor. I will have to check my cords before I turn the heat on in the future to make sure they are not near the electric radiators. I straightened up the slip cover on the long sofa. I am putting the old cable modem that I bought for \$10 in the Hospital Thrift shop that does not work with Optimum online in a new cable modem box underneath the day bed. CIO

Note: <888> 09/11/02 Wednesday 12:45 A.M.: While installing the programs on the old backup computer, I filled out the two Staples \$10 rebates, and I have them ready for mailing. CIO

Note: <888> 09/11/02 Wednesday 12:05 A.M.: I am installing the updates on the old backup computer. I will then install some other programs. I can not get the sound drivers from the motherboard CD to install properly, but the sound works. The motherboard provider does not seem to keep old drivers updates on its web site at [www.altonpc.com](http://www.altonpc.com) or [www.pcchips.com](http://www.pcchips.com) . I might try installing my sound blaster pro drivers. I am thinking of setting up the old backup PC to the left of my backup monitor with keyboard, mouse, microphone, speakers, LAN cable hooked up to it, so if one wanted to use it one would just need to transfer the monitor cable from the backup Dell to the old backup. It might be a little cluttered on the desk though. On the old backup PC besides the other updates, I also installed all the different languages provided for download for Internet Explorer. I had a meal of the rest of the cantaloupe chunks and a slice of Dutch Apple pie and ice tea. CIO

Note: <888> 09/10/02 Tuesday 10:25 P.M.: I have installed the new NetGear Lan card in the primary computer, and it works fine plug and play install including the cable modem network. I did not try to install the new PC100 memory in the primary computer since I knew it would not work. However, I did install it in the Dell, and the Dell backup now has 224 megs of memory. I put the old SoHo Lan card in my old backup along with another 32 megs of memory. It is working fine, and I have it online with the cable modem to configure it. CIO

Note: <888> 09/10/02 Tuesday 8:20 P.M.: I went out after the last message. I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove over to Staples in Old Greenwich, and I looked at the store brochure. I then went to the Hyatt Regency in Old Greenwich, and I was going to use the ATM machine there, but they do not have a Putnam Trust Bank of New York ATM machine there anymore. Instead they have a travel orientated ATM machine there with two of the languages in Chinese and Japanese. They charge \$2.95 for a transaction there, so I did not use their ATM machine. I then drove out to Tod's Point, and I viewed the skyline from the southwest parking area. I noticed a long narrow band of clouds stretching out as far as one could see to the southwest just

passing north of New York City. I then went to the southeast parking area, and the same band of clouds was stretching as far one could see to the northeast. I thought it might be a volcanic flume from the southwest, but there have not been any reports of volcanic activity recently. I then went by the ATM machine at Putnam Trust Bank of New York in Old Greenwich. I next drove over to Staples again. I bought a Netgear 32 bit PCI adapter 10/100 Mbps Fast Ethernet FA311 card regularly \$25 for \$19.99 plus \$1.20 tax for \$21.19 total. I also bought a RK-byte 128 mb sdram PC100 regularly \$39.94 with instant \$10 rebate \$29.94 plus \$1.80 tax for \$31.74 or \$52.93 total. Both items also have \$10 mail in rebates, so they will eventually cost me about \$33. Staples prints out the rebate slips and now and gives copies of the receipts for mailing in the rebates. I then drove down by the waterfront in central Greenwich. I just now returned home. I will now install the new Netgear LAN card in my primary computer. I will test the 128 meg memory chip to see if it works in the primary computer, but the last time I tried one it needed PC66 sdram. I thus will probably be taking out one of the 32 meg PC100 chips out of the DELL backup computer, and installing the new 128 meg. memory sdram in it along with the 64 meg chip and 32 meg chip already in it for 224 megs of memory total in it, which should be fast enough for using XP. Technically my backup Dell computer with an Intel Pentium II 350 Mhz processor and 224 megs of PC 100 memory, might be faster than my primary computer with the AMD K6 II 450 Mhz processor running at 366 Mhz with one 128 meg PC66 sdram and one 64 meg PC100 sdram. Still, I have to deal with the existing configurations and how they work together with the individual parts. I will then take the old SoHo LAN card from my primary computer, and put it in the old backup computer along with the second 32 meg memory chip from the DELL for 64 megs memory total. I then will upgrade the software and configure the old backup computer. This will take some time, so I will work on it until I need to head off to bed. Thus I will be doing minor work on all three computers. I just had a glass of ice. CIO

Note: <888> 09/10/02 Tuesday 5:05 P.M.: The ten year old 3COM LAN card does not work in the old backup computer that I put Windows ME on, so I can not install the updates. I could use the LAN card from one of my other computers if I ever need to do it. I put the old backup computer back underneath the side board in the bedroom along with the old ACER laptop computer. About 2:30 P.M., I had the rest of the cold bottom round of Angus beef with Lea and Perrins Worcestershire sauce along with steamed corn on the cob and steamed cauliflower with parmesan cheese and ice tea. I then had a cappuccino outside. CIO

Note: <888> 09/10/02 Tuesday 12:55 P.M.: I was up at 5:30 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had a coffee outside. I sorted out the periodicals on the magazine rack in the living room, and I threw out a lot of the old periodicals. I cleaned up, and I went out at 9 A.M.. I went by the New Lebanon school, and I voted in the probate judge primary. I then went by the Arnold Bread store outlet, and I bought two loaves of Arnold Branola bread for \$1.78 both. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then went downtown. I toured the Mews thrift

shop. I then went by the Greenwich Library, and I read the local paper, the Wall Street Journal, and P.C. Magazine. I then returned home, and I had a cold Citra soda in a frosted mug outside. I then put the old backup computer on top of the current Dell backup computer, and I connected up the old backup computer. I reformatted the C: drive on the backup computer, and I am now installing Windows ME on it. I am not sure whether I will be able to get the old EISA 3COM card to work with it. I believe it worked before with Windows 98, but it might not work with Windows ME. Once Windows ME is installed, I will download the driver for it to see it works. I will not be putting any other programs on it unless, I get it online in which case I will put on the basic free Microsoft Internet downloads and updates. Since more than likely I am just saving the old backup computer for parts, I will probably not be using it. CIO

Note: <888> 09/10/02 Tuesday 12:45 A.M.: I finished the backup of the backup computer of the C: drive to the E: drive. I had some goldfish crackers and ice tea. I watched a bit of television. I will now shut down the computer and I will go to bed. CIO

Note: <888> 09/09/02 Monday 11:10 P.M.: I installed the XP updates and Internet Explorer updates on the primary computer. I installed the Internet Explorer updates on all three drives on the backup computer. I have the backup computer configured with the three partitions again with Windows ME, Windows XP full install, and Windows XP simple install on the three drives. On the backup computer, I backed up the E: drive to the D: and C: drive. I am in the process of backing up the backup computer C: drive to the E: drive. I ran Disk Cleanup on the three different partitions on the backup computer. I am in the process of running disk cleanup on the primary computer. While doing all this, I put all the paper work from my bedroom desk on the side board in the bedroom. I sorted through the paper work, and I threw out what I did not need to save. I emptied my paper trash and bathroom trash cans. I just had some cantaloupe chunks and a slice of Dutch Apple pie along with ice tea. CIO

Note: <888> 09/09/02 Monday 6:20 P.M.: I did not go to bed after the last message. I worked on the backup computer Dell Dimension V350 installing another copy of Windows XP on the E: drive. I chose the new installation option, and from the next options, I chose to install to the E:\Windows directory, and also to prompt me for the drive and partition. Thus when the installation reaches the prompt for the drive and partition, I chose the E: drive with the "R" restore options, so as to keep my settings. I finished installing it about 1:30 P.M. after installing the XP updates. I cancelled my 4 P.M. appointment because I was tired, and I went to bed until 5:30 P.M.. I started the same XP installation but the "simple" installation on the D: drive when I got up, and it is running now. I went to Smokes for Less in Byram, and I bought a carton of Omni Lights 100s for \$24. I am just about to have a Swanson's Hungryman turkey breast dinner with ice tea. CIO

**Note: <888> 09/09/02 Monday 8:55 A.M.:** I had a busy night and morning. I was sitting outside about midnight and the old skunk almost walked right up to me. What kept me busy is that one of my neighbors threw out an old Dell Dimension V350 computer that I retrieved. I checked it out, and it had a Pentium II 350 Mhz processor. I took the case off, and I cleaned the processor and cooling condenser with the air duster and other parts of the interior case. I decided to transfer my backup computer to it. The Dell had two 32 meg memory chips, so I was able to add a 64 meg memory chip from the backup computer to it for a total of 128 megs memory. I then took out the 8 gigabyte hard drive in the Dell, and I put in the 3 hard drives from my backup computer in the same configuration, and I also put in the ACER 50X CDrom player. I added to the DELL the two USB port card, and it already had two USB ports. I also put in my SoundBlaster AWE32 EISA card, the Logiccode X2 Modem, and the Linksys LAN card. I put another Microsoft keyboard with it that had a PS/2 plug. I tested it with the Windows ME partition, and it worked fine after adding some drivers. However the Windows XP partitions will not work in regular or safe mode. I might have to reinstall the XP partitions. I took the remaining parts that I took out of the DELL computer, and I put them back in the old backup computer, so it has the 8 gigabyte hard drive with 32 megs of memory along with the old IBM Cyrix 233 processor. I also added an old 3Com EISA LAN card that I had. I will have to configure it sometime later. However the DELL Dimension V350 as I have it configured for my backup computer is at least twice as fast as the old backup computer. I also retrieved a 15 inch by 4 foot oak side board that I put on my bedroom wall opposite the end of the bed. I put the old backup computer on it. I had to move the hamper to the end of the day bed. I threw out the Brass hack rack. This all took a bit of time. I just now had some cantaloupe chunks and a slice of Dutch apple pie and ice tea. I will go to bed shortly. I have a 4 P.M. appointment this afternoon. CIO

**Note: <888> 09/08/02 Sunday 11:15 P.M.:** I watched a bit of television this morning until 6 A.M. before going to bed. There was a large swarm of a couple hundred wasps by the east side door light swarming around the light to stay warm. I was up at 5 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had a coffee outside. I then cleaned up, and I went for a drive. I drove up North Street to Banksville, New York. I noticed the Greenwich Hardware store in Banksville, which might be called the Banksville Hardware store had a large selection of John Deere garden equipment [http://www.deere.com/en\\_US/deerecom/index.html](http://www.deere.com/en_US/deerecom/index.html). They were not open today. I noticed they had had a polo tournament at Conyers Farm today. I tested the ATM machine at Putnam Trust Bank of New York in Banksville. The door is a bit slow to work with the card. I noticed they have two equine saddler shops at the Banksville shopping plaza where the IGA supermarket is along with another one at the Banksville Hardware store. Across from the Banksville Hardware store they sell beer and also sell wild game. The IGA shopping plaza Banksville Pizza place was open. I then drove back down North Street a bit, and I turned west on Upper Cross Road. I drove over to Round Hill Road, and I drove down Round Hill Road to central Greenwich passing by the Greenwich Hospital. I noticed they are in the

process of building and have built quite a lot of stone houses. I guess the stone masons in this town are making a bit of money. Next they probably will be building marble homes, but sometimes like the Czar learned in Russia, marble can crack in very cold weather. I then walked the entire length of Greenwich Avenue one and a half times. I sat out at various locations. I then drove down by the waterfront. I next sat out at the library. I then went to the Stop and Shop, and I bought two Xtra lemon cleaners for \$1.19 each, a fresh Dutch Apple streusel pie for \$2.99, a 42 ounce container of one minute Quaker oats for \$3.99, two 12.25 ounce bags of Lays regular potato chips \$2 each, 3 pounds of onions \$1.99, a bulb of garlic at \$1.99 a pound for .32 a 46 ounce jar of Vlassic whole kosher dill pickles for \$3.59 plus .14 tax for \$19.40 total. I then returned home. I had a message on the answering machine from a relative. I had a cold Diet Coke in a frosted mug outside. I will now have the same dinner as last night, but instead afterwards I will have a cappuccino outside.  
CIO

Note: <888> 09/08/02 Sunday 4:35 A.M.: I did some regular computer work. I checked out the [www.net2phone.com](http://www.net2phone.com) web site, and if one does not have a credit card, one can mail a \$25, \$50, or \$100 check to Net2Phone to recharge one's Net2Phone account. I guess I will do this some time in the near future. I printed out the form to have it ready. At <http://www.totallyofftherecord.com/> at <http://www.totallyofftherecord.com/occupation/?sid=432&rsid=377> they posted my complaint about the skunk. Just now when I went outside for a break, I was surprised by the skunk feeding on the central traffic island in our parking area. I have to be careful going out the side door at night. Well, I am a bit tired, so I will shut down the computer and head off to bed. CIO

Note: <888> 09/07/02 Saturday 11:55 P.M.: I had cantaloupe chunks and ice tea before going to bed last night. I was up at 3:30 P.M. today. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I did my regular weekly house cleaning and watering the plants. About 6:30 P.M. I had some cantaloupe chunks and ice tea. I then cleaned up and I went out. I stopped by Radio Shack in Cos Cob, and I bought a gold headphone cable y-adaptor for \$5.99 plus .36 tax for \$6.35 total. They have a Compaq CPU there for \$700. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next went to the Exxon service station next to the Greenwich Library, and I bought \$7.55 of regular unleaded gasoline at \$1.69 a gallon. My Hyundai had about 115 miles on the trip mileage meter, so filling up the car with 4.5 gallons of fuel, I am getting about 25.5 miles per gallon driving locally stop and go driving. Thus since it has a 11.5 gallon tank, I technically have about a 300 mile range on the car on a full tank of fuel doing local driving. However, on the highway in fifth gear, I might get another ten miles per a gallon or about 35 miles per gallon, then I would have about a 400 mile range on a full tank of fuel. Of course all of this depends on driving conditions and at what rate of speed. I next drove down town. I walked the entire length of Greenwich Avenue one and a half times. I sat out at various locations. I chatted with a local about general matters and other technical ideas. I stopped by CVS, and I bought Gold Emblem brand jars of garlic powder, ground black

pepper, ground cinnamon, Italian seasoning, and oregano leaves for .77 each for \$3.85 total. I then drove down by the waterfront. I returned home. I put the cable y-adaptor on the backup computer primary speaker outlet on the sound card, so both sets of speakers work along with the Andrea electronics headset. I then had two 1/3 inch thick slices of cold cooked bottom round Angus beef with horse radish and Lea and Perrins Worcestershire sauce along with steamed corn on the cob and steamed cauliflower with grated parmesan cheese on it and ice tea. I generally put margarine on my vegetables. I will now have a 50% Brazilian instant coffee and a 50% Folgers decaffeinated instant coffee. I always take my coffee with milk and sugar. CIO

Note: <888> 09/07/02 Saturday 4:50 A.M.: Well, I am a bit tired, so I will shut down the computer; and I will go to bed. CIO

Note: <888> 09/07/02 Saturday 4:15 A.M.: I checked [www.expedia.com](http://www.expedia.com), and they show that the nearby Doral Arrowwood <http://www.arrowwood.com/> is busy most of the time for the next six months, so I called them at 1-914-939-5500 or 1-800-22DORAL and I chatted with the desk. They told me they occasionally have vacancies, but they mostly do corporate conferences for local businesses. I believe they have a golf course and other amenities. CIO

Note: <888> 09/07/02 Saturday 3:30 A.M.: I searched [www.expedia.com](http://www.expedia.com), and it shows the first availability for rooms at the new 500 Steamboat Road, Greenwich, Connecticut, Delamar Five Star Hotel as being the night of September 30 to October 1, 2002. At \$355 to \$385 a night, one should get a good nights rest close to the ambience of Greenwich Avenue. I have seen modest size 100 foot yachts there moored on the waterfront, so technically one could rest there while the crew squabs down the decks. It is within walking distance of downtown Greenwich and the train to Manhattan that is if one is up to a quarter mile or more walk. Of course the local taxi station is nearby at the train station. I am not sure whether the Connecticut Airport Service will be resuming livery service at that location. Of course a five star hotel might have its own transportation. The building now looks a bit like a Mediterranean Villa. I am sure from what I have read about it, it probably has a posh décor for the moderate size building. CIO

Note: <888> 09/07/02 Saturday 2:20 A.M.: I had five Carr's crackers with slices of Vermont extra sharp cheddar cheese along with ice tea. I sifted through my email. I am not updating the advertising links [www.geocities.com/mikelscott/adv.htm](http://www.geocities.com/mikelscott/adv.htm) since so far, I have not made any revenue. I received a wrong number telephone call. I checked outside, and a skunk was prowling around the east side knoll along the parking area. CIO

Note: <888> 09/07/02 Saturday 1:25 A.M.: I did a little bit of regular computer work. I turned the air conditioner up to 72 degrees Fahrenheit, so it would not be

too chilly in the apartment, and so the air conditioner would not come on during the cooler days. Right now it is 78 degrees Fahrenheit in the apartment with no air coming in since the air conditioner is staying off, and it is 55 degrees Fahrenheit outside. CIO

End of Scott's Notes week 09/06/02:

Note: <888> 09/06/02 Friday 11:20 P.M.: I will now send out my weekly notes. CIO

Note: <888> 09/06/02 Friday 9:55 P.M.: I had some cantaloupe chunks and goldfish crackers and ice tea before going to bed along with a few Carr's crackers. I was up about noon, and I checked the mail. I then went back to sleep until 4 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements, and then I had a coffee outside. I cleaned up, and I went downtown. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I drove down by the waterfront. I chatted with the security guard at the Delamar Hotel, and he told me they are not scheduled to open until mid October. I went by the Greenwich Library, and I read the local paper. I then went by the Stop and Shop, and I bought a 10 pound bag of Carolina Premium rice for \$4.49, three packages of S&S margarine for \$2 all, four ears of sweet corn for \$1.33 all, a head of cauliflower for \$1.99, and a Black Angus bottom round roast at \$1.99 a pound regularly \$4.49 a pound for \$4.04 for \$13.85 total. I then returned home. I had a cold A&W root beef in a frosted mug outside. I chatted with a relative. I seasoned the Black Angus bottom round roast on all sides with garlic powder, ground black pepper, celery salt, chicken and meat seasoning, Italian spices, oregano, basil, Old Bay Seasoning, and I then spread Texas Best Barbeque Sauce on it. I am cooking it in the convection oven at 350 degrees Fahrenheit for 50 minutes. I will have a couple of slices of it with steamed corn on the cob and steamed cauliflower and ice tea, and then I will have a cappuccino outside. CIO

Note: <888> 09/06/02 Friday 3:35 A.M.: I finished the computer updates. There is a story at <http://news.bbc.co.uk/> that has not yet been reported in the U.S.A. press. I will now shut down the computer and go to bed in a little while. CIO

Note: <888> 09/06/02 Friday 2:30 A.M.: I installed an Office update for Microsoft Word 2002 on the primary computer, and I am now installing it on the two partitions on the backup computer that have Word 2002. I will also update Microsoft Messenger on all computers. CIO

Note: <888> 09/06/02 Friday 1:35 A.M.: I installed the Windows Media Player 9 beta on all three partitions on the backup computer. I imported my media on the primary computer into the Media Library. CIO

Note: <888> 09/05/02 Thursday 11:40 P.M.: For any of you interested in trying out Windows Media Player 9 beta, here is the link <http://www.microsoft.com/windows/windowsmedia/9series/player.asp> . I received a

post card today from Rhodes, in Greece, so maybe that means I am now a Rhode's scholar, but I think I might be a bit old for that honor. CIO

Note: <888> 09/05/02 Thursday 11:10 P.M.: I did a little bit of regular computer work. I had some Carr's crackers with slices of Vermont extra sharp cheddar cheese and iced tea. CIO

Note: <888> 09/05/02 Thursday 8:50 P.M.: Before going to bed this morning, I had some Carr's crackers with slices of Vermont extra sharp cheddar cheese. I was up at 1 P.M. today. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I cleaned up, and I went out. I stopped by the Greenwich Hospital Thrift shop. They have a \$10 a bag sale going on. I then made my 3 P.M. appointment. I then walked the entire length of Greenwich Avenue. I also sat out at various locations. I then drove down by the waterfront. I next stopped by the Greenwich Library, and I read the local paper. I then returned home. For dinner, I had a Swanson's Hungryman boneless pork filet dinner with ice tea. I then had a cappuccino outside. I will now do some regular computer work. CIO

Note: <888> 09/05/02 Thursday 3:25 A.M.: I installed the Microsoft Windows Media Player 9 beta on the primary computer. It seems to work fine. I will shut down the computer and head off to bed in a little while. I have a 3 P.M. appointment today. CIO

Note: <888> 09/05/02 Thursday 2:05 A.M.: I had some cantaloupe chunks with ice tea. CIO

Note: <888> 09/05/02 Thursday 1:20 A.M.: I updated the \*.zip file containing my entire random notes up to date [www.geocities.com/mikelscott/mlsnote1.zip](http://www.geocities.com/mikelscott/mlsnote1.zip) . It contains two Microsoft Word Documents "mlsnote1.doc" and "mlsnote2.doc".

Note: <888> 09/05/02 Thursday 12:45 A.M.: I printed out on the HP LaserJet IID printer, my Scott's Random Notes from May 1, 2002 through August 31, 2002 which are pages 1713 – 1874. I bound them together in a black Oxford Clip Binder. CIO

Note: <888> 09/04/02 Wednesday 10:15 P.M.: After having my iced coffee outside, I peeled and chunked the two large Chiquita cantaloupes, and I put the chunks in Rubbermaid containers in the refrigerator. I will now go out and throw away the seeds and rinds. CIO

Note: <888> 09/04/02 Wednesday 9:15 P.M.: I watched a movie on television until about 4 A.M. this morning. I was up at 1 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had coffee outside. I fell back to sleep until 4 P.M.. I had two scoops of Edy's mandarin orange sorbet. I cleaned up, and I drove downtown. I walked the entire length of Greenwich Avenue one and a half times. I stopped by CVS, and I bought a jar of



beef and chicken bouillon cubes for \$1 each and a jar of chicken and meat seasoning for .99, a 1.5 liter of CVS yellow mouthwash for \$1.99, two green apple Christmas tree car fresheners for .59 each, and a 56 tablet box of Tide detergent for \$5.49 plus .52 tax for \$12.17 total. I put the car fresheners in the Hyundai glove box. I then drove down by the waterfront after my walk. I next stopped by the Greenwich Library, and I read the Wall Street Journal. I then went by the Stop and Shop, and I bought two large cantaloupes for .99 each, three packages of Rienzi linguine \$2 all, two 28 ounce cans of S&S crushed tomatoes \$1.09 each, a Swanson's Hungryman turkey and boneless pork dinner \$2.50 each, two bars of Land O Lakes Monterey jack and pepper jack for \$2 each, and a 10 pack box of S&S powdered milk \$5.49 for \$21.32 total. I then returned home. I chatted with a friend. I had a cold Citra soda outside in a frosted mug. I am about to have the same dinner as last night. CIO

Note: <888> 09/04/02 Wednesday 2:15 A.M.: I had some goldfish crackers and ice tea. I will now shut down the computer and head off to bed soon. CIO

Note: <888> 09/04/02 Wednesday 12:35 A.M.: While, I was researching the Yorba Linda earthquake, I noticed in my Presidential Library list [www.geocities.com/mikelscott/041.htm](http://www.geocities.com/mikelscott/041.htm) that one of the original Richard Nixon library links had been spoofed by an ISP bringing up hardcore pornography. I eliminated the link, and I updated the list. CIO

Note: <888> 09/03/02 Tuesday 10:55 P.M.: If one logs onto [www.latimes.com](http://www.latimes.com) and signs up for a free account, one can read this story [http://www.latimes.com/news/local/la-090302quakes\\_wr.story?coll=la%2Dheadlines%2Dcalifornia](http://www.latimes.com/news/local/la-090302quakes_wr.story?coll=la%2Dheadlines%2Dcalifornia) about the 4.8 Richter earthquake that hit Jorba Linda, California today where the Nixon Library <http://www.nixonfoundation.org/index.shtml> is. I believe this link <http://quake.wr.usgs.gov/> and <http://gldss7.cr.usgs.gov/neis/qed/qed.html> and <http://pasadena.wr.usgs.gov/> would also have useful information. Frequently when one seismic event occurs, it can be followed by other events. I believe locally here in Greenwich, Connecticut the local <http://www.greenwichtime.com/> is owned by the Times Mirror Company. CIO

Note: <888> 09/03/02 Tuesday 9:35 P.M.: I put the free version of Netzero available from [www.juno.com](http://www.juno.com) on the backup computer Windows ME partition that the Logiccode modem works with, although it does not work with XP. I selected the Greenwich, Connecticut and the Stamford, Connecticut numbers which I think are toll free. Thus I will have NetZero available for use should Optimum online cable service fail. I need to get a cable Y adaptor from Radio Shack for the second pair of speakers on the backup computer, since I took off its Y adaptor to use on the primary computer when I hooked all the speakers up to the primary output jack instead of using the secondary output jack which did not work. CIO

**Note: <888> 09/03/02 Tuesday 8:10 P.M.: I just finished dinner. I will now do some regular computer work. CIO**

**Note: <888> 09/03/02 Tuesday 6:40 P.M.: I was up at 7 A.M. this morning. I had oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I fell back asleep, and I was up at 1 P.M.. I made up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) ice tea. I used 22 teabags of 13 varieties of tea. I went out about 3 P.M.. I stopped by Smokes for Less, and I bought a carton of Omni Lights regulars for \$24. I then drove by Putnam Trust Bank of New York on Mason Street. I next stopped by the Greenwich Housing Authority, and I gave them some paper work. I then stopped by the central Greenwich Post Office, and I obtained money orders to pay the rest of my GEICO and Verizon bills through September. I then sat out for a while. I then drove down by the waterfront. I next went by the Greenwich Library, and I checked out a DVD video disk, and I read the Greenwich Times and the Wall Street Journal. I then returned home. I had a cold diet Coke in a frosted mug. I took some Ronson lighter fluid and a paper towel, and I cleaned a bit of white paint off my right rear bumper where there is a minor scratch. It was reported to me by a local fisherman a month ago that they found a half dozen dead crows on the Byram River nearby, so West Nile encephalitis virus has probably been born by mosquitoes in this area for a while. One obviously needs to take protection against the mosquitoes when out and about. I will now bake the same barbeque chicken as last night and have one of the two breasts for dinner with steamed corn on the cob and steamed fresh broccoli along with ice tea. I will then have an iced coffee outside. CIO**

**Note: <888> 09/02/02 Monday 11:05 P.M.: My guest and I watched some television. My guest left at about 10 P.M.. I watched some more television until just a little while ago. I had some goldfish crackers and ice tea. I will now shut down the computer and go to bed. CIO**

**Note: <888> 09/02/02 Monday 8:15 P.M.: My guest and I went out after I finished my laundry. We went downtown. We stopped by Zyn Stationary, and I bought a package of Basic Lights 100s for \$3.90. We then sat out for a while. We then drove by the waterfront. Next we stopped by briefly at the library park. Then I went to the Food Emporium, and I bought four half gallons of Tropicana Premium orange juice with calcium for \$2.50 each, two dozen eggs at .79 a dozen, boneless breasts of chicken at \$1.99 a pound for \$4.70, four ears of corn on the cob for .67, a head of Foxy broccoli \$2.49, and a 38 ounce box of Pepperidge Farm goldfish crackers for \$5.79 for \$25.23 total. We then returned back to my apartment. I washed two halves of the boneless chicken breasts, and I dried them. Then I put a couple of tablespoons of olive oil in Pyrex dish, and I rubbed both sides in the olive oil. I then seasoned both sides with garlic powder, ground black pepper, celery salt, chicken and meat seasoning, Italian spices, oregano, Basil, and Old Bay Seasoning. Then I put Texas Best Barbeque sauce on the top side, and I cooked the chicken at 350 degrees Fahrenheit for 35 minutes. We had the chicken with steamed corn on the cob and steamed broccoli and ice tea. I had an iced coffee outside after dinner. CIO**

**Note: <888> 09/02/02 Monday 3:40 P.M.: I fell asleep about 4 A.M.. A friend called about noon and arrived to visit about 1:30 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. My friend and I drove by the Valley Road Post Office, and I mailed two letters. We then drove downtown, and my friend had a slice of Sicilian pizza at Planet Pizza. We toured the railroad waiting room. We then drove down by the waterfront. We next stopped by Smokes for Less in Byram, but they were closed. We went by Costco in Port Chester, New York; but although the new store is now in operation, it was not open on Labor Day. We returned back to my apartment. I am about half way through the dry cycle on my laundry. I put \$5 on the laundry card. I put clean sheets on the bed. CIO**

**Note: <888> 09/02/02 Monday 12:50 A.M.: I wrote a letter to a relative. I had 13 Carr's crackers with slices of Vermont extra sharp cheddar cheese and a glass of ice tea. I will now shut down the computer and head off to bed shortly. CIO**

**Note: <888> 09/01/02 Sunday 10:00 P.M.: I am recharging the Slaymaker Rechargeable flash beacon, since it seems to be discharged. It only lasts about 25 minutes on a charge. I will now do some regular computer work. CIO**

**Note: <888> 09/01/02 Sunday 9:45 P.M.: I chatted with a relative. I took some pictures of the scenic painting I bought on Friday. I also used up the film in the Nikon AF camera taking about five pictures of the apartment. The Nikon AF camera's flash only pops up when one tries to take a picture, and there is not enough light. So one could get it to pop up, by trying to snap an exposure in a low light or no light situation. I have left the camera empty, and I have the flash down for the moment. I will get the pictures developed when I have the funding. I still have some pictures to use up on the film in the Olympus camera.**

**Note: <888> 09/01/02 Sunday 8:35 P.M.: I filled out some paper work, and I got my Verizon and GEICO bills ready to pay on Tuesday. CIO**

**Note: <888> 09/01/02 Sunday 6:45 P.M.: Well, my arthritis a day ago was right about it being a damp holiday weekend. I watched some television this morning. I rested from 2:30 P.M. to 6 P.M.. I just had a Maria Callendar Beef Tips dinner with ice tea. I then sat outside, and I had an iced coffee. CIO**

**Note: <888> 09/01/02 Sunday 10:45 A.M.: I was up at 9 A.M. when a relative called. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I then had a cup of coffee outside. I checked out some computer sites. CIO**

**Note: <888> 10/31/02 Thursday 11:55 P.M.: I rotated my winter shirts back to the center left of my bedroom closet putting the summer shirts further left. Most of the right center of my bedroom closet contains pants that fit me, while most of the further right area contains pants that do not fit me along with the suit pack. The far**

left of the bedroom closets contains lots of shirts that do not fit me. I.E. clothes that do not fit me are smaller. At the present moment, I do not think I have any clothes that are too big for me. Thus I feel like “Bubba the Beached Whale”. I do not think they would want to see me on the beach in Florida. CIO

Note: <888> 10/31/02 Thursday 11:40 P.M.: I watched some television. I chatted with a relative. I rotated my winter suits and sports jackets with my warmer weather sports jackets in my left living room closet. I also have a suit pack of smaller suits in my bedroom closet right side. I have quite a lot of clothes which looked very nice and fit me when I weighed 155 to 175 pounds. Unfortunately at 6 foot tall, 215 pounds, waist 40 inches, shirt size extra large; some of my older clothes do not fit me, so they continue to be in as good as shape as they ever were. I guess if I have any thinner relatives or friends whom need smaller people clothes at my height and former weight, I might be able to help them out. However, I keep hanging on to them since I notice as one gets older, one tends to lose weight, so perhaps some time in the future, my classic old guard clothes might once again fit me. One winter set of clothing that might fit me now is the medium green heavy wool tweed grouse hunting suit with the knee britches. I thought about wearing it for Halloween, but I do not want to start an expensive fashion trend in Greenwich. I paid \$17.50 for it at the Merry Go Round Mews Thrift shop over ten years ago. I bet today it might cost over \$1,000 if anyone needs an expensively dressed game keeper or grouse hunter. I have one pair of wool knee socks to wear with it and my Alpine snow boots. It looks a little bit like the suits they wear in the Austrian Alps, except I do not have one of those Alpine Hats with the flume and pins. I just have a dark green Australian bush hat that is presentable with it. I think the suit was for a large man, so it might fit me today. I last wore it about seven years ago when I sneaked into Manhattan on a zero degree Fahrenheit night in February, and I stood outside the Waldorf Astoria chatting with the Swiss doorman. I believe that is when I also chatted with two young ladies from Green Farms, Michigan driving a pea green Ford Taurus whom seemed to be having a good time at the hotel. They were being followed by two Park Avenue type body guards or bounty hunters, so I did not try to bother them. I recommended to them they put on some blue jeans and try meeting some nice young preppies in the Greenwich Library the following summer. That following summer, I saw one of them around in the library, but nobody paid any attention to them. I guess the thin gaunt Greenwich preppies are not interested in the wholesome “Farmer’s Daughter” look. Well, I guess the closer to the Atlantic Ocean one gets, the people tend to be thinner in case they have a chance to swim. I look like I should be leading a Weight Watchers Clinic in Omaha, Nebraska. I think they would think I am skinny there at 215 pounds, since people there are commonly over 300 to 400 pounds. I notice whenever, I go out of Greenwich, people start getting bigger and bigger that I happen to run into. Thus I am content to be on the heavy side around the thinner people. Unfortunately, one does not find that many used clothes my size in the thrift shops anymore. Generally I go through a cycle of putting on weight and losing weight. With the groin hernia, I am not doing much heavy lifting anymore, so maybe if I was able to lose some weight, it would be easier on the hernia. I did have a bowl of goldfish crackers and ice tea. CIO

**Note: <888> 10/31/02 Thursday 9:15 P.M.:** I watched a bit of television. I prepared my bills to get ready to pay tomorrow. Today, I received the Columbia 2.4 gigahertz telephone rebate for \$20 that I will cash tomorrow. I chatted with a friend. CIO

**Note: <888> 10/31/02 Thursday 6:35 P.M.:** Happy Halloween. I had a telephone call at 10 A.M. this morning. I finally got up at 1 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and then I had coffee outside. I stopped by the Greenwich Hospital Thrift shop. I made my 3 P.M. appointment. I walked the upper Greenwich Avenue area. I stopped by CVS, and I bought a 12 rolls of package of Scott Toilet Paper 1000 sheets per roll for \$4.99 plus .30 tax for \$5.29 total. I then drove down by the waterfront. I next went by the Greenwich Library, and I checked out one DVD video disk, and I returned another. I then went by the Stop and Shop, and I bought an eye round roast at \$2.29 a pound for \$4.58. I then returned home. I seasoned both side of the eye round with garlic powder, Old Bay Seasoning, celery salt, ground black pepper, poultry and meat seasoning, Italian Spices, Oregano, Basil, and I coated all sides with Texas Best Barbeque Sauce. I am cooking it in the convection at 350 degrees Fahrenheit for 45 minutes, and I will have a couple of half inch thick slices with reheated steamed white rice and steamed fresh broccoli and ice tea. CIO

**Note: <888> 10/30/02 Wednesday 11:05 P.M.:** I sifted through my email. I watched a bit of television. I will now shut down the computer. I will go to bed shortly. CIO

**Note: <888> 10/30/02 Wednesday 8:55 P.M.:** We had dinner, and it was most enjoyable. After dinner, we tried to watch a DVD video disk, but it was defective. I tried cleaning it, but it still did not work. My guest just left. It is a bit nippy out and starting to sleet. I gave my guest my smaller on me blue Woolrich windbreaker jacket that I had outgrown. CIO

**Note: <888> 10/30/02 Wednesday 5:10 P.M.:** My guest, and I arrived, and we drove down by the waterfront. We went over to Old Greenwich, and we stopped by the Old Greenwich Thrift shop. I bought an extra large rugby sailing shirt faded red and faded blue for \$4 that said G.E. Capital Real Estate – Cowles. We then went to CVS in Old Greenwich, and I bought three bars of CVS moisturizing soap for .33 each, and a 72 tablet bottle of Tums cool relief antacid/calcium supplement pills cool mint flavor for \$2.88 plus .06 tax for \$3.93 total. We then toured around Tod's Point. Next we went by the Greenwich Hospital Thrift Shop. All merchandise is half price. We then sat out downtown briefly. We then went by the Stop and Shop and bought filet of farmed raised salmon for \$3.99 a pound for \$4.37. We then returned back to my place. We had some ice tea and Carr's crackers with slices of Dutch Edam cheese, and finished off the open bag of potato chips. I will cook the filet of salmon by lightly oiling a Pyrex pie dish with olive oil and adding lemon juice and orange juice and seasoning the top non skin side with Old Bay Seasoning, celery

salt, ground black pepper, Italian spices, oregano, and basil, and cooking it in the convection oven at 325 degrees Fahrenheit for 20 minutes. We will have the filet of salmon with steamed white rice and steamed fresh broccoli and ice tea. We will then watch a DVD video disk. CIO

Note: <888> 10/30/02 Wednesday 11:25 A.M.: I was awoken by a telephone call at 10 A.M. by a representative from Microsoft about a presentation they've having in this area in the near future. I am not sure whether I will be attending or not. I asked them to email me the information. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. A friend called and will be arriving down here to visit at 1 P.M.. I will now clean up. CIO

Note: <888> 10/30/02 Wednesday 12:15 A.M.: I watched a History Channel presentation about the real Dracule . Since this is Halloween eve, I noticed a local URL that the local ghouls in the community might find interesting. For Halloween tomorrow night, one might find this URL goes beyond the pale, try Maximum Terror - Fear Factory, Greenwich, Connecticut Teen Center . I will now shut down the computer, and I will go to bed briefly. CIO

Note: <888> 10/29/02 Tuesday 10:25 P.M.: I also put out the three pairs of long underwear bottoms I have on the bedroom entrance hooks, but only one pair really fit me, the other two are a bit too small since I put on weight. I wore the one pair that fit me today and that tends to help with the cooler weather. With the weather this cool already, I sort of wonder what the long term weather forecast is for the winter. I guess one could look at the "Old Farmers' Almanac". CIO

Note: <888> 10/29/02 Tuesday 10:05 P.M.: With the solar powered rechargeable flash light in the hatchback area of the Hyundai, I now have four flash lights in the car. I put out my Icelandic knit ski cap and leather gloves and scarves on the little wall rack behind the apartment entrance door. I put out the two comforters on the ends of the living room sofas. I put away the orange bed spread in the bedroom closet, and I put out the heavy winter comforter on the bed in the bedroom. I have the bedroom thermostat set at 62 degrees Fahrenheit, but plenty of warm air is blown from the living room by the box fan into the bedroom. I have a number of scarves, but I frequently forget to wear them. I also have a pair of blue mittens on the lower shelf of the sweater closet, and another pair of leather mittens in the driver's side rear hatch back area of the Hyundai. I still have the Alpine ski boots, but the zipper on one of the boots some times comes apart. I took out the three ice scrapers and snow brushes from the back hatchback area of the Hyundai, and I put them on the floor of the driver's side back seat area to have available for ill weather. I checked the electrical cables above the electric radiators to make sure they are not too close when the heat is on. Anyway I am warm and comfortable at the moment in the apartment, and the outside temperature is 39 degrees Fahrenheit and 60% humidity, so it is bit hard outside when one has a bit of the old arthritis. CIO

**Note: <888> 10/29/02 Tuesday 9:20 P.M.:** I was up at 11 A.M. today. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements and coffee inside. I cleaned up, and I went out. I stopped by the Greenwich Hospital Thrift Shop, and I bought four for \$5 each silk shades five inch high by three inch top diameter by four inch bottom diameter for \$20 total. I then drove down by the waterfront, and I gave a neighbor a ride over to Rizzi Marine on Hamilton Avenue, but they were not there, so we drove along the waterfront all the way to Old Greenwich looking at all the marinas to see if they were there. We drove around Tod's Point. I used the ATM machine at Putnam Trust Bank of New York in Old Greenwich. We stopped by the Old Greenwich Hardware store, and I bought a yellow flash light for \$1.99 and a Excell Home Fashions Deluxe Vinyl opaque shower liner for \$3.99 plus .36 tax for \$6.34 total. My former neighbor reimbursed me for the Radio Shack flash light I got for him last night. We then returned along the waterfront, and we stopped by Rizzi Marine, and my former neighbor bought a rebuilt Michigan Propeller for his boat which he is going to put back in the water tomorrow. I then drove him back to his apartment to drop off the propeller. I then drove him by Maneros and then we went by St. Moritz bakery. I then dropped off my former neighbor at his apartment. It was a bit cold out, so I did not walk Greenwich Avenue. I did get a bit of fresh air while waiting at various locations today. I then went by the Greenwich Library, and I read the local paper. I next went by Exxon, and they were out of regular gasoline, so I bought \$4.25 Exxon Plus gasoline for \$1.799 a gallon for about 30 miles per gallon. I then went by the Stop and Shop, and I bought a 10 pack box of S&S dried milk for \$5.49, a 42 ounce package of Quaker Old Fashioned oatmeal for \$3.99, heads of broccoli at .79 a pound for \$1.53, a 12.5 ounce bag of Wise potato chips for \$1.99 for \$13 total. I then returned home. Above the dining room table on the wall, I put in four new General Electric 15 watt frosted candelabra bulbs with the new small silk lamp shades. They look very nice in the sconce fixtures, and one does not get a glare from the bulbs now. I installed the new shower curtain liner. I put the new yellow flash light in the back seat floor of the Hyundai. I also have an orange flash light in the back seat floor and a black rubber flash light on the front seat passenger side floor. I had the same dinner as last night. CIO

**Note: <888> 10/28/02 Monday 11:10 P.M.:** Well I sifted through my email. I will now shut down the computer. I might watch a bit of television before going to bed. CIO

**Note: <888> 10/28/02 Monday 10:05 P.M.:** I resent out the CompUSA rebate information as an attachment instead of incorporating it in the message. I sent out another email. I moved the laundry hamper from the hallway to in front of the white bedroom dresser. I put the brass hat rack with the hats at the end of the day bed at the hallway entrance. CIO

**Note: <888> 10/28/02 Monday 8:35 P.M.:** I went out, and I picked my former neighbor up on the waterfront and gave him a ride to another location on the waterfront. We spent some time down on the waterfront. I then returned my

former neighbor home. I then walked lower Greenwich Avenue, and I sat out for a while. I then went by the Greenwich Library, and I read the local paper and the Wall Street Journal. I then drove over to Port Chester, and I toured Odd Job, Jimbo, and then Odd Job, and then Staples. I was looking for an inexpensive flash light that my former neighbor said he needed. I finally found the last one for \$1.47 plus .10 tax for \$1.57 at Radio Shack in Port Chester. I returned home, and I put two new Fuji Novel long life D batteries that I had in the flash light. I called the former neighbor and told him. I will deliver it next time I see him. I am cooking dinner of reheated white rice, steamed fresh broccoli, and a half pound of quarter inch thick sliced fried in margarine Plumrose Holland ham with Dijon mustard, and ice tea. A friend called, so I will call back shortly. CIO

Note: <888> 10/28/02 Monday 3:25 P.M.: I had a recorded telephone conversation from President Bush reminding me to vote on Election Day the first Tuesday of November. I just had a telephone call from a former neighbor. I am going to give him a ride around the waterfront when I go out in about a half hour. CIO

Note: <888> 10/28/02 Monday 2:55 P.M.: I had two hot dogs with buns and Dijon mustard and Heinz ketchup and potato chips and two quarter length dill pickles and ice tea. I will now have a cappuccino outside. I need to clean my espresso cappuccino machines sometime in the future by using two tablespoons of white vinegar and water and running it through the machine and then running through clean water. I will clean up shortly, and I will go out in a little while. I am listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . CIO

Note: <888> 10/28/02 Monday 2:05 P.M.: I chatted with CompUSA in Dallas, Texas, and they are going to send me a \$35 gift certificate for the \$35 rebate I did not get from Que. The \$20 CD player rebate was sent in August is to another manufacturer, so maybe it will still come, since it is more recent. I emailed CompUSA in Dallas, Texas a copy of the Que sales receipt from last March. CIO

Note: <888> 10/28/02 Monday 1:25 P.M.: I checked with the CompUSA rebate center in New Rochelle, New York 1-800-390-2344, and they said the \$20 rebate on the Columbia 2.4 gigahertz telephone was sent out and returned, and they would send it out again. However, the \$20 and \$15 rebates from May on the Que CD/RW player and the \$20 rebate in August on the Que CD 58X player were referred to this telephone number 1-714-692-5573 Ext. 335, which said the Que Company was in Chapter 11 bankruptcy and one had to email them about any rebate information. I left a message with the CompUSA store in Norwalk about the \$55 owed to me on the three rebates. The Que web site <http://www.qps-inc.com/> does not say anything about the bankruptcy problem or give any information about trying to obtain the rebates. It seems since the rebate information was sent to CompUSA's rebate center, it should be CompUSA's rebate problem, and they should honor the rebates. I will now clean up and go out in a short period of time. CIO



**Note: <888> 10/28/02 Monday 12:10 P.M.:** I was up at 11 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I scanned copies of my recent Hyundai paper work, and I printed them out. I put the original and two copies on my right side of the bedroom desk in the metal paper separator. I will now scan [www.compusa.com](http://www.compusa.com) , [www.staples.com](http://www.staples.com) , and [www.circuitcity.com](http://www.circuitcity.com) looking for weekly bargains. CIO

**Note: <888> 10/28/02 Monday 12:35 A.M.:** I did a little bit of regular computer work. I will now shut down the computer, and I will go to bed in a brief spell. CIO

**Note: <888> 10/27/02 Sunday 10:30 P.M.:** I chatted with a relative. I had two ¼ inch thick slices of Dutch Edam cheese. CIO

**Note: <888> 10/27/02 Sunday 9:35 P.M.:** I listened to a bit of the BBC [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I guess nothing much ever happens in England, since the BBC is always reporting on other worldly matters, but does not seem to cover England. I went outside briefly, and the skunk was on the knoll by the garbage cans. It seems to be getting bigger. CIO

**Note: <888> 10/27/02 Sunday 8:00 P.M.:** I was up at 8 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had coffee outside. I fell back to sleep until 2 P.M.. I had two hotdogs with buns and Dijon mustard and Heinz ketchup and potato chips and two dill pickles quarter length slices and ice tea. I had a 50% Brazilian instant coffee and 50% Folgers decaffeinated instant coffee outside. I then went out, and I stopped by the Greenwich Library, and I read the Greenwich Times. I checked out a DVD video disk. I then drove down by the waterfront. I next walked the entire length of Greenwich Avenue. I sat out at various locations for extended periods of time since one does not have to pay to park on Sunday. I set back an hour my wrist watch and car clock. I then drove by the waterfront again. I then returned home. I set back the clocks in my apartment. I had the same dinner as last night of blacken boneless center cut pork chops with steamed broccoli and steamed white rice and ice tea. I chatted with a friend. CIO

**Note: <888> 10/27/02 Sunday 1:25 A.M.:** From my limited professional experience, I know some professional typists can type over 250 words a minute until they eventually come down with caporal tunnel syndrome which I believe is a swelling of the muscle and nerve tendons in the wrists. Thus if one happened to have gone to one of those schools where the motto was “Publish or Perish”, I would advise internet publishers to consider the length versus the content of their publishing. In my own endeavors, I simply maintain a short daily log that is not really relevant to anyone else but me. I try to respect other people’s privacy, and I try to keep a legal eye to the content of what I do publish. Thus living in a fish bowl type of community there is not anything really worth publishing of merit, since quite frankly compared to fiction, I have usually preferred non fiction such as text books which seem to be more informative. Thus although we pay expensive premiums for

public media access, it is really not that educational at an advanced level. Needless to say in a community such as this I would dare say there are probably some professionals with advanced degrees whom have published such text books and other literary efforts. I am aware of quite a large number of New York City professors whom seem to be able to afford to live here considering their professional expertise in the fields they have chosen to endeavor in before they assumed teaching positions. Thus although the grass is always greener on the other side of the tracks, the view from this distance from Manhattan is limited to what is currently available in our local library and thrift shops. If one has extra funds, one can try to educate oneself by going to such resources at the Yale University of Columbia University book stores to see what books they offer for various courses offered that one might not be eligible to take. I remember about 25 years ago, at the Yale Coop; they had lists of text books and required reading for each course offered by the university. Of course if one pursued this educational approach, one would be assuming that the professors did not have anything else worthy to add to their courses, and one would not have the diverse associations of other various interested classmates. Well, I am a bit tired, so I guess I will shut down the computer, and I will go to bed some time soon. CIO

Note: <888> 10/27/02 Sunday 12:45 A.M.: I chatted with a relative. I watched a bit of television. The television programming seems to be a bit more entertaining, so maybe the media people are trying to avoid losing any more money by trying to make the media more entertaining. It is rather difficult to figure out the media anyway. CIO

Note: <888> 10/26/02 Saturday 10:55 P.M.: The Delamar Hotel which is under renovation is nearing completion on Steamboat Road here in Greenwich. At [www.expedia.com](http://www.expedia.com) they show the first available dates available, I assume the opening date as Election Day Tuesday November 5 to Wednesday November 6, 2002. Maybe the parties involved are waiting to see whom controls congress to see if there will be any guests or not or whatever happens in local elections. Maybe if the democrats lose, they plan to travel away on exotic foreign vacations, so there will not be any well heeled guests here, but what comes back on the rebound. CIO

Note: <888> 10/26/02 Saturday 10:40 P.M.: I made dinner. I took the 10 inch Teflon skillet, and I put in three pads of margarine and three tablespoons of olive oil, and I heated it over medium to medium high heat, and I added three diced gloves of garlic. I added two three quarter inch boneless center cut pork chops and I sautéed them 2.5 minutes on each side, and I seasoned them on both sides with Old Bay seasoning, garlic powder, celery salt, chicken and meat seasoning, ground black pepper, Italian spices, oregano, and basil, and I flipped them about every half minute for the five minute cooking cycle. For the last two minutes, I added a couple tablespoons of La Choy low sodium soy sauce and a couple tablespoons of lemon juice. Once they were done, I sifted out the bits of cooked garlic and added the bits of cooked garlic on top of the pork, and I added a couple tablespoons of the cooking

fat to each piece of pork. I had them reheated white rice and steamed fresh broccoli florets and ice tea. I buy most of my seasonings from CVS for a dollar a jar. CIO

Note: <888> 10/26/02 Saturday 9:30 P.M.: I was up at 10 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I am out of coral calcium. I had coffee inside. I started my house cleaning and watering the plants. I took a two hour nap in the process. I finished house cleaning and watering the plants about 5 P.M.. I also realigned the Audubon prints of the cardinal and the blue jay in the frame on my bedroom door entrance. I also put new holes in three of the shower curtain liner places where holes had ripped and rehung them with the hooks. One can buy a new shower curtain liner at the Old Greenwich hardware store for about \$3. I am not sure what the Greenwich Hardware store charges or if CVS has them. I dusted off the floor mats in the Hyundai. The rear seat passenger side seat belt hook broke on the side panel, so I will have to buy a new one and install it when I have the time. I went out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought two CVS Clorox drop-in toilet bowl cleaners for \$2.99 both plus .18 tax for \$3.17 total. I then drove down by the Long Island Sound and as far as I can tell the old Scott property is still across the way now called Long Island. Apparently someone with the last name Scott use to own all of Long Island, but it was not very profitable, so around 1700 he moved to Jamaica and made a fortune in the Rum trade and wrote a book about his experiences called Tom Cringles' Log which I have a copy of, but I have never read it. Of course at that same time and earlier two members of the Scott family had farms in Manhattan, another member of the Scott family had a farm in Princeton, New Jersey. Another member of the Scott family owned half the land grant of the colony of Virginia from the Atlantic to the Pacific. It would be interesting to know what other properties the Scotts owned such as up in Canada or the Indies. Thus the Scotts have always been land poor and prosperous as a large family. More than likely a few of them still own property in Scotland, England, Ireland, Northern Ireland, or Wales or elsewhere in the commonwealth maybe even India since a Scott served with the last viceroy Lord Mountbattan. There was a young fellow walking around downtown in Highland dress this evening. I told him the Duke of Athol was suppose to be a tall man with a private regiment. After checking out the property across Long Island sound, I stopped by the Stop and Shop, and I bought a five pound bag of sugar for \$2.39. I then came home. I put one of the CVS Clorox tablets in the toilet bowl tank. It says it is suppose to last four months, but since I flush more frequently, they usually last less than two months. Well, I hope environmentalists do not object if I add a little bit more chlorine to the ocean. It is hard to tell it the ocean has any chlorine in it, since although it has a lot of sodium chloride better know as salt, I am not sure about the amount of chlorine in the ocean. CIO

Note: <888> 10/25/02 Friday 9:35 P.M.: I sifted through my email while listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I will now shut down the computer, and I will watch a bit of BBC comedy television on channel 21 PBS from Long Island. Then I will go to bed in a little while. CIO

**End of Scott's Notes week 10/25/02:**

**Note: <888> 10/25/02 Friday 8:35 P.M.: Dinner was most enjoyable. I will now send out my weekly notes. CIO**

**Note: <888> 10/25/02 Friday 7:30 P.M.: I went back out after the last message, and I gave a former neighbor a ride from one location on the waterfront to another location. I then went downtown, and I walked lower Greenwich Avenue. I then stopped by the Greenwich Library, and I read the local newspaper. I then stopped by Exxon, and I bought \$4 of regular unleaded for \$1.679 a gallon at a usage recently of 30 miles per gallon. I then went by the Stop and Shop, and I bought three packages of S&S margarine for \$2 all, broccoli crowns at \$1.29 a pound for \$1.59, boneless center cut pork chops at \$1.99 a pound \$2.61, bay scallops at \$3.99 a pound for \$2.55, Kahn's jumbo beef franks buy one get one free \$3.79 both, two Tropicana 96 ounce fresh orange juice jugs one double C and one Calcium for \$2.99 each for \$18.52 total. I then returned home. I left a message with a friend, and I chatted with a relative. For dinner I plan to make up a batch of steamed white rice, then I will sauté the 2/3 of a pound of bay scallops for three minutes in a 12 inch skillet on medium heat five pads of hot margarine, five tablespoons of olive oil, four gloves of chopped garlic, with small amounts of Old Bay seasoning, garlic powder, ground black pepper, celery salt, Italian spices, oregano, and basil for seasoning added in the heated fat before cooking, and a half minute before the three minutes are up add two tablespoons of lemon juice and I will put the bay scallops on the rice and have it along with steamed fresh broccoli and ice tea. CIO**

**Note: <888> 10/25/02 Friday 4:20 P.M.: I had a telephone call from a relative last night at 10 P.M.. I was up at 5:30 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had coffee outside. I cleaned up, and I went out. I sat out briefly downtown. I then drove up to Norwalk, Ct. Ralley Hyundai, and I dropped my car off to have the 30,000 miles service check and the passenger side outside door handle repaired. I then walked over to Stew Leonard's, and I had a 10 ounce cup of Kuhea coffee. I then walked east, and I toured Staples. I then walked further east, and I stopped by McDonalds, but they did not serve a Big and Tasty \$1 hamburger until 10:30 A.M.. I checked out Gateway computer, but they were not open until 10 A.M.. I walked back to the Hyundai dealership, and my car was ready at 11 A.M.. The total for the bill was \$243.80 which I paid in cash. They fixed the door handle for free under the warranty. For the 30,000 mile service checkup, they did not change oil and oil filter since I had that done recently, and they did not rotate the tires since I have new tires. They did inspect and replenish fluids, lube hinges and chassis, check horn, wipers, and lights, check set tire pressure, check tire wear pattern, inspect brakes and hardware adjustment if necessary, add injector cleaner, service battery, lube and adjust linkage, replace engine coolant, service transmission, inspect exhaust system, inspect belts and hoses, and fuel injection service. That service is normally \$259.95 with the items I did not have done included. Thus they charged me \$163.59**

labor for about two hours at \$80 an hour, \$1.47 for windshield washer fluid, \$4.99 for oil treatment, \$4.99 for fuel treatment, \$16 for antifreeze, and four Champion? Platinum spark plugs 18826-11101 at \$9.74 each for \$38.96 for \$66.41 parts for \$230 total plus \$13.80 tax for \$243.80 total. The PCV valve, fuel filter and air filter are fine. They said the car should be fine for the next 12,000 miles or do for service around 45,000 miles. I then went by the Pepperidge Farm outlet store nearby, and I bought two 38 ounce boxes of Pepperidge Farm goldfish crackers for \$3.99 each for \$7.98 total. I then toured CompUSA. I next went by the Darien thrift shop, and I bought two new Rally Series One 13 inch wheel covers for \$7.50 both. I put them in the back of my Hyundai to have them in reserve should a hub cap fall off. I then drove back down to Greenwich, and I drove around Tod's Point. I stopped by the Old Greenwich Rummage room thrift shop, and I bought two Madras style extra large long sleeve shirts one an Arrow and one a Lord and Taylor in burgundy and dark green plaid and dark blue and dark green plaid for \$5 each plus a "Victorian Days" 2003 calendar for .53 for \$10.53 total. I then toured the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then drove to another part of the waterfront. I have to pick up a former neighbor there at 4:30 P.M.. I then returned home. I had two chicken franks with buns and Dijon mustard and Heinz ketchup, potato chips, two dill pickle quarter slices, and ice tea. I then had a 50% Brazilian instant coffee and 50% Folgers' decaffeinated instant coffee outside. I will now head out again. CIO

Note: <888> 10/24/02 Thursday 9:35 P.M.: I did a little bit of regular computer work. I will now shut down the computer. I have to go to bed shortly, and I will be up at 5:30 A.M. to take the Hyundai up to Norwalk, Ct. Hyundai to be serviced tomorrow. CIO

Note: <888> 10/24/02 Thursday 8:30 P.M.: I went back out, and I gave a former neighbor a ride from one part of the waterfront to another part of the waterfront. We spent some time around the waterfront. I then drove my former neighbor back home. I then walked lower Greenwich Avenue. I then went by the Greenwich Library, and I read the Greenwich Times. I then returned home. I chatted with a friend. I will now have a Stouffer's Hearty Home Style turkey dinner with ice tea. CIO

Note: <888> 10/24/02 Thursday 5:00 P.M.: I received my Renters Rebate in the mail. I went out to Putnam Trust Bank of New York on Mason Street. I then returned home, and I chatted with Norwalk Hyundai and they said to call back later about the door part. I then went by Exxon, and I bought \$5.40 of regular unleaded gasoline at \$1.679 a gallon at about 29 miles per gallon. I then went down by the waterfront. I next went by the Greenwich Hospital Thrift shop. I next made by 3 P.M. appointment. I returned home. I tried contacting the previous owner of the Hyundai about the service record, but they have a non published number. I then called Norwalk Hyundai, and the door handle part has arrived. I scheduled an appointment tomorrow morning to have the door handle replaced for free under the warranty, and I also scheduled the 30,000 mile maintenance check up for \$250 less

not having the oil changed and additional to have Platinum spark plugs put in. I just got a call from a former neighbor, and I am going to give him a ride down by the waterfront. CIO

Note: <888> 10/24/02 Thursday 12:15 P.M.: I went to bed about 11:30 P.M.. I was up about 11 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had coffee outside. I will clean up shortly and go out and do some errands. CIO

Note: <888> 10/23/02 Wednesday 9:50 P.M.: Well, I guess I will shut down the computer. I will put the ice tea in the refrigerator. I will watch a bit of television before going to bed. CIO

Note: <888> 10/23/02 Wednesday 9:30 P.M.: Well the television seems to have a bit of violent content on it, so maybe I should do more computer work. CIO

Note: <888> 10/23/02 Wednesday 8:00 P.M.: Somebody left a half dozen Architectural Digest interior decorating magazines on the community room round table downstairs. I had some jelly beans. I am in the process of making [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 10/23/02 Wednesday 7:30 P.M.: I broiled the rest of the London Broil steak about a pound, and I had it for dinner with Lea and Perrins Worcestershire sauce, reheated steamed white rice, steamed fresh cauliflower, and ice tea. I listened to the BBC News [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . CIO

Note: <888> 10/23/02 Wednesday 5:55 P.M.: I went out, and I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I then walked upper Greenwich Avenue. I stopped by CVS, and I bought a bag of Starburst jelly beans for \$2.29 plus .14 tax for \$2.43 total. I then sat out for a while. I drove down by the waterfront. I then went by the George Weston bakeries Arnold Bread outlet, and I bought two 8 packs of hotdog rolls for .99 each and two loaves of Freihofers 12 grain bread for \$1.29 each minus .46 senior discount for \$4.10 total. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$26. I returned home. I put the jelly beans in the glass Steuben style dish. I noticed when I was reading PC Magazine yesterday; there was an advertisement for a free carton of American Spirit cigarettes. One calls an 800 number in New Mexico, and they send you the information that one signs to verify they are over 18 years old, and then one sends \$4.95 shipping charge, and they will send you a free carton of American Spirit cigarettes in 6 to 8 weeks which Smokes for Less sells for \$45. CIO

Note: <888> 10/23/02 Wednesday 3:00 P.M.: I also unplugged the slaymaker rechargeable 1,000,000 watt flashlight from the charging adaptor, and I put it back on top of the Buckingham Palace candy tin next to the day bed on top of the living room bureau. Also the DNS2GO referral service for the link <http://mrscott.com/> is

no longer available since I do not have a credit card to pay \$10 a year, so to access my site in the future one will have to continue to use [www.geocities.com/mikelscott/](http://www.geocities.com/mikelscott/) .  
CIO

Note: <888> 10/23/02 Wednesday 2:50 P.M.: I took out the bottle of Moet and Chandon champagne that I got for the New Years 1997 from the liquor cabinet in the hallway bookcase, and I put it in the refrigerator door compartment to chill. Although I do not drink myself, I keep alcoholic beverages for potential entertainment. Basically I planned to have a party for a relative around 1997, but the relative never appeared, so I have been keeping the entertainment beverages around should that relative ever appear since that relative paid for the beverages. I remember in the old days in Manhattan whenever I was hungry, and I looked in a New Yorkers' refrigerator there was never any food because they always ate out, but there was always a bottle of champagne which is part of New York hospitality. Well, it is now time to clean up. Champagne I saw on television is not suppose to be aged, and it supposedly does not get any better with age. Well at least now it will be chilled for a while. CIO

Note: <888> 10/23/02 Wednesday 2:25 P.M.: I threw out the empty boxes for electronics equipment I had stored in the bedroom windows. I saved the paper work, and I put it in the right bedroom nightstand drawer. I put up the Saudi Arabia flag over the bedroom window curtain symbolizing the warmth of southern hospitality. I also have a confederate flag in the paper weight on the bedroom desk. Basically since I have a Pan Am flight bag hanging at the entrance of the apartment, I feel it is still necessary to run my apartment like Pan Am VIP services guest suite presently owned by Johnson Controls. Presently with the living room thermostat set at 76 degrees Fahrenheit, the interior living apartment temperature is 74 degrees Fahrenheit according to the large round thermometer hanging below the exterior windows above the electric radiators. However, the wall thermometer in the hallway indicates about the same temperature. I will have to see how much this costs me when I receive my next electricity bill. Perhaps keeping it at 74 degrees Fahrenheit instead of 72 degrees Fahrenheit will not be to much more expensive, since the electric box fan going tends to work like a convection oven circulating the heat and preventing it from rising into the false ceiling. I also took out from the back seat of the Hyundai the three hats, the water bottle, the sun glasses and cases, and I put them in the bedroom. I left the flash light and the binoculars on the back floor center of the Hyundai. I will now clean up and go out for some fresh air. CIO

Note: <888> 10/23/02 Wednesday 1:25 P.M.: I chatted with [www.net2phone.com](http://www.net2phone.com) ,and they restored the \$4.14 to my Net2Phone account. However, now they are charging 3.9 cents a minute for PC to telephone calls within the United States up from 2 cents a minute thus it has gotten more expensive to talk with Net2Phone. I will charge up the account at the first of November with an additional \$25 in funds, so I can continue using it. Well, I guess I will clean up and go out and enjoy this cooler day. CIO

**Note: <888> 10/23/02 Wednesday 12:25 P.M.:** I was up at 10 A.M. when a friend called to say his home telephone was not working. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. It is a bit nippy right now about 45 degrees Fahrenheit. I have seen a large number of squirrels recently, so I was hoping we would not have a cold winter, since squirrels tend to migrate south when they expect colder weather. I just received a telephone call from a commodities broker in Fort Lauderdale, Florida trying to sell me oil futures which he thinks will go up with a colder winter up north. I chatted with him for a while about economics. Since it is warm and comfortable inside my apartment, I might not be going out in the colder weather, however, I might go out a little later on. It depends on how my mood strikes me. CIO

**Note: <888> 10/22/02 Tuesday 10:30 P.M.:** I relaxed a bit. I will now shut down the computer, and I will go to bed. CIO

**Note: <888> 10/22/02 Tuesday 9:15 P.M.:** I finished the laundry, and I put it away. I chatted with a friend. CIO

**Note: <888> 10/22/02 Tuesday 7:55 P.M.:** I put the laundry in the driers. CIO

**Note: <888> 10/22/02 Tuesday 7:30 P.M.:** I started two loads of laundry. I put clean sheets on the bed. CIO

**Note: <888> 10/22/02 Tuesday 6:35 P.M.:** I am cooking a Stouffer's 15 ounce stuffed peppers dinner for dinner. I will have it with ice tea. I also am recharging the Slaymaker rechargeable 1,000,000 watt flashlight which should be charged up by 3 P.M. tomorrow. CIO

**Note: <888> 10/22/02 Tuesday 5:55 P.M.:** I went back out, and I drove down by the waterfront. I then sat out for a while at Bruce Park. I then drove by the waterfront again. I then went by the Greenwich Library, and I read the local paper and the rest of PC magazine. This month's issue has 104 useful tips for Windows XP. I then sat outside at the library a bit. I noticed they are fixing the brick work on the Cole auditorium addition which has become lose from the local salt corrosion rusting the steel straps that fastened the brickwork to the masonry. I suggested that they replace the dark red burgundy color bricks with Indiana Limestone bricks, so the Cole Auditorium wing matches the Indiana Limestone on the Peterson wing. Of course like everything I say, they only took it with a grain of salt. Well, next I walked lower Greenwich Avenue, and I sat out for a while. I returned back to my apartment. I just had a cold diet Coke in a frosted mug outside. CIO

**Note: <888> 10/22/02 Tuesday 1:20 P.M.:** I chatted with a relative at 11 P.M. last night. I was up at 5:30 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had a coffee inside after I felt it was a bit too nippy to have coffee outside. I cleaned up. I left for Norwalk, Connecticut



Hyundai, and I arrived there about 7:45 A.M.. I dropped off the Hyundai to have the passenger side outdoor door handle repaired. I walked over to Stew Leonard's just west down the road, and I toured the store, then I sat out by the petting zoo. I then went back in the store, and I bought a Hawaiian Kona coffee 10 ounces for \$1. I then sat outside by the petting zoo, and I had the coffee. They have lots of Halloween and harvest products. I returned back to the Hyundai dealer, and about 9 A.M. they told me, they would have to order the new door handle. They gave me back the Hyundai with the door handle removed and the inside door levers removed. I was told the repair would be for free covered underneath the 5 year 60,000 mile warranty. I will call them up on Thursday afternoon to see if they have the part, and if so reschedule the service to have then new door handle put in on Friday or next week. I browsed Barnes and Noble, they have a nice coffee shop down the way from CompUSA. I miss the old days of browsing books before the internet. I then went over to CompUSA, and I toured their store. I then returned to Greenwich, and I went by the Old Greenwich Rummage room thrift shop. I then sat out for a while at Tod's Point. I then stopped by the Greenwich Hospital Thrift shop. I then returned home. I then put three silver strips of duct tape over the Hyundai door handle opening to cover the opening should it get wet. For lunch I had two chicken franks with Dijon mustard and Heinz ketchup and potato chips and two dill pickle quarter slices with ice tea. I will now go back out to enjoy the day. CIO

Note: <888> 10/21/02 Monday 8:55 P.M.: I watched some television. I will now shut down the computer, and I will go to bed. I will get up about 5:30 A.M. tomorrow to get ready to go to Norwalk Hyundai to get my outside passenger door handle fixed. CIO

Note: <888> 10/21/02 Monday 8:05 P.M.: I chatted with a friend. I had a Stouffer's Home-style Salisbury steak dinner. I am now watching television. CIO

Note: <888> 10/21/02 Monday 6:30 P.M.: I went out after the last message, and I went downtown. I walked lower Greenwich Avenue, and I sat out for a while. I drove down by the waterfront. I then sat out in Bruce Park. I then drove back down by the waterfront, and I chatted with some locals. I then went by the Greenwich Hospital Thrift shop. I next went to the Greenwich Library, and I read the local paper, and I read part of PC Magazine. I then arrived early for my 4:30 P.M. appointment. From the vending machines I had a half Italian sub with mozzarella cheese, salami, and pepperoni for \$2 a cappuccino for .75. After my appointment, I sat out downtown for a while. I then drove by the waterfront. I then went to the Stop and Shop, and I bought two 12.25 ounce bags of Wise potato chips for \$1.99 each for \$3.98 total. I then returned home. I am having a glass of ice tea and some jelly beans. CIO

Note: <888> 10/21/02 Monday 11:35 A.M.: I was up at 10 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins and supplements. I had coffee outside. I called Norwalk Hyundai, and I made an appointment to take my Hyundai up there

tomorrow morning at 7:30 A.M. to have the outside passenger side door handle fixed under the warranty. I guess I will read up there while I wait. I will now clean up and go out. CIO

Note: <888> 10/20/02 Sunday 11:15 P.M.: I watched a bit of television. I chatted with a relative. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 10/20/02 Sunday 8:20 P.M.: I watched a bit of television. Well, it is a bit nippy out, but it is a full moon, so any night strollers can probably see their way around in the dark. I just chatted with a relative who was suppose to have received a package via UPS, but it is probably still at the package receptacle place. On the WE channel 42 at 10 P.M., there is suppose to be a program about what the young royals are doing for entertainment. Since I am older and tend to get tired, I am not sure I will be able to stay up that late. I guess I will do some channel surfing on the television right now. CIO

Note: <888> 10/20/02 Sunday 5:55 P.M.: Basically the reason I try to walk a bit is to stay fit and lose weight. Also since I played a lot of golf in my earlier years, I am use to walking. Thus when one can not afford the old links, there are other alternatives for walking. Another amusing occupation while walking is bird watching. CIO

Note: <888> 10/20/02 Sunday 5:40 P.M.: I listened to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I munched on some jelly beans. I guess I will now watch some television. CIO

Note: <888> 10/20/02 Sunday 4:35 P.M.: About three nights ago, I opened up the 2 pound ball of Dutch Edam cheese, and I had some of it with Carr's crackers. I also put the jelly beans in a Steuben style dish and put them on the glass coffee table in the living room. CIO

Note: <888> 10/20/02 Sunday 4:05 P.M.: I dropped off a DVD video disk at the library drop. I went downtown, and I sat out for a while. I then drove down by the waterfront. I next went over to Tod's Point, and I walked the 2.5 miles around the park. I sat out at a couple of places. I then went downtown to Greenwich Avenue, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I stopped by CVS, and I bought 4 cans of Starkist solid white tuna in water for .99 a can plus a bag of Starburst jelly beans for \$2.29 plus .14 tax for \$6.39 total. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the local paper and checked out a DVD video disk. I then went by Exxon, and I bought \$5.90 of regular unleaded gasoline at \$1.679 a gallon. I then returned home. I had a cold A&W root beer in a frosted mug. I am about to have reheated barbeque chicken with steamed white rice and steamed fresh cauliflower and asparagus and ice tea. I will then have a cappuccino outside. CIO

**Note: <888> 10/20/02 Sunday 10:00 A.M.:** I was up at 8 A.M.. I had breakfast of a cottage cheese omelet, toast, orange juice, vitamins, and supplements. I then had a coffee outside. I will clean up shortly and head out. Possibly I will go over to Tod's Point and enjoy the day. CIO

**Note: <888> 10/19/02 Saturday 10:05 P.M.:** I think I will shut down the computer and rest or go to sleep. CIO

**Note: <888> 10/19/02 Saturday 10:00 P.M.:** My guest arrived at 4 P.M.. We drove down by the waterfront. Then we walked around lower Greenwich Avenue. We next went by the Food Emporium. My guest bought boneless breasts of Purdue chicken for 50% off and two dozen eggs for .79 a dozen. We then returned back to my apartment. I washed the three halves of boneless Purdue chicken breast and dried them with paper towels. I then put several tablespoons of olive oil in a Pyrex pie dish, and I rubbed the boneless chicken breasts in them. I then seasoned both sides with Old Bay seasoning, garlic powder, celery salt, chicken and meat seasoning, Italian spices, oregano, basil, and Texas Best barbeque sauce. I cooked them in the convection oven at 350 degrees Fahrenheit for 35 minutes. We each had one for dinner with steamed white rice and steamed cauliflower along with ice tea. We then had coffee outside. We then watched a DVD video disk. My guest just left. CIO

**Note: <888> 10/19/02 Saturday 3:50 P.M.:** According to UPS tracking the package I sent four days ago was delivered at 3:22 P.M. today to my relative. I hope they enjoy the Samsonite carry on suitcase from Michelin as well as the Michelin road atlas. However, I am not sure if they will open it right away or save it until Christmas to open. CIO

**Note: <888> 10/19/02 Saturday 3:05 P.M.:** I had a call from a relative around 11 P.M. last night. I went to bed shortly thereafter. I was up at 7 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had a coffee outside. I then fell back to sleep until noon when a friend called. I had two chicken hotdogs with buns and Dijon mustard and ketchup and potato chips and dill pickle quarter slices and ice tea. I then had a cappuccino outside. I just finished cleaning my apartment and watering the plants. I cleaned up. I have a guest arriving for dinner at 4 P.M.. CIO

**Note: <888> 10/18/02 Friday 9:15 P.M.:** Well, I chatted with a friend. I will now shut down the computer. I tried the apple corer sectioner, and it works pretty well, but one has to clean out some of the interior seed rind when one uses it. I will go to bed in a little while. CIO

**Note: <888> 10/18/02 Friday 7:30 P.M.:** I had \$4.14 left on my Net2Phone YAP card, and Net2Phone took out the money from my account and disabled the YAP card, so I can not now use it. I guess Net2Phone might be having financial problems if they are taking away money from people's accounts without their permission. It

makes me hesitant to recharge the Net2Phone account. Their customer service number is 1-877-627-4663. When I called them, they said eventually they would call me back, but they were basically giving me the run around. It sounds like something is rotten in Columbus, Ohio where the Net2Phone service operator said they were located. CIO

Note: <888> 10/18/02 Friday 5:15 P.M.: I went out, and I stopped by the Greenwich Hospital Thrift shop. I bought an apple sectioner and corer for \$1. I then got my flu shot at the outpatient clinic at the Greenwich Hospital. I then went downtown. I walked about 2/3 of the length of Greenwich Avenue. I stopped by the Greenwich Avenue branch of Putnam Trust Bank of New York, and I obtained parking change. For the uninformed Greenwich Avenue parking meters no long take Thomas Jefferson nickels and Franklin Delano Roosevelt dimes, but only George Washington quarters. In walking around the street, I have noticed slugs on the street about the size of a quarter, so I guess some of the more frugal citizens are using slugs. I also stopped by the Merry Go Round mews thrift shop. I then went down by the waterfront, and I chatted with a local waterfront observer. I then went by the Greenwich Library, and I read the Wall Street Journal. I noticed there was an article in the Wall Street Journal that Sears and Roebuck stock was way down since many of its 100 million credit card holders are not paying off their credit card bills. I suppose this could be a precursor of other similar economic events to happen in the future. I then returned home, and I had a cold diet Sprite in frosted mug outside. I then had a Stouffers Hearty pot roast dinner along with ice tea. I then had a cappuccino outside. CIO

Note: <888> 10/18/02 Friday 9:25 A.M.: I will now clean up. I will shut down the computer. CIO

Note: <888> 10/18/02 Friday 8:30 A.M.: I burned the 3 Red Hat Linux 8 \*.iso files to CD/R disks, and I labeled the jewel cases I put them in. Since I have perfectly good Microsoft operating systems installed on my three desktop computers, I will not be installing the Red Hat 8 Linux operating system on any of them to see what it is like, since I feel the Microsoft product is superior. However, if I should stumble across an old computer that needs an operating system, I might install it on it. However, again I really do not have room for another computer in my apartment. I will now clean up shortly. I have an 11 A.M. flu shot appointment. CIO

End of Scott's Notes week 10/18/02:

Note: <888> 10/18/02 Friday 7:00 A.M.: I ran Norton Disk Doctor before going to bed last night. I ran Norton Speed Disk while asleep. I was up at 5:30 A.M. this morning. I had breakfast of a cottage cheese three egg omelet, toast, orange juice, vitamins, and supplements. I then had a coffee outside. I will now send out my weekly notes. CIO

**Note: <888> 10/17/02 Thursday 8:15 P.M.:** Well, I am a bit tired, so I will shut down the computer, and I will go to bed in a little while. I have to get a flu shot tomorrow morning. CIO

**Note: <888> 10/17/02 Thursday 7:40 P.M.:** I was told that there is potentially increased volcanic activity at the Montserrat Volcano observatory <http://www.mvo.ms/>. CIO

**Note: <888> 10/17/02 Thursday 7:20 P.M.:** I went out after the last message. I drove down by the waterfront. I then drove to another part of the waterfront, and I chatted with a former neighbor. I then made my 3 P.M. appointment. I then returned to the waterfront, and I gave my former neighbor a ride home. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I then returned home. For dinner I had a one pound piece of London Broil broiled four minutes on a side, steamed white rice, steamed cauliflower and asparagus, and ice tea. CIO

**Note: <888> 10/17/02 Thursday 12:10 P.M.:** I went out, and I stopped by the Valley Road post office to mail the letter. I then went downtown, and I drove down by the waterfront. I next walked lower Greenwich Avenue downtown, and I sat out at a couple of locations. I then went by the Greenwich Library, and I read the local paper, and I returned and checked out a DVD disk. I then went by the Food Emporium, and I bought four Stouffer's Hearty meals two pot roast, one turkey, and one Salisbury steak for \$2.15 each, one Stouffer's Lasagna 20 ounce \$2.75, a Stouffer's 15 ounce stuffed peppers \$2.27, a head of cauliflower \$1.99, a top round London Broil steak at \$1.99 a pound \$3.96, two packages of Kunzler chicken franks \$1.19, and a package of Hebrew National beef franks \$2.59 plus .95 in returned cans and a Perrier bottle for \$23.59 total. I then returned home. I had a cold diet Coke in a frosted mug outside. I then had two chicken franks with buns and Dijon mustard and ketchup and potato chips and two dill pickle slice quarters for lunch with ice tea. I will now have a cappuccino outside. I guess since it is a nice day, I will go out in a little while. I have a 3 P.M. appointment. CIO

**Note: <888> 10/17/02 Thursday 7:45 A.M.:** I had a call from a relative about 11 P.M. last night. I was up at 5 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I just finished writing a letter to a relative. I will clean up, and I will go out a in a little while. CIO

**Note: <888> 10/16/02 Wednesday 6:55 P.M.:** My guest just left. I am going to shut down the computer and go to bed. CIO

**Note: <888> 10/16/02 Wednesday 5:55 P.M.:** My guest and I chatted. We had dinner of the rest of the cold eye round with horseradish and Lea and Perrins Worcestershire sauce, steamed white rice, steamed frozen green peas, and ice tea. CIO

**Note: <888> 10/16/02 Wednesday 3:00 P.M.:** My guest and I went out. We drove by the waterfront. We went by the Greenwich Hospital Thrift shop. We next went by the ELDC thrift shop. We just now returned and are about to have a cup of coffee. CIO

**Note: <888> 10/16/02 Wednesday 1:30 P.M.:** My guest arrived. We will go out shortly. CIO

**Note: <888> 10/16/02 Wednesday 12:40 P.M.:** I sifted through my email. I chatted with a former neighbor. CIO

**Note: <888> 10/16/02 Wednesday 11:20 A.M.:** I scanned about 23 pictures, and I sent them to a relative. I just had lunch of Progresso New England clam chowder along with potato chips and ice tea. CIO

**Note: <888> 10/16/02 Wednesday 7:40 A.M.:** I did some regular computer work. I downloaded the three Red Hat 8 \*.iso files from Sweden. However, I will not install them on the backup computer, but I might burn the \*.iso files to CD. I just chatted with a friend whom will be over to visit about 1 P.M.. My Optimum Online email service is not working this morning. I will start scanning my photos I picked up yesterday shortly. CIO

**Note: <888> 10/16/02 Wednesday 5:35 A.M.:** I was up at 4 A.M.. I had breakfast of a cottage cheese omelet, toast, orange juice, vitamins, supplements, and coffee. I am downloading Red Hat Linux 8.0 from Sweden. I am not sure whether I will try to check it out on one of my backup computers or not since the Microsoft products I already have seem superior. I need to scan my photo I picked up yesterday, so I can email them to a relative and other interested parties. Today is suppose to be a good day for ducks. I am expecting a guest later on this afternoon. CIO

**Note: <888> 10/15/02 Tuesday 8:05 P.M.:** I had a Stouffer's Lean Cuisine Chicken Florentine dinner for dinner with ice tea. I chatted with a relative. I chatted with a friend. I turned the thermostat in the living room up to 76 degrees Fahrenheit, so the room temperature is about 72 degrees Fahrenheit. I also put the Lasko fan in front of the window air conditioner, so it circulates the heat on low fan speed saving money by preventing the heat from rising into the false ceiling but instead circulating it into the room. I will now shut down the computer, and I will go to bed. CIO

**Note: <888> 10/15/02 Tuesday 6:45 P.M.:** I went out, and I cashed my Siemens router \$40 rebate check at Putnam Trust Bank of New York on Mason Street. I then went downtown, and I walked half the length of Greenwich Avenue. I stopped by CVS, and I dropped off my 2 rolls of 24 exposure film for one hour processing. I then sat out for a while downtown. I then drove by the waterfront. I then went by the Greenwich Hospital Thrift shop. I next went to the Greenwich Library, and I read the local paper. I then went by CVS, and I picked up my pictures. The cost for

2 rolls of 24 exposure film was \$14.18 and .85 tax for \$15.03 total. I then sat out for a while downtown. I just now returned home. I had a cold A&W root beer outside in a frosted mug. I have been getting the NOAA weather warning all day from my NOAA weather warning radio and on the computer weather warning for heavy rain tonight and tomorrow with possible flooding and possibly up to three inches of rain. I just chatted with a relative and they are at their southern destination. A piece of paper fell out from underneath my dashboard, and I now have the name of the previous owner of the Hyundai, so I can check on the service record on the car to see if it had the 30,000 mile service check done. CIO

Note: <888> 10/15/02 Tuesday 2:15 P.M.: I rested from after the last message to 8 A.M.. I had some goldfish crackers and apple chunks and ice tea. I cleaned up, and I went out. I went by Smokes for Less in Byram, and I bought a carton of Eve Lights 100s for \$25. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Town Hall, and I checked with the health department. They do not give flu shots at their location, but will be holding immunization clinics starting later in the month into November. I then went to the Greenwich Hospital outpatient clinic, and I made an appointment to have flu shot later this week. I then went by the Greenwich Hospital Thrift Shop. I next returned home. I labeled the Samsonite carry on suitcase to send to a relative. I then went to Pak Mail at the Stop and Shop shopping center, and I mailed the Samsonite carry on suitcase via UPS for \$19.40. I then went downtown, and I walked the entire length of Greenwich Avenue. I stopped by CVS, and I bought two cans of Campbell's extra chunky soup for \$2.99 both and a stick of Gillette Right Guard deodorant for \$1.60 from the clearance shelf for \$4.59 total. I then sat out at a couple of locations. I then drove down by the waterfront. I next went by the Greenwich Library, and I returned the Windows XP Que book. I then returned home. I had lunch of a tuna fish sandwich with potato chips and dill pickle slice and ice tea. I used up a roll of film photographing the interior of my apartment. I will now take two rolls of film to CVS to have developed. I also received my \$40 rebate check for the Siemens router which I will cash shortly. I will now go out. CIO

Note: <888> 10/15/02 Tuesday 4:05 A.M.: I watched a little bit of television, and I read a bit. CIO

Note: <888> 10/15/02 Tuesday 1:35 A.M.: Well, I was thinking of going out, but I just checked outside, and the skunk was feeding right behind my car. I guess I will read for a while before maybe I clean up and go out later. CIO

Note: <888> 10/15/02 Tuesday 1:00 A.M.: I set the thermostat in the living room to 72 degrees Fahrenheit and the bedroom thermostat to 66 degrees Fahrenheit, however the thermostats tend to run four degrees cooler. After dinner, I downloaded and installed the latest version of Real One and its add ons from the beta that I had installed. I put away the ice tea in the refrigerator. I guess I will

now clean up, and then I will dress warmly since it is 39 degrees Fahrenheit outside. I might go out for a drive and some fresh air, but first I want to check the computer store sale sights at [www.compusa.com](http://www.compusa.com) , [www.staples.com](http://www.staples.com), and [www.circuitcity.com](http://www.circuitcity.com) to see if they have any needed sale items this week. While I was just outside chatting with a neighbor, some sort of night bird flew away from the entrance roof, so maybe the old night owl is on the prowl. CIO

Note: <888> 10/14/02 Monday 11:05 P.M.: I am just about ready to have two 1/3 inch thick slices of cold eye round beef with horseradish and Lea and Perrins Worcestershire sauce and reheated steamed white rice and steamed fresh broccoli and fresh sliced asparagus along with ice tea. I guess I will then have a cappuccino inside. It is 69 degrees Fahrenheit inside the apartment. I have checked the cords to make sure they are away from the electric radiators, so I am prepared to turn on the heat when necessary. CIO

Note: <888> 10/14/02 Monday 10:35 P.M.: I was up at 9:30 A.M. this morning, and I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I then had a coffee outside. I then fell back to sleep until 4 P.M.. I had a tuna fish sandwich with potato chips and dill pickle slices along with ice tea. I then had a cappuccino outside. I fell back asleep again until just now. I had a call from a friend around 8 P.M.. I was told there is suppose to be frost outside tonight. I am in the process of making up another batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I am using 22 tea bags of 13 different varieties. I just opened up the new 8 ounce bottle of Angostura bitters that I use in ice tea. Angostura bitters comes from Trinidad and Tobago. I visited Tobago during the winter of 1971 and 1972 and I had many enjoyable planters punches made with Angostura bitters. I think the old guard still use it for "Old Fashions". Well, a few years ago I was told by Liberty Travel across from the Greenwich Library that in February one can fly round trip to Tobago to the Mount Irvine Club for a weeks stay per person double occupancy for \$850 apiece which during January or February might be enjoyable. Well, I guess I have to try to get use to the colder weather. I still have not turned on the heat in the apartment, but at the moment it is plenty warm. CIO

Note: <888> 10/14/02 Monday 12:55 A.M.: I watched a bit of public media entertainment on the television. I will now shut down the computer, and I will go to bed in a brief spell. CIO

Note: <888> 10/13/02 Sunday 11:10 P.M.: I chatted with a friend. I went outside briefly, and the medium size skunk does not seem to be afraid. It is having dinner on the ridge about 10 feet behind my car and does not seem to want to move. CIO

Note: <888> 10/13/02 Sunday 10:40 P.M.: Maybe it was this owl <http://www.iwrc-online.org/kids/Facts/Birds/ghow.htm> , the skunk family better watch out. CIO

Note: <888> 10/13/02 Sunday 10:35 P.M.: If anyone has small children or animals, I did see a two to three foot tall owl land in the trees in my back yard across the way



on the far side of the baseball field to the west side. I initially thought it might be a large eagle, but it from 1000 foot distance with the naked eye looked more like a big barn owl. CIO

Note: <888> 10/13/02 Sunday 10:15 P.M.: Speaking of Cougars and other wild predatory wild cats, more than likely some of them might be migrating south through this area during their annual migration south to their warmer feeding grounds. Of course some cats are territorial, so it is hard to tell how many of them there really are in the wild or migrating through this area. I am not a cat expert. CIO

Note: <888> 10/13/02 Sunday 10:05 P.M.: I left a message with one friend. I chatted with another friend. I talked to two relatives. I went outside, and I noticed that the rear view window of my Hyundai hatch back has the garden hose and beach chairs showing when one looks in. I took out my gold towel, and I put it over the rear items in the hatch back area, so they are not apparent. I put the rechargeable solar powered flash light on top of the towel, so it can keep recharging. I guess when one looks at the back of the car now one gets the impression of black and gold which reminds me the last time I was on my own in Florida in October of 1983 during some heavy rain, I rented a gold Ford Cougar from Hertz, and the windshield wipers did not work, so when I was driving after the storm, I exchanged it for a black Ford cougar. This reminds me that I joked then that black and gold were the colors of the Russian cigarettes Balkan Sabrone which had the crest of the Czar of Russia on the cigarette package. At about \$12 a package they are quite expensive. I suppose also that if I recall from my extensive reading black and gold was the color of the Imperial Czarist Army which at one time was a formidable force. Of course all of that is history, but I recall black and gold was favored by what ever group that General George S. Patton worked with, so the United States Army had its version of black and gold also. Also I believe a number of notable sports teams use the colors black and gold. However, if the czar's cigarettes were black and gold more than likely the czar was one of the first people to start using black and gold up north, however more than likely it was popular in earlier times down south when they did not have much lighting, and they used gold candlesticks to light the dark night, thus more than likely that was the origins of black and gold. Well, enough of a history lesson. Needless to say this time of year when one goes south, one sees what looks like what appears to be an army on the move settling in for the winter. Judging from the scarcity of squirrels in this area, I predict a colder than normal winter, since believe it or not squirrels do migrate during colder winters when they expect a colder winter, unlike people whom listen to weather forecasts from their energy provider. You better check with your head squirrel person. CIO

Note: <888> 10/13/02 Sunday 7:25 P.M.: For dinner, I had two cold ½ inch thick slices of eye round with horse radish and Lea and Perrins Worcestershire sauce, steamed white rice, a medley of steamed fresh vegetables of sliced asparagus, sliced yellow squash, and a couple of sprigs of broccoli, and ice tea. CIO

**Note: <888> 10/13/02 Sunday 5:25 P.M.:** I was up about 8 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I then had coffee outside. I next cleaned up the apartment and watered the plants. I then had a bowl of apple chunks and ice tea. I then cleaned up. I then went downtown, and I walked lower Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I then went to the Greenwich Library, and I read the local paper. I next went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then decided to go for a long drive. I drove up North Street. I then went west on Clapboard Road, and I crossed Lake Avenue, and I headed west on Clapboard Road, and then I went north on Round Hill Road, and I turned left on Porchuck Road heading west. I then went north a bit on Riversville Road, and I turned left west on Cliffdale Road, but the bridge was out on the Byram River gorge, so I returned back east on Cliffdale Road, and I went north on Riversville Road to John Street. I then went west on John Street to the connecting road in New York that heads south to King Street, and I turned west at the traffic light to go over to Westchester County Airport. I drove by the airport entrance, and I checked out the private parking spots, and a friend of mine's private parking spots are still there. I then chatted with the security guard at Signature Aviation about aviation. I then returned back to Greenwich via King Street turning left after the Merritt Parkway on the Glenville Road connector. I then went to the Glenville Stop and Shop, and I bought asparagus at \$1.99 a pound for \$1.77 total. I then drove over via Weaver Street to the Boston Post Road, and I drove over to Smokes for Less in Byram, but they were closed today. I then went back via the library, and I chatted with a local. I then went by Exxon, and I bought a \$5 of regular unleaded gasoline at \$1.679 a gallon for about 27 miles per gallon with about a third of the driving at higher speeds than local in back country. I also bought Marlboro Lights 100s buy two get one free for \$11 all. I then returned home. CIO

**Note: <888> 10/12/02 Saturday 9:10 P.M.:** After dinner, my guest and I watched television. I will now shut down the computer and go to bed in a little while. CIO

**Note: <888> 10/12/02 Saturday 7:00 P.M.:** I slept until 6 P.M.. I then took the eye round of beef, and I seasoned it on both sides with Old Bay Seasoning, garlic powder, celery salt, chicken and meat seasoning, Italian spices, oregano, basil, and then I also coated it with Texas Best Barbeque sauce. I am cooking it in the convection oven at 350 degrees Fahrenheit for 45 minutes. We will have a couple of slices of it for dinner with steamed white rice and steamed fresh broccoli and ice tea. CIO

**Note: <888> 10/12/02 Saturday 2:25 P.M.:** My guest and I drove downtown, and we went by the waterfront. They have the Art in the Bruce Museum Park for \$5 per person. We toured the lobby of the new Delamar Hotel. It has a mixed pattern marble lobby with European style art. It seems to be a first class hotel. They will not be open for another couple of weeks and the restaurant will not be open for another month. However, boat slips are available according to the Dock Master. Next we went to the Farmer's Market at the Greenwich Train Station southwest

parking lot, and my guest bought organic broccoli for \$2 a pound. Then we went to the Stop and Shop, and my guest bought an eye round roast for \$2.49 a pound for \$6.50. Then we went to the Food Emporium, and I bought four 32 ounce bags of A&P Hazelnut coffee for \$3.99 a bag for \$15.96. We just now returned back to the apartment. I think I will take a nap. CIO

Note: <888> 10/12/02 Saturday 12:35 P.M.: My guest and I had breakfast of scrambled eggs, toast, orange juice, vitamins, supplements, and coffee. We cleaned up. We dropped off a DVD video disk at the video drop at the library. We drove down by the waterfront. We went by the Greenwich Hospital Thrift shop. We went by the Presbyterian Church tag sale. I bought a green flannel extra large shirt for \$3. Next we went to the Merry Go Round Mews thrift shop, and we viewed the old tree in the Greenwich Common. My guest suggested they should cable the old tree, so it does not fall apart. Of course that might mess up its karma. We went by the library, and read the local paper. I checked out a DVD video disk and a book called "Arthritis for Dummies". We then returned back to my apartment. I chatted with a relative. We will now go back out to explore the rather moist environment of Greenwich this weekend. CIO

Note: <888> 10/12/02 Saturday 6:05 A.M.: I was up at 4 A.M.. I watched a bit of television. I read some of "Dot.con". My guest is just waking up now. CIO

Note: <888> 10/11/02 Friday 10:55 P.M.: My guest arrived about 5:30 P.M.. We had broiled shell steaks for dinner with steamed white rice and steamed frozen green peas and ice tea. We watched a DVD video. I will now shut down the computer. CIO

End of Scott's Notes week 10/11/02:

Note: <888> 10/11/02 Friday 5:55 P.M.: I was up at 4 A.M. this morning. I had breakfast of a cottage cheese omelet, toast, orange juice, vitamins, supplements and coffee. I then fell back to sleep until 1 P.M.. A former neighbor called who needed a ride over from one part of the harbor to another part of the harbor to run the pump on his boat to bail out his boat. I went out without cleaning up, and I drove over to the former neighbor's resident and gave him a ride to his boat. He ran the electric pump to bail it out. We then went for a drive. I went by Putnam Trust Bank of New York on Mason Street. We then went to the First Presbyterian Church Tag sale at the top of Greenwich Avenue on Lafayette Place. I bought a pair of Williamsburg candle sconces with crystal globes for \$6 all, a ceramic blue, white, and yellow Chinese style bowl about 18 inches in diameter with curved sides and about 7 inches high for \$18 and a Perrier Group of America dark green extra large jacket for \$10 for \$34 total. We toured the various display rooms. I also used the ATM machine at the First Union bank on Lafayette place. I next drove my former neighbor back home, and I chatted with another former neighbor. I then returned home. I put the Chinese style large bowl underneath the large terracotta plant pot with the pythos plant that I have on the dining room table removing the brass tray.

**It looks very good holding the plant pot. I put the Perrier coat in my right living room closet with some of my other coats. I hung the Williamsburg sconces on either side of the Cosby painting of the west coast of the USA or Hawaii over the bed in the bedroom. It all looks fine. I just finished cleaning up. I am expecting a guest for dinner shortly. I will now send out my weekly notes. CIO**

**Note: <888> 10/10/02 Thursday 10:55 P.M.: I chatted with a friend. I watched a bit of television. I will now shut down the computer, and I will go to bed in a little while. CIO**

**Note: <888> 10/10/02 Thursday 8:55 P.M.: I just finished doing my laundry. I changed the sheets on my bed. I also washed my yellow Eddie Bauer gortex jacket. I am cooking a Stouffers lean cuisine Salisbury steak dinner which I will have with ice tea. CIO**

**Note: <888> 10/10/02 Thursday 5:45 P.M.: I made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop. I next drove downtown, and I walked lower Greenwich Avenue. I then drove by the waterfront. I then went by the Greenwich Library, and I read the local paper. I checked out "The New American Heart Association Cookbook 25th Anniversary Edition". I then returned home. I have to remember some day in the future to go to the Greenwich Town Hall Health Department and to get a flu shot for \$15. They offered them in my building yesterday, but I missed the notice. I filled out the form to mail for the free "Greenwich Citizen" newspaper. The Greenwich Times warned that groups of con artists are working the town again offering chimney sweeping and other type scams. I have received a number of telemarketing calls recently including one that inquired about my bank account, so the general public should be on the look out. CIO**

**Note: <888> 10/10/02 Thursday 2:10 P.M.: After breakfast I slept until 1 P.M.. I had two hotdogs with buns and mustard and ketchup and potato chips and ice tea. I then had a 50% Folgers decaffeinated instant coffee and a 50% Chock Full of Nuts instant coffee outside. I will now clean up. I have a 3 P.M. appointment. CIO**

**Note: <888> 10/10/02 Thursday 6:25 A.M.: I was up at 3:30 A.M.. I was sitting out front having a cigarette and the skunk pop out from underneath the car in front of me. I quickly dashed away. I then went upstairs, and I had a bowl of apple chunks and ice tea. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next went to the Food Emporium. I bought two half gallons of Florida Natural orange juice with calcium for \$2 each, a dozen large eggs \$1.79, a Stouffer's low calorie Chicken Florentine and Salisbury steak dinner for \$2.39 each, and two shell steaks with bone in for \$3.99 a pound for \$4.27 and \$4.31 for \$20.80 total. I then returned home, and I put away my purchases. I will make a cottage cheese omelet shortly and have it with toast and vitamins and supplements and orange juice and then I will have a coffee outside. CIO**

**Note: <888> 10/09/02 Wednesday 10:00 P.M.: I watched some television. I will now shut down the computer and try to go to bed early to be on a day schedule. CIO**

**Note: <888> 10/09/02 Wednesday 8:55 P.M.: I was up at 11 A.M. today when a relative called. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had coffee outside. An early Christmas present from a relative arrived by UPS. I fell back to sleep until 2:30 P.M. when a friend came to visit. I cleaned up. We went for a drive by the waterfront at various locations, and we viewed the waterfront at various locations. We sat out briefly downtown and at the library. We returned back to my place. I went out briefly to the Arnold bread outlet, and I bought three loaves of 12 grain bread for \$3.48 total. I then returned back to my place. We watched a bit of television. I cooked the same style barbeque chicken that I cooked earlier in the week, and we had it for dinner with steamed white rice and steamed frozen peas and ice tea. We watched a bit of television. My guest just left. I picked up a copy of a new newspaper this weekend in front of Starbucks on Greenwich Avenue called the "Greenwich Citizen", and it has a slip inside of it for a free weekly mail subscription which I will mail in. CIO**

**Note: <888> 10/09/02 Wednesday 5:10 A.M.: I watched some more television. I will now shut down the computer. I will go to bed directly. CIO**

**Note: <888> 10/09/02 Wednesday 12:30 A.M.: I had a cappuccino outside. I watched some television. I put away the ice tea in the refrigerator. CIO**

**Note: <888> 10/08/02 Tuesday 9:55 P.M.: Of course if one is more ambitious, one could try [www.geocities.com/mikelscott/pizza.htm](http://www.geocities.com/mikelscott/pizza.htm) . CIO**

**Note: <888> 10/08/02 Tuesday 9:50 P.M.: For anyone whom needs good quality used clothes, the Presbyterian Church at the top of Greenwich Avenue is having its annual tag sale this Friday and Saturday October 11 and 12 from 9 A.M. to 4:30 P.M.. In previous years, I have purchased like new cashmere overcoats for \$20, so if one needs some winter clothes, more than likely they might have some available for sale. In cooking a frozen pizza, I unwrap it, and I put it on a cookie sheet. I then season it with garlic powder, celery salt, ground black pepper, Italian spices, oregano, and basil, and then I drizzle on it olive oil, and then I cook it the recommended cooking time. Thus I get a more favorable frozen pizza. CIO**

**Note: <888> 10/08/02 Tuesday 9:30 P.M.: I went to bed about 6 A.M. this morning after watching some more television. I was up at 5 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I then had a coffee outside. I then cleaned up, and I went downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I then went by the Greenwich Library, and I read the local newspaper and PC Magazine and PCWorld. PC Magazine mentioned a definitive library reference site at [www.mel.org](http://www.mel.org) which looks very interesting. I noticed the library has a few new**

generic computers for the internet users besides the IBM PCs. The new ones are in the west row. I then returned home. I am making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) , and I am using 22 tea bags of 13 varieties. I will start cooking a Tombstone pepperoni pizza shortly. CIO

Note: <888> 10/08/02 Tuesday 3:35 A.M.: I did some regular computer work. I will now shut down. I will go to bed briefly. CIO

Note: <888> 10/08/02 Tuesday 3:20 A.M.: I watched some television. I had the rest of the pineapple chunks with the remainder of the Hood cottage cheese along with ice tea. CIO

Note: <888> 10/08/02 Tuesday 1:05 A.M.: I took seven Macintosh apples, and I quartered them, and then I cut out the seeds and the hard parts around the seeds, but I left the peel on them. I then diced them into about half inch chunks. I added about a third of a cup of lemon juice to keep them from turning brown, and I stirred them together with the lemon juice. I then put it all in a Rubbermaid container in the refrigerator for future eating. CIO

Note: <888> 10/08/02 Tuesday 12:35 A.M.: I watched some television. I had some goldfish crackers with ice tea. I got to thinking today about Florence, Italy better known over there as Firinze, Italia, since the Carapelli olive oil I bought on sale last night was from there. Actually on New Years Day in 1972, when I was a student at Lake Forest College in Lake Forest, Illinois, I traveled from Boston to Paris, France; and I changed planes at Orly airport, then flew on to Rome without seeing Paris, and then I caught a train in Rome to Florence without seeing Rome. I arrived in Florence, and it was not only winter there, but it was a bit cold. The only movies I had seen of Italy at the time were taken during the warmer summer, so I expected it to be a bit warmer. I eventually stayed at the Pension Adria adjacent to the southwest corner of the Santa Trinita Bridge with a number of other classmates. I believe I paid about 40,000 lire about \$80 a week for a small inside room without bath and continental breakfast and dinner with wine extra. Since it was a most beautiful city and since I did not have a car, I spent a great deal of time in the evenings and the morning hours exploring the beautiful city when there was less automobile traffic. I had classes several days a week which I frequently missed because of my late night activity. In Italy they have the main meal of the day during afternoon siesta, and they have a lighter meal later at night. I frequently would have my lighter meal after midnight, since a regular dinner was served about 7 P.M. at the Pensione Adria. At siesta we would have a more traditional Italian meal at many nearby restaurants nearby. Also when I woke up after the continental breakfast was served I would have a cream filled pastry better known as a canolli and a café a late or coffee with milk. During the three months I was scheduled to be in Florence, I took off for about a month to visit a friend in Grenoble and also ride my U-rail pass down the coast of Spain and explore Barcelona and Mallaga. I even took a flight for a couple of weeks to Lanzarote thinking it would be warmer there. Spain was a bit warmer, but most of the days in Florence were 20 to 40 degrees

Fahrenheit. I was attending the University of Grenoble in Florence sponsored by my college. Since a great deal of the class work was just lectures viewing projection slides, I thought it would be more interesting to see the real art work available in the city. Since the Uffizi and the Medici palace were nearby, I had ample time to explore. Also the Ponte Vecchio was the next bridge east where local street vendors sold gold jewelry. I would take off in different directions every day going to some of my more favorite spots more often. I enjoyed strolling along the Arno River despite the loud traffic in the day time. Walking in the gardens of the Medici palace was always an enjoyment, and once a friend and I climbed the back 12 foot wall to explore the gardens at night. I enjoyed drinking the Chianti wine in the evening which came with the red rooster on the label from the Frescobaldi region of Tuscany. I learned the yellow and then the black rooster were even more premium vintages. I believe a 1.5 liter fiasco of Chianti ordinary in the wicker bottle cost about 575 to 1200 lire plus deposit on the bottle. I would occasionally visit the flower market along with the other outdoor markets. Friends of mine would explore the curio shops, but I was on a limited budget saving my money for travel. I did make it to Fiesole and my host also took us all skiing one weekend in Carrara when we had about two feet of fresh powder snow. That was when I skied off a cliff at the end of the run and fell quite a distance onto a road into a snow plow blade full of snow to break my fall. I was not good at navigating moguls. Still, I had a most enjoyable time in Florence, and I always remember the delicious meals cooked with nutty tasting olive oil which was part of Etruscan cooking. Basically as I recall Etruscan cooking is composed of heating butter and olive oil along with chopped garlic and sautéing the food until partially cooked and then cooking more with lemon juice and white wine. I also had quite a few pizzas which in Italy are mostly thin cracker type crusts with a thin layer of tomato sauce. I once climbed the steps of the dome of the Duomo, only to reach the top at closing at noon on Saturday to have to return down immediately the steep winding steps. I was lucky to have an inside room, so I did not hear the street traffic during the day. Since my Italian was not too good, I spoke French a lot. I also never did make it to the opera which Florence is famous for. I did visit the United States consulate. We also use to go to a Dixie land jazz clubs with peanut shells on the floor and drank pitchers of beer. There was also a sedate piano bar with carpet on the walls, along with our neighborhood bar which was like a labyrinth and there was a Frederico Fellini style discothèque. Lots of my classmates suggested that I visit Venice, but I headed over to Spain looking for warmer weather along the coast. I spent the night staying up in Rome before flying on to Athens for the next semester. Well, although it was a cold winter, I greatly enjoyed myself although I did do a lot of walking. Well, now you know why I am amused by the olive oil from Florence, Italy which is a most excellent value. CIO

Note: <888> 10/07/02 Monday 9:30 P.M.: I watched President Bush's speech on television. I found a cover for an office typewriter discarded on a broken typewriter outside. I had two office typewriters an IBM selectric and a similar Panasonic model underneath the day bed. I took out the IBM selectric, and I put it on the left side of the side board in the bedroom, and I moved the ACER laptop to on top of the

brass coffee table on top of the bedroom desk. I put the office typewriter cover on top of the IBM selectric, so I now have a typewriter available for use. In the briefcase underneath the Queen Anne chair, I also have a portable Panasonic typewriter that needs a ribbon that runs off batteries or a voltage adaptor. I am cooking the same dinner as last night reheating the chicken I made last night and cooking up a new batch of white rice and steamed slice yellow squash to have with ice tea. I do not think I will have coffee, so I can go to bed earlier. CIO

Note: <888> 10/07/02 Monday 7:40 P.M.: I was just very sad to read the news that Prince Claus of the Netherlands has passed away  
<http://www.timesonline.co.uk/article/0,,60-439443,00.html> . The Dutch Royal Family web site is <http://www.koninklijkhuis.nl/UK/welcome.html> . CIO

Note: <888> 10/07/02 Monday 7:05 P.M.: I was up until 6 A.M.. About 11 A.M., I received a telephone call from a relative whom had arrived back to the United States of America on the Queen Elizabeth II [www.cunardline.com](http://www.cunardline.com) via the Port of New York. The relative had to catch a plane back home so was unable to visit. I had a telephone call from another relative. I rested until about 2:30 P.M., and then I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements and coffee. I then cleaned up, and I made it to my 4:15 appointment. I then sat out downtown, and I walked lower Greenwich Avenue. I then drove down by the waterfront. I then went by the Greenwich Library, and I read the local Greenwich Times [www.greenwichtime.com](http://www.greenwichtime.com) . I checked out a DVD video, and I checked out the book "Dot.Con" "The Greatest Story Ever Told" by John Cassidy. I then returned home. I have just about consumed the jelly beans munching on them the last couple of days. I saw a Mylar balloon floating in our airspace in the flight path of the local airport. CIO

Note: <888> 10/07/02 Monday 4:45 A.M.: I watched a bit of television. I had some goldfish crackers and ice tea. I will now shut down the computer and go to bed. CIO

Note: <888> 10/07/02 Monday 12:55 A.M.: I updated [www.geocities.com/mikelscott/nasa.htm](http://www.geocities.com/mikelscott/nasa.htm) and [www.geocities.com/mikelscott/nasa-112.htm](http://www.geocities.com/mikelscott/nasa-112.htm) . CIO

Note: <888> 10/06/02 Sunday 11:55 P.M.: I fell asleep about 6:30 A.M. this morning. I was up at 3:30 P.M.. I had breakfast of oatmeal, orange juice, toast, vitamins, and supplements. I had a coffee outside. I fell back asleep until 7:30 P.M.. I cleaned up, and I went out. I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I then went by the Stop and Shop, and I bought a 3 liter container of Carapelli extra virgin olive oil \$13 off for \$7.99, 3 packages of Ronzoni Linguine for .99 all, a six ounce bottle of China bowl sesame oil \$3.29, a package of Birds Eye leaf spinach .79, four 28 ounce cans of Red Pack tomatoes 2 whole and 2 crushed for .50 each can for \$15.05 total. I



then returned home. I took an eight inch Pyrex pie dish and I put a few tablespoons of olive oil in it, and I rinsed and dried two boneless chicken breast halves, and then I placed them in the Pyrex dish and I rubbed them in the olive oil. I then added a third of a cup of lemon juice and about three tablespoons of La Choy low sodium soy sauce, and then I seasoned both sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian seasoning, oregano, basil, and Hungarian paprika. I then on the top sides added two peeled and diced cloves of garlic to each chicken breast. Since they are smaller, I am cooking them in the convection oven at 350 degrees Fahrenheit for 30 minutes. I will have one of them on top of reheated white rice with the cooking juices also on top of the rice topped with grated parmesan cheese and steamed slices of yellow squash in a side dish along with ice tea. I will then have a cappuccino outside. CIO

Note: <888> 10/06/02 Sunday 4:45 A.M.: I watched a bit of television. I had some ice tea and goldfish crackers. I went outside to sneak a smoke, and the old skunk was outside by the side door when I went to return inside, so I went inside the front door. They skunk has pretty much been around regularly feeding on grubs on the lawn in the morning hours. I have not yet had any close encounters of the wrong kind. I guess I will shut down the computer, and I will go to bed. I have a friend that might show up at 3 P.M. today. CIO

Note: <888> 10/06/02 Sunday 2:55 A.M.: I put Morpheus 2.0 on my primary computer. I did some other regular computer work. CIO

Note: <888> 10/06/02 Sunday 1:20 A.M.: I sifted through my email. I watched a program on Cspan about a book "A Thread across the Ocean" about the first Trans Atlantic cable. Well believe it or not across the street from the Mobil gasoline down the street from me is an orange sign on a post saying not to dig because of a "Transatlantic Cable crossing". Well after 135 years, we now have excellent communications so we can see what our old disco friends from 30 years ago are still doing overseas. Try <http://www.radio10.nl/live20.ram> . Well, it seems my Dutch cousins in Tulip town whom make Phillips products seem to be mostly into music. I heard some new sounding music coming from the Bleu Café on Greenwich Avenue that sounded like a remix of music I use to listen to 30 or more years ago. I still can not afford to buy Elvis' new reissue of his old songs, but I am sure I have heard them before. CIO

Note: <888> 10/05/02 Saturday 11:25 P.M.: I reheated the barbeque style boneless chicken breast that I cooked last night, and I had it for dinner with steamed white rice and steamed yellow squash and ice tea. I then had a cappuccino outside. CIO

Note: <888> 10/05/02 Saturday 9:55 P.M.: I went out after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought three one pound canned Plumrose hams for \$1.79 each and a bag of Starburst jelly beans for \$2.19 plus .13 tax for \$7.69 total. I then drove down by the waterfront. I sat out briefly at the Greenwich

Library park admiring the view of the new Peterson Addition and the Lever Brothers building and the U. S. Tobacco building. U.S. Tobacco had their annual meeting this week at the movie theatre downtown since the Greenwich Library auditorium is not safe for occupancy since the exterior brick work façade is falling off the walls. Apparently the strapping strips that hold the exterior brick façade to the interior walls has rusted through from the salt air in this area, so clusters of the brick work might fall off. I then went to Exxon, and I bought \$4 of regular unleaded gasoline at \$1.679 a gallon for about 25 miles per a gallon. I then went to the Stop and Shop, and I bought two 96 ounce jugs of Tropicana Premium with calcium for \$2.99 each, a ten pound bag of Carolina enriched Uncle Ben's style rice for \$2.99, a three pound bag of Macintosh apples for \$2.49, four boxes of S&S extra thin spaghetti noodles for .50 each box, a 32 ounce bottle of Extra Lemon cleaner \$1.19, a 8 pack of S&S hotdog buns for \$1.19, a bulb of garlic at \$2.69 a pound for .43, a 16 ounce bottle of La Choy lite soy sauce for \$2.39, a 12 ounce bottle of Lea and Perrins Worcestershire sauce with a dollar off coupon on the bottle for \$1.29, three packages of S&S margarine for \$2 all, a 10 package box of S&S dry milk for \$5.49, a 20 ounce bag of Utz ripple potato chips for \$2.99 for \$29.50 total. I then returned home. I used the grocery pull cart in the community room kitchen to carry up my purchases since it was a heavy load. I put the jelly beans in a Steuben like candy dish next on the dining room table next to the primary computer. I noticed while at Costco that they sell gallon jugs of McHilney's Tabasco sauce which if one does a lot of Cajun cooking or drinks a lot of Bloody Marys would come in handy. I read this week that the Hurricane Lili went right over Cameron, Louisiana causing them to have to shut down the McHilney's Tabasco sauce plant. McHilney's Tabasco sauce is basically the same as red pepper sauce. Southern people usually drizzle it on hickory smoked pork barbeque and chicken. When I first moved up north in 1961, I was very disappointed they did not have authentic barbeque. I believe there is a Texas style barbeque place which would probably be mesquite barbeque on the U.S. 1 on the Stamford – Darien border across from the World Wrestling Federation headquarters and the British Mini Cooper car dealership that recently was trying to sell British Taxis in this area. CIO

Note: <888> 10/05/02 Saturday 5:40 P.M.: I had a relative call at 2 P.M., and we chatted. I got up at 4 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I just chatted with a friend. I will now vacuum. Then I will clean up and go out for some fresh air. CIO

Note: <888> 10/05/02 Saturday 5:50 A.M.: I will now shut down the computer and go to bed. I had some goldfish crackers and ice tea. CIO

Note: <888> 10/05/02 Saturday 5:00 A.M.: I went back out after my meal, and I returned a DVD disk at the Greenwich Library outside video drop slot. I then walked three quarters of the entire Greenwich Avenue circuit before I returned to the car because of the rain. I also sat out at various locations. I then drove down by the waterfront. I just now returned, and I changed out of my wet clothes. CIO

**Note: <888> 10/05/02 Saturday 2:55 A.M.:** I cleaned up, and I went out. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I drove down by the waterfront. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next went to the Food Emporium. I bought a 32 ounce container of Americas Choice cottage cheese for \$3.49, a five pound bag of AC sugar \$2.49, a 12 ounce box of Ronzoni spinach fettuccini \$1.85, a package of boneless breasts of chicken at \$1.99 a pound for \$4.08, a box of Twinings five types of tea bags 25 total for \$2.89, a 16 ounce bottle of Texas Best Cajun barbeque sauce \$2.89, four yellow squash at \$1.29 a pound for \$2.03 for \$19.72 total. I then returned home. I washed and dried the boneless breasts of chicken. I split one in two halves, and I put a couple of tablespoons of olive oil in a Pyrex pie dish and I rubbed the two halves of boneless chicken breasts in them. I then seasoned both sides with Old Bay seasoning, garlic powder, celery salt, poultry and meat seasoning, ground black pepper, Italian spices, Basil, oregano, and I coated both sides with Texas Best Barbeque sauce, and I drizzled a little La Choy low sodium soy sauce over them. I am cooking them in the convection oven at 350 degrees Fahrenheit for 35 minutes, and I will one half of a boneless breast with reheated steamed white rice and steamed slices of green squash with ice tea. CIO

**Note: <888> 10/04/02 Friday 11:50 P.M.:** I finished the house cleaning except I have to water the three plants. I will vacuum tomorrow when I will not disturb my neighbors. I will now shower and clean up. I am recharging the wireless headphone batteries. CIO

**Note: <888> 10/04/02 Friday 9:45 P.M.:** I had some Hood cottage cheese and pineapple chunks and ice tea. I will now have a cappuccino outside. CIO

**End of Scott's Notes week 10/04/02:**

**Note: <888> 10/04/02 Friday 8:25 P.M.:** I was up at 3:30 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. I fell back to sleep until 7:30 P.M.. I will now send out my weekly notes. I will then do my weekly house cleaning. CIO

**Note: <888> 10/04/02 Friday 5:15 A.M.:** I finished going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now shut down the computer and go to bed. CIO

**Note: <888> 10/04/02 Friday 4:25 A.M.:** I watched some television. I had some Hood cottage cheese and pineapple chunks and ice tea. Later I had some goldfish crackers and ice tea. I finished sifting through my email. CIO

**Note: <888> 10/04/02 Friday 1:00 A.M.:** I fell asleep until 1 A.M.. CIO

**Note: <888> 10/03/02 Thursday 8:20 P.M.:** I was up at 1 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I had a

coffee outside. I then cleaned up, and I went out for my 3 P.M. appointment. I then went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next went downtown, and I stopped at the Central Greenwich Post office, and I obtained a money order to pay my Verizon telephone bill. I then sat out for a while downtown. I then went by the waterfront. I chatted with some locals. I then drove by Smokes for Less in Byram, and I bought a carton of Liggett Lights 100s Specials for \$27. I then went to Costco in Port Chester, New York, and I obtained a day pass, and I bought a 2 pound ball of Dutch Edam cheese for \$6.89, a 2 pound container of Sorrento grated Parmesan cheese for \$6.99 and a 58 ounce box of Pepperidge Farm goldfish cheddar cheese crackers for \$5.79 plus .98 surcharge for \$20.65 total. I then returned to my apartment. I just had a Tony's pepperoni pizza with ice tea. I will now have a Chock Full of Nuts instant coffee. CIO

Note: <888> 10/03/02 Thursday 4:40 A.M.: I watched a bit of television. Earlier I had some Carr's crackers with ice tea. I will shut down the computer. I will have some pineapple chunks and ice tea. I will then go to bed. CIO

Note: <888> 10/03/02 Thursday 1:00 A.M.: A friend showed up after the last message. We chatted a while. We had the same dinner as last night. I also had a cappuccino outside. After my friend left about 9:30 P.M., I watched a show on the Discovery Channel about Mount St. Helens erupting in May 1980. I then fell asleep until now. CIO

Note: <888> 10/02/02 Wednesday 5:55 P.M.: I was up at 4 P.M... I had some Carr's crackers before going to bed along with ice tea. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I had coffee outside. Well, it is warm outside, so for now I am staying by the air conditioner. I checked my email program and with Optimum, and the Optimum mail server is still down. Well there is really not much going on in Greenwich with all the retired and younger people. We have a number of people from out of town whom do work whom think they are the movers and shakers, but alas the old guard based on their infinite wisdom seem to think there is really no need to change the town very much since it has always been a successful family town. I guess despite the shifts of the stock market economy, the town will continue to survive. I was just thinking for the \$4 price of the Costa Rican pineapple I bought yesterday, I could have bought for less a bag of native grown apples. Who knows perhaps there is a resale market for apples on Greenwich Avenue? Of course one would have to obtain a town vending license. Anyway my bellwether portfolio is pretty much back to where it started six years ago. If you want to track my bellwether portfolio in Microsoft Investor portfolio, it available for download from <http://www.geocities.com/mikelscott/scoport1.txt> ,and save it as "scoport1.inv", and one restores it to the Microsoft Investor Portfolio <http://moneycentral.msn.com/investor/home.asp> . Of course historically only the old grey foxes make money in the stock market usually the eager beavers end up not doing as well. CIO

**Note: <888> 10/02/02 Wednesday 4:35 A.M.: Well my internet service provider mail server is down, so I can not check my email. I am tired, so I will shut down the computer and go to bed shortly. CIO**

**Note: <888> 10/02/02 Wednesday 4:05 A.M.: I swept up some goldfish cracker crumbs from the Dupont Orlon throw rug I have between my two sofas. CIO**

**Note: <888> 10/02/02 Wednesday 2:40 A.M.: I had a dish of pineapple chunks. CIO**

**Note: <888> 10/02/02 Wednesday 1:20 A.M.: I studied the SpeakerLab sight in their day those were very expensive speakers, of course today they are probably over ten years old. Still they sound great, but in my apartment, I can not turn the volume up too high, so as not to disturb the neighbors. I peeled and diced the pineapple, and I put the chunks in a Rubbermaid container in the refrigerator. I threw out the remains. In the old days, a friend of mine told me that the Pineapple which was used as an emblem on the cap stones of many estates in New England was the symbol of Christian Hospitality taken from the missionaries that went from the Boston area and Christianized Hawaii. Of course one of the original European explorers to Hawaii, Captain Cooke was not so lucky. I once was told that some of the largest people in the United States military are from Samoa, and they tend to be as wide as they are tall. I guess eating all that tropical food they get to be quite large. I once heard that Queen Ka Mai a Mai of Hawaii had a formidable presence too. In August 1980 when I went to Hawaii else wise known as the Sandwich Islands, I stayed at the Hyatt Hotel in Kanapulai, Maui. It was so hot, I only left the hotel to go to the swimming pool, and I strolled the interior grounds during the evening. I had to spend quite a bit of time by the air conditioner. That following winter which I believe was quite cold after Mount St. Helens that May, it was down to below 20 degrees below Fahrenheit or more in New York City, so I guess I got to Hawaii a little to early. I remember while at the hotel the American District Attorney's association was having a convention there, so it was a sedate atmosphere. I spent some time lifting weights in the underground gymnasium next to the pool. Since the coral was so rough, I did not venture into the ocean. I wore my Pilipino shirt with the tail out along with my Greek fisherman's shirt both of which seem to have disappeared along with my Hawaii Lily Pulitzer jams. I did not know that Paul McCartney had a bar in L'Haina called the "Blue Max" until later. Still, it was enjoyable visiting the tropics in the Pacific, and I took a \$100 taxi ride out to drive around Pearle Harbor while waiting for my plane back to the mainland. I actually did not see much of the island, since I had been advised some of the Royal Hawaiians might be hostile, so I stayed mostly in the hotel. I did also pay for another place for a night that I never used on the beach in case I wanted to become a native beach bum. I remember lots of fresh fruit and ample helpings of corn beef hash for breakfast. Maybe they were trying to fatten me up. I once paid \$85 for five shrimp scampi. Thus it was a bit expensive in Hawaii, since a lot of items have to be imported. I did not have a credit card or a check, and I did not have enough traveler's checks, so I paid my hotel bill with as I recall was around \$900 for a week**

at \$85 a night for the cheapest room plus meals I charged with a one or two Canadian Maple Leaf one ounce gold coins which on the spot market at the time were worth \$820 a coin, since Canadian Maple Leaves are 99% pure gold unlike U.S.A. gold coins that are only about 93% pure gold. I recall when I settled the bill, I think they gave me a \$100 cash, and I bought a plane ticket back to Hawaii, and I stopped by a coin store near Pearl Harbor and bought a 2.5 ounce Kaiser Wilhelm coin with some lesser valued coins I had. Thus when I left a tennis court somewhere up further north with some ambitious people, I got as far away from them in the USA as possible, so they could see as many people as possible on the rebound until I returned the following summer. Unfortunately the American Judicial society all showed up for a convention at the same place, and they were worried about a major hurricane approaching Houston, Texas. Unfortunately there was not much on television beside Hawaii 5 O, so I did not really know what was going on. That is really the only time I have ever taken a deluxe vacation on my own in my life. I was told I might enjoy being a hermit on Molokai which we could see from the hotel. I noticed back in 1980 that Hawaii and Maui were quite modern, and I did not have a chance to see the less deserted far side of Maui. Trust me wearing a three piece Brooks Brothers wool suit in Hawaii airport in August is not comfortable. However, the following winter when I was isolated up in New Canaan, Connecticut when not in Manhattan, I noticed that the fellows working at the Mobil station on the Merritt Parkway in New Canaan were quite large and they were from Hawaii. That winter I did venture down to Ronald Reagan's inaugural, but most every one was very cold, and I think I returned once or twice to Washington D.C. to see what the government was up too. Since it was a cold winter, people were not very comfortable, but by Illinois standards where I had gone to college, it was not too bad of a winter. I think it was that following winter in 1982 when everyone had seemed to have left Manhattan that I ventured down for the last time to Key West, and with all the cold up north, there was no place to stay down in the Keys. Thus the second year after Mount St. Helens was even colder. I recalled the New York weather man on cable TV saying it was 50 degrees below zero Fahrenheit, and the only thing on cable TV was they kept rerunning Dr. Zhavago. Thus I guess any people from down south or warmer regions were really cold that winter. As I recall at the time, I did not own a winter coat, and I just wore a sweater and wool sports jacket. Thus for any new comers in the area, major volcanic activity has made this area extremely cold in my recent memory. My only knowledge at the time was a small six inch long column I read in the New York Times about Mount St. Helens erupting. Of course it might have been published more widely elsewhere. Thus I have never seen Kilauea on the Big Island. Still one has to remember that having lived in Nantucket before and after that period; I was probably around personnel from the Woods Hole Oceanographic observatory. Thus even in the period on that trip in California when I did not have a car, I would spend one night sleeping on the beach and another night in a \$20 a night room on the beach in Laguna to clean up. Thus from my perspective with all the work that I have done in my life, I kept those trips on a reasonable budget considering what real world prices are. I recall, I bought the ticket to Hawaii on World Airways from my former employer in Nantucket whom was bankrupt at the Las Angeles airport gate with two tickets he

was trying to sell for about \$100 each way. Unfortunately on my return I landed in San Jose with no transportation, and I walked half way to Santa Cruz until a family friend happened to pick me up. Thus I would advise unless there is reliable public transportation when one travels, it is generally necessary to have a credit card, so one can rent a car, or invariably one will be left standing at the side of the road. I did take two short flights from John Wayne airport to Las Angeles airport, since there was no other transportation. I normally do not carry gold, but in that period from June 1980 to August 1980, I believe gold doubled in price. Alas that August, thieves took one 5 ounce Swiss Kruggerand and three Canadian Maples leaves along with my passport which ended up in Amsterdam, so although the thousands of people around me on the west coast never bothered my personal property as soon as I returned to his area I was relieved of it. I reported the incident to a number of local police departments, and at the time the 8 ounces of pure gold at \$820 an ounce would have been worth about \$6,500. I actually had something else in the back pack which they probably got a get out of in wet Amsterdam which was waterproof matches from Australia which comes in handy when trying to light a cigarette around the ocean. Thus whom ever used the gold had to look enough like me to use my passport. I think the case is solved pretty much as far as we know it, since I was not ever in Amsterdam until I traveled there before the Albertville Olympics. Apparently the United States government does not track lost passports, but American Express does. I also made one trip to Frankfurt, Germany in December 1980 to let some Europeans know that another person was using my passport, so although someone might think they have local political clout, I doubt they have pulled the wool over the eyes of Interpol. On the trip to Frankfurt, I stayed in a YMCA, and I paid \$100 each way on Capital airways. On all these trips I also worked the same way I work in the this area if you get the picture. Well enough of old gossip, I do have a degree in economics, and I do not think the price of gold will go up until the hedge funds and the gold mining companies start to move up. CIO

Note: <888> 10/01/02 Tuesday 11:00 P.M.: I had some goldfish crackers and ice tea when I woke up last night. I was up at 9 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I also had a coffee outside. I cleaned up, and I went out. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the central Greenwich Post Office. I obtained money orders to pay my GEICO automobile insurance, my Northeast Utilities electricity bill, my Cablevision bill, and my Optimum Online bill. The United States Post Office sells money orders for .90 each. I then walked over to the First Union National Bank on Havemeyer Place, and I paid my rent. I then went over to the Merry Go Round Mews thrift shop, and I toured the store. I then sat out for a while. I drove down by the waterfront, and one of the local fishermen who fishes about the most has a bad right eye possibly from being bit by a tropical bug or some other insect. His eye does not lubricate itself. The doctor said it might clear up in three to six weeks, so he probably will not be fishing since he has to manually move his right eye lid frequently so as to moisturize it. I then drove by the ELDC thrift shop in Cos Cob. I next went by the Rummage Room in Old Greenwich. I then sat out at the southwest parking area at Tod's Point, and then I sat out at the

southeast parking area at Tod's Point. It was quite a nice day and with the wind the insects were not bothersome. I then went back by the Old Greenwich Rummage Room, and I bought a pair of 75 watt Speakerlab 15 <http://www.speakerlab.com> speakers for \$15 each plus \$1.80 tax for \$31.80 total. They are about a foot deep, four feet high and about 15 inches wide. I then returned back to my apartment, and I installed one on the night stand on the right side of the bed and another on top of the file cabinet to the left side of the bed. They sound just great. I had to fiddle with a loose speaker cable plug on the floor in front of the mahogany bureau. I took off the smaller pair of Sony speakers. I received in the mail two \$10 rebates from Staples for the Ethernet card and the Memory I bought two weeks ago, so Staples rebates come very quickly unlike the ones I have been waiting for from CompUSA since May and June and August. I had a cold A&W root beer in a frosted mug outside before I installed the speakers. I then returned back uptown, and I cashed my two \$10 rebates at Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital thrift shop, and I donated the pair of Sony speakers which had been donated when I bought them from a well known local celebrity whom will remain nameless. They had nice cherry wood cabinetry. The new Speakerlab 15 speakers have inexpensive wooden veneer and they weight about 60 pounds apiece. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then chatted with some locals. I noticed an NBC news truck from the local Connecticut channel, and I talked with one of their technicians about technical matters. Apparently the technician was from Key West, and he had covered the Winter Olympics in Salt Lake City. I told him another former resident of Key West sits up all night at the Astria? Bookstore four blocks from the White House towards the Capitol on Pennsylvania Avenue. Although there are many visitors to places like Key West and Nantucket, there really are not that many people whom are born and raised there. I then drove back by the waterfront. I then went by the Greenwich Library, and I read the local newspaper. I next stopped by Val's Liquor store at the Stop and Shop plaza, and I bought a ten ounce bottle of Angostura bitters for \$8.79. I then went to the Stop and Shop, and I bought a Del Monte from Costa Rica pineapple for \$3.99, a 16 ounce container of Hoods cottage cheese \$3.19, a 10 ounce jar of Hell of a Good Horseradish \$2.19, a dozen large eggs \$1.69, two yellow squash and two green squash at \$1.29 a pound \$2.77 for \$13.78 total. The Hoods cottage cheese although a bit more expensive has expiration dates on it unlike the Stop and Shop generic brand. Also a week ago Tuesday I saw a Hoods blimp flying over Greenwich. I then returned home. I put 10 more dollars on my laundry card, so I have \$15.65 on it. I then chatted with a relative. I then had dinner of two 1/3 inch thick slices of cold eye round beef with horseradish and Lea and Perrins Worcestershire sauce along with the same style of steamed rice that I made mentioned this weekend, and steamed slices of yellow squash, and a glass of ice tea. CIO



**Note: <888> 11/30/02 Saturday 10:35 P.M.:** I chatted with a friend. I finished restoring the backups to the C: drive, but when I rebooted the system would not boot. Probably overwriting the restore from the first group of files caused the problem. I am now reinstalling Windows XP Professional on the C: drive. Hopefully the system will be back to normal, although I probably will have to do some tweaking. I just had a piece of pumpkin pie with whipped cream and ice tea. I am watching some television. CIO

**Note: <888> 11/30/02 Saturday 8:50 P.M.:** The primary computer motherboard has three pins next to the CPU for connecting the fan. I forgot to mention, I did my housecleaning and watering the plants this afternoon while running the computer install. CIO

**Note: <888> 11/30/02 Saturday 8:35 P.M.:** After trying to reinstall Windows XP Professional on the new Maxtor drive, the system did not boot properly since the boot drive was the D: drive and the second drive was the C: drive. I tried fixing this to no avail. I finally put the original C: drive back in the computer as the D: drive and the new Maxtor drive as the C: drive. Before going to bed at 6 A.M., I ran the Maxtor utility to transfer the files from the old drive to the new drive. I woke up at noon, and the utility had finished running. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee outside. I reinstalled Windows XP professional again, and this time the system had the same problem. I put in the new Maxtor drive as the C: drive and the old D: backup drive. I then reinstalled Windows XP Professional on the reformatted new Maxtor drive, and Windows XP Professional is now running on the primary computer fine. I started restoring my mid September 2002 backup from the D: drive to the C: drive. My system has not changed much since then, and more than likely since the backup is newer, it is better. While it was running, I cleaned up, and I went out. I drove over to Smokes for Less, but they were closed. I then drove by Entrée computer, but they were closed. I then drove over to Staples in Old Greenwich, but they do not carry CPU fans. I then drove up to CompUSA in Norwalk. I bought a CompUSA Pentium III FC-PGA series AMD Athalon/Duron Series CPU cooling fan/heat sink up to 1.2 GHz which works with my AMD K6II 450 MHz processor for \$14.99 plus .90 tax for \$15.89 total. It does not have a power supply connector Y, but a three receptacle socket plug for the motherboard. If it does not work with my motherboard, I will splice the cooling fan to one of the old cooling fan power supply cables that connect to the power supply. I returned to Greenwich, and I drove down by the waterfront. I then walked lower Greenwich Avenue. I returned back to my apartment, and I started the second of four restores. Windows XP prompted me to install the

Windows XP disk, so it could put back the right files which I just restored. I did this, which may or may not be right. I had the same dinner as last night. I am about ready to start the 3<sup>rd</sup> part of the restore. CIO

Note: <888> 11/30/02 Saturday 1:30 A.M.: I removed the D: drive, and I put the new Maxtor 20 gigabyte drive in its place. I did not use the Maxtor utility for disk partitioning, instead I used Windows XP disk manager and I also formatted it. I also set it as the D: drive instead of the F: drive by temporarily disabling the CD and the CD/RW drives. I was not able to get the Maxtor disk utility to boot since it used DR. Dos, so I booted my machine with Windows ME enabling the CD drive. I then from the Maxtor Cdrom enabled the mouse, and I started its disk utility. I chose the advanced option, and I copied the contents of the original C: drive to the D: drive. This took about three hours. I had dinner of reheated slices of turkey, wild rice, with mushroom gravy on both along with stuffing and cranberry gel and ice tea. I watched some television. Once the C: drive was copied to the D: drive, I removed the old C: drive, and I put the new Maxtor drive in its place as the C: drive, and I put the old D: drive back in. I had to change the dip pins doing this. I also put on a new IDE cable. I had to replace my CPU fan with an older fan since the current one was going very slowly. When I rebooted, I had to run Fdisk from the Windows ME boot disk, so as to enable the first hard drive partition which is the new Maxtor 20 gigabyte 7200 rpm drive. Still when I booted, the system would not boot all the way stopping just before the logon screen. After trying safe boot, I decided to install from the Windows XP Professional disk using the System Recovery option. I am now in the process of that running it with five minutes to go. I just had a piece of pumpkin pie with whipped cream and ice tea. I am writing this on the backup computer. CIO

Note: <888> 11/29/02 Friday 2:30 P.M.: I was up at 7 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I then cleaned up, and I went out. I stopped by Putnam Trust Bank of New York on Mason Street. I then went to the central Greenwich Post Office, and I obtained money orders to pay my GEICO automobile insurance, Northeast Utilities electricity, AT&T long distance, and a \$80 money order for the Connecticut Department of Motor vehicles to renew my Hyundai registration for the next two years. I also bought fifty 37 cent Frosty the Snowman Christmas Holiday stamps for \$18.50. I then went over to the First Union National Bank on Havemayer Place to pay my rent. I next drove up to the Wiz in Norwalk, and I paid my cablevision and Optimum online bills. I then went to CompUSA, and they had special sales from 7 A.M. to noon today. I bought a CompUSA Maxtor 20 gigabyte 7200 RPM hard drive for \$59.99 plus \$3.60 tax for \$63.59 total. I paid \$35 of it with the CompUSA gift card they sent me for a rebate. The Maxtor drive also has a \$40 mailin rebate from Maxtor, so ultimately it will cost me about \$23. I then returned

to Greenwich, and I drove down by the waterfront. I then sat out downtown for a while. I next went to Exxon, and I bought \$6.25 of regular unleaded gasoline at \$1.679 a gallon for about 24 miles per gallon. I then returned home. I researched Maxtor's web site [www.maxtor.com](http://www.maxtor.com), and they have a bootable utility Max Blast Plus II 1.30 that one can use to make a drive image copy of one's old C: drive with the new drive installed as the D: drive temporarily to copy it which works with NTFS file format and for Windows XP. I will now install the new drive temporarily as the D: drive and copy the contents of the C: drive to it. If all goes successfully, I will then install the new Maxtor 20 gigabyte drive 7200 RPM as the C: drive keeping my old D: Maxtor 20 gigabyte drive for backups. The Maxtor C: drive 15 gigabyte drive I will be removing is three years old, and I think I will just keep as a hard drive backup of my system. I will first have a piece of pumpkin pie with whipped cream and ice tea before starting this procedure. CIO

Note: <888> 11/28/02 Thursday 11:35 P.M.: I watched some television. I will now shut down the computer. I will be going to bed soon. CIO

Note: <888> 11/28/02 Thursday 9:50 P.M.: After a bountiful Thanksgiving meal, I turned on television and on Channel 21 PBS, they have a period show about World War II rationing in England, which makes one appreciate one's benefits today. I chatted with a couple of family members. I had a piece of Pumpkin pie with Reddi Wip whipped cream. I will now prepare my bills for paying tomorrow. CIO

Note: <888> 11/28/02 Thursday 7:45 P.M.: I had a delicious Thanksgiving dinner. Last night before going to bed, I had a piece of pumpkin pie and Reddi Wip whipped cream topping. For Thanksgiving dinner, I had two one third inch thick slices of the Butterball honey roasted turkey breast. I heated the slices in the microwave oven for two minutes. I made up a batch of stuffing [www.geocities.com/mikelscott/stuff2.htm](http://www.geocities.com/mikelscott/stuff2.htm). I also took three cans of Franco American mushroom gravy and added a half box 6 ounces of sliced mushrooms which I heated. I boiled the Canada Lake wild rice in 4 cups of water simmering for 60 minutes with a third of a box of sliced mushrooms 4 ounces added. I strained the rice and mushrooms in a wire strainer. I had the wild rice with the mushroom gravy on it and also on the turkey with the same mushroom gravy. I also had steamed slices of fresh yellow squash and broccoli florets. I had a dish of the Ocean Spray cranberry gel too along with ice tea. The stuffing was delicious, and I also added a few dashes of Angostura bitters and one smaller apple for three total and instead of four cloves of garlic, I used eight cloves of garlic and three chicken bouillon cubes. I also added the dashes of seasoning to taste. I have plenty of

leftovers in the refrigerator. I will have a slice of pumpkin pie and Reddi Wip whipped cream topping in a little while once I have digested my dinner. CIO

Note: <888> 11/28/02 Thursday 5:25 P.M.: I was up at noon. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I went out, and I drove down by the waterfront. I met three visitors from 1.5 hours drive south of Florence, Italy. I gave them a ride to the Glory Days diner. I then walked the entire length of Greenwich Avenue one and a half times. I sat out at various locations. I then drove back down by the waterfront. I then sat out briefly at the Greenwich Library. I just now returned. I chatted with a new tenant that will be moving in soon. I will now cook my Thanksgiving Day dinner. CIO

Note: <888> 11/28/02 Thursday 12:05 A.M.: I watched a bit of television. I will now shut down the computer. I will go to bed directly. CIO

Note: <888> 11/27/02 Wednesday 10:35 P.M.: Well, I have been exposed to colder weather than this before. I remember temperatures in this area down to 20 degrees Fahrenheit below zero before. Also it was cold out at Lake Forest College where I went to college. It was also cold when I lived in Boston. Also when I was living outside in Florida in 1976 to 1978 during the winter, it would occasionally go down into the 20s and the temperature in the daytime when one was outside would not go into the 50s. When I drove across country in the fall and winter, I was exposed to cold weather. When I initially arrived in Oslo, Norway in February 1983 it was cold, but it warmed up a bit after a week. Also on trips to Canada and Europe in the winter, it was a bit chilly. Thus I am basically a cold weather person as long as I have an indoor home with heat. Of course during the colder weather it tends to get drier which is easier on the arthritis. Still all the years I was on a night schedule, it tended to be colder at night. I try to go out every day in the winter during the dry days to get a bit of fresh air. Of course if people came from warmer climates they might be a bit uncomfortable out in this weather. Well, I suppose we should have the ?Freezing Norwegian? patrol out and about to make sure no one is in distress. My apartment has a northwest exposure with the western part of the building blocking the wind from the west, but when the wind is out of the north, it comes howling around the roof outside my window, and it can get colder. I keep a heavy comforter on my bed so as not to get cold when I sleep. Anyway, I suppose there are much colder areas around the country and the world right now. This is still early in the winter season, so it might get colder as winter progresses. If the ponds freeze, one should be careful not to venture out on to them; until one is sure the ice is thick enough. Still, it seems a bit cold for this time of year. CIO

**Note: <888> 11/27/02 Wednesday 10:00 P.M.:** I had some pretzels and ice tea. I chatted with a relative. I put away the new batch of ice tea. It is 26 degrees Fahrenheit outside right now. My relative suggested that I put out my two DeLonghi oil filled radiators. I put one on either end of the glass coffee tables in between the two living room couches. I have them ready to turn on during colder weather. I also turned the living room thermostat up a degree, so it is set at 75 degrees Fahrenheit, and right now the living room temperature is 73 degrees Fahrenheit. Of course it might get colder later on this winter. I have the bedroom thermostat at 61 degrees Fahrenheit, but the box fan above the living room electric radiators blows some of the living room heat into the hallway, bedroom, and bathroom. I got an \$80 bill today I have to pay to renew my automobile registration at the first of the year. CIO

**Note: <888> 11/27/02 Wednesday 8:10 P.M.:** I had two hotdogs with buns and Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea. I am now having some pretzels and ice tea. I am making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) using 23 tea bags of 13 varieties for 12 quarts of ice tea total. CIO

**Note: <888> 11/27/02 Wednesday 7:15 P.M.:** I modified my recipe for the Arnold Premium stuffing [www.geocities.com/mikelscott/stuff2.htm](http://www.geocities.com/mikelscott/stuff2.htm) . CIO

**Note: <888> 11/27/02 Wednesday 6:45 P.M.:** I was up at noon. I scraped a light coating of snow off my car. I also brushed off the benches in front of the building with a broom, so hopefully they would dry. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I then went by the Greenwich Hospital Thrift shop. They will be closed until next Monday. I bought eight Christmas tree ornaments. I bought for a little wooden nutcracker soldier for \$1, a little wooden snow covered house for a dollar, a little bird on a perch for a dollar, and for a quarter each an drum, penguin, snowman, sled with gifts, and angel for \$4.25 total. I then drove down by the waterfront, and I chatted with some locals. I then went by the Greenwich Library, and I read the local newspaper, and I checked out a DVD video disk. I then walked the entire length of Greenwich Avenue. I stopped by CVS, and I bought a tin of low cholesterol Danish cookies for \$1.99. I next went by the Stop and Shop, and I bought buy one get one free of UTZ sourdough pretzels for \$1.99 both bags and a can of Swanson's 14 ounce chicken broth for .99 for \$2.98 total. I will now put the ornaments on my little two foot tall artificial Christmas tree. CIO

**Note: <888> 11/27/02 Wednesday 12:30 A.M.:** I finished the updates on the backup computer of all three partitions of the RealOne 2.0 player and the other updates necessary for other programs. I listened to <http://www.warx.com/> while doing this. I will now shut down the computer. I will go to bed shortly after having some pretzels and ice tea. CIO

**Note: <888> 11/26/02 Tuesday 9:45 P.M.:** I downloaded and installed RealOne Player 2.0 on the primary computer, and I am in the process of putting it on the backup computer. CIO

**Note: <888> 11/26/02 Tuesday 8:10 P.M.:** I watched some television. I had a bowl of pretzels. I had a call from a relative who got another call from another relative on another line and will be calling back. I wrapped up the pumpkin pie. I saw on Dr. Robert Barefoot's infomercial on Coral Calcium that it helps one sleep better, and sure enough since I have been taking the Vitamin Shoppe generic brand of Coral Calcium, I have been sleeping better. CIO

**Note: <888> 11/26/02 Tuesday 7:00 P.M.:** They saying the snow might not develop. I chatted with a friend. For dinner, I had a Stouffer's 21 ounce lasagna with grated parmesan cheese on it along with ice tea. I am letting the pumpkin pie cool for two hours. I am not sure whether I will have some now or keep it until Thanksgiving. I watched the ABC evening news. CIO

**Note: <888> 11/26/02 Tuesday 5:35 P.M.:** I had a telephone call from a friend at 8 P.M. this morning. I slept until noon. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I went out about 2 P.M., and I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library, and I returned a DVD video disk, and I checked out a DVD video disk. I then went by the Stop and Shop. I bought buy one get one free of Mrs. Smith's 37 ounce frozen Pumpkin pies \$4.99 for both, buy one get one free of 10 ounce boxes of sliced mushrooms \$2.19 both boxes, a 12.5 ounce bag of Wise potato chips \$1.99, broccoli crowns at \$1.69 a pound \$2, a red pepper at \$1.99

a pound \$1, a Butterball boneless honey roasted turkey breast at \$3.99 a pound \$9.22, 6 ounce box of Canadian Lake Wild rice \$3.69, three 10.5 ounce cans of Franco American mushroom gravy \$2 all, a 14 ounce container of original Reddi Wip whipped cream \$2.99 for \$30.76 total. I now have my Thanksgiving dinner. I am not having Yams this year, but I also have a can of Ocean Spray cranberries in the refrigerator and a big bag of Arnold Herbal stuffing to use to make my stuffing recipe [www.geocities.com/mikelscott/stuffing.htm](http://www.geocities.com/mikelscott/stuffing.htm) . I returned home, and I am cooking one of the Mrs. Smith's pumpkin pies, since I do not have room for two in the freezer. My dental appointment was cancelled tomorrow because of the impending snow. CIO

Note: <888> 11/25/02 Monday 11:05 P.M.: I am a bit tired. I will shut down the computer. I guess I might head off to bed shortly. CIO

Note: <888> 11/25/02 Monday 10:50 P.M.: I watched a DVD video disk. I had a bowl of pretzels and ice tea. CIO

Note: <888> 11/25/02 Monday 7:30 P.M.: I went out after the last message. I drove down by the waterfront. I spent some time down there chatting with waterfront viewers. I then drove downtown, and I walked lower Greenwich Avenue. I next went by the Greenwich Library, and I read the local paper, and I returned and checked out video DVD disks. I then returned home. I had a bowl of pretzels. I ate about ten Danish cookies. For dinner I had a half box of boiled spaghetti noodles with the rest of the reheated tomato meat sauce with grated parmesan cheese along with ice tea. I watched a bit of television. CIO

Note: <888> 11/25/02 Monday 2:05 P.M.: I rested for a while. I had four Danish cookies. I will now clean up and go out. CIO

Note: <888> 11/25/02 Monday 11:30 A.M.: I was up at 10 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and then coffee outside. I will clean up and go out enjoy the warmer day shortly. The Livingston family that the Bush family is related to is an old New York family that I believe signed the Declaration of Independence. I believe they have their family seat in Livingston county up the Hudson River near Hyde Park. I believe they restored the Livingston family manor recently. Of course after producing so many generations of

missionaries, there might not be many left in this country. Of course as anyone knows in the New York area, there are plenty of the Jay family members still around. As for the Scotts, I would imagine they are still around, but they were more venturesome, so they spread out around the country and the world. Whether any ever went back to Europe, it is hard to say. They last two days I have awoken to a dream about a web site link to earthquakes in California. Let's hope nothing is about to happen. CIO

Note: <888> 11/25/02 Monday 12:30 A.M.: Well for the few of us remaining on this side of the pond, there is <http://www.bbcamerica.com/bbcamerica.jsp> which I found at this useful list <http://www.worldvillage.com/sitereviews/family.html> which should keep your mouse happy for a while. I am a bit chilly, so maybe I will take a nap. CIO

Note: <888> 11/25/02 Monday 12:10 A.M.: There is a new ?W? page <http://www.iment.com/maida/familytree/cousins/georgebush/index.htm> which indicates he is related to the ?Livingston? family. Coincidentally about ten years ago or more, I sent a small book to his father's WH about the history of missionaries from Yale College published around 1812 listing the first two hundred years of missionaries sent out by Yale, and the most common family name was Livingston. The web site also mentions John Jay's wife was a Livingston, but I once read John Jay's mother who had the property was a Scott. Well in all the literature over the years I have read there is lots of reference to people immigrating to this country from Europe, but there is not much mention of people traveling back from here to Europe to return. Well generally travel is two ways, so more than likely a few people have returned back to their roots. CIO

Note: <888> 11/24/02 Sunday 9:55 P.M.: Of course when I was engaged in the restaurant business, it was during the depressed economic cycle in the New England economy before venture capitalists discovered computers and technology. In 1968 to 1972, I obtained a liberal arts bachelor of arts degree in Economics, and I read probably close to 2000 books on the subject of economics to obtain the degree. Basically quite a few of my economics professors were from McGill University <http://www.mcgill.ca/> in Montreal, Canada teaching at Lake Forest College, so when I interviewed with many New York businesses and banks, they were not interested in my economics degree. However, the last person I worked for in Nantucket painting had a family bank called Greenshield Bank in Montreal, Canada which appears to be something else today <http://www.greenshield.ca/> or <http://www.freedomdomain.com/bankfed.htm> or which case it might be the



**Rothchild Bank or maybe Richardson Greenshield. Whatever the case, I had a Canadian connection.**

**Note: <888> 11/24/02 Sunday 9:25 P.M.: I went out after the last message, and I walked the entire length of Greenwich Avenue. I sat out at various locations. The new ?007? film is playing at the train station movie theatre. I stopped by CVS, and I bought two 12.5 ounce bottles of Joy antibacterial dish washing detergent for .79 each plus .09 tax for \$1.67 total. I then drove down by the waterfront. I then went by the Stop and Shop, and I bought buy one get one free of UTZ sourdough pretzels 14.5 ounce bags for \$1.99 both. I then returned home. I chatted with a friend, and I chatted with a relative. I had a bowl of pretzels and some ice tea. Speaking of dishwashing when I was younger and more energetic, I worked as a waiter here in Greenwich at Boodles restaurant in 1973. When I went to Nantucket in the spring of 1977, I worked at the Nantucket bakery baking for about a month, Captain Toby?s chowder house for about a month dishwashing. I then worked at the Gordon Folger restaurant for about four months pot scrubbing. I next worked for a couple of months at Henry?s Bakery baking for a couple of months, then the India House dishwashing. I then worked for the rest of the season in 1978 the following season at the Languedoc restaurant dishwashing and pot scrubbing up to 80 hours a week, and I returned I believe in 1983 for the same occupation. It is hard to recall the exact dates, but the restaurant kitchen activity was very hard, and it was not what would imagine a working vacation to be about. Basically working in a kitchen one loses ones appetite for food. I recall also house painting one season, which I think was 1978, so maybe I did the kitchen work in 1979 too. It is a while ago, so it is hard to recall. CIO**

**Note: <888> 11/24/02 Sunday 5:10 P.M.: I had two hotdogs with buns and Dijon mustard and Heinz ketchup and potato chips and a dill pickle spear and ice tea. I am now going to have a 50% Brazilian instant coffee and 50% Chock Full of Nuts instant coffee. I will then clean up and go out to enjoy the brisk evening. CIO**

**Note: <888> 11/24/02 Sunday 4:20 P.M.: I had a call from a friend last night before going to bed. We chatted for a while. There was a line connection problem and we kept getting disconnected. I was up at 10 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 3 P.M.. I had 16 Danish cookies and ice tea. I will look at the sale sights for computers such as [www.compusa.com](http://www.compusa.com) , [www.staples.com](http://www.staples.com) , [www.circuitcity.com](http://www.circuitcity.com) . I will then clean up and check out in the cooler late afternoon. CIO**

**Note: <888> 11/23/02 Saturday 10:05 P.M.: I watched some television. I finished off the pretzel rods, and I had about six Danish cookies. I will now shut down the computer. I will probably go to bed shortly. CIO**

**Note: <888> 11/23/02 Saturday 6:55 P.M.: I finished the laundry and put it away. I had dinner of reheated spaghetti noodles and tomato meat sauce with grated parmesan cheese and ice tea. CIO**

**Note: <888> 11/23/02 Saturday 5:20 P.M.: I have 40 minutes left on the dry cycle. I wore my long Chinese made down filled overcoat today which was comfortable on a windy day. I have left it out on the valet rack by the end of the day bed, so it is convenient to put on when I go outside to sneak a smoke. Well, there were plenty of people out today not very warmly dressed, but they were just dashing between automobiles and shops. I did see quite a few kids out not wearing jackets, so they must be used to colder weather. I also wore my long underwear bottoms and my Polar Bear cap and my Burberry scarf and leather gloves. Since I spent a couple of hours out in the cold, I felt it necessary to dress more warmly. Of course if it were down to zero degrees Fahrenheit, I would be wearing the same clothes, since they are about as warm as my clothes go on a colder day. CIO**

**Note: <888> 11/23/02 Saturday 4:45 P.M.: I was up at 9 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I had a call from a relative. I did my house cleaning and watering the plants. I had a bowl of Progresso New England clam chowder and ice tea and a cup of Brazilian instant coffee. I went out about 1 P.M., and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library. I returned home. I am on the wash cycle of two loads of laundry. I put clean sheets on the bed. CIO**

**Note: <888> 11/22/02 Friday 8:10 P.M.: I had six Danish cookies after dinner. I watched a bit of television. I will now shut down the computer, and I will go to bed. CIO**

**Note: <888> 11/22/02 Friday 6:05 P.M.:** I went out after the last message, and I went by the Greenwich Library, and I read the local newspaper. I then went by the Greenwich Hospital Thrift Shop. I next drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I just now returned home in a heavy rain storm. I am going to boil a box of spaghetti noodles, and I will have half of them with tomato meat sauce that I am defrosting and grated parmesan cheese and ice tea. I should be ready to eat in about 25 minutes. I have charged up the Slaymaker 1,000,000 watt rechargeable lantern beam. CIO

**Note: <888> 11/22/02 Friday 2:10 P.M.:** I saw my relative and friend right at 2 P.M. with the red sweater on the starboard bow of the upper level of the Crown Odyssey. I wish I could be there. Well, I will finish watching the ship go through the lock. I have cleaned up, and I will go out afterward. CIO

**Note: <888> 11/22/02 Friday 1:30 P.M.:** This is the boat my relative will be on <http://www.orientlines.com/fleet/cr/index.htm> , however the relative is on the starboard side and the camera is on the port side, so maybe I will now be able to see the relative. CIO

**Note: <888> 11/22/02 Friday 1:05 P.M.:** I watched some television. I had seven pretzel rods and seven Danish cookies. I put a container of frozen spaghetti tomato meat sauce to defrost in the refrigerator. I want to watch my relative pass through the Panama Canal at 2 P.M. EST <http://www.pancanal.com/> . The relative said they would hang a red sweater from the side of their balcony, so they might be more easily recognized. CIO

**End of Scott's Notes week 11/22/02:**

**Note: <888> 11/22/02 Friday 11:50 A.M.:** I will now send out my weekly notes. I will then clean up and go out for some downtown activity. CIO

**Note: <888> 11/22/02 Friday 11:40 A.M.:** I put the pine cone wreath with the CVS ornaments on my front door. I put the little two foot artificial tree by the day bed on the Buckingham Palace candy tin. I am in the process of charging up the

Slaymaker 1,000,000 watt lantern beam light. It should be fully charged about 6 P.M. this evening. It seems to gradually lose its charge without recharging every few months. For those of you interested in an alternative Greenwich news source, the Greenwich Citizen [www.greenwichcitizen.com](http://www.greenwichcitizen.com) is available online. CIO

Note: <888> 11/22/02 Friday 10:45 A.M.: I was up at 9 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. It is one of those overcast days that are so typical of New England this time of year. Still, it is not too cold out only 48 degrees Fahrenheit. I listened to a bit of the [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I have a relative cross through the Panama Canal today, and at 2 P.M. EST, I can view the relative going through a lock in the canal on their live camera. I have noticed a lot more new faces in Greenwich recently, but maybe it is just more unemployed people working at home whom have time to go downtown and try to network outside of their former work environments. It is my viewpoint; a lot of the news organizations can not afford news offices anymore particularly overseas, so they just sit in any old Starbucks and write the news from there. Of course here in Greenwich, we have the Greenwich Library, where one can hook up their laptop computers if one has a network LAN card in the laptop and a LAN cable. Thus the traveling laptop community is probably somewhat comfortable in Greenwich. There is not a lot to report on. Since it is towards the end of the month, I am on a more limited budget. Of course it does not cost that much to go down by the waterfront and observe, but usually on overcast and rainy days, there are not too many people around down there, and I am just left with the sea gulls. Of course out in Nantucket they have rainy foggy overcast days all the time. I suppose this weather is a bit like northern Europe, so people from that area whom happen to be in our area are relatively comfortable. One can always go out and browse the shops in Greenwich, but since over half the shops are women's shops, there is not much for the guys to do but browse the library, book shops, or read the newspaper in Starbucks. Richards is a large men's shop in Greenwich, but they tend to be pricey. I some times see people slipping into a movie in the daytime. One could always walk West Putnam Avenue and browse the automobile showrooms. For the computer geeks here in downtown Greenwich, we do have one small computer shop Entrée computer on Mason Street. Of course one could sit in the train station and just watch people coming and going. On a day like today, it is not much fun sitting on a bench downtown. I suppose if one were older, they could go to the senior and arts center in the town. The Bruce Museum usually has exhibits, but it is only free on Tuesday. Of course some people have a bite to eat out at one of the many local restaurants. Of course on a limited budget, one has to keep a little change in one's pocket, so one does not get arrested for loitering or vacancy. Of course the nature of the news business, one has to be out there observing the pulse of the community to see what is happening. However, this time of year, it is more than likely early Christmas shoppers. I think I will now put out my Christmas wreath and put my small artificial Christmas tree up on the

**Danish bar. Of course if one did mind the damper weather, one could take a nature walk at Tod's Point. CIO**

**Note: <888> 11/21/02 Thursday 10:20 P.M.: I chatted with a relative. I will now shut down the computer. I will watch a bit of television before going to bed. CIO**

**Note: <888> 11/21/02 Thursday 9:50 P.M.: I did a little bit of regular computer work. I had a piece of cheese cake, and I finished off the container of Edy's toffee ice cream. For any nautical types this link <http://www.pancanal.com/> has a live camera on the Panama Canal to see ships passing through one of the locks. Well not much happening here on the far side of town. I suppose there are a few people like me walking when the weather is nicer trying to shed a few pounds. I suppose the people whom one never sees have gotten too big to be able to go outside and walk around. I wore my new green Wellington jacket today for that English Country look to go with the English Country look of my apartment décor. CIO**

**Note: <888> 11/21/02 Thursday 7:35 P.M.: I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street. I stopped by the Greenwich Hospital Thrift shop. I bought an Eveready Steel sportsman 3 D battery flashlight for \$1. It has the blinker signal switch on it. I then made my 3 P.M. appointment. I next went by the waterfront. I then went to the Greenwich Library, and I read the local paper. I then went downtown, and I walked the entire length of Greenwich Avenue. I stopped by CVS, and I bought a 16 ounce can of Ocean Spray jellied cranberry sauce for .79 and a 1.5 liter bottle of CVS mouthwash for \$1.99 plus .12 tax for \$2.90. I also stopped by the Greenwich Hardware store, and I bought a green and black Eveready flashlight for \$2.99 plus .18 tax for \$3.17. I sat out at various locations. I then drove by Exxon, and they were out of regular unleaded gasoline, so I bought Exxon Plus unleaded gasoline at \$1.799 a gallon for \$7.55 total or about 20 miles per gallon. There must be heavier traffic driving in the daytime this week in Greenwich. I then went by McDonalds, and I bought two Big and Tasty hamburgers for \$1 each plus .12 tax for \$2.12. I then returned home. I put long life Fuji Alkaline D batteries in the two new flashlights, and I put them in the back seat of the Hyundai. I now have five flashlights in the Hyundai and seven flashlights and lanterns in the apartment. I never hardly use them, but maintaining them on an annual basis does cost money. I am having a glass of ice tea. CIO**

**Note: <888> 11/21/02 Thursday 12:40 P.M.: I updated the dates on [www.geocities.com/mikelscott/nasa.htm](http://www.geocities.com/mikelscott/nasa.htm) and [www.geocities.com/mikelscott/nasa-113.htm](http://www.geocities.com/mikelscott/nasa-113.htm) . CIO**

**Note: <888> 11/21/02 Thursday 12:35 P.M.: I was up at 8 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I watched some television. I fell back to sleep until about 11:30 A.M.. I had nine pretzel rods, four Danish cookies, and a slice of cheese cake. I will now clean up and go out. I have a 3 P.M. appointment. CIO**

**Note: <888> 11/20/02 Wednesday 9:10 P.M.: I will now shut down the computer, and I will go to bed directly. CIO**

**Note: <888> 11/20/02 Wednesday 8:20 P.M.: My guest and I split an 18 ounce box of Van De Kamps fish tenders along with about 12 ounces of Americas Choice potato slices with Heinz tomato sauce mixed with horseradish and also glasses of ice tea. We then watched some television. My guest just left. I gave my guest the yellow flashlight from the Hyundai to have for his car. I also had a few pretzel rods. CIO**

**Note: <888> 11/20/02 Wednesday 6:00 P.M.: After the last message my guest and I went out. We did not go to Tod?s Point. Instead we went by Levine?s Army Navy store in Port Chester, New York. My guest was looking for a pair of thin glove liners. We next looked for them at Kohl?s, Modells, and then Odd Job at the Port Chester shopping center. On Wednesday, Odd Job has 10% senior citizen discount. We finally found them at Feinsod Hardware on Main Street in Port Chester. We next drove by the waterfront in one location in Greenwich and then we went by the waterfront in another location. We then went by Dunkin Donuts for my guest to get a cup of coffee. Next we went downtown, and we walked lower Greenwich Avenue and sat out for a while. We just now returned. CIO**

**Note: <888> 11/20/02 Wednesday 2:05 P.M.: My guest arrived. I had two hotdogs with buns and Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea. I will now have a Brazilian instant coffee outside. We will then go over to Tod?s Point. CIO**

**Note: <888> 11/20/02 Wednesday 1:30 P.M.:** I went out after the last message. I drove by the waterfront. I then went by the Greenwich Hospital Thrift Shop. I next went by the Greenwich Library, and I read the local paper. I then went by Putnam Trust Bank of New York on Mason Street. I then went by the Mews Merry Go Round thrift shop on Arch Street. I bought for \$20 down from \$35 a men's two piece double breasted black medium weight pin stripped wool suit. The jacket size is about 44 and the pants are about waist 42 inches inseam 30 inches. The suit has a label in the collar that says "Made in Sweden". It fits me very well, and the shop manager gave me a deal on the suit. I now can dress up a bit should the need arise. I put it in my left living room closet. I drove back down by the waterfront. I then returned home, and I had some ice tea. I then went to Smokes for Less, and I bought a carton of Seneca Ultra Lights 100s for \$26. I am expecting a guest at 1:30 P.M.. CIO

**Note: <888> 11/20/02 Wednesday 8:25 A.M.:** I chatted with a friend. I will now clean up and go out and enjoy the bright sun shiny day. CIO

**Note: <888> 11/20/02 Wednesday 7:55 A.M.:** I was just trying on some of my more formal dress clothes, but since I have gone from 155 pounds to 220 pounds in the last few years none of my suits or sports jackets seem to fit, except maybe a couple of sports jackets barely. I think I have a pair of dark wool trousers that do fit. CIO

**Note: <888> 11/20/02 Wednesday 7:15 A.M.:** Of course if I were selecting exceptional properties in Greenwich, I always liked the Christopher Wren house on the south shore in Field Point Park in the Belle Haven part of town for waterfront property the house is not too large for the size of the lot. On the old satellite photos of Greenwich, they use to show a 200 to 300 acre estate on Doubling Road just north of the Greenwich Country Club that had formal French gardens that could be seen in the satellite photos. One local prominent family still has a couple of thousand acres in a Christmas tree farm that would make a most excellent executive business park, but more than likely none of these properties will be available any time soon. I was told by one local lawyer that one could still buy two to three hundred acre parcels of land here in town, but I am not sure where they would be located. Of course, the last thing Greenwich needs is another golf course, but it is a most excellent way to conserve property. I have a theory that a gigantic magnetic asteroid crashed into Greenwich in ancient history, and its geomagnetic properties

keeps the earth's polar alignment in synchronization as we know it today, and if certain developers tried to displaced the magnetic asteroid remains in Greenwich, the earth would assume a new orbit. Of course that might be all science fiction. Since if we had large magnetic anomalies in this area, more than likely all the computers would not be functioning. Of course in real estate Nassau County, New York is the wealthiest county then Fairfield County, Connecticut then Nantucket Island county, Massachusetts as third. Thus it gives one a good idea as to where the wealth is piled up in this country. CIO

Note: <888> 11/20/02 Wednesday 6:45 A.M.: I was up at 5 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. When I was at Sotheby's real estate on the Boston Post Road yesterday, I inquired as to what the Grand List value was in Greenwich, Connecticut. I told them about 15 years ago there use to be a sign in the Greenwich railroad station saying it was \$5.5 billion. I told them I thought today that Greenwich real estate was probably under valued, and the grand list valuation would probably be over \$15 billion. I mentioned an employee in Belle Haven had told me that someone had bought a piece of property there for \$40 million and torn down the house the following week and then built a \$20 million house on the property making it worth about \$60 million. However, Sotheby's confirmed the Greenwich Times story that the highest valuation property transaction on record as having been sold was \$24 million over in Byram on Byram Shore Road. Sotheby's did tell me that a vacant piece of property across from family friends in north Greenwich had been sold for \$17 million, and I had noticed they are building a house there. It seems like there is a bit of inflation going around because my father bought a piece of property next to the same family in Florida in 1965 for \$20,000. Thus the grass is always greener on the other side of the tracks. However, with the higher real estate valuations, it probably means that higher prices will eventually mean higher taxes. I told them I knew of a 200 acre farm in Concorde, Massachusetts that had been in the same family for over 200 years. Well, there is one draw back to the heightened real estate speculation in the area. Indian Point's twin nuclear reactors are only about fifteen miles away as the crow flies. Thus if terrorists should attack those reactors, more than likely the price of local real estate would probably go down dramatically since people generally do not want to pay inflated prices for radioactive contaminated properties. One prominent family lives in North Terrytown, New York and they are exceptionally close to those twin reactors, so depending on what they do will probably effect what other people do in this area. Of course just because they are prominent, it does not mean they have common sense. I told Sotheby's from my view point; I would not sell any of the old properties in the area that old established families have managed to accumulate over the years. It seems to me that possibly a new group of real estate speculators are trying to scare established people in hopes of getting cheaper prices which more than likely would never happen in this area, since historically New York real estate prices tend to be constantly inflated and rising. CIO



**Note: <888> 11/19/02 Tuesday 8:50 P.M.: I chatted with a relative. I had a piece of cheese cake. I will now shut down the computer. I will watch some television, and then I will head off to bed. CIO**

**Note: <888> 11/19/02 Tuesday 8:15 P.M.: I laid out the white and multicolor comforter along the back of the long green couch. I took all the pillows on the day bed, and I laid them out flat on the day bed, so they all fit together patch work fashion. I then laid the long white and dark tan Mexican poncho on top of the pillows on the day bed, so it all has a more uniform appearance with three matching throw pillows on top of it all. CIO**

**Note: <888> 11/19/02 Tuesday 6:45 P.M.: I went out after the last message, and I stopped by the Greenwich Hospital Thrift Shop. I bought two Navaho pattern pillows about 20" by 20" in red and blue stripped pattern for \$2 each for \$4 total. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the Greenwich Times. I returned a book, and I paid a \$2 fine on a DVD video disk I returned last Friday. I then drove downtown, and I walked the entire length of Greenwich Avenue. I stopped by Sotheby's real estate, and they gave me some information I was curious about. I sat out downtown for a while. I then drove back by the waterfront. I then stopped by the Greenwich Library. There was a fire in old stone building just north of St. Mary's, so I viewed the fire department responding. It seemed to be out. After the library, I returned home. I put the two new pillows on either end of the long green sofa with the one the same size in a different pattern in the center. I put the other pillows with the other pillows on the day bed along with the comforter. I will now have a Stouffer's Home-style pot roast dinner with ice tea. CIO**

**Note: <888> 11/19/02 Tuesday 1:15 P.M.: I had to call up Net2Phone last night to have them set up my account to get the 2 cents a minute rate for PC to domestic telephone call instead of the 3.9 cent rate they were charging me. It is now 2 cents a minute. I found a Roosevelt dime outside. Well with all this global communications on the internet, I guess there is really nothing of substance to communicate. I suppose I should clean up and go out for some daytime activity. CIO**

**Note: <888> 11/19/02 Tuesday 12:15 P.M.: I had four more pretzel rods. I am listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I will now have a cappuccino. CIO**

**Note: <888> 11/19/02 Tuesday 11:20 A.M.: Any Anglophile royalty followers can always log onto to <http://www.timesonline.co.uk/> and select the ?The Register? at the bottom of the page, and then select ?Court Circular? or ?Today?s Royal Engagements? to see what the Royalty are up to. They seem to keep them busy. CIO**

**Note: <888> 11/19/02 Tuesday 11:10 A.M.: I had a piece of cheese cake too, and I am now having ice tea. I am staying in this morning since my right knee is a bit sore. CIO**

**Note: <888> 11/19/02 Tuesday 10:45 A.M.: I rested some more this morning. I had nine pretzel rods and eight Danish cookies. I watched the CSPAN presentation of the opening of the Abraham Lincoln Presidential Library and Museum in Springfield, Illinois from yesterday evening <http://www.alincoln-library.com/Apps/default.asp> . CIO**

**Note: <888> 11/19/02 Tuesday 6:35 A.M.: For James Bond ?007? information try [www.007.com](http://www.007.com) . CIO**

**Note: <888> 11/19/02 Tuesday 6:20 A.M.: I went to bed last night after the last message. I had a call from a relative about 10 P.M.. I was up at 5 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I will now do a little bit of regular computer work. CIO**

**Note: <888> 11/18/02 Monday 7:30 P.M.: I watched the ABC evening news. I will now shut down the computer. I will go to bed soon. CIO**

Note: <888> 11/18/02 Monday 6:10 P.M.: I went out after the last message. I drove down by the waterfront and around another waterfront area. It is a very low tide. I guess because of the full moon. I guess that means a higher high tide. One can check out the Greenwich, Connecticut tide charts at [www.maineharbors.com](http://www.maineharbors.com) or <http://www.maineharbors.com/ct/novgrw02.htm> . I printed out a few copies of this and next month's tide charts at the library today. I then sat out for a while downtown. I made my 4:15 P.M. appointment. I then sat out some more downtown. I then went by the Greenwich Library, and I checked out a DVD video disk. I returned one there this morning. I then went by McDonalds and I had two Big and Tasty hamburgers with cheese for \$1.30 each plus .18 tax for \$2.78 total. I then returned home. I put \$5 on my laundry card, so I have \$11.65 on my laundry card. A regular user at the library commented me on my red Woolrich jacket. I told him I bought it two years ago at Marshall's in Stamford, Connecticut for \$75. I am now having a glass of ice tea. CIO

Note: <888> 11/18/02 Monday 2:45 P.M.: In my primary computer a PC Chips S571-LMR motherboard running an AMD K6II 450 MHz processor at 336 MHz, I have a 128 meg. PC-66 memory chip and I believe a 64 meg PC-100 memory chip. I tried a 128 meg PC-100 memory chip before, and it did not work, but I noticed that a PC-100 256 meg memory chip has a \$15 mail in rebate for \$30 after at CompUSA, but I think I have determined it would not work in my machine although the manual says it will take two 256 meg chips, I think they need to be PC 66 and not PC 100. Well, it is nice day, maybe I will float around a while before my 4:15 appointment. CIO

Note: <888> 11/18/02 Monday 1:00 P.M.: I broiled a one pound London Broil for five minutes a side, and I had it for a meal with Lea and Perrins Worcestershire sauce with steamed sliced green squash and steamed white rice and ice tea. I am just about ready to have a cappuccino outside. CIO

Note: <888> 11/18/02 Monday 11:55 A.M.: I went out after the last message. I walked lower Greenwich Avenue. I drove down by the waterfront. I stopped by the Greenwich Hospital Thrift shop. I went by the Greenwich Library, and I read the local paper, the Wall Street Journal, and PC magazine. The Wall Street Journal today has a series of articles about the internet. I then went by Putnam Trust Bank of New York on Mason Street. I next went by CVS, and I bought two tins of low cholesterol Danish cookies for \$2.99 both. I then sat out downtown for a while. I then went back by the waterfront. I then went by the Stop and Shop, and I bought two packages of Snyder's pretzel rods for \$1.69 each or \$3.38 total. I then went by the Arnold Bread outlet, and I bought an Entenmanns Deluxe French cheese cake

for \$1.89 and a loaf of Arnold 12 grain bread for \$1.29 for \$3.18 less 10% senior discount of .32 for \$2.86 total. I just now returned home. I called a relative down south to have them check on a house up north since the area around Boston has 80,000 homes without electricity and northwestern Connecticut has 25,000 homes without electricity. It is nice and sunny here though. CIO

Note: <888> 11/18/02 Monday 7:25 A.M.: This morning's New York Times says the electricity is off in northwestern Connecticut. I will now shower and go out. CIO

Note: <888> 11/18/02 Monday 6:55 A.M.: I fell back to sleep until 6:30 A.M.. I had the last piece of cheese cake. CIO

Note: <888> 11/18/02 Monday 3:55 A.M.: I went to bed after the last message. I was up at 3 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I have a 4:15 P.M. appointment today. CIO

Note: <888> 11/17/02 Sunday 3:05 P.M.: I rested until 2 P.M.. I finished off the pretzel rods and had a cup of Edy's toffee ice cream. I watched some television. CIO

Note: <888> 11/17/02 Sunday 9:25 A.M.: I had a Boston Market chicken with Barbeque sauce meal along with ice tea. CIO

Note: <888> 11/17/02 Sunday 8:50 A.M.: I put away the ice tea in the refrigerator. I had four Danish cookies and eight pretzel rods. I watched some television. CIO

Note: <888> 11/17/02 Sunday 6:35 A.M.: I am making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

**Note: <888> 11/17/02 Sunday 5:50 A.M.: I was up at 4 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I watched a bit of television. I will now do some computer work. CIO**

**Note: <888> 11/16/02 Saturday 8:05 P.M.: My guest arrived at 2 P.M.. We went out and drove by the waterfront. We then toured the ELDC thrift shop. Next we returned back to my place. We watched a DVD video movie. We then watched some television. We had a couple of pretzel rods. My guest just left. I will have some cheese cake and ice tea and then head off to bed after shutting down the computer. I also chatted with a relative this afternoon and two relatives this morning. CIO**

**Note: <888> 11/16/02 Saturday 1:20 P.M.: I had four pretzel rods to eat. CIO**

**Note: <888> 11/16/02 Saturday 12:35 P.M.: We all know Queen Victoria was 4 foot 11 inches tall. The present Queen of England is 5 foot 3 inches tall. Prince Phillip is 5 foot 8 inches tall. Prince Charles is 5 foot 10 inches tall. Prince William of Wales is 6 foot 3 inches tall. However, if one is interested in the heights of Presidents of the United States this link might come in handy <http://www.campvishus.org/PresRelHtAff.htm> . CIO**

**Note: <888> 11/16/02 Saturday 12:15 P.M.: I reprogrammed two of the telephone numbers of relatives since they had changed area codes on three of my telephones with speed dial. I finished vacuuming and polishing the mirror work and glass. CIO**

**Note: <888> 11/16/02 Saturday 10:30 A.M.: I went out, and I went downtown, and I walked lower Greenwich Avenue. I then drove down by the waterfront. I next stopped by the Greenwich Hospital Thrift Shop. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Stop and Shop, and I bought two half gallons of Tropicana Premium with Calcium for \$2 each, two shoulder steaks for London Broil beef chuck at \$1.59 a pound for \$1.83 and \$1.84, Snyder's pretzel rods \$1.69, two dozen large eggs \$1.69 each, two Land o Lakes 10 ounce cheese one Pepper Jack and one Monterey Jack \$2 each, three green squash at .99 a pound for \$.89, two yellow squash at .99 a pound for .78, and a bulb of garlic at \$2.49 a pound for .42 for \$18.83 total. I then returned home. I put**

away my purchases, and I broiled one of the shoulder steaks, and I had it for a meal with Lea and Perrins Worcestershire sauce, steamed white rice, steamed yellow and green squash, ice tea, and I will now have a cappuccino. I am expecting a guest at 2 P.M.. CIO

Note: <888> 11/16/02 Saturday 6:15 A.M.: I went to bed after the last message. I had a call from a friend and we chatted about 9 P.M.. I had a piece of cheese cake. I fell back asleep, and I had a call from a relative about 11 P.M.. I then slept until about 3:30 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I just finished watering the plants and cleaning my apartment. I still have to vacuum and polish the mirrors and glass later when I will not disturb my neighbors. I will now clean up and go out. CIO

Note: <888> 11/15/02 Friday 4:40 P.M.: I had a busy day. I went out after the last message. I drove downtown, and I mailed a letter to a relative at the central Greenwich Post Office. The spot where I frequently park by the veterans' monument recently has had several 2 ounce Bacardi rum bottles left on the ground. This morning there was also a Coca Cola can. I cleaned them up, and as my reward I found on the bench a package of American Spirit all natural cigarettes like the carton they're send me in about six weeks that I order for free. They are a most excellent cigarette. I then drove down by the waterfront. I next returned to the center of town, and I walked the lower Greenwich Avenue area. I then went by the Greenwich Hospital Thrift shop. I then drove over to Tod's Point in Old Greenwich, and I walked around Tod's Point for the 2.5 mile walk. I then stopped by the Old Greenwich Thrift shop. I bought three long sleeve large and extra large shirts for \$4, \$4, and \$5 for \$13 total. One is a dark green cotton shirt light weight. Another is a blue and white plaid flannel shirt. The third is a red patch work plaid cotton flannel shirt. I then drove back to central Greenwich, and I parked downtown. I went back by the Mews Merry Go Round thrift shop. I sat out for a while. I stopped by the senior center to use the bathroom. Seniors are offered lunch there for \$3. I then drove back down by the waterfront. I next went by the Greenwich Library, and I read the local newspaper. I then returned home. However, I forgot to return a DVD video disk that was due, so I returned to the library, and I returned it, and I checked out another. I then stopped by Exxon, and I bought premium unleaded gasoline by mistake at \$1.879 a gallon for \$4.80 or 33 miles per gallon. I get better gasoline mileage driving at night. I then returned home. I relaxed a bit. I had a dozen Carr's crackers with slices of Dutch Edam cheese along with ice tea. I chatted with some neighbors. I guess I will now shut down the computer, and I will go to bed some time soon. CIO

**End of Scott's Notes week 11/15/02:**

**Note: <888> 11/15/02 Friday 6:20 A.M.: I will now send out my weekly notes. I will then clean up and go out for some morning activity. CIO**

**Note: <888> 11/15/02 Friday 5:50 A.M.: I watched some television. I had a meal of a can of Progresso New England clam chowder, a bowl of goldfish crackers, ice tea, and a piece of Entenmann's cheese cake. I will now have a Chock Full Nuts instant coffee outside. I generally take my coffee with milk and sugar. My telephones have been making a low beeping sound occasionally all night. There might be a line problem. CIO**

**Note: <888> 11/15/02 Friday 3:35 A.M.: I watched some television. CNN reported this link <http://www.whitehouse.gov/history/life/> has President Bush's tour of the Oval Office. I also wrote a letter to a family member. CIO**

**Note: <888> 11/15/02 Friday 12:40 A.M.: I was awoken at 8 P.M. when a friend called. Apparently the friend was deer hunting and was only able to obtain a grouse. However, the friend told me when he returned inside he was covered with deer ticks. This was in the western Massachusetts area, so if one is out in the brush, one still has to watch out for deer ticks. I continued to sleep until about midnight. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and then I had coffee outside. I just noticed that my Net2Phone account received and now shows the \$25 U.S. Post Office money order deposit that I sent them. Thus it takes about 2 weeks for one to make a check deposit to Net2Phone. I was told yesterday that they are going to recover the surface area of the Cole Auditorium at the Greenwich Library with Indiana limestone, so it matches the Peterson addition. CIO**

**Note: <888> 11/14/02 Thursday 10:00 A.M.: I went out after the last message. I drove down by the waterfront. I then walked lower Greenwich Avenue area, and I sat out for a while. I then drove and stood around a couple of waterfront areas. I then went by the Greenwich Hospital Thrift shop. I next went by the Greenwich Library, and I read the local newspaper. I just now returned home. I had a slice of French cheese cake and ice tea along with four Danish cookies. I will now shut down the computer, and I will go to bed in a brief spell. Well, it looks to be a nice day, but enjoy it, it is suppose to then rain until Monday. CIO**

**Note: <888> 11/14/02 Thursday 6:05 A.M.: I watched a bit of television. I will now go out downtown for a while. CIO**

**Note: <888> 11/14/02 Thursday 5:05 A.M.: There are geology programs on channel 21 PBS right now. Watching one of them and remembering recently when I drove from Athens, Greece to the Bosphorus in the spring of 1972 from Thessalonica, Greece to the Bosphorus the area surrounding the road away from the coast line was mostly surrounded by low rising hills and small mountains and most of the landscape was covered with rocks and boulders. It is just a theory that all those rocks and boulders might have been put there by some Atlantis type of volcanic eruption in the Mediterranean sea area or on what was land in that area that was so tremendous that it covered the area for thousands of square miles with rocks and boulders and possibly the area where it occurred might not have been sea as we know it today, but when the eruption occurred depositing all those boulders and rocks in that area the land plateau subsided allowing the ocean to run in and flood it. Thus in some sort of prehistory event in the Mediterranean region there was such a large eruption and explosion of tectonic forces that the debris is seen in vast areas along the shores of the Mediterranean. However, it could have been a series of eruptions over a prolonged period of time and not just one cataclysmic event. Thus from a military point of view from even before Alexander the Great's time, it is more than likely that traversing those regions was quite difficult not to mention with modern mechanical machinery today except on the established roads. It basically is an ideal environment for goats and not much else. Still historically it is a significant area, so perhaps the legends of San Turrini or other such volcanic activities were much more extreme over the entire area over the prehistory period that is not well documented. Unless in some sort of melting of an ice age ice cap with significant glaciers that came that far south, they deposited much of the geological formations. I have not read up on much of the geological historical record of that area. Well still it makes one wonder. CIO**

**Note: <888> 11/14/02 Thursday 3:45 A.M.: Since occasionally we get visitors from warmer climates whom are not use to our cooler weather, I think we have reinstated the ?Freezing Norwegian? patrol for colder weather people to keep an eye out for warmer weather people whom might not be acclimated to our cooler climates. As one goes further north from here into the more northern zones, this is much more of a regular practice. Generally in very cold harsh climates the locals do not leave individuals outside in the extreme cold. Of course at the moment it is not very cold here for the locals. So says Nanook of the North. CIO**



**Note: <888> 11/14/02 Thursday 3:30 A.M.:** I had the cappuccino outside. I had two ten year old jars of ground coffee in my freezer that I kept for emergency coffee in case there was no electricity and the coffee grinders did not work, so I put them in the community room freezer since I needed the room in my freezer. The community room is warm and comfortable at night, but they should put it on some sort of time thermostat and turn down the heat at night when no one is using it since it is such a large room to heat. CIO

**Note: <888> 11/14/02 Thursday 2:35 A.M.:** Today when I was coming out of the Arnold Bread store outlet, I saw one of those very long stretch Rolls Royce limousines being test driven on Old Track Road. I guess it was coming and going from our local Rolls Royce dealership. I think BMW might now own Rolls Royce, so I guess since some Germans tend to be bigger, they are making the larger model limousine which looked quite roomy and comfortable. Of course like the other stretch automobiles on narrow windy roads it might be harder to navigate. I went out after the last message, and I drove down by the waterfront. The lights are still on out on Long Island. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. It was a quiet night. Not much seems to be happening down at the new Delamar Hotel on the waterfront. I guess it will be busier when its new restaurant opens managed by the same people than run La Galoue in Manhattan. I have nicknamed it the ?Heart Break Hotel?, but maybe we should nickname it the ?Hotel California?. I am sure during the Holiday period and the warmer months it will be busier, and if the economy picks up it will probably be busier. After my walk, I drove back down by the waterfront. I then went by the Food Emporium. One of its night staff ran into a buck deer at 70 miles per hour on I-84 demolishing his old Ford. Another former neighbor had his sister in law hit a deer in New Jersey. Thus when driving around in this area particularly at night, one has to be a bit careful since we have a large deer population that stray onto our roads. I bought a 16 ounce bag of Americas Choice potato wedges for \$1.79, a Boston Market grilled dill potatoes for \$1.49, a Boston Market barbeque chicken filet dinner for \$2.74 and a Pepperidge Farm apple turnover for \$1.99 for \$8.01 total. I will cook some of the potato wedges with the Van Da Kamps half package of Crispy Tenders for a more authentic Fish and Chips dinner and have them with 50% - 50% Heinz Ketchup and Horseradish sauce along with ice tea and a cappuccino inside. I will cook them in the convection oven a bit longer at 425 degrees Fahrenheit for 18 minutes, since the potatoes need a bit more time. I will then do some regular computer work. CIO

**Note: <888> 11/13/02 Wednesday 10:15 P.M.:** I went to bed at 2:30 P.M.. I was up at about 9 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I put two new AAA Energizer batteries in my Logitech cordless mouse. I remembered today, I think I have also been in the

Buffalo, New York and Syracuse, New York airports during my earlier travels.  
CIO

Note: <888> 11/13/02 Wednesday 1:15 P.M.: I went out, and I arrived at the Greenwich Hospital Thrift Shop early, and I got a parking place. It was full of shoppers browsing their Christmas displays. I bought a silver bottle holder with a stags head on it for \$12.50. The silver stags head bottle holder is similar to one I have seen in the window of Bitteridge Jewelers on Greenwich Avenue many times. I had to spend some extra time there since my car was blocked for a while. I then went by Putnam Trust Bank of New York on Mason Street and they have their new IBM computers installed. I noticed one customer was trying to get the new dollar coins, and they only had three in stock. I then went downtown, and I walked lower Greenwich Avenue. I stopped by the Marry Go Round Mews Thrift shop, and I bought a British Airways coffee mug for a dollar. Unfortunately an ill omen happened, and I was departing the shop and putting on my sun glasses, I dropped the mug on the slate sidewalk and it broke into several pieces. I was offered another mug, but I explained I had wanted that particular mug. Well some day I will find another. It was made in England. I then sat out for a while. I next drove by the waterfront. I then went by the Greenwich Library, and I read the local newspaper. I also returned seven music CDs. I was thinking when I was mentioning my travels in my notes when I visited Turkey in the spring of 1972, I stayed on the western coast of Turkey about two hours on the road south of the Bosphorus around Troy at a new very pleasant resort hotel with white sandy beach. At the time there was only one other guest party. However, that location would be about eight hours drive north of Iraq, so any media people trying to cover any potential Iraq confrontation might find that particular resort hotel complex a safe distant away yet close enough to cover the story. As I recall it was about a half day's drive north of Izmir or Selchuck. The hotel resort was pretty much situated on its own on the coast with just fields around. I recall back in 1972 we only paid about \$10 a night for a pleasant large room and the meals were very enjoyable not to mention the beach and vistas. Looking at the map in the old Reader's Digest atlas, Selchuck is located near Izmir, so more than likely the hotel was some where between Izmir and Troy, closer to Troy. As I recall we drove all night after crossing the border from Greece to Turkey and in the early morning hours we crossed the Bosphorus on the Ferry, and at the first town we had car problems with the alternator, and a mechanic in the town fixed it rewinding the coil in a few hours and charged us a modest sum. We then drove a distance out into the country down the coast, and tired with exhaustion we parked in a field and fell asleep. When we awoke after our nap, we discovered the new hotel just down the coast road, and it was not busy since it did not open in time to make that year's Michelin guide. The roads in that part of the world then were just narrow two lane roads. I am not sure how far it would be from Iraq at today's driving times, but one would have Syria in between and Turkey was effectively secure when I crossed the border that evening and saw about a hundred miles of soldiers elbow to elbow with machine guns just standing there on either side

of the road. I guess that was why the entire Greek National Guard was on maneuvers on the other side of the border we had just come from. Well, it was a Red and White Opel like in the International Red Cross, and we had met with the head of the International Red Cross in Athens whom we tried to look up in Istanbul, but he did not show up. I think in Turkey it is called the Red Crescent. Well any way we all had a very enjoyable tour of Greece and Turkey. One eats a lot of lamb when one is in those countries along with salads. Thus having briefed the reference librarian about a safe place for the media, I departed the library. I then drove by the Arnold Bread outlet, and I bought a package of Arnold Herbal stuffing for \$1.99, a Deluxe French Bread cheese cake for \$1.89, a 8 pack of hotdog buns for .99, and three loaves of Arnold 12 grain bread for .99 each for \$7.84 each minus 10% senior discount of .78 for \$7.06 total. I then went by the Smokes for Less store in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$26. I next returned home. I had a chilled A&W root beer in a frosted mug. I put the silver stags head bottle holder on the Danish bar next to the Queen Elizabeth II whiskey jug with a bottle of French white wine in it. I think it is made for a bottle of Scotch, but I do not have any regular size bottles of Scotch just a half gallon of Dewars Scotch which would not fit in it. I threw out the two old containers of Romanoff caviar. I am a bit tired, so I will probably shut down the computer directly and head off to bed. CIO

Note: <888> 11/13/02 Wednesday 7:35 A.M.: I will go out shortly to pursue the more mundane routine activities of daily life in our quiet hamlet of Greenwich. CIO

Note: <888> 11/13/02 Wednesday 7:00 A.M.: I enjoyed the state opening of parliament and the Queen's speech. The BBC on the internet had complete coverage, and the American broadcast company CNN covered part of it, but their commentary was not very useful or relevant compared to the BBC coverage. I am still watching the internet broadcast. CIO

Note: <888> 11/13/02 Wednesday 5:50 A.M.: One can follow the State Opening of Parliament in ten minutes at [http://news.bbc.co.uk/1/hi/uk\\_politics/2448027.stm](http://news.bbc.co.uk/1/hi/uk_politics/2448027.stm) and 35 minutes into the broadcast one can listen to the Queen's speech. CIO

Note: <888> 11/13/02 Wednesday 5:05 A.M.: Well since my web address ?mrscott.com? no longer refers to my geocities web site that is harder to remember. One can find it easily by searching [www.google.com](http://www.google.com) for either ?Scott's Notes? or

**?Michael Louis Scott?. Since I get no feed back from any of the random users, I really do not try to evaluate my web site usage. I will now have two hot dogs with Dijon mustard and Heinz ketchup and buns and potato chips and a dill pickle spear and ice tea. CIO**

**Note: <888> 11/13/02 Wednesday 4:15 A.M.: I found .26 in one of the washing machines when I did laundry. The laundry downstairs now costs .90 a machine instead of .85, and one has to put \$5 increments of amounts on the laundry card to use it. I have \$6.65 on my laundry card at the moment. I just swept off the wet leaves off the two wooden benches in front of the building. Basically sometimes one gets tired of reading the internet news spam since frequently it does not seem relevant to my immediate situation. CIO**

**Note: <888> 11/13/02 Wednesday 3:50 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I just deleted 400 emails without reading their contents. I did look at the topics to see if there were any personal messages. CIO**

**Note: <888> 11/13/02 Wednesday 3:10 A.M.: I put away the laundry. CIO**

**Note: <888> 11/13/02 Wednesday 2:20 A.M.: I have .17 left on my Net2Phone account, so hopefully they will credit the \$25 U.S. postal money order I sent to them 11 days ago to my account soon. I suppose once it gets cold enough with all the rain we have been having recently, we might get a bit of extra snow this winter in this region depending on whether it is freezing or not. CIO**

**Note: <888> 11/13/02 Wednesday 2:10 A.M.: Well I am cleaned up and am fresh as a daisy. The big excitement starting at 8:30 A.M. this morning is the Greenwich Hospital Thrift shop is opening up its annual Holiday display of gift items and other various items donated for sale by the general public. I will probably go by at opening, but since I do not need anything, I will just browse. I have 35 minutes left on the dry cycle. Before Thanksgiving I need to buy a little Butterball boneless precooked turkey breast, yams, cranberries, vegetable, Heinz turkey gravy, and stuffing for my Thanksgiving dinner. I will wait for a few days before Thanksgiving. Well the modern aviation generation is amongst us with many of**

their modern devices, so whatever they discard is frequently new to other people.  
CIO

**Note: <888> 11/13/02 Wednesday 1:30 A.M.:** Well the Hartwick Radio company coal stove that I bought 14 years ago when I moved in here for \$50 at a tag sale on Mayflower Lane is now thanks to a friend who traded it for appliances in the president of Maytag appliances office down there in eastern Tennessee which the Hartwick Radio company evolved into. Meanwhile before I clean up, I am doing my laundry, and I am on the wash cycle, and I also put clean sheets on the bed. Of course if we ever get a cold winter, and one needs an old caboose coal stove to travel around the country in like Eleanor Roosevelt use to travel around during World War II visiting the people that type of stove still might come in handy if one still had a caboose and a railroad all hypotheticals, and one would probably need someone strong enough to mine coal and shovel it. For the moment I am warm and comfortable. CIO

**Note: <888> 11/13/02 Wednesday 12:50 A.M.:** I had the cappuccino outside. It is like an English drizzle outside. They use to say the English rain was good for the complexion, unless of course one caught pneumonia. I guess I will now shower and clean up. I am not sure whether I will go for a drive or not since I do not think there is really need to waste energy driving when the same cost of energy keeps the apartment warm and comfortable. I guess all of these high energy people flying over my heads can afford to have warm accommodations when they arrive. I believe in Greenwich, Connecticut one of the more reasonable priced motels is the Howard Johnson Motor Lodge in Riverside, Connecticut is \$69 a night with the HoJo spirit America 30% discount if available and one asks for it when booking ones reservation. One can book it at [www.expedia.com](http://www.expedia.com). They only allow a certain number of Spirit America discounts per motel, so sometimes they are used up. I just checked with Howard Johnson's reservation number 1-800-446-4656 in Eastern Tennessee and they said the rate was available for today's check in this morning the 13th, but otherwise according to their desk with tax it would be \$102. I guess it is time to clean up. CIO

**Note: <888> 11/12/02 Tuesday 11:50 P.M.:** If one gets hungry around here, I was told by a friend that never seems to run of food that the deer hunting season starts this Monday in Massachusetts, but I am not sure it is starting in Connecticut or not.  
CIO

**Note: <888> 11/12/02 Tuesday 11:45 P.M.: I mixed in a little dish a 50% - 50% mixture of horseradish and Heinz ketchup to have as a sauce for the fish fingers. It is similar to shrimp sauce. In the old days in Greenwich where the Chinese restaurant is on West Putnam Avenue next to Wendy's we had an Arthur Treachers Fish and Chips which I always found most enjoyable. I believe there was also one on Third Avenue in Manhattan around 64<sup>th</sup> street, and when I could occasionally afford it, I would have their fish and chips. They served their fish with a malted vinegar instead of shrimp sauce. I will now make my cappuccino. I am not sure whether I will have it inside or outside depending on the rain. CIO**

**Note: <888> 11/12/02 Tuesday 11:15 P.M.: I am cooking a half box 9 ounces of Van De Kamps frozen fish fingers in the convection oven at 425 degrees Fahrenheit for 15 minutes. I will have them for a meal with some potato chips and ice tea and a cappuccino. I guess I am on a later schedule. It is suppose to rain until Monday according to one source. CIO**

**Note: <888> 11/12/02 Tuesday 10:55 P.M.: I watched some television, and I fell back to sleep. One interesting story was when I left Nantucket in October 1978 with a 1972 Subaru that I bought there for \$150 which had been in Dillon, Colorado with a Polaroid Company ID on it. I put in a new clutch in the car which was a bit difficult particularly lifting the engine out of the car. It shows what one can do when one is young at age 28. Anyway on the first trip across country to the west coast I was driving on Interstate 10 in West Texas, and I got off the interstate in Midland, Texas to get gasoline at a general store there that sold gasoline. There were some young girls on the porch practicing ballet. Anyway the service station attendant checked my oil, and when he closed the hood on the Subaru, he did not shut it all the way, so shortly on the way down the highway; the hood flew up and cracked the windshield across the entire windshield. Thus for about the next few months, I drove threw out all of California exploring it for the first time with a cracked windshield, and I explored many salvage yards without finding a replacement one. Eventually around that December in a salvage yard in Fort Lauderdale, I found a replacement windshield which I installed. Apparently the Subaru was originally designed by Howard Hughes and when they first introduced them into this country, they had a race track in Fort Lauderdale where people could rent them and run them at high speed. Thus there were quite a few old Subarus of the 1972 vintage in the Fort Lauderdale salvage yard which were not apparently available on the west coast. Since the Howard Hughes medical institute was in Fort Lauderdale also besides the primary location in Texas <http://www.hhmi.org/> apparently Hughes or some of his associates were in Fort Lauderdale also. One local fisherman here bragged that he once broke into Howard Hughes' penthouse in the Bahamas. Thus with these popular people in the news from Texas recently, it seems that Howard Hughes' personnel are also involved. When I first came back to**

Greenwich off from Nantucket, one of my original contacts was someone that was involved with Howard Hughes' family's Episcopal church in Houston, Texas. Thus despite the other popular financial czars in the area, once one travels out of this area, it seems that the Hughes network is also in existence whether Howard is or not is another question. CIO

Note: <888> 11/12/02 Tuesday 7:20 P.M.: I was up at 6 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I noticed in a small article in the Greenwich Times last week that Westchester County is NOT going to spend \$30 million for an airport deicing facility for Westchester County Airport nearby. Thus if we get any ice conditions in the future winters which occasionally we do, travelers will have to use the larger metropolitan airports in the New York area. Apparently the facility would also cause environmental problems with the ethanol glycol run off into the local ground water. It is a general rule of thumb if one has ice on the plane, one should not try to take off without deicing. Well, I guess I will clean up and explore our local library if it is still open by the time I get out. I guess I am on a night schedule which is not unusual for me. Also I saw on the Discovery Channel how herds of Killer Whales in Argentina come out half way on the beach and eat sea lions and seals. I was wondering if any Killer Whales occasionally along our shores in North America come out of the water on shore and eat swimmers, sun bathers, beach walkers or fishermen. CIO

Note: <888> 11/12/02 Tuesday 7:00 A.M.: I had eight more Danish cookies. I watched some television. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 11/12/02 Tuesday 4:15 A.M.: I had four Danish cookies and ice tea. CIO

Note: <888> 11/12/02 Tuesday 4:10 A.M.: I would have been at the Bermuda airport in spring of 1968, the Santa Barbara, California airport where the guppy was around 1978 to 1980 flying in once, driven by the Rockford, Illinois Air Force Base a number of times, by the Marathon, Florida Key airport a number of times, Düsseldorf and Munich, Germany on the Innsbruck trip. I recalled seeing the entrance to Pope Air Force base once driving across country around Louisiana. I visited the Schipol airport in Amsterdam when I visited there on the Albertville trip. I exited Oslo, Norway in 1983 via the civilian airport different from the military one I arrived in. I have driven by the Danbury, Connecticut airport a number of times.

I also recall there was an air strip next to the Mount Vernon and Bartlett Farms on Nantucket. I lived near the Great Lakes, Illinois Naval air station while in college. I recalled that Fort Sheridan south of Lake Forest College had an air strip. I believe I might have had a stop off in Pittsburg once or twice going to the Midwest and possibly in Ohio on other trips during my college years. When I lived on Long Island, I lived near the Grumman manufacturing family, and of course here in Greenwich a lot of the original Pan Am people once lived nearby, and I have family in Vero Beach, Florida where Piper Cub is, and I have flown in there before too. Thus I treat my apartment like a Pan Am VIP suite which the Pan AM flight bag symbolizes. Of course I still have my KLM, Air Canada, and Gucci flight bags. I gave away the British Air flight bag to someone whom had never flown before. I still have a size 38 too small for me men's Brooks Brother's brown Leather bomber jacket made in New Zealand. While in San Francisco, California airport around 1979, I saw the reinauguration of the Pan Am Clipper Flight to Shanghai, China take off, and I viewed the guest book, but I do not recall signing it. I recall the name of a prominent electronics family from Wellesley, Massachusetts in the guest book though. Thus my own personal select Pan AM guest suite is still functional and maintained. I am trying to remember another airport, I just remembered and then forgot. As yes, I visited a family relative and flew in and out of the Tulsa, Oklahoma airport around 1971 coming and going from and to O'Hare in Chicago, Illinois. The last time, I flew I was arriving back from Paris, France from the Albertville Winter Olympics trip about 10 years ago arriving at JFK airport in Manhattan where they photographed me for Russian television for some odd reason. CIO

Note: <888> 11/12/02 Tuesday 2:45 A.M.: On the two trips to Tobago in 1971 and 1972, the BWIA jets stopped off also in Trinidad and Barbados, so I have been in those airports also. I recall in the old days of frequently traveling on the Chemstrand Monsanto company jets, I flew in and out of Huntsville ? Decatur, Alabama airport, Raleigh Durham, North Carolina, Chatanooga, Tennessee, Atlanta, and Dalton, Georgia, Pensacola, Florida, Washington D.C. National airport now Reagan airport, Teterboro airport near Trenton, New Jersey, McArthur airport on Long Island formerly or presently Roosevelt Field, Westchester county airport in White Plains, New York. I also while living in Boston and going to school north of Chicago flew in and out of Boston Logan airport, Chicago O'Hare airport, Chicago Midway airport, Detroit airport, Colorado Springs airport, Denver airport. While living in Nantucket, I flew out of New York LaGuardia airport, Hyannis, Massachusetts airport, Martha's Vineyard airport, JFK airport in New York. I also have flown to Florida in the last 20 years out of Newark airport though Baltimore, and the trips to Norway, Washington D.C. National for Reagan's 1980 inaugural, Frankfurt, Tobago, Düsseldorf, and probably changing between Chicago and Boston were out of JFK in New York. I also flew out of Bradley Field in Windsor Lockes, Connecticut once to Chicago. I flew into Toronto airport twice from New York Laguardia around 1983 and from Boston in 1973 and maybe one



other time from New York, but some times I took the train to Toronto. I also have been in the Rome, Italy Leonardo Da Vinci airport coming from Boston in 1972 and the Athens, Greece airport coming and going in the spring of 1972 along with the Lanzarote airport and the Malaga, Spain and Seville, Spain airports coming and going from Lanzarote. Thus with the stops in the Bahamas, Copenhagen, St. Thomas, Virgin Islands, Key West, Florida, San Juan, Puerto Rico, Hawaii, Maui, San Francisco, Las Angeles, and Orange County airports have also been parts of my itinerary. I might have landed once at Stuart airport further up the Hudson River and also at the Rochester Utica, New York airport around 1969. I might have also been in some other airports that I have forgotten over the years, because it is hard to remember a lot of the stops on the Chemstrand Monsanto company plane like possibly Birmingham or Mobil, Alabama, or Nashville, Tennessee or Knoxville, Tennessee. Thus I have a bit of experience in aviation. I also recall traveling by jet from Westchester County airport to Greenville, Spartanburg South Carolina airport when I lived down there for six months in 1976. I also have traveled in or out of the Fort Lauderdale, Miami, Melbourne, West Palm Beach, Tampa, Jacksonville, Coco Beach and Orlando airports in my travels. I once visited the Tucson, Arizona airport, but I did not travel into it. I also have visited Otis Air Force Base on Cape Cod, Massachusetts, Andrews Air Force Base and Dulles airport outside Washington D.C., Kelly Air Force Base in San Antonio, Texas, Homestead Air Force Base in Homestead, Florida, Patrick Air Force Base near Coco Beach, Florida, Pease Air Force Base in Dover, New Hampshire, Frankfurt Rhine Mien Air Force Base in Frankfurt, Germany, Offutt Air Force Base, in Omaha, Nebraska. I have driven near McDill Air Force Base near Tampa, Florida, and more than likely in my travels around the Midwest, I drove by Scott Air Force base in Illinois not to mention there was another Air Force base near Champaign, Illinois I think called Chanook or Rantool Air Force base which I can not recall if I ever flew in and out of, but I think I once did from Champaign besides the train. Thus if I have a good memory, the game would be to remember what other airports like Stratford, Connecticut airport or Virginia Beach, Virginia airports which I also have flown into along with Portland, Maine. Let's see what I can remember. There is San Jose, California on the way back from Hawaii, Grand Rapids, Michigan coming and going from Holland, Michigan, Atlanta Hartsdale coming or going from Florida and the old Atlanta airport while in Alabama, Baltimore, Maryland going to Greenville, South Carolina. Still more than likely I changed planes somewhere a long time ago, and I forgot about it like Paris Orly or Chales De Gaul airport when I went to the Albertville Olympics or Monterey, California airport while vacationing in Carmel, California. Still, this is a good summary of my aviation experience. I once spent the night at Denver's old airport during a blizzard while driving back from California. I also drove by Lawrence Livermore Laboratory airport once, plus when one drives around the country one tends to see a lot of other municipal airports.

**Note: <888> 11/12/02 Tuesday 1:45 A.M.:** In my note last night, I mentioned a few places around the waterfront I had been. When I was around the Mediterranean sea, I was actually an art student in Florence, Italy; but since it was cold there that winter in 1972, I got a U-rail pass after about six weeks, and I travel over to Pisa and up the Italian coast and through Switzerland to Grenoble, France where I visited some friends. I then occasionally headed down the eastern Spanish coast to Barcelona and toured there along with going to Malaga, and eventually catching a jet to Lanzarote on Iberia airlines where I stayed a couple of weeks. After about three month in Europe, I participated in another art program out of Athens, Greece with another Lake Forest College group, and we toured most of mainland Greece, and I also acquired a 1962 Red and White Opel station wagon, and I drove with a classmate to Turkey to join up with the rest of the group that flew. Thus I saw most of the mainland Greece coast line along with the islands of Crete and Hydra, and much of the western coast line of Turkey to Selchuck and back up the Bosphorus to Istanbul. I never crossed the large bridge into Asia. Also on the trips to California, I spent most of the time when I had a car driving up and down the California coast line between Fort Bragg, California about a day?s drive north of San Francisco and as far south as San Diego with frequent stops in Laguna, Santa Barbara, Santa Cruz, and Palo Alto. Of course in driving to California from the east coast of the United States I crossed the country on Interstates I-80, I-70, and I-10 on different trips. While in Florida in 1976 to 1983 period during the winters that I was there, I was in Fort Lauderdale, Boca Raton, Key West, and Daytona; however I spent a good deal of the time traveling the coast south from Flagler to Key West and up the west coast to Tampa. Thus I saw a great deal of the Florida coast. I made the side trip in January of 1978 to Paradise Island in the Bahamas where I met up with the British. During the summers in Nantucket, I would frequently stay from around the first of April or May until December when I was there between 1975 and 1983 getting to enjoy the full season. On the trip to Oslo, Norway in February 1983, I actually had a round trip ticket to Stockholm, Sweden and a week?s stay at the SAS hotel there for about \$700 entire package, but the plane arrived at the military airport in Forneburg, Norway outside Oslo, and everyone departed the plane, and took a bus to the SAS hotel in Oslo near the palace. However, when I arrived at the desk at the SAS hotel in Oslo, I was told the ticket agent at JFK airport in New York had only sold me a one way ticket to Stockholm for \$700, so the rest of the package tour was not included. Thus I was swindled by SAS. A family member paid for the stay in Oslo and the return fare. One can verify the fare offered by SAS in the New York Times, by looking at its sale advertisements in the New York Times that winter in February and January of 1983. The SAS jet back did stop in Copenhagen, but I did not leave the terminal, but only bought two cartons of Prince Cigarettes. I have also been to Canada close to 10 times. I believe coming back from Michigan a time or two we drove through Canada and reentered via Niagara Falls. I also had a classmate from college that lived in Canada for while. Also I visited on my own a few times to enjoy the Canadian outlook on life. I believe on two trips to California or one, I went via Canada as far as Michigan. Thus visiting Toronto and Montreal could be considered waterfront visits. On the Albertville, France winter Olympics trip, I visited Paris, France; Amsterdam, Holland; Lyon,

France; Chamonix, France and Geneva, Switzerland besides the areas around Albertville, France plus going to Amsterdam and leaving, we drove through Belgium and Luxemburg. I also once took a three day trip to Frankfurt, Germany and toured the city around December 1981. Capital Airlines had \$100 one way trips to Germany. When I went to Innsbruck, Austria in February 1987, we flew into Düsseldorf and transferred to Munich before heading to Innsbruck. On the trip to the Virgin Islands in October 1972, I changed planes in Porto Rico. I drove through Texas a couple of times coming and going to California. Thus I have seen a good deal of the eastern Atlantic coast from as far north as Bowden College, Maine to Key West and the western Pacific Coast from San Diego to Fort Bragg, California. Thus I have traveled enough to have a general feeling of the world and having lived around the New York area for so long, I pretty much have seen tourists and representatives from most everywhere in the world over 41 years not to mention also in the other destinations I have visited. When I have traveled, I have always tried to behave myself and conduct myself as if I were at home. Well, I guess since Greenwich is not much of a travel destination and since most people read books here a lot, we are sort of off the beaten path. CIO

Note: <888> 11/12/02 Tuesday 12:45 A.M.: I watched a bit of television. I am in the process of cooking a Stouffer's Home-style Pot Roast dinner which I will have with ice tea. Well, there is not much happening here as far as I can tell. CIO

Note: <888> 11/11/02 Monday 10:35 P.M.: I went out, and I drove downtown. I sat out for a while. I drove down by the waterfront. I just now returned. I will now do a little bit of regular computer work. CIO

Note: <888> 11/11/02 Monday 9:45 P.M.: I was up at 3 P.M. when a friend dropped by. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and I had coffee outside. My guest had the rest of the cold eye round with Hellmann's mayonnaise in a sandwich. We went for a drive down by the waterfront. We walked lower Greenwich Avenue. We returned to my place. We had some potato chips. We watched some television. We had dinner of two hotdogs each with buns and Dijon mustard and Heinz ketchup and dill pickle spears and ice tea. I also finished off the pint container of cashew and praline ice cream. My guest just left. I just chatted with a relative. CIO

Note: <888> 11/11/02 Monday 5:45 A.M.: I will now shut down the computer, and I will go to bed directly. CIO

Note: <888> 11/11/02 Monday 5:10 A.M.: I have been watching <http://booktv.org> , and there was an author Kevin Phillips author of 'Wealth and Democracy' that mentioned that the United States of America has two trillion dollars of debt. Thus if we still have 288,475,392 million population <http://www.census.gov/cgi-bin/popclock> give or take nine million illegal aliens, it mean that each resident of the United States of America owes about \$6932.99 in debt. Thus even if one is not personally in debt, one's share of involvement of the country's debt tends to be sizeable. Well, I will now put the ice tea in the refrigerator. CIO

Note: <888> 11/11/02 Monday 3:25 A.M.: Well, I watched a bit of television. I had a few more dried apricots. I took a nap until just now. Well, today is Veterans Day. I will try to explain my limited knowledge of the military. I was born in Alton, Illinois where my family lived on the banks of the Mississippi River across the river from St. Louis, Missouri. I thus probably developed a fondness for the waterfront. Until my family moved to this area in 1961, we use to vacation in Holland, Michigan where once again the view of the waterfront of Lake Michigan was available. After two years in Alton, Illinois we lived outside Washington D.C. in Martinsville, Virginia where possibly there was the view of another river. We then lived in Pensacola, Florida from 1954 to 1956 where supposedly the U.S. Navy has activities along with a view of the waterfront. Next we lived in Decatur, Alabama from 1956 to 1961 which was near the Redstone Arsenal and the Tennessee River. We moved to this area about 1961 where we still have a view of Long Island Sound. We also lived outside Boston from 1968 to 1972 which has the views of Boston harbor along with many trips to Cape Cod and other shore locations in New England. During those same years, I was in college in Lake Forest, Illinois on the other side of Lake Michigan from Holland, Michigan. While in college, I visited the Mediterranean for six months and Lanzarote in the Canary Islands. When I was out of college, we moved back to Greenwich, and I was around Manhattan Island a good of the time until 1994 when I quit going into the city every night. I also lived out on Long Island in that period on the so called North Shore gold coast, as well as summers in Nantucket from 1975 to 1983. I also was down on the Atlantic and Gulf Coasts of Florida for several winters in that period. I also visited the California Coast line about five times. About ten years ago, I visited the North Sea in Amsterdam, Holland and in 1983, I saw Oslo, Norway. I also visited Bermuda in 1968 , the Bahamas in 1978, St. Thomas and St. Johns in 1972, and Tabago in 1971 and 1972 and Maui and Hawaii in 1980. Thus I have been around the waterfront quite a bit of my life. Still at my weight, I am not a very good swimmer, and I do not know how to handle a boat or navigate. Thus my experience around the waterfront is more than most people, but I do not pretend to be the expert. I am now in the process of making [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

**Note: <888> 11/10/02 Sunday 10:55 P.M.:** It is not like I am under house arrest, but on some days in order to relax and catch up on one's rest, it is necessary to stay home all day, thus breaking up the routine of going out every day. Of course this time of year we could have wild cats migrating south in the ridge areas, so I guess it is necessary to stay vigilant when out in the evenings. CIO

**Note: <888> 11/10/02 Sunday 10:55 P.M.:** I had some cashew and praline ice cream. I watched some television. CIO

**Note: <888> 11/10/02 Sunday 9:40 P.M.:** I had some dried apricots before going to bed this morning. I was up at 3 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and then I had a coffee outside. I fell back to sleep until 6 P.M.. I watched some television for a while. I chatted with a former neighbor who told me it is going to reach 70 degrees Fahrenheit tomorrow. I guess I will be on a night schedule. I just had the same meal as last night, and I had a 50% Brazilian instant coffee and 50% Folgers? decaffeinated instant coffee outside. CIO

**Note: <888> 11/10/02 Sunday 3:30 A.M.:** Well, I searched the sale ads for Sunday. I did a little bit of other computer work. I will now shut down the computer, and I will go to bed soon. CIO

**Note: <888> 11/10/02 Sunday 2:50 A.M.:** I just went outside briefly, and the skunk was on the side lawn, but it quickly took off into the woods. CIO

**Note: <888> 11/10/02 Sunday 2:40 A.M.:** I downloaded and installed [www.lavasoftusa.com](http://www.lavasoftusa.com) Ad-aware program, and I ran it. I eliminated 66 problems, and the system seems a bit more responsive. I watched some television while doing this. I also had two scoops of toffee ice cream. CIO

**Note: <888> 11/10/02 Sunday 12:15 A.M.:** I am in the process of consuming 10 apricots. CIO

**Note: <888> 11/10/02 Sunday 12:05 A.M.: I chatted with a relative. I had the same dinner as last night. I watched some television. CIO**

**Note: <888> 11/09/02 Saturday 10:00 P.M.: I went out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I just now returned home. I chatted with a relative. CIO**

**Note: <888> 11/09/02 Saturday 6:35 P.M.: I had a half dozen apricots before going to bed last night. I was up at 2 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplement and the I had coffee outside. I just finished my house cleaning and watering the plants while listening to some CD music. I just now chatted with a relative. I will now have two hotdogs with buns and Dijon mustard and Heinz ketchup and potato chips and two quarter length dill pickle slices and ice tea. I will then have a cappuccino outside. I will then clean up, and I will go out for some fresh air. CIO**

**Note: <888> 11/09/02 Saturday 4:35 A.M.: I have the backup computer squared away and running fine. I will now shut down the primary computer, and I will go to bed soon. CIO**

**Note: <888> 11/09/02 Saturday 2:45 A.M.: I have been doing a little bit of regular computer work. I have to reinstall the Norton Personal Firewall on one of the partitions on the backup computer. CIO**

**Note: <888> 11/09/02 Saturday 12:10 A.M.: After dinner, I had two scoops of toffee ice cream. I will now do some regular computer work. CIO**

**Note: <888> 11/08/02 Friday 11:00 P.M.: I went out, and I stopped by the Greenwich Library. I read the Greenwich Times. I also read this month's PC Magazine. I was disappointed to learn that Jim Seymour had passed away <http://www.pcmag.com/article2/0,4149,613919,00.asp> having read his column for many years. I checked out four McCartney and three Elvis CDs. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I stopped by the Food Emporium, and I bought buy one get one free**

of Edy's Dreamery ice cream caramel toffee and cashew praline for \$3.59 both. I returned home, and I had a message from a relative on the answering machine. I will now have four 1/4 inch thick slices of cold eye round beef with horseradish and Lea and Perrins Worcestershire sauce, reheated steamed white rice, steamed fresh broccoli, asparagus, and cauliflower, and ice tea. CIO

End of Scott's Notes week 11/08/02:

Note: <888> 11/08/02 Friday 6:35 P.M.: I had a call from a relative at noon today. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee outside. I fell back to sleep until 5 P.M.. I had a meal of three hotdogs on two buns with Dijon mustard and Heinz ketchup, potato chips, two dill pickle quarter slices, ice tea, and a cappuccino outside. I checked with Net2Phone 1-877-627-4663, and they said they would look into why my account has not been credited the \$25 I sent via U.S. postal money order last Friday. I updated [www.geocities.com/mikelscott/nasa.htm](http://www.geocities.com/mikelscott/nasa.htm) and [www.geocities.com/mikelscott/nasa-113.htm](http://www.geocities.com/mikelscott/nasa-113.htm) . I will now send out my weekly notes. CIO

Note: <888> 11/08/02 Friday 12:55 A.M.: I had some goldfish crackers and ice tea. I watched some television. I will now shut down the computer, and I will go to bed in a little while. CIO

Note: <888> 11/07/02 Thursday 10:55 P.M.: I had a call from a relative. I chatted with a friend. I finished off one of the containers of Edy's dreamery toffee ice cream. CIO

Note: <888> 11/07/02 Thursday 9:40 P.M.: I had my cappucinno outside. I updated WeatherBug. I will now do some regular computer work. CIO

Note: <888> 11/07/02 Thursday 8:35 P.M.: I had goldfish crackers and ice tea before going to bed last night. I was up at 2 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and

I went out. I went by Putnam Trust Bank of New York on Mason Street. They will be closed tomorrow at 3 P.M. and on Saturday since they are installing new IBM computer equipment. I then drove over to the Mobil Express Lube Car wash, and I got my Hyundai washed for \$5 for the Express Wash. I then drove out to Tod's Point and parked in the southwest parking area. I noticed a car from Montana, so maybe they brought the cooler weather. I then drove over to the southeast parking area. I gave two regulars tide charts. I then toured Staples in Old Greenwich. They were out of the Oxford Clip binders I use for binding the printouts of my notes. I then went to downtown Greenwich, and I walked the entire length of Greenwich Avenue. I stopped by CVS, and I bought a box of 28 two packs of Tide tablets for \$4.99 and a can of Danish cookies for \$1.99 plus .30 tax for \$7.28 total. I sat out for a while. I then drove down by the waterfront. I next stopped by the Greenwich Library, and I read the local newspaper. I then stopped by Exxon, and I bought \$6 of regular unleaded gasoline at \$1.699 a gallon for 26 miles per gallon. I next stopped by the Stop and Shop, and I bought a 16 ounce package of Kosher apricots for \$2.99, a head of cauliflower for \$1.99, two 18 ounce boxes of Van de Kamp's fish tenders for \$2.64 each, Angus Eye round roast at \$3.29 a pound for \$7.29, a 12 ounce bottle of Lea and Perrins Worcestershire sauce \$2.29, three package of S&S margarine \$2 for \$21.84 total. I then returned home. I seasoned on all sides the eye round with Old Bay seasoning, garlic powder, celery salt, ground black pepper, poultry and meat seasoning, Italian spices, oregano, basil, and Texas best barbeque sauce. I am just about done cooking it in a roasting pan on a meat rack in the convection oven at 350 degrees Fahrenheit for 45 minutes. I will have two half inch slices of it with steamed white rice and steamed fresh cauliflower, asparagus, and broccoli crowns along with ice tea. I will then have a cappuccino inside. I chatted with a friend. It is 29 degrees but suppose to be in the mid 50s tomorrow. CIO

Note: <888> 11/07/02 Thursday 1:05 A.M.: I printed out four copies of the November tide chart. I watched some television. Well, I guess I will shut down the computer. I will probably watch a bit of television or go to bed directly. It feels cold out. [www.weatherbug.com](http://www.weatherbug.com) says it is 41 degrees Fahrenheit. CIO

Note: <888> 11/06/02 Wednesday 11:20 P.M.: Any waterfront observers here in town might have noticed that the tides with the new moon this time of year are very extreme. This links is to the November 2002 Greenwich, Connecticut tide chart <http://www.maineharbors.com/ct/novgrw02.htm> . CIO

Note: <888> 11/06/02 Wednesday 10:40 P.M.: If one should be getting the cold weather blues and one has reached middle age, one might enjoy listening to some



oldies such as available through the internet at <http://www.warx.com/> . One can search the term ?Oldies? from the Radio station menu on the Microsoft Windows Media Player 9. CIO

Note: <888> 11/06/02 Wednesday 9:55 P.M.: Dinner was delicious. I had my coffee outside, so I could sneak a couple of cigarettes. I took the big new throw pillow on the long green couch, and I put it on the left side of the couch, so can one can relax against it while watching television. I spread the smaller throw pillows along the rest of the back of the couch. Although, it is not symmetrical, it is more comfortable for any couch potatoes using it. Net2Phone still has not added the \$25 to my Net2Phone account that I sent in last Friday. It would seem it would have been added by now, since it was only sent to Newark, New Jersey. CIO

Note: <888> 11/06/02 Wednesday 9:10 P.M.: I will have dinner in a few minutes. I think I will have my coffee inside, since it is a bit cool 44 degrees Fahrenheit outside. I received my CompUSA \$35 gift certificate today. I will wait until next week when they have more items on sale to use it. CIO

Note: <888> 11/06/02 Wednesday 9:00 P.M.: I took the double thick 2 inch thick pork chop, and I cut the bone off it. I then took the Pyrex pie dish, and I added a couple of tablespoons of olive oil, and I rubbed the chop in the oil. I then seasoned each side with Old Bay Seasoning, garlic powder, celery salt, poultry and meat seasoning, Italian spices, Oregano, Basil, and then I spread on Texas Best Barbeque sauce. I am cooking it in the convection oven at 350 degrees Fahrenheit for a half hour. I will have the chop with reheated steamed white rice, and steamed fresh broccoli and sliced asparagus, along with ice tea, and 50% Folgers decaffeinated instant coffee and 50% Brazilian instant coffee. I will probably have the coffee outside. I put a new sponge refill on the dishwashing wand. CIO

Note: <888> 11/06/02 Wednesday 8:15 P.M.: I dug through about every drawer and storage area in my apartment looking for my soldering iron and solder. I missed it where I first looked in my yellow plastic tool box on the floor of the sweater closet, but after looking everywhere else; I found it in the tool box. I need it to solder my copper bracelet which since it is solid brass rapped with a copper strand, the strand was starting unravel, so I soldered it at the end, so hopefully it will be fine now. I wear the copper bracelet to help with my arthritis. I found a Glade Hawaiian Breeze refill which I installed in the kitchen. I just chatted with a friend. I will put

the lemon oil refill I made with the empty Glade refill in the bathroom to see if it works. CIO

Note: <888> 11/06/02 Wednesday 7:15 P.M.: I watched television and had some goldfish crackers and ice tea until 3 A.M. this morning. I was up at 2 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and then I had coffee outside. I went out, and I stopped at Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I next walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library, and I checked out a DVD video disk, and I read the Greenwich Times. I noticed in the election results that over a thousand people voted absentee ballots, so quite a number of residents must be elsewhere. I then drove over to the VitaminShopper <http://www.vitaminshoppe.com/> in the Port Chester, New York shopping center, and I bought Vitamin Shoppe brands of One Daily with Lutein multivitamin 100 tablets \$12.57, E-400 IU 100 count \$9.57, Niacinamide 500 mg. 100 count \$4.76, C-500 Complex 100 count \$4.76, B-12 500 mcg. 100 count \$4.76, Deodorized Garlic 500 \$5.37 100 count, Coral Calcium 1500 mg. 90 count \$16.17, B-Complex 50 100 count \$7.17 plus a \$10 discount for over \$50 purchase with the certificate I received in the mail for \$55.13 total. The VitaminShopper brand of Coral Calcium is about 50% cheaper than what I bought several months ago. I wonder if there is any Coral Calcium in the Florida Keys or if it has to come from Japan. I then returned to my apartment. CIO

Note: <888> 11/06/02 Wednesday 12:55 A.M.: I watched a bit of television. I will now shut down the computer, and I will go to bed after watching a little bit of television. CIO

Note: <888> 11/05/02 Tuesday 10:50 P.M.: I had two scoops of Edy's toffee ice cream. I did a little bit of regular computer work. CIO

Note: <888> 11/05/02 Tuesday 9:55 P.M.: I watched some national election coverage. I chatted with a relative. CIO

Note: <888> 11/05/02 Tuesday 8:10 P.M.: I had my cappuccino outside. I noticed the skunk outside on the sidewalk before I went to bed last night. It seemed be out

for an evening stroll. I am listening to the local election returns on 1490 AM radio.  
CIO

Note: <888> 11/05/02 Tuesday 7:05 P.M.: I took one of the double thick 2 inch thick pork chops, and I cut off the bone. I then took a Pyrex pie dish, and I put a couple of tablespoons of olive oil in the dish, and I rubbed the chop on all sides in the oil. I then seasoned one side with Old Bay seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, Oregano, and Basil on one side, and I turned that side down on the oiled dish. I then put about six tablespoons of La Choy low sodium soy sauce on the chop and the dish along with a couple of tablespoons of lemon juice, dashes of Lea and Perrins Worcestershire sauce and I put the same seasoning on the top side of the chop along with two chopped cloves of garlic. I am cooking it in the convection oven at 350 degrees Fahrenheit for 17 minutes a side or 34 minutes total. I will have it for dinner with steamed white rice and steamed fresh broccoli crowns and sliced asparagus and ice tea. I then will have a cappuccino. CIO

Note: <888> 11/05/02 Tuesday 6:30 P.M.: I had some goldfish crackers and ice tea before going to bed last night. I was up at 1 P.M. this afternoon. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and then I had coffee outside. I then cleaned up. I went out and voted at the grade school in Byram by the Byram library. I then stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I bought a beige pattern throw pillow about 18 inches by 18 inches for \$2.50. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the local paper. I then went by the Food Emporium, and I bought four half gallons of Florida Natural Orange juice with calcium for \$2.50 each, two Stouffer's Hearty pot roast dinners for \$2.15 each, one Stouffer's 21 ounce lasagna for \$2.75, two Edy's Dreamery toffee ice cream pints buy one get one free for \$3.59 both, Lysol Lemon cleaner 52 ounce bottle \$4.29, Borden's quart of real lemon juice \$2.29, a pint of La Choy low sodium soy sauce \$2.19, a five ounce bottle of China Bowl Sesame oil for \$3.69, and a 15.5 ounce bottle of Bornier whole grain mustard for \$2.89, fresh asparagus at \$1.99 a pound for \$2.09, and double thick center cut pork chops two count package at \$1.99 a pound for \$3.70 plus .26 tax for \$42.04 total. I then returned home, and I put away my purchases. I put the pillow on the center of the long green sofa. CIO

Note: <888> 11/05/02 Tuesday 12:35 A.M.: I did a little bit of regular computer work. I will now shut down the computer. I will check out the television briefly. I will then go to bed. CIO

Note: <888> 11/04/02 Monday 11:45 P.M.: I was trying to find out if they still sell Hudson River sturgeon eggs, but apparently the Atlantic Sturgeon is endangered, so I do not see reference to them selling their eggs anymore. However, I did come across these Caviar links <http://shop.store.yahoo.com/caviarinc/> or <http://www.caviar-house.com/> or <http://www.caviar.com/> or <https://secure.galisteo.com/pro-src/scripts/caviar-direct/> or <http://www.freshcaviar.com/> or <http://www.caviarassouline.com/> or <http://www.justcaviar.com/> or <http://www.justcaviar.com/> or <http://www.icaviar.com/> or <http://www.urbani.com/> , and once you have finished with your Caviar dreams, you can go over to McDonalds when it is open and get a ?Big and Tasty? hamburger for a dollar <http://www.mcdonalds.com> . Of course this week at the Stop and Shop 18 chicken eggs are a dollar too. CIO

Note: <888> 11/04/02 Monday 10:50 P.M.: I had 13 Carrs? crackers with slices of Dutch Edam cheese. I was checking my apartment supplies, and I have an eleven year old two ounce jar of Romanoff black lumpfish caviar and a two year two ounce jar of Romanoff Red Lumpfish caviar. I am not sure if caviar like other food products goes out of date or not. According to <http://www.herbalhut.com/> they cost about \$6.75 apiece when they're fresh, but this site <http://www.paramountcaviar.com/> has the stuff the Czar?s probably had with their smoked salmon. However, [http://www.herbalhut.com/mfrs/romanoff\\_caviar.asp](http://www.herbalhut.com/mfrs/romanoff_caviar.asp) says it only has a shelf life of six months, so I better not eat it. Maybe the Romanoffs would want me to serve it to some communists. Needless to say, I do not think there are many communists left in Greenwich, Connecticut these days. I would think since caviar is salty it would last longer. Well, I will leave it out on display on the Danish bar, but I do not think I would be tempted to eat it. As far as I know the rest of the canned goods in the apartment are less than a year old. I do have some soup and baked beans that should be eaten soon since they are nearing a year old. CIO

Note: <888> 11/04/02 Monday 8:45 P.M.: I chatted with a friend. I updated [www.geocities.com/mikelscott/greenw.htm](http://www.geocities.com/mikelscott/greenw.htm) . CIO

Note: <888> 11/04/02 Monday 8:40 P.M.: After dinner, I had a 50% Brazilian instant coffee and 50% Folgers decaffeinated instant coffee outside. I was told by one of the staff that the Delamar Hotel on the waterfront in downtown Greenwich is now open. For information on the Delamar Hotel try <http://www.thedelamar.com/> and <http://profiles.hospitalityonline.com/207166/> and

<http://www.travelhero.com/prophome.cfm/id/5341/hotels/reservations/> . C'est tres cher, n'est pas? CIO

**Note: <888> 11/04/02 Monday 7:40 P.M.:** I had goldfish crackers before going to bed last night, and I also finished off the Edy's dreamery ice cream. I was awoken at noon today by a relative calling. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then drove over to Old Greenwich, and I got my hair cut at Off Center Hair Stylists for \$16 plus \$4 tip for \$20 total. I then went by the Old Greenwich Rummage Room Thrift shop, and I bought an extra large Eddie Bauer long sleeve blue navy work shirt for \$3 and a pair of black L.L. Bean wool trousers waist 40 inches length 30 inches for \$4 for \$7 total. I then walked back to my car. I then used the ATM machine at Putnam Trust Bank of New York in Old Greenwich. I then drove my car closer to the Old Greenwich Rummage Room Thrift shop. I went back there, and I bought a pair of Advent Audio Prodigy II speakers with solid oak cases about 2 foot by one foot by one foot for \$20 both plus \$1.20 tax for \$21.20 total. All merchandise there was half price. I then put the speakers in the back seat of the Hyundai. I next drove around Tod's Point, and I stood out at the southeast parking area. I then drove back to central Greenwich, and I toured the Greenwich Hospital Thrift Shop. I then drove downtown, and I sat out for a while, and I walked lower Greenwich Avenue. I checked out a couple of office buildings to see whom is renting them. I then drove down by the waterfront. I next returned home. I installed the new Advent speakers in the bedroom with one underneath the Proscan television on the left on top of the white bureau, and the other on the right in the window opening. I thus have four most excellent speakers in the bedroom. I left the old pair of speakers out by the dumpster since I do not think the thrift shop would want them. I also threw out two old cell phones. The sound from the over audio setup in the apartment is quite excellent. I am cooking a Stouffer's Hearty Pot Roast dinner which I will have for dinner with ice tea. CIO

**Note: <888> 11/03/02 Sunday 11:15 P.M.:** After dinner, my guest and I watched television. We had the same combination of ice cream as last night. My guest left around 9:45 P.M.. I finished watching a television movie just now. I will now shut down the computer, and I will go to bed directly. CIO

**Note: <888> 11/03/02 Sunday 6:20 P.M.:** I read until 1 A.M.. I was up about 9 A.M.. We had breakfast of 3 scrambled eggs apiece, toast, orange juice, vitamins, supplements, and coffee. We went out, and we stopped by CVS, and I bought CVS shave gel sensitive skin for \$1.85 plus .11 tax for \$1.96 total. We then drove down by the waterfront. We next went out to Tod's Point, and we viewed the waterfront

from the southeast point. We then drove back to the center of town, and my guest treated me to two Big and Tasty hamburgers for \$1 apiece at McDonalds on West Putnam Avenue. We then returned to my apartment. I rested until 4 P.M.. We then drove downtown, and we walked lower Greenwich Avenue. We then went down by the waterfront. We next toured Whole Foods, and I bought a pint of Heinz distilled vinegar for .89. We next went to Stop and Shop, and my guest bought me a pound of Italian espresso coffee beans and he also purchased a pound of Irish Atlantic Farm raised salmon filet at \$4.99 a pound. I will rub the salmon filets in a couple tablespoons of olive oil and place them in a Pyrex pie dish and put in about a third of a cup of orange juice and about a sixth of a cup of lemon juice and season the top sides of the filets with Old Bay seasoning, celery salt, ground black pepper, Italian seasoning, Basil, and Italian spices and place a couple pads of margarine on them and cook them in the convection oven at 325 degrees Fahrenheit for 25 minutes and have them along with steamed white rice and steamed fresh broccoli and ice tea. I will now start preparing dinner. CIO

Note: <888> 11/02/02 Saturday 10:15 P.M.: We watched a bit of television. My guest is going to bed early. I will do a bit of reading. I will now shut down the computer. CIO

Note: <888> 11/02/02 Saturday 9:45 P.M.: After dinner, my guest and I started watching the DVD video disk, but it was in Italian with English subtitles, so halfway through we quit watching. We then went out for a drive. We drove down by the waterfront. We sat out downtown for a while. We went by Exxon, and I bought \$5 of regular unleaded at \$1.679 a gallon for about 20 miles per gallon. There must have been a lot of traffic recently where I was idling more. We then went by the Food Emporium, and I bought buy one get one free of pints of Edy?s Dreamery [www.edys-dreamery.com](http://www.edys-dreamery.com) one pint of Dulce de Leche and one of Caramel Toffee Bar Heaven for \$3.59 both. We then returned back to my apartment, and we each had a dish of ice cream with a scoop of each flavor. The Food Emporium is open until midnight on Saturday night. We will now watch some television. CIO

Note: <888> 11/02/02 Saturday 6:45 P.M.: My guest arrived, and we went for a walk of lower Greenwich Avenue. We then stopped by the waterfront. We next went to Stop and Shop, and I bought crowns of broccoli at .79 a pound for \$1.48, two dozen Land O Lakes all natural eggs \$1.99 each dozen, Hell of a Good Horseradish \$2.19, and a jar of Vlasic dill spears \$2 for \$9.65 total. We then returned back to my apartment. We are going to have the rest of the cold eye round slices of beef with horseradish and Lea and Perrins Worcestershire sauce, steamed fresh broccoli crowns, and steamed white rice, and ice tea. We will then watch a

**DVD video disk. My guest is going to be staying down for the night, so we will be pursuing daytime activity in Greenwich tomorrow such as going to Tod?s Point.**

**Note: <888> 11/02/02 Saturday 3:50 P.M.: I had some goldfish crackers this morning before going to bed about 1 A.M.. I had a call from a friend at noon who is coming down to visit at 4:30 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements and coffee. I just finished my house cleaning and watering the plants. I also just finished showering and cleaning up. CIO**

**Note: <888> 11/01/02 Friday 10:55 P.M.: I sifted through my email. I had a bowl of goldfish crackers with ice tea. I will now shut down the computer, and I will watch a bit of television before going to bed. CIO**

**Note: <888> 11/01/02 Friday 9:55 P.M.: I ran water and two tablespoons of white vinegar through the Krups espresso cappuccino machine and the Braun espresso cappuccino machine and then water again and four tablespoons of white vinegar and about a quart of water through the Regal coffee machine and then water again, so I have decalcified the entire three machines. I put the ice tea away in the refrigerator to chill. CIO**

**Note: <888> 11/01/02 Friday 8:45 P.M.: I cashed my Columbia 2.4 gigahertz cordless telephone \$20 rebate check today, so it only cost me \$20 total with the headphone included. I have a weather warning that it is suppose to get colder below freezing tonight. Right now it is 39 degrees Fahrenheit outside and damp after a brief shower. I have not been taking regular evening walks now for about 14 months since with my arthritis I am more comfortable at home. Occasionally when the evenings are dry, I sneak out for a brief stroll. I have enough comfortable winter jackets and coats to wear on colder days. I should get another pair of long underwear bottoms that fit me, so I have a second pair that fits. I will be needing to restock some of my vitamins and supplements in the near future. Thus it is pretty much the same old routine as I start to go into winter. Usually when it gets colder, I spend more time on the computer. CIO**

**Note: <888> 11/01/02 Friday 8:15 P.M.: I put away the laundry. I am in the process of making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) with 22 tea bags of 13 types for 12 quarts. CIO**

**Note: <888> 11/01/02 Friday 7:05 P.M.: I am on the dry cycle. I put \$5 more on the laundry card. I am going to have dinner of two half inch thick slices of cold eye round beef with Lea and Perrins Worcestershire sauce, steamed white rice, steamed fresh broccoli, and ice tea. CIO**

**Note: <888> 11/01/02 Friday 6:25 P.M.: I started two loads of laundry. I just put clean sheets on the bed. I am listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . CIO**

**End of Scott's Notes week 11/01/02:**

**Note: <888> 11/01/02 Friday 5:35 P.M.: I had some Pepperidge Farm Goldfish crackers and Carr?'s crackers last night before going to bed. I was up at 11 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and then I had coffee outside. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the central Greenwich post office, and I obtained money orders to pay my GEICO automobile insurance, Verizon telephone, Connecticut Light and Power electricity, Cablevision, and Optimum Online. I also sent money orders for \$4.20 to get a free carton of American Spirit cigarettes since I received the paperwork from the advertisement in P.C. magazine this month I called about last week. I also sent \$25 to Net2Phone to recharge up my PC to Telephone account that costs 2 cents a minute. I then walked over to First Union Bank on Havameyer Place, and I paid my rent. I then drove down by the waterfront. I next went by the Greenwich Hospital Thrift shop. I then walked back from there to Putnam Trust Bank of New York on Mason Street. I then walked back to the Greenwich Hospital Thrift shop, and I bought for \$29.75 half price an extra large Rainforest down lined full length about six inches below my knees overcoat with removable down liner in tan brown color. It will be a quite comfortable overcoat on the colder days that might develop this winter. It was made in China. I then stopped by the Greenwich Library, and I returned two books, and I paid .30 in fines. I then went to Smokes for Less, and I bought a carton of Seneca Ultra Lights 100s for \$26. I then returned home. I put the new overcoat in my right hand side living room closet. I put some of the jackets I do not wear in the left hand side living room closet to make room. CIO**



**Note: <888> 11/01/02 Friday 12:50 A.M.: I just turned the living room thermostat down to 74 degrees Fahrenheit since it is 74 degrees Fahrenheit in the apartment. More than likely when the King of Saudi Arabia turns the thermostat on at night downstairs below me, it warms up my apartment above a bit. If it is too warm in here, I tend to get a bit drowsy. I just threw out the Slaymaker 1,000,000 watt rechargeable flashlight container it came in. I will now shut down the computer, and I will go to bed. CIO**

**Note: <888> 11/01/02 Friday 12:35 A.M.: Happy ?All Saints? Day?. However, I am not sure this is a holiday in the protestant church. I doubt if it is. I sorted out some paper work. I signed my Energy Protection slip, and I have it ready to send in to Connecticut Light and Power. I have the thermostat in my living room set at 76 degrees Fahrenheit, and the apartment living room temperature is 72 degrees Fahrenheit. However, it is more efficient with box fan blowing the air around above the electric radiators. I have my bedroom thermostat at 62 degrees Fahrenheit, since I am only there when I sleep underneath the heavy comforter. Also the box fan blows air into the rooms. I guess I can leave my bathroom door open, since I do not have the heat turned on in the bathroom. I use to keep it closed, however since I have not smoked in the apartment since May 2002, I do not had to worry about cigarette smoke entering the bathroom vent fan and bothering my neighbors. Besides cleaning my coffee machines with a couple tablespoons of vinegar and water mentioned earlier, I also need to clean the outside foam rubber filters on my two air cleaners that I run all the time. I would imagine the two air cleaners cost over \$100 a year in electricity, if one believes the infomercials on television. Still, they probably keep the air fresh in the apartment, although a bit of fresh air does seem to leak into the apartment around the air conditioner which I keep in the winter, since it is a fixed unit type model. Thus when one does not watch television continually or surf the internet continually, one can dream up other activities and chores to keep one busy. A relative told me that eating Ramen noodles raises cholesterol since they use higher cholesterol causing types of fats. I have two 12 box cases of Cup of Noodles which is a similar product, but for the time being, I think I will keep them. Not that I am expecting the Blizzard of 1882, but since the building is an evacuation center for about 100 people, I figure it is useful to have some extra supplies on hand, but I figure in such a situation, the Red Cross might come through unless they should be on vacation in Barbados. CIO**

**Note: <888> 12/31/02 Tuesday 10:35 P.M.: We watched the DVD video disk. We had some fruit cake and cool whip. I chatted with a relative. We watched some television. I will now turn off the computer. I will try to go to bed early. My guest is staying down for the night. CIO**

**Note: <888> 12/31/02 Tuesday 7:30 P.M.:** My guest arrived after the last message. We went out to the Thataway restaurant at the bottom of Greenwich Avenue for dinner. I had rib eye steak au pouvre with garlic mashed potatoes and mixed vegetables and my guest who treated me had rack of lamb. I had a Perrier to drink and my guest had a glass of red wine. We just now returned and my guest is having a cappuccino. We will now watch the DVD video disk. CIO

**Note: <888> 12/31/02 Tuesday 5:25 P.M.:** I was up at 2 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I went out, and I stopped by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100 for \$26 total. I then sat out briefly downtown. I drove down by the waterfront. I then went by the Greenwich Library, and I checked out a DVD video disk. I just now returned home. I am suppose to have a guest arrive shortly, and we are going out for an early dinner. We will then watch the DVD video disk. The guest is suppose to stay down for the night, so I will not be on a late schedule. I am due \$105 in computer rebates for parts and software I bought in the next month or two. CIO

**Note: <888> 12/31/02 Tuesday 3:40 A.M.:** I finished installing the Symantec System Works 2003 and Firewall 2003 and the updates. I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now shut down the computer. I will go to bed soon. CIO

**Note: <888> 12/31/02 Tuesday 1:45 A.M.:** On the IBM Cyrix backup the Norton Firewall 2003 would not install probably because of low resources. I am reinstalling the Norton Firewall 2002 on it. I am continuing to work on the other partitions on the Dell backup. CIO

**Note: <888> 12/31/02 Tuesday 12:50 A.M.:** I have installed on the primary computer Norton Systems Works 2003 and Norton Firewall 2003 and the updates. I have also installed them on the first C: partition on the Dell backup and the IBM backup also. I still have to install the programs on the D: and E: partitions on the Dell backup. I chatted with a friend. We are going out to dinner tomorrow night early. I had a couple of slices of pound cake with cool whip. CIO

**Note: <888> 12/30/02 Monday 10:05 P.M.:** I went out, and I mailed the two Symantec rebates at the Valley Road Post Office. I then sat out briefly downtown. I drove by the waterfront. I then went to the Food Emporium and as usual at this time of year after Christmas fruit cakes are half price. I bought a Jane Parker made in Canada four pound fruit cake in a tin for \$8.49 plus a 31 ounce tub of Kraft Cool Whip lite for \$2.99 for \$11.48 total. I then returned home. I keep the Cool Whip in the freezer since the grocery store keeps it in the freezer. I will now install the Symantec System Works 2003 and Symantec Firewall 2003 software, one I make copies of the CD disks, and I will install from the copies to preserve the original disk quality. CIO

**Note: <888> 12/30/02 Monday 8:50 P.M.:** I finished putting together the two Symantec rebates. I had dinner three ¼ inch thick slices of cold eye round beef with horseradish and Lea and Perrins Worcestershire sauce along with reheated white rice and reheated steamed frozen green peas and ice tea. I will now go out and mail the rebates. I will install the Symantec software when I return. CIO

**Note: <888> 12/30/02 Monday 7:40 P.M.:** I was up at 2 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I went by the Greenwich Hospital Thrift shop. I then made my 4:15 P.M. appointment. I next drove by the waterfront. I next went up to CompUSA in Norwalk, Connecticut, and I bought the Symantec Bundle of Norton Systems Works 2003 and Norton Personal Firewall 2003 for \$69.99 plus \$4.20 tax for \$74.19 total. The bundle comes with a \$30 mail in upgrade rebate which I am eligible for since I have the 2002 version of the software and another \$20 manufacturer's mail in rebate, so eventually the software will cost me about \$24 with tax, so I will have the latest Symantec updates for the following year including antivirus protection. I returned back to my apartment. I am now getting the rebates ready to mail in with accompanying documentation. I will then install the new Symantec software. CIO

**Note: <888> 12/30/02 Monday 1:25 A.M.:** Well, I will now shut down the computer. I will go to bed soon. CIO

**Note: <888> 12/30/02 Monday 12:45 A.M.:** I checked downstairs in the community room, and the avocado plant seems to have migrated elsewhere on its own, but the miniature palms and other tropical plants are doing well. It is very simple to start raising an avocado plant. One takes the seed from inside an avocado and puts three toothpicks into it about two thirds of the way up. Then one places it in a container of water with the top fourth out of the water and wait for it to germinate. Someone once recommended to me to place tin or aluminum foil around the water container to keep it dark. Once it germinates, one can transplant it to a container with soil, but more than likely one might need a room with sunlight that is a bit warmer. The community room in my building seems to fit that criteria. Although the apartments with electric heat are cold in this building, I believe the community room has natural gas heat, so it is a bit warmer and with all the large windows, it is a bit sunny. I have recommended that they put the community room thermostat on a timer, so money is not wasted heating the room on cold nights when no one is using it. I noticed someone left a Greenwich Times from Sunday on the steps outside my apartment, and the headlines are that the state of Connecticut is having financial difficulty which is different than the internet version of the Greenwich Times for today. Since this building is state of Connecticut public housing managed by the Greenwich Housing Authority, possibly our building's budget will be affected by the current fiscal crisis in the state of Connecticut. Since at the moment, I do not want any more stress, I will not pinch the paper to read the story. As one philosopher once said, "Ignorance is Bliss." CIO

Note: <888> 12/30/02 Monday 12:15 A.M.: Conversely the Tribune Company <http://finance.yahoo.com/q?s=TRB&d=c&t=my&l=on&z=b&q=l> that owns the Greenwich Times seems to be solvent, but unfortunately they do not seem to realize that avocados do not grow well in this area. I tired raising avocados here, but the few that grew inside did well initially, and I put the last one in the community room downstairs, but I am not sure whether it is still there or not. I had thought of trying to plant it down in Florida. From the weather viewpoint, I am pretty sure that different groups of squirrels migrate depending on the climate they expect, and all the black squirrels that have been in this area recently came from the country north of us anticipating a colder winter. Possibly our local grey squirrels are living further south. CIO

Note: <888> 12/29/02 Sunday 11:00 P.M.: For Microsoft <http://finance.yahoo.com/q?s=MSFT&d=c&t=my&l=on&z=b&q=l> ,  
 IBM  
<http://finance.yahoo.com/q?s=IBM&d=c&k=c1&t=my&a=v&p=s&l=on&z=m&q=l>  
 ,  
 Exxon Mobil  
<http://finance.yahoo.com/q?s=XOM&d=c&k=c1&t=my&a=v&p=s&l=on&z=m&q=l>  
 ,  
 Royal Dutch  
<http://finance.yahoo.com/q?s=RD&d=c&k=c1&t=my&a=v&p=s&l=on&z=m&q=l> .  
 Thus steady growth was better than the virtual liquidation of some internet stocks. I have a feeling that some internet stocks might be dumping their computer equipment to make a fast exit, so possibly there is potentially salvage profit from discarded computer equipment. As a word of caution, although I am very poor living on disability income, I have few debts, and the only stock I ever owned was five shares of Polaroid when I worked for them around 1969. Thus I personally feel a lot of the internet activity that I witnessed on the internet the last ten or more years was similar to ponsi scheme type of activity that the United States government failed to prosecute and investigate. I have a feeling today that quite a few people would agree with me. CIO

Note: <888> 12/29/02 Sunday 10:45 P.M.: As proof of the pudding try this link <http://finance.yahoo.com/q?s=PCLN&d=c&t=5y&l=on&z=b&q=l> . At the moment, although I consumed my two pound fruit cake in four days, I am waiting to see if possibly the Food Emporium or some other store puts them on sale for half price if they have any left. CIO

Note: <888> 12/29/02 Sunday 10:15 P.M.: I had some goldfish crackers and ice tea. I noticed in walking around when I see the Greenwich Times [www.greenwichtime.com](http://www.greenwichtime.com) in the newspaper boxes on Greenwich Avenue, and when I read the headlines on the internet or read the printed edition in the Greenwich Library, the printed edition seems to be different from the internet edition particularly as far as headlines are concerned. Basically with so many media companies in the area trying to promote over priced items, a vigilant reader tends to

take them all with a grain of salt and uses old fashioned common sense as to what items are really worth. With the internet, one can compare prices on various items. Thus from what I can tell, the Greenwich Times is still part of the conspiracy to sell the Brooklyn Bridge or some other similar item. Basically since my family has lived here close to 400 years, I use an old fashioned Scottish pragmatism. If enough people can not afford to purchase what other people publish for profit, more than likely they will have to change their viewpoint or go out of business. I remember the Greenwich Times touted the IPO of Priceline.com with headlines along with other stocks. If the Greenwich Times were subject to the same regulations of the Securities and Exchange Commission as brokerage firms are, they would not have been allowed to tout speculative stocks or other items. Still, since I have read the local press for 42 years, I am somewhat amused that no one caught them up on it, so perhaps since they pursued that practice a number of times even though they present themselves as level headed journalists, perhaps they are not aware that some of their more elderly readers are more gullible and have unfortunately made faulty investments based on their reporting. As one can tell from my internet site, the only four stocks I have recommended during my internet presence are Microsoft, IBM, Exxon, and Royal Dutch Shell petroleum, and one does not have to be a financial genius or internet guru to recognize and know the value of those stocks since they are widely held and analyzed. Still holders of other similar stocks might have their own preferences. Basically as far as energy stocks, the colder weather tends to drive them up. Still, if one wants to be an Economist and understand the more refined nature of economics and finance, one would have to take a degree in that field, but that still would not guarantee one would make money in that field, because traditional finance is suppose to be heavily regulated with a prejudice to the private sector. CIO

Note: <888> 12/29/02 Sunday 8:45 P.M.: I was up at noon today when a friend called. My friend arrived to visit shortly thereafter. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. We went for a ride up North Street to Banksville, New York; and then we enjoyed the scenic ride down Round Hill Road into town. We walked lower Greenwich Avenue. We then drove down by the waterfront. Next we went to Stop and Shop, and my guest paid for me to buy Hell of a Good Horseradish for \$2 and a head of broccoli at \$1.69 a pound for \$1.19 for \$3.19 total. We then returned back to my place and chatted. We each had dinner of two ¼ inch thick slices of cold eye round with horseradish sauce and Lea and Perrins Worcestershire sauce steamed white rice and steamed fresh broccoli and ice tea. We then chatted after dinner. My guest just left. CIO

Note: <888> 12/29/02 Sunday 12:05 A.M.: I watched some television. I will now shut down the computer. I will probably go to bed right away. CIO

Note: <888> 12/28/02 Saturday 10:40 P.M.: I watched some television. I had the rest of the fruit cake with the rest of the whipped cream along with ice tea. CIO

**Note: <888> 12/28/02 Saturday 8:50 P.M.: I had two anisette cookies and three Danish cookies. CIO**

**Note: <888> 12/28/02 Saturday 8:35 P.M.: I went out, and I remailed the Christmas card at the Valley Road post office. I then went by the library, and I returned a videotape. I next went downtown, and I drove by the waterfront. I then walked the entire length of Greenwich Avenue. I stopped by CVS, and I bought a CVS twelve roll thousand sheets per roll package of toilet tissue for \$3.99 plus a tin of Danish cookies for \$1.99 plus .24 tax for \$6.22 total. I then sat out for a while. I next went by Exxon, and I bought \$6.55 of regular unleaded gasoline at \$1.759 a gallon for about 22 miles per gallon. I then went by the Food Emporium, and I bought a Coleman eye round roast for \$2.79 a pound for \$8.09 plus a 6.4 ounce tube of Crest tartar protection tooth paste gel for \$1.69 for \$9.88 total. I then returned home. I put away my purchases. I cooked the Coleman eye round roast by seasoning all sides with Old Bay Seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, basil, and then coating all sides with Texas Best Barbeque sauce. I cooked the eye round in the convection oven at 350 degrees Fahrenheit for 45 minutes. I chatted with a relative while cooking the roast, and the relative recommended that I see the movie "Chicago". I had three 1/3 inch thick slices of the eye round roast with steamed white rice, the rest of the stuffing reheated, and steamed frozen Birds Eye deluxe peas and ice tea. CIO**

**Note: <888> 12/28/02 Saturday 4:10 P.M.: I finished house cleaning and watering the plants. I listened to [www.warx.com](http://www.warx.com) while doing the house cleaning. I will now have a bowl of pineapple chunks with ice tea. I will then clean up and go out for some fresh air. CIO**

**Note: <888> 12/28/02 Saturday 2:05 P.M.: I was up at noon. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I got a Christmas card to a family member returned in the mail. I had the zip code wrong and one character in the city name. I readdressed the card and restamped it, and I have it ready to mail. CIO**

**Note: <888> 12/27/02 Friday 10:55 P.M.: I watched some television. I chatted with a relative. Since, I am not doing much on the computer, I will shut it down, and I will either watch some more television, or I will go to bed. CIO**

**Note: <888> 12/27/02 Friday 9:45 P.M.: I watched television. I sifted through my email. I had two slices of fruit cake with whipped cream and ice tea. CIO**

**Note: <888> 12/27/02 Friday 8:30 P.M.: My guest and I watched television. I had two slices of fruit cake with whipped cream. My guest just left. CIO**

**Note: <888> 12/27/02 Friday 7:25 P.M.: My guest and I had the same dinner that I had on Christmas Day. CIO**

**Note: <888> 12/27/02 Friday 6:00 P.M.:** My guest arrived about 2:30 P.M.. We drove down by the waterfront. We drove over to Tod's Point, and we sat out at the southwest parking area. We stopped by Staples, and they do not have the Oxford Clip binders. We then went by Marx Brothers, and they did not have them. My guest got coffee at Starbucks. We sat out for a while. We then went by Smokes for Less in Byram. We just now returned. CIO

**End of Scott's Notes week 12/27/02:**

**Note: <888> 12/27/02 Friday 2:10 P.M.:** I was up at noon. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I have a guest arriving soon. I will now send out my weekly notes. CIO

**Note: <888> 12/27/02 Friday 1:10 A.M.:** I did a little bit of regular computer work. I will now shut down the computer, and I will go to bed soon. CIO

**Note: <888> 12/27/02 Friday 12:15 A.M.:** I ran the Office updates on Microsoft FrontPage 2002. I ran System File checker. I sewed on the waist fastening button on a pair of my khakis. I had some ice tea. CIO

**Note: <888> 12/26/02 Thursday 10:50 P.M.:** I removed the advertising links page from my web site. According to the stats, although I served up 87,000 links, no one ever bought anything, so I never got any commissions. CIO

**Note: <888> 12/26/02 Thursday 10:00 P.M.:** I put away the laundry. I had a couple of pieces of fruitcake with whipped cream and ice tea. CIO

**Note: <888> 12/26/02 Thursday 9:20 P.M.:** I chatted with a friend. The friend is coming down to visit tomorrow afternoon at about 1:30 P.M.. CIO

**Note: <888> 12/26/02 Thursday 8:40 P.M.:** I started the dry cycle on the laundry. I put \$10 on the laundry card. CIO

**Note: <888> 12/26/02 Thursday 8:25 P.M.:** Try this link for New Yorkers having a good time. <http://headshot.us/> CIO

**Note: <888> 12/26/02 Thursday 8:15 P.M.:** I started two loads of laundry. I put clean sheets on the bed. I think tonight is the International Debutante Ball at the Waldorf Astoria starting at 10 P.M. and going all night. Alas, as usual I was not invited to attend the festivities. Sorry, it is in two more nights <http://societyballs.com/> . Alas I still will not be attending. CIO

**Note: <888> 12/26/02 Thursday 7:35 P.M.:** I took two Rubbermaid containers about 11 inches by 6 inches by 2.5 inches, and one side of each, I put two ¼ inch thick slices of the boneless Butterball hickory smoked turkey breast, and then I put some Franco American turkey gravy with mushrooms on the turkey, and then I put

on the other side, I filled it with my special holiday stuffing, and then I put the mixture of Canadian Lakes wild rice with white rice on top of the turkey with more gravy on the rice, and after leveling both containers, I put their lids on them, and I froze them in the freezer. I also had the same meal for dinner reheated in the microwave oven along with ice tea. CIO

Note: <888> 12/26/02 Thursday 6:50 P.M.: I had some more fruit cake with whipped cream before going to bed last night. I also cleaned the snow off the Hyundai again. I went to bed around 1 A.M. after watching television. I was up at 11:30 A.M. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. The remaining ice and snow had melted off my car in the morning sun. I went out about 2 P.M., and I stopped by the Fashion light center, but they were closed. I then went by the Greenwich Hospital Thrift Shop. I next went by Putnam Trust Bank of New York on Mason Street. I next drove down by the waterfront. I made my 3 P.M. appointment. I then drove downtown, and I stood out for a brief spell since all the benches were covered with snow. I then went by the Greenwich Library, and I read the local paper. I next went by the Stop and Shop, but they did not have General Electric 15 watt frosted chandelier bulbs. I went by the Cos Cob hardware store and Porticellis Food market looking for them. I finally bought the more expensive Value Bright Arana two packs of 2 chandelier 15 watt frosted bulbs for \$3.70 a two pack plus .38 tax for \$6.78 total. They're made in China manufactured for TruServ. I then returned home. I installed the new bulbs in the Williamsburg sconces above the day bed. I then took all the throw pillows off the day bed except putting the long round bolster pillow at the head with the Mexican poncho spread out on the day bed above the silk damask spread with a blue and a white blanket and a grey and blue afghan at the foot of the bed. It is now available for relaxing on or watching television and it is very a very comfortable day bed. It can be unmade for a guest to sleep on. I put all the throw pillows except two pairs in plastic bags in the false ceiling above the bedroom bed. I put the two big blue and white bolster pillows on top of the bedroom bed pillows removing the other throw pillows for a comfortable relaxing back rest. I put the two pairs of throw pillows on the long green sofa with the other pair of large throw pillows, so pillows are along the back side of the long green sofa. I put a Scottish Stewart wool plaid throw on the French sitting chair at the end of the Danish bar at the apartment entrance. This afternoon before leaving, I also took the black IBM 50<sup>th</sup> anniversary selectric typewriter off the sideboard in the bedroom, and I put it underneath the day bed. Thus I have my apartment a little better organized. CIO

Note: <888> 12/25/02 Wednesday 10:50 P.M.: I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now shut down the computer. I will watch a bit of television before going to bed. I hope you all had a Merry Christmas. CIO

Note: <888> 12/25/02 Wednesday 9:15 P.M.: I bundled up, and I went out and cleaned the snow off my car. There is about five inches of accumulation so far, but it is drifting a bit. They have plowed the driveway out front. CIO



Note: <888> 12/25/02 Wednesday 7:55 P.M.: I changed the colors on my homepage [www.geocities.com/mikelscott/](http://www.geocities.com/mikelscott/) . There is not a lot I can do with FrontPage 2002 since I am not running my own server, but it might prove useful in the future. I will now have a piece of Master Choice fruit cake with RediWhip cream and ice tea. CIO

Note: <888> 12/25/02 Wednesday 7:15 P.M.: I watched the NBC evening news. I will now fiddle with the computer a bit. CIO

Note: <888> 12/25/02 Wednesday 6:15 P.M.: I started cooking my Christmas dinner after the last message. I just finished eating, and it was delicious. To my stuffing recipe, I changed it slightly, and I added two red peppers total and a cup of pineapple chunks and three chicken bouillon cubs total to the regular recipe, and I simmered it for a half hour before adding the stuffing [www.geocities.com/mikelscott/stuff2.htm](http://www.geocities.com/mikelscott/stuff2.htm). I had some of the stuffing with two ¼ inch thick slices of the boneless Butterball hickory smoked turkey breast that I heated in the microwave oven for two minutes with a microwave cover on. I made up four cans of Franco American turkey gravy that I put a half box about 5 ounces of sliced mushroom in. I made up the Canadian Lakes wild rice by simmering it in water 55 minutes with a half box 5 ounce of mushrooms, and I drained it and mixed it with the China Village white rice that I make per the recipe posted earlier this week. I had the mushroom turkey gravy on the wild white rice mixture and the turkey slices, and I also had steamed fresh asparagus and a portion of Ocean Spray cranberries and ice tea. I have finished cleaning up. It has snowed two to three inches outside so far. Maybe I will have some of the Food Emporium Master Choice fruit cake with RediWhip whipped cream, when I am a bit hungry later on. CIO

Note: <888> 12/25/02 Wednesday 3:25 P.M.: Well, the rain changed to snow and sleet in the last half hour, and it is very slippery out and about an inch of slush and ice, so I will not be going out for a drive. I will start cooking Christmas dinner about 4 P.M., and it will take about an hour to prepare. I will check out Microsoft FrontPage 2002 while I am waiting to cook dinner. CIO

Note: <888> 12/25/02 Wednesday 3:05 P.M.: I cleaned up. I chatted with a couple of relatives. I installed Microsoft FrontPage 2002 on the primary computer. I will now go out for a drive. CIO

Note: <888> 12/25/02 Wednesday 1:20 P.M.: I put away my Christmas gifts. I will now clean up. CIO

Note: <888> 12/25/02 Wednesday 12:20 P.M.: I listened to Queen Elizabeth II's Christmas message <http://news.bbc.co.uk/1/hi/uk/2604079.stm> . CIO

Note: <888> 12/25/02 Wednesday 12:10 P.M.: Merry Christmas. We seem to have a Northeastern rain storm though out today. I received a call from a relative when I

woke up. My indigestion is gone. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I opened up my Christmas gifts. CIO

Note: <888> 12/24/02 Tuesday 11:15 P.M.: I watched some television. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 12/24/02 Tuesday 10:05 P.M.: I rested a bit because I had indigestion. I took another tums along with an aspirin with ice tea. CIO

Note: <888> 12/24/02 Tuesday 8:05 P.M.: I had some Pepperidge Farm goldfish crackers with ice tea after dinner. My stomach was bothering me from eating too much, so I took two Tums antacid pills. CIO

Note: <888> 12/24/02 Tuesday 7:10 P.M.: I am microwaving a Stouffer's 20 ounce lasagna to have for dinner with ice tea. CIO

Note: <888> 12/24/02 Tuesday 6:55 P.M.: I went out after the last message, and I went by the Greenwich Library, and I read the local newspaper. I then walked the entire length of Greenwich Avenue, and I sat out at various places. I next drove down by the waterfront. I then drove across the Connecticut – New York state line near my apartment, and I went to Var Max Liquor Pantry on U.S. 1 in Port Chester, New York [www.varmax.com](http://www.varmax.com), and I bought for \$5.99 each plus .81 tax for \$12.79 total two 1.5 liter bottles of Rene Juno dry white table wine “mis en bouteille pour R. Junot et Fils Negociant En Vins par Caves Des Closieres Sete, France” imported by “21” Brands, New York, New York. I do not drink liquor or wine very much anymore, but I keep it around for cooking and hospitality. I remember in the early to mid 1970s that the same bottle of Rene Juno 1.5 liter white wine was about the same price at the liquor store on 3<sup>rd</sup> Avenue on the east side between 51<sup>st</sup> street and 52<sup>nd</sup> street near the British Consulate and also near the bakery on second Avenue on the southeast corner of 49<sup>th</sup> street where the Concorde delivered the fresh French croissants every day. I was told that the French Consulate in Manhattan served Rene Junot at the consulate. Well, I will store it in the apartment, and I will have it available. I just chatted with some friends, and they had a tornado in Sea Island, Georgia. CIO

Note: <888> 12/24/02 Tuesday 2:35 P.M.: I was up at 11 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up. When I was putting on my khakis, I pulled off the button; so I had to change to a pair of white khakis. I will sew the button on later. I went out, and I stopped by the Arnold Bread outlet, and I bought a 15 ounce bag of Arnold premium stuffing seasoned for \$1.99. I then went to the Stop and Shop, and I bought a 6 ounce package of Canadian Lake wild rice for \$3.59, two ten ounce boxes of mushrooms for \$3 both, two McIntosh apples at \$1.49 a pound for \$2, a Butterball boneless hickory smoked breast of white turkey meat at \$3.99 a pound for \$7.14, a 34 ounce bottle of Lysol Island Breeze all purpose cleaner \$1.99 with

dollar off coupon, four 10.5 ounce cans of Franco American turkey gravy for \$3 all, a 14 ounce can of Swanson chicken broth .99, a 16 ounce can of Ocean Spray whole cranberries \$1.19, asparagus at \$2.99 a pound \$3, a two pound bag of onions \$2, two red peppers at \$2.99 a pound \$3 for \$29.65 total. I will now put away my purchases, and I will go downtown for some fresh air. CIO

Note: <888> 12/24/02 Tuesday 1:30 A.M.: I finished installing Direct X 9 on all three computers. I put away the ice tea in the refrigerator. I will now shut down the computer, and I will go to bed shortly. CIO

Note: <888> 12/24/02 Tuesday 12:40 A.M.: I put Direct X 9 on the primary computer, and I am in the process of installing it on the Dell backup computer. CIO

Note: <888> 12/23/02 Monday 11:25 P.M.: I made up a shopping list for my Christmas meal that I will fill tomorrow. For those of you whom like stuffing, I post two versions of my stuffing recipe on the internet at [www.geocities.com/mikelscott/stuffing.htm](http://www.geocities.com/mikelscott/stuffing.htm) and [www.geocities.com/mikelscott/stuff2.htm](http://www.geocities.com/mikelscott/stuff2.htm) . CIO

Note: <888> 12/23/02 Monday 10:55 P.M.: I peeled and diced the pineapple with one of those serrated bread knives that seems to do the job well. I had a bowl of pineapple chunks. I will now throw out the pineapple stem and peels. Traditionally when I buy a pineapple in the winter it snows, so let's keep an eye out for the white flakey stuff. In the old days when the Christian missionaries from Boston went to Hawaii and returned, they would display stone pineapple symbols or statuary on the gate entrances to their estates which was suppose to be a symbol of Christian hospitality. CIO

Note: <888> 12/23/02 Monday 10:15 P.M.: I went out, and I stopped by the Greenwich Library, and I read P.C. Magazine. I then went downtown, and I sat out briefly. I next drove by the waterfront. I then went to the Food Emporium, and I bought two Master Choice packages of six granola bars variety pack for \$1.24 each package, two dozen large eggs for .79 a dozen, a package of Bird's Eye deluxe broccoli florets .94 and a package of Birds Eye deluxe peas .94, a Del Monte pineapple \$3.99, and a 12 ounce bottle of Master Choice Dijon mustard \$1.69 for \$12.02 total. I then returned home. I had a glass of ice tea. I am making up a new batch of ice tea using 23 tea bags of 12 different flavors [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 12/23/02 Monday 7:05 P.M.: I had the same dinner as last night. I watched the ABC evening news. CIO

Note: <888> 12/23/02 Monday 5:55 P.M.: I went out after the last message. I went by the Greenwich Hospital Thrift shop. I went by Putnam Trust Bank of New York on Mason Street. I then went downtown, and I walked the entire length of

Greenwich Avenue, and I sat out at various locations. I stopped by Grannicks Pharmacy, and I bought a three ounce container of Pearl Drops Toothpolish for \$3.99 plus .24 tax for \$4.23 total. I then drove down by the waterfront. I next went by the Greenwich Hospital Thrift shop, and I bought a wood framed piece of cloth with a picture of a Chateau I believe on the Loire for \$3. They gave me the 2003 World Wildlife Fund calendar which I now have with the Americas Victorian houses calendar for 2003. The Greenwich Hospital Thrift shop closes at noon tomorrow. I then stopped by the Greenwich Library, and I read the local newspaper. I just now returned home. I put the picture of the Loire Chateau up high to the left of the bathroom door, and I put the small picture I moved of a canal in Venice above the bathroom door. CIO

Note: <888> 12/23/02 Monday 12:25 P.M.: I ran Norton Speed Disk on the primary computer C: drive before going to bed. I was up at 11 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. To make oatmeal, I put a half cup of Quaker Old Fashioned oatmeal in a microwave proof bowl with a cup of water. I put it in an 1100 watt General Electric microwave oven with a microwave cover on it, so it does not splash, and I microwave it on high for one minute and 45 seconds. I then add two teaspoons of sugar along with three pads of margarine and a few dashes of cinnamon and splashes of milk and mix it around for an enjoyable hot cereal. I got a Christmas note today from Vice President Richard Cheney. CIO

Note: <888> 12/23/02 Monday 12:05 A.M.: I watched some more television. I had some goldfish crackers with ice tea. I will now shut down the computer. I will go to bed directly. CIO

Note: <888> 12/22/02 Sunday 11:15 P.M.: I have been watching television Channel 26 the Travel Channel about volcanic activity. CIO

Note: <888> 12/22/02 Sunday 9:45 P.M.: I watched a bit of television. Well, the Christmas Day forecast is Cloudy with a chance of snow. Brisk. Highs in the mid 30s. Chance of snow 50 percent, <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> . I suppose today was a bit warmer than normal, but we all enjoyed it. I suppose if you look at <http://www.wunderground.com/NORMS/DisplayNORMS.asp?AirportCode=KHPN&SafeCityName=Greenwich&StateCode=CT&Units=none&IATA=BDR> , one can study the seasonal average weather. I spent so many years walking around at night that it was actually a bit cooler for me than the people out in the warmer weather in the day time. Still, I enjoy the weather as long as it is not too damp which affects my arthritis. Well, there is not much else to report on. I suppose in the next day or two I will have to purchase my Christmas dinner which should be pretty much the same as my Thanksgiving dinner. I still would rather lose a bit of weight, but a great many people that I see in my daily walks seem to be comfortably larger than my current 220 pounds. For most of the years of my adult life I averaged 155 to 175 pounds, so recently in my more sedentary state, I seem to have put on a few pounds

which is harder on the joints with my arthritis. Well, maybe I should try walking around at night again, but when I walked at night, I would get up later in the afternoon. When I am on a day schedule, I walk in the afternoon. Thus from what I can tell, the extra weight does not help me feel any warmer. I suppose some day in the future, I will lose the weight, but it will probably mean that I will have to be a bit more active. Working on the computer for the last 12 years has led to a more sedentary lifestyle. CIO

Note: <888> 12/22/02 Sunday 8:15 P.M.: I sifted through my email. I chatted with a friend. I had four Christmas anisette cookies that a friend gave me. I sent out an email, and I got a Christmas message from Denmark in PowerPoint format that does not work with the Microsoft PowerPoint viewer. CIO

Note: <888> 12/22/02 Sunday 5:35 P.M.: I went out after the last message, and I went to Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$26 total. I then drove downtown. I walked the entire length of Greenwich Avenue. I stopped by the Greenwich Cigar store across from the train station, and I spent a \$1 to buy a quick pick Powerball ticket. I sat out at various locations during the walk. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the local paper, and I returned and checked out a videotape. I then went by Exxon, and I bought \$5.70 of gasoline at \$1.739 a gallon for about 24 miles per gallon. I next went by the Stop and Shop, and I bought a top loin pork roast at \$2.99 a pound for \$4.84, fresh green beans at .79 a pound for .79, three packages of S&S margarine for \$2 all for \$7.63 total. I then returned home, and I had some ice tea. I will rub half the pork tenderloin roast in a three teaspoons of olive oil, and then season it with Old Bay seasoning, and CVS spices garlic powder, ground black pepper, celery salt, chicken and meat seasoning, Italian spices, oregano, basil on both sides and then spread some Texas Best Barbeque sauce on both sides and cook it in the convection oven at 350 degrees Fahrenheit for 35 minutes. I will have it with steamed fresh green beans and steamed white rice. When I use the China Village rice steamer I bought for \$15 at the Food Emporium, I first rinse a cup of Carolina white rice in a large bowl of running hot water, and then I strain it through a wire strainer, and I rinse it with hot water. I then put the cup of rinsed white rice in the China Village steamer with 14 ounces of water and six pads of margarine and a teaspoon of sesame oil and then I put the steam release top on and then clamp on the primary top. In my General Electric 1100 watt microwave oven, I cooked it on high for 11 minutes, and then I let it stand sealed in the China Village steamer for five minutes, and I get about two large portions of white rice. I generally steam my fresh vegetables in a two quart Revere pot with lid on it with a folding steamer tray inside with about  $\frac{3}{4}$  inch of water covered for 15 minutes from the time I turn the heat on. CIO

Note: <888> 12/22/02 Sunday 1:05 P.M.: I finished house cleaning and watering the plants. I moved the little two foot decorated artificial Christmas tree onto the glass coffee table between the two sofas. I had two hotdogs with buns and French's Dijon mustard and Heinz ketchup with potato chips and ice tea. I then had a Chock Full

of Nuts instant coffee outside. I will now clean up and go out for some fresh air.  
CIO

Note: <888> 12/22/02 Sunday 10:15 A.M.: I was up at 8:30 A.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will now do my weekly house cleaning. I will listen to [www.warx.com](http://www.warx.com) while doing it. CIO

Note: <888> 12/21/02 Saturday 10:15 P.M.: After the video, my guest left. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 12/21/02 Saturday 6:15 P.M.: I am cooking the same dinner as last night. We will be having two ¼ inch thick slices of the Hormel ham each with Bornier whole grain style mustard and steamed fresh broccoli and steamed white rice and ice tea. We will then watch a videotape. I am giving the brass ships bell to my guest to take to a relative in the north country far away from the ocean, so they can call the lamas home for dinner. CIO

Note: <888> 12/21/02 Saturday 4:55 P.M.: I was able to fix the Christmas tree lights outside. The two socket plugs up by the outdoor light have a ground fault interrupt buttons that needed to be reset for the lights to work. They are now working fine. I chatted with a relative. CIO

Note: <888> 12/21/02 Saturday 3:40 P.M.: I had a telephone call from a relative last night before going to bed. I was up at 9 A.M. this morning. I found a generic 17 inch computer monitor discarded in our dumpster. I connected it to the IBM backup computer, and I placed it on top of the CPU to the left of the primary Dell backup computer monitor. I connected speakers to the CPU, thus the IBM backup computer is completely connected and ready to use, should it be needed. I had to take down the ship's bell off the wall behind it. I put the ship's bell on the coffee table on top of the bedroom desk. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. A relative called up. My guest and I went out. We returned a DVD video disk at the Greenwich Library, and we checked out a videotape. We then went by the Compete Kitchen, and my guest made some purchases. Next we went by Garlick and Herbs. Next we went by Fresh Fields. Next we went by Hay Day, and my guest found the French 8 ounce jars of Pomiere mustard that he was looking for \$9.99 a jar. Next we went downtown, and we walked lower Greenwich Avenue. We stopped by the new Monogram shop. Next we drove down by the waterfront. We then went by the Food Emporium, and I bought a bottle of Americas Choice deodorizer cleaner country scent for \$1.79 plus .11 tax for \$1.90. We split a cup of hot chocolate from the coffee machine at the Food Emporium. We then gave a neighbor a ride home. My guest is taking a nap. The Christmas Tree lights are not working outside. CIO

**Note: <888> 12/20/02 Friday 11:35 P.M.:** My guest and I had the same dinner as the last few nights. We watched television. I will now shut down the computer. My guest is staying over for the night. CIO

**Note: <888> 12/20/02 Friday 5:30 P.M.:** My guest and I went by the Greenwich Hospital Thrift shop. I bought for \$3.50 a Chinese made Woodworker named Swiss Army style knife similar to the Swiss Army knife I bought yesterday, and I put it in my driver's side door map holder to have available for any minor maintenance I might have to do on the car. We then went by the consignment and antique shop behind the Greenwich Hardware store, and my guest viewed their selection of merchandise. We next went by the Merry Go Round Mews thrift shop. Next we drove down by the waterfront. We then had to go back to the Mews thrift shop since I forgot my umbrella. Next we drove down to another location on the waterfront. We then went over to Costco in Port Chester, New York; and my guest dropped me off there while he got his oil changed at the Mobil Express lube oil change place at the Port Chester Byram bridge. My guest showed up at Costco about a half hour later. My guest bought me two packages of five packs of Carr's crackers for \$4.99 each five pack, a 58 ounce box of Pepperidge Farm goldfish crackers for \$5.99, and a large chunk of Gouda Cheese for \$7.32 at \$3.19 a pound for \$23.29 total. We then returned back to my apartment. I had some ice tea. CIO

**Note: <888> 12/20/02 Friday 12:55 P.M.:** My guest arrived. We will be going out soon. CIO

**Note: <888> 12/20/02 Friday 11:35 A.M.:** I sent out another Christmas card. I guess I will now clean up. I will listen to some [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . CIO

**End of Scott's Notes week 12/20/02:**

**Note: <888> 12/20/02 Friday 10:30 A.M.:** I was up at 9 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. Earlier this week, I had one of those out of town telemarketing phone calls from an individual claiming to be fund raising for a law enforcement agency. When I explained to the individual that I could not afford to give, I was told by the individual that, "I had better watch my back." I do not think this telemarketing group represents our local police agency, since I have spent 19 years walking on Greenwich Avenue, and it generally has not been a life threatening experience. To be honest, I do not see most of our local policemen in uniform walking around very much, but perhaps they do so undercover. I have a guest coming down to visit at 1 P.M.. I will now send out my weekly notes. CIO

**Note: <888> 12/19/02 Thursday 10:25 P.M.:** Well, I am tired. I will shut down the computer. I will go to bed soon. My Columbia 2.4 gigahertz cordless telephone was

not working for a while. It was off the cradle, so it was not fully charged, and it had a loose telephone jack connector. It seems to be working perfectly well now. CIO

Note: <888> 12/19/02 Thursday 10:05 P.M.: To put it in more polite terms, the petroleum reserve is about 4 gallons a week for each citizen for forty week, should something happen to the regular supply of fuel. CIO

Note: <888> 12/19/02 Thursday 9:25 P.M.: I read in the Time Magazine today that had the cover of "Lord of the Rings" that the United States government has built up its petroleum reserve to 40 weeks worth at a 4 million barrels a day which works out to 44.8 billion gallons of fuel, which works out to about to about 156 gallons of oil for every citizen. Well, my electricity bill that I received today which includes my heat was up about 40% this month, so I guess with the colder weather, we should try to think about conserving energy. CIO

Note: <888> 12/19/02 Thursday 8:15 P.M.: I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street. I then returned home, and I had lunch of two hotdogs with buns and Dijon mustard and Heinz ketchup and potato chips and ice tea. I then went by the Greenwich Hospital Thrift shop, and I bought an older 12 device Swiss Army knife [www.swissarmy.com](http://www.swissarmy.com) for \$5. I next made my 3 P.M. appointment. I then went downtown, and I sat out for a brief spell in the damp weather. I next went by the Antique and Consignment shop behind the Greenwich Hardware store. They have a nice pair of malachite candle sticks there for \$8,500. I once heard of a family in Wisconsin that had a whole staircase made of malachite, and I believe Queen Elizabeth II has a large urn made of malachite, and I think they have a whole palace made of Malachite in Russia. Malachite I believe is a substance that is green and blackish since it has copper in it. I next went by the Greenwich Hardware store, and they do not have the automobile scratch remover that one sees advertised on television. They do have tinted Turtle Wax. I next went by the Greenwich Library. Next I went by the Food Emporium, and I bought a jar of Bornier Dijon style mustard for \$2.89 and a 2 pound deluxe Master Choice fruit cake for \$8.99 for \$11.88 total. I then returned home. I chatted with a friend. I will now have the same dinner as last night. CIO

Note: <888> 12/19/02 Thursday 11:25 A.M.: Well, I relaxed a bit. I will now shut down the computer, and I will clean up and go out shortly. CIO

Note: <888> 12/19/02 Thursday 10:00 A.M.: On an interesting Dutch note, I noticed on the television program about the Lusitania last night that there was a member of the Vanderbilt family on board, and I believe much was the same situation with the Titanic. Thus twice great ships have sunk carrying members of the Vanderbilt family to and from Europe. Thus although the Vanderbilts are supposedly related to Duke of Marlboro's family, it might be safer to stay on this side of the pond. I hear tell that down in hillbilly heaven in Ashville, North Carolina that they put out quite a Christmas spread at Biltmore House and Gardens <http://biltmore.com/> Of course since it is now open to the general public one might have to pay money for



any hospitality, when in the old days when it was private, people were considered guests. CIO

Note: <888> 12/19/02 Thursday 9:25 A.M.: Well I was up at 8 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I was just thinking that in the mid 1970s when we had the oil embargo in North America, a local pilot told me that he flew around a director of Texas Gulf industries, and he still has the director's hard hat. The pilot also told me that there was actually no oil shortage, but all the oil was sitting in tankers off New York harbor. It just goes to show how far the oil tycoons will go to make people feel uncomfortable. I remember in that period, I used a friend's apartment at 420 East 49<sup>th</sup> street in Manhattan near Beekman Place and the United Nations. I explored that neighborhood thoroughly along with most of the rest of Manhattan through extensive walking. At least the small apartment had plenty of heat from the steam generation plant just south of the United Nations which during the so called oil embargo was powered by coal brought in the underground railroad line from across the Hudson River. I remember about the only major police presence in that neighborhood was when Yasar Arafat would come to visit the United Nations and there would be wall to wall police from the Waldorf Astoria to the United Nations along 49<sup>th</sup> street. Beekman place was where so called important people lived, but they were never there since they were using their residences in warmer locations. Basically, the friend whose apartment I used spoke eight different languages, so he was able to communicate with the various people whom we came in contact with in that United Nations neighborhood. The biggest business in that neighborhood around that area is publishing houses. Well, basically although there is a great deal of celebrity in that neighborhood if one is sound sensitive, it is a quite noisy neighborhood with all the traffic coming and going to points further downtown and uptown. Also with all the traffic, there is quite a bit of air pollution in that area. Still people seem to make a living in that neighborhood off the traffic. Basically it was my viewpoint from the people in that neighborhood on the east side that no one read the newspapers or watched television, but they did manager to eat out meals in various restaurants once or twice a day. Thus although the United Nations and various other diplomatic missions are in that neighborhood, they are not the only presence since many other businesses seem to thrive there also. It was my viewpoint since the proximity of the eastside Manhattan neighborhood to the borough of Queens; most of the people that one actually saw and dealt with in that neighborhood were from Queens. Much the same could be said for the west side of Manhattan that many people were from New Jersey. Around Penn Station many people were from Long Island, and I guess it could be said that around Grand Central Station many people were from Connecticut and Westchester County. Thus when one is Manhattan, besides the international community, one tends to deal with other neighbors from various surrounding areas. Since most of these people whom are in that area are trying to make a buck, I really do not have much need to deal with them since it would be too expensive for me to go into the city to see what they are trying to sell me. Basically, although I can not afford to buy the Brooklyn Bridge, they might try to take advantage of the situation. As John Lindsay said when I last saw him speak at Yale

University in 1982, there is a distinct lack of ethics in this country and the world in general. Basically in the intelligence business, they use to say a, “gentleman does not read another gentleman’s mail.” Still that is still predicated on the situation that there are still gentlemen around. I remember from my reading that when countries like England in the early 20<sup>th</sup> century had large numbers of gentlemen in their ranks, most of them were killed on the fields of World War One. Well, man whom does not read history is bound to repeat themselves. CIO

Note: <888> 12/18/02 Wednesday 11:30 P.M.: I watched some television. Normally when watching the old television or boob tube as we use to call it when we were kids, I channel surf until I see some interesting content, then I watch some more. Recently Cablevision has changed the channels around, so one has to get use to finding one’s old favorite stations. Well, not much happening on the old television. I suppose the media organizations are so low on funds, they can not afford to provide quality content and more and more of the public media seems like home movies. Well, so much for my commentary on communications. Although, I might not have the most interesting content, at least I make an effort to communicate which is more than I can say for some of the other near sighted individuals around me trying to use this technology. Maybe they are so wired out from the coffee shop, they are spending all of their time gaming. I hear tell that television might be a game too. When you watch it, they monitor the usage through computers, and thus provide more of the same for hopefully increased ratings for advertising. Thus what you see is what most of the general public wants to see. Well, I am bit tired, so I will go to bed shortly. I will now shut down the computer before going to bed. “CIO” at the end of each of my notes stands for “Chief Information Officer”, not “Chief Intelligence Officer”. Well no news is good news. CIO

Note: <888> 12/18/02 Wednesday 9:00 P.M.: I disconnected the charging transformer from the Slaymaker rechargeable lantern when I returned this afternoon. It seems to lose its charge in about six weeks. CIO

Note: <888> 12/18/02 Wednesday 8:45 P.M.: I was mentioning to the library information staff that I noticed a not yet prominent member of the public in the Greenwich Library about 14 years ago wearing a proper brownish colored tweed jacket with a New England preppy look which we do not see much here anymore. Moreover, although I use to wear that look, unless I lost about 50 pounds and went down below 180 or 170 pounds, I do not think that my preppy clothes would fit me too well, but the moths really have not gotten them yet. It is the nature of old guard New Englanders, they tend to smell of moth balls, but since I live in a more confined space, I do not use moth balls, although, I think I still have saved some in a cookie tin somewhere in the apartment. Yes, I even save moth balls, along with rubber bands, ramen noodle flavor packets, wine corks, pie tins and other various assorted items that might come in useful in the future. I remember one friend of mine’s grandmother had saved just about everything including lots of string from the old days when they use to conserve during the Great War. Thus when I discard useful items like slightly outdated computer equipment; I generally expect them to end up

back in circulation at some other locality. Basically since I arrange the items in my apartment tastefully, it is a pleasant homey feeling, but if the same items were randomly displayed in a thrift shop, I do not think they would command too much value. Still, it is my home, and I have become use to the comfortable familiar atmosphere that they create. I guess so many people are in a rush anymore, they do not appreciate what they have, so if they have the time, and they are not pleased with the current configuration, they could always rearrange the geometry of their local setting. Still, I have rearranged the items in my apartment so many times; I now have a groin hernia from exerting too much effort that seems to be underappreciated. CIO

Note: <888> 12/18/02 Wednesday 8:30 P.M.: I filled out the Staples rebate information, and I mailed it downstairs in the mail room. I took out one 32 meg probably PC 100 memory chip from the Dell backup computer since there are no more spare memory slots in my three computers, and I put it in the PNY plastic holder, and I placed it in the night stand drawer next to the closet side of the bed. Surprisingly enough the memory was made by Hyundai. CIO

Note: <888> 12/18/02 Wednesday 7:55 P.M.: I had the same dinner as last night. CIO

Note: <888> 12/18/02 Wednesday 6:30 P.M.: I went out after the last message, and one of the three Compaq servers had already disappeared. When I returned a second one or both the Prolexas were gone, and the old Prolinea is still there. I first went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then drove over to Old Greenwich to the Mobil Express Lube car wash, and I had them wash my car for \$5. I had them remove the radio antenna this time to be on the safe side. When I was drying the car with a towel and polishing it, I noticed about a four foot long curving scratch on the driver's side rear quarter panel. I checked with the car wash personnel, and they did not think their equipment did it. They put a piece of blue tape over it, and we ran it through the car wash a second time, and it did not appear to scratch the car this time. Perhaps since the car was dirty, I did not notice the scratch earlier. Maybe I can get it to disappear with some of that scratch remover I see advertised on television. I also have a scratch on the hood and three small dings on the car. Well, it looks like someone took a key and ran it along the side of the car. I can not figure out why, but frequently vandalism has no rationale. I dried the car off a second time after the second car wash. I then drove out to Tod's Point, and I sat out at both the southwest and southeast areas. I used the ATM machine at the Old Greenwich Putnam Trust Bank of New York. I next went by the Old Greenwich Rummage room thrift shop, and I bought a yellow ceramic "Harry's Bar Venezia" for .80 with tax. I then went by Staples, and I bought a PNY PC100 128 memory chip for \$26.94 plus \$1.62 tax for \$28.56 total. It has a \$15 mail in rebate, so it will eventually be about \$14. I then went downtown, and I sat out for a while. I next drove down by the waterfront. I then went by the Greenwich Library. I then returned home. I took out the 128 PC 100 memory from the

Compaq backup, and I added it to the primary computer along with the new memory for 256 megs total. I had tried PC 100 memory in the primary computer about a year ago, and it did not work, but I guess this time I got it properly seated, and it works just fine. I put the PC 66 128 meg memory chip and the PC 100 64 meg memory chip I took out of the primary computer, and I put them in the Dell backup with another 64 meg PC 100 memory chip, so the Dell backup also has 256 megs of memory. Both systems are working just fine. I put the Harry's Bar ash tray on the right side of my bedroom desk. CIO

Note: <888> 12/18/02 Wednesday 10:50 A.M.: I will now clean up, and I will go out in a little while. CIO

Note: <888> 12/18/02 Wednesday 10:30 A.M.: I went to bed at 11 P.M. last night. I was up at 8:30 A.M.. I chatted with a friend. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I threw out the three dumpster Compaq servers, and I put them to the right of our large dumpster for anyone to grab and pick up. I took the mirror that I had on the side of one of the Compaq servers, and I put it to the left side on the wall of the bathroom entrance wall. I put the framed George W. Bush inaugural invitation on the bedroom door entrance below the Audubon bird pictures. CIO

Note: <888> 12/17/02 Tuesday 9:20 P.M.: I sifted through my email. I had some cookies. I will now shut down the computer. I will channel surf the television, and in a little while I will go to bed. CIO

Note: <888> 12/17/02 Tuesday 8:40 P.M.: Well, I finished the laundry and put it away. CIO

Note: <888> 12/17/02 Tuesday 7:55 P.M.: Well, it is 24 degrees Fahrenheit here and going down into the teens this morning. In International Falls, Minnesota it is <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=International+Falls%2C+Minnesota> 32 degrees F. and in Calgary, Canada it is 36 F. degrees <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Calgary%2C+Canada> and in Moscow, Russia it is 13 degrees F. <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Moscow%2C+Russia> , and in Seoul, Korea it is 34 F. <http://www.wunderground.com/global/stations/47110.html> , so maybe some warmer weather is headed our way. CIO

Note: <888> 12/17/02 Tuesday 7:15 P.M.: I am on the dry cycle with 50 minutes to go. I am preparing the same dinner as last night. CIO

Note: <888> 12/17/02 Tuesday 6:45 P.M.: I have to recharge the Slaymaker rechargeable million watt lantern for the next twenty hours. It should be fully charged around 3 P.M. tomorrow. CIO

**Note: <888> 12/17/02 Tuesday 6:40 P.M.:** I started two loads of laundry. I put clean linen on the bed. Although the wintry weather this early in the season is enjoyable, it also costs one money for extra heat. I wonder what mid January to mid March will be like. CIO

**Note: <888> 12/17/02 Tuesday 6:10 P.M.:** I went out after the last message. I stopped by the Vitamin Shoppe in Port Chester, New York, and I exchanged the defective bottle of 400 IU vitamins for a new bottle with out any problems. I then checked the clearance section at Staples. I next toured Odd Job. I then went by the George Weston Bakeries Arnold bread store outlet in Byram, and I obtained three loaves of Freihofer's 12 grain bread for \$1.29 each less .39 senior discount for \$3.48 total. I next went by the Greenwich Hospital Thrift shop. I then drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I next went by the Greenwich Library, and I read the Greenwich Times. I just now returned home, and I am having a glass of ice tea. I keep the bread frozen in the freezer until I need to use it. Before I went out today, I put about one third of a bottle of CVS Professional drain cleaner in the bathroom sink drain to clean it out. When I returned I filled the sink with hot water, and I used the toilet plunger to free up any dissolved substance in the drain. Since I shave with shaving gel and a throw away razor, the sink drain tends to build up crud over time. CIO

**Note: <888> 12/17/02 Tuesday 1:30 P.M.:** I have finished configuring the IBM Cyrix backup computer. I will now reconnect the Dell system. Basically both backup systems are connected except I change the power cord and the monitor cord between systems, since I do not have room for a third monitor. All the other cables for each system are full time attached except I do not have speakers connected to the IBM Cyrix onboard sound jacks. I will then shut down the primary computer, and I will clean up and go out. CIO

**Note: <888> 12/17/02 Tuesday 1:20 P.M.:** I put salt and pepper corns in the salt and pepper mill on the dining room table. I installed the Logicode X2 modem in the IBM Cyrix backup computer and configured the modem. I installed the Juno software and dialer [www.juno.com](http://www.juno.com), so I can access either the two numbers in Greenwich or two in Stamford if the cable modem does not work. I am now installing the Windows updates. I noticed that since I added language suppose for Internet Explorer with all the different languages, German was not one of the languages added, very strange. CIO

**Note: <888> 12/17/02 Tuesday 11:40 A.M.:** I took the frozen steins out of the freezer and put in the cupboard to the right of the sink. I threw out some jars from the cupboard. I put a new fat jar in the refrigerator. I put in new Arm and Hammer boxes of baking soda on the freezer door and the refrigerator door. I took out the frozen wine carafe and pitcher and I put them on the leg of the round dining table by the kitchen entrance. I emptied the ice trays, and I put the cubes in a bag in the refrigerator. I refilled the eight ice trays. I now have a bit more room in the freezer.

I put the two boxes old Arm and Hammer baking soda down the kitchen, bathroom sink, and bathtub drains to freshen them. CIO

Note: <888> 12/17/02 Tuesday 11:15 A.M.: I had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea and a Brazilian instant coffee. I have used up the last of the Brazilian instant coffee, but I still have lots of Food Emporium hazelnut beans and Chock Full of Nuts Instant and Folgers's decaffeinated instant and Italian espresso beans. CIO

Note: <888> 12/17/02 Tuesday 10:25 A.M.: I got a good deal on the Microsoft FrontPage 2002 new user software. Microsoft's web site says it has a \$169 retail value <http://www.microsoft.com/frontpage/>. Of course [www.amazon.com](http://www.amazon.com) is now selling it for \$99. I removed the Logicode X2 telephone modem from the Dell backup computer, and I will install it in the IBM Cyrix backup computer since it works with Windows ME. I will then install Juno, so I have emergency telephone connection on the internet should the cable modem fail. I am just about done with the second part of the three part backup of the IBM Cyrix backup. CIO

Note: <888> 12/17/02 Tuesday 9:30 A.M.: Forbes list of favorites <http://www.forbes.com/bow/b2c/favorite.jhtml?id=8> . CIO

Note: <888> 12/17/02 Tuesday 8:45 A.M.: I am making a C: drive to D: drive backup on the IBM Cyrix backup computer. CIO

Note: <888> 12/17/02 Tuesday 8:15 A.M.: I tried switching the drives on the IBM Cyrix backup computer, but Red Hat Linux 8.0 still would not install. I switched them back to where Windows ME is now the C: boot drive. I will leave the D: drive as an empty formatted drive. I will then reconnect the Dell backup computer. CIO

Note: <888> 12/17/02 Tuesday 7:05 A.M.: I opened up a new bottle of Vitamin Shoppe 400 IU vitamin E, and the tablets were all stuck together and would not come unstuck. I will have to go over to Port Chester, New York today to exchange them. I am now going to exchange the C: and D: drives in the IBM Cyrix backup computer and see if Red Hat Linux 8.0 will install on a C: drive. CIO

Note: <888> 12/17/02 Tuesday 6:25 A.M.: I had a call from a relative last night. I was up at 6 A.M.. I am going to have breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. It is 22 degrees Fahrenheit this morning. CIO

Note: <888> 12/16/02 Monday 8:30 P.M.: I heated two ¼ inch thick slices of the Hormel ham for two minutes in the microwave oven on a microwave proof plate with a microwave lid, and I had them for dinner with Bornier Dijon mustard on them with steamed white rice and steamed fresh broccoli crowns and ice tea. I listened to the BBC [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) for a while. I will now shut down the computer. I will watch a bit of television, and I will

go to bed a bit there after. It is a bit chilly out <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> . CIO

Note: <888> 12/16/02 Monday 7:15 P.M.: I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I bought an unopened box of Microsoft FrontPage 2002 for \$15 with the book Sams "How to use Microsoft FrontPage 2002" and a SoHo LAN card in an unopened box for \$2 for \$17 total. I then went back by Putnam Trust Bank of New York on Mason Street. I next made my 4:15 appointment. I then drove down by the waterfront. I went by the Greenwich Library, and I read the local newspaper and the checked out a DVD video disk. I then went by the Stop and Shop, and bought two half gallons of Tropicana pure premium orange juice with calcium for \$2.79 each, a Hormel cured sliced ham at \$3.49 a pound for \$11.24, a Tony's Pepperoni pizza for \$2.99, a bulb of garlic at \$2.49 a pound for .42, S&S hotdog buns 8 pack \$1.19, broccoli crowns at .89 a pound for \$1.79, a five pound bag of Pillsbury for .99 for \$24.20 total. I then returned home, and I put away my purchases. I chatted with a friend. I called three relatives, but they were either on the other line or not home. I printed out another envelope for another Christmas card. I will save the FrontPage 2002 to open for a Christmas gift. CIO

Note: <888> 12/16/02 Monday 1:50 P.M.: I tried install Red Hat Linux 8.0 on the IBM Cyrix backup D: drive a half dozen times, and it froze at the formatting stage each time, although Fdisk shows it correctly partitioned the non dos partitions. I will now shut down both systems. I will reconnect the Dell backup. I will have to fiddle with Red Hat Linux 8.0 installation at a later date. I will then clean up and go out. CIO

Note: <888> 12/16/02 Monday 11:55 A.M.: Well, it is sort of a blah day outside, but I have a 4:15 P.M. appointment. I am now going to install Red Hat Linux on the D: drive of the IBM Cyrix backup computer. It will give me something to do that does not cost money. I will wait a while to go out. CIO

Note: <888> 12/16/02 Monday 11:45 A.M.: I was up at 10 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I called the CompUSA rebate 800 number 1-800-390-2344, and they said I would have to resubmit the rebate information on the EPO 58X CD drive that I bought for \$40 July 30, 2002 and mailed in the rebate on August 1, 2002. Since I do not have a copy of the rebate form, and I can not find a copy of the sales receipt and since I do not have a copy of the SKU number that I mailed in from the box, I can not do this. It seems strange that the last four rebates I have mailed into CompUSA have had problems. I would imagine they have some sort of problem with their rebate operation. I will now clean up, and I will go out. I have a 4:15 appointment today. CIO

Note: <888> 12/16/02 Monday 6:55 A.M.: Basically my primary computer is a PC Chips S-571 LMR motherboard with a AMD K6II 450 MHz processor running at

366 MHz with a 128 meg 64 Mhz, 64 meg 100? Mhz memory chips with two Maxtor 20 gigabyte hard drives and SoundBlaster Live MP3 card and LAN. I use the second hard drive for backup. The Dell backup computer is a 333 Mhz Intel Pentium two processor Dell Dimension V350 with a 128 meg 100 Mhz 64 meg 100 Mhz and 32 meg 100 Mhz memory with a Maxtor 15 gigabyte drive, Maxtor 6 gigabyte drive and Maxtor 8 gigabyte drive with a Sound Blaster AWE 32 card and LAN card. The second backup computer is a PC Chips S-571 motherboard with and IBM Cyrix 233 processor running at 188 Mhz with two 32 meg 100 Mhz memory chips and two Maxtor 8 gigabyte hard drives with LAN car and onboard sound. I also have the Compaq Prolinea server in the window behind the two backups; I have the two Compaq Prosignia 200 and 300 that I found in the dumpster yesterday. I also have the Acer 486 processor 4 meg memory laptop that the battery does not work on. I had to use 64 Mhz memory in the primary computer since it would not run a 128 meg 100 mhz memory chip. CIO

Note: <888> 12/16/02 Monday 6:25 A.M.: I was able to get the IBM Cyrix 233 processor backup computer going. I reseated the memory in it. I noticed the IDE0 cable to the C: drive was connected backwards at the drive. I fixed this and the system worked fine. I have the D: drive in it which is the old C: drive from my Dell backup. I have Windows ME on both drives. I do not think I will put Red Hat Linux on it just yet in case I want to put in the D: drive back in the Dell. However, the D: drive was the C: drive in the Dell, so it might not work as a D: drive which I tried already on the Dell to no avail. I have the 5.25" floppy also installed. The IBM Cyrix 233 processor in it runs at about 188 Mhz, and it has two 32 meg memory strips for 64 megs total. It is connected to the web through a LAN card. I still have my old Logicode modem in the Dell which only works with Windows ME or lower. I could put it in the IBM some time. The C: drive is 8 gigabyte and the D: drive is 6 gigabytes, so I could thus try to partition it with Red Hat Linux boot manger and install it on the D: drive, but for now I will just think about it. CIO

Note: <888> 12/16/02 Monday 5:35 A.M.: I put the ice tea away in the refrigerator. CIO

Note: <888> 12/16/02 Monday 5:10 A.M.: I rested from after the last message until now. I installed the Microsoft Intellimouse driver on the Dell backup computer. CIO

Note: <888> 12/15/02 Sunday 11:55 P.M.: On the Dell backup C: partition, I ran Norton Disk Doctor. I am now running Norton SpeedDisk. I am also making a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 12/15/02 Sunday 11:05 P.M.: I have the Dell backup computer C: drive up and running fine again. All three drives are still bootable. I ran the updates on it. I am doing some routine work. CIO



**Note: <888> 12/15/02 Sunday 10:25 P.M.:** I am done installing the operating system on the C: drive on the Dell backup. I backed it up with "system restore". I am now running the updates. I had dinner of a Stouffers hearty pot roast dinner with ice tea. CIO

**Note: <888> 12/15/02 Sunday 9:45 P.M.:** Networking would not work on the C: partition on the Dell backup, and I tried to fix it by reinstalling it. It would work on the first boot, but not on the second boot and following boots. I am now reinstalling the operating system on the C: partition on the Dell backup. CIO

**Note: <888> 12/15/02 Sunday 7:10 P.M.:** I rested after the last message. I installed the updates on the backup computer. I had to reinstall the networking. The Dell backup computer is working fine. CIO

**Note: <888> 12/15/02 Sunday 12:30 P.M.:** I put the original D: drive back in the Dell backup computer, and I am running the updates on the C: drive. I put the WinME drive in the IBM Cyrix 233 Mhz PCChips S-571 motherboard backup as the D: drive, but the IBM Cyrix processor computer still does not work. Possibly I do not have the memory seated in it properly. It worked when I last used it. I will not work on it today. I put it underneath the sideboard in the bedroom with the keyboard and mouse. I thus have the desk area to the left of my Dell backup cleared. I will now have two hotdogs with buns and Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea. I then will have a Brazilian instant coffee outside. I next will clean up and go downtown for some fresh air which should be in a little over an hour. CIO

**Note: <888> 12/15/02 Sunday 11:15 A.M.:** The Compaq Prosignia 200 gives an imminent SCSI controller error, but it does boot the C: drive. The Compaq Prosignia 300 is a 90 Mhz processor with 64 megs of memory and a 1 gigabyte SCSI drive and tape drive. It has a SCSI CDplayer that I probably could put in the big Compaq Prolinea server. I formatted the drive on it. I put both in the bedroom underneath the side board. All three Compaqs probably should be junked, but I hate throwing out good equipment. Still I read there is a place in Chicago, Illinois that scraps five million computers a year. CIO

**Note: <888> 12/15/02 Sunday 9:45 A.M.:** I am doing a little bit of computer work this morning. I took out the D: drive from the Dell backup computer, and I installed the Windows ME D: drive from the IBM backup computer which before was in the Dell computer as the C: drive. I could not get it to boot from boot manager. It says it needed the c:\windows\system32\hall.dll file. I tried to boot the IBM backup to get this file, but its video does not work for some reason. I had installed the D: drive from the Dell in it as a D: drive. Also earlier I had installed the 5.25 inch floppy I had in it. Well, I will have to check it out. I went outside to have a smoke, and while I was emptying the ashtray in the dumpster, I noticed that one of my neighbors that works in the hospital thrift shop had dumped out a Compaq Prosignia 200 server and a Compaq Prosignia 300. I boot the Prosignia 200 and ran

Fdisk and it recognized and created a 2.5 gigabyte C: drive, and it is a 133 Mhz processor with 133 megs of memory. I am running a surface scan on it now with scandisk. It has a SCSI controller error when booting. I created a CMOS boot disk for it. I will have to do the same for Prosignia 300 also once I boot it and check it out. Thus I am working on configuring four computers this morning along with running the primary computer. I guess one could say this is a continuation of dumpster therapy. Well, it is a nice day, I should clean up and go out and do this on a rainy day. I will have to wait and see. CIO

Note: <888> 12/15/02 Sunday 5:35 A.M.: I was up at 4 A.M.. There was a program on television about crime in Bermuda. Apparently Bermuda has the highest number of churches per capita in the world. I accidentally knocked a Bermuda onion on the floor in the Stop and Shop yesterday and that made me think about Bermuda. Apparently Queen Victoria's daughter Princess Louise when she was married to the Royal Governor of Canada use to winter in Bermuda. I was last in Bermuda in the spring of 1968 when I stayed at the Glendon Guest house with three Taft school friends and four students from Middlesex boys' school in Concord, Massachusetts for spring break. We spent about two weeks there renting mopeds and touring the island and going to the Elbow Beach resort beach. We had high tea every day. We use to go to the soccer matches and drink Heineken beer on the side lines. I recall buying four wool sweaters from Trimminghams for \$20 apiece. I might still have them. There were lots of students there. A friend of my mother's sister use to be the United States conciliate to Bermuda. Still, I had a very good time. Relatives of mine have returned frequently. I received email yesterday that Maxtor has approved my \$40 rebate on the hard drive, and they will be mailing it to me in 30 days. I think CompUSA still owes me a \$20 rebate on the 58X CDplayer that I bought for \$40 during the first week of August 2002. Possibly the company the rebate is coming from is having financial problems like Que, so maybe I should call CompUSA on their 800 rebate number and find out. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. CIO

Note: <888> 12/14/02 Saturday 8:25 P.M.: My guest just left after the DVD video. I chatted briefly with a friend. I confirmed that when we were in Greece in the spring of 1972, we had small pox shots. Also, I believe I had one when I was seven. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/14/02 Saturday 5:40 P.M.: For dinner, I sautéed the four boneless center cut pork chops for three minutes a side over medium heat turning regularly in olive oil, margarine, two chopped gloves of garlic, seasoned on both sides with Old Bay Seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, oregano, basil, and Italian spices and a eighth of a cup of La Choy low sodium soy sauce. We had them with steamed white rice and steamed fresh broccoli crowns, and ice tea. We will now watch a DVD video disk. CIO

Note: <888> 12/14/02 Saturday 4:40 P.M.: My guest and I went out. We drove by Smokes for Less again. Next we drove downtown and by the waterfront. Then we

went by the ELDC thrift shop in Cos Cob. Next we went by the Stop and Shop, and my guest is treating us for our dinner. He bought four boneless center cut pork chops at \$2.79 a pound and several bunches of broccoli crowns. We then returned to my apartment. CIO

Note: <888> 12/14/02 Saturday 2:10 P.M.: I rested from after the last message until 6 A.M.. I did my house cleaning and watering the plants. I had a meal of two hotdogs with buns and Dijon mustard and ketchup and potato chips and a dill pickle slice and ice tea and a Brazilian instant coffee outside. I then cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I drove down by the waterfront. There was a computer person signing copies of his book at Richard's until noon today. I then went to the Greenwich Library, and I checked out a DVD video disk, and I read the local paper. I then went to Exxon, and I bought \$6 of regular unleaded gasoline at \$1.679 a gallon for about 25 miles per gallon. I then went to Smokes for Less, and I bought a carton of Seneca Ultra Lights 100s for \$26. I then returned home, and my guest had arrived. I had a frosted A&W root beer in a frosted mug. I chatted with my guest. My guest is now taking a nap. CIO

End of Scott's Notes week 12/14/02:

Note: <888> 12/14/02 Saturday 1:45 A.M.: I enabled power management in both the primary and the primary backup computer cmoses. I also enabled Advanced Power Management in the software. On the Dell backup, I ran Win Doctor on the D: and E: drives. I also ran some updates. I just had a Stouffer's 20 ounce lasagna with ice tea. I will not be doing house cleaning at the moment. I might rest after I send out my weekly notes. CIO

Note: <888> 12/14/02 Saturday 12:35 A.M.: I did not put the WinME drive back in the Dell backup computer. I will leave it as the D: drive unchanged in the IBM backup. It will not be bootable in that device. Since I do not want to change it, I will not install Linux on the IBM backup. I am amused by the configuration on the Dell backup computer. I have the C: drive full version, D: drive small version, and E: drive medium version. However, I did not delete any backup files yet to free up space, which I might do eventually. I think I might have the previous C: drive as the E: drive and the current D: drive might have been the E: drive, so maybe some of the program drive letters are mixed up. I have not tested it for that. However, for the moment it seems to be a usable backup system. I will take a look at it some more when I have time. I put the Microsoft Windows XP Recovery Console on the primary computer. I did some tweaking on the C: drive on the Dell backup computer. CIO

Note: <888> 12/13/02 Friday 10:05 P.M.: Basically what I am doing is using my old backup computer to practice on Windows XP installations without messing up my primary computer. The reason I could not get Windows ME to boot was I removed the wrong hard drive when I changed hard drives, and I took out the Windows ME

hard drive and put it in the IBM backup computer as the D: drive. It is still intact, and I could try to put it back in the Dell backup system. I now have three various copies of the primary operating system on the backup Dell system. I installed the Microsoft Windows XP Recovery Console on the backup computer, and I was able to use the "bootcfg" command

<http://support.microsoft.com/default.aspx?scid=kb;en-us;291980> to get the Dell backup system to recognize all three hard drives. I then edited out the faulty information in the "boot.ini" file, so it looks proper when booting. Now I am just tweaking the backup Dell system. However, since I never use the backup system, it will just sit there until, I decide to do something else on it or need it for use as a backup should the primary computer fail. Basically since my primary purpose on the computer is systems work after reading news, I have to practice when I have the time to learn how to use the system should I ever need to do any more advanced or challenging work with it. Unfortunately for me nothing much ever goes wrong with Windows XP, so I just leave it running normally on my primary computer most of the time. Still this is how one learns. Basically since it is cold and rainy and damp outside which is not comfortable for my arthritis, I am violating a cardinal rule of computers "If it ain't broke, don't fix it", and I am just tinkering with the old Dell backup computer, since I have nothing else do to at the moment. CIO

Note: <888> 12/13/02 Friday 7:40 P.M.: I fell asleep about 11 A.M.. I had a call from a friend around 4 P.M.. I got up, and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I am now trying to get the Windows ME partition to work on the Dell backup computer. I have a guest showing up tomorrow afternoon, so I might do house cleaning tonight. CIO

Note: <888> 12/13/02 Friday 8:35 A.M.: Well for those of you with trisodectophobia, today is Friday the 13<sup>th</sup>. After considerable effort, I got the old 15 gigabyte C: drive in the Dell backup computer and working properly. I had a bit of problem with the boot manager with the three partitions. I have two partitions booting, but the Windows ME partition still does not boot properly. The C: drive is pretty much a duplicate of the primary computer C: drive. I never use the Dell computer, but when one uses old computer equipment, it is good to build redundancy into the backup machines in case anything ever happens to my primary well used and well maintained computer. I put the old 6 gigabyte E: drive from the Dell backup in the IBM backup, but I have not formatted it yet in case some untold eventuality should happen. I have not yet had a chance to check out the Dell system closely either. I am a bit tired. I will have some Land o Lakes Monterey jack cheese with Carr's crackers and ice tea. I will then go to bed directly. CIO

Note: <888> 12/12/02 Thursday 11:00 P.M.: I am now going to put the old 15 gigabyte C: drive in my Dell backup computer. I will take the 8 gigabyte C: drive out of the Dell, and put it in my IBM Cyrix 233 MHz backup computer and use it as D: drive. I will then install Red Hat Linux 8.0 on the IBM backup on the D: drive with its boot manager. I have to save the "boot.ini" file from the Dell C: drive on the D: or E: drive, so I have it available to boot multiple partitions on the Dell

backup computer. This will have take a bit of time and probably get me back on a later schedule. CIO

Note: <888> 12/12/02 Thursday 9:55 P.M.: I cleared out the excess food in my kitchen cabinets, and I put it in bags down by the food collection box for the needy in the front entrance downstairs. There are about eight bags of various food items, I do not need. I am now going to have two clementines and ice tea. CIO

Note: <888> 12/12/02 Thursday 6:50 P.M.: I went out after the last message. I went down by the waterfront. I next went by the Greenwich Hospital Thrift shop. I then had my teeth cleaned. I made my 3 P.M. appointment. I next went downtown, and I walked the entire length of Greenwich Avenue. I stopped by CVS, and I bought two CVS 9 volt alkaline batteries for \$4.99 both less a \$1.25 bonus bucks coupon plus .22 tax for \$3.96 total. After my walk, I went by the Greenwich Library, and I read the local paper. I then returned home. I had the same dinner reheated as last night without the coffee. I installed the two new 9 volt batteries in the smoke detector in the living room and the one in the hallway. CIO

Note: <888> 12/12/02 Thursday 10:05 A.M.: I had a call from a friend last evening. I was up at 2 A.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 8:30 A.M.. I just had lunch of two hotdogs with buns with Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea and coffee. I have a 2 P.M. and a 3 P.M. appointment today at the same location. CIO

Note: <888> 12/11/02 Wednesday 5:55 P.M.: I watched some more television. I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 12/11/02 Wednesday 4:15 P.M.: I watched a bit of television. CIO

Note: <888> 12/11/02 Wednesday 1:35 P.M.: On Internet Explorer, I changed the text size from medium to larger. I noticed in P.C. magazine this week, John Dvorak's article [www.pcmag.com](http://www.pcmag.com) that he said [www.mozilla.com](http://www.mozilla.com) web browser has interesting features including enhanced printing and much larger uniform fonts on web pages. Still, I prefer to have Internet Explorer on my system since it works well with Windows XP, and not to many years ago, other web browsers would change key system files. CIO

Note: <888> 12/11/02 Wednesday 1:30 P.M.: I had supper of two hotdogs with buns and Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea. I was told by a relative that if one has an electronic watch, and one is not using it for extended periods of time, one can pull out the time set stem, and it quits working, so one can save the battery life on the watch. CIO

Note: <888> 12/11/02 Wednesday 12:25 P.M.: I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street. I then went by the

**Greenwich Hospital Thrift Shop. I next went by the waterfront. Next I went to the Greenwich Library, and I read the local newspaper and Time magazine. I next went by the Merry Go Round Mews thrift shop on Arch Street, and I bought for \$3 a framed print of Commodore Perry's flagship of the Gulf Fleet the "U.S. Frigate Cumberland". I then returned home. I hung the ship print with my other two ship prints in the bathroom above the wall mirror opposite the bath tub. CIO**

**Note: <888> 12/11/02 Wednesday 7:45 A.M.: I broke my Braun cappuccino espresso machine carafe a week ago, but I had a spare one with my Krups backup cappuccino espresso machine which I keep in the bedroom closet plus I have one with my regular Krups. I watched some morning news. Well, I guess I will clean up shortly, and I will go out for some day time activity. CIO**

**Note: <888> 12/11/02 Wednesday 6:05 A.M.: I did a little bit of regular computer work. I am making up the same dinner as the last couple of nights. I will finish it off with a cappuccino. I noticed on television they are selling cheap property in north Florida better known as the scrub pine lands. I guess all of the state must have been like that at one time, so the last cheap place for property on the Atlantic coast is now in north Florida. Still there is a lot of cheap land north of there until you get into the New York City suburbs. CIO**

**Note: <888> 12/11/02 Wednesday 4:45 A.M.: Meanwhile back in Ice Station Zebra, it is beginning to warm up a bit. It is now 31 degrees Fahrenheit. I watched some television. I had ten pretzel rods. I slept a bit. I watched some television. I had a bowl of goldfish crackers. CIO**

**Note: <888> 12/10/02 Tuesday 11:50 P.M.: I installed the Win95 updates on the Compaq server. I put the two cards one a port card and the other some sort of old networking card in the right top desk drawer in the bedroom. I ran scandisk and disk defragmenter. I then shut down the system, and I disconnected it. I reconnected my primary Dell backup computer. CIO**

**Note: <888> 12/10/02 Tuesday 10:50 P.M.: I was up at 8 P.M.. I watched Jimmy Carter's speech on Cspan for the acceptance of the Nobel Peace Price in Oslo, Norway <http://www.nobel.se/peace/>. I believe I was at the Peace Hall for a concert in Oslo, Norway in February 1983 when I went to a concert there. I fiddled with the Compaq Proliant 1500 server adjusting some CMOS configuration and SCSI CMOS settings, but it still would not boot the Red Hat 8.0 installation disk. I finally discovered that this particular model is not on the Red Hat Hardware compatibility list. More than likely the two SCSI controllers for the two SCSI drives are causing the problem. Thus the computer will not run it. It is still a most excellent Win95 machine with 6 gigabytes of hard disk space, 114 Megs of memory, and a Pentium 133 processor along with the 3COM LAN card that hooks it up to my cable modem. Thus I will leave it in place for now running as it is. I will install the Win95 updates shortly. I will also delete the Red Hat Linux 8.0 downloads from the drives. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. CIO**

**Note: <888> 12/10/02 Tuesday 12:50 P.M.:** I tried removing a couple of unneeded cards from the Compaq server, but I still have the same problem. I will leave the cards out, since they are not necessary for Win95. From what I can tell from searching web sites there is no mention of the problem, but possibly trial and error with some of Linux boot options might solve the problem. I will now have the cheese and crackers. I will also shut down the computer. I am tired, and I will go to bed soon. CIO

**Note: <888> 12/10/02 Tuesday 11:15 A.M.:** The error messages I am getting are:  
EXT2-fs: unable to read superblock  
cramfs: wrong magic  
FAT: unable to read boot sector  
isofs\_read\_super: bread failed, dev=09:02, iso\_blknum=16, block=32  
Kernel panic: VFS: Unable to mount roots fs on 9:02

Then the system stops. I found this link for linux boot options <http://www.redhat.com/docs/manuals/linux/RHL-8.0-Manual/install-guide/ch-bootopts.html> none of which have helped yet. I also tried removing the 3Com LAN card and booting, and that did not make a difference. CIO

**Note: <888> 12/10/02 Tuesday 10:05 A.M.:** I transferred the \*.iso files from the E: drive to the D: drive. I extracted the first \*.iso file back to the E: drive with a free utility. I tried running "autoboot.bat" from the extracted file, but I was prompted I did not have enough memory. The system has 114 megs of memory which should be enough. I tried booting the system with the boot disk, and it still prompted I did not have enough memory. I tried a number of linux boot parameters including setting the memory to 110 megs, but even when the system started to boot further it would crash as what looked might a driver crash for the SCSI hard drives. I downloaded a Linux driver from Compaq, but I can not install it, since one has to be in a root directory for Linux. Well, I am tired, so I will shut down the computer, and I will probably go to bed soon. I will have some Carr's crackers with Monterey Jack cheese and ice tea. CIO

**Note: <888> 12/10/02 Tuesday 5:35 A.M.:** I am done with the Red Hat Linux 8.0 download. I downloaded it fast from the University of Indiana. Also Georgia Tech was equally fast. The links to these download sites are at <http://www.redhat.com/download/mirror.html> . Of course it depends on where one is in the world and the time of day. I had three Clementines and six Danish cookies. I will now install Red Hat Linux 8.0 on the Compaq server on the D: drive. CIO

**Note: <888> 12/10/02 Tuesday 4:40 A.M.:** I sent out an email to a friend. I am on the third and final \*.iso download with 40 minutes to go. I guess I will go ahead and start the installation of Red Hat Linux 8.0 on the Compaq server, once it is all downloaded. I sifted through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) and I also went through my email. I had three pretzel rods with ice tea. CIO

**Note: <888> 12/10/02 Tuesday 2:40 A.M.:** I had to restart the download of each \*.iso file separately since, my C: hard drive got filled up with large temporary files. I am now doing one \*.iso file at a time which takes about 45 minutes to an hour for each \*.iso file. I can install from the \*.iso files, so I am placing them in the 2 gigabyte E: drive. I have a boot disk made up to start the installation once I have the three \*.iso files downloaded. CIO

**Note: <888> 12/10/02 Tuesday 1:55 A.M.:** I started downloading the other two \*.iso files from two other faster sites, so hopefully all three \*.iso files should be downloaded in about an hour. CIO

**Note: <888> 12/10/02 Tuesday 1:35 A.M.:** After dinner, I took a piece of extension cord, and I tied it around the Compaq server to hold the mirror against the open side tightly. The first \*.iso file is about 75% downloaded. I should look for a faster sight, but previously I have not found one. CIO

**Note: <888> 12/10/02 Tuesday 12:20 A.M.:** To keep the open side of the Compaq server from being exposed towards the windows curtains, I took out the large "cougar prevention" mirror from in front of the Plexiglas to the left of the air conditioner, and I put it along the back open side of the Compaq server. The "cougar prevention" mirrored worked on the premise that if a wild cat jumped up on the rain roof outside my window, it would see its image and be frightened away. Thus the backside of the Compaq server is not exposed to the curtains. While I had the Plexiglas area to the left of the air conditioner exposed, I put more duct tape along the edges sealing out any drafts. I then put the two one inch thick sheets of Styrofoam back over the Plexiglas area and pulled the curtains back over that. Thus it should be a little less drafty in the apartment. The first \*.iso download is about a third done. I will now have the same dinner as last night reheating the cooked chicken and rice and having it with steamed fresh broccoli along with ice tea and instant coffee mixture. CIO

**Note: <888> 12/09/02 Monday 11:35 P.M.:** I figured out a way to install the Compaq Prolinea 1500 server around the desktop area. I moved the left window lamp and plants further to the right. I then put the Compaq server on the far right window ledge behind the backup computer monitor behind the desk. I put it with the back of the server facing the into the room adjacent to the Dell backup computer, so it is easy to transfer the cables when switching between CPUs. I put the white and blue piece of coral on top of the Compaq server with the round Swedish ball of glass. I moved the scent light into the bedroom window. I downloaded WinZip onto it for extracting the Red Hat \*.iso files. I am now downloading the Red Hat 8.0 \*.iso files to the D: drive on the Compaq server which will take a bit of time. CIO

**Note: <888> 12/09/02 Monday 10:55 P.M.:** Last Saturday when I got my Connecticut license plate sticker for the registration for the next two years, I put it



on the rear plate of the Hyundai that evening. I was just looking at the [www.redhat.com](http://www.redhat.com) site, and I could download each of three \*.iso files to the D: drive on the Compaq server and extract them to the E: drive. I then could probably install the bootmanager for Win95 on the C: drive, and install RedHat Linux to the empty D: drive, and once installed have room for programs on the E: drive. However, I do not really have room to put the Compaq server around my three other desktop computers in my work area. I just chatted with a relative. CIO

Note: <888> 12/09/02 Monday 10:30 P.M.: I was up at 6 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I stopped by the Greenwich Library. I returned a DVD video disk. I read the Greenwich Times, and I read P.C. Magazine. I then drove down by the waterfront. I next walked lower Greenwich Avenue. It is a brisk 18 degrees Fahrenheit outside right now. I then went by the Food Emporium, and I bought two dozen large eggs at .79 a dozen, a 38 ounce box of Pepperidge Farm goldfish crackers for \$5.79, a quart of AC lemon juice \$2.19, a 25 tea bag box of five types of Twining tea for \$2.49, a quart of Heinz ketchup for \$2.99 for \$15.84 total. I then returned home. I chatted briefly with a relative, and I call a friend whom was not in. Well, meanwhile here on the cold front, let's hope this cold spell does not continue through out the winter. However, I noticed that Time Magazine this week has a front page story on arthritis, and it is my viewpoint when it is very cold, it is also drier, so it is easier on the old arthritis. CIO

Note: <888> 12/09/02 Monday 8:30 A.M.: I had 12 Carr's crackers with slices of Land O Lakes Monterey Jack cheese along with ice tea. I will now shut down the computer, and I will go to bed shortly. CIO

Note: <888> 12/09/02 Monday 8:05 A.M.: After I installed Win95 on the Compaq server, it still would not boot up. I figured out the 3Com LAN card was causing the problem, so I removed it and it booted properly. I then deleted it in the hardware devices and rebooted. I then shut down and reinstalled it, and followed the prompts for reinstalling it from disk. When I finally rebooted the system, it worked fine. I just now installed Internet Explorer 5.5. I thus have the system back to where I started last evening. Well, I will disconnect the Compaq Prolinea 1500 server and store it underneath the sideboard in the bedroom. I will reconnect the Dell backup computer. CIO

Note: <888> 12/09/02 Monday 6:20 A.M.: Win95 did not boot on the Compaq server. I did figure out the problem. When I started today, I enabled the SCSI bios in the SCSI cmos which has caused all the problems. I disabled this feature, and the hard drives switched around again where the 1 gigabyte removable drive is now the C: drive. I had to run Fdisk again and reformat the C: drive. I started installing Win95 again, and it is installing without any problems. Since the C: drive is the 1 gigabytes, I probably will not have room to install Red Hat Linux 8.0 on the smaller drive. I tried booting the computer with the removable drives not install, but the SCSI system did not recognize the 4 gigabyte drive. Well, it is a lot of work for a

minor error to end up back where I started. I guess once I have the system and Internet Explorer installed again, I will disconnect it, and put it underneath the sideboard in the bedroom. I probably could do a minimal install of Red Hat Linux 8.0, but it is not that important to me. Thus I will have a spare big clunky computer. I put the small dark oak table on the left side of the desk. I will now put the HP LaserJet IIP printer back on it. I sifted through my email. Well this is like what it use to be in the old days before more advanced systems that work well with Windows XP. Well at least my primary computer, backup computer and second backup computer are working just fine beside the Compaq server. It is 17 degrees Fahrenheit right now. CIO

Note: <888> 12/09/02 Monday 4:50 A.M.: On the Compaq server, I had to reinstall Win95 again. This time I chose not to install the SCSI controller when it searched for hardware devices, and the program is installing normally. Well, I will have to wait to see if the system boots properly. I am watching a bit of morning news. CIO

Note: <888> 12/09/02 Monday 3:25 A.M.: I tried installing an IDE controller in the Compaq server, but the IDE controller was defective, so I can not use a CD player. I moved the Compaq server away from the left side of the desk, and I have it sitting on the Delonghi oil filled radiator to the right of the desk. No I do not have the radiator turned on. I tried reinstalling Win95 again, and when it failed, I turned off the computer and restarted Win95 setup, and I selected safe restore installation. When prompted for what devices to search for, I deselected a number of devices that are not on the computer, and the system is now in the process of copying the files to the hard drive. Thus I might have a bootable system soon. I guess technically I could download each of the three approximate 650 meg. files for RedHat Linux, and uncompress them to the 2 gigabyte partition on the E: drive on the first hard drive. I then could try to install it over the C: drive with out changing the partitioning and using the existing FAT partitions and use part of the one gigabyte D: drive for the swapper. However, I read that for some reasoning Red Hat Linux 8.0 does not have disk partitioning. Still it would not be able to print probably if successful on the install, so maybe I will leave it as an existing Win95 install with Internet Explorer 5.5 SP1. However, I really do not have the room for the large Compaq server, since it is about 30 inches by 10 inches by 24 inches weighing about 60 pounds. I guess we can call this "Dumpster Computer Therapy". It keeps one in practice on system configuration when one has nothing to do. CIO

Note: <888> 12/09/02 Monday 1:25 A.M.: On the Compaq server what probably changed my SCSI drives configuration is that I ran the SCSI select utility that comes up at boot up. I changed its settings for all the selections to default. Anyway during dinner, I ran Scandisk on the C: drive and it is all right. I just ran the Compaq configuration utility again, and it ran successfully. I am formatting the C: drive. I will then try to install Win95 again. CIO

Note: <888> 12/09/02 Monday 12:20 A.M.: Red Hat Linux 8.0 will not fit on the Compaq server. Also when I reconfigured the CMOS, although it boots from the

first drive which was the second drive, the system crashes when trying to install Win95. I will put it out by the dumpster after dinner. I took two halves of boneless chicken breasts, and I washed and dried them. I put a couple of tablespoons of olive oil in a Pyrex pie dish, and I rubbed the two chicken breasts in them on both sides. I then put on them about an eighth of a cup of La Choy low sodium soy sauce, and then seasoned the tops with garlic powder, ground black pepper, celery salt, chicken and meat seasoning, Old Bay Seasoning, Italian spices, basil, and oregano. I then spread on the top sides Texas Best barbeque sauce. I am cooking them in the convection oven at 350 degrees Fahrenheit for 35 minutes. I will have one of the chicken breasts with steamed white rice and steamed broccoli and ice tea. I will then have a 50% Brazilian instant and 50% Folgers's decaffeinated instant coffee. CIO

Note: <888> 12/08/02 Sunday 11:30 P.M.: On rebooting the Compaq server with Win95, it did not boot properly, and apparently the disk partitioning had changed. I ran Fdisk from a Win95 boot disk again, and this time the first drive is the 4 gigabyte drive with 2 gigabytes as the C: drive and 2 gigabytes as the E: drive, and the removable 2<sup>nd</sup> hard drive is the D: drive with 1 gigabyte. I guess this will work when reinstalling Windows 95. I think the problem was caused by running the CMOS configuration utility. Still, I think I have it setup now, so the installation should be straight forward. However, on installing Red Hat 8.0, I can download each of the three \*.iso files to the D: drive, and extract them to the E: drive, however to try install them to the C: drive which is the same drive as the E: drive, I might run into disk partitioning problems and lose my extracted download before installing. Possibly the three extracted \*.iso files might fit on the D: drive the second drive. Still, I am not sure whether it is worth all the bother. Moreover, I do not need a fourth computer for backup running Windows 95, if I can not get Linux on it. Thus I might eventually chuck it. CIO

Note: <888> 12/08/02 Sunday 10:50 P.M.: I had a call from a former neighbor who needed a ride to check out his boat at 11:30 A.M. this morning. I explained I was on a night schedule, and he said he would get someone else to drive him. I was up at 4:30 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I had to throw out my old Palm Beach, Florida straw hat since it ripped in several places while on the brass hat rack in the apartment. I used to keep it in the back window of the Volvo, so I guess over the years it dried out. I moved the Compaq server from the bedroom to the left side floor of the living room desk, and I hooked it up to the backup computer monitor, mouse, keyboard, power cord, and LAN cable. I chatted with a relative. I reran the Compaq CMOS utility on the Compaq server, but when I booted Windows 95, it would not boot. I tried safe boot and deleting devices, but it still would not boot. I guess the CMOS reconfiguration effected the Windows 95 configuration. I chatted with a friend. I am now reinstalling Windows 95 on the Compaq server. If all goes well once Windows 95 runs again. I will download Red Hat Linux 8.0 from Sweden, and I will install it on the Compaq server. This will keep me busy this evening. I guess a 2 gigabyte C: drive will be enough for Red Hat Linux 8.0. Thus I will have a backup computer

with Linux too. I have the HP LaserJet IIP on top of the Compaq server. I put the small dark oak table that was where the Compaq server is in the bedroom windows to have out of the way for now. CIO

Note: <888> 12/08/02 Sunday 7:20 A.M.: I installed Windows 95 on the Compaq server with networking. It recognized the network card. I installed Internet Explorer 5.0 SP1, and the system works fine online with the cable modem, but it does not have a sound card or telephone modem. The C: drive is the 1 gigabyte drive and with Win95 partitioning, it has a 2 gigabyte D: and E: drive partitions for the second hard drive. Well, I decided not to toss it out just yet. I put it underneath the sideboard in the bedroom. Technically, I could try to install Red Hat Linux 8.0 on it from download, but with a 1 gigabyte C: drive, I do not think it would be worth it. Well, I will shut down shortly. I will have some Starbucks Java Toffee ice cream with ice tea before going to bed in a little while. CIO

Note: <888> 12/08/02 Sunday 4:20 A.M.: I can not install a CD player in the Compaq server since it has no IDE connectors. It is all SCSI. It has two removable and one fixed SCSI drives. The fixed is 4 gigabyte and the removable are 1 gigabytes. One of the removable does not work. I booted my Windows ME emergency disk on it, and I ran Fdisk and I deleted the Linux partitions, and I installed DOS FAT32 partitions, and I formatted both of the working drives. I guess I will now install Windows 95 from floppy on it. I have a feeling, I am going to toss it out once I get it running, since it takes too much room. Perhaps somebody else will want to tinker with it. I had a bowl of pretzels and ice tea. CIO

Note: <888> 12/08/02 Sunday 2:55 A.M.: On the Compaq Proliant 1500, I over rode the case switch, so the server turns on with the regular switch with the front case top removed. I downloaded and ran the Compaq setup utilities which are on four disks. The server boots into Caldera Linux 2.4, but it end at logon and password. I am now restarting it to see if it will accept "root". I think there is a CD player cable and room to install one, but first I would have to take the CD out of my other backup. CIO

Note: <888> 12/08/02 Sunday 12:50 A.M.: I finished the C: drive to D: drive backup. I did it in 5 parts, since the Windows XP Professional backup program limits backup file size to 4 gigabytes. For the first backup, I backed up the C: directory without the Documents, Favorites, Program Files, Windows, Upload, System State, 000000009, xpprog. In the fifth backup, I included the Documents, Favorites, System State, Upload, xpprog, 000000009. On the second backup I backed up the C:\Windows directory. On the third backup, I backed up the C:\Program Files without the Microsoft programs. On the fourth backup, I backed up the C:\Program Files with the Microsoft programs. I went out while doing the backup, and I stopped by the Food Emporium, and I bought two 20 ounce Stouffer's lasagna for \$2.75 each, two Stouffer's Home-style pot roast dinners for \$2.15 each, boneless breast of chicken at \$1.99 a pound for \$3.50, a box of clementines for \$3.99, and Texas Best mesquite barbeque sauce for \$2.89 for \$20.18

total. I then walked lower Greenwich Avenue. I kept the heat off in my car, so it would not defrost the groceries. I then went by the lower level train station parking garage dumpster. I found an old server that I brought home. I then drove down by the waterfront. I next returned home. I brought up my groceries, and I started the third section of the backup. I went out with a grocery shopping cart, and I moved the old Compaq 3124 server into the apartment. It must weight about 60 pounds. I did not get the side panel and front panel for the Compaq server, so I have to use a screw driver to override the removed panel shut off switch. However, it does boot and it has six memory strips with about 100 megs of memory, and it is a socket 5 Intel Pentium probably 133 mhz. I went back out while doing the last backup, and I checked the dumpster area for the missing panel parts, but they were not available. I then drove down by the waterfront. I just now returned home. I will override the power shutoff, and I will see if the Compaq server boots properly. Besides a hard drive, it looks like it has a couple of RAID or SCSI drives. If bootable I might be able to install temporarily a CD drive and install Windows ME which would probably be a more advanced system that might recognize the other accessories. Well, it basically is a piece of junk. It is just something to do, since I have a bit of idle time on my hands. CIO

Note: <888> 12/07/02 Saturday 7:50 P.M.: I finished the house cleaning and watering the plants. I will now start a C: drive to D: drive backup. I will also have a piece of pumpkin pie with whipped cream and ice tea. I will clean up and go out while the backup runs. CIO

Note: <888> 12/07/02 Saturday 5:50 P.M.: I fell back asleep after the last message. I slept all day until 4:30 P.M. when a relative called. I just had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I received my new automobile registration for the next two years. I will put the sticker on the rear license plate of the Hyundai when it is a bit warmer. CIO

Note: <888> 12/07/02 Saturday 1:40 A.M.: I had eight pretzel rods and eight Danish cookies after dinner. I just now finished resting. I just had a piece of pumpkin pie with whipped cream and ice tea. CIO

Note: <888> 12/06/02 Friday 9:00 P.M.: I was up at 4:30 P.M. today. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I went out, and I stopped by the Greenwich Library, and I read the Greenwich Times and P.C. World magazine. I then drove down by the waterfront. I next walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Stop and Shop, and I bought a 48 ounce container of Quaker old fashioned oatmeal for \$3.99, a 10 ounce bottle of Lea and Perrins Worcestershire sauce for \$2.29, a ten pack of S&S dried milk \$5.49, a five pound bag of S&S sugar \$2.39, a 12.5 ounce bag of Wise potato chips \$1.99 for \$16.15 total. I just now returned home. I will now season a double thick center cut pork chop on both sides by rubbing it in olive oil and seasoning it with Old Bay Seasoning, garlic powder, celery salt, ground black pepper, Italian spices, oregano, and basil, and Texas Best Barbeque sauce,

and I will cook it in the convection oven at 350 degrees Fahrenheit for 30 minutes. I will have it with steamed white rice with mushroom gravy and steamed fresh broccoli florets and ice tea and a cappuccino. CIO

End of Scott's Notes week 12/06/02:

Note: <888> 12/06/02 Friday 5:45 A.M.: I will now send out Scott's weekly notes. I will then shut down the computer. I will relax a bit and then head off to bed. CIO

Note: <888> 12/06/02 Friday 5:25 A.M.: After my meal, I put together one more Christmas card that I will mail later on today. I will now have a piece of pumpkin pie with whipped cream and some more ice tea. CIO

Note: <888> 12/06/02 Friday 5:05 A.M.: I went out, and I mailed the Christmas cards at the Valley Road post office. I then drove downtown. I next drove down by the waterfront. The downtown area is pretty well cleared, and the plowmen are still working at it. I just now returned home. I am just about ready to have a can of Progresso New England clam chowder with ice tea. CIO

Note: <888> 12/06/02 Friday 3:45 A.M.: I wrote a Christmas Letter, and it is posted at [www.geocities.com/mikelscott/xmas2002.htm](http://www.geocities.com/mikelscott/xmas2002.htm) . I also put together the letter in 21 Christmas cards that I will send out to family and friends. I will go out shortly to mail the cards at the Valley Road post office. Then I will go for a short drive. CIO

Note: <888> 12/06/02 Friday 12:40 A.M.: Dinner was delicious. I tweaked my notes page, so I only have this month's notes on it. CIO

Note: <888> 12/05/02 Thursday 10:45 P.M.: We had five to seven inches of snow. I was up at 4 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements and coffee. I went back to sleep until 7:30 P.M. when the snow quit. A friend called, and we chatted. I cleaned off my car, and I went out without cleaning up. My Hyundai with the Michelin all season radial tires runs quite well in the snow. I drove mostly in second and third gear at slower speeds. I walked the entire length of Greenwich Avenue wearing my Italian Alpine snow boots and long rainforest down coat, Polar Bear hat with scarf and gloves and long underwear bottoms besides my casual clothes. I used my snow brush to clean off the snow off the benches in the center of town in case any one wants to sit comfortably and view the winter wonderland. There were quite a few plows and snow shovelers out. Starbucks was closed. It looks like the Food Emporium might be open. The board of education parking lot is plowed, but I would say there is still quite a bit of snow on the roads despite the downtown area being relatively cleared. I drove down by the waterfront. I just now returned home. I tried calling two people. I will now season a double thick center cut pork chop on both sides by rubbing it in olive oil and seasoning it with Old Bay Seasoning, garlic powder, celery salt, ground black pepper, Italian spices, oregano, and basil, and Texas Best Barbeque sauce, and I will cook it in the convection oven at 350 degrees Fahrenheit

for 30 minutes. I will have it with steamed white rice with mushroom gravy and steamed fresh broccoli florets and ice tea and a cappuccino. I guess it is up all night with Michael. My 3 P.M. appointment was cancelled today. CIO

Note: <888> 12/05/02 Thursday 4:00 A.M.: I put away the ice tea in the refrigerator. I had eight pretzel rods and four Danish cookies and ice tea. I will now shut down the computer, and I will go to bed. Well keep a close eye on the snow developing. CIO

Note: <888> 12/05/02 Thursday 2:25 A.M.: I installed updates on the primary computer. I am in the process of updating the backup computer. CIO

Note: <888> 12/05/02 Thursday 1:35 A.M.: On a more local homey note, I was just outside and that mother of all skunks about the size of a raccoon and mostly white was lingering behind my Hyundai. CIO

Note: <888> 12/05/02 Thursday 1:35 A.M.: Howard Johnson's in Riverside, Connecticut part of Greenwich, Connecticut has a free 800 reservations number 1-800-446-4656, and they told me earlier this month, they keep a number of rooms available for the \$69 plus tax discount rate which regularly would be \$89 plus tax about \$102. I am making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 12/05/02 Thursday 12:55 A.M.: As far as I can tell, the forecast is for it to start snowing all day today Thursday and for us here in Greenwich to have six to seven inches of snow, so I hope you all are prepared. I feel sorry for any stranded travelers whom might come off the Interstate 95 and try to seek refuge at the Delamar five star hotel on Steamboat Road only to find out it is \$335 to \$1,500 a night. Who knows maybe I could make a little extra Christmas money trying to provide shelter to snow bound visitors, but I generally enjoy my privacy, and I do not think the local Housing Authority would allow me to take in paying guests at my apartment, but I am allowed to have visitors for three to four days. My apartment is sort of like one of those suites at the Ritz Carlton in Manhattan that people maintain for personal pied de terres while in the city. For the frugal traveler if one books Howard Johnson through [www.expedia.com](http://www.expedia.com) on the internet one can occasionally get \$69 a night rooms plus tax. I suppose the Greenwich American Red Cross will have to make some sort of provision for stranded travelers should the storm turn out to be worse than expected. Perhaps they could set up a Red Cross relief station in the warm Greenwich train station with plenty of inside parking nearby and proximity to I-95. Let's hope it does not come to that, but the Greenwich Hospital and the Greenwich Library and Greenwich Capital, Pickwick Plaza, and St. Mary's also have sheltered parking. I guess today might end up being a snow day for schools and the business community. More than likely my 3 P.M. appointment will be cancelled. While downtown this evening, I found a smaller blue knit cap that just barely fits on my head, but I will keep it handy for anyone with a smaller head. CIO

**Note: <888> 12/05/02 Thursday 12:30 A.M.:** Yesterday while I was watching the heroic rescue of the seagull, I noticed another vigilant watcher. There was a large grey, blue, or brown heron by the day sailing pier observing the sea gull's dilemma. This to me was an unusual water bird to be seen in this weather around here this time of year. Perhaps the impending snow storm and snow storm activity down south caused it to venture into our colder waters. Also since the new Benrus watch is water resistant to 100 feet below sea level and has a plastic band, more than likely it would be ideal to wear whenever I have the chance to pursue damper waterfront activity. However, I have no plans to go that deep in the water anytime soon in the near future. CIO

**Note: <888> 12/05/02 Thursday 12:25 A.M.:** I had a piece of pumpkin pie with whipped cream and ice tea. CIO

**Note: <888> 12/04/02 Wednesday 11:55 P.M.:** I went out after my cappuccino. I stopped by the Stop and Shop, and I bought broccoli crowns at .79 a pound for \$1.45, and three packages of S&S margarine for \$2 all and a famous maker Benrus florescent dial date and 100 foot water resistant with plastic band and brushed chrome face sweep hand watch regularly \$150 for \$19.99 plus \$1.20 tax for \$24.64 total. I took out two \$20 bills separately from the EDS ATM machine at the Stop and Shop which cost me \$1.25 each transaction for \$2.50 transaction fees. I then walked lower Greenwich Avenue. I next drove down by the waterfront. I just now returned home. I will adjust the time and date on the Benrus watch, and I will put it with my other purchases to be wrapped for Christmas. I have noticed on my tours downtown for the last month that someone is leaving empty small 2 ounce bottles of Bacardi rum by the veterans bench downtown that they buy in little ten packs at some convenient liquor store like Quinns or Vals. Anyway, since the rum ration was traditional amongst British sailors in the British Navy, I do not object as long as the individual is not driving. However, being part frugal Scotsman, I have a more frugal solution that they should save their 10 little empty bottles instead of discarding them in the Board of Education parking lot, and for about \$18.75 they can buy a 1.75 liter about 50 ounces bottle of Bacardi, and then they could use a little miniature perfume funnel with the tip cut off to be wider which you can buy at some food stores of gourmet food stores, and the individual could save money by refilling the small Bacardi bottles providing they had a safe place to store it and would not drink it all if they bought it. CIO

**Note: <888> 12/04/02 Wednesday 9:20 P.M.:** I was up about 3 P.M. today. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. The merry elves that live in the building were busy putting up a Christmas tree display in the entry way and another in the community room. I cleaned up, and I went out. I drove by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought a 500 count bottle of CVS aspirin for \$6.49, Gillette series shaving gel for sensitive skin for \$1.99 with store coupon, and two Oral-B Advantage angle medium tooth brushes for \$4.99



both plus .42 tax for \$13.89 total. I next stopped by the Greenwich Library, and I read the local paper, and I checked out a DVD video disk. I then went by Exxon, and I bought \$4.70 of regular unleaded at \$1.679 a gallon for about 25 miles per gallon. I then returned home. I gave one of the building volunteers an extension cord to use on the community room Christmas tree. I helped briefly arrange the community room plants that the Christmas tree displaced. I then came upstairs, and I had the rest of the Butterball honey cooked turkey breast about two ¼ inch thick slices with steamed white rice and Franco American gravy along with the rest of the stuffing and steamed fresh broccoli and ice tea. I will now have a cappuccino. CIO

Note: <888> 12/04/02 Wednesday 3:25 A.M.: Well, I had four pretzel rods and ice tea. It is a bit nippy out 17 degrees Fahrenheit, and I am a bit tired, so I will shut down the old computer, and I will go to bed soon. I did a little bit of regular computer work. I am wearing my new long underwear bottoms all the time now, since I have extra pairs to wear when one pair gets dirty. I do not wear them to bed, but I am now wearing them when I go outside for cigarettes at night. Basically the “Freezing Norwegian Patrol” is sort of like the old “New Amsterdam Dutch Night Watch” since it is part of regular activity for the Nordic people during cold weather to keep a watch. For the cold weather types whom are looking for cold weather travel destinations there are <http://www.icehotel-canada.com/> and [http://www.scantours.com/ice\\_hotel.htm](http://www.scantours.com/ice_hotel.htm) . Well, I guess the Polar Bear club members will be out exercise walking today. CIO

Note: <888> 12/04/02 Wednesday 1:20 A.M.: I went out, and I drove down by the waterfront. I walked the entire length of Greenwich Avenue. I sat out at various locations. I used the ATM machine at Putnam Trust Bank of New York on Greenwich Avenue. I noticed they have a thermostat on the wall of the ATM kiosk. However, it seems when one turns it down to 40 or 50 degrees Fahrenheit a fan comes on which might be blowing heat, but when one turns it to 80 or 90 nothing seems to happen. Thus they might have their thermostat install upside down. I next drove back down by the waterfront. I then returned a DVD video disk at the Greenwich Library video drop. I next went to the Food Emporium. I bought a quart of Starbucks Java Toffee ice cream for \$2.99, two half gallons of Florida Natural orange juice with calcium for \$2 each, two 12 ounce packages of Frito Lay Rold Gold pretzel sticks \$2.19 each, two packages of Oscar Meyer bun size beef franks \$2.49 each, and a package of two double thick center cut pork chops at \$1.99 a pound for \$3.94 for \$20.29 total. I then returned home and put away my purchases. CIO

Note: <888> 12/03/02 Tuesday 10:40 P.M.: After dinner, my guest and I watched a DVD video disk. We had some pretzels and ice tea. My guest just left. I just had a piece of pumpkin pie with whipped cream and ice tea. Well, it is down to 18 degrees Fahrenheit which I think is quite cool for this time of year. I took the new gold ornament off the wreath on the front door, and I put it with the other on the small two foot tall Christmas tree. Since it is a little bit cool out, I might go out for a short drive just to check the local terrain. CIO

**Note: <888> 12/03/02 Tuesday 6:40 P.M.: I was up at noon. A friend arrived to visit at 12:30 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. My guest and I went out. We went by Smokes for Less. We went to the Port Chester flea market, and my guest checked out leather gloves. He did not get any. Leather gloves there for men are \$15 to \$30. Across from where I bought the long underwear, a fellow from India still sells the copper bracelets like I where for arthritis for \$10. We then went to Odd Job, and my guest bought boxes of Christmas cards. We next went by the Greenwich Hospital Thrift shop. I bought a bag of four gold ornaments for \$1. My guest went across the street to the Greenwich Women's exchange and bought a gift for a relative. We next drove down by the waterfront to the pier on Steamboat Road. We were observing the waterfront during the very low tide, and my guest observed a sea gull stranded in a fishing line on the second large rock out from the pier. It looked like it was pretty well stuck on the nylon fishing line. We went to the Greenwich Police Marine dock, but no one was there. We drove over to the Greenwich Police station, and I told the desk sergeant. I then used the senior center bathroom which is convenient to use if one is downtown in the day time. We next drove back down to the pier on Steamboat Road, and there were two Greenwich Police cruisers were there. They were not sure how to deal with the situation since it would have been too cold to wade out into the water and slippery on the rocks along with the 20 degree Fahrenheit weather. I went over to the marine dock at the Indian Harbor Yacht club and two staff were there. They came out and checked out the situation. One police officer and one yacht club staff went out in a small boat and came out to the rocks by the pier having to paddle in the shallower water. They snagged the line the sea gull was stuck on with an oar were eventually able to retrieve the sea gull into the boat. They cut the line, and they put the sea gull back on the rock out cropping. The sea gull walked over to the other side, and it hopped into the water and swam off. Thus one of the last remaining cold weather sea gulls survived near tragedy thanks to the help of the Greenwich Police department and the Indian Harbor Yacht club staff. We thanked the police. Then we went to the Greenwich Library for a DVD video disk. Next we went by the Stop and Shop, and my guest bought for dinner a pork loin roast at \$2.99 a pound for \$4.49. We then returned to my place. I gave my guest a cup of coffee. I seasoned the pork loin roast with Old Bay Seasoning, garlic powder, ground black pepper, celery salt, Italian spices, Oregano, Basil, and Texas Best Barbeque sauce. I am cooking it in the convection oven at 350 degrees Fahrenheit for 40 minutes, and we will have it with steamed white rice and steamed fresh broccoli florets and ice tea. I will then have a cappuccino. My guest put three of the gold ornaments on the Christmas tree and one on the front door wreath. CIO**

**Note: <888> 12/03/02 Tuesday 4:30 A.M.: Well, it seems to be 23 degrees Fahrenheit right now. I had some pretzels and ice tea. I guess I will shut down the computer, and I will go to bed soon. It seems a bit nippy out. It would be nice if I could sneak cigarettes in the building entry way anti chamber between the two sliding glass doors since it is heated. Someone put some pink poinsettias there which might get**

cold whenever the doors open and close since they tend to be a tropical plant. Of course the green house next to the United States Capitol is usually full of poinsettias which make for a tropical environment this time of year. Until the advent of air conditioning the British classified Washington D.C. as a tropical posting, so I suppose it is much colder in jolly old England. I noticed an obscure bit of trivia while looking at <http://www.number-10.gov.uk/output/Page1.asp> today, and another site mentioned that Tony Blair was born in Edinburgh, Scotland. The BBC have posted this link to his interview today on the web [http://news.bbc.co.uk/1/hi/talking\\_point/2512151.stm](http://news.bbc.co.uk/1/hi/talking_point/2512151.stm) . I wonder if in all my pub crawling in Manhattan in the old days around the Greta Garbo home for wayward British youth, if I ever ran into him exploring Manhattan in his youth. Well, I suppose we have to keep a stiff upper lip, and not let any Americans know that occasionally the British come over to explore this side of the pond. Well Odd Job had three 50 bag tins of British Royal tea for \$7.99 all three for any tea drinkers during this cool weather. Give my best to any holiday travelers and visitors whom I may miss while on a later schedule. CIO

Note: <888> 12/03/02 Tuesday 2:55 A.M.: Well the light snow flurries seem to have stopped. I use to go for drives at night even when it was cold too. Since my Hyundai gets better gasoline mileage than the Volvo, it would not be too expensive to drive around at night. There is a very good heater in the Hyundai too. However, since not much of anything happens at night in the wee hours of the morning, it is just as well to save the energy, which equivalent energy would keep the apartment warmer. I did use to shop in the early morning hours at the old Grand Union, but the new Stop and Shop closes at 11 P.M.. However, the Food Emporium is open all night on week days. However, I am towards ending my day, so I will not be going out. CIO

Note: <888> 12/03/02 Tuesday 2:35 A.M.: I browsed some web sites. I sifted through my email. I ran Norton WinDoctor. CIO

Note: <888> 12/03/02 Tuesday 1:30 A.M.: My primary computer is running just fine. I browsed [www.accessmicro.com](http://www.accessmicro.com) to see what barebone systems are going for. Well for those of us up north fortunate enough to be around the white fluffy stuff that is just beginning to fall, all we have to worry about is slippery roads and the other drivers. Of course further north one might worry about bears or even further north about yeti or polar bears, but the way this winter is developing so far, it seems like it might be a cooler winter, unless some orange juice salesman shows up with sunshine karma and warms us freezing snow birds up north. Still once one gets use to winter, it really is not all that bad, since in my particular case, I tend to spend a bit more time inside. Since I am inside more, I seem to be a bit more productive on the computer in the winter. CIO

Note: <888> 12/03/02 Tuesday 12:35 A.M.: I failed to mention here and in the tropics, there are also big predator cats. CIO

**Note: <888> 12/03/02 Tuesday 12:30 A.M.:** For any of Scott's notes readers whom are contemplating tropical voyages or vacations, I was told by a fellow from Australia last summer while I was bird watching on the pier on Steamboat Road that crocodiles and alligators have the capability of leaping 20 feet high into the air. Thus if one is pier watching or hanging on the lower railing of a boat, there is a probability that one of them big reptiles could snatch one from your perch. My most recent experience in the tropics of Florida in the 1970s and early 1980s was during the colder winter months when the gators or crocs might have been more dormant. Still in those days when I use to cruise the shoreline of Florida in my old Subaru designed my Howard Hughes during the winter, I would occasionally have a feeling that crocs and gators were lingering around, but I guess they were not hungry when I was frequently camping out. Maybe that is why those wise old timers whom are homeless in Florida prefer to sleep outside on a bench in public surrounded by concrete as opposed to some more secluded hideout. Frequently along the shoreline of Florida, they would fine abandoned cars when someone would go for a night swim when it was hot, and either the crocs, gators, sharks, or tides subdued the unwary swimmer. Thus when one goes to the tropics as a vacationer one should stay in the tourist areas or rely on an experienced guide. I have spent so many years along the shore lines that I frequently am off my guard when I am around the waterfront enjoying the natural beauty. Still one frequently has natural instincts that when occasionally a predator is around, one might instinctively react to them and get out of harms way. Of course in the tropics there are also various snakes and insects that can be equally dangerous. CIO

**Note: <888> 12/02/02 Monday 11:55 P.M.:** I put away the laundry. I had a piece of the Stop and Shop bakery pumpkin pie with whipped cream. It is delicious. I am going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . When I was at the Port Chester flea market, I checked out a small computer kiosk. They sell a CPU unit for \$799, and one can get their rather novel looking ATX case for about \$55. CIO

**Note: <888> 12/02/02 Monday 10:30 P.M.:** I started the dry cycle on the two loads of laundry. CIO

**Note: <888> 12/02/02 Monday 10:05 P.M.:** I had dinner of two ¼ inch thick slices of boneless turkey breast, stuffing, steamed white rice all with mushroom gravy, steam fresh broccoli florets, cranberry gel, and ice tea. I started the laundry. I put clean sheets on the bed. I put the two pairs of long underwear bottoms that are too small for me on the second to the bottom shelf in the sweater closet in the hallway. CIO

**Note: <888> 12/02/02 Monday 8:35 P.M.:** I was up at 2 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the central Greenwich post office, and they had a long line, so I went across the street to Zyn stationary, and I obtained a Western Union money order for .79 to pay my Verizon telephone bill. I then mailed the bill and my Maxtor rebate information at the post office. I then made my 4:15 P.M. appointment. I next drove down by the

waterfront. I then went by the Greenwich Library, and I returned two DVD video disks. I drove over to Smokes for Less, and I bought a carton of Seneca Ultra Lights 100s for \$26 total. I next drove over to the ATM machine at Bank of New York near Home Depot in Port Chester, New York. I then went to the Port Chester flea market at the Port Chester shopping center beneath Odd Job. From a Russian vendor, I bought two pairs 35% polyester and 65% cotton of made in Taiwan Jet's Idea men's ankle length thermal drawer thermal bottom warm-n comfort long underwear extra large 42" to 44" waist for \$5 each plus a three pack of Premium Great Value made in USA fully cushioned for athletic and casual wear cushion knit in heel and toe for a perfect fit 10 – 13 85% combed cotton 15% combed nylon socks for \$5 for \$15 total. Then from a vendor from India, I bought a change purse made of black leather with three pockets with four key holders for \$2. From a vendor from Korea, I bought a men's bi-fold dark brown leather wallet with lots of card space and divided bill holder brand ILI for \$10. Thus I spent \$27 at the Port Chester flea market. I then went to Odd Job, and I bought two boxes of 18 Christmas tree cards for \$3.99 each box plus .54 tax for \$8.52 total. I then returned home. I put \$5 on my laundry card. I plan to do laundry this evening after dinner, but the elevator is broken, so I will have to carry the two loads up and down the stairs. The old Maxtor 15 gigabyte C: drive with my previous computer operating system, programs, and data, I put in the Fire Sentry box by the front door to have for computer backup. I do not need to use the drive in my other backup computers. CIO

Note: <888> 12/02/02 Monday 11:25 A.M.: Before going to bed I ran Norton Disk Doctor and then I started Norton SpeedDisk. I just woke up when a relative back from a trip called. I rebooted my machine. CIO

Note: <888> 12/02/02 Monday 4:35 A.M.: I put the Windows Media 9 player and the Real Player One 2.0 update on the computer. I also imported the play lists for each audio program. I am listening to a channel 21 PBS program on folk singing. I will now shut down the computer. I guess I will be going to bed in a little while. CIO

Note: <888> 12/02/02 Monday 1:50 A.M.: I had some pretzels, goldfish crackers, Danish cookies and ice tea. CIO

Note: <888> 12/02/02 Monday 12:25 A.M.: For your reading pleasure <http://etext.virginia.edu/> and <http://etext.lib.virginia.edu/ebooks/> and <http://etext.virginia.edu/washington/fitzpatrick/>. CIO

Note: <888> 12/01/02 Sunday 11:55 P.M.: After four hours of charging, I unplugged the Slaymaker jumpstart system. CIO

Note: <888> 12/01/02 Sunday 11:45 P.M.: I prepared my Maxtor \$40 mailin rebate information to mail in. I had to reinstall the Visioneer Paperport software. It is 27 degrees Fahrenheit outside, so one can feel a bit of cool air inside my apartment despite the electric heat. Since the electric heat costs money, I keep it at an

affordable comfort level. The last few nights I have heard an owl in the woods. My guest suggested it is a great horned owl, but it makes sort of a screeching sound.  
CIO

End of Scott's Notes week 12/01/02:

Note: <888> 12/01/02 Sunday 10:35 P.M.: My guest and I chatted. We had the same dinner as last night along with steamed fresh broccoli and ice tea. My guest left at 8 P.M.. I went out, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I next drove down by the waterfront. I then went by the Stop and Shop, and I bought three half gallons of Florida Natural orange juice with calcium for \$5 all, broccoli crowns at .79 a pound for \$1.22, a dozen large eggs \$1.69, Franco American mushroom gravy \$1.09, a day old fresh bakery pumpkin pie half price for \$4, buy one get one free of Progresso New England clam chowder \$2.39 both for \$15.39 total. I just now returned home. I had two messages on my answering machine, but it is too late to call back. I just had a piece of pumpkin pie with whipped cream. I will now send out my weekly notes. CIO

Note: <888> 12/01/02 Sunday 6:15 P.M.: I was just looking at this link <http://www.tourism.org.fk/> and I stumbled across this link if one wants to try to visit an area a little bit colder than this area <http://www.quarkexpeditions.com/>. Of course down in Antarctic it would be summer now for any Penguin club members.  
CIO

Note: <888> 12/01/02 Sunday 6:10 P.M.: I was up at noon. I had three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. A friend arrived at 1:30 P.M.. I fell back to sleep until about 4 P.M.. We went for a drive down by the waterfront. I just finished cleaning up. I am charging up the Slaymaker Jump start system which takes about four hours. CIO

Note: <888> 12/01/02 Sunday 5:40 A.M.: I was not able to send out my weekly email since the email server is down. I updated Windows XP Professional with all the updates. I basically have the system back up and running in top shape. I guess I will run the utilities in the future. I will now shut down the computer and go to bed soon. I had some pretzels and ice tea this morning. I watched television while doing the installations. CIO

Note: <888> 12/01/02 Sunday 2:30 A.M.: I successfully installed Windows XP Professional, and it booted properly recognizing the backup programs, I had reinstalled on the C: drive. Thus the Maxtor 20 gigabyte 7200 rpm hard drive is successfully installed and running fine. I have been doing some minor tweaking, and I had to reinstall Norton System Works 2002. I also installed the new CPU fan. It was almost two large to fit in, but I was able to fit it in with a hair's clearance. The overall system is running much better since the copy I restored is a copy of the original installation. I will now send out my weekly notes two days late. CIO

**Note: <888> 01/31/03 Friday 10:45 P.M.: I will now shut down the computer. I will watch some television. I will then go to bed. CIO**

**End of Scott's Notes week 01/31/03:**

**Note: <888> 01/31/03 Friday 9:30 P.M.:** On the Dell backup Red Hat Linux 8.0 partition, I stopped the updates, and I put the case back together. I strung a bunch of large rubber bands together to hold the case front cover on tightly. I am now continuing to run the updates on the system. It all seems to be working fine. However, I do not know that much about Linux, but the interface seems easy enough to use. Earlier in the evening, I watched the ABC evening news. I had about a half dozen old fashioned Dutch pretzels with ice tea. I just had two hotdogs with buns and Heinz ketchup and French's Dijon mustard and Wise garlic and herbs potato chips and a dill pickle slice and ice tea. I need to replace the CMOS battery on my primary computer, since the time is off when I restart it after shutting down. I will now send out my weekly notes. CIO

**Note: <888> 01/31/03 Friday 7:55 P.M.:** I have successfully installed and have running Red Hat Linux 8.0 on the D: partition of my Dell Dimension v350 backup computer with the Grub boot manager also booting my Microsoft C: partition. I have the Microsoft boot drive as HDA and the Red Hat Linux at HDB and the CDrom player as HDC. Installation proceeded without any problems. I am now running the updates on it. I also finished the C: drive to D: drive backup on my IBM Cyrix backup computer. I had to reburn the third CD disk of the installation from the \*.iso file. CIO

**Note: <888> 01/31/03 Friday 5:45 P.M.:** On the Dell Dimension V350 backup computer, I changed the 8 gigabyte E: drive to the D: drive, and I took out the 6 gigabyte D: drive. I am now doing a full Red Hat Linux 8.0 install with all the different languages and programs on the disks. I will see in a while if it boots. I chatted with a relative. CIO

**Note: <888> 01/31/03 Friday 4:20 P.M.:** I was up at 11:30 A.M.. I had a telephone call from a friend. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I bought a Filene's Chaps Ralph Lauren light wool navy blue blazer size 46 made in Canada with four brass buttons on the sleeves that fits me just fine with a sweater on for \$32.50. I then made my appointment at the outpatient clinic at the Greenwich Hospital. The new mole is apparently just a mole. However, I have to go back on Monday morning to be checked by the surgeon to schedule surgery for my groin hernia. I will then have a follow up checkup in April after the surgery. I then drove by the Merry Go Round Mews thrift shop. Their clothes are half price. I did not find anything I need since I tend to be a larger size. I gave two of the shop volunteers rides to their destinations. I returned home. I will try to install Red Hat Linux on the backup Dell Dimension V350 computer by disconnecting the E: drive which with the "HDC" setting on booting which is that drive causes a problem. Maybe that will work. I have deleted the partition on the E: and D: drives already. CIO



**Note: <888> 01/31/03 Friday 3:10 A.M.:** I tried reinstalling Red Hat Linux on the Dell Dimension V350, and it still would not boot. Red Hat does not show it on its compatibility list. However, the error on booting seems to be caused by the E: drive not being recognized. I tried disabling it in the CMOS, but it shows up in the disk partition information. I guess I could disconnect it physically, and then remove it from the disk partition and then maybe the installation would work. The E: drive is a smaller copy of the C: drive. I still have one part of the IBM Cyrix C: to D: drive backup to finish. I had six Old Dutch pretzels and ice tea. I will now shut down. I will go to bed now. I have a 2 P.M. appointment today. CIO

**Note: <888> 01/31/03 Friday 12:40 A.M.:** I put the ice tea in the refrigerator. I am making a backup of the C: drive of the IBM Cyrix backup computer C: drive to the D: drive. I have copies of the Red Hat Linux 8 \*.iso files on the D: drive of the primary computer. I had to reburn the second disk to complete the installation. I finished the installation of Red Hat Linux 8.0 on the Dell backup computer D: drive, but it would not boot Red Hat Linux although the grub boot manager worked. There was a problem with partition recognition when it booted. However from the Grub boot manager both the Microsoft partitions on the C: and the E: drive booted fine. I am now reinstalling Red Hat Linux 8.0 on the D: drive, and this time I am installing the default desktop packages in the installation. Also, I did not set Grub to try to boot the E: drive since one selects the E: drive from the Windows Boot Manager which one selects from the Grub boot manager. Hopefully it will work this time. I can always install other programs for Red Hat Linux 8.0 later. CIO

**Note: <888> 01/30/03 Thursday 10:40 P.M.:** I gave up trying to install Red Hat Linux 8.0 on the IBM Cyrix backup computer. However, it is in the process of installing just fine on the D: partition of the Dell Dimenison V350 backup computer which a more robust computer with 256 megs of memory. I set it to use the GRUB boot manager. Well, I will let you know in a little while how it is running. CIO

**Note: <888> 01/30/03 Thursday 9:10 P.M.:** The reason Red Hat Linux might not be installing on the IBM Cyrix backup computer is that I have only have 64 megs of memory in it. This page <http://www.europe.redhat.com/software/linux/hardware.php3> recommends 128 to 192 megs of memory. I could either increase the memory, or try installing it on the D: partition on the Dell backup computer, but I worry about messing up its boot manager. Thus I guess I will hold off from trying to install Red Hat Linux 8.0 for now. Since I have very good Microsoft operating systems on all three computers doing so is not really necessary. However, I might now try installing it on the IBM Cyrix backup computer in text mode instead of graphical mode. CIO

**Note: <888> 01/30/03 Thursday 8:55 P.M.:** After dinner, I chatted with a relative. I am in the process of making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) using 21 tea bags of nine different varieties. CIO

**Note: <888> 01/30/03 Thursday 7:35 P.M.:** I am cooking a box of six America's Choice fish filets with 15 America's Choice frozen onion rings in the convection oven at 425 degrees Fahrenheit for 12 minutes a side. I will have them with a condiment mixture of a third of a cup of Heinz ketchup and two tablespoons of Gold's horseradish mixed together along with ice tea. CIO

**Note: <888> 01/30/03 Thursday 7:15 P.M.:** Last night I had some old Dutch pretzels and ice tea when I woke up. I was up at 1 P.M. today. I made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop. I bought three malachite and white Tree of Life place mats for \$1 each for \$3 total. I then walked the entire length of Greenwich Avenue. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the local newspaper, and I checked out a book. I then returned home. I took off the four Audubon place mats off the dining room table, and I put them on the end of the side table in the bedroom. I put the three new Tree of Life place mats on the dining room table. One of my neighbors wants me to reproduce sixty songs from a Christmas song booklet, which I will do in the future when I have the time to scan the text with the Xerox Optical Character Recognition software I have. I will then print out 15 to 20 copies. I had a telephone call from unknown people on my answering machine. I did "\*69" to see what the number was. I searched [www.anywho.com](http://www.anywho.com) reverse number lookup to see whom might be calling using the local area code here since "\*69" which costs .75 did not give me an area code. However, the reverse number lookup did not produce any results. I guess it was a wrong number, but one of the voices in the background on the phone sounded like a relative while the other voice was one of those slow southern drawl voices that men have. I could have had "\*69" redial the number, but that would cost me even more money. CIO

**Note: <888> 01/30/03 Thursday 12:50 A.M.:** I tried installing Red Hat Linux 8.0 on the backup IBM Cyrix computer again, but it freezes when it goes to install at the formatting stage. I was able to install Red Hat Linux 7.3 on the same computer with a bit of difficulty about six months ago. Well, it did repartition my D: drive, so I no longer have the C: drive backup on it. Possibly, I might try a more minimal install at some future time. I will now have the last piece of Canadian fruit cake with a glass of ice tea. I will shut down the computer, and I will go to bed in a little while. CIO

**Note: <888> 01/29/03 Wednesday 9:40 P.M.:** I chatted with a relative. I sifted through my email. CIO

**Note: <888> 01/29/03 Wednesday 7:55 P.M.:** I tried installing Red Hat Linux 7.3 on the backup IBM Cyrix computer, but it would not install no matter what options I selected. I can not figure it out. I had dinner of a broiled shell steak with Lea and Perrins Worcestershire sauce, steamed cauliflower with grated parmesan cheese, steamed white rice, and ice tea. CIO

**Note: <888> 01/29/03 Wednesday 5:55 P.M.:** This morning before going to bed, I had a yogurt. I did not fall asleep until about 5:30 A.M.. I had a bowl of pretzels and ice tea before going to bed. I put the two large southwestern style pillows from the long sofa on the day bed, and I put the more formal pillow from the day bed on the center of the long couch with the new slip cover with two other traditional pillows at each end. I was up at 1 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I went out. I mailed an envelope to a relative at the Valley Road post office. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next went by the Greenwich Library, and I returned and checked out DVDs, and I read the Greenwich Times. I then went to the Stop and Shop, and I bought three S&S margarines for \$2 all, four half gallons of Tropicana grove stand for \$2 each, and two 18 ounce containers of Quaker Old Fashioned oatmeal buy one get one free for \$2.49 both for \$12.49 total. I then went to the Food Emporium, and I bought a 16 ounce bag of Americas Choice frozen onion rings for \$1.79, a dozen large eggs .79, and two boxes of AC 6 fish filets for \$2.19 each box, and a jar of Gold's horseradish for \$1.50 for \$8.46 total. I then returned home, and I put away my purchases. I had two Old Fashioned Dutch pretzels with ice tea. I think I will try to install Red Hat Linux 7.3 on the D: drive of the IBM Cyrix Backup computer which I have done before, and then I will try to install Red Hat Linux 8.0 over it, which I could not get to install before. CIO

**Note: <888> 01/29/03 Wednesday 1:45 A.M.:** I left the old Clarence House green and orange floral pattern slip cover on underneath the new slip cover. Today earlier I also put clean sheets on my bed. I am tired, so I will shut down the computer, and I will go to bed. CIO

**Note: <888> 01/29/03 Wednesday 1:20 A.M.:** I had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea. I looked at the [www.surefit.net](http://www.surefit.net) web site, and I can not find the exact item I purchased from Linen 'N Things, however the package says the fabric is 100% nylon face 65% polyester and 35% cotton back. The fabric is like a heavy corduroy in possibly a sage color. It was a "Special Value" promotion #105627213 970 with a manufacturer's scan number of 47293 10839. I noticed instructions that suggested that one place the slip cover in a dryer on a low setting with a damp cloth for a few minutes. I took the slip cover off, and I put it in a dryer on the delicate fiber setting with a damp dish towel for six minutes to enhance the fabric and remove any wrinkles. I then put the slip cover back on the sofa, and it looks even better. The item I purchased is similar to this item in sage  
<http://www.surefit.net/cart/product.cfm?prrfnbr=2671&cgrfnbr=43&merfnbr=1&row=2> . CIO

**Note: <888> 01/28/03 Tuesday 11:10 P.M.:** I put away the laundry. I moved the black comforter from the back of the blue love seat to the end of the day bed, and I moved the white patterned comforter to the back of the blue love seat. CIO

**Note: <888> 01/28/03 Tuesday 9:55 P.M.:** I was up at 1 P.M. today. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements and coffee. I went out, and I went by Putnam Trust Bank of New York on Mason Street. I then went down to the central Greenwich Post office, and I obtained a money order at a cost of .90 for \$25 to send to Net2Phone to charge up my account. I sent the money order to Net2Phone. I then walked the entire length of Greenwich Avenue. I went by CVS, and I bought a tube of Right Guard gel for \$1.50 and two boxes of Old Dutch pretzels for \$1.39 both plus .09 tax for \$2.89 total. I sat out at various locations. I then drove down by the waterfront. I next went to the Greenwich Library, and I read the Greenwich Times. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went over to the Port Chester, New York shopping center. I toured Kohl's looking at sofa slip covers which were \$150. They did have comforters in the downstairs clearance section for 70% off. I then went to Linens 'N Things, and they carry [www.surefit.com](http://www.surefit.com) slip covers. They had about a half dozen sofa slip covers normally \$150 on sale for \$69.99. I decided to buy the Surefit heavy corduroy sofa cover in a greenish closer to an olive drab gold. I first had to go to the Maselli super deli which had an ATM machine that cost \$1.50 to use. I bought the Surefit sofa cover for \$69.99 plus \$4.72 tax for \$74.71 total. I then returned home. I took the green petit point fabric and a piece of blanket cloth off the long sofa, and I put the Surefit sofa cover on it. The Surefit sofa cover fits sofas up to 96 inches length which was the sofa length. It fits quite well, and the sofa looks quite good. I left four of the throw pillows on it that match. I also left the sofa a foot out from the wall, so the heat from the electric radiators circulates better around the apartment. I took the same petit point green fabric off the Queen Anne chair, and I left it with its original cover and the New Zealand sheep skin. I put the fabric I took off the sofa, and I put it in the Surefit package, and I stored it on the top bedroom closet shelf with the blanket cloth also. I put the light comforter I had along the back of the sofa at the end of the day bed. I put the two blue pillows from the long sofa on the bedroom bed. It all looks a lot better. The long sofa was obtained by my parents when they were first married in 1946, and it is a formal heavy horse hair sofa with steel reinforcement, and it is like a family heirloom. It is quite comfortable and looks quite a bit less lumpy with the new slip cover. I chatted with a relative. I chatted with a friend. I started two loads of laundry, and I am on the dry cycle using three dryers. I am watching President Bush's State of the Union Message. CIO

**Note: <888> 01/27/03 Monday 11:05 P.M.:** I will now shut down the computer, and I will go to bed directly. It is 6 degree Fahrenheit, so stay warm. CIO

**Note: <888> 01/27/03 Monday 10:40 P.M.:** I had the second to last piece of Canadian fruit cake with the rest of the cool whip and a glass of ice tea. CIO

**Note: <888> 01/27/03 Monday 9:50 P.M.:** I put the yellow piece of French cloth back over my French Antique reproduction chair in the apartment entrance. I found this web site if anyone needs slip covers [www.surefit.com](http://www.surefit.com). I put the blue electric blanket back on my bed in the bedroom with a blue summer blanket and

comforter. I did not attach the electric blanket controls since one of the two controls shorted out which is why I removed it, and I could put one on my side, but since one shorted out, I figured one should not risk using the other control. I have thought about getting rid of the day bed to make the apartment seem more spacious, but it is a very comfortable bed for naps and guests. I checked the thermostat in the bedroom, and the bedroom temperature with the thermostat set at 60 degrees Fahrenheit is about 67 from the living room fan blowing the warmer air from the living room into the bedroom and bath and hall area. CIO

Note: <888> 01/27/03 Monday 8:40 P.M.: I chatted with a relative. CIO

Note: <888> 01/27/03 Monday 8:25 P.M.: I chatted with my guest. My guest just departed. CIO

Note: <888> 01/27/03 Monday 6:50 P.M.: My guest arrived after the last message. I cleaned up and we went out. I went by Putnam Trust Bank of New York on Mason Street. I cashed my Maxtor \$40 rebate check. We then went by the Greenwich Hospital Thrift shop, and I bought a 15 inch brass marlin for \$3. Next we went by the Greenwich Hospital, and I made an appointment to have my new mole checked out on Friday afternoon. My guest had some soup at the hospital cafeteria. We viewed the model in the lobby of the new Watson pavilion they will be building soon. We next drove down by the waterfront. We then went to the Greenwich Library, and I read the Wall Street Journal and returned a book. I left my guest there, and I made my 4:15 P.M. appointment. Next I went back to the library, and I picked up my guest, and we drove over to Smokes For Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$26 total. We then returned back to my apartment. I took down the Coca Cola tray from above the kitchen entrance, and I put the brass marlin above the kitchen entrance. I put the Coca Cola tray with the other trays to the right of the refrigerator. I then rehung the iodine thermometer on the bedroom wall. I put the Venice picture above the bathroom door on the left side wall of the hallway entrance with the Williamsburg picture. I turned on both oil filled radiators to take off the coldness in the apartment. It is 9 degrees Fahrenheit outside right now. I am cooking up a batch of Ronzoni spinach fettuccini which I will have it mixed with heated Bertolli garlic alfredo sauce flavored with ground black pepper, garlic powder, celery salt, Italian spices, oregano, basil and all mixed with a half cup of grated parmesan cheese along with ice tea. CIO

Note: <888> 01/27/03 Monday 12:20 P.M.: I ran Norton Speed Disk on the C: drive while I was asleep. I had a call from a friend about 9 A.M. who just arrived to visit. I also had a call from a relative. I was up at 11 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I received my Maxtor hard drive \$40 rebate on the Maxtor hard drive that I bought during the first week of December 2002. I just cleared the ice off my Hyundai. I have a 4 P.M. appointment today. It is 14 degrees Fahrenheit outside. CIO

**Note: <888> 01/26/03 Sunday 11:40 P.M.: I will now shut down the computer. I will go to bed in a brief spell. CIO**

**Note: <888> 01/26/03 Sunday 11:30 P.M.: I went to [www.download.com](http://www.download.com) , and I selected “Most Popular”, and I downloaded AD-Aware, and I installed and ran it on the primary and all partitions on the backup computer. CIO**

**Note: <888> 01/26/03 Sunday 10:05 P.M.: I chatted with a friend. CIO**

**Note: <888> 01/26/03 Sunday 9:05 P.M.: I played five games of solitaire on the computer. I lost all five games. CIO**

**Note: <888> 01/26/03 Sunday 8:00 P.M.: I watched the NBC evening news. I had dinner of a broiled shell steak with bone in with Lea and Perrins Worcestershire sauce, steamed fresh broccoli crowns with fresh cauliflower with grated parmesan cheese and reheated white rice with ice tea. With my vegetables I usually have margarine also. CIO**

**Note: <888> 01/26/03 Sunday 6:05 P.M.: I sifted through my email. If anyone should be so drawn to be watching the Superbowl in San Diego, California, they might check out this diversion <http://www.sandiegozoo.org/> and see the Brazilian Jaguar there <http://www.sandiegozoo.org/virtualzoo/phototrek/jaguar.html> , of course the picture of the Brazilian Jaguar in National Geographic about four years ago was better because it showed it has teeth like a Saber Tooth tiger. CIO**

**Note: <888> 01/26/03 Sunday 5:05 P.M.: I went out, and I drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I next went by the Greenwich Library, and I read the Greenwich Times and Audubon magazine. I then returned home. I had eight Carr’s crackers with Dutch gouda cheese and a few potato chips and ice tea. I chatted with a relative. I have several moles on my back that I have had for a long time. Today, I in the center top middle of my back, I just noticed a half inch in diameter black mole with a scab type feeling which I do not think was there before. I will have to see the dermatologist to check it out some time in the near future. One of my neighbors threw out a 15 inch computer monitor which is by the dumpster getting snowed on. CIO**

**Note: <888> 01/26/03 Sunday 1:15 P.M.: I rested a bit. I will now clean up and go out for some fresh air. CIO**

**Note: <888> 01/26/03 Sunday 11:20 A.M.: I was up at 9:30 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. Tomorrow is suppose to be colder again with highs around 15 degrees Fahrenheit <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> . CIO**

**Note: <888> 01/25/03 Saturday 11:15 P.M.: Local Scottish information <http://www.nycaledonian.org/> . CIO**

**Note: <888> 01/25/03 Saturday 11:00 P.M.: I will now shut down the computer. I will go to bed soon. CIO**

**Note: <888> 01/25/03 Saturday 10:40 P.M.: I did a little bit of regular computer work. I tried to improve <http://www.geocities.com/mikelscott/resumee.htm> . I had a piece of Canadian fruit cake with cool whip and ice tea. CIO**

**Note: <888> 01/25/03 Saturday 7:55 P.M.: I had a Boston Market home-style beef sirloin and noodles dinner with ice tea. CIO**

**Note: <888> 01/25/03 Saturday 7:20 P.M.: I chatted with a relative. I cleaned up, and I went out. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove over to Old Greenwich to the Mobil Express Car wash, and I got my Hyundai washed for \$5. Their machines dry the car, but I also towel dry the car to make sure it is extra dry and polished. I also emptied off the front floor mats and dusted the dash board. I then drove over to the southwest area at Tod's Point, and I enjoyed the sunset in the west. I next went to Staples, and I bought a three pack of Staples Clamp binders for \$5.99 plus .36 tax for \$6.35. I then drove downtown, and I walked lower Greenwich Avenue. I next drove down by the waterfront. I then went by Exxon, and I filled up the gasoline tank with regular unleaded at \$1.749 a gallon for \$4 total at about 27 miles per gallon. I next went to Val's liquor store in the Stop and Shop shopping center, and I bought a 10 ounce bottle of Angostora bitters for \$8.79 plus .56 tax for \$9.35 total. I then returned home. I am having a glass of ice tea. CIO**

**Note: <888> 01/25/03 Saturday 2:50 P.M.: I was up at 10 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I did my house cleaning and watering the plants. I just had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea. I then had a 50% Folgers' instant coffee and 50% Folgers' decaffeinated coffee. I will now clean up and go out for some fresh air. CIO**

**Note: <888> 01/24/03 Friday 10:50 P.M.: Well tomorrow is Robert Burns birthday <http://www.almanac.com/redletter/redletter.0103/rl25.html> not to be mistaken with Burns Security. I suppose if one were up in Scotland one could enjoy <http://www.geocities.com/mikelscott/006.htm> a good stiff Scotch whisky to take the chill away. Of course up in Scotland, they walk quite a bit, so they do not have to be bothered with Drinking and Driving. I suppose Scotch whisky is one of those items native to Scotland that help the local residents there endure the harsher climate of the North Sea. Well, I guess it is time for me to shut down the old computer, and I will go to bed soon. I keep my bedroom thermostat at 60 degrees Fahrenheit, but I have a heavy comforter that keeps me warm through the cold night. Cheerio from the far side of Greenwich, Connecticut. CIO**

**Note: <888> 01/24/03 Friday 10:20 P.M.:** I went out after dinner, and I stopped by the Greenwich Library. I looked at the 2003 Old Farmer's Almanac [www.almanac.com](http://www.almanac.com) . They predict that in the second week of February 2003 New England will have a blizzard and New York will have snow, so we have been forewarned. They also predict that February and March 2003 will be colder than usual and colder than January 2003 with more snow. The good news is they predict the summer in this area will be cooler. There is also an article on the volcano eruption in Dutch Indonesia islands in the 16<sup>th</sup> century <http://www.almanac.com/tour.2003/blasts.ca.html> . I noticed [www.accuweather.com](http://www.accuweather.com) was one of their advertisers. I then 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 CVS, and I bought two Djeep hot body florescent orange lighters for \$1.99 apiece plus .24 tax for \$4.22 total. I also stopped by the ATM machine at the Putnam Trust Bank of New York on Greenwich Avenue. Their thermostat in the lobby still seems to be messed up, since when one turns it to 40 it seems to activate and nothing happens at 90 they have it set at. I next drove down by the waterfront. I then returned home. I put \$20 on my MacGray laundry card. I will now have a piece of Canadian fruit cake with cool whip and a glass of ice tea. It is 19 degrees Fahrenheit right now. CIO

**Note: <888> 01/24/03 Friday 6:50 P.M.:** I went out, and I stopped by the Greenwich Hospital thrift shop. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I next went to the Greenwich Library, and I read P.C. World magazine and the Greenwich Times. I then went by the Food Emporium, and I bought two shell steaks with bone in for \$3.99 a pound for \$3.23 and \$3.35, head of cauliflower for \$1.99 and dozen extra eggs for \$1.79 for \$10.36 total. I then returned home. I had the same dinner as last night of broiled steak with Lea and Perrins Worcestershire sauce, steamed fresh broccoli crowns with steamed fresh cauliflower with grated parmesan cheese, steamed white rice, and ice tea. CIO

**End of Scott's Notes week 01/24/03:**

**Note: <888> 01/24/03 Friday 1:05 P.M.:** I had a call from a relative last night at 10 P.M.. I was up at 11 A.M. today. I received in the mail a Holiday greetings letter from the White House from President Bush and Laura Bush. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I tried using my DeLonghi oil filled radiators in the living room, but the power strip they were plugged into tripped. I reset the power strip interrupt button. I put the DeLonghi oil filled radiator nearest to the computer on a different power strip plugged into the air conditioning power cord. I unplugged the air conditioner. Now each of the two DeLonghi radiators is on a separate circuit breaker. I tested them and I turned the apartment thermostat up to 76 degrees F. from 74 degrees F., and it took the chill out of the air. I just turned them off, and I returned the thermostat to 74 degrees F., but the apartment warmed up, and is more comfortable. However, this procedure



uses a considerable amount of electricity, so I do not do it that often. I am also recharging the Slaymaker Jump Start system which was down. It takes up to 12 hours. The instructions say I can leave it plugged in charging all the time, and it will automatically cut off charging when charged. Thus I will leave it plugged in charging to keep it fully charged. I will now send out my weekly notes. I will then clean up, and I will go out for some daytime activity. Remember to stay warm. Locally here it is 20 degrees Fahrenheit right now. CIO

Note: <888> 01/23/03 Thursday 9:15 P.M.: I watched some television. I chatted with a friend. I will now shut down the computer, and I guess I will go to bed soon. CIO

Note: <888> 01/23/03 Thursday 8:20 P.M.: I chatted with a relative. CIO

Note: <888> 01/23/03 Thursday 7:20 P.M.: This web page says the lowest temperature recorded in Key West, Florida was 41 degrees Fahrenheit in 1981, I assume during the winter, <http://www.uniquetravelstories.com/key-west/key-west1.htm> , however <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Key+West%2C+Florida> warns that they might have record low temperatures during tonight or the next night. CIO

Note: <888> 01/23/03 Thursday 7:05 P.M.: I made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop. They sold the prints of the Breakers. I then drove downtown, and I walked the lower Greenwich Avenue and train station area. I then drove down by the waterfront. I next went by the Greenwich Library, and I read Time magazine. I checked out a DVD video disk. I then returned home. I had a broiled shell steak with bone in for dinner with Lea and Perrins Worcestershire sauce, steamed white rice, and steamed fresh broccoli with grated parmesan cheese and ice tea. CIO

Note: <888> 01/23/03 Thursday 1:40 P.M.: I did some regular computer work. I rested for a couple of hours. I had some goldfish crackers and a slice of Canadian fruit cake with cool whip and a glass of ice tea. I will now clean up, and I will go out for my 3 P.M. appointment. CIO

Note: <888> 01/23/03 Thursday 9:55 A.M.: It is 9 degrees Fahrenheit right now. I was up at 8 A.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. It is a bit cold out, so I will stay inside. I have a 3 P.M. appointment this afternoon. I will now do some regular computer work. CIO

Note: <888> 01/22/03 Wednesday 7:25 P.M.: I will now shut down the computer. I will watch some television before going to bed. CIO

**Note: <888> 01/22/03 Wednesday 6:45 P.M.: I read some computer news. I had a piece of Canadian fruit cake with cool whip and ice tea. CIO**

**Note: <888> 01/22/03 Wednesday 6:15 P.M.: I went back out after the last message. I drove down by the waterfront. I then walked the lower Greenwich Avenue and train station area. I next went by the Greenwich Hospital Thrift shop. They have two nice prints there of the Breakers in Newport, Rhode Island for \$7.50 apiece, but I guess this time of year Newport, Rhode Island is out of season. I then went by the Greenwich Library, and I read this week's Economist magazine which had an article on volcanoes. I then read a very interesting article in the February 2003 Discover magazine also on volcanoes. I then went back down by the waterfront. I next went to the Food Emporium, and I bought a shell steak with bone in for \$3.99 a pound for \$3.35 for \$3.35 total. I then returned home. I am having a glass of ice tea. It is 14 degrees Fahrenheit right now. Supposedly this cold weather here and the other unusual weather worldwide is being caused by El Nino again. CIO**

**Note: <888> 01/22/03 Wednesday 1:35 P.M.: For lunch, I had a broiled one inch thick shell steak with Lea and Perrins Worcestershire sauce. I broil my steaks in the electric boiler in the General Electric oven for a four minutes a side on the broiling pan on the upper rack. I also had steamed fresh broccoli crowns and steamed white rice and ice tea. I am just about to have a cappuccino. I will then go out to enjoy some more of this vigorous fresh air. Maybe all those young people with extra body weight whom might not feel the cold as much should try to stay more vigilant. CIO**

**Note: <888> 01/22/03 Wednesday 12:15 P.M.: I went to bed after the last message last night after chatting with a friend. I talked to another relative about 10 P.M.. I was up at 7 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out about 9 A.M.. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I next walked the entire length of Greenwich Avenue. I sat out at various locations. It is 16 degrees Fahrenheit right now at noon. I stopped by CVS, and I bought two packages of Hanes crew neck top long underwear tops extra large for \$4.99 each for \$9.98 total. After my walk, I walked over to the Merry Go Round Mews thrift shop, and I toured the shop. They have a nice computer chair there for \$125. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the local newspaper. I then went by Exxon, and I bought \$6.30 of regular unleaded gasoline at \$1.759 a gallon for about 20 miles per gallon. I guess in the colder weather, I am not getting better gas mileage. I think if one wants to travel up into the North Country into colder areas of Canada, Canada Air out at Westchester County airport sells one of the best private cold weather jets. I returned home, and I put on one of the Hanes long underwear shirts which I am wearing with my Stewart dress quilted plaid shirt. I was warm enough during my walk since I bundled up, and I wore two pairs of long underwear bottoms along with the other winter clothing. CIO**

**Note: <888> 01/21/03 Tuesday 7:40 P.M.: Dinner was delicious. I will now shut down the computer, and I will relax and watch some television before going to bed. CIO**

**Note: <888> 01/21/03 Tuesday 7:10 P.M.: I am cooking the same fish and chips dinner as last night except for the sauce I am having a mixture of about a half cup all together of 50% Heinz ketchup with 50% Texas Best Mesquite barbeque sauce with a few dashes of McIlhenney Tabasco sauce for the fish and chips sauce along with ice tea. CIO**

**Note: <888> 01/21/03 Tuesday 6:50 P.M.: I am watching CSPAN 2 on channel 66, and the United States Senate just passed the Reed Amendment to provide \$2 billion of low income energy assistance by a vote of 88 to 4. CIO**

**Note: <888> 01/21/03 Tuesday 5:05 P.M.: Before taking my nap, I had seven Carr's crackers with Holland Dutch gouda cheese slices. I took my nap. I woke up half way through my nap, and I had about 10 Carr's crackers. I also watched a bit of television while taking my nap. It is still a bit chilly out at 19 degrees Fahrenheit. I suppose the world has gotten colder. I suppose this weather will be with us for a while. I am not sure why it is so cold, but I remember times in the past when it was this colder or colder, but not for this extended period of time. I suppose this does not give much credence to the Global Warming theories we have heard tossed about recently. I remember in the past about hearing about the harbor in Nantucket freezing solid, and the residents of the island being stranded without fuel and other necessities. I suppose during this cold spell the residents of Nantucket could be experiencing a similar experience again. Well at least we have everything we need here if one can afford it. Since I am anticipating a colder winter as witnessed already, I am trying to conserve my reserves and funds to make it through the winter. I have seen lots of young people out walking around as if the cold does not bother them, and they do not seem to be that warmly dressed, so maybe younger people do not notice the cold as much. Well from what I can tell, we have to get use to it. I suppose since at the moment we seem to have enough energy in the area if one can afford it, people are not worrying about conserving energy. Anyway I have enough body fat to stay a bit warmer in this colder weather. I am not sure whether I am going to venture out today or not since it seems so cold out, I prefer to stay inside more. However, sooner or later I will get cabin fever, and I guess I will have to venture out into this colder weather. If I do go out I am not sure whether I will be going for a walk or not. One could always check on friends to make sure they are all right in this colder weather. Well, I am not sure what to do next, but a hot shower would feel pretty good about now. CIO**

**Note: <888> 01/21/03 Tuesday 1:50 P.M.: I had two hotdogs with buns and Heinz ketchup and French's Dijon mustard and potato chips and a dill pickle slice and ice tea. I think I will now take a nap. CIO**

**Note: <888> 01/21/03 Tuesday 12:55 P.M.:** I called Optimum Online technical support. They suggested that I turned off the cable modem and the router. I turned on the cable modem separately and then the router, and the system came back online. I guess one needs to turn each on separately to reset the system. I will leave the Speedguide XP tweak installed. CIO

**Note: <888> 01/21/03 Tuesday 11:55 A.M.:** Summary of events leading to online cable modem connection not working. I looked at some news. I followed the link to <http://www.kevinmitnick.com/> from there to <http://www.2600.com/> . I then downloaded from [www.speedguide.net](http://www.speedguide.net) the XP tweak, and I installed it. I backed up my registry before installing the tweak. When I rebooted, the system would not go online. I tried restoring the registry from the backup, but the system would not permit it. I started the Dell backup computer, and it would not go online either. I was going to download the XP Tweak restore patch from [www.speedguide.net](http://www.speedguide.net) . Thus there is something wrong with my online cable modem connection. Possibly I could try installing the cable modem install disk to see if that works reregistering the cable modem again. CIO

**Note: <888> 01/21/03 Tuesday 10:35 A.M.:** I had a 6 ounce container of homemade yogurt and ice tea. CIO

**Note: <888> 01/21/03 Tuesday 10:10 A.M.:** Well, it is 15 degrees Fahrenheit this morning. I suppose the colder weather we have been experiencing recently is more the normal weather for this time of year. We had some warmer winters recently, but not this winter. Anyway, I am spending more time inside where it is warmer. However, when I go out I see plenty of people enjoying the colder weather. Once one gets use to the colder weather and learns to bundle up more warmly, one can pursue one's normal routines. I personally do not waste money sitting in Starbucks inside where it is warm to watch the world go by through their front window, since I have plenty of coffee which is cheaper at home. I have noticed the inner part of the Greenwich Harbor is freezing a bit. On Sunday at the Indian Harbor Yacht club, a local group of sailors were practicing their ice sailing. It is free this time of year to go out to Tod's Point, and on days when it is not too windy, it can be a brisk walk. I have two DeLonghi electric oil filled radiators in my apartment living room, but I do not use them, since the electricity they use tends to be more expensive than the wall electric radiators. Basically on a limited income the only refuge from the cold besides home is the Greenwich Library. However, I am warm enough and comfortable enough at home. Since I smoke about 15 to 20 cigarettes outside a day, I have to go outside that many times through out the day to sneak a smoke. Maybe, it has always been this cold here, but I never noticed it since I used to smoke tobacco inside. In the days when I lived in Manhattan last in the early 1980s, on even colder days, I used to enjoy walking through the Central Park children's zoo, and seeing Scandia the Polar Bear whom seemed to enjoy this weather. Of course on a cold day, one can tour one of the many enjoyable museums in Manhattan. If one is traveling through this area, I believe the rest areas along I-95 offer a bit of a relief from the cold. I use to go to the Stamford, Connecticut mall, but I have not been

there in about five years. I enjoy the outdoor ambience of the outdoor Greenwich, Connecticut mall called Greenwich Avenue. There are also indoor malls at the Galleria in White Plains, New York and Danbury, Connecticut. However, the nature of a mall, one might be tempted to spend money. Costco in nearby Port Chester, New York is a large spacious building, and one could take an exercise walk there. I live next door to the Dorothy Hammil skating rink, but I am not sure what their hours are for ice skating for the general public. The only time I have used the facility in the last 19 years, I have been back in Greenwich is that I took a Brazilian friend there a couple of times to go ice skating. Of course if one is in Manhattan, they probably still have ice skating in Rockefeller Center. Sitting on a bench on Greenwich Avenue watching the world go by in cold weather gets a little old, so I am enjoying being in my relatively warm and comfortable apartment here on the far side of town. I think the Greenwich Train station lobby is also heated for anyone walking around this area. Besides Starbucks across from the Post Office downtown, we also have many other coffee shops around town along with a collection of restaurants and other dining establishments. I suppose one could always browse the stores downtown, but since so many of the stores are women's shops, they do not offer the diversity of items that men enjoy looking at. I suppose one could always browse Home Depot in Port Chester, New York or if one wanted to take an extended trip one could always go to Sears in White Plains, New York or Wal-Mart in Norwalk, Connecticut. Still such ventures would involve spending money which is something I am trying to avoid doing. I suppose if at home, one could do some cooking. I generally try not to watch too much television, but with the same amount of time, I try to do other chores and activities. I suppose if one has internet access, one could start trading stocks on the internet, but that might risk money. If one were in a sporting mood, one could play the horses on the internet. I suppose with all this computer equipment I have, I could run a secretarial service. However, I am not too good on dictation, and I am much better at dictating myself. It is my perspective that when one dictates into a recording device the content flows more fluidly than when one types it on the word processor on the computer. I suppose with all the internet terminals at the library, a large group of people are trying to use the facility as a second office. Since I live by myself at home, I do not have the problem of other relatives kicking me or driving me out of the house. If on a cold day, one does not have anything to do, one can always read a book. I remember in the period from October 1978 to December 1980 when I use to drive around America, I would frequently use libraries all over America in my travels. Thus I dare say we have a number of travelers whom come through our way and whom use our local library facilities. I always see out of state license plates at the Greenwich Library. However, just because someone has a Connecticut plate does not mean they have not traveled a bit since it can take over two hours to drive from one part to another part of Connecticut. We also get quite a few travelers off the train in Greenwich, whom could be traveling from even further points before they got on the train. I suppose people could also be traveling out of our local airport or bus stations. The Greenwich Library has a large travel section for reference reading and research. If one is tired of walking up and down Greenwich Avenue, U.S. 1 through out the whole state of Connecticut seems to have local bus service. A

friend of mine invited me to go into the Metropolitan Museum this Thursday, but I told the friend, it would probably be too cold for me. Still the friend plans to venture into the city. It is important to avoid the winter doldrums by keeping busy. I suppose yesterday when I was looking for buttons, I could have gone east on U.S. 1 just east beyond Harvard Street in Stamford, there is a millinery shop that has everything one would need for sewing projects and other similar types of activity. Well, right now I am keeping busy by doing a bit more writing. CIO

Note: <888> 01/21/03 Tuesday 9:00 A.M.: I was up at 7 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will now do some regular computer work. CIO

Note: <888> 01/20/03 Monday 8:05 P.M.: I did some regular computer work. I will now shut down the computer. I will relax a bit and maybe watch some television before going to bed. CIO

Note: <888> 01/20/03 Monday 7:20 P.M.: Dinner was delicious. I think we could safely say it was "Fish and Chips". CIO

Note: <888> 01/20/03 Monday 6:45 P.M.: I am cooking a package of Americas Choice 6 fish filets in the convection oven at 425 degrees Fahrenheit for 12 minutes a side for 24 minutes total along with a third of a bag of Americas Choice frozen potatoe wedges which I also will flip halfway through, and I will have them with a third of a cup mixture of Heinz ketchup and horseradish along with ice tea. CIO

Note: <888> 01/20/03 Monday 6:30 P.M.: I went out, and I drove by the waterfront. I then walked lower Greenwich Avenue. I sat out briefly. I just now returned home. It is 21 degrees Fahrenheit outside and with a 25 mile per hour wind the wind-chill is about 4 degrees Fahrenheit  
<http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> , so unless one is bundled up warmly and use to cold weather, one should try to stay inside where it is warmer. I did notice today at CVS on Greenwich Avenue, they sell long underwear. Well stay warm. CIO

Note: <888> 01/20/03 Monday 5:05 P.M.: I just sewed four buttons on the quilted lined Stewart dress shirt and I tightened two more buttons on that shirt. I sewed on two buttons on the red and green plaid flannel shirt, and I also sewed one button on the burgundy flannel shirt. I also mended three ¼ inch diameter cigarette burn holes on my long down filled Rainforest overcoat that are not really noticeable since they are down around the bottom. I put the new sewing items in the box with my other sewing items in the left top bureau drawer in the mahogany dresser in the bedroom. The self threading needles do not work very well since the thread tends to pull out. I used the regular needles I already had since they permit one to pull tighter on the thread. I will now go out for some fresh air. CIO

**Note: <888> 01/20/03 Monday 2:35 P.M.:** I went out after the last message. I went by the Greenwich Library which is closed today, and I tried to use the video drop to return a DVD disk, but it was overflowing. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift Shop. I then walked the entire length of Greenwich Avenue sitting out at various locations. I next drove by the waterfront. I then drove over to Cos Cob and returned to the Greenwich Hardware store on Greenwich Avenue. I bought a Singer card item # 00038 of 17 white shirt buttons for \$1.29, a Singer card item # 00056 of 3 needle threaders \$1.79, a Singer card item # 00290 of 15 self-threading hand needles assorted \$2.99, and a Singer card item # 00036 of 50 assorted buttons \$1.99 plus .48 tax for \$8.54 total. I then drove by the Greenwich Library, and I was able to cram in the DVD video disk into the video slot. I next went by the Food Emporium, and I bought two shell steaks with bone in at \$3.99 a pound for \$3.51 and \$3.31 for \$6.82 total. I then went to Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$26. I then returned home. For lunch, I had two hotdogs with buns and Heinz ketchup and French's Dijon mustard and potato chips and a dill pickle slice with ice tea. I am now having a 50% Folgers' instant coffee and 50% Folgers' instant decaffeinated coffee. CIO

**Note: <888> 01/20/03 Monday 10:35 A.M.:** I will now clean up, and I will go out for some daytime activity. CIO

**Note: <888> 01/20/03 Monday 10:10 A.M.:** I finished making the ice tea, and I put it in the refrigerator to chill. I listened to some of the [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . Speaking of chilling, it is suppose to go down to 10 degrees Fahrenheit tonight <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> , so maybe one should put in some hot coco or Nestle's chocolate if one does not drink hot coffee or tea. CIO

**Note: <888> 01/20/03 Monday 9:40 A.M.:** I sorted out the various periodical literatures that I had received in the last few months, and I threw out the old periodical literature. I also put my last few months of receipts in the lower drawer of the two drawer file cabinet on top of the four drawer file cabinet. CIO

**Note: <888> 01/20/03 Monday 8:55 A.M.:** I was up at 7 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I am in the process of making [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) using 21 tea bags in 9 different flavors. CIO

**Note: <888> 01/19/03 Sunday 10:00 P.M.:** I chatted with a relative. I sifted through my email. I will now shut down the computer. I will go to bed soon thereafter. CIO

**Note: <888> 01/19/03 Sunday 9:30 P.M.:** The Opti sound card is working fine on the IBM Cyrix backup computer. CIO

**Note: <888> 01/19/03 Sunday 8:20 P.M.:** I put the Opti sound card in the IBM Cyrix backup computer, and I disabled the onboard sound in the cmos. I was in the process of installing the drivers, when my guest arrived about 1:30 P.M.. We went for a drive down by the waterfront. We then went over to Tod's Point, and we sat out at the southwest parking area. We next drove back to Byram, and we went to Smokes for Less, but they close at 2 P.M. on Sunday. We then went to the Food Emporium, and my guest bought two shell steaks with bones at \$3.99 a pound for \$6.66 total. We then returned back to my place. We watched a bit of television. About 5:30 P.M. we had dinner of broiled shell steaks with Lea and Perrins Worcestershire sauce, steamed white rice, steamed fresh broccoli crowns, and ice tea. We watched television for the rest of the time. We had slices of fruit cake with cool whip. My guest just left. I will now install the Opti sound card drivers I downloaded on the IBM Cyrix backup computer. I also chatted with a relative. CIO

**Note: <888> 01/19/03 Sunday 11:55 A.M.:** I was up at 7 A.M. this morning. I watched [www.hourofpower.org](http://www.hourofpower.org) on television. I had breakfast of three medium boiled eggs, toast, orange juice, cantaloupe chunks, vitamins, supplements, and coffee. The cantaloupe chunks gave me indigestion, so I am throwing the rest of them out. I found an Elite computer in our dumpster that someone had dumped out. I brought it up to investigate later. I went downtown, and I drove by the waterfront. I then walked lower Greenwich Avenue. The obituary of the husband of the relative that passed away on this past Monday is in the New York Times today. I returned home. I checked out the Elite computer. It was a 486DX with 16 megs of memory and a 1 gigabyte hard drive. I decided not to keep it, and I put it out by the dumpster. I did salvage from it an OPTI sound card which I sometime will put in my IBM Cyrix backup computer. I also took out an EISA modem, but I do not think it would work with XP on my primary or other computers. I will keep it in reserve. I have a guest coming down at 2 P.M. today. CIO

**Note: <888> 01/18/03 Saturday 10:05 P.M.:** I will now shut down the computer. I will go to bed shortly. CIO

**Note: <888> 01/18/03 Saturday 9:55 P.M.:** I chatted with a friend. I put away the laundry. CIO

**Note: <888> 01/18/03 Saturday 7:50 P.M.:** I talked with another relative. I watched the ABC evening news. I just started a load of laundry. I put clean linens on the bed. CIO

**Note: <888> 01/18/03 Saturday 6:15 P.M.:** I had the rest of the cold eye round with horseradish and Lea and Perrins Worcestershire sauce and reheated white rice and steamed fresh broccoli crowns with grated parmesan cheese and ice tea. CIO



**Note: <888> 01/18/03 Saturday 5:35 P.M.:** I went out, and I stopped by the Greenwich Hospital Thrift Shop. I then walked lower Greenwich Avenue. There were about 200 people having a peaceful anti war protest at the Greenwich Post Office. It would have been better if they had not been continually beating a drum since there is a retirement home across the street, and they probably disturbed the retired citizens. Still they did not seem to mind the very cold weather. I then drove down by the waterfront. In observing Long Island, I noticed two very large plumes of white smoke coming from across the way from two different large power plants. I guess they are consuming a lot of electricity on Long Island. I believe about 20 years ago, they built a gas pipeline underneath Long Island sound to bring Canadian Natural gas out to Long Island, so I assume that is what is powering the power plants producing the white smoke that is clearly visible across the sound. I next went to the Greenwich Library, and across the street from the library at Cheeseborough Ponds, they had a two hundred foot crane to lift a large piece of ventilation equipment onto the roof of the building. I believe they went through the same procedure last summer. I read the Economist magazine at the library, and even though the news in it is probably two weeks old, as usual it is well written and informative. Since they write longer stories, they tend to draw one's attention to certain subject matter that one normally might not notice. I then returned home. I just finished chatting with a relative. It is 16 degrees Fahrenheit outside. CIO

**Note: <888> 01/18/03 Saturday 11:05 A.M.:** I guess we could call the Greenwich Library, "Siberia Sam's Refugee Retreat". CIO

**Note: <888> 01/18/03 Saturday 10:55 A.M.:** I had a call from a relative about 9 P.M. last night. I was up at 4 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 7:30 A.M.. I just finished my house cleaning and watering the plants. I chatted with some friends. I had two hotdogs with buns and Heinz ketchup and French's Dijon mustard with potato chips and a kosher dill pickle and ice tea and a Folgers' instant coffee. I will clean up, and I guess I will go out and enjoy the colder day. It is 9 degrees Fahrenheit right now, so I imagine it was colder this morning. Stay warm. If anyone sees Nanook of the North, let me know. CIO

**Note: <888> 01/17/03 Friday 6:25 P.M.:** I went back out. I sat out downtown for a while. I next went by the Greenwich Library, and I read the Greenwich Times, and I read Smart Computing magazine. I then went back downtown, and I walked the lower Greenwich Avenue area. I then drove down by the waterfront. I next went by the Stop and Shop, and I bought buy one get one free of Oscar Meyer lite beef hotdogs \$3.69 both packages of 8 franks, broccoli crowns at \$1.29 a pound \$1.91, buy one get one free of Wise 5 ounce onion and garlic potato chips \$1.49 both, and two Pepperidge Farm frozen layer cakes \$4 for both for \$11.09 total. I then returned home. I had a meal of cantaloupe chunks and a slice of fruit cake with cool whip. I will now shut down the computer, and after the ABC evening news, I probably will go to bed. CIO

**Note: <888> 01/17/03 Friday 1:30 P.M.:** I put a new 9 volt super alkaline battery in the NOAA weather radio. It runs off electricity and has battery backup. It was not working, and I had to reset it. I am just about to have dinner of three ¼ inch thick slices of cold eye round with horseradish and Lea and Perrins Worcestershire sauce and steamed white rice and steamed fresh broccoli with grated parmesan cheese and ice tea and a Folgers' instant coffee. I will then go back downtown. CIO

**Note: <888> 01/17/03 Friday 12:50 P.M.:** I had some Carr's crackers with slices of Gouda cheese and some ice tea about 8 A.M.. I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then went by Betteridge Jewelers, and I took my Pulsar watch that was given to me as a Christmas gift about five years ago by a relative, and in 20 minutes they were able to replace the watch battery for \$6 and .36 tax for \$6.36 total. I will now start wearing it some of the time, since it is working. While, they were replacing the watch battery, I went to CVS, and I bought two Glade scent oil refills Hawaiian breeze for \$1.99 each plus .24 tax for \$4.22 total. I then picked up my Pulsar watch and thanked them for the service. I next went down to the center of town, and I was just about to walk lower Greenwich Avenue, and I noticed someone in Starbucks with a Greenwich Hardware store bag, so I decided to walk up to the Greenwich Hardware store instead. I checked out their 70% off rack at the front of the store, and I bought a Seth Thomas weather station with oak case holding the three instruments of thermometer, barometer, and hygrometer which was regularly \$79.99, and I bought it for 70% off \$23.70 plus \$1.42 tax for \$25.12 total. I add to use the ATM machine next door at Putnam Trust Bank of New York before making my purchase. I told the staff in the bank that their thermostat in the ATM lobby was probably installed backwards since once when I tried the thermostat on a cold night the heat came on at 40 degrees F. setting and it did not come on at 90 degree F. setting. I then walked down the Avenue, and I sat out for a while. I next started to returned home, and I remember something I forgot, so I parked behind the Greenwich Hardware store, and I bought a package of two OOK 50 pound picture hooks and a package of three 30 pound picture hooks for \$2.49 each package plus .30 tax for \$5.28 total. I then returned home. I adjusted the band on my Pulsar watch in five holes, so it fits tighter. I hung the Seth Thomas weather station vertically on a 50 pound hook on the left side of the hallway entrance just above the brass butler lamp on the living room wall, and I had to put the Williamsburg church picture a little bit higher. I also have a Jensen barometer and hygrometer on the inside side of my apartment door. Since the Seth Thomas weather station is on a hook, one could take it off the hook and get accurate weather readings outside, if one were so inclined. CIO

**End of Scott's Notes week 01/17/03:**

**Note: <888> 01/17/03 Friday 7:45 A.M.:** I chatted with a friend. It is suppose to get down to five degrees Fahrenheit tonight <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> . I will now send out my weekly notes. I will then clean up and go out and enjoy the day. CIO

Note: <888> 01/17/03 Friday 6:25 A.M.: Forbes' [www.forbes.com](http://www.forbes.com) Microsoft [www.microsoft.com](http://www.microsoft.com) stock story  
[http://www.forbes.com/home/2003/01/16/cx\\_aw\\_0116microdiv.html](http://www.forbes.com/home/2003/01/16/cx_aw_0116microdiv.html) . CIO

Note: <888> 01/17/03 Friday 5:00 A.M.: I went to bed after the last message. I had a telephone call from a friend about 9 P.M.. I had a snack in the middle of the night of goldfish crackers and ice tea. I was up at 4 A.M.. I cleaned off one inch of snow off the Hyundai and the benches in front of my apartment building. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I watched some television. CIO

Note: <888> 01/16/03 Thursday 5:40 P.M.: I went out for my 3 P.M. appointment. I then drove down by the waterfront. I next went by the Greenwich Library. I returned home, and I had a homemade yogurt and ice tea. I am a bit tired, so I think I will now shut down the computer, and I will go to bed. CIO

Note: <888> 01/16/03 Thursday 1:55 P.M.: I went out, and I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then went by the Merry Go Round Mews thrift shop. I next drove over to Old Greenwich, and I went by the Old Greenwich Rummage Room. I bought a pair of Docker gold corduroy pants waist 42 inches length 30 inches for \$6, a pair of Lee Khakis waist 42 inches length 30 inches for \$3 and an extra large like new Jon Lauren made in China 65% polyester and 35% cotton Stewart plaid heavy quilted lined shirt for \$10 for \$19 total. I got three hangers to go with the items. I then sat out at the southwest and the southeast parking areas at Tod's Point. I next drove back to central Greenwich, and I went back by Putnam Trust Bank of New York on Mason Street. I then sat out downtown for a while. I bought a copy of the Greenwich Times from the newspaper box in front of Starbucks for .50. I then went by Exxon, and I bought \$7 of regular unleaded at \$1.759 a gallon for about 25 miles per gallon gasoline average. I then returned home. For my meal, I had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle spear and ice tea. I have a 3 P.M. appointment. CIO

Note: <888> 01/16/03 Thursday 8:20 A.M.: I chatted with a relative. I had some Carr's crackers with gouda cheese slices and ice tea. I am just about ready to have a can of Progresso New England clam chowder with ice tea. I will then have a Chock Full of Nuts instant coffee. I next will clean up, and I will be on a day schedule. I have a 3 P.M. appointment this afternoon. CIO

Note: <888> 01/16/03 Thursday 7:10 A.M.: I rested for a while. CIO

Note: <888> 01/16/03 Thursday 5:05 A.M.: Link to obituary of husband of relative that passed away this past Monday

<http://www.greenwichtime.com/news/obituaries/scn-gt-obitagnewjan16,0,1605451.story?coll=green%2Dobits%2Dheadlines> .CIO

Note: <888> 01/16/03 Thursday 4:55 A.M.: I had a slice of fruit cake with Cool Whip and ice tea. I watched some television. CIO

Note: <888> 01/16/03 Thursday 3:10 A.M.: If Tobago should be all booked up, one could try The Crane in Barbados <http://www.thecrane.com/>. Of course my deluxe suite here will be booked up for the indefinite future, since I am an experienced arm chair traveler. CIO

Note: <888> 01/16/03 Thursday 2:20 A.M.: After dinner, I made up my bed, just in case I decided to get back into it, it will be warm and comfortable. CIO

Note: <888> 01/16/03 Thursday 1:55 A.M.: When I go outside for a cigarette, it is a bit more comfortable if I wear my long red heavy terrycloth bathrobe underneath my long down overcoat to feel a bit warmer. I am preparing the same dinner as last night. CIO

Note: <888> 01/16/03 Thursday 1:30 A.M.: I finished installing the updates on the two backup computers. I also uninstalled "INCD" on the primary partition on the Dell backup, so as to prevent any floppy A: drive access problems. I am wearing my large red terry cloth bathrobe to stay a bit warmer. I suppose I could consider wearing two pairs of socks to keep my feet warmer or at least wear two pairs when I go out for a walk. CIO

Note: <888> 01/16/03 Thursday 1:00 A.M.: I finished updating the Dell backup computer. I will now update the IBM Cryix backup computer. I tasted a teaspoon of the yogurt, and it is delicious. I heard on the MSNBC news Brian Williams telling people to turn up the thermostat, but he works out of the RCA building which has connections to Exxon and maybe he has connections to the Williams Energy company, so he can afford to tell people to turn up the heat. I decided it was a bit warm in the apartment, and in order to save money, I turned the living room thermostat down to 74 degrees Fahrenheit, where I keep it most of the time. It is 19 F outside right now. CIO

Note: <888> 01/15/03 Wednesday 11:55 P.M.: I was up at 1 P.M., and I put the yogurt in the refrigerator to chill. It seems to have come out all right. I fell back to sleep until 7 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I fell back to sleep until 10:30 P.M. without drinking my coffee. I got up, and I reheated and drank my coffee. I have a bit of cabin fever and the winter blues, since it is 20 degrees Fahrenheit outside. I am installing the Windows Media Player 9 on the Dell backup computer. I do not think I will be going downtown for a walk, but that option is always open. It sure would wake me up. At the moment, it is warm and comfortable in the apartment. I have the thermostat set at 76 degrees Fahrenheit, and the thermometer above the electric radiators on the outside

living room says 80 F., and the one on the dining room table says 66 F., and the one in the hallway says 72 F., thus the heat directly below the thermometer on the outside window makes it read a bit warmer than it actually is. CIO

Note: <888> 01/15/03 Wednesday 6:20 A.M.: I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 01/15/03 Wednesday 5:45 A.M.: I had some goldfish crackers which was the only free food I ever got the entire time I was down in Key West, Florida supposedly where NASA astronauts train. I guess they try to starve people to death, so they are less of a payload. Needless to say at 222 pounds, I will not be applying for any jobs in space anytime soon. I went out for a drive, and I drove down Greenwich Avenue, and I drove down by the waterfront, and I viewed the scenic night sky. I then drove by the train station, and I noticed an out of state license plate that said something like "COCOCH" which reminded me I should update my NASA page. I then sat in my car downtown for a while with the engine and heater running to stay warm. I hope the Saudis do not mind if I burned a little extra oil. I returned to my apartment. I updated the NASA page [www.geocities.com/mikelscott/nasa.htm](http://www.geocities.com/mikelscott/nasa.htm) and the impending shuttle launch page [www.geocities.com/mikelscott/nasa-107.htm](http://www.geocities.com/mikelscott/nasa-107.htm) . Sometimes on a clear day or a clear night about 10 to 15 minutes after the shuttle launch, one can see it with the naked eye pass by in the sky here overhead going from southwest to northeast. CIO

Note: <888> 01/15/03 Wednesday 3:45 A.M.: If one wants to research real cold weather environments try [www.siberia.com](http://www.siberia.com) . However, it is as cold as -29 degrees Fahrenheit [http://www.wunderground.com/global/CA\\_QB.html](http://www.wunderground.com/global/CA_QB.html) in some places in Quebec. Maybe a few French Canadians would like to come down to Greenwich, Connecticut to warm up. Nous sommes parlons de Francais ici. It is only 21 degrees F. here. CIO

Note: <888> 01/15/03 Wednesday 2:30 A.M.: I am just doing some regular computer work. CIO

Note: <888> 01/15/03 Wednesday 12:55 A.M.: I had a slice of fruit cake with cool whip along with ice tea. CIO

Note: <888> 01/15/03 Wednesday 12:40 A.M.: I took my Revere 6 quart pot, and I added two packages of S&S dried milk along with two quarts of water. I heated it to boiling. I then cooled the pot of liquid in the kitchen sink half full of cold water until it reached the desired temperature on my yogurt thermometer. Instead of adding two yogurt spoon measures of yogurt to the liquid, I added an eight ounce container of Dannon plain yogurt and four teaspoons of Vanilla extract, and I mixed it all together. I then filled and covered the ten yogurt containers for my two yogurt warmers along with two other containers, I placed on top of the yogurt warmers. I have to let the yogurt warm in the yogurt warmers for about 12 hours, so about 12:30 P.M. today it should be ready for refrigeration. I put a towel over the yogurt

warmers to keep the two extra containers a bit warmer since they are not in the yogurt warmer. If one does not have yogurt warmers, one can put a pot of the yogurt mixture in an oven covered on the lowest setting possibly for 12 hours and then refrigerate the pot. I think the temperature for mixing the yogurt after boiling the milk is about 140 degrees Fahrenheit, but one should double check that. My yogurt thermometer does not have temperature markings on it just two lines. CIO

Note: <888> 01/14/03 Tuesday 11:35 P.M.: I was up at 8 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 2 P.M.. I had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea and a Chock Full of Nuts Instant coffee part of which I drank outside. I then made my 4 P.M. appointment. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the local paper, and I read P.C. World magazine. I then returned home about 6 P.M., and I rested until 8 P.M.. I then had dinner of three 1/4 " thick to 1/3" thick slices of cold eye round with horseradish and Lea and Perrins Worcestershire sauce, steamed fresh broccoli crowns, and steamed white rice and ice tea. I then went out, and I drove down by the waterfront. I next walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Food Emporium, and I bought two half gallons of Florida Natural orange juice with calcium for \$2 each and a dozen extra large eggs for \$1.79 for \$5.79 total. I then returned home. Well, it is suppose to be cold like it is presently for the next week and a half, so one might as well get use to it. It is 22 degrees Fahrenheit right now. CIO

Note: <888> 01/13/03 Monday 11:40 P.M.: I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 01/13/03 Monday 11:30 P.M.: I chatted with a relative. I had a piece of fruit cake with cool whip and ice tea. I chatted with a friend. CIO

Note: <888> 01/13/03 Monday 9:45 P.M.: I went out after dinner, and I returned a DVD video disk to the Greenwich Library, and I checked out another one. I then drove down by the waterfront. I next walked the entire length of Greenwich Avenue, and I sat out at various locations. I then went by the Stop and Shop, and I bought an eight ounce jar of Folgers' instant coffee for \$4.69. I returned home. I had a message from a relative on the answering machine. I chatted with another relative. I chatted with a friend. CIO

Note: <888> 01/13/03 Monday 6:20 P.M.: I took the eye round, and I seasoned it on all sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, basil, and I also liberally covered it with Texas Best Mesquite barbeque sauce. I cook it on a roasting rack in a baking pan in the convection oven at 350 degrees Fahrenheit for 45 minutes. I will have it with reheated steamed white rice and steamed fresh broccoli with grated parmesan cheese and ice tea. CIO

**Note: <888> 01/13/03 Monday 6:00 P.M.:** I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then went to CVS on Greenwich Avenue. I next went to the Stop and Shop, and I bought an eye round roast at \$3.59 a pound for \$7.75 and buy two get two free of Progresso New England clam chowder for \$4.58 all four cans for \$12.53 total. I then went to the Arnold Bread outlet, and I bought two packages of 8 hotdog buns for .99 each package and two loaves of Arnold 12 grain bread and one loaf of Arnold Healthnut bread for .99 each minus .50 senior discount for \$4.45 total. I then returned home. I chatted with a friend. I also turned the living room thermostat up to 76 degrees Fahrenheit, so hopefully it will be a little bit warmer in the apartment. CIO

**Note: <888> 01/13/03 Monday 2:00 P.M.:** I was awoken at 11 A.M. this morning by a telephone call from a relative. I was told that the husband of a relative had passed away after a recent illness. He had a good long life, and we will all miss him. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I ran Norton Speed Disk on the computer while I was asleep. I just finished running Norton Disk Doctor and Norton Win Doctor. I will now clean up, and I will go out. CIO

**Note: <888> 01/13/03 Monday 4:30 A.M.:** I had some goldfish crackers and ice tea. I will now shut down the computer. I will probably watch a bit of television before going to bed. CIO

**Note: <888> 01/13/03 Monday 3:10 A.M.:** I watched some television. I was just thinking when I was down in Key West, Florida during the winters of 1977 and 1978, there were not many people there. I spent most my time walking around a fairly deserted town wondering why so many people preferred being up north freezing. Well, now that I have been north all these years, I suppose it is more peaceful during the winter time here than dealing with tourists down south trying to have a good time. Well, basically I can not take too much sun, so I suppose it would not be too healthy sunbathing in the tropics. On the television here, since people whom work inside tend to be warm weather people, all they do is advertise the tropics. Even myself with all the years I have lived in the north country, I have not done that much exploration besides Manhattan and my immediate area here. It takes money to travel around during the winter in the north country, and even if one has a car, one does not want to end up in rest area along the highway for lack of lodging expenses. Thus since I have my own home here, I tend to stay local. Having traveled around America, when I was younger, I do not think it probably has changed very much. Well, I suppose since not much is happening around here at night, I should try to get back on a daytime schedule. Anyway, I do spend a lot of my time reading the news on the internet, and from what I can tell, it seems since the internet revolution has come to a downturn, there is not that much internet news to read anymore. Basically I am getting a lot of public relations and indirect sales pitches from the media content. However, since I have invested 11.5 years into

personal computers not to mention the financial expenses, I will try to stick with the technology. I suppose I could search the net for other programs to use or other web sites to explore. However, after all these years on personal computers and the internet, my eyes were getting a bit tired, so I have been trying to take it easy on them, and not spend as much continual time on the computer. Well, now I will do a little bit of regular computer work. CIO

Note: <888> 01/13/03 Monday 1:00 A.M.: Dinner was delicious. I threw out the pork chop bones in the garbage receptacle outside. CIO

Note: <888> 01/13/03 Monday 12:15 A.M.: I threw out the cantaloupe remains. I am cooking the same dinner that I had two nights ago. It will be ready in fifteen minutes. CIO

Note: <888> 01/12/03 Sunday 11:20 P.M.: A friend called at 1:30 P.M. this afternoon and woke me up. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. My friend arrived about 3 P.M.. We chatted a while. I fell back to sleep until 7 P.M.. My guest and I watched some television. We had Carr's crackers with slices of gouda cheese. I also finished off the bowl of mixed fruit with ice tea. My guest left at 9 P.M., and I went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I drove down by the waterfront. I then stopped by the Stop and Shop, and I bought two large cantaloupes for .99 each, broccoli crowns at \$1.29 a pound for \$2.32, and a 14 ounce container of Ajax for .79, and a 14 ounce container of Comet for .79 plus .09 tax for \$5.97 total. I then returned home. I chatted with a relative. I will now clean and dice the cantaloupes and put the cantaloupe chunks in a Rubbermaid container in the refrigerator. CIO

Note: <888> 01/12/03 Sunday 5:35 A.M.: I will have five Danish cookies and ice tea before going to bed. I will now shut down the computer. I also moved the magnifying glass from the bedroom desk to on top of the ash tray of the Charles W. Morgan whaling ship on the dining room table. CIO

Note: <888> 01/12/03 Sunday 4:50 A.M.: One important note during times of colder weather is that the human body loses 50% of its body heat through one's head if it is not covered up, so it is important during colder weather to wear a warm hat to stay warm and preserve one's body heat. CIO

Note: <888> 01/12/03 Sunday 4:45 A.M.: After dinner I had four pretzel rods, and I finished off the pretzels. I watered the plants before going out. I also turned off the older Honeywell air purifier, and I am just running the newer Honeywell HEPA air purifier. I put the Glade Hawaiian Breeze scent oil in the Glade plug-in in the kitchen. I also have to remember to wear my heavy red terry cloth robe when I am inside to stay warmer. One thermometer by the living room windows says 72 degrees F., one in the hallway says 70 degrees F., and one on the dining room table says 65 degrees F., so the temperature varies through out the apartment. CIO



**Note: <888> 01/12/03 Sunday 4:15 A.M.:** I went out after the last message. It is a bit nippy out. It is 22 degrees Fahrenheit. I went by the Putnam Trust Bank of New York ATM machine on Greenwich Avenue. I then drove down Greenwich Avenue. I then drove over to CVS at the Riverside Shopping Plaza. I bought an Energizer 395 battery for \$3.99 which is a little bit thicker but the same diameter as the 371 battery, since they did not have a 371 battery. I also purchased two tins of Danish cookies for \$2.99 both, a CVS Clorox toilet drop-in tablet for \$1.99, a two 16 ounce bottle set of shampoo and conditioner package of European mystique for \$1.79, a 13 ounce bottle of Palmolive antibacterial detergent for .99, a Glade oil refill Hawaiian breeze smell \$1.99, and a bottle of Italian spices .99 plus .65 tax for \$15.38 total. I then drove back downtown. I sat out briefly. I then drove down by the waterfront. I next returned home. I was able to get the Energizer 395 battery in my Gruen watch by adjusting the battery fittings, so it fit in. The time and date work, but the day is stuck between Friday and Saturday. Still it is back in operational order. I am just about ready to have a Stouffer's hearty pot roast dinner with ice tea. CIO

**Note: <888> 01/12/03 Sunday 1:00 A.M.:** I was up at 2 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I fell back asleep until 6 P.M.. I then had a bowl of mixed fruit and ice tea. I next did my house cleaning. I forgot to water the plants, which I will do shortly. I cleaned up, and I had another bowl of mixed fruit. I went out about 9:30 P.M., and I drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I then drove the length of Greenwich Avenue again, and I then returned home. I took the back off my Gruen Rolex style watch, and I was able to turn off the back of the watch. It has a Maxell SR 920 SW battery in it that needs to be replaced. I tried taking off the back of the Pulsar that was given to me a number of years ago, but I was not able to get it off. On the Gruen, the [www.energizer.com](http://www.energizer.com) site says that the Energizer 371 is the replacement battery. I guess I will go out to CVS in Old Greenwich and see if they have it. However, first I will water my plants. CIO

**Note: <888> 01/11/03 Saturday 5:10 A.M.:** I did a little bit more of regular computer work. I watched some television. Night time schedules are not too exciting, but they do tend to be peaceful. I will now shut down the computer, and I will go to bed directly. CIO

**Note: <888> 01/11/03 Saturday 3:55 A.M.:** Well, I watched a bit of television. I put away the ice tea in the refrigerator. I guess for people not familiar with this area, they are finding out this area tends to get a bit cold in the winter. I have seen it colder though. I guess I should be grateful for having a comfortable apartment, but I do work hard in my own way to keep things going. I have not been driving around much at night recently, although my Hyundai has a warm heater. I feel that the same energy that one uses to propel the automobile can keep me warmer and more comfortable at home. Well since I go outside every hour or two for a cigarette, I am well aware of the colder temperatures outside recently. I have been wearing my

long underwear bottoms underneath my pants all the time to stay warmer. I did get my energy assistance grant letter this week, and the total grant this year was down about 30% from last year. Still once it comes through and is deposited to the electricity company, it is better than nothing. I am still keeping my thermostat in the living room at 74 degrees Fahrenheit which keeps the room at a drafty 72 degrees Fahrenheit. I have the heat turned off in the bathroom, and the bedroom thermostat set at 60 degrees Fahrenheit. I also keep a box fan going above the electric radiators in the living room so as to blow the heat out into the room and circulate it around the apartment instead of having it all go up the outside window wall into the false ceiling area. CIO

Note: <888> 01/11/03 Saturday 2:45 A.M.: I had the last piece of Canadian fruit cake with cool whip from one tin, and I put the empty tin underneath one of the vases on top of the center hallway bookcase. I still have a complete four pound Jane Parker Canadian fruit cake to enjoy for the next couple of weeks. CIO

Note: <888> 01/11/03 Saturday 2:40 A.M.: Well, I guess since I did not drink alcohol while I was down in Key West, Florida; the regulars down there whom seemed to drink a lot of alcohol did not like me. Still, I had my own separate peace observing the local nature down there. I still think a grey panther migrates down to the Florida Keys bringing in all the stray cats which were in large abundance. Well, I guess so many people from south of the Mason Dixon line have come up north over the years and been uncomfortable up north in the cold weather that they try to get revenge when they see snow birds going down south. Well anyway it is 63 degrees Fahrenheit down in Key West, Florida <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Key+West%2C+Florida> , so the cold spell we are experiencing here has not gone that far south yet. The coldest I remember it there in the period I was there was about 42 degrees Fahrenheit, and not many people had heat in their homes. However, plenty of people had sweaters and liked sitting next to the fireplace at Captain Tony's. I suppose the Canadians whom were in ample supply down that way were never really cold. Still, it is only 25 degrees Fahrenheit here, so there is not much to report on. In Ottawa, Canada it is about zero degrees Fahrenheit <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Ottawa%2C+Canada> , so more than likely sooner or later this winter, they will be venturing south to explore warmer regions. I have only counted 94 Canadian license plates in Greenwich, Connecticut in the 19 years I have been back here when I returned here from Nantucket after a brief trip to Toronto, Canada. CIO

Note: <888> 01/11/03 Saturday 1:55 A.M.: I am making up a new batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) , and I am using 21 teabags of 9 different varieties. CIO

Note: <888> 01/11/03 Saturday 1:10 A.M.: Dinner was delicious. The apartment is reasonably warm and comfortable. However, it does tend to be a bit drafty on cold nights. I decided to wear my heavy red terry cloth bath robe that I bought a year

ago at the Merry Go Round Mews thrift shop for \$15 over my clothes to stay a little bit warmer. Of course in the winters of 1976 – 1977 and 1977 – 1978 when I lived outside most of the time down in Key West, it would get cold at night too, and it would frequently go down into the low 40 degrees Fahrenheit, and I did not have any warmer clothes then beside blue jeans and a red flannel shirt and Addidas sneakers, so I was very cold down in south Florida. Thus I think I am doing better up here in the north country where I am a bit more comfortable. Of course my apartment is heated by electricity which is costly, and if it ever gets really cold up around Niagara Falls and the hydroelectric power plants freeze over, we might have a bit less electricity in this area. One year, down in Key West, I also had a U.S. Air Force Strategic Air Command NORAD colonel's flight suit that I found in the bushes while I was hitchhiking along the Florida Keys highway. It was not very warm, but it looked official with my long waist length blond hair and straw hat. I also came across a U.S. Army poncho that kept the drafts out at night, but it was a bit humid and damp since it did not breathe. When I had the Subaru down in Key West, I could also sleep in my car at the Key West airport and use the bathroom there to clean up in the morning. Still roughing it in south Florida is not my cup of tea anymore and at my age, I enjoy my comforts. Thus to be honest, I did not receive much southern hospitality when I was down south on my own, although I did get a good wind burn. CIO

Note: <888> 01/11/03 Saturday 12:15 A.M.: Somebody lost a pullover cap that is frozen solid by the front entrance to our building. I put it in the heated glass antechamber to thaw out. I took the Pyrex pie disk and I put a few teaspoons of olive oil in it. I rubbed both sides of the two center cut pork chops in the oil. I seasoned both sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, and basil. On the top side before seasoning I added a few tablespoons of La Choy low sodium soy sauce and two peeled and diced garlic cloves on each chop. I then spread a couple of tablespoons of Texas Best barbeque mesquite sauce on the top of each chop. I am cooking them in the convection oven at 350 degrees Fahrenheit for 25 minutes. I will have the two chops with reheated white rice and steamed fresh cauliflower and broccoli and a glass of ice tea. Well in the cold weather it is good to keep one's body weight up a bit to help ward off the effects of the cold winter air. The weather site <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> says that it might be a bit warmer with the highs in the mid 30s degrees Fahrenheit for the next five days. Still in the recent cold weather, I am not spending that much time out in the cold, so I would imagine those individuals whom do spend more time out in the cold would have to bundle up more warmly. CIO

End of Scott's Notes week 01/10/03:

Note: <888> 01/10/03 Friday 10:55 P.M.: I was up at 8 A.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 6:30 P.M.. I had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle spear and ice tea. I

then had a cappuccino outside. I cleaned up, and I went by the Greenwich Library, and I read the local newspaper. I then drove downtown, and I drove by the waterfront. Across Long Island sound, Oyster Bay, Long Island was all lit up brighter than normal like they have extra money to party or have bright lights out that way. Speaking of bright lights while I was asleep, I charged up my Slaymaker million watt rechargeable beam for 20 hours. I next walked lower Greenwich Avenue, and I sat out briefly. I then went by Exxon, and I bought \$5 of regular unleaded gasoline at \$1.759 a gallon for about 23.5 miles per gallon. I next went by the Food Emporium, and I bought two packages of two pork chops each package at \$1.99 a pound for \$2.39 and \$2.27 for \$4.66 total. They still have a large selection of fruit cakes for half price. I then returned home. I will now send out my weekly notes. It is only to be highs in the mid 20s degrees Fahrenheit for the next five days through Wednesday, which means it will probably get colder at night, so remember to stay warm. CIO

Note: <888> 01/10/03 Friday 12:05 A.M.: I did some computer work. I had one pretzel rod, and I also had a slice of fruit cake with cool whip along with some ice tea. I will now shut down the computer. I will probably watch some television before going to bed. CIO

Note: <888> 01/09/03 Thursday 11:40 P.M.: I had eight Danish cookies. I went outside briefly, and I noticed that one of my neighbors is shinning his car lights on the trees on the side along the Post Road because some animal or a cat is making a lot of noise in the woods like the same sound last night. CIO

Note: <888> 01/09/03 Thursday 10:10 P.M.: Even though I have lots of old floppy disks, the reason I got some new floppy disks is that floppy disk media tends to deteriorate after about two to three years. CIO

Note: <888> 01/09/03 Thursday 10:00 P.M.: Dinner was enjoyable. I chatted with a friend. CIO

Note: <888> 01/09/03 Thursday 8:40 P.M.: I had a spare Green Apple auto air freshener in my Hyundai glove box, so I installed it in the rear driver's side area, so the car will smell fresher. I no longer smoke tobacco in my car, so I have a better smelling car as well as my apartment. Of course I still smell like tobacco. I will now cook the same dinner as last night, but the pork tenderloin tails are smaller around, so I will only cook them seasoned for about 20 minutes at 350 degrees Fahrenheit in the convection oven. Besides the regular seasoning, I will also had some fresh chopped garlic and La Choy low sodium soy sauce to the pork tenderloin. CIO

Note: <888> 01/09/03 Thursday 7:50 P.M.: I was up at noon when a telemarketer called today. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up. I stopped by the Greenwich Hospital Thrift shop. I then made my 3 P.M. appointment. I next drove over to Old Greenwich, and I used the ATM machine at Putnam Trust Bank of New York, and then I got my hair cut at

Off Center Barbers for \$16 plus \$4 tip. I then drove out to the southwest parking area at Tod's Point, and I enjoyed watching the sun set over the Manhattan skyline. I then stopped by the ATM machine again at Putnam Trust Bank of New York in Old Greenwich. I next went to the Mobil Express Lube car wash, and I got my Hyundai washed for \$5. I finished dried it myself with a towel, I keep in the back of the car. I also shook out the driver's side floor mat and dusted the dashboard. I then went to Staples, and I helped a customer get unstuck a table he was trying to push through the turnstile. I bought two packages of 10 Sony 2 HD 1.44 MB floppy disks for \$2.50 each box of ten plus .30 tax for \$5.30 total. I then went back to downtown Greenwich, and I sat out briefly. I then drove by the waterfront. I next stopped by the Greenwich Library, and I read the local newspaper. I also read P.C. Magazine. I just now returned home, and I had four pretzel rods with ice tea. Last night I had about seven pretzel rods when I woke up for a snack. CIO

Note: <888> 01/09/03 Thursday 1:50 A.M.: I had a piece of fruit cake with cool whip along with a few pretzel rods. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 01/09/03 Thursday 1:20 A.M.: Well, I did a little research at [www.libertytravel.com](http://www.libertytravel.com) and <http://mtirvine.com/>, and I could not find the cheaper rate still available. On a local note, I was just outside having a smoke, and I heard what sounded like the Great Horned Owl doing in a rabbit or squirrel out in the woods. I have not seen members of the skunk family in a couple of months. CIO

Note: <888> 01/09/03 Thursday 12:50 A.M.: I was looking at Alaska temperatures, and they range from minus 26 degrees Fahrenheit to 41 degrees Fahrenheit. I have a theory that when the colder arctic winds start swirling around the top of the globe that they like a ball in a roulette wheel that depending on their velocity and interactions with other weather fronts, they can coming spinning down into our regions occasionally. About the coldest I remember in this area is minus 20 degrees Fahrenheit in 1982 two years after Mount St. Helen's eruption. If one looks at <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> starting Saturday through next Wednesday, the highs are only suppose to be in the 20s degrees Fahrenheit. I remember about four years ago, one could go to Liberty Travel across from the Greenwich Library, and a week's vacation for two including air fare to Tobago and staying at the <http://mtirvine.com/> Mount Irvine Club was about \$850 per person double occupancy. My family stayed there in 1971 and 1972 in golf villas adjacent to the ocean, and it was most enjoyable, but I hear tell it has gotten more expensive and more built up, and possibly with revolutionary activity in nearby Venezuela it might not be so secure as in previous years. CIO

Note: <888> 01/09/03 Thursday 12:10 A.M.: I decided not to have the instant coffee. I peeled and sectioned 10 Clementines, and I added to the Clementine sections a cup of pineapple chunks I prepared before Christmas, and then I peeled and diced two McIntosh apples, and I mixed the three types of aged fruit together

and refrigerated it for eating some time in the future. I will now throw out the fruit peels. CIO

Note: <888> 01/08/03 Wednesday 11:10 P.M.: I chatted with a relative. I am cooking the same dinner as last night, but I am having a mixture of cauliflower with broccoli and parmesan cheese along with the pork tenderloin with half onion and reheated white rice and ice tea. I think I will have a Folgers's decaffeinated instant coffee after dinner. CIO

Note: <888> 01/08/03 Wednesday 10:15 P.M.: I was up at about 4 P.M. today. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went downtown. I chatted with a local. I walked lower Greenwich Avenue. I drove down by the waterfront. I went by the Greenwich Library, and I read the local paper. I checked out "Hughes, the private diaries, memos, and letters" by Richard Hack. It is suppose to be the definitive biography of the First American billionaire, which does not make sense, since I thought John D. Rockefeller was suppose to have been the first American billionaire. Needless to say both men had enough spare change to go around. I then went to the Food Emporium, and I bought a container of Dannon plain yogurt for .99 a dozen extra large eggs \$1.79, 2 packages of Master Choice fish fillets \$2.19 each, a head of organic broccoli \$1.99, a bag of AC frozen potato wedges \$1.79, a half price Jane Parker four pound Canadian fruit cake \$8.50, and a 32 ounce tub of Cool Whip low fat whipped cream \$2.99 for \$22.43 total. I then returned home, and I put away my purchases. I got the Dannon yogurt to use for a starter in case I make my own yogurt. I also printed out three copies of the January 2003 Greenwich, Connecticut tide charts from [www.maineharbors.com](http://www.maineharbors.com) on the library laser printers. CIO

Note: <888> 01/08/03 Wednesday 4:35 A.M.: I installed the final version of Windows Media Player 9. I also imported the music files into the play list. I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 01/08/03 Wednesday 3:35 A.M.: I had a slice of fruit cake with cool whip and ice tea. CIO

Note: <888> 01/08/03 Wednesday 3:05 A.M.: I updated the \*.zip file <http://www.geocities.com/mikelscott/mlsnote1.zip> that contains my entire "Scott's Random Notes" from June 1997 through December 2002. The \*.zip file contains two Microsoft Word files "MLSNOTE1.doc" and "mlsnote2.doc", and the second file "mlsnote2.doc" has the Year 2002. The \*.zip file seems to be a popular download for some reason. I can not figure out why. I printed out the last four months of Scott's Notes, and I bound them in one of the Staples clamp binders. I put it with the other clamp binders containing earlier printouts in the left hallway bookcase. The package I bought yesterday contained three clamp binders for about \$6. The Microsoft Word Files are in PostScript Times Roman Font 12, but anyone with Microsoft Word could change them. At that font, they print out to 2047 pages

for five and a half years of my logs. I had five pretzel Rods while printing out the last four months of the document about 177 pages. I mistakenly used my regular paper instead of the HP LaserJet paper, but the printout came out fine. I open up a new package of HP LaserJet paper, and I filled the top cartridge on the HP LaserJet IID printer. CIO

Note: <888> 01/07/03 Tuesday 11:40 P.M.: I installed Direct X 9 on the primary computer. I opened up the package of Brookfield pork tenderloins. I took each of the two tenderloins, and I cut off about one third of it of the tail part to use for a third meal. I rinsed them off and dried them. I took one of the two thirds pieces, and I placed it in a Pyrex pie dish rubbed it in a couple of teaspoons of olive oil, and I seasoned it all around on all sides with Old Bay seasoning, garlic powder, celery salt, chicken and meat seasoning, ground black pepper, Italian spices, oregano, basil, and also spread over it Texas Best mesquite barbeque sauce. To the Pyrex dish I am cooking the tenderloin in, I also added a half peel onion that I put a small bit of olive oil and La Choy low sodium soy sauce on, and I am cooking it all in the convection oven at 350 degrees Fahrenheit for 25 minutes. I will have it for dinner with steamed cauliflower with grated parmesan cheese and steamed white rice and ice tea. CIO

Note: <888> 01/07/03 Tuesday 10:40 P.M.: I chatted with a relative. I put away the laundry. I also changed the sheets on my bed earlier. I also vacuumed up the sand, gravel, and salt from my entrance area that comes in when I go outside. CIO

Note: <888> 01/07/03 Tuesday 9:50 P.M.: It is 81 degrees Fahrenheit in Barbados <http://www.wunderground.com/global/stations/78954.html> , 61 degrees Fahrenheit in Key West, Florida <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Key+West%2C+Florida> , 47 degrees Fahrenheit in Vero Beach, Florida <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Vero+Beach%2C+Florida> , 73 degrees in Sao Paulo, Brazil <http://www.wunderground.com/global/stations/83780.html> , 79 degrees F. in Honolulu, Hawaii <http://www.wunderground.com/US/HI/Honolulu.html> , 87 degrees F. in Fiji <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Fiji> , 68 degrees F. in Christ Church, New Zealand <http://www.wunderground.com/global/stations/93780.html> , and 22 degrees F. in Stockholm, Sweden <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Stockholm%2C+Sweden> , so the weather seems to be about normal for this time of year. CIO

Note: <888> 01/07/03 Tuesday 9:35 P.M.: Well, it is minus 15 degrees Fahrenheit in Moscow, Russia <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Moscow%2C+Russia> and in Calgary, Canada it is 55 degrees Fahrenheit <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Calgary%2C+Canada> , so I guess the weather coming around at the moment might be a bit warmer for now hopefully. CIO

**Note: <888> 01/07/03 Tuesday 9:25 P.M.: I have 50 minutes to go on the dry cycle. CIO**

**Note: <888> 01/07/03 Tuesday 9:00 P.M.: I was up at noon, and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until about 5 P.M.. I had a couple of hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea and a Chock Full of Nuts instant coffee. I went downtown about 6:30 P.M., and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. The Delamar Hotel has a presidential suite with a fireplace for about \$1,500 a night. I then went by the Greenwich Library, and I read the Time Magazine Year in Pictures edition. I just now returned. I started two loads of laundry. I had two pretzel rods with ice tea. Last night before going to bed, I had a piece of fruit cake with cool whip and ice tea. Well, it is 23 degrees Fahrenheit outside, so it is a bit nippy. CIO**

**Note: <888> 01/07/03 Tuesday 2:35 A.M.: I finished the Windows XP Professional updates. I will now shut down the computer in a few minutes. I will then go to bed. CIO**

**Note: <888> 01/07/03 Tuesday 12:30 A.M.: I tried reinstalling Windows XP Professional, but I still had problems with the floppy drive A: not being accessible. I finally searched out a note that said uninstall "Nero INCD", which I did and now the floppy drive works fine. While reinstalling Windows XP professional, I took a Tony's pepperoni pizza, and I cut it in quarters, and I put it on a cookie sheet. I then seasoned it with Old Bay seasoning, garlic powder, chicken and meat seasoning, celery salt, Italian spices, oregano, and Basil. I then sprinkled on some parmesan cheese and a bit of olive oil. I cooked it in the convection oven at 425 degrees F. for 15 minutes, and I had it for dinner with ice tea. I now have to install the Windows XP updates, and I should be back to normal. CIO**

**Note: <888> 01/06/03 Monday 8:35 P.M.: I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street. I then went by the First Union bank on Havemeyer Place, and I paid my rent. I then went to the central Greenwich Post Office, and I obtained four money orders to pay my electricity, Verizon telephone, cablevision, and optimum online. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the local paper, and I checked out a DVD video disk. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next returned briefly to my apartment. I went over to Medallion auto parts in Port Chester, New York, and they do not carry the ding repair kit that one sees advertised on television. I then toured Odd Job. Next I went to the Vitamin Shoppe, and I bought a bottle of 300 tablets of 1000 mg. of VS MSM for \$32.36 and a 90 capsule bottle of 1500 mg. VS Coral Calcium for \$16.17 for \$48.53 total. I then went by Staples, and I bought a two pack Staples clamp binder for \$5.99 plus .40 tax**



for \$6.39 total. I then returned home. I was trying to use my A: floppy drive on the primary computer, and it does not work. I took it apart and checked the cables, and the cables are fine. I was able to get the floppy drive to work from a boot disk. Thus there is something wrong with my Windows XP setup possibly. I tried fixing it by uninstalling and reinstalling the drivers to no avail. I do not use the floppy drive very much. I chatted with a friend. All, I can think of is disabling the power saving features in the CMOS, and see if the floppy drive works then. My floppy controller shares resources with motherboard resources, and one can not change either of them, but it has worked fine until recently. The only other possibly problem might be with the Symantec Firewall 2003 program, I recently installed is causing the problem. I will try that now. CIO

Note: <888> 01/06/03 Monday 1:30 P.M.: I watched television, and I rested until 7 A.M. this morning. I had five pretzel rods and two scoops of Starbucks toffee ice cream. I fell asleep until 12:30 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will now clean up, and I will go out and pay bills and other day time activity. CIO

Note: <888> 01/06/03 Monday 2:35 A.M.: I did a little bit of regular computer work. I watched a bit of television. I will now rest some. CIO

Note: <888> 01/06/03 Monday 1:00 A.M.: I watched some television. I had a slice of fruit cake with cool whip. I will now prepare my bills to pay today. CIO

Note: <888> 01/05/03 Sunday 11:45 P.M.: I went out, and I dusted the light bit of snow off the outside front benches with my car snow brush. I am reheating the same dinner that I had last night. CIO

Note: <888> 01/05/03 Sunday 11:25 P.M.: I went out, and I walked the entire length of Greenwich Avenue. I cleaned off one bench and sat out for a while. I drove down by the waterfront. I then went by the Stop and Shop, and I bought a Tony's Pepperoni pizza for \$3, a bag of Snyder's pretzel rods \$1.69, B&G kosher dill pickle spears \$2.69, Texas Best barbeque rib sauce \$2.99, a Brookfield Farms pork tenderloin packet with two pork tenderloins at \$3.99 a pound for \$7.70, a 12 pack of Barq's root beer \$3.34 plus .60 can deposit for \$22.21 total. I then returned home, and I put away my purchases. I had two pretzel rods with ice tea. Last night when I woke up, I had 7 seven pretzel rods for a snack. CIO

Note: <888> 01/05/03 Sunday 9:10 P.M.: I had a call from a relative at 3 P.M.. I continued to rest until 6:30 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I chatted with a friend. I just finished watching some television. I cleaned up. I guess I will go out for a while. We have some light snow out. CIO

Note: <888> 01/05/03 Sunday 3:45 A.M.: I will now shut down the computer, and I will go to bed soon. CIO

**Note: <888> 01/05/03 Sunday 3:40 A.M.: I put a couple of icons at the top of my web homepage. I had a slice of fruit cake with cool whip. CIO**

**Note: <888> 01/05/03 Sunday 3:15 A.M.: I tried to figure out how insert a tulip icon in my geocities url link, but it does not work with geocities. It took a while. CIO**

**Note: <888> 01/05/03 Sunday 12:35 A.M.: Today, before I started my house cleaning, I put away my little two foot tall Christmas tree and my pine cone wreath in the false ceiling above the Danish bar in the living room. CIO**

**Note: <888> 01/05/03 Sunday 12:20 A.M.: For a Midwestern Dutch viewpoint, try <http://www.hollandsentinel.com/> . CIO**

**Note: <888> 01/04/03 Saturday 11:25 P.M.: Dinner was delicious. I will now do some regular computer work. CIO**

**Note: <888> 01/04/03 Saturday 10:55 P.M.: I went out, and I walked lower Greenwich Avenue. I drove down by the waterfront. I then went by Exxon next to the Greenwich Library, and I bought \$5 of regular unleaded gasoline at \$1.759 a gallon for about 25 miles per gallon. I checked all my tires for 30 PSI. They have not changed. I then went by the Stop and Shop, and I bought a package of Snyder pretzel rods for \$1.69, three packages of S&S margarine for \$2 all, a 10 pack box of S&S dry milk for \$5.49, a head of cauliflower for \$2.49, and two packages of two General Electric bent tip 15 watt frosted candelabra bulbs made in China for \$2.79 each package, a 25 bag box of Twining tea five different blends of five each for \$2.99 plus .33 tax for \$20.57 total. I then returned home. I am cooking two boneless breasts of chicken halves that I rubbed in a few teaspoons of olive oil, and I seasoned both sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, and basil. On the top side before seasoning I poured on about an eighth of a cup of La Choy low sodium soy sauce and then I seasoned the top side with Texas Best mesquite barbeque sauce. I am cooking them in the Pyrex dish in the convection oven at 350 degrees Fahrenheit for 35 minutes, and I will have one of them with steamed white rice and steamed fresh cauliflower with grated parmesan cheese and ice tea. Dinner will be ready shortly. CIO**

**Note: <888> 01/04/03 Saturday 7:55 P.M.: I finished the house cleaning and watering the plants. I will now shower and clean up and go out for some fresh air. CIO**

**Note: <888> 01/04/03 Saturday 5:50 P.M.: I had my Chock Full of Nuts instant coffee outside enjoying the cool winter weather. CIO**

**Note: <888> 01/04/03 Saturday 5:05 P.M.: I rested until about a half hour ago. I cleaned the ice off the Hyundai windshield. I opened up a package of the American**

**Spirit all natural cigarettes, and I tried a couple. I will now have a couple of hotdogs with buns and Dijon mustard and Heinz ketchup and potato chips and ice tea and a cup of Chock Full of Nuts instant coffee. I guess I will then start my house cleaning. CIO**

**Note: <888> 01/04/03 Saturday 9:15 A.M.: Well not much happening up here at Ice Station Zebra. I chatted with a relative. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will rest a bit before I do my house cleaning. I will have to clean the ice off the car some time today. CIO**

**Note: <888> 01/04/03 Saturday 6:25 A.M.: I just had some goldfish crackers and a bowl of pineapple chunks and ice tea. I think in the United States military according to an expert I use to know in Laguna Beach, California; the biggest people in the United States military come from American Samoa. Of course, the biggest people in the United States may not be in the military. I remember Sam Walthrop from Alton, Illinois used to be eight foot nine inches tall, and he simply sold shoes. Of course up in Canada, there might still be Paul Bunyon, and all he does is make pancakes. I was offered a Christmas present of Vermont maple syrup, but I turned it down since I have a 14 year old bottle of Log Cabin pancake syrup in my kitchen. I do not consume much syrup with pancakes, since the high sugar content messes up my blood sugar metabolism. Well, I suppose the movers and shakers are all down south with their money enjoying the warmer weather. However, there is rumor that after their extended holidays, they will have to be back at work on Monday or more than likely they will not have jobs. I guess with Christmas and New Years falling in the middle of the week, people took a little extra time off. Well no news is good news. CIO**

**Note: <888> 01/04/03 Saturday 5:50 A.M.: Well since the United States government is contemplating going to war in the middle east again, I decided to remove the Saudi Arabian flag from hanging in the window of my bedroom in front of the curtains. I am not Saudi, but since it is very cold and damp here, I figured the Saudi flag might symbolize potential warmth from oil in the Middle East. However, since I am not of Middle Eastern extraction, I dare say they would not be that friendly to me anyway. I picked up the Saudi Arabian flag for \$10 at the Greenwich Hardware store for 75% off, so I guess no one in Greenwich wanted it at full price. However, having lived in this area during the oil embargo of the 1970s, I remember when New York City had very little energy, the Waldorf Astoria was always flying the Saudi Arabian flag, and it was very warm inside that hotel. However, if I am not mistaken, the Waldorf Astoria is heated by steam which comes from the generation plant south of the United Nations which can probably be powered by either coal, oil, or natural gas. Thus as the pilot for Texas Gulf industries told me, there was not actually an oil embargo in the 1970s. All the oil was sitting in tankers in New York harbor waiting to be off loaded. I guess the New Yorkers did not have the money to pay for it, so thus there was an oil shortage. Well, anyway I do happen to be half Dutch as in Holland, and I believe the Dutch have a little interest in Royal Dutch Shell as well as a number of other businesses around the New York area.**

Maybe I should go into Manhattan and start drinking Heineken beer and see if any big fat Dutchmen with a lot of energy show up to our rescue. I remember when I toured the Roosevelt home in Hyde Park, New York a number of years ago, there were large Dutch people there, but I think the Roosevelts of Hyde Park were involved in coal mining. However, the Roosevelt families of Oyster Bay, Long Island were not as large and formidable, and they were only about my size. Thus if any Dutch oil people need Dutch security, they can go looking for the "Cheese Man" in Matrich in the Netherlands. When he was here about 12 years ago, he was over 7 foot tall selling large wheels of Dutch Gouda cheese probably weighing over 500 pounds. As a Dutch American citizen, I have been advised the largest people in the world are the Dutch, and having been to Amsterdam and seen the kids who were bigger than me at 220 pounds, they actually might be. Well, if we get any energy shortages because I took down the Saudi flag, I guess a few clever Dutch people can start up their old windmills. Needless to say with the traffic around here, I do not feel like riding a bicycle. I remember, the Dutch supposedly have a government in the Hague, so perhaps on this international situation with talks about war in the middle east, someone should confer with the Dutch government instead of listening to the limeys on the BBC. Well, I do not have all the answers, but I know it is a bigger world out there than just tiny little CNN from Atlanta. CIO

Note: <888> 01/04/03 Saturday 4:15 A.M.: After dinner and the last message, I slept until now. I ran Norton AntiVirus 2003 scan on the C: drive while I rested. There are no virus infections. CIO

Note: <888> 01/03/03 Friday 10:20 P.M.: I watched some television. I chatted with a friend. I am reheating the same dinner as I had last night. CIO

Note: <888> 01/03/03 Friday 7:50 P.M.: I chatted with a relative. I rested since the last message. One button checkup for the Symantec program ran while I was asleep. I had a slice of fruit cake with cool whip and a few slices of Land-O-Lakes pepper jack cheese. The sleet, slush, and icy conditions are still prevalent outside. I watched a bit of television. CIO

Note: <888> 01/03/03 Friday 3:30 P.M.: I went to bed at 3:30 A.M., and I was up at 2 P.M.. Locally here we have a bit of sleet and freezing rain, so I do not think I will be going out today in the slippery conditions. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I received the free carton of American Natural cigarettes from New Mexico that I ordered about six weeks ago for only postage. Well, it looks like we are in for a colder and wintrier winter this year if the present pattern continues. I suppose if one gets tired of looking at the internet, one can always read a book. Basically the United States of America government is two trillion dollars in debt, so despite what the media says, I do not think the United States government has the money to do anything about the current world political situations that the media is constantly reporting and do not seem relevant to this area. Well, I guess locally we should hunker down and get ready for a long cold winter. Anyone whom has lived here for a long time knows that in the

last fifteen years or so we have had warmer winters, so the weather we are having now is more the normal that long term residents are use to dealing with. I suppose living near the shore here we do not get too much snow accumulation compared to residents living further in the interior. Well stay warm, and remember on limited funds, there would not be much to do anyway besides taking a walk which we can forgo in this weather. CIO

End of Scott's Notes week 01/03/03:

Note: <888> 01/03/03 Friday 2:10 A.M.: CNN Solomon story

<http://www.cnn.com/2003/WEATHER/01/02/solomons.cyclone/index.html> , ABC Australia [http://www.abc.net.au/asiapacific/news/GoAsiaPacificBNP\\_757381.htm](http://www.abc.net.au/asiapacific/news/GoAsiaPacificBNP_757381.htm) .

Well, I guess with all the major world news, this story because of its remoteness is hard to follow. However, since we have 75 million people in the United States living along the Atlantic and Gulf coasts from Texas to Maine, it shows how devastating hurricane, tropical storm, or typhoon activity can be

<http://www.geocities.com/mikelscott/weather.htm> . I will now send out my weekly notes. I will then shut down the computer, and I will go to bed soon there after.

CIO

Note: <888> 01/03/03 Friday 1:40 A.M.: Best site information I found,

<http://www.rambocam.com/sitedir.html> . Well since it is the Holiday season, we could have had wealthy travelers from this area on that remote resort island in Fiji which was missed. The area affected by typhoon Zoe of Tikopia and Anuta islands, Temotu province is a thousand miles east of the Solomon Islands capitol, and with rough seas between the area and New Zealand the relief boat coming from New Zealand will have problems, and more than likely after a typhoon of 250 miles per hour, the ocean would be too rough to land a sea plane, and more than likely no fuel would be available for refueling. More than likely we could have some adventuresome yachtsmen in the area. It is really one of the most remote parts of the planet. CIO

Note: <888> 01/03/03 Friday 1:20 A.M.: Montserrat smoking

[http://www.osei.noaa.gov/Events/Current/VOLsouf365\\_MOL.jpg](http://www.osei.noaa.gov/Events/Current/VOLsouf365_MOL.jpg) , Western Pacific satellite photo [http://www.nrlmry.navy.mil/sat-bin/display10?PHOT=yes&AREA=global/western\\_pacific&PROD=ir&NAV=global&CGI=global.cgi&ARCHIVE=Latest&MOSAIC\\_SCALE=15&CURRENT=LATEST.jpg](http://www.nrlmry.navy.mil/sat-bin/display10?PHOT=yes&AREA=global/western_pacific&PROD=ir&NAV=global&CGI=global.cgi&ARCHIVE=Latest&MOSAIC_SCALE=15&CURRENT=LATEST.jpg) , ZOE [http://www.nrlmry.navy.mil/tc-bin/tc\\_display?ATCF\\_NAME=sh062003&PROD=vis1km&PHOT=yes&ARCHIVE=Latest&DIR=/data/www/tropical\\_cyclones/tc03/SHEM/06P.ZOE/ssmi/vis1km&SIZE=thumb&TYPE=ssmi&NAV=tc&DISPLAY=all&CURRENT=20030103.0424.gms-5.vis2.x.06PZOE.45kts-991mb-214S-1752E.jpg&YEAR=2003&MO=Jan&BASIN=SHEM&STORM\\_NAME=06P.ZOE&ACTIVES=03-SHEM-07S.NONAME,03-SHEM-91S.INVEST,03-WPAC-94W.INVEST,03-SHEM-99S.INVEST](http://www.nrlmry.navy.mil/tc-bin/tc_display?ATCF_NAME=sh062003&PROD=vis1km&PHOT=yes&ARCHIVE=Latest&DIR=/data/www/tropical_cyclones/tc03/SHEM/06P.ZOE/ssmi/vis1km&SIZE=thumb&TYPE=ssmi&NAV=tc&DISPLAY=all&CURRENT=20030103.0424.gms-5.vis2.x.06PZOE.45kts-991mb-214S-1752E.jpg&YEAR=2003&MO=Jan&BASIN=SHEM&STORM_NAME=06P.ZOE&ACTIVES=03-SHEM-07S.NONAME,03-SHEM-91S.INVEST,03-WPAC-94W.INVEST,03-SHEM-99S.INVEST) , affected area each block is about 500 miles square, area affected is just northwest of "20S" <http://www.nrlmry.navy.mil/tc->

[bin/tc\\_display?ATCF\\_NAME=sh062003&PROD=vis1km&PHOT=yes&ARCHIVE=Latest&SIZE=full&TYPE=ssmi&NAV=tc&DISPLAY=all&DIR=/data/www/tropical\\_cyclones/tc03/SHEM/06P.ZOE/ssmi/vis1km&CURRENT=20030103.0424.gms-5.vis2.x.06PZOE.45kts-991mb-214S-1752E.jpg&YEAR=2003&MO=Jan&BASIN=SHEM&STORM\\_NAME=06P.ZOE&STYLE=frames&ACTIVES=03-SHEM-07S.NONAME,03-SHEM-91S.INVEST,03-WPAC-94W.INVEST,03-SHEM-99S.INVEST](http://bin/tc_display?ATCF_NAME=sh062003&PROD=vis1km&PHOT=yes&ARCHIVE=Latest&SIZE=full&TYPE=ssmi&NAV=tc&DISPLAY=all&DIR=/data/www/tropical_cyclones/tc03/SHEM/06P.ZOE/ssmi/vis1km&CURRENT=20030103.0424.gms-5.vis2.x.06PZOE.45kts-991mb-214S-1752E.jpg&YEAR=2003&MO=Jan&BASIN=SHEM&STORM_NAME=06P.ZOE&STYLE=frames&ACTIVES=03-SHEM-07S.NONAME,03-SHEM-91S.INVEST,03-WPAC-94W.INVEST,03-SHEM-99S.INVEST), . CIO

Note: <888> 01/03/03 Friday 12:20 A.M.: Apparently Typhoon Zoe occurred Sunday December, 29, 2002. CIO

Note: <888> 01/03/03 Friday 12:20 A.M.:  
<http://www.google.com/search?hl=en&ie=UTF-8&oe=UTF-8&q=Tikopia+and+Anuta+islands%2C+Temotu+province&btnG=Google+Search> ,  
[http://www.peoplefirst.net.sb/Library/All\\_Library.asp?keyword=tradition](http://www.peoplefirst.net.sb/Library/All_Library.asp?keyword=tradition) ,  
<http://www.peoplefirst.net.sb> , <http://ca.news.yahoo.com/021229/5/r3ff.html> ,  
<http://www.alertnet.org/thenews/newsdesk/569654> . CIO

Note: <888> 01/02/03 Thursday 11:55 P.M.:

From: <http://www.sibconline.com.sb/main.asp>

18:22 hrs

02 January 2003

Member of Parliament for West Kwaio, John Martin Garo had criticised the government for what he call its inhuman treatment of cyclone stricken victims of Tikopia and Anuta islands, Temotu province.

#### GOVERNMENT APPEALS FOR HELP

18:23 hrs

02 January 2003

The government is appealing to the general public for assistance of every kind to help the victims of Cyclone Zoe.

<http://www.commerce.gov.sb/Tourism/maps.htm> , Solomon Island map. CIO

Note: <888> 01/02/03 Thursday 11:50 P.M.: Of course in that part of the world South Seas pirates still operate freely. I had a slice of fruit cake with Cool Whip. CIO

Note: <888> 01/02/03 Thursday 11:30 P.M.: Of course it is a big world out there <http://www.embassyworld.com/> . CIO

Note: <888> 01/02/03 Thursday 11:25 P.M.: Local Solomon Islands links  
<http://www.sibconline.com.sb/> <http://www.solomon.com.sb/> ,  
<http://www.commerce.gov.sb/> , <http://www.solomons.com/> ,

<http://www.solomonairlines.com.au/> ,  
[http://www.moon.com/catalog/south\\_pacific.html](http://www.moon.com/catalog/south_pacific.html) ,  
<http://www.solomon.emb.gov.au/index.html> ,  
<http://www.commerce.gov.sb/Tourism/getting.htm> ,  
<http://www.escapeartist.com/solomon/solomon.htm> , of course with all the fish they probably have in the area, there might not be any need for cannibalism. CIO

Note: <888> 01/02/03 Thursday 10:55 P.M.: The CIA fact book on the Solomon Islands <http://www.cia.gov/cia/publications/factbook/geos/bp.html> does not say anything about cannibals, but the map does show how close it is to New Guinea. Apparently the United States has no diplomatic representation in the Solomon Islands, maybe that is why. However, the Queen Elizabeth II is the head of state, but it is suppose to be a government close to anarchy and English Common Law is rarely observed, so maybe they do have a problem with cannibals. Well, they also have volcanic activity. I think it was not too many years ago that New Guinea was hit by Tsunami, so I would imagine whomever may have survived the typhoon might have some capability of communicating. They do indicate internet presence there. CIO

Note: <888> 01/02/03 Thursday 10:40 P.M.: After dinner, I chatted with a friend. I then went out, and I went by CVS. I bought a 1.5 liter of CVS yellow mouthwash for \$3.49 and a CVS Clorox toilet tablet toilet tank cleaner for \$1.99 plus .33 tax for \$5.81 total. I then went by the Greenwich Library, and I read the Economist magazine. Apparently according to the Economist magazine the supply of snakes in China was going down because too many people were eating them, and the rat population was increasing. The Chinese government tried to encourage people to eat fewer snakes, but instead the general population started eating more rats to solve the problem. I also noticed the Gianelli family of Italy whom own stock in Fiat motors is thinking of selling the Club Med chain of over a 100 resorts. Apparently it was not profitable because Club Med does not offer free liquor but the competing American outfit Sanel's offers free liquor. It got me to thinking about the recent news stories about the typhoon in the Solomon Islands. As I recall the Salomon Islands saw major fighting in World War II. I believe that might have been where one of the last Japanese soldiers surrendered about ten years ago. I think the Solomon Islands is part of the same apellago that New Guinea is part of. Thus since we have heard that there are still cannibals on the New Guinea islands, possibly there might still be cannibals on the Salomon Islands, so any relief workers from New Zealand going to the Solomon Islands should be careful. I mentioned to one of the library users that in this whole environmental rainforest network, I once saw a picture in National Geographic of a Brazilian Jaguar that had teeth like a saber tooth tiger, which leads me to believe in tropical and subtropical ventures, individuals from the north country should be somewhat vigilant of local tropical inhabitants. I next walked lower Greenwich Avenue. I then drove down by the waterfront. I then went by the Stop and Shop, and I bought a 10 pound bag of Carolina parboiled white rice similar to Uncle Ben's rice for \$4.49 and a five ounce bottle of China Bowl select Sesame oil for \$3.29 for \$7.78 total. I then returned

home. I put the CVS Clorox toilet tablet in the toilet tank for continued cleaning while I flush. CIO

Note: <888> 01/02/03 Thursday 6:10 P.M.: I rinsed in cold water the four boneless chicken breast halves, and I put two of them in a Pyrex pie dish and rubbed them in a few teaspoons of olive oil, I then seasoned both sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, Italian seasoning, basil, and oregano. On the top side before seasoning I poured on about an eighth of a cup of La Choy low sodium soy sauce, and then I rubbed the top sides with Texas Best barbeque mesquite sauce. I am cooking the halves in the convection oven at 350 degrees Fahrenheit for 35 minutes. I will have one of them with steamed white rice and steamed frozen green peas and ice tea. I will then have a cappuccino. CIO

Note: <888> 01/02/03 Thursday 5:10 P.M.: I was up at noon today. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I then went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the central Greenwich post office, and I obtained a money order to pay my GEICO automobile insurance. I then drove down by the waterfront. Next I went by the Greenwich Hospital Thrift shop. I then made my 3 P.M. appointment. I then went by the Greenwich Library, and I read the local paper. I next went by the Food Emporium, and I obtained two half gallons of Florida Natural orange juice with calcium for \$2 each, a Boston Market sirloin tips and noodles meal for \$3.29, a 32 ounce bag of Americas Choice frozen peas for \$2.59, a 16 ounce bottle of Texas Best Mesquite barbeque sauce \$2.89 and a package of boneless breasts of chicken at \$1.99 a pound for \$3.54 for \$16.31 total. I then returned home, and I put away my purchases. CIO

Note: <888> 01/02/03 Thursday 1:15 A.M.: I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I chatted with a relative. I watched some television. I had some Land-O-Lakes Pepper Jack cheese with Carr's English crackers and ice tea. We have been having a nice English rain all day, so most of the snow is melting fast. I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 01/01/03 Wednesday 9:35 P.M.: My guest and I watched television. My guest left at 9:05 P.M.. I put away the ice tea in the refrigerator. I had two slices of fruit cake with cool whip and ice tea. CIO

Note: <888> 01/01/03 Wednesday 7:40 P.M.: My guest and I watched television. We had the rest of the eye round beef with horseradish and Lea and Perrins Worcestershire sauce, steamed broccoli, steamed white rice, and ice tea. I am now making a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 01/01/03 Wednesday 5:05 P.M.: Happy New Years! I watched the CNN Times Square broadcast at midnight. I was up at 2:30 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements,



and coffee. My guest and I went out, and we drove by the waterfront. We stopped by the Food Emporium, and I bought four half gallons of Florida Natural orange juice with calcium for \$2 each for \$8 total. We then returned back to my apartment. We are watching television. CIO

Note: <888> 01/31/03 Friday 10:45 P.M.: I will now shut down the computer. I will watch some television. I will then go to bed. CIO

End of Scott's Notes week 01/31/03:

Note: <888> 01/31/03 Friday 9:30 P.M.: On the Dell backup Red Hat Linux 8.0 partition, I stopped the updates, and I put the case back together. I strung a bunch of large rubber bands together to hold the case front cover on tightly. I am now continuing to run the updates on the system. It all seems to be working fine. However, I do not know that much about Linux, but the interface seems easy enough to use. Earlier in the evening, I watched the ABC evening news. I had about a half dozen old fashioned Dutch pretzels with ice tea. I just had two hotdogs with buns and Heinz ketchup and French's Dijon mustard and Wise garlic and herbs potato chips and a dill pickle slice and ice tea. I need to replace the CMOS battery on my primary computer, since the time is off when I restart it after shutting down. I will now send out my weekly notes. CIO

Note: <888> 01/31/03 Friday 7:55 P.M.: I have successfully installed and have running Red Hat Linux 8.0 on the D: partition of my Dell Dimension v350 backup computer with the Grub boot manager also booting my Microsoft C: partition. I have the Microsoft boot drive as HDA and the Red Hat Linux at HDB and the CDrom player as HDC. Installation proceeded without any problems. I am now running the updates on it. I also finished the C: drive to D: drive backup on my IBM Cyrix backup computer. I had to reburn the third CD disk of the installation from the \*.iso file. CIO

Note: <888> 01/31/03 Friday 5:45 P.M.: On the Dell Dimension V350 backup computer, I changed the 8 gigabyte E: drive to the D: drive, and I took out the 6 gigabyte D: drive. I am now doing a full Red Hat Linux 8.0 install with all the different languages and programs on the disks. I will see in a while if it boots. I chatted with a relative. CIO

Note: <888> 01/31/03 Friday 4:20 P.M.: I was up at 11:30 A.M.. I had a telephone call from a friend. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I bought a Filene's Chaps Ralph Lauren light wool navy blue blazer size 46 made in Canada with four brass buttons on the sleeves that fits me just fine with a sweater on for \$32.50. I then made my appointment at the outpatient clinic at the Greenwich Hospital. The new mole is apparently just a mole. However, I have to go back on Monday morning to be checked by the surgeon to schedule surgery for my groin hernia. I will then have a follow up checkup in April after the surgery. I

then drove by the Merry Go Round Mews thrift shop. Their clothes are half price. I did not find anything I need since I tend to be a larger size. I gave two of the shop volunteers rides to their destinations. I returned home. I will try to install Red Hat Linux on the backup Dell Dimension V350 computer by disconnecting the E: drive which with the "HDC" setting on booting which is that drive causes a problem. Maybe that will work. I have deleted the partition on the E: and D: drives already. CIO

Note: <888> 01/31/03 Friday 3:10 A.M.: I tried reinstalling Red Hat Linux on the Dell Dimension V350, and it still would not boot. Red Hat does not show it on its compatibility list. However, the error on booting seems to be caused by the E: drive not being recognized. I tried disabling it in the CMOS, but it shows up in the disk partition information. I guess I could disconnect it physically, and then remove it from the disk partition and then maybe the installation would work. The E: drive is a smaller copy of the C: drive. I still have one part of the IBM Cyrix C: to D: drive backup to finish. I had six Old Dutch pretzels and ice tea. I will now shut down. I will go to bed now. I have a 2 P.M. appointment today. CIO

Note: <888> 01/31/03 Friday 12:40 A.M.: I put the ice tea in the refrigerator. I am making a backup of the C: drive of the IBM Cyrix backup computer C: drive to the D: drive. I have copies of the Red Hat Linux 8 \*.iso files on the D: drive of the primary computer. I had to reburn the second disk to complete the installation. I finished the installation of Red Hat Linux 8.0 on the Dell backup computer D: drive, but it would not boot Red Hat Linux although the grub boot manager worked. There was a problem with partition recognition when it booted. However from the Grub boot manager both the Microsoft partitions on the C: and the E: drive booted fine. I am now reinstalling Red Hat Linux 8.0 on the D: drive, and this time I am installing the default desktop packages in the installation. Also, I did not set Grub to try to boot the E: drive since one selects the E: drive from the Windows Boot Manager which one selects from the Grub boot manager. Hopefully it will work this time. I can always install other programs for Red Hat Linux 8.0 later. CIO

Note: <888> 01/30/03 Thursday 10:40 P.M.: I gave up trying to install Red Hat Linux 8.0 on the IBM Cyrix backup computer. However, it is in the process of installing just fine on the D: partition of the Dell Dimension V350 backup computer which a more robust computer with 256 megs of memory. I set it to use the GRUB boot manager. Well, I will let you know in a little while how it is running. CIO

Note: <888> 01/30/03 Thursday 9:10 P.M.: The reason Red Hat Linux might not be installing on the IBM Cyrix backup computer is that I have only have 64 megs of memory in it. This page <http://www.europe.redhat.com/software/linux/hardware.php3> recommends 128 to 192 megs of memory. I could either increase the memory, or try installing it on the D: partition on the Dell backup computer, but I worry about messing up its boot manager. Thus I guess I will hold off from trying to install Red Hat Linux 8.0 for now. Since I have very good Microsoft operating systems on all three computers

doing so is not really necessary. However, I might now try installing it on the IBM Cyrix backup computer in text mode instead of graphical mode. CIO

Note: <888> 01/30/03 Thursday 8:55 P.M.: After dinner, I chatted with a relative. I am in the process of making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) using 21 tea bags of nine different varieties. CIO

Note: <888> 01/30/03 Thursday 7:35 P.M.: I am cooking a box of six America's Choice fish filets with 15 America's Choice frozen onion rings in the convection oven at 425 degrees Fahrenheit for 12 minutes a side. I will have them with a condiment mixture of a third of a cup of Heinz ketchup and two tablespoons of Gold's horseradish mixed together along with ice tea. CIO

Note: <888> 01/30/03 Thursday 7:15 P.M.: Last night I had some old Dutch pretzels and ice tea when I woke up. I was up at 1 P.M. today. I made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop. I bought three malachite and white Tree of Life place mats for \$1 each for \$3 total. I then walked the entire length of Greenwich Avenue. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the local newspaper, and I checked out a book. I then returned home. I took off the four Audubon place mats off the dining room table, and I put them on the end of the side table in the bedroom. I put the three new Tree of Life place mats on the dining room table. One of my neighbors wants me to reproduce sixty songs from a Christmas song booklet, which I will do in the future when I have the time to scan the text with the Xerox Optical Character Recognition software I have. I will then print out 15 to 20 copies. I had a telephone call from unknown people on my answering machine. I did "\*69" to see what the number was. I searched [www.anywho.com](http://www.anywho.com) reverse number lookup to see whom might be calling using the local area code here since "\*69" which costs .75 did not give me an area code. However, the reverse number lookup did not produce any results. I guess it was a wrong number, but one of the voices in the background on the phone sounded like a relative while the other voice was one of those slow southern drawl voices that men have. I could have had "\*69" redial the number, but that would cost me even more money. CIO

Note: <888> 01/30/03 Thursday 12:50 A.M.: I tried installing Red Hat Linux 8.0 on the backup IBM Cyrix computer again, but it freezes when it goes to install at the formatting stage. I was able to install Red Hat Linux 7.3 on the same computer with a bit of difficulty about six months ago. Well, it did repartition my D: drive, so I no longer have the C: drive backup on it. Possibly, I might try a more minimal install at some future time. I will now have the last piece of Canadian fruit cake with a glass of ice tea. I will shut down the computer, and I will go to bed in a little while. CIO

Note: <888> 01/29/03 Wednesday 9:40 P.M.: I chatted with a relative. I sifted through my email. CIO

**Note: <888> 01/29/03 Wednesday 7:55 P.M.:** I tried installing Red Hat Linux 7.3 on the backup IBM Cyrix computer, but it would not install no matter what options I selected. I can not figure it out. I had dinner of a broiled shell steak with Lea and Perrins Worcestershire sauce, steamed cauliflower with grated parmesan cheese, steamed white rice, and ice tea. CIO

**Note: <888> 01/29/03 Wednesday 5:55 P.M.:** This morning before going to bed, I had a yogurt. I did not fall asleep until about 5:30 A.M.. I had a bowl of pretzels and ice tea before going to bed. I put the two large southwestern style pillows from the long sofa on the day bed, and I put the more formal pillow from the day bed on the center of the long couch with the new slip cover with two other traditional pillows at each end. I was up at 1 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I went out. I mailed an envelope to a relative at the Valley Road post office. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next went by the Greenwich Library, and I returned and checked out DVDs, and I read the Greenwich Times. I then went to the Stop and Shop, and I bought three S&S margarines for \$2 all, four half gallons of Tropicana grove stand for \$2 each, and two 18 ounce containers of Quaker Old Fashioned oatmeal buy one get one free for \$2.49 both for \$12.49 total. I then went to the Food Emporium, and I bought a 16 ounce bag of Americas Choice frozen onion rings for \$1.79, a dozen large eggs .79, and two boxes of AC 6 fish filets for \$2.19 each box, and a jar of Gold's horseradish for \$1.50 for \$8.46 total. I then returned home, and I put away my purchases. I had two Old Fashioned Dutch pretzels with ice tea. I think I will try to install Red Hat Linux 7.3 on the D: drive of the IBM Cyrix Backup computer which I have done before, and then I will try to install Red Hat Linux 8.0 over it, which I could not get to install before. CIO

**Note: <888> 01/29/03 Wednesday 1:45 A.M.:** I left the old Clarence House green and orange floral pattern slip cover on underneath the new slip cover. Today earlier I also put clean sheets on my bed. I am tired, so I will shut down the computer, and I will go to bed. CIO

**Note: <888> 01/29/03 Wednesday 1:20 A.M.:** I had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea. I looked at the [www.surefit.net](http://www.surefit.net) web site, and I can not find the exact item I purchased from Linen 'N Things, however the package says the fabric is 100% nylon face 65% polyester and 35% cotton back. The fabric is like a heavy corduroy in possibly a sage color. It was a "Special Value" promotion #105627213 970 with a manufacturer's scan number of 47293 10839. I noticed instructions that suggested that one place the slip cover in a dryer on a low setting with a damp cloth for a few minutes. I took the slip cover off, and I put it in a dryer on the delicate fiber setting with a damp dish towel for six minutes to enhance the fabric and remove any wrinkles. I then put the slip cover back on the sofa, and it looks even better. The item I purchased is similar to this item in sage

<http://www.surefit.net/cart/product.cfm?prrfnbr=2671&cgrfnbr=43&merfnbr=1&row=2> . CIO

Note: <888> 01/28/03 Tuesday 11:10 P.M.: I put away the laundry. I moved the black comforter from the back of the blue love seat to the end of the day bed, and I moved the white patterned comforter to the back of the blue love seat. CIO

Note: <888> 01/28/03 Tuesday 9:55 P.M.: I was up at 1 P.M. today. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements and coffee. I went out, and I went by Putnam Trust Bank of New York on Mason Street. I then went down to the central Greenwich Post office, and I obtained a money order at a cost of .90 for \$25 to send to Net2Phone to charge up my account. I sent the money order to Net2Phone. I then walked the entire length of Greenwich Avenue. I went by CVS, and I bought a tube of Right Guard gel for \$1.50 and two boxes of Old Dutch pretzels for \$1.39 both plus .09 tax for \$2.89 total. I sat out at various locations. I then drove down by the waterfront. I next went to the Greenwich Library, and I read the Greenwich Times. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went over to the Port Chester, New York shopping center. I toured Kohl's looking at sofa slip covers which were \$150. They did have comforters in the downstairs clearance section for 70% off. I then went to Linens 'N Things, and they carry [www.surefit.com](http://www.surefit.com) slip covers. They had about a half dozen sofa slip covers normally \$150 on sale for \$69.99. I decided to buy the Surefit heavy corduroy sofa cover in a greenish closer to an olive drab gold. I first had to go to the Maselli super deli which had an ATM machine that cost \$1.50 to use. I bought the Surefit sofa cover for \$69.99 plus \$4.72 tax for \$74.71 total. I then returned home. I took the green petit point fabric and a piece of blanket cloth off the long sofa, and I put the Surefit sofa cover on it. The Surefit sofa cover fits sofas up to 96 inches length which was the sofa length. It fits quite well, and the sofa looks quite good. I left four of the throw pillows on it that match. I also left the sofa a foot out from the wall, so the heat from the electric radiators circulates better around the apartment. I took the same petit point green fabric off the Queen Anne chair, and I left it with its original cover and the New Zealand sheep skin. I put the fabric I took off the sofa, and I put it in the Surefit package, and I stored it on the top bedroom closet shelf with the blanket cloth also. I put the light comforter I had along the back of the sofa at the end of the day bed. I put the two blue pillows from the long sofa on the bedroom bed. It all looks a lot better. The long sofa was obtained by my parents when they were first married in 1946, and it is a formal heavy horse hair sofa with steel reinforcement, and it is like a family heirloom. It is quite comfortable and looks quite a bit less lumpy with the new slip cover. I chatted with a relative. I chatted with a friend. I started two loads of laundry, and I am on the dry cycle using three dryers. I am watching President Bush's State of the Union Message. CIO

Note: <888> 01/27/03 Monday 11:05 P.M.: I will now shut down the computer, and I will go to bed directly. It is 6 degree Fahrenheit, so stay warm. CIO

**Note: <888> 01/27/03 Monday 10:40 P.M.: I had the second to last piece of Canadian fruit cake with the rest of the cool whip and a glass of ice tea. CIO**

**Note: <888> 01/27/03 Monday 9:50 P.M.: I put the yellow piece of French cloth back over my French Antique reproduction chair in the apartment entrance. I found this web site if anyone needs slip covers [www.surefit.com](http://www.surefit.com) . I put the blue electric blanket back on my bed in the bedroom with a blue summer blanket and comforter. I did not attach the electric blanket controls since one of the two controls shorted out which is why I removed it, and I could put one on my side, but since one shorted out, I figured one should not risk using the other control. I have thought about getting rid of the day bed to make the apartment seem more spacious, but it is a very comfortable bed for naps and guests. I checked the thermostat in the bedroom, and the bedroom temperature with the thermostat set at 60 degrees Fahrenheit is about 67 from the living room fan blowing the warmer air from the living room into the bedroom and bath and hall area. CIO**

**Note: <888> 01/27/03 Monday 8:40 P.M.: I chatted with a relative. CIO**

**Note: <888> 01/27/03 Monday 8:25 P.M.: I chatted with my guest. My guest just departed. CIO**

**Note: <888> 01/27/03 Monday 6:50 P.M.: My guest arrived after the last message. I cleaned up and we went out. I went by Putnam Trust Bank of New York on Mason Street. I cashed my Maxtor \$40 rebate check. We then went by the Greenwich Hospital Thrift shop, and I bought a 15 inch brass marlin for \$3. Next we went by the Greenwich Hospital, and I made an appointment to have my new mole checked out on Friday afternoon. My guest had some soup at the hospital cafeteria. We viewed the model in the lobby of the new Watson pavilion they will be building soon. We next drove down by the waterfront. We then went to the Greenwich Library, and I read the Wall Street Journal and returned a book. I left my guest there, and I made my 4:15 P.M. appointment. Next I went back to the library, and I picked up my guest, and we drove over to Smokes For Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$26 total. We then returned back to my apartment. I took down the Coca Cola tray from above the kitchen entrance, and I put the brass marlin above the kitchen entrance. I put the Coca Cola tray with the other trays to the right of the refrigerator. I then rehung the iodine thermometer on the bedroom wall. I put the Venice picture above the bathroom door on the left side wall of the hallway entrance with the Williamsburg picture. I turned on both oil filled radiators to take off the coldness in the apartment. It is 9 degrees Fahrenheit outside right now. I am cooking up a batch of Ronzoni spinach fettuccini which I will have it mixed with heated Bertolli garlic alfredo sauce flavored with ground black pepper, garlic powder, celery salt, Italian spices, oregano, basil and all mixed with a half cup of grated parmesan cheese along with ice tea. CIO**

**Note: <888> 01/27/03 Monday 12:20 P.M.: I ran Norton Speed Disk on the C: drive while I was asleep. I had a call from a friend about 9 A.M. who just arrived to visit.**

I also had a call from a relative. I was up at 11 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I received my Maxtor hard drive \$40 rebate on the Maxtor hard drive that I bought during the first week of December 2002. I just cleared the ice off my Hyundai. I have a 4 P.M. appointment today. It is 14 degrees Fahrenheit outside. CIO

Note: <888> 01/26/03 Sunday 11:40 P.M.: I will now shut down the computer. I will go to bed in a brief spell. CIO

Note: <888> 01/26/03 Sunday 11:30 P.M.: I went to [www.download.com](http://www.download.com), and I selected "Most Popular", and I downloaded AD-Aware, and I installed and ran it on the primary and all partitions on the backup computer. CIO

Note: <888> 01/26/03 Sunday 10:05 P.M.: I chatted with a friend. CIO

Note: <888> 01/26/03 Sunday 9:05 P.M.: I played five games of solitaire on the computer. I lost all five games. CIO

Note: <888> 01/26/03 Sunday 8:00 P.M.: I watched the NBC evening news. I had dinner of a broiled shell steak with bone in with Lea and Perrins Worcestershire sauce, steamed fresh broccoli crowns with fresh cauliflower with grated parmesan cheese and reheated white rice with ice tea. With my vegetables I usually have margarine also. CIO

Note: <888> 01/26/03 Sunday 6:05 P.M.: I sifted through my email. If anyone should be so drawn to be watching the Superbowl in San Diego, California, they might check out this diversion <http://www.sandiegozoo.org/> and see the Brazilian Jaguar there <http://www.sandiegozoo.org/virtualzoo/phototrek/jaguar.html>, of course the picture of the Brazilian Jaguar in National Geographic about four years ago was better because it showed it has teeth like a Saber Tooth tiger. CIO

Note: <888> 01/26/03 Sunday 5:05 P.M.: I went out, and I drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I next went by the Greenwich Library, and I read the Greenwich Times and Audubon magazine. I then returned home. I had eight Carr's crackers with Dutch gouda cheese and a few potato chips and ice tea. I chatted with a relative. I have several moles on my back that I have had for a long time. Today, I in the center top middle of my back, I just noticed a half inch in diameter black mole with a scab type feeling which I do not think was there before. I will have to see the dermatologist to check it out some time in the near future. One of my neighbors threw out a 15 inch computer monitor which is by the dumpster getting snowed on. CIO

Note: <888> 01/26/03 Sunday 1:15 P.M.: I rested a bit. I will now clean up and go out for some fresh air. CIO

**Note: <888> 01/26/03 Sunday 11:20 A.M.: I was up at 9:30 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. Tomorrow is suppose to be colder again with highs around 15 degrees Fahrenheit <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> . CIO**

**Note: <888> 01/25/03 Saturday 11:15 P.M.: Local Scottish information <http://www.nycaledonian.org/> . CIO**

**Note: <888> 01/25/03 Saturday 11:00 P.M.: I will now shut down the computer. I will go to bed soon. CIO**

**Note: <888> 01/25/03 Saturday 10:40 P.M.: I did a little bit of regular computer work. I tried to improve <http://www.geocities.com/mikelscott/resumee.htm> . I had a piece of Canadian fruit cake with cool whip and ice tea. CIO**

**Note: <888> 01/25/03 Saturday 7:55 P.M.: I had a Boston Market home-style beef sirloin and noodles dinner with ice tea. CIO**

**Note: <888> 01/25/03 Saturday 7:20 P.M.: I chatted with a relative. I cleaned up, and I went out. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove over to Old Greenwich to the Mobil Express Car wash, and I got my Hyundai washed for \$5. Their machines dry the car, but I also towel dry the car to make sure it is extra dry and polished. I also emptied off the front floor mats and dusted the dash board. I then drove over to the southwest area at Tod's Point, and I enjoyed the sunset in the west. I next went to Staples, and I bought a three pack of Staples Clamp binders for \$5.99 plus .36 tax for \$6.35. I then drove downtown, and I walked lower Greenwich Avenue. I next drove down by the waterfront. I then went by Exxon, and I filled up the gasoline tank with regular unleaded at \$1.749 a gallon for \$4 total at about 27 miles per gallon. I next went to Val's liquor store in the Stop and Shop shopping center, and I bought a 10 ounce bottle of Angostora bitters for \$8.79 plus .56 tax for \$9.35 total. I then returned home. I am having a glass of ice tea. CIO**

**Note: <888> 01/25/03 Saturday 2:50 P.M.: I was up at 10 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I did my house cleaning and watering the plants. I just had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea. I then had a 50% Folgers' instant coffee and 50% Folgers' decaffeinated coffee. I will now clean up and go out for some fresh air. CIO**

**Note: <888> 01/24/03 Friday 10:50 P.M.: Well tomorrow is Robert Burns birthday <http://www.almanac.com/redletter/redletter.0103/rl25.html> not to be mistaken with Burns Security. I suppose if one were up in Scotland one could enjoy <http://www.geocities.com/mikelscott/006.htm> a good stiff Scotch whisky to take the chill away. Of course up in Scotland, they walk quite a bit, so they do not have to be**



bothered with Drinking and Driving. I suppose Scotch whisky is one of those items native to Scotland that help the local residents there endure the harsher climate of the North Sea. Well, I guess it is time for me to shut down the old computer, and I will go to bed soon. I keep my bedroom thermostat at 60 degrees Fahrenheit, but I have a heavy comforter that keeps me warm through the cold night. Cheerio from the far side of Greenwich, Connecticut. CIO

Note: <888> 01/24/03 Friday 10:20 P.M.: I went out after dinner, and I stopped by the Greenwich Library. I looked at the 2003 Old Farmer's Almanac [www.almanac.com](http://www.almanac.com). They predict that in the second week of February 2003 New England will have a blizzard and New York will have snow, so we have been forewarned. They also predict that February and March 2003 will be colder than usual and colder than January 2003 with more snow. The good news is they predict the summer in this area will be cooler. There is also an article on the volcano eruption in Dutch Indonesia islands in the 16<sup>th</sup> century <http://www.almanac.com/tour.2003/blasts.ca.html>. I noticed [www.accuweather.com](http://www.accuweather.com) was one of their advertisers. I then 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 CVS, and I bought two Djeep hot body florescent orange lighters for \$1.99 apiece plus .24 tax for \$4.22 total. I also stopped by the ATM machine at the Putnam Trust Bank of New York on Greenwich Avenue. Their thermostat in the lobby still seems to be messed up, since when one turns it to 40 it seems to activate and nothing happens at 90 they have it set at. I next drove down by the waterfront. I then returned home. I put \$20 on my MacGray laundry card. I will now have a piece of Canadian fruit cake with cool whip and a glass of ice tea. It is 19 degrees Fahrenheit right now. CIO

Note: <888> 01/24/03 Friday 6:50 P.M.: I went out, and I stopped by the Greenwich Hospital thrift shop. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I next went to the Greenwich Library, and I read P.C. World magazine and the Greenwich Times. I then went by the Food Emporium, and I bought two shell steaks with bone in for \$3.99 a pound for \$3.23 and \$3.35, head of cauliflower for \$1.99 and dozen extra eggs for \$1.79 for \$10.36 total. I then returned home. I had the same dinner as last night of broiled steak with Lea and Perrins Worcestershire sauce, steamed fresh broccoli crowns with steamed fresh cauliflower with grated parmesan cheese, steamed white rice, and ice tea. CIO

End of Scott's Notes week 01/24/03:

Note: <888> 01/24/03 Friday 1:05 P.M.: I had a call from a relative last night at 10 P.M.. I was up at 11 A.M. today. I received in the mail a Holiday greetings letter from the White House from President Bush and Laura Bush. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I tried using my DeLonghi oil filled radiators in the living room, but the power strip they were plugged into tripped. I reset the power strip interrupt button. I put the DeLonghi

oil filled radiator nearest to the computer on a different power strip plugged into the air conditioning power cord. I unplugged the air conditioner. Now each of the two DeLonghi radiators is on a separate circuit breaker. I tested them and I turned the apartment thermostat up to 76 degrees F. from 74 degrees F., and it took the chill out of the air. I just turned them off, and I returned the thermostat to 74 degrees F., but the apartment warmed up, and is more comfortable. However, this procedure uses a considerable amount of electricity, so I do not do it that often. I am also recharging the Slaymaker Jump Start system which was down. It takes up to 12 hours. The instructions say I can leave it plugged in charging all the time, and it will automatically cut off charging when charged. Thus I will leave it plugged in charging to keep it fully charged. I will now send out my weekly notes. I will then clean up, and I will go out for some daytime activity. Remember to stay warm. Locally here it is 20 degrees Fahrenheit right now. CIO

Note: <888> 01/23/03 Thursday 9:15 P.M.: I watched some television. I chatted with a friend. I will now shut down the computer, and I guess I will go to bed soon. CIO

Note: <888> 01/23/03 Thursday 8:20 P.M.: I chatted with a relative. CIO

Note: <888> 01/23/03 Thursday 7:20 P.M.: This web page says the lowest temperature recorded in Key West, Florida was 41 degrees Fahrenheit in 1981, I assume during the winter, <http://www.uniquetravelstories.com/key-west/key-west1.htm> , however <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Key+West%2C+Florida> warns that they might have record low temperatures during tonight or the next night. CIO

Note: <888> 01/23/03 Thursday 7:05 P.M.: I made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop. They sold the prints of the Breakers. I then drove downtown, and I walked the lower Greenwich Avenue and train station area. I then drove down by the waterfront. I next went by the Greenwich Library, and I read Time magazine. I checked out a DVD video disk. I then returned home. I had a broiled shell steak with bone in for dinner with Lea and Perrins Worcestershire sauce, steamed white rice, and steamed fresh broccoli with grated parmesan cheese and ice tea. CIO

Note: <888> 01/23/03 Thursday 1:40 P.M.: I did some regular computer work. I rested for a couple of hours. I had some goldfish crackers and a slice of Canadian fruit cake with cool whip and a glass of ice tea. I will now clean up, and I will go out for my 3 P.M. appointment. CIO

Note: <888> 01/23/03 Thursday 9:55 A.M.: It is 9 degrees Fahrenheit right now. I was up at 8 A.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. It is a bit cold out, so I will stay inside. I

have a 3 P.M. appointment this afternoon. I will now do some regular computer work. CIO

Note: <888> 01/22/03 Wednesday 7:25 P.M.: I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 01/22/03 Wednesday 6:45 P.M.: I read some computer news. I had a piece of Canadian fruit cake with cool whip and ice tea. CIO

Note: <888> 01/22/03 Wednesday 6:15 P.M.: I went back out after the last message. I drove down by the waterfront. I then walked the lower Greenwich Avenue and train station area. I next went by the Greenwich Hospital Thrift shop. They have two nice prints there of the Breakers in Newport, Rhode Island for \$7.50 apiece, but I guess this time of year Newport, Rhode Island is out of season. I then went by the Greenwich Library, and I read this week's Economist magazine which had an article on volcanoes. I then read a very interesting article in the February 2003 Discover magazine also on volcanoes. I then went back down by the waterfront. I next went to the Food Emporium, and I bought a shell steak with bone in for \$3.99 a pound for \$3.35 for \$3.35 total. I then returned home. I am having a glass of ice tea. It is 14 degrees Fahrenheit right now. Supposedly this cold weather here and the other unusual weather worldwide is being caused by El Nino again. CIO

Note: <888> 01/22/03 Wednesday 1:35 P.M.: For lunch, I had a broiled one inch thick shell steak with Lea and Perrins Worcestershire sauce. I broil my steaks in the electric boiler in the General Electric oven for a four minutes a side on the broiling pan on the upper rack. I also had steamed fresh broccoli crowns and steamed white rice and ice tea. I am just about to have a cappuccino. I will then go out to enjoy some more of this vigorous fresh air. Maybe all those young people with extra body weight whom might not feel the cold as much should try to stay more vigilant. CIO

Note: <888> 01/22/03 Wednesday 12:15 P.M.: I went to bed after the last message last night after chatting with a friend. I talked to another relative about 10 P.M.. I was up at 7 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out about 9 A.M.. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I next walked the entire length of Greenwich Avenue. I sat out at various locations. It is 16 degrees Fahrenheit right now at noon. I stopped by CVS, and I bought two packages of Hanes crew neck top long underwear tops extra large for \$4.99 each for \$9.98 total. After my walk, I walked over to the Merry Go Round Mews thrift shop, and I toured the shop. They have a nice computer chair there for \$125. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the local newspaper. I then went by Exxon, and I bought \$6.30 of regular unleaded gasoline at \$1.759 a gallon for about 20 miles per gallon. I guess in the colder weather, I am not getting better gas mileage. I think if one wants to travel up into the North Country into colder areas

of Canada, Canada Air out at Westchester County airport sells one of the best private cold weather jets. I returned home, and I put on one of the Hanes long underwear shirts which I am wearing with my Stewart dress quilted plaid shirt. I was warm enough during my walk since I bundled up, and I wore two pairs of long underwear bottoms along with the other winter clothing. CIO

Note: <888> 01/21/03 Tuesday 7:40 P.M.: Dinner was delicious. I will now shut down the computer, and I will relax and watch some television before going to bed. CIO

Note: <888> 01/21/03 Tuesday 7:10 P.M.: I am cooking the same fish and chips dinner as last night except for the sauce I am having a mixture of about a half cup all together of 50% Heinz ketchup with 50% Texas Best Mesquite barbeque sauce with a few dashes of McIlhenney Tabasco sauce for the fish and chips sauce along with ice tea. CIO

Note: <888> 01/21/03 Tuesday 6:50 P.M.: I am watching CSPAN 2 on channel 66, and the United States Senate just passed the Reed Amendment to provide \$2 billion of low income energy assistance by a vote of 88 to 4. CIO

Note: <888> 01/21/03 Tuesday 5:05 P.M.: Before taking my nap, I had seven Carr's crackers with Holland Dutch gouda cheese slices. I took my nap. I woke up half way through my nap, and I had about 10 Carr's crackers. I also watched a bit of television while taking my nap. It is still a bit chilly out at 19 degrees Fahrenheit. I suppose the world has gotten colder. I suppose this weather will be with us for a while. I am not sure why it is so cold, but I remember times in the past when it was this colder or colder, but not for this extended period of time. I suppose this does not give much credence to the Global Warming theories we have heard tossed about recently. I remember in the past about hearing about the harbor in Nantucket freezing solid, and the residents of the island being stranded without fuel and other necessities. I suppose during this cold spell the residents of Nantucket could be experiencing a similar experience again. Well at least we have everything we need here if one can afford it. Since I am anticipating a colder winter as witnessed already, I am trying to conserve my reserves and funds to make it through the winter. I have seen lots of young people out walking around as if the cold does not bother them, and they do not seem to be that warmly dressed, so maybe younger people do not notice the cold as much. Well from what I can tell, we have to get use to it. I suppose since at the moment we seem to have enough energy in the area if one can afford it, people are not worrying about conserving energy. Anyway I have enough body fat to stay a bit warmer in this colder weather. I am not sure whether I am going to venture out today or not since it seems so cold out, I prefer to stay inside more. However, sooner or later I will get cabin fever, and I guess I will have to venture out into this colder weather. If I do go out I am not sure whether I will be going for a walk or not. One could always check on friends to make sure they are all right in this colder weather. Well, I am not sure what to do next, but a hot shower would feel pretty good about now. CIO

**Note: <888> 01/21/03 Tuesday 1:50 P.M.: I had two hotdogs with buns and Heinz ketchup and French's Dijon mustard and potato chips and a dill pickle slice and ice tea. I think I will now take a nap. CIO**

**Note: <888> 01/21/03 Tuesday 12:55 P.M.: I called Optimum Online technical support. They suggested that I turned off the cable modem and the router. I turned on the cable modem separately and then the router, and the system came back online. I guess one needs to turn each on separately to reset the system. I will leave the Speedguide XP tweak installed. CIO**

**Note: <888> 01/21/03 Tuesday 11:55 A.M.: Summary of events leading to online cable modem connection not working. I looked at some news. I followed the link to <http://www.kevinmitnick.com/> from there to <http://www.2600.com/>. I then downloaded from [www.speedguide.net](http://www.speedguide.net) the XP tweak, and I installed it. I backed up my registry before installing the tweak. When I rebooted, the system would not go online. I tried restoring the registry from the backup, but the system would not permit it. I started the Dell backup computer, and it would not go online either. I was going to download the XP Tweak restore patch from [www.speedguide.net](http://www.speedguide.net). Thus there is something wrong with my online cable modem connection. Possibly I could try installing the cable modem install disk to see if that works reregistering the cable modem again. CIO**

**Note: <888> 01/21/03 Tuesday 10:35 A.M.: I had a 6 ounce container of homemade yogurt and ice tea. CIO**

**Note: <888> 01/21/03 Tuesday 10:10 A.M.: Well, it is 15 degrees Fahrenheit this morning. I suppose the colder weather we have been experiencing recently is more the normal weather for this time of year. We had some warmer winters recently, but not this winter. Anyway, I am spending more time inside where it is warmer. However, when I go out I see plenty of people enjoying the colder weather. Once one gets use to the colder weather and learns to bundle up more warmly, one can pursue one's normal routines. I personally do not waste money sitting in Starbucks inside where it is warm to watch the world go by through their front window, since I have plenty of coffee which is cheaper at home. I have noticed the inner part of the Greenwich Harbor is freezing a bit. On Sunday at the Indian Harbor Yacht club, a local group of sailors were practicing their ice sailing. It is free this time of year to go out to Tod's Point, and on days when it is not too windy, it can be a brisk walk. I have two DeLonghi electric oil filled radiators in my apartment living room, but I do not use them, since the electricity they use tends to be more expensive than the wall electric radiators. Basically on a limited income the only refuge from the cold besides home is the Greenwich Library. However, I am warm enough and comfortable enough at home. Since I smoke about 15 to 20 cigarettes outside a day, I have to go outside that many times through out the day to sneak a smoke. Maybe, it has always been this cold here, but I never noticed it since I used to smoke tobacco inside. In the days when I lived in Manhattan last in the early 1980s, on even colder**

days, I used to enjoy walking through the Central Park children's zoo, and seeing Scandia the Polar Bear whom seemed to enjoy this weather. Of course on a cold day, one can tour one of the many enjoyable museums in Manhattan. If one is traveling through this area, I believe the rest areas along I-95 offer a bit of a relief from the cold. I use to go to the Stamford, Connecticut mall, but I have not been there in about five years. I enjoy the outdoor ambience of the outdoor Greenwich, Connecticut mall called Greenwich Avenue. There are also indoor malls at the Galleria in White Plains, New York and Danbury, Connecticut. However, the nature of a mall, one might be tempted to spend money. Costco in nearby Port Chester, New York is a large spacious building, and one could take an exercise walk there. I live next door to the Dorothy Hammil skating rink, but I am not sure what their hours are for ice skating for the general public. The only time I have used the facility in the last 19 years, I have been back in Greenwich is that I took a Brazilian friend there a couple of times to go ice skating. Of course if one is in Manhattan, they probably still have ice skating in Rockefeller Center. Sitting on a bench on Greenwich Avenue watching the world go by in cold weather gets a little old, so I am enjoying being in my relatively warm and comfortable apartment here on the far side of town. I think the Greenwich Train station lobby is also heated for anyone walking around this area. Besides Starbucks across from the Post Office downtown, we also have many other coffee shops around town along with a collection of restaurants and other dining establishments. I suppose one could always browse the stores downtown, but since so many of the stores are women's shops, they do not offer the diversity of items that men enjoy looking at. I suppose one could always browse Home Depot in Port Chester, New York or if one wanted to take an extended trip one could always go to Sears in White Plains, New York or Wal-Mart in Norwalk, Connecticut. Still such ventures would involve spending money which is something I am trying to avoid doing. I suppose if at home, one could do some cooking. I generally try not to watch too much television, but with the same amount of time, I try to do other chores and activities. I suppose if one has internet access, one could start trading stocks on the internet, but that might risk money. If one were in a sporting mood, one could play the horses on the internet. I suppose with all this computer equipment I have, I could run a secretarial service. However, I am not too good on dictation, and I am much better at dictating myself. It is my perspective that when one dictates into a recording device the content flows more fluidly than when one types it on the word processor on the computer. I suppose with all the internet terminals at the library, a large group of people are trying to use the facility as a second office. Since I live by myself at home, I do not have the problem of other relatives kicking me or driving me out of the house. If on a cold day, one does not have anything to do, one can always read a book. I remember in the period from October 1978 to December 1980 when I use to drive around America, I would frequently use libraries all over America in my travels. Thus I dare say we have a number of travelers whom come through our way and whom use our local library facilities. I always see out of state license plates at the Greenwich Library. However, just because someone has a Connecticut plate does not mean they have not traveled a bit since it can take over two hours to drive from one part to another part of Connecticut. We also get quite a few travelers off the

train in Greenwich, whom could be traveling from even further points before they got on the train. I suppose people could also be traveling out of our local airport or bus stations. The Greenwich Library has a large travel section for reference reading and research. If one is tired of walking up and down Greenwich Avenue, U.S. 1 through out the whole state of Connecticut seems to have local bus service. A friend of mine invited me to go into the Metropolitan Museum this Thursday, but I told the friend, it would probably be too cold for me. Still the friend plans to venture into the city. It is important to avoid the winter doldrums by keeping busy. I suppose yesterday when I was looking for buttons, I could have gone east on U.S. 1 just east beyond Harvard Street in Stamford, there is a millinery shop that has everything one would need for sewing projects and other similar types of activity. Well, right now I am keeping busy by doing a bit more writing. CIO

Note: <888> 01/21/03 Tuesday 9:00 A.M.: I was up at 7 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will now do some regular computer work. CIO

Note: <888> 01/20/03 Monday 8:05 P.M.: I did some regular computer work. I will now shut down the computer. I will relax a bit and maybe watch some television before going to bed. CIO

Note: <888> 01/20/03 Monday 7:20 P.M.: Dinner was delicious. I think we could safely say it was "Fish and Chips". CIO

Note: <888> 01/20/03 Monday 6:45 P.M.: I am cooking a package of Americas Choice 6 fish filets in the convection oven at 425 degrees Fahrenheit for 12 minutes a side for 24 minutes total along with a third of a bag of Americas Choice frozen potatoe wedges which I also will flip halfway through, and I will have them with a third of a cup mixture of Heinz ketchup and horseradish along with ice tea. CIO

Note: <888> 01/20/03 Monday 6:30 P.M.: I went out, and I drove by the waterfront. I then walked lower Greenwich Avenue. I sat out briefly. I just now returned home. It is 21 degrees Fahrenheit outside and with a 25 mile per hour wind the wind-chill is about 4 degrees Fahrenheit <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> , so unless one is bundled up warmly and use to cold weather, one should try to stay inside where it is warmer. I did notice today at CVS on Greenwich Avenue, they sell long underwear. Well stay warm. CIO

Note: <888> 01/20/03 Monday 5:05 P.M.: I just sewed four buttons on the quilted lined Stewart dress shirt and I tightened two more buttons on that shirt. I sewed on two buttons on the red and green plaid flannel shirt, and I also sewed one button on the burgundy flannel shirt. I also mended three ¼ inch diameter cigarette burn holes on my long down filled Rainforest overcoat that are not really noticeable since they are down around the bottom. I put the new sewing items in the box with my other sewing items in the left top bureau drawer in the mahogany dresser in the

bedroom. The self threading needles do not work very well since the thread tends to pull out. I used the regular needles I already had since they permit one to pull tighter on the thread. I will now go out for some fresh air. CIO

Note: <888> 01/20/03 Monday 2:35 P.M.: I went out after the last message. I went by the Greenwich Library which is closed today, and I tried to use the video drop to return a DVD disk, but it was overflowing. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift Shop. I then walked the entire length of Greenwich Avenue sitting out at various locations. I next drove by the waterfront. I then drove over to Cos Cob and returned to the Greenwich Hardware store on Greenwich Avenue. I bought a Singer card item # 00038 of 17 white shirt buttons for \$1.29, a Singer card item # 00056 of 3 needle threaders \$1.79, a Singer card item # 00290 of 15 self-threading hand needles assorted \$2.99, and a Singer card item # 00036 of 50 assorted buttons \$1.99 plus .48 tax for \$8.54 total. I then drove by the Greenwich Library, and I was able to cram in the DVD video disk into the video slot. I next went by the Food Emporium, and I bought two shell steaks with bone in at \$3.99 a pound for \$3.51 and \$3.31 for \$6.82 total. I then went to Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$26. I then returned home. For lunch, I had two hotdogs with buns and Heinz ketchup and French's Dijon mustard and potato chips and a dill pickle slice with ice tea. I am now having a 50% Folgers' instant coffee and 50% Folgers' instant decaffeinated coffee. CIO

Note: <888> 01/20/03 Monday 10:35 A.M.: I will now clean up, and I will go out for some daytime activity. CIO

Note: <888> 01/20/03 Monday 10:10 A.M.: I finished making the ice tea, and I put it in the refrigerator to chill. I listened to some of the [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . Speaking of chilling, it is suppose to go down to 10 degrees Fahrenheit tonight <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> , so maybe one should put in some hot coco or Nestle's chocolate if one does not drink hot coffee or tea. CIO

Note: <888> 01/20/03 Monday 9:40 A.M.: I sorted out the various periodical literatures that I had received in the last few months, and I threw out the old periodical literature. I also put my last few months of receipts in the lower drawer of the two drawer file cabinet on top of the four drawer file cabinet. CIO

Note: <888> 01/20/03 Monday 8:55 A.M.: I was up at 7 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I am in the process of making [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) using 21 tea bags in 9 different flavors. CIO



**Note: <888> 01/19/03 Sunday 10:00 P.M.:** I chatted with a relative. I sifted through my email. I will now shut down the computer. I will go to bed soon thereafter. CIO

**Note: <888> 01/19/03 Sunday 9:30 P.M.:** The Opti sound card is working fine on the IBM Cyrix backup computer. CIO

**Note: <888> 01/19/03 Sunday 8:20 P.M.:** I put the Opti sound card in the IBM Cyrix backup computer, and I disabled the onboard sound in the cmos. I was in the process of installing the drivers, when my guest arrived about 1:30 P.M.. We went for a drive down by the waterfront. We then went over to Tod's Point, and we sat out at the southwest parking area. We next drove back to Byram, and we went to Smokes for Less, but they close at 2 P.M. on Sunday. We then went to the Food Emporium, and my guest bought two shell steaks with bones at \$3.99 a pound for \$6.66 total. We then returned back to my place. We watched a bit of television. About 5:30 P.M. we had dinner of broiled shell steaks with Lea and Perrins Worcestershire sauce, steamed white rice, steamed fresh broccoli crowns, and ice tea. We watched television for the rest of the time. We had slices of fruit cake with cool whip. My guest just left. I will now install the Opti sound card drivers I downloaded on the IBM Cyrix backup computer. I also chatted with a relative. CIO

**Note: <888> 01/19/03 Sunday 11:55 A.M.:** I was up at 7 A.M. this morning. I watched [www.hourofpower.org](http://www.hourofpower.org) on television. I had breakfast of three medium boiled eggs, toast, orange juice, cantaloupe chunks, vitamins, supplements, and coffee. The cantaloupe chunks gave me indigestion, so I am throwing the rest of them out. I found an Elite computer in our dumpster that someone had dumped out. I brought it up to investigate later. I went downtown, and I drove by the waterfront. I then walked lower Greenwich Avenue. The obituary of the husband of the relative that passed away on this past Monday is in the New York Times today. I returned home. I checked out the Elite computer. It was a 486DX with 16 megs of memory and a 1 gigabyte hard drive. I decided not to keep it, and I put it out by the dumpster. I did salvage from it an OPTI sound card which I sometime will put in my IBM Cyrix backup computer. I also took out an EISA modem, but I do not think it would work with XP on my primary or other computers. I will keep it in reserve. I have a guest coming down at 2 P.M. today. CIO

**Note: <888> 01/18/03 Saturday 10:05 P.M.:** I will now shut down the computer. I will go to bed shortly. CIO

**Note: <888> 01/18/03 Saturday 9:55 P.M.:** I chatted with a friend. I put away the laundry. CIO

**Note: <888> 01/18/03 Saturday 7:50 P.M.:** I talked with another relative. I watched the ABC evening news. I just started a load of laundry. I put clean linens on the bed. CIO

**Note: <888> 01/18/03 Saturday 6:15 P.M.:** I had the rest of the cold eye round with horseradish and Lea and Perrins Worcestershire sauce and reheated white rice and steamed fresh broccoli crowns with grated parmesan cheese and ice tea. CIO

**Note: <888> 01/18/03 Saturday 5:35 P.M.:** I went out, and I stopped by the Greenwich Hospital Thrift Shop. I then walked lower Greenwich Avenue. There were about 200 people having a peaceful anti war protest at the Greenwich Post Office. It would have been better if they had not been continually beating a drum since there is a retirement home across the street, and they probably disturbed the retired citizens. Still they did not seem to mind the very cold weather. I then drove down by the waterfront. In observing Long Island, I noticed two very large plums of white smoke coming from across the way from two different large power plants. I guess they are consuming a lot of electricity on Long Island. I believe about 20 years ago, they built a gas pipeline underneath Long Island sound to bring Canadian Natural gas out to Long Island, so I assume that is what is powering the power plants producing the white smoke that is clearly visible across the sound. I next went to the Greenwich Library, and across the street from the library at Cheeseborough Ponds, they had a two hundred foot crane to lift a large piece of ventilation equipment onto the roof of the building. I believe they went through the same procedure last summer. I read the Economist magazine at the library, and even though the news in it is probably two weeks old, as usual it is well written and informative. Since they write longer stories, they tend to draw one's attention to certain subject matter that one normally might not notice. I then returned home. I just finished chatting with a relative. It is 16 degrees Fahrenheit outside. CIO

**Note: <888> 01/18/03 Saturday 11:05 A.M.:** I guess we could call the Greenwich Library, "Siberia Sam's Refugee Retreat". CIO

**Note: <888> 01/18/03 Saturday 10:55 A.M.:** I had a call from a relative about 9 P.M. last night. I was up at 4 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 7:30 A.M.. I just finished my house cleaning and watering the plants. I chatted with some friends. I had two hotdogs with buns and Heinz ketchup and French's Dijon mustard with potato chips and a kosher dill pickle and ice tea and a Folgers' instant coffee. I will clean up, and I guess I will go out and enjoy the colder day. It is 9 degrees Fahrenheit right now, so I imagine it was colder this morning. Stay warm. If anyone sees Nanook of the North, let me know. CIO

**Note: <888> 01/17/03 Friday 6:25 P.M.:** I went back out. I sat out downtown for a while. I next went by the Greenwich Library, and I read the Greenwich Times, and I read Smart Computing magazine. I then went back downtown, and I walked the lower Greenwich Avenue area. I then drove down by the waterfront. I next went by the Stop and Shop, and I bought buy one get one free of Oscar Meyer lite beef hotdogs \$3.69 both packages of 8 franks, broccoli crowns at \$1.29 a pound \$1.91, buy one get one free of Wise 5 ounce onion and garlic potato chips \$1.49 both, and

two Pepperidge Farm frozen layer cakes \$4 for both for \$11.09 total. I then returned home. I had a meal of cantaloupe chunks and a slice of fruit cake with cool whip. I will now shut down the computer, and after the ABC evening news, I probably will go to bed. CIO

Note: <888> 01/17/03 Friday 1:30 P.M.: I put a new 9 volt super alkaline battery in the NOAA weather radio. It runs off electricity and has battery backup. It was not working, and I had to reset it. I am just about to have dinner of three ¼ inch thick slices of cold eye round with horseradish and Lea and Perrins Worcestershire sauce and steamed white rice and steamed fresh broccoli with grated parmesan cheese and ice tea and a Folgers' instant coffee. I will then go back downtown. CIO

Note: <888> 01/17/03 Friday 12:50 P.M.: I had some Carr's crackers with slices of Gouda cheese and some ice tea about 8 A.M.. I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then went by Betteridge Jewelers, and I took my Pulsar watch that was given to me as a Christmas gift about five years ago by a relative, and in 20 minutes they were able to replace the watch battery for \$6 and .36 tax for \$6.36 total. I will now start wearing it some of the time, since it is working. While, they were replacing the watch battery, I went to CVS, and I bought two Glade scent oil refills Hawaiian breeze for \$1.99 each plus .24 tax for \$4.22 total. I then picked up my Pulsar watch and thanked them for the service. I next went down to the center of town, and I was just about to walk lower Greenwich Avenue, and I noticed someone in Starbucks with a Greenwich Hardware store bag, so I decided to walk up to the Greenwich Hardware store instead. I checked out their 70% off rack at the front of the store, and I bought a Seth Thomas weather station with oak case holding the three instruments of thermometer, barometer, and hygrometer which was regularly \$79.99, and I bought it for 70% off \$23.70 plus \$1.42 tax for \$25.12 total. I add to use the ATM machine next door at Putnam Trust Bank of New York before making my purchase. I told the staff in the bank that their thermostat in the ATM lobby was probably installed backwards since once when I tried the thermostat on a cold night the heat came on at 40 degrees F. setting and it did not come on at 90 degree F. setting. I then walked down the Avenue, and I sat out for a while. I next started to returned home, and I remember something I forgot, so I parked behind the Greenwich Hardware store, and I bought a package of two OOK 50 pound picture hooks and a package of three 30 pound picture hooks for \$2.49 each package plus .30 tax for \$5.28 total. I then returned home. I adjusted the band on my Pulsar watch in five holes, so it fits tighter. I hung the Seth Thomas weather station vertically on a 50 pound hook on the left side of the hallway entrance just above the brass butler lamp on the living room wall, and I had to put the Williamsburg church picture a little bit higher. I also have a Jensen barometer and hygrometer on the inside side of my apartment door. Since the Seth Thomas weather station is on a hook, one could take it off the hook and get accurate weather readings outside, if one were so inclined. CIO

End of Scott's Notes week 01/17/03:

Note: <888> 01/17/03 Friday 7:45 A.M.: I chatted with a friend. It is suppose to get down to five degrees Fahrenheit tonight <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> . I will now send out my weekly notes. I will then clean up and go out and enjoy the day. CIO

Note: <888> 01/17/03 Friday 6:25 A.M.: Forbes' [www.forbes.com](http://www.forbes.com) Microsoft [www.microsoft.com](http://www.microsoft.com) stock story [http://www.forbes.com/home/2003/01/16/cx\\_aw\\_0116microdiv.html](http://www.forbes.com/home/2003/01/16/cx_aw_0116microdiv.html) . CIO

Note: <888> 01/17/03 Friday 5:00 A.M.: I went to bed after the last message. I had a telephone call from a friend about 9 P.M.. I had a snack in the middle of the night of goldfish crackers and ice tea. I was up at 4 A.M.. I cleaned off one inch of snow off the Hyundai and the benches in front of my apartment building. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I watched some television. CIO

Note: <888> 01/16/03 Thursday 5:40 P.M.: I went out for my 3 P.M. appointment. I then drove down by the waterfront. I next went by the Greenwich Library. I returned home, and I had a homemade yogurt and ice tea. I am a bit tired, so I think I will now shut down the computer, and I will go to bed. CIO

Note: <888> 01/16/03 Thursday 1:55 P.M.: I went out, and I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then went by the Merry Go Round Mews thrift shop. I next drove over to Old Greenwich, and I went by the Old Greenwich Rummage Room. I bought a pair of Docker gold corduroy pants waist 42 inches length 30 inches for \$6, a pair of Lee Khakis waist 42 inches length 30 inches for \$3 and an extra large like new Jon Lauren made in China 65% polyester and 35% cotton Stewart plaid heavy quilted lined shirt for \$10 for \$19 total. I got three hangers to go with the items. I then sat out at the southwest and the southeast parking areas at Tod's Point. I next drove back to central Greenwich, and I went back by Putnam Trust Bank of New York on Mason Street. I then sat out downtown for a while. I bought a copy of the Greenwich Times from the newspaper box in front of Starbucks for .50. I then went by Exxon, and I bought \$7 of regular unleaded at \$1.759 a gallon for about 25 miles per gallon gasoline average. I then returned home. For my meal, I had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle spear and ice tea. I have a 3 P.M. appointment. CIO

Note: <888> 01/16/03 Thursday 8:20 A.M.: I chatted with a relative. I had some Carr's crackers with gouda cheese slices and ice tea. I am just about ready to have a can of Progresso New England clam chowder with ice tea. I will then have a Chock Full of Nuts instant coffee. I next will clean up, and I will be on a day schedule. I have a 3 P.M. appointment this afternoon. CIO

**Note: <888> 01/16/03 Thursday 7:10 A.M.: I rested for a while. CIO**

**Note: <888> 01/16/03 Thursday 5:05 A.M.: Link to obituary of husband of relative that passed away this past Monday**

**<http://www.greenwichtime.com/news/obituaries/scn-gt-obitagnewjan16,0,1605451.story?coll=green%2Dobits%2Dheadlines> .CIO**

**Note: <888> 01/16/03 Thursday 4:55 A.M.: I had a slice of fruit cake with Cool Whip and ice tea. I watched some television. CIO**

**Note: <888> 01/16/03 Thursday 3:10 A.M.: If Tobago should be all booked up, one could try The Crane in Barbados <http://www.thecrane.com/>. Of course my deluxe suite here will be booked up for the indefinite future, since I am an experienced arm chair traveler. CIO**

**Note: <888> 01/16/03 Thursday 2:20 A.M.: After dinner, I made up my bed, just in case I decided to get back into it, it will be warm and comfortable. CIO**

**Note: <888> 01/16/03 Thursday 1:55 A.M.: When I go outside for a cigarette, it is a bit more comfortable if I wear my long red heavy terrycloth bathrobe underneath my long down overcoat to feel a bit warmer. I am preparing the same dinner as last night. CIO**

**Note: <888> 01/16/03 Thursday 1:30 A.M.: I finished installing the updates on the two backup computers. I also uninstalled "INCD" on the primary partition on the Dell backup, so as to prevent any floppy A: drive access problems. I am wearing my large red terry cloth bathrobe to stay a bit warmer. I suppose I could consider wearing two pairs of socks to keep my feet warmer or at least wear two pairs when I go out for a walk. CIO**

**Note: <888> 01/16/03 Thursday 1:00 A.M.: I finished updating the Dell backup computer. I will now update the IBM Cryix backup computer. I tasted a teaspoon of the yogurt, and it is delicious. I heard on the MSNBC news Brian Williams telling people to turn up the thermostat, but he works out of the RCA building which has connections to Exxon and maybe he has connections to the Williams Energy company, so he can afford to tell people to turn up the heat. I decided it was a bit warm in the apartment, and in order to save money, I turned the living room thermostat down to 74 degrees Fahrenheit, where I keep it most of the time. It is 19 F outside right now. CIO**

**Note: <888> 01/15/03 Wednesday 11:55 P.M.: I was up at 1 P.M., and I put the yogurt in the refrigerator to chill. It seems to have come out all right. I fell back to sleep until 7 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I fell back to sleep until 10:30 P.M. without drinking my coffee. I got up, and I reheated and drank my coffee. I have a bit of cabin fever and the winter blues, since it is 20 degrees Fahrenheit outside. I am installing the Windows Media**

Player 9 on the Dell backup computer. I do not think I will be going downtown for a walk, but that option is always open. It sure would wake me up. At the moment, it is warm and comfortable in the apartment. I have the thermostat set at 76 degrees Fahrenheit, and the thermometer above the electric radiators on the outside living room says 80 F., and the one on the dining room table says 66 F., and the one in the hallway says 72 F., thus the heat directly below the thermometer on the outside window makes it read a bit warmer than it actually is. CIO

Note: <888> 01/15/03 Wednesday 6:20 A.M.: I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 01/15/03 Wednesday 5:45 A.M.: I had some goldfish crackers which was the only free food I ever got the entire time I was down in Key West, Florida supposedly where NASA astronauts train. I guess they try to starve people to death, so they are less of a payload. Needless to say at 222 pounds, I will not be applying for any jobs in space anytime soon. I went out for a drive, and I drove down Greenwich Avenue, and I drove down by the waterfront, and I viewed the scenic night sky. I then drove by the train station, and I noticed an out of state license plate that said something like "COCOCH" which reminded me I should update my NASA page. I then sat in my car downtown for a while with the engine and heater running to stay warm. I hope the Saudis do not mind if I burned a little extra oil. I returned to my apartment. I updated the NASA page [www.geocities.com/mikelscott/nasa.htm](http://www.geocities.com/mikelscott/nasa.htm) and the impending shuttle launch page [www.geocities.com/mikelscott/nasa-107.htm](http://www.geocities.com/mikelscott/nasa-107.htm). Sometimes on a clear day or a clear night about 10 to 15 minutes after the shuttle launch, one can see it with the naked eye pass by in the sky here overhead going from southwest to northeast. CIO

Note: <888> 01/15/03 Wednesday 3:45 A.M.: If one wants to research real cold weather environments try [www.siberia.com](http://www.siberia.com). However, it is as cold as -29 degrees Fahrenheit [http://www.wunderground.com/global/CA\\_QB.html](http://www.wunderground.com/global/CA_QB.html) in some places in Quebec. Maybe a few French Canadians would like to come down to Greenwich, Connecticut to warm up. Nous sommes parlons de Francais ici. It is only 21 degrees F. here. CIO

Note: <888> 01/15/03 Wednesday 2:30 A.M.: I am just doing some regular computer work. CIO

Note: <888> 01/15/03 Wednesday 12:55 A.M.: I had a slice of fruit cake with cool whip along with ice tea. CIO

Note: <888> 01/15/03 Wednesday 12:40 A.M.: I took my Revere 6 quart pot, and I added two packages of S&S dried milk along with two quarts of water. I heated it to boiling. I then cooled the pot of liquid in the kitchen sink half full of cold water until it reached the desired temperature on my yogurt thermometer. Instead of adding two yogurt spoon measures of yogurt to the liquid, I added an eight ounce container of Dannon plain yogurt and four teaspoons of Vanilla extract, and I mixed

it all together. I then filled and covered the ten yogurt containers for my two yogurt warmers along with two other containers, I placed on top of the yogurt warmers. I have to let the yogurt warm in the yogurt warmers for about 12 hours, so about 12:30 P.M. today it should be ready for refrigeration. I put a towel over the yogurt warmers to keep the two extra containers a bit warmer since they are not in the yogurt warmer. If one does not have yogurt warmers, one can put a pot of the yogurt mixture in an oven covered on the lowest setting possibly for 12 hours and then refrigerate the pot. I think the temperature for mixing the yogurt after boiling the milk is about 140 degrees Fahrenheit, but one should double check that. My yogurt thermometer does not have temperature markings on it just two lines. CIO

Note: <888> 01/14/03 Tuesday 11:35 P.M.: I was up at 8 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 2 P.M.. I had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea and a Chock Full of Nuts Instant coffee part of which I drank outside. I then made my 4 P.M. appointment. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the local paper, and I read P.C. World magazine. I then returned home about 6 P.M., and I rested until 8 P.M.. I then had dinner of three 1/4 " thick to 1/3" thick slices of cold eye round with horseradish and Lea and Perrins Worcestershire sauce, steamed fresh broccoli crowns, and steamed white rice and ice tea. I then went out, and I drove down by the waterfront. I next walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Food Emporium, and I bought two half gallons of Florida Natural orange juice with calcium for \$2 each and a dozen extra large eggs for \$1.79 for \$5.79 total. I then returned home. Well, it is suppose to be cold like it is presently for the next week and a half, so one might as well get use to it. It is 22 degrees Fahrenheit right now. CIO

Note: <888> 01/13/03 Monday 11:40 P.M.: I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 01/13/03 Monday 11:30 P.M.: I chatted with a relative. I had a piece of fruit cake with cool whip and ice tea. I chatted with a friend. CIO

Note: <888> 01/13/03 Monday 9:45 P.M.: I went out after dinner, and I returned a DVD video disk to the Greenwich Library, and I checked out another one. I then drove down by the waterfront. I next walked the entire length of Greenwich Avenue, and I sat out at various locations. I then went by the Stop and Shop, and I bought an eight ounce jar of Folgers' instant coffee for \$4.69. I returned home. I had a message from a relative on the answering machine. I chatted with another relative. I chatted with a friend. CIO

Note: <888> 01/13/03 Monday 6:20 P.M.: I took the eye round, and I seasoned it on all sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, basil, and I also liberally

covered it with Texas Best Mesquite barbeque sauce. I cook it on a roasting rack in a baking pan in the convection oven at 350 degrees Fahrenheit for 45 minutes. I will have it with reheated steamed white rice and steamed fresh broccoli with grated parmesan cheese and ice tea. CIO

Note: <888> 01/13/03 Monday 6:00 P.M.: I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then went to CVS on Greenwich Avenue. I next went to the Stop and Shop, and I bought an eye round roast at \$3.59 a pound for \$7.75 and buy two get two free of Progresso New England clam chowder for \$4.58 all four cans for \$12.53 total. I then went to the Arnold Bread outlet, and I bought two packages of 8 hotdog buns for .99 each package and two loaves of Arnold 12 grain bread and one loaf of Arnold Healthnut bread for .99 each minus .50 senior discount for \$4.45 total. I then returned home. I chatted with a friend. I also turned the living room thermostat up to 76 degrees Fahrenheit, so hopefully it will be a little bit warmer in the apartment. CIO

Note: <888> 01/13/03 Monday 2:00 P.M.: I was awoken at 11 A.M. this morning by a telephone call from a relative. I was told that the husband of a relative had passed away after a recent illness. He had a good long life, and we will all miss him. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I ran Norton Speed Disk on the computer while I was asleep. I just finished running Norton Disk Doctor and Norton Win Doctor. I will now clean up, and I will go out. CIO

Note: <888> 01/13/03 Monday 4:30 A.M.: I had some goldfish crackers and ice tea. I will now shut down the computer. I will probably watch a bit of television before going to bed. CIO

Note: <888> 01/13/03 Monday 3:10 A.M.: I watched some television. I was just thinking when I was down in Key West, Florida during the winters of 1977 and 1978, there were not many people there. I spent most my time walking around a fairly deserted town wondering why so many people preferred being up north freezing. Well, now that I have been north all these years, I suppose it is more peaceful during the winter time here than dealing with tourists down south trying to have a good time. Well, basically I can not take too much sun, so I suppose it would not be too healthy sunbathing in the tropics. On the television here, since people whom work inside tend to be warm weather people, all they do is advertise the tropics. Even myself with all the years I have lived in the north country, I have not done that much exploration besides Manhattan and my immediate area here. It takes money to travel around during the winter in the north country, and even if one has a car, one does not want to end up in rest area along the highway for lack of lodging expenses. Thus since I have my own home here, I tend to stay local. Having traveled around America, when I was younger, I do not think it probably has changed very much. Well, I suppose since not much is happening around here at night, I should try to get back on a daytime schedule. Anyway, I do spend a lot of



my time reading the news on the internet, and from what I can tell, it seems since the internet revolution has come to a downturn, there is not that much internet news to read anymore. Basically I am getting a lot of public relations and indirect sales pitches from the media content. However, since I have invested 11.5 years into personal computers not to mention the financial expenses, I will try to stick with the technology. I suppose I could search the net for other programs to use or other web sites to explore. However, after all these years on personal computers and the internet, my eyes were getting a bit tired, so I have been trying to take it easy on them, and not spend as much continual time on the computer. Well, now I will do a little bit of regular computer work. CIO

Note: <888> 01/13/03 Monday 1:00 A.M.: Dinner was delicious. I threw out the pork chop bones in the garbage receptacle outside. CIO

Note: <888> 01/13/03 Monday 12:15 A.M.: I threw out the cantaloupe remains. I am cooking the same dinner that I had two nights ago. It will be ready in fifteen minutes. CIO

Note: <888> 01/12/03 Sunday 11:20 P.M.: A friend called at 1:30 P.M. this afternoon and woke me up. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. My friend arrived about 3 P.M.. We chatted a while. I fell back to sleep until 7 P.M.. My guest and I watched some television. We had Carr's crackers with slices of gouda cheese. I also finished off the bowl of mixed fruit with ice tea. My guest left at 9 P.M., and I went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I drove down by the waterfront. I then stopped by the Stop and Shop, and I bought two large cantaloupes for .99 each, broccoli crowns at \$1.29 a pound for \$2.32, and a 14 ounce container of Ajax for .79, and a 14 ounce container of Comet for .79 plus .09 tax for \$5.97 total. I then returned home. I chatted with a relative. I will now clean and dice the cantaloupes and put the cantaloupe chunks in a Rubbermaid container in the refrigerator. CIO

Note: <888> 01/12/03 Sunday 5:35 A.M.: I will have five Danish cookies and ice tea before going to bed. I will now shut down the computer. I also moved the magnifying glass from the bedroom desk to on top of the ash tray of the Charles W. Morgan whaling ship on the dining room table. CIO

Note: <888> 01/12/03 Sunday 4:50 A.M.: One important note during times of colder weather is that the human body loses 50% of its body heat through one's head if it is not covered up, so it is important during colder weather to wear a warm hat to stay warm and preserve one's body heat. CIO

Note: <888> 01/12/03 Sunday 4:45 A.M.: After dinner I had four pretzel rods, and I finished off the pretzels. I watered the plants before going out. I also turned off the older Honeywell air purifier, and I am just running the newer Honeywell HEPA air purifier. I put the Glade Hawaiian Breeze scent oil in the Glade plug-in in the

kitchen. I also have to remember to wear my heavy red terry cloth robe when I am inside to stay warmer. One thermometer by the living room windows says 72 degrees F., one in the hallway says 70 degrees F., and one on the dining room table says 65 degrees F., so the temperature varies through out the apartment. CIO

Note: <888> 01/12/03 Sunday 4:15 A.M.: I went out after the last message. It is a bit nippy out. It is 22 degrees Fahrenheit. I went by the Putnam Trust Bank of New York ATM machine on Greenwich Avenue. I then drove down Greenwich Avenue. I then drove over to CVS at the Riverside Shopping Plaza. I bought an Energizer 395 battery for \$3.99 which is a little bit thicker but the same diameter as the 371 battery, since they did not have a 371 battery. I also purchased two tins of Danish cookies for \$2.99 both, a CVS Clorox toilet drop-in tablet for \$1.99, a two 16 ounce bottle set of shampoo and conditioner package of European mystique for \$1.79, a 13 ounce bottle of Palmolive antibacterial detergent for .99, a Glade oil refill Hawaiian breeze smell \$1.99, and a bottle of Italian spices .99 plus .65 tax for \$15.38 total. I then drove back downtown. I sat out briefly. I then drove down by the waterfront. I next returned home. I was able to get the Energizer 395 battery in my Gruen watch by adjusting the battery fittings, so it fit in. The time and date work, but the day is stuck between Friday and Saturday. Still it is back in operational order. I am just about ready to have a Stouffer's hearty pot roast dinner with ice tea. CIO

Note: <888> 01/12/03 Sunday 1:00 A.M.: I was up at 2 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I fell back asleep until 6 P.M.. I then had a bowl of mixed fruit and ice tea. I next did my house cleaning. I forgot to water the plants, which I will do shortly. I cleaned up, and I had another bowl of mixed fruit. I went out about 9:30 P.M., and I drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I then drove the length of Greenwich Avenue again, and I then returned home. I took the back off my Gruen Rolex style watch, and I was able to turn off the back of the watch. It has a Maxell SR 920 SW battery in it that needs to be replaced. I tried taking off the back of the Pulsar that was given to me a number of years ago, but I was not able to get it off. On the Gruen, the [www.energizer.com](http://www.energizer.com) site says that the Energizer 371 is the replacement battery. I guess I will go out to CVS in Old Greenwich and see if they have it. However, first I will water my plants. CIO

Note: <888> 01/11/03 Saturday 5:10 A.M.: I did a little bit more of regular computer work. I watched some television. Night time schedules are not too exciting, but they do tend to be peaceful. I will now shut down the computer, and I will go to bed directly. CIO

Note: <888> 01/11/03 Saturday 3:55 A.M.: Well, I watched a bit of television. I put away the ice tea in the refrigerator. I guess for people not familiar with this area, they are finding out this area tends to get a bit cold in the winter. I have seen it colder though. I guess I should be grateful for having a comfortable apartment, but I do work hard in my own way to keep things going. I have not been driving around

much at night recently, although my Hyundai has a warm heater. I feel that the same energy that one uses to propel the automobile can keep me warmer and more comfortable at home. Well since I go outside every hour or two for a cigarette, I am well aware of the colder temperatures outside recently. I have been wearing my long underwear bottoms underneath my pants all the time to stay warmer. I did get my energy assistance grant letter this week, and the total grant this year was down about 30% from last year. Still once it comes through and is deposited to the electricity company, it is better than nothing. I am still keeping my thermostat in the living room at 74 degrees Fahrenheit which keeps the room at a drafty 72 degrees Fahrenheit. I have the heat turned off in the bathroom, and the bedroom thermostat set at 60 degrees Fahrenheit. I also keep a box fan going above the electric radiators in the living room so as to blow the heat out into the room and circulate it around the apartment instead of having it all go up the outside window wall into the false ceiling area. CIO

Note: <888> 01/11/03 Saturday 2:45 A.M.: I had the last piece of Canadian fruit cake with cool whip from one tin, and I put the empty tin underneath one of the vases on top of the center hallway bookcase. I still have a complete four pound Jane Parker Canadian fruit cake to enjoy for the next couple of weeks. CIO

Note: <888> 01/11/03 Saturday 2:40 A.M.: Well, I guess since I did not drink alcohol while I was down in Key West, Florida; the regulars down there whom seemed to drink a lot of alcohol did not like me. Still, I had my own separate peace observing the local nature down there. I still think a grey panther migrates down to the Florida Keys bringing in all the stray cats which were in large abundance. Well, I guess so many people from south of the Mason Dixon line have come up north over the years and been uncomfortable up north in the cold weather that they try to get revenge when they see snow birds going down south. Well anyway it is 63 degrees Fahrenheit down in Key West, Florida <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Key+West%2C+Florida> , so the cold spell we are experiencing here has not gone that far south yet. The coldest I remember it there in the period I was there was about 42 degrees Fahrenheit, and not many people had heat in their homes. However, plenty of people had sweaters and liked sitting next to the fireplace at Captain Tony's. I suppose the Canadians whom were in ample supply down that way were never really cold. Still, it is only 25 degrees Fahrenheit here, so there is not much to report on. In Ottawa, Canada it is about zero degrees Fahrenheit <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Ottawa%2C+Canada> , so more than likely sooner or later this winter, they will be venturing south to explore warmer regions. I have only counted 94 Canadian license plates in Greenwich, Connecticut in the 19 years I have been back here when I returned here from Nantucket after a brief trip to Toronto, Canada. CIO

Note: <888> 01/11/03 Saturday 1:55 A.M.: I am making up a new batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) , and I am using 21 teabags of 9 different varieties. CIO

**Note: <888> 01/11/03 Saturday 1:10 A.M.: Dinner was delicious. The apartment is reasonably warm and comfortable. However, it does tend to be a bit drafty on cold nights. I decided to wear my heavy red terry cloth bath robe that I bought a year ago at the Merry Go Round Mews thrift shop for \$15 over my clothes to stay a little bit warmer. Of course in the winters of 1976 – 1977 and 1977 – 1978 when I lived outside most of the time down in Key West, it would get cold at night too, and it would frequently go down into the low 40 degrees Fahrenheit, and I did not have any warmer clothes then beside blue jeans and a red flannel shirt and Addidas sneakers, so I was very cold down in south Florida. Thus I think I am doing better up here in the north country where I am a bit more comfortable. Of course my apartment is heated by electricity which is costly, and if it ever gets really cold up around Niagara Falls and the hydroelectric power plants freeze over, we might have a bit less electricity in this area. One year, down in Key West, I also had a U.S. Air Force Strategic Air Command NORAD colonel's flight suit that I found in the bushes while I was hitchhiking along the Florida Keys highway. It was not very warm, but it looked official with my long waist length blond hair and straw hat. I also came across a U.S. Army poncho that kept the drafts out at night, but it was a bit humid and damp since it did not breathe. When I had the Subaru down in Key West, I could also sleep in my car at the Key West airport and use the bathroom there to clean up in the morning. Still roughing it in south Florida is not my cup of tea anymore and at my age, I enjoy my comforts. Thus to be honest, I did not receive much southern hospitality when I was down south on my own, although I did get a good wind burn. CIO**

**Note: <888> 01/11/03 Saturday 12:15 A.M.: Somebody lost a pullover cap that is frozen solid by the front entrance to our building. I put it in the heated glass antechamber to thaw out. I took the Pyrex pie disk and I put a few teaspoons of olive oil in it. I rubbed both sides of the two center cut pork chops in the oil. I seasoned both sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, and basil. On the top side before seasoning I added a few tablespoons of La Choy low sodium soy sauce and two peeled and diced garlic cloves on each chop. I then spread a couple of tablespoons of Texas Best barbeque mesquite sauce on the top of each chop. I am cooking them in the convection oven at 350 degrees Fahrenheit for 25 minutes. I will have the two chops with reheated white rice and steamed fresh cauliflower and broccoli and a glass of ice tea. Well in the cold weather it is good to keep one's body weight up a bit to help ward off the effects of the cold winter air. The weather site <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> says that it might be a bit warmer with the highs in the mid 30s degrees Fahrenheit for the next five days. Still in the recent cold weather, I am not spending that much time out in the cold, so I would imagine those individuals whom do spend more time out in the cold would have to bundle up more warmly. CIO**

**End of Scott's Notes week 01/10/03:**

**Note: <888> 01/10/03 Friday 10:55 P.M.:** I was up at 8 A.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 6:30 P.M.. I had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle spear and ice tea. I then had a cappuccino outside. I cleaned up, and I went by the Greenwich Library, and I read the local newspaper. I then drove downtown, and I drove by the waterfront. Across Long Island sound, Oyster Bay, Long Island was all lit up brighter than normal like they have extra money to party or have bright lights out that way. Speaking of bright lights while I was asleep, I charged up my Slaymaker million watt rechargeable beam for 20 hours. I next walked lower Greenwich Avenue, and I sat out briefly. I then went by Exxon, and I bought \$5 of regular unleaded gasoline at \$1.759 a gallon for about 23.5 miles per gallon. I next went by the Food Emporium, and I bought two packages of two pork chops each package at \$1.99 a pound for \$2.39 and \$2.27 for \$4.66 total. They still have a large selection of fruit cakes for half price. I then returned home. I will now send out my weekly notes. It is only to be highs in the mid 20s degrees Fahrenheit for the next five days through Wednesday, which means it will probably get colder at night, so remember to stay warm. CIO

**Note: <888> 01/10/03 Friday 12:05 A.M.:** I did some computer work. I had one pretzel rod, and I also had a slice of fruit cake with cool whip along with some ice tea. I will now shut down the computer. I will probably watch some television before going to bed. CIO

**Note: <888> 01/09/03 Thursday 11:40 P.M.:** I had eight Danish cookies. I went outside briefly, and I noticed that one of my neighbors is shinning his car lights on the trees on the side along the Post Road because some animal or a cat is making a lot of noise in the woods like the same sound last night. CIO

**Note: <888> 01/09/03 Thursday 10:10 P.M.:** Even though I have lots of old floppy disks, the reason I got some new floppy disks is that floppy disk media tends to deteriorate after about two to three years. CIO

**Note: <888> 01/09/03 Thursday 10:00 P.M.:** Dinner was enjoyable. I chatted with a friend. CIO

**Note: <888> 01/09/03 Thursday 8:40 P.M.:** I had a spare Green Apple auto air freshener in my Hyundai glove box, so I installed it in the rear driver's side area, so the car will smell fresher. I no longer smoke tobacco in my car, so I have a better smelling car as well as my apartment. Of course I still smell like tobacco. I will now cook the same dinner as last night, but the pork tenderloin tails are smaller around, so I will only cook them seasoned for about 20 minutes at 350 degrees Fahrenheit in the convection oven. Besides the regular seasoning, I will also had some fresh chopped garlic and La Choy low sodium soy sauce to the pork tenderloin. CIO

**Note: <888> 01/09/03 Thursday 7:50 P.M.:** I was up at noon when a telemarketer called today. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up. I stopped by the Greenwich Hospital Thrift shop. I then made my 3 P.M. appointment. I next drove over to Old Greenwich, and I used the ATM machine at Putnam Trust Bank of New York, and then I got my hair cut at Off Center Barbers for \$16 plus \$4 tip. I then drove out to the southwest parking area at Tod's Point, and I enjoyed watching the sun set over the Manhattan skyline. I then stopped by the ATM machine again at Putnam Trust Bank of New York in Old Greenwich. I next went to the Mobil Express Lube car wash, and I got my Hyundai washed for \$5. I finished dried it myself with a towel, I keep in the back of the car. I also shook out the driver's side floor mat and dusted the dashboard. I then went to Staples, and I helped a customer get unstuck a table he was trying to push through the turnstile. I bought two packages of 10 Sony 2 HD 1.44 MB floppy disks for \$2.50 each box of ten plus .30 tax for \$5.30 total. I then went back to downtown Greenwich, and I sat out briefly. I then drove by the waterfront. I next stopped by the Greenwich Library, and I read the local newspaper. I also read P.C. Magazine. I just now returned home, and I had four pretzel rods with ice tea. Last night I had about seven pretzel rods when I woke up for a snack. CIO

**Note: <888> 01/09/03 Thursday 1:50 A.M.:** I had a piece of fruit cake with cool whip along with a few pretzel rods. I will now shut down the computer, and I will go to bed soon. CIO

**Note: <888> 01/09/03 Thursday 1:20 A.M.:** Well, I did a little research at [www.libertytravel.com](http://www.libertytravel.com) and <http://mtirvine.com/>, and I could not find the cheaper rate still available. On a local note, I was just outside having a smoke, and I heard what sounded like the Great Horned Owl doing in a rabbit or squirrel out in the woods. I have not seen members of the skunk family in a couple of months. CIO

**Note: <888> 01/09/03 Thursday 12:50 A.M.:** I was looking at Alaska temperatures, and they range from minus 26 degrees Fahrenheit to 41 degrees Fahrenheit. I have a theory that when the colder arctic winds start swirling around the top of the globe that they like a ball in a roulette wheel that depending on their velocity and interactions with other weather fronts, they can coming spinning down into our regions occasionally. About the coldest I remember in this area is minus 20 degrees Fahrenheit in 1982 two years after Mount St. Helen's eruption. If one looks at <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> starting Saturday through next Wednesday, the highs are only suppose to be in the 20s degrees Fahrenheit. I remember about four years ago, one could go to Liberty Travel across from the Greenwich Library, and a week's vacation for two including air fare to Tobago and staying at the <http://mtirvine.com/> Mount Irvine Club was about \$850 per person double occupancy. My family stayed there in 1971 and 1972 in golf villas adjacent to the ocean, and it was most enjoyable, but I hear tell it has gotten more expensive and more built up, and possibly with revolutionary activity in nearby Venezuela it might not be so secure as in previous years. CIO

**Note: <888> 01/09/03 Thursday 12:10 A.M.:** I decided not to have the instant coffee. I peeled and sectioned 10 Clementines, and I added to the Clementine sections a cup of pineapple chunks I prepared before Christmas, and then I peeled and diced two McIntosh apples, and I mixed the three types of aged fruit together and refrigerated it for eating some time in the future. I will now throw out the fruit peels. CIO

**Note: <888> 01/08/03 Wednesday 11:10 P.M.:** I chatted with a relative. I am cooking the same dinner as last night, but I am having a mixture of cauliflower with broccoli and parmesan cheese along with the pork tenderloin with half onion and reheated white rice and ice tea. I think I will have a Folgers's decaffeinated instant coffee after dinner. CIO

**Note: <888> 01/08/03 Wednesday 10:15 P.M.:** I was up at about 4 P.M. today. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went downtown. I chatted with a local. I walked lower Greenwich Avenue. I drove down by the waterfront. I went by the Greenwich Library, and I read the local paper. I checked out "Hughes, the private diaries, memos, and letters" by Richard Hack. It is suppose to be the definitive biography of the First American billionaire, which does not make sense, since I thought John D. Rockefeller was suppose to have been the first American billionaire. Needless to say both men had enough spare change to go around. I then went to the Food Emporium, and I bought a container of Dannon plain yogurt for .99 a dozen extra large eggs \$1.79, 2 packages of Master Choice fish fillets \$2.19 each, a head of organic broccoli \$1.99, a bag of AC frozen potato wedges \$1.79, a half price Jane Parker four pound Canadian fruit cake \$8.50, and a 32 ounce tub of Cool Whip low fat whipped cream \$2.99 for \$22.43 total. I then returned home, and I put away my purchases. I got the Dannon yogurt to use for a starter in case I make my own yogurt. I also printed out three copies of the January 2003 Greenwich, Connecticut tide charts from [www.maineharbors.com](http://www.maineharbors.com) on the library laser printers. CIO

**Note: <888> 01/08/03 Wednesday 4:35 A.M.:** I installed the final version of Windows Media Player 9. I also imported the music files into the play list. I will now shut down the computer. I will go to bed soon. CIO

**Note: <888> 01/08/03 Wednesday 3:35 A.M.:** I had a slice of fruit cake with cool whip and ice tea. CIO

**Note: <888> 01/08/03 Wednesday 3:05 A.M.:** I updated the \*.zip file <http://www.geocities.com/mikelscott/mlsnote1.zip> that contains my entire "Scott's Random Notes" from June 1997 through December 2002. The \*.zip file contains two Microsoft Word files "MLSNOTE1.doc" and "mlsnote2.doc", and the second file "mlsnote2.doc" has the Year 2002. The \*.zip file seems to be a popular download for some reason. I can not figure out why. I printed out the last four months of Scott's Notes, and I bound them in one of the Staples clamp binders. I

put it with the other clamp binders containing earlier printouts in the left hallway bookcase. The package I bought yesterday contained three clamp binders for about \$6. The Microsoft Word Files are in PostScript Times Roman Font 12, but anyone with Microsoft Word could change them. At that font, they print out to 2047 pages for five and a half years of my logs. I had five pretzel Rods while printing out the last four months of the document about 177 pages. I mistakenly used my regular paper instead of the HP LaserJet paper, but the printout came out fine. I open up a new package of HP LaserJet paper, and I filled the top cartridge on the HP LaserJet IID printer. CIO

Note: <888> 01/07/03 Tuesday 11:40 P.M.: I installed Direct X 9 on the primary computer. I opened up the package of Brookfield pork tenderloins. I took each of the two tenderloins, and I cut off about one third of it of the tail part to use for a third meal. I rinsed them off and dried them. I took one of the two thirds pieces, and I placed it in a Pyrex pie dish rubbed it in a couple of teaspoons of olive oil, and I seasoned it all around on all sides with Old Bay seasoning, garlic powder, celery salt, chicken and meat seasoning, ground black pepper, Italian spices, oregano, basil, and also spread over it Texas Best mesquite barbeque sauce. To the Pyrex dish I am cooking the tenderloin in, I also added a half peel onion that I put a small bit of olive oil and La Choy low sodium soy sauce on, and I am cooking it all in the convection oven at 350 degrees Fahrenheit for 25 minutes. I will have it for dinner with steamed cauliflower with grated parmesan cheese and steamed white rice and ice tea. CIO

Note: <888> 01/07/03 Tuesday 10:40 P.M.: I chatted with a relative. I put away the laundry. I also changed the sheets on my bed earlier. I also vacuumed up the sand, gravel, and salt from my entrance area that comes in when I go outside. CIO

Note: <888> 01/07/03 Tuesday 9:50 P.M.: It is 81 degrees Fahrenheit in Barbados <http://www.wunderground.com/global/stations/78954.html> , 61 degrees Fahrenheit in Key West, Florida <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Key+West%2C+Florida> , 47 degrees Fahrenheit in Vero Beach, Florida <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Vero+Beach%2C+Florida> , 73 degrees in Sao Paulo, Brazil <http://www.wunderground.com/global/stations/83780.html> , 79 degrees F. in Honolulu, Hawaii <http://www.wunderground.com/US/HI/Honolulu.html> , 87 degrees F. in Fiji <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Fiji> , 68 degrees F. in Christ Church, New Zealand <http://www.wunderground.com/global/stations/93780.html> , and 22 degrees F. in Stockholm, Sweden <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Stockholm%2C+Sweden> , so the weather seems to be about normal for this time of year. CIO

Note: <888> 01/07/03 Tuesday 9:35 P.M.: Well, it is minus 15 degrees Fahrenheit in Moscow, Russia <http://www.wunderground.com/cgi->



[bin/findweather/getForecast?query=Moscow%2C+Russia](http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Moscow%2C+Russia) and in Calgary, Canada it is 55 degrees Fahrenheit <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=Calgary%2C+Canada> , so I guess the weather coming around at the moment might be a bit warmer for now hopefully. CIO

Note: <888> 01/07/03 Tuesday 9:25 P.M.: I have 50 minutes to go on the dry cycle. CIO

Note: <888> 01/07/03 Tuesday 9:00 P.M.: I was up at noon, and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until about 5 P.M.. I had a couple of hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle slice and ice tea and a Chock Full of Nuts instant coffee. I went downtown about 6:30 P.M., and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. The Delamar Hotel has a presidential suite with a fireplace for about \$1,500 a night. I then went by the Greenwich Library, and I read the Time Magazine Year in Pictures edition. I just now returned. I started two loads of laundry. I had two pretzel rods with ice tea. Last night before going to bed, I had a piece of fruit cake with cool whip and ice tea. Well, it is 23 degrees Fahrenheit outside, so it is a bit nippy. CIO

Note: <888> 01/07/03 Tuesday 2:35 A.M.: I finished the Windows XP Professional updates. I will now shut down the computer in a few minutes. I will then go to bed. CIO

Note: <888> 01/07/03 Tuesday 12:30 A.M.: I tried reinstalling Windows XP Professional, but I still had problems with the floppy drive A: not being accessible. I finally searched out a note that said uninstall "Nero INCD", which I did and now the floppy drive works fine. While reinstalling Windows XP professional, I took a Tony's pepperoni pizza, and I cut it in quarters, and I put it on a cookie sheet. I then seasoned it with Old Bay seasoning, garlic powder, chicken and meat seasoning, celery salt, Italian spices, oregano, and Basil. I then sprinkled on some parmesan cheese and a bit of olive oil. I cooked it in the convection oven at 425 degrees F. for 15 minutes, and I had it for dinner with ice tea. I now have to install the Windows XP updates, and I should be back to normal. CIO

Note: <888> 01/06/03 Monday 8:35 P.M.: I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street. I then went by the First Union bank on Havemeyer Place, and I paid my rent. I then went to the central Greenwich Post Office, and I obtained four money orders to pay my electricity, Verizon telephone, cablevision, and optimum online. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the local paper, and I checked out a DVD video disk. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next returned briefly to my apartment. I went over to Medallion auto parts in Port Chester, New York, and they do not carry the ding repair kit that one

sees advertised on television. I then toured Odd Job. Next I went to the Vitamin Shoppe, and I bought a bottle of 300 tablets of 1000 mg. of VS MSM for \$32.36 and a 90 capsule bottle of 1500 mg. VS Coral Calcium for \$16.17 for \$48.53 total. I then went by Staples, and I bought a two pack Staples clamp binder for \$5.99 plus .40 tax for \$6.39 total. I then returned home. I was trying to use my A: floppy drive on the primary computer, and it does not work. I took it apart and checked the cables, and the cables are fine. I was able to get the floppy drive to work from a boot disk. Thus there is something wrong with my Windows XP setup possibly. I tried fixing it by uninstalling and reinstalling the drivers to no avail. I do not use the floppy drive very much. I chatted with a friend. All, I can think of is disabling the power saving features in the CMOS, and see if the floppy drive works then. My floppy controller shares resources with motherboard resources, and one can not change either of them, but it has worked fine until recently. The only other possibly problem might be with the Symantec Firewall 2003 program, I recently installed is causing the problem. I will try that now. CIO

Note: <888> 01/06/03 Monday 1:30 P.M.: I watched television, and I rested until 7 A.M. this morning. I had five pretzel rods and two scoops of Starbucks toffee ice cream. I fell asleep until 12:30 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will now clean up, and I will go out and pay bills and other day time activity. CIO

Note: <888> 01/06/03 Monday 2:35 A.M.: I did a little bit of regular computer work. I watched a bit of television. I will now rest some. CIO

Note: <888> 01/06/03 Monday 1:00 A.M.: I watched some television. I had a slice of fruit cake with cool whip. I will now prepare my bills to pay today. CIO

Note: <888> 01/05/03 Sunday 11:45 P.M.: I went out, and I dusted the light bit of snow off the outside front benches with my car snow brush. I am reheating the same dinner that I had last night. CIO

Note: <888> 01/05/03 Sunday 11:25 P.M.: I went out, and I walked the entire length of Greenwich Avenue. I cleaned off one bench and sat out for a while. I drove down by the waterfront. I then went by the Stop and Shop, and I bought a Tony's Pepperoni pizza for \$3, a bag of Snyder's pretzel rods \$1.69, B&G kosher dill pickle spears \$2.69, Texas Best barbeque rib sauce \$2.99, a Brookfield Farms pork tenderloin packet with two pork tenderloins at \$3.99 a pound for \$7.70, a 12 pack of Barq's root beer \$3.34 plus .60 can deposit for \$22.21 total. I then returned home, and I put away my purchases. I had two pretzel rods with ice tea. Last night when I woke up, I had 7 seven pretzel rods for a snack. CIO

Note: <888> 01/05/03 Sunday 9:10 P.M.: I had a call from a relative at 3 P.M.. I continued to rest until 6:30 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I chatted with a friend. I just finished watching

some television. I cleaned up. I guess I will go out for a while. We have some light snow out. CIO

Note: <888> 01/05/03 Sunday 3:45 A.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 01/05/03 Sunday 3:40 A.M.: I put a couple of icons at the top of my web homepage. I had a slice of fruit cake with cool whip. CIO

Note: <888> 01/05/03 Sunday 3:15 A.M.: I tried to figure out how insert a tulip icon in my geocities url link, but it does not work with geocities. It took a while. CIO

Note: <888> 01/05/03 Sunday 12:35 A.M.: Today, before I started my house cleaning, I put away my little two foot tall Christmas tree and my pine cone wreath in the false ceiling above the Danish bar in the living room. CIO

Note: <888> 01/05/03 Sunday 12:20 A.M.: For a Midwestern Dutch viewpoint, try <http://www.hollandsentinel.com/>. CIO

Note: <888> 01/04/03 Saturday 11:25 P.M.: Dinner was delicious. I will now do some regular computer work. CIO

Note: <888> 01/04/03 Saturday 10:55 P.M.: I went out, and I walked lower Greenwich Avenue. I drove down by the waterfront. I then went by Exxon next to the Greenwich Library, and I bought \$5 of regular unleaded gasoline at \$1.759 a gallon for about 25 miles per gallon. I checked all my tires for 30 PSI. They have not changed. I then went by the Stop and Shop, and I bought a package of Snyder pretzel rods for \$1.69, three packages of S&S margarine for \$2 all, a 10 pack box of S&S dry milk for \$5.49, a head of cauliflower for \$2.49, and two packages of two General Electric bent tip 15 watt frosted candelabra bulbs made in China for \$2.79 each package, a 25 bag box of Twining tea five different blends of five each for \$2.99 plus .33 tax for \$20.57 total. I then returned home. I am cooking two boneless breasts of chicken halves that I rubbed in a few teaspoons of olive oil, and I seasoned both sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, and basil. On the top side before seasoning I poured on about an eighth of a cup of La Choy low sodium soy sauce and then I seasoned the top side with Texas Best mesquite barbeque sauce. I am cooking them in the Pyrex dish in the convection oven at 350 degrees Fahrenheit for 35 minutes, and I will have one of them with steamed white rice and steamed fresh cauliflower with grated parmesan cheese and ice tea. Dinner will be ready shortly. CIO

Note: <888> 01/04/03 Saturday 7:55 P.M.: I finished the house cleaning and watering the plants. I will now shower and clean up and go out for some fresh air. CIO

**Note: <888> 01/04/03 Saturday 5:50 P.M.: I had my Chock Full of Nuts instant coffee outside enjoying the cool winter weather. CIO**

**Note: <888> 01/04/03 Saturday 5:05 P.M.: I rested until about a half hour ago. I cleaned the ice off the Hyundai windshield. I opened up a package of the American Spirit all natural cigarettes, and I tried a couple. I will now have a couple of hotdogs with buns and Dijon mustard and Heinz ketchup and potato chips and ice tea and a cup of Chock Full of Nuts instant coffee. I guess I will then start my house cleaning. CIO**

**Note: <888> 01/04/03 Saturday 9:15 A.M.: Well not much happening up here at Ice Station Zebra. I chatted with a relative. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will rest a bit before I do my house cleaning. I will have to clean the ice off the car some time today. CIO**

**Note: <888> 01/04/03 Saturday 6:25 A.M.: I just had some goldfish crackers and a bowl of pineapple chunks and ice tea. I think in the United States military according to an expert I use to know in Laguna Beach, California; the biggest people in the United States military come from American Samoa. Of course, the biggest people in the United States may not be in the military. I remember Sam Walthrop from Alton, Illinois used to be eight foot nine inches tall, and he simply sold shoes. Of course up in Canada, there might still be Paul Bunyon, and all he does is make pancakes. I was offered a Christmas present of Vermont maple syrup, but I turned it down since I have a 14 year old bottle of Log Cabin pancake syrup in my kitchen. I do not consume much syrup with pancakes, since the high sugar content messes up my blood sugar metabolism. Well, I suppose the movers and shakers are all down south with their money enjoying the warmer weather. However, there is rumor that after their extended holidays, they will have to be back at work on Monday or more than likely they will not have jobs. I guess with Christmas and New Years falling in the middle of the week, people took a little extra time off. Well no news is good news. CIO**

**Note: <888> 01/04/03 Saturday 5:50 A.M.: Well since the United States government is contemplating going to war in the middle east again, I decided to remove the Saudi Arabian flag from hanging in the window of my bedroom in front of the curtains. I am not Saudi, but since it is very cold and damp here, I figured the Saudi flag might symbolize potential warmth from oil in the Middle East. However, since I am not of Middle Eastern extraction, I dare say they would not be that friendly to me anyway. I picked up the Saudi Arabian flag for \$10 at the Greenwich Hardware store for 75% off, so I guess no one in Greenwich wanted it at full price. However, having lived in this area during the oil embargo of the 1970s, I remember when New York City had very little energy, the Waldorf Astoria was always flying the Saudi Arabian flag, and it was very warm inside that hotel. However, if I am not mistaken, the Waldorf Astoria is heated by steam which comes from the generation plant south of the United Nations which can probably be powered by either coal, oil, or natural gas. Thus as the pilot for Texas Gulf industries told me,**

there was not actually an oil embargo in the 1970s. All the oil was sitting in tankers in New York harbor waiting to be off loaded. I guess the New Yorkers did not have the money to pay for it, so thus there was an oil shortage. Well, anyway I do happen to be half Dutch as in Holland, and I believe the Dutch have a little interest in Royal Dutch Shell as well as a number of other businesses around the New York area. Maybe I should go into Manhattan and start drinking Heineken beer and see if any big fat Dutchmen with a lot of energy show up to our rescue. I remember when I toured the Roosevelt home in Hyde Park, New York a number of years ago, there were large Dutch people there, but I think the Roosevelts of Hyde Park were involved in coal mining. However, the Roosevelt families of Oyster Bay, Long Island were not as large and formidable, and they were only about my size. Thus if any Dutch oil people need Dutch security, they can go looking for the "Cheese Man" in Matrich in the Netherlands. When he was here about 12 years ago, he was over 7 foot tall selling large wheels of Dutch Gouda cheese probably weighing over 500 pounds. As a Dutch American citizen, I have been advised the largest people in the world are the Dutch, and having been to Amsterdam and seen the kids who were bigger than me at 220 pounds, they actually might be. Well, if we get any energy shortages because I took down the Saudi flag, I guess a few clever Dutch people can start up their old windmills. Needless to say with the traffic around here, I do not feel like riding a bicycle. I remember, the Dutch supposedly have a government in the Hague, so perhaps on this international situation with talks about war in the middle east, someone should confer with the Dutch government instead of listening to the limeys on the BBC. Well, I do not have all the answers, but I know it is a bigger world out there than just tiny little CNN from Atlanta. CIO

Note: <888> 01/04/03 Saturday 4:15 A.M.: After dinner and the last message, I slept until now. I ran Norton AntiVirus 2003 scan on the C: drive while I rested. There are no virus infections. CIO

Note: <888> 01/03/03 Friday 10:20 P.M.: I watched some television. I chatted with a friend. I am reheating the same dinner as I had last night. CIO

Note: <888> 01/03/03 Friday 7:50 P.M.: I chatted with a relative. I rested since the last message. One button checkup for the Symantec program ran while I was asleep. I had a slice of fruit cake with cool whip and a few slices of Land-O-Lakes pepper jack cheese. The sleet, slush, and icy conditions are still prevalent outside. I watched a bit of television. CIO

Note: <888> 01/03/03 Friday 3:30 P.M.: I went to bed at 3:30 A.M., and I was up at 2 P.M.. Locally here we have a bit of sleet and freezing rain, so I do not think I will be going out today in the slippery conditions. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I received the free carton of American Natural cigarettes from New Mexico that I ordered about six weeks ago for only postage. Well, it looks like we are in for a colder and wintrier winter this year if the present pattern continues. I suppose if one gets tired of looking at the internet, one can always read a book. Basically the United States of America

government is two trillion dollars in debt, so despite what the media says, I do not think the United States government has the money to do anything about the current world political situations that the media is constantly reporting and do not seem relevant to this area. Well, I guess locally we should hunker down and get ready for a long cold winter. Anyone whom has lived here for a long time knows that in the last fifteen years or so we have had warmer winters, so the weather we are having now is more the normal that long term residents are use to dealing with. I suppose living near the shore here we do not get too much snow accumulation compared to residents living further in the interior. Well stay warm, and remember on limited funds, there would not be much to do anyway besides taking a walk which we can forgo in this weather. CIO

End of Scott's Notes week 01/03/03:

Note: <888> 01/03/03 Friday 2:10 A.M.: CNN Solomon story <http://www.cnn.com/2003/WEATHER/01/02/solomons.cyclone/index.html> , ABC Australia [http://www.abc.net.au/asiapacific/news/GoAsiaPacificBNP\\_757381.htm](http://www.abc.net.au/asiapacific/news/GoAsiaPacificBNP_757381.htm) . Well, I guess with all the major world news, this story because of its remoteness is hard to follow. However, since we have 75 million people in the United States living along the Atlantic and Gulf coasts from Texas to Maine, it shows how devastating hurricane, tropical storm, or typhoon activity can be <http://www.geocities.com/mikelscott/weather.htm> . I will now send out my weekly notes. I will then shut down the computer, and I will go to bed soon there after. CIO

Note: <888> 01/03/03 Friday 1:40 A.M.: Best site information I found, <http://www.rambocam.com/sitedir.html> . Well since it is the Holiday season, we could have had wealthy travelers from this area on that remote resort island in Fiji which was missed. The area affected by typhoon Zoe of Tikopia and Anuta islands, Temotu province is a thousand miles east of the Solomon Islands capitol, and with rough seas between the area and New Zealand the relief boat coming from New Zealand will have problems, and more than likely after a typhoon of 250 miles per hour, the ocean would be too rough to land a sea plane, and more than likely no fuel would be available for refueling. More than likely we could have some adventuresome yachtsmen in the area. It is really one of the most remote parts of the planet. CIO

Note: <888> 01/03/03 Friday 1:20 A.M.: Montserrat smoking [http://www.osei.noaa.gov/Events/Current/VOLsouf365\\_MOL.jpg](http://www.osei.noaa.gov/Events/Current/VOLsouf365_MOL.jpg) , Western Pacific satellite photo [http://www.nrlmry.navy.mil/sat-bin/display10?PHOT=yes&AREA=global/western\\_pacific&PROD=ir&NAV=global&CGI=global.cgi&ARCHIVE=Latest&MOSAIC\\_SCALE=15&CURRENT=LATEST.jpg](http://www.nrlmry.navy.mil/sat-bin/display10?PHOT=yes&AREA=global/western_pacific&PROD=ir&NAV=global&CGI=global.cgi&ARCHIVE=Latest&MOSAIC_SCALE=15&CURRENT=LATEST.jpg) , ZOE [http://www.nrlmry.navy.mil/tc-bin/tc\\_display?ATCF\\_NAME=sh062003&PROD=vis1km&PHOT=yes&ARCHIVE=Latest&DIR=/data/www/tropical\\_cyclones/tc03/SHEM/06P.ZOE/ssmi/vis1km&SIZE=thumb&TYPE=ssmi&NAV=tc&DISPLAY=all&CURRENT=20030103.0424.g](http://www.nrlmry.navy.mil/tc-bin/tc_display?ATCF_NAME=sh062003&PROD=vis1km&PHOT=yes&ARCHIVE=Latest&DIR=/data/www/tropical_cyclones/tc03/SHEM/06P.ZOE/ssmi/vis1km&SIZE=thumb&TYPE=ssmi&NAV=tc&DISPLAY=all&CURRENT=20030103.0424.g)

ms-5.vis2.x.06PZOE.45kts-991mb-214S-1752E.jpg&YEAR=2003&MO=Jan&BASIN=SHEM&STORM\_NAME=06P.ZOE&ACTIVES=03-SHEM-07S.NONAME,03-SHEM-91S.INVEST,03-WPAC-94W.INVEST,03-SHEM-99S.INVEST, affected area each block is about 500 miles square, area affected is just northwest of "20S" [http://www.nrlmry.navy.mil/tc-bin/tc\\_display?ATCF\\_NAME=sh062003&PROD=vis1km&PHOT=yes&ARCHIVE=Latest&SIZE=full&TYPE=ssmi&NAV=tc&DISPLAY=all&DIR=/data/www/tropical\\_cyclones/tc03/SHEM/06P.ZOE/ssmi/vis1km&CURRENT=20030103.0424.gms-5.vis2.x.06PZOE.45kts-991mb-214S-1752E.jpg&YEAR=2003&MO=Jan&BASIN=SHEM&STORM\\_NAME=06P.ZOE&STYLE=frames&ACTIVES=03-SHEM-07S.NONAME,03-SHEM-91S.INVEST,03-WPAC-94W.INVEST,03-SHEM-99S.INVEST](http://www.nrlmry.navy.mil/tc-bin/tc_display?ATCF_NAME=sh062003&PROD=vis1km&PHOT=yes&ARCHIVE=Latest&SIZE=full&TYPE=ssmi&NAV=tc&DISPLAY=all&DIR=/data/www/tropical_cyclones/tc03/SHEM/06P.ZOE/ssmi/vis1km&CURRENT=20030103.0424.gms-5.vis2.x.06PZOE.45kts-991mb-214S-1752E.jpg&YEAR=2003&MO=Jan&BASIN=SHEM&STORM_NAME=06P.ZOE&STYLE=frames&ACTIVES=03-SHEM-07S.NONAME,03-SHEM-91S.INVEST,03-WPAC-94W.INVEST,03-SHEM-99S.INVEST), . CIO

Note: <888> 01/03/03 Friday 12:20 A.M.: Apparently Typhoon Zoe occurred Sunday December, 29, 2002. CIO

Note: <888> 01/03/03 Friday 12:20 A.M.:  
<http://www.google.com/search?hl=en&ie=UTF-8&oe=UTF-8&q=Tikopia+and+Anuta+islands%2C+Temotu+province&btnG=Google+Search> ,  
[http://www.peoplefirst.net.sb/Library/All\\_Library.asp?keyword=tradition](http://www.peoplefirst.net.sb/Library/All_Library.asp?keyword=tradition) ,  
<http://www.peoplefirst.net.sb> , <http://ca.news.yahoo.com/021229/5/r3ff.html> ,  
<http://www.alertnet.org/thenews/newsdesk/569654> . CIO

Note: <888> 01/02/03 Thursday 11:55 P.M.:

From: <http://www.sibconline.com.sb/main.asp>

18:22 hrs

02 January 2003

Member of Parliament for West Kwaio, John Martin Garo had criticised the government for what he call its inhuman treatment of cyclone stricken victims of Tikopia and Anuta islands, Temotu province.

**GOVERNMENT APPEALS FOR HELP**

18:23 hrs

02 January 2003

The government is appealing to the general public for assistance of every kind to help the victims of Cyclone Zoe.

<http://www.commerce.gov.sb/Tourism/maps.htm> , Solomon Island map. CIO

Note: <888> 01/02/03 Thursday 11:50 P.M.: Of course in that part of the world South Seas pirates still operate freely. I had a slice of fruit cake with Cool Whip. CIO

**Note: <888> 01/02/03 Thursday 11:30 P.M.: Of course it is a big world out there <http://www.embassyworld.com/> . CIO**

**Note: <888> 01/02/03 Thursday 11:25 P.M.: Local Solomon Islands links <http://www.sibconline.com.sb/> <http://www.solomon.com.sb/> , <http://www.commerce.gov.sb/> , <http://www.solomons.com/> , <http://www.solomonairlines.com.au/> , [http://www.moon.com/catalog/south\\_pacific.html](http://www.moon.com/catalog/south_pacific.html) , <http://www.solomon.emb.gov.au/index.html> , <http://www.commerce.gov.sb/Tourism/getting.htm> , <http://www.escapeartist.com/solomon/solomon.htm> , of course with all the fish they probably have in the area, there might not be any need for cannibalism. CIO**

**Note: <888> 01/02/03 Thursday 10:55 P.M.: The CIA fact book on the Solomon Islands <http://www.cia.gov/cia/publications/factbook/geos/bp.html> does not say anything about cannibals, but the map does show how close it is to New Guinea. Apparently the United States has no diplomatic representation in the Solomon Islands, maybe that is why. However, the Queen Elizabeth II is the head of state, but it is suppose to be a government close to anarchy and English Common Law is rarely observed, so maybe they do have a problem with cannibals. Well, they also have volcanic activity. I think it was not too many years ago that New Guinea was hit by Tsunami, so I would imagine whomever may have survived the typhoon might have some capability of communicating. They do indicate internet presence there. CIO**

**Note: <888> 01/02/03 Thursday 10:40 P.M.: After dinner, I chatted with a friend. I then went out, and I went by CVS. I bought a 1.5 liter of CVS yellow mouthwash for \$3.49 and a CVS Clorox toilet tablet toilet tank cleaner for \$1.99 plus .33 tax for \$5.81 total. I then went by the Greenwich Library, and I read the Economist magazine. Apparently according to the Economist magazine the supply of snakes in China was going down because too many people were eating them, and the rat population was increasing. The Chinese government tried to encourage people to eat fewer snakes, but instead the general population started eating more rats to solve the problem. I also noticed the Gianelli family of Italy whom own stock in Fiat motors is thinking of selling the Club Med chain of over a 100 resorts. Apparently it was not profitable because Club Med does not offer free liquor but the competing American outfit Sanel offers free liquor. It got me to thinking about the recent news stories about the typhoon in the Solomon Islands. As I recall the Salomon Islands saw major fighting in World War II. I believe that might have been where one of the last Japanese soldiers surrendered about ten years ago. I think the Solomon Islands is part of the same apellago that New Guinea is part of. Thus since we have heard that there are still cannibals on the New Guinea islands, possibly there might still be cannibals on the Salomon Islands, so any relief workers from New Zealand going to the Solomon Islands should be careful. I mentioned to one of the library users that in this whole environmental rainforest network, I once saw a picture in National Geographic of a Brazilian Jaguar that had teeth like a saber**



tooth tiger, which leads me to believe in tropical and subtropical ventures, individuals from the north country should be somewhat vigilant of local tropical inhabitants. I next walked lower Greenwich Avenue. I then drove down by the waterfront. I then went by the Stop and Shop, and I bought a 10 pound bag of Carolina parboiled white rice similar to Uncle Ben's rice for \$4.49 and a five ounce bottle of China Bowl select Sesame oil for \$3.29 for \$7.78 total. I then returned home. I put the CVS Clorox toilet tablet in the toilet tank for continued cleaning while I flush. CIO

Note: <888> 01/02/03 Thursday 6:10 P.M.: I rinsed in cold water the four boneless chicken breast halves, and I put two of them in a Pyrex pie dish and rubbed them in a few teaspoons of olive oil, I then seasoned both sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, Italian seasoning, basil, and oregano. On the top side before seasoning I poured on about an eighth of a cup of La Choy low sodium soy sauce, and then I rubbed the top sides with Texas Best barbeque mesquite sauce. I am cooking the halves in the convection oven at 350 degrees Fahrenheit for 35 minutes. I will have one of them with steamed white rice and steamed frozen green peas and ice tea. I will then have a cappuccino. CIO

Note: <888> 01/02/03 Thursday 5:10 P.M.: I was up at noon today. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I then went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the central Greenwich post office, and I obtained a money order to pay my GEICO automobile insurance. I then drove down by the waterfront. Next I went by the Greenwich Hospital Thrift shop. I then made my 3 P.M. appointment. I then went by the Greenwich Library, and I read the local paper. I next went by the Food Emporium, and I obtained two half gallons of Florida Natural orange juice with calcium for \$2 each, a Boston Market sirloin tips and noodles meal for \$3.29, a 32 ounce bag of Americas Choice frozen peas for \$2.59, a 16 ounce bottle of Texas Best Mesquite barbeque sauce \$2.89 and a package of boneless breasts of chicken at \$1.99 a pound for \$3.54 for \$16.31 total. I then returned home, and I put away my purchases. CIO

Note: <888> 01/02/03 Thursday 1:15 A.M.: I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I chatted with a relative. I watched some television. I had some Land-O-Lakes Pepper Jack cheese with Carr's English crackers and ice tea. We have been having a nice English rain all day, so most of the snow is melting fast. I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 01/01/03 Wednesday 9:35 P.M.: My guest and I watched television. My guest left at 9:05 P.M.. I put away the ice tea in the refrigerator. I had two slices of fruit cake with cool whip and ice tea. CIO

Note: <888> 01/01/03 Wednesday 7:40 P.M.: My guest and I watched television. We had the rest of the eye round beef with horseradish and Lea and Perrins

Worcestershire sauce, steamed broccoli, steamed white rice, and ice tea. I am now making a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 01/01/03 Wednesday 5:05 P.M.: Happy New Years! I watched the CNN Times Square broadcast at midnight. I was up at 2:30 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. My guest and I went out, and we drove by the waterfront. We stopped by the Food Emporium, and I bought four half gallons of Florida Natural orange juice with calcium for \$2 each for \$8 total. We then returned back to my apartment. We are watching television. CIO

Note: <888> 02/28/03 Friday 9:45 P.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I installed this fix for XP [http://www.infoworld.com/article/03/02/28/09winman\\_1.html](http://www.infoworld.com/article/03/02/28/09winman_1.html) . I ran Norton Clean Sweep, and I removed all my System Restore backups except the most recent. I will now shut down the computer, and I will go to bed directly. CIO

Note: <888> 02/28/03 Friday 8:05 P.M.: I had two hotdogs with buns and Heinz ketchup and French's Dijon mustard and potato chips and a dill pickle slice and ice tea.

Note: <888> 02/28/03 Friday 7:40 P.M.: I chatted with a relative. CIO

Note: <888> 02/28/03 Friday 7:20 P.M.: I used OEM logo to enter my information and the computer information in the OEM logo programs which displays in "My Computer, properties" display. I used for the picture the Holland America picture. I put \$5 on my laundry card. CIO

Note: <888> 02/28/03 Friday 6:50 P.M.: I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the local newspaper, and I checked out a DVD video disk. I then drove over to Port Chester, New York; and I went to Costco. One can not get a day pass for shopping anymore just for browsing. I browsed the computer department. I then went over to the Port Chester shopping center, and I toured Staples. I then went to the Vitamin Shoppe, and I bought Multivitamins Mega-Vites 75 for \$12.57 100 tablets, E-400 100 tablets \$9.57, Niacimide 500 mg. 100 tablets \$4.77, C-500 Complex 100 tablets \$4.77, B-12 500 mcg. 100 tablets \$4.77, Garlic 500 100 tablets \$5.36 for \$41.79 less \$10 from my Vitamin Shoppe points discount card for \$31.79 total. I then went to Odd Job, and I bought four packages of four 40 watt Polaroid light bulbs for .99 each package, 2 packages of four Polaroid AA batteries for \$2.98 both packages, and two six ounce cans of Consul crab meat from Thailand for \$1.50 each can plus .47 tax for \$10.41 total. I then returned home. I had a glass of ice tea. I will put away my purchases. CIO

Note: <888> 02/28/03 Friday 1:50 P.M.: I listened to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) while having my meal. Instead of a cappuccino, I had 50% Folgers' instant coffee and 50% Folgers' decaffeinated instant coffee. I will now clean up and go out for some daytime activity. I will shut down the computer, while I am out. CIO

Note: <888> 02/28/03 Friday 12:50 P.M.: I am cooking the same meal as yesterday, except I am cooking the half pound of boneless center cut of pork for 30 minutes instead of 35 minutes in the convection oven at 350 degrees Fahrenheit. I am also having steamed frozen peas with the fresh asparagus. I also charged up the Slaymaker million watt rechargeable lantern over night. CIO

Note: <888> 02/28/03 Friday 11:30 A.M.: I copied My Documents to a CD. CIO

Note: <888> 02/28/03 Friday 11:00 A.M.: I sifted through my email. CIO

Note: <888> 02/28/03 Friday 10:15 A.M.: I printed out three sets of forms and envelopes for mailing in my Net2Phone payments. I refilled the black ink cartridge for the Epson Stylus Color 880 printer with my black ink cartridge refill kit. For the color cartridge, I order on from <http://www.3dayinkjet.com/> . Since I do not use much color, I only replace the color cartridge about once a year. CIO

End of Scott's Notes week 02/28/03:

Note: <888> 02/28/03 Friday 9:10 A.M.: I had a call from a relative at 9 P.M. last night. I had a call from a friend at 7:30 A.M. this morning. I was up at 8 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I will now send out my weekly notes. CIO

Note: <888> 02/27/03 Thursday 8:05 P.M.: I did some regular computer work. I chatted with a friend. Everyone I chat with says the Andrea Electronics microphone sounds much better than the YAP headset. I will now shut down the computer. Starbuck's web site [www.starbucks.com](http://www.starbucks.com) says that the Riverside Shopping Center has wireless internet. I will go to bed soon. CIO

Note: <888> 02/27/03 Thursday 7:05 P.M.: I chatted with a relative. I had a snack of three pretzel rods, a honey bell orange, and a 1.5" X 1.5" X 1" chunk of Vermont extra sharp cheddar cheese along with a glass of ice tea. I have been doing some regular computer work. CIO

Note: <888> 02/27/03 Thursday 5:35 P.M.: I printed out two copies of my primary Northgate computer backup procedure. CIO

Note: <888> 02/27/03 Thursday 5:20 P.M.: I just finished the backup of the C: drive to the D: drive in seven different parts. Backups on the new Northgate system are a lot faster. I also updated the systems on the Dell backup computer. When I do

backups of my Windows XP Professional System on the Northgate computer, I backup to the first backup file all the files except C:\000000009, C:\Documents and Settings, C:\System Volume Information, C:\Crexp, C:\XP, C:\XPProg, C:\Winxp, C:\upload, System State, C:\Program Files, C:\Windows. For the second backup, I backup C:\Crexp, C:\System Volume Information, C:\XP, C:\WinXP, C:\XPProg, C:\upload, System State. For the third backup, I backup C:\000000009. For the fourth backup, I backup C:\Documents and Settings. For the fifth backup, I backup all C:\Program Files except the Microsoft ones. For the sixth backup, I backup all the Microsoft Files in C:\Program Files. For the seventh and final backup, I backup C:\Windows. Since Windows XP Professional has a backup program, I can do this. Although, my D: drive for the backups is several years old. I have only used it for backups about once a month, so it should be in good shape. I would restore the system, if I had to by installing Windows XP Professional on a formatted C: drive, and then to the restore from the backups on the D: drive. I will now run System Restore and do a backup of the system. CIO

Note: <888> 02/27/03 Thursday 3:45 P.M.: I went out, and I went by the Greenwich Hospital Thrift Shop. I bought an Abercrombie and Fitch orange, white, and blue flannel plaid shirt extra large size for \$3. I then went by my 3 P.M. appointment, but it was not scheduled this week. I next sat out downtown briefly. I did not go for a walk, since I did not have my cap or sneakers on. I next drove by the waterfront. I just now returned home. Norton Speed Disk has finished running on the C: drive. I will now run Norton Disk Doctor, Norton Win Doctor, and then I will do a C: drive to D: drive backup. As far as I can tell, I have the new computer all configured the way I want it. CIO

Note: <888> 02/27/03 Thursday 1:20 P.M.: I will clean up and go out shortly. I have a 3 P.M. appointment. I will run Norton SpeedDisk while I am out. CIO

Note: <888> 02/27/03 Thursday 12:40 P.M.: On the SoundBlaster Live MP3+ card, I do not use the digital out plug, however I had to unplug the input plug which comes from the stereo amplifier, since the Andrea Electronics microphone plug on the next microphone plug and the Y splitter 3 plug adaptor on the first audio out plug are large diameter plugs, so the input plug has no room. CIO

Note: <888> 02/27/03 Thursday 12:20 P.M.: I checked the mail. I took the Pyrex pie dish, and I put in a couple tablespoons of olive oil, and I cut off about one fourth or about a half pound of the center cut boneless pork roast, and I rubbed the piece in the olive oil. I then seasoned it on top and the sides with Old Bay Seasoning, ground black pepper, garlic powder, celery salt, chicken and meat seasoning, Italian spices, oregano, basil, and Texas Best Mesquite barbeque sauce. I am cooking it in the convection oven at 350 degrees Fahrenheit for 35 minutes. I will have it with reheated white rice and steamed fresh asparagus and ice tea and a cappuccino. I am listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . CIO

**Note: <888> 02/27/03 Thursday 11:50 A.M.: I have Microsoft Word 2002 Speech Recognition working and configured. It runs just fine. I printed out a list of the dictation and voice commands. CIO**

**Note: <888> 02/27/03 Thursday 10:40 A.M.: I was up at 6:30 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I then started working on the Microsoft Word 2002 Speech Recognition program. I uninstalled it, and I reinstalled it with all the updates. I finally found the fix at the Microsoft Knowledgebase. It said having "Text Bridge Install" in my startups would cause the problem. I ran "MSCONFIG", and I unchecked "Text Bridge Install", and now the Microsoft Word 2002 Speech Recognition program is working just fine. I am now going threth the process of training the program with all the different training files. I also turned off the box window fan temporarily to reduce background noise. CIO**

**Note: <888> 02/26/03 Wednesday 10:40 P.M.: I tried deleting the Microsoft Dictation settings in the registry and then repairing the Microsoft Word 2002 installation. However, Microsoft Dictation still does not work. I am a bit tired. I will have a yogurt, and I will go to bed shortly. CIO**

**Note: <888> 02/26/03 Wednesday 9:05 P.M.: I forgot to mention the sound quality is much better with the Andrea electronic microphone ear piece. CIO**

**Note: <888> 02/26/03 Wednesday 8:45 P.M.: I chatted with two relatives, and I also chatted with a friend. I checked with Staples and CompUSA about the Plantronics [www.plantronics.com](http://www.plantronics.com) DSP500 headset that on the internet one can buy for about \$77 from Staples or Amazon. I then got thinking that my old Andrea Electronics headset that I bought for \$50 four years ago is probably a better headset than my YAP headset that I bought for \$10 that is on the primary computer. I took off the Andrea Electronics headset from the Dell backup computer, and I installed it on the primary new Northgate computer. I can also use it with the Panasonic headphones for extra audio. The sound quality is much better since it has noise cancellation. Thus I do not really need another headset. I put the YAP headset on the Dell backup computer. I will now put the ice tea in the refrigerator. CIO**

**Note: <888> 02/26/03 Wednesday 6:10 P.M.: I went out, and I stopped by the Greenwich Hospital Thrift Shop. They are still 50% off. I bought three Oxford shirts for \$13 total. They're all 16.5" neck by 34" sleeve. One is a Stafford blue and white pin stripe for \$5. They other two are Abercrombie and Fitch solid blue and blue and white pin stripe for \$4 each. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought a center cut boneless pork roast regularly \$4.99 a pound for \$1.99 a pound for \$5.53 total. I then returned home. I had a glass of ice tea. I am making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO**

**Note: <888> 02/26/03 Wednesday 2:20 P.M.: During lunch and coffee and for a while afterwards, I listened to the MP3 file on my computer of the “The Greatest Hits of the War Years” from Telehouse Marketing that I encoded some time ago. I have cleaned up, so I will now go out directly. CIO**

**Note: <888> 02/26/03 Wednesday 12:50 P.M.: I am cooling six Master Choice fish filets with 15 onion rings in the convection oven at 425 degrees Fahrenheit for 12 minutes a side. I will have them with a third of a cup of Heinz ketchup mixed with three tablespoons of Gold’s horseradish along with ice tea and a cappuccino. CIO**

**Note: <888> 02/26/03 Wednesday 12:40 P.M.: I turned on the amplifier with the 15 speakers connected to it with the input line from the computer connected over the orange mirror to the right of the computer leading into the amplifier, so I am now listening to [www.warx.com](http://www.warx.com) with 25 speakers going at a moderate low level sound. CIO**

**Note: <888> 02/26/03 Wednesday 12:25 P.M.: Both of the output jacks work on the Creative Labs Live MP3+ card. I put the Cambridge Sound System with one of the other pairs of speakers on the primary output along with the headphones and microphone headset and output wire, and on the second output jack I have the Monsoon speaker system with the other pair of speakers. The over all sound quality with the Creative Mixer set to four speakers and the XP Sounds and Audio Devices set to four speakers is much better. I adjusted all eight speakers and two woofers sound level, so it is a much better sounding system. CIO**

**Note: <888> 02/26/03 Wednesday 11:45 A.M.: I installed the Syntax Ultra DMA drivers. Now my new Maxtor 20 gigabyte C: drive is running at Ultra DMA 6, my older Maxtor 20 gigabyte D: drive is running at Ultra DMA 4, my CD player 58 X is running at Ultra DMA 4, and my CD/RW 24X is running at Ultra DMA 2. Both hard drives benchmark at the same speed at about a 35% faster with the Ultra DMA IDE drivers. Also the Y 3 splitter plugged into the back of my primary audio output of my SoundBlaster Live MP3+ sound card was not plugged in all the way, so with it plugged in all the way sound should be better. I did not try the second audio out jack which before did not work. Maybe I will try it. CIO**

**Note: <888> 02/26/03 Wednesday 11:05 A.M.: I setup Microsoft Word 2002 Dictation, but when the language bar comes up it does not work. I tried fixing it, but I can not get it to work. I also noticed when I press TAB at boot up to see the postings, I had an error message that IDE0 did not have an IDE80 cable. I had not installed the original IDE80 cable that came on IDE0, since I use one that was slightly larger. I fixed this by installing the IDE80 cable that barely stretches between both hard drives. When I was installing my system, I noticed that when one released the cage release lever, the floppy drive would not slide out. I removed a screw on the open side, but it still would not come out with the cables removed. It is**

not a problem, unless I have to replace the new floppy drive in the future. There might be a bolt on the underside. CIO

Note: <888> 02/26/03 Wednesday 8:30 A.M.: I was up at 7 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplement, and coffee. I got out my Syntax motherboard manual, and I checked a couple of CMOS settings. Enabling "boot antivirus protection" keeps my system from booting. However, on "Init AGP", I changed the setting from PCI to AGP to reflect my onboard AGP. Basically, I left the other default settings. Judging from the information on the Syntax motherboard site at AccessMicro, all six USB ports on the system are USB 2.0. It is 14 degrees Fahrenheit right now, so I am staying inside. CIO

Note: <888> 02/25/03 Tuesday 8:25 P.M.: I had six pretzel rods and ice tea. I will have a homemade yogurt shortly. I will now shut down the computer, and I will go to bed shortly. CIO

Note: <888> 02/25/03 Tuesday 7:45 P.M.: I relaxed a bit. I chatted with a relative. It is a bit nippy out at 22 degrees Fahrenheit. CIO

Note: <888> 02/25/03 Tuesday 6:10 P.M.: I went back out after the last message. I went by the Greenwich Library, and I returned a book with a 50 cent fine owed on it and also a DVD video disk. I read the Greenwich Times, PC Maximum, PC World, and National Geographic. National Geographic has an article about an area in Idaho north of Jackson Hole where Paul Allen has a home. I use to have a neighbor in my building who once was an Idaho sheriff, and he moved out of Idaho because he had to many run ins with cougars. I next sat out briefly downtown. I then went by the waterfront. I then went by Exxon next to the library, and I bought \$5.50 of regular unleaded gasoline at \$1.899 a gallon for about 22 miles per gallon. I also found an item there which I have been looking there which a generic wooden handle snow brush with scraper on the other end which is now made in China for \$2.50. I put it on the driver's side back seat floor with my other snow brushes. I have always like that style of snowbrush since it has good leverage for scraping ice and go action for brushing off snow. I then returned home. CIO

Note: <888> 02/25/03 Tuesday 2:10 P.M.: I listened to the [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I guess I will go out shortly. CIO

Note: <888> 02/25/03 Tuesday 12:55 A.M.: For my primary meal of the day, I had a broiled shell steak with Lea and Perrins Worcestershire sauce, steamed white rice, steamed fresh asparagus, and ice tea. I will now have a cappuccino. CIO

Note: <888> 02/25/03 Tuesday 11:55 A.M.: I tweaked the guest logon settings for Windows XP Professional. I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. Their parking lot was filled up, so something must be up today, since not many people were on the ground floor. I then went by the

Greenwich Hospital Thrift shop. All of their shop merchandise continues to be 50% off. I bought three extra large size shirts, a Ralph Lauren 100% cotton medium dark green small pattern plaid flannel shirt for \$2.50, a Savile Row 60% cotton and 40% polyester purplish and blue and green summer weight long sleeve plaid shirt \$4, and a Savile Row same type summer weight plaid shirt in a red and blue and yellow plaid for \$4 for \$10.50 total. I then went downtown, and I sat out a bit. I walked lower Greenwich Avenue. I then went by the Merry Go Round Mews thrift shop. All of their clothes are 75% off. I bought a burgundy extra large turtle neck for \$1.25. I then walked upper Greenwich Avenue. At the top of Greenwich Avenue in front of Pickwick plaza, they had lots of heavy equipment moving the snow away from the area. I then walked back down the Avenue. I drove by the waterfront. I then returned home, and I had some ice tea and a pretzel rod. CIO

Note: <888> 02/25/03 Tuesday 8:15 A.M.: I will now shut down the computer. I will go out shortly for some daytime activity. CIO

Note: <888> 02/25/03 Tuesday 8:00 A.M.: I downloaded and installed <http://downloads-zdnet.com.com/3000-2086-10185630.html?tag=list> , and the Benchmark on my AMD Athlon 2000 XP + processor is 4 times faster on "MWIPS" than an Intel Pentium IV 1.6 Ghz, but on speed it is about 7% faster. CIO

Note: <888> 02/25/03 Tuesday 7:35 A.M.: I did a little bit of computer work. I chatted with a friend. Net2Phone is working even better on my computer. It is a cool 25 degrees Fahrenheit this morning. CIO

Note: <888> 02/25/03 Tuesday 6:30 A.M.: Well, I made a mistake in thinking the Net2Phone 10.1 SpeedDialer software was the download. It is on my YAP CD. I thus have both versions setup on my computer for Net2Phone use. CIO

Note: <888> 02/25/03 Tuesday 6:05 A.M.: I put away my laundry. I checked out Net2Phone, and I can redownload and install their communications center software from [www.net2phone.com](http://www.net2phone.com) . However, it does not have the Speed Dial capability that Net2Phone 10.2 or 10.4 <http://web.net2phone.com/products/commcenter/reseller.asp> has. I will now install the Net2Phone Communications Center, and then I will reinstall Net2Phone 10.2. I might have to reinstall my Speed dial numbers. CIO

Note: <888> 02/25/03 Tuesday 5:00 A.M.: I finished showering and cleaning up. With the surgical tapes off my hernia incision, I am now able to see the heeled incision where the surgeon operated. It still has scabs on it, but it seems to have heeled very well. CIO

Note: <888> 02/25/03 Tuesday 4:25 A.M.: I was up at 3 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I am doing two loads of laundry, and I about ready to start the dry cycle. I put clean sheets on the bed. CIO



**Note: <888> 02/24/03 Monday 8:15 P.M.: I relaxed listening to internet music. I chatted with a relative. I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 02/24/03 Monday 6:45 P.M.: I chatted briefly with one of our local asphalt joggers today. I mentioned that in the good old days in Nantucket in the 1970s and early 1980s when I was a slim 135 to 145 pounds, I use to jof from the center of Nantucket out to the airport beach via the pine woods where Camp Richard was, and then west on the beach down to the Mount Vernon Farm, and back on the asphalt road past the Maria Mitchell observatory and back through town out to the Jetties beach. It was usually on hot summer days, and since I walk so much it was not too difficult in my Adidas Country sneakers. However, I frequently did it after working the 10 A.M. to 2 P.M. lunch shift, and I would have to be back at the restaurant for another 12 hours on my feet from 4 P.M. to 4 A.M. doing pot scrubbing and dishwashing and general kitchen cleanup. Still it was very good exercise, and I had to work my way up to that distance. I also frequently walked it. I generally over the summer would walk most of the island; however I never walked the circumference. I was told by a visitor from Massachusetts who visits one of my neighbors that the old Languedoc restaurant is still out in Nantucket. After the various kitchens I worked in including the large ship like Gordon Folder and Vielle Mason kitchens, I enjoyed the small close quarters of the Languedoc kitchen, so one did not have to walk so much. Still, it was a lot of hard work helping serve up to 250 meals a night. Of course at that point, I already had traveled a bit and had my formal education, and I had lived in several large cities along with adjacent suburbs, so I was basically getting away from it all on working vacations. I guess I would enjoy working on a cruise ship for a working vacation, but after all my years around the ocean, I am basically afraid of the ocean. Thus besides being the Pan Am VIP apartment in Greenwich, I could also be the state side Queen Elizabeth II or Queen Mary II suite for visitors on cruise ships. I have been informed the new Queen Mary II is due to make its maiden voyage in March 2003, and it is suppose to be the world's largest cruise ship. Of course so was the Titanic. I like treating Nantucket, Manhattan, and Key West like one large cruise ship that was less susceptible to sinking, but they were like floating ships surround by water. Since I read quite a few sea novels from the Decatur, Alabama Carnegie library, I was a bit acquainted with the sea by the time I was living full time around the ocean. I have been advised to try to eat more fresh fish, but since the price of fresh fish is so expensive in this area, I can not always afford it. CIO**

**Note: <888> 02/24/03 Monday 6:05 P.M.: I am listening to [www.warx.com](http://www.warx.com) to see what is happening in the Washington D.C. area. CIO**

**Note: <888> 02/24/03 Monday 5:55 P.M.: I went out, and I drove by the waterfront. If one is careful, one can work their way over the snow pile and around the dumpster to get out on the pier. I then made my 4:15 P.M. appointment. I next went by the Greenwich Library, and I read the local newspaper. I then returned**

home. I am cooking a box of 6 Master Choice fish filets and 15 frozen onion rings at 425 degrees Fahrenheit in the convection oven for 12 minutes a side. I will have them with a 1/3 of a cup Heinz ketchup and three tablespoon of horseradish mixed together along with ice tea. CIO

Note: <888> 02/24/03 Monday 3:00 P.M.: Interesting article on Rolls Royce <http://www.telegraph.co.uk/motoring/main.jhtml?xml=/motoring/2003/02/21/emfrols22.xml> . I will now shut down the computer and get ready to go out for my 4:15 P.M. appointment. CIO

Note: <888> 02/24/03 Monday 2:25 P.M.: I chatted with a couple of friends. There is a story at <http://news.bbc.co.uk/1/hi/business/2793253.stm> that the Dutch Food giant Ahold has its stock down 65% because of accounting irregularities in its United States subsidiaries which include the Stop and Shop chain of food stores. CIO

Note: <888> 02/24/03 Monday 1:35 P.M.: I received email that the \$25 check I sent to Net2Phone 24 days ago has been credited to my account, so I have \$34 on the account to use at 2 cents a minute. CIO

Note: <888> 02/24/03 Monday 1:05 P.M.: I have finished configuring the AMD backup. It basically consists of a AMD KII 450 MHz processor running at 366 MHz, along with two 128 meg PC100 memory chips for 256 megs total, an OPTI generic sound card, the Logicode modem, Macronics LAN 10/100 card, a 24X CD player, 4 USB ports, an 8 gigabyte and 6 gigabyte hard drive, a 3.5" and 5.25" floppy drive, the Diamond Stealth Multimedia 32 meg. video card along with generic mouse, generic pair of speakers, generic keyboard, with 17 inch monitor, all running with Windows ME. It is an equally fast as the Dell backup computer. So I basically have to equally powerful backup computers. I also put the 6 gigabyte hard drive in the old IBM Cyrix, it has on board sound, but no CD player for software installation, no modem or LAN card. The book stacking procedure for moving the backup computer 17 inch monitor worked just fine, where I did not have to lift the monitor. CIO

Note: <888> 02/24/03 Monday 10:55 A.M.: After the last message, I cleaned up, and I went over to the Greenwich Hospital outpatient clinic for my follow appointment with the surgeon who did my hernia operation. The doctor thought it was healing properly. The doctor removed the surgical tapes that held the incision together. I was advised that some time in the future, I need to have the smaller hernia on the left side taken care. I asked if it would be all right to wait until after summer, and the doctor said it would be. I was advised not to lift any items that strain my abdomen muscles, and if I have to lift, I should lift with my legs. I thanked the doctor for the most excellent treatment. I next went by the Greenwich Hospital Thrift shop, and all merchandise if 50% off. I then went downtown, and I walked the entire length of Greenwich Avenue. There is no ice to speak of, and a few slippery spots have been sanded. At the top of Greenwich Avenue at the sidewalk

intersection with Pickwick Plaza and East Putnam Avenue, there is a slippery spot where the ice has formed at the curb where one crosses the street to the west side of Greenwich Avenue. I then drove down by the waterfront, and the pier is still blocked by some snow. I then returned home. For lunch I had two hotdogs with buns and French's Dijon mustard with Heinz ketchup and potato chips and a dill pickle slice and ice tea. I figured out how to move the 17 inch monitor on top of the IBM Cyrix backup computer. I will first change the video setting on the IBM Cyrix to VGA, and then I disconnect the cables to it and the monitor. I then put a board from the bedroom window on top of the HP LaserJet IIP printer to the left of the IBM backup Cyrix computer. I then will pile about 15 inches of Encyclopedia Britannica two books at a time until, they are level with the base of the monitor. I will then slide the monitor on top of the books, and I will remove the computer that was underneath it. I will then install the hard drives and 24 CD player and Logicode modem and LAN card and sound card and 5.25 inch floppy drive from the IBM Cyrix into my AMD KII 366 MHz computer with 256 Megabytes of memory. I will then put the AMD computer back where the IBM Cyrix was and put the monitor back on top of it. I will then connect it all and boot and configure the AMD computer. I have an extra 6 gigabyte hard drive to put in the IBM Cyrix computer, but I will not bother configuring it at the moment since it is fourth computer running at 233 MHz. However, I might do that in the future. I do have a LAN card for it, and it has onboard sound and video. Maybe after I configure it, I will put it up for grabs at a thrift shop. However, I am not sure they will want it. I have seen them toss out better computers. Well, I will get busy now. CIO

Note: <888> 02/24/03 Monday 6:45 A.M.: A Friend called up, and we chatted. The friend lives about 25 miles northeast of me, and he warned me with the colder weather after all the moisture, we have lots of ice on the roads in the area. Thus when I go out this morning, I will stay on the primary roads. I will check the conditions after my morning appointment to see whether I will take an exercise walk downtown, since the sidewalks could be slippery. I will now shut down the computer, and I will start cleaning up and getting ready to go out for my 8 A.M. appointment. CIO

Note: <888> 02/24/03 Monday 6:25 A.M.: I installed the Microsoft Internet Pro Keyboard software. CIO

Note: <888> 02/24/03 Monday 6:10 A.M.: I did some research on [www.accessmicro.com](http://www.accessmicro.com) and [www.northgate.com](http://www.northgate.com) . I also reinstalled and reactivated World Book 1999, however it will not go online, so I can not get the updates. I also have Encarta 2002 from the Microsoft Works Suite 2002. I went through my menu items and checked them out. I did the Direct X 9 tests, and the sound and video are working just fine. CIO

Note: <888> 02/24/03 Monday 4:10 A.M.: I went to bed about 5:45 P.M. last night. I had two calls about 9 P.M. from a friend and a relative. I did not chat much since I was sleepy. I was up at 3 A.M. this morning. I had breakfast of oatmeal, toast,

orange juice, vitamins, supplements, and coffee. I will now do some regular computer work. I have an 8 A.M. medical appointment this morning for follow up on the hernia surgery. I also have a 4:15 P.M. appointment this afternoon. On my Windows XP Professional installation, the Microsoft Internet Keyboard special buttons work without installing the special drivers for it. After the installation besides configuring the software, I also had to remember to install the Direct X 9 drivers. It is 23 degrees Fahrenheit right now, so I guess winter is still with us. The Old Farmers Almanac for 2003 also said that March would be colder than normal in this area. CIO

Note: <888> 02/23/03 Sunday 3:10 P.M.: I will now shut down the computer. I will probably watch television and relax until about 6 P.M., when I will go to bed. I have an 8 A.M. medical appointment tomorrow morning to follow up on my hernia surgery. I also have a 4:15 P.M. appointment tomorrow afternoon. With the cool damp weather, it is a bit hard on the arthritis. CIO

Note: <888> 02/23/03 Sunday 3:00 P.M.: I have been listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I had two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and a dill pickle and ice tea. CIO

Note: <888> 02/23/03 Sunday 12:50 P.M.: Following is a list and costs of my present primary computer CPU setup.

Northgate Barebones Computer System with Syntax SV266M motherboard, AMD Athlon 2000+ processor, Kingston ValueRam 512 MB, PC 266, Alps 3.5 " floppy drive, ThermalTake A1492 CPU Heatsink and Fan, APEX/Foxconn TM-124 case, generic case cooling fan, UPS ground shipping and burn in \$297.05;

CD/RW 24 X \$50,

58X CD \$22,

Linksys 10/100 LAN card \$10

Maxtor 20 gigabyte hard drive \$24

Maxtor 20 gigabyte hard drive \$105

Creative PCI Sound Blaster Live MP3+ audio card \$84

Windows XP Professional Edition Upgrade \$160

Symantec Norton Systemworks 2003 and Norton Firewall 2003 \$35

Microsoft Works Suite 2002 \$55

Microsoft FrontPage 2002 \$15

Microsoft Home Publishing 2000 \$5

Microsoft Internet Keyboard \$20

Logitech cordless mouse \$25

Visioneer 4400 scanner USB \$25

Cambridge Lab Speaker System \$43

Monsoon Speaker System \$50

2 pairs generic speakers \$30

Various other software ?

Siemens router \$40

**Motorola Cable Modem with LAN cable \$50**  
**Printer Port Box \$10**  
**HP LaserJet IID printer \$40**  
**HP LaserJet IIP printer free**  
**Epson Stylus Color 880 printer \$70**  
**3 printer cables \$30**  
**Net2Phone Microphone Headset \$10**  
**Panasonic headset \$15**  
**2 mouse pads \$5**  
**2 Belkin Power Control Centers \$44**  
**19 inch CompUSA Monitor \$420**  
**Ezonics USB computer camera \$22**  
**Computer Keyboard Drawer \$22**  
**One gold stereo Y 3 splitter \$7**  
**Two gold stereo Y 2 splitters \$10**  
**Andrea Electronics Microphone Ear Piece \$50**

**Total Costs Michael Scott's Primary Computer Setup:**  
**\$1910.05 plus many hours of computer toil**

Of course, a great many of the items were sale items or had rebates, and it took a lot of time to search out the best values not to mention travel and gasoline. Items like the monitor and one of the hard drives, I have had for several years. I also have the backup systems.

**Note: <888> 02/23/03 Sunday 12:15 P.M.: I just finished vacuuming the apartment. CIO**

**Note: <888> 02/23/03 Sunday 11:45 A.M.: I watched a bit of television. I had two pretzel rods with an orange and some ice tea. In retrospect, the only draw back in the assembly of the Apex/Foxconn TM124 case that came with the barebones system is that the case is really designed for snap in installment of the hard drive, cd players, and floppy drive. The floppy drive snaps in with the sliding plastic lever on the inside of the case. However, since the case only opens on one side, I was able to slide the CD players in on the sliding rails, and screw them in with two screws on the open case side. However beneath the floppy drive where the C: drive is, there is only room for attaching one screw bolt to the hard drive, since the sliding plastic lever blocks the other bolt. Still the devices are sitting on rails, so they are securely positioned. The lower D: drive fit into the removable cage which I was able to use 4 screws on. I guess the case is really made for factory snap in hard drives. Still the system components are securely enough installed. I suppose the nut and bolt guys in Asia assembling these CPUs are being replaced by the snap in component assemblers. However, I am using standard replacement hard drives. I technically could try to reach into the inch space on the far inside of the case and hand screw in another bolt, but if tightened it would be hard to remove in the future. Still the overall upgrade barebones system was an excellent value. One could order the**

Syntax motherboard with 5 PCI slots with the same AMD Anthalon XP 2000 processor with 512 megabytes of memory in a slightly different case with more openings for \$300

<http://www.accessmicro.com/bto/index.phtml?kitid=KTAXPDDR#product> or about \$35 more than the barebones configuration that I ordered. However the Apex/Foxconn TU124 case has the same side panel arrangement with snap in slider release and lock mechanism. Anyway my new system is fine for me; I consider it excellent value in its present configuration.

Note: <888> 02/23/03 Sunday 10:05 A.M.: I chatted with a relative. CIO

Note: <888> 02/23/03 Sunday 9:55 A.M.: I went out after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations in the dampish weather. There was a slight mist and drizzle. I then drove down by the waterfront. Most of the huge pile of snow down by the pier is gone. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next went to the Food Emporium, and I bought a boneless shell steak at \$4.99 a pound for \$3.44, two half gallons of Florida Natural orange juice with calcium for \$2 each, and a bunch of fresh asparagus at \$2.49 a pound for \$1.68 for \$9.12 total. I then went by the Stop and Shop, and I bought a bag of Bachman pretzel rods for \$1.50, a Stouffer's home-style Salisbury steak and meatloaf dinner for \$2.50 each, a jar of B&G kosher dill pickles for \$1.99 for \$8.49 total. I then drove over to Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$26. I just now returned home, and I put away my purchases. I had a glass of ice tea. CIO

Note: <888> 02/23/03 Sunday 7:05 A.M.: I will now shut down the computer. I think I will go out and do some errands. CIO

Note: <888> 02/23/03 Sunday 6:40 A.M.: I installed JAVA for my system <http://java.sun.com/getjava/index.html> , and now the <http://www.whitehouse.gov/stateoftheunion/sotu2003-ipix.html> Panoramic pictures from [www.whitehouse.gov](http://www.whitehouse.gov) works. CIO

Note: <888> 02/23/03 Sunday 6:05 A.M.: On a rainy day, one can always read part of an Ebook <http://etext.lib.virginia.edu/ebooks/ebooklist.html> . CIO

Note: <888> 02/23/03 Sunday 5:55 A.M.: At the [www.circuitcity.com](http://www.circuitcity.com) broadband test site, I am getting 3 to 3.2 megabytes a second speed on my system with Optimum Online [www.optonline.net](http://www.optonline.net) . CIO

Note: <888> 02/23/03 Sunday 5:45 A.M.: I downloaded from Microsoft "BootVis" for Windows XP. I ran the program to increase boot speed. From CMOS password to Login screen is 30 seconds and after five seconds logging in, I get the Windows Desktop in about 50 seconds total. However, since I load Symantec Firewall 2003 and Norton Antivirus 2003, it takes about another 30 seconds for those, and with

completion of loading Weather bug which takes time, the total boot time for my system is about 2 minutes and 30 seconds. CIO

Note: <888> 02/23/03 Sunday 5:10 A.M.: When one has the rainy day blues, a little bit of vintage Elvis always cheers up the old timers. CIO

Note: <888> 02/23/03 Sunday 5:00 A.M.: It is raining heavily out, so I will be staying inside. I really liked the Boston Market Swedish meatballs. I just noticed that the similar memory as my Kingston ValueRam 512 megabytes chip that came from [www.accessmicro.com](http://www.accessmicro.com) with my barebones system cost \$69, but I noticed CompUSA charges \$200 for the same memory. I guess AccessMicro is excellent value on the internet, if one is inclined to do it themselves. CIO

Note: <888> 02/23/03 Sunday 4:20 A.M.: I am just about ready to have a Boston Market dinner of Swedish meatballs with creamy noodles and ice tea. I am listening to some Elvis tunes, I have on the computer. CIO

Note: <888> 02/23/03 Sunday 3:55 A.M.: I went through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I cleaned up and organized the items in my Menu Start Menu. I have been listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . Well, I am very please with the overall performance on my new computer system. CIO

Note: <888> 02/23/03 Sunday 2:45 A.M.: One nice new feature about the added system resources on my new computer is that I can do my regular computer work while listening to audio at the same time. At the moment, I am using the headphones, so as not to disturb my neighbors. And of course I can do a lot of multitasking. CIO

Note: <888> 02/23/03 Sunday 2:35 A.M.: I reset up the email program, and it is now working just fine. I sent out two emails. CIO

Note: <888> 02/23/03 Sunday 2:10 A.M.: The Optimum Online mail server is not working in my email. It has worked since I reinstalled the system, so maybe the Optimum mail server is down. CIO

Note: <888> 02/23/03 Sunday 1:35 A.M.: I finished house cleaning except for vacuuming. I threw out the Peterson grove orange box, and I have the last six honey bell oranges in the refrigerator. I also just finished cleaning up. I can not set up the old AMD KII 366 Mhz computer because; I need the hard drives and other parts from the IBM Cyrix backup computer. However, I have about a 40 t0 50 pound 17 inch monitor sitting on the IBM Cyrix CPU case, which at the moment I do not think I should lift. I will wait until a friend is down to visit to help me lift it. I will now do some regular computer work now. CIO

**Note: <888> 02/22/03 Saturday 11:55 P.M.: I finished a six part backup from the C: drive to the D: drive. On the faster new computer system, backups are a lot faster. I deleted the Red Hat \*.iso files from the D: drive. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will now do my house cleaning. I already have watered the plants. I will vacuum later in the day, when I will not disturb my neighbors. On the new computer system, it will not turn on from the control panel, one has to press the on and off button on the computer. CIO**

**Note: <888> 02/22/03 Saturday 10:00 P.M.: I ran Norton Speed Disk on the C: drive. I woke up at 9 P.M. when the NOAA weather radio went off. I chatted with a relative. I finished updating the new computer system. As far as configuring it, I think I have it all done. I guess I will start a C: drive to D: drive backup. CIO**

**Note: <888> 02/22/03 Saturday 2:15 P.M.: I rested for about an hour after the last message. I chatted with a relative. I was able to restore "My Documents" files in their desktop folder. I was also able to import the old email. I installed the rest of the programs and other updates. I did some system configurations. I basically as far as I can tell have the system restored back to the way it was before. It is all running just fine. I ran Norton Disk Doctor and Norton Win Doctor. I will now run Norton Speed Disk. I am not sure whether I want to do a backup yet or wait a day or two. I had the last piece of Pepperidge Farm layer cake with ice tea. CIO**

**Note: <888> 02/22/03 Saturday 9:15 A.M.: I setup my email. I finished installing Microsoft Works Suite 2002. I tried restoring "My Documents" from the backup, but the system properties will now allow it. I will have to tinker with it later. I had a Boston Market roast pork and garlic mashed potatoes dinner with ice tea. I will now shut down the computer, and I will head off to bed.**

**Note: <888> 02/22/03 Saturday 7:10 A.M.: I have been busy. The Barebones Computer System made by Northgate from [www.accessmicro.com](http://www.accessmicro.com) came with the cabling all connected. I checked the manual and the cables to make sure they were installed properly. I then install the 58X CD player and the CD/R player, and the Creative Soundblaster Live MP3+ card with the connections to the CD players and also the LAN card. I have one free PCI slot. The system came with two IDE cables. However, the two 20 gigabyte hard drives do not fit in parallel to each other, but perpendicular. This gave me barely enough room to connect the cable since it was a further distance. I solved the problem by putting the C: drive in upside down. In the CMOS I accepted the defaults, but I disabled the onboard sound, LAN, and modem. The system comes with four USB2 ports on the back and two in front. Anyway about 5:30 P.M., I got the system all put together and connected. I tried installing a Windows XP restore, but it would not work, so eventually I had to do a new install of Windows XP Professional losing my program settings from the old computer. It was a straight forward installation without any problems. I installed the onboard AGP driver and the camera driver. Anyway the system is working just fine. I had problems with the Norton System Works 2003 and Norton**



Firewall 2003 which after a long time, I fixed with registry tweaking that I found at the Symantec tech support site. Thus they are working fine. I installed the printers and Siemens printer drivers along with Weatherbug. I just install Microsoft Word 2002 and the updates. I also installed the Windows updates. I had two yogurts and ice tea and ten Carr's crackers with slices of Vermont extra sharp cheddar cheese. I did sleep from midnight to 3 A.M.. I am bit tired, but I will work at reconfiguring the computer for a bit more time. Anyway the overall system is running just fine without any problems. It is substantially must faster. CIO

Note: <888> 02/21/03 Friday 1:10 P.M.: I watched television. I had a yogurt. The Barebones Computer system just arrived from UPS. I will now assemble the system. CIO

Note: <888> 02/21/03 Friday 12:35 P.M.: I watched some television. I sat outside and enjoyed the warmer weather for a while. CIO

Note: <888> 02/21/03 Friday 10:50 A.M.: I rested a bit. I watched some television. I am still waiting for UPS. CIO

Note: <888> 02/21/03 Friday 8:20 A.M.: I rested a bit. UPS tracking reports as of 7:49 A.M., my barebones computer system is "Out for Delivery", so hopefully it will arrive soon. CIO

Note: <888> 02/21/03 Friday 6:25 A.M.: I just finished my meal. I will now rest a bit. CIO

Note: <888> 02/21/03 Friday 5:35 A.M.: I am doing a little bit of regular computer work. I am defrosting one of the two Christmas dinners I saved and froze at Christmas. It consists of boneless breast of turkey breast with gravy, Scott's stuffing, and Canadian wild rice. It is on the defrost cycle in the microwave. I assume after defrosting it, I have to reheat it. I will have it with ice tea. CIO

Note: <888> 02/21/03 Friday 4:45 A.M.: UPS tracking shows that the Barebones computer system arrived at Norwalk, Connecticut at 9 P.M. last night. Thus since our UPS trucks locally come from Norwalk, it should arrive today. I will have to wait here all day for it to arrive, until it arrives. I saw a UPS truck on Steamboat Road at 8 A.M. yesterday morning, so they do start delivering early. CIO

End of Scott's Notes week 02/21/03:

Note: <888> 02/21/03 Friday 2:45 A.M.: I went through my email. I did some other regular computer work. I probably will not be going out for a walk at first light this morning since there tends to be black ice out during the colder night hours until it melts. I should receive my barebones computer system today, so I will stay home and wait for it to arrive hopefully this afternoon. I will now send out my weekly notes. CIO

**Note: <888> 02/21/03 Friday 1:30 A.M.: I chatted with a friend. I went back to bed until midnight. I had breakfast of an orange, three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will now do some regular computer work. CIO**

**Note: <888> 02/20/03 Thursday 9:40 P.M.: I rested some more. I chatted with a relative. UPS tracking shows the barebones computer system left Shrewsbury, Massachusetts at 6:53 P.M., so maybe it will arrive here tomorrow. CIO**

**Note: <888> 02/20/03 Thursday 6:10 P.M.: I just woke up from my nap. CIO**

**Note: <888> 02/20/03 Thursday 12:50 P.M.: I watched some television. I picked up my mail. I had a meal of two hotdogs with buns and French's Dijon mustard and Heinz ketchup and potato chips and ice tea. I will now take a nap. CIO**

**Note: <888> 02/20/03 Thursday 11:05 A.M.: UPS tracking shows that my new barebones system arrived at Shrewsbury, Massachusetts at 4:50 A.M.. That is near Worcester, Massachusetts. Let's hope it arrives on time tomorrow. Of course tomorrow is suppose to be a nice day. I am not sure I want to wait inside all day for it. Well, I went out at 6:30 A.M., and I walked the entire length of Greenwich Avenue. It was an enjoyable walk, but in the cooler morning temperatures, there were still slippery icy spots, so one had to be careful. I drove down by the waterfront, and the pier on Steamboat Road is plowed in, so one can not walk out there. I drove over to Grass Island, and they are not dumping the snow there this year. I wonder where they are dumping it. I then went by the Greenwich Hospital Thrift Shop. I next went by the Greenwich Library, and I read the Forbes article about Microsoft's activities in China. I also read the Greenwich Times. I checked out a DVD video disk. I then went by the Arnold Bread store outlet, and I bought two loaves of Arnold 12 grain bread for \$1.78 both. I just now returned home. It is a nice and warm 42 degrees Fahrenheit out, and the snow is melting fairly fast. CIO**

**Note: <888> 02/20/03 Thursday 5:50 A.M.: I will now clean up. I will shut down the computer. I will go out for some daytime activity. CIO**

**Note: <888> 02/20/03 Thursday 5:10 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I had the same dinner as last night, but instead of fried onions on the burgers, I had horseradish instead. I will now have a 50% Folgers' instant coffee with 50% Folgers' decaffeinated instant coffee. CIO**

**Note: <888> 02/20/03 Thursday 4:20 A.M.: I went through my email. I rested a bit and watched some television. CIO**

**Note: <888> 02/20/03 Thursday 2:50 A.M.: The Greenwich Times [www.greenwichtime.com](http://www.greenwichtime.com) says that we had 20 inches of snow. The Homeland Security Department posted this new web site [www.ready.gov](http://www.ready.gov) with hints to prepare in an emergency. CIO**

**Note: <888> 02/20/03 Thursday 2:25 A.M.: I had a dozen Carr's crackers with slices of Vermont extra sharp cheddar cheese and ice tea. I watched television and rested until 8 A.M.. I went to bed. I woke up around 1:30 P.M. when I heard people shoveling off the roof outside my windows. I rested until 7:30 P.M. when I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I went back to sleep when a friend called about 9 P.M.. I had a called from a relative about 10:15 P.M.. I tried resting and watching a bit of television until 2 A.M. when I got up. I took the two port regular USB card from the Dell backup, and I have it in reserve to put in the new barebones system in the third PCI slot. I can use regular USB ports for the keyboard double USB ports, camera, and scanner. I will save the barebones USB 2.0 ports for faster devices in the future. The Dell backup has two other onboard USB ports. There is no update at UPS tracking. I had an orange and ice tea. I am trying to get on a day schedule, since there is not too much to do at night. CIO**

**Note: <888> 02/19/03 Wednesday 5:30 A.M.: I watched some television. I will now shut down the computer. I will go to bed soon. CIO**

**Note: <888> 02/19/03 Wednesday 3:40 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO**

**Note: <888> 02/19/03 Wednesday 3:15 A.M.: British Royal Marines run out of toilet paper in Kuwait <http://www.timesonline.co.uk/article/0,,2-583093,00.html> . With the name Scott lots of people over the years think I am in the toilet paper business and use to call me "tish" as in "tissue". However, I think that is a different branch of the family. However, I once was told that the Saudis do not use toilet paper because of a lack of water in the middle east. I think they use oiled rags. Also in Saudi Arabia they wipe with one particular hand and eat with the other, so one has to be careful what hand one shakes hands with. Maybe this same situation would be relevant to Kuwait. Obviously to use toilet paper one generally needs lots of water for sewage treatment unless one is using chemical toilets or an out house. CIO**

**Note: <888> 02/19/03 Wednesday 2:45 A.M.: I sifted through my email. Microsoft stock split 2 for 1 yesterday. I took the 1.5 pound package of Coleman 75% lean ground round, and I split it into four parts and shaped them into burgers. I covered two and refrigerated them for use later. I took my 12 inch Griswold frying pan, and I put in a few tablespoons of olive oil and four pads of margarine, and I heated it for five minutes over medium high on the large burner. I put in the two burgers along with a half of sliced onion, and I cooked them four minutes a side turning them every two minutes over medium to medium high heat, and I seasoned both sides with Old Bay seasoning, garlic powder, ground black pepper, celery salt, poultry**

and meat seasoning, Italian spices, oregano, and basil. When they were done I had Hellmann's mayonnaise on the bottom side of the buns then the burgers, and French's Dijon mustard and Heinz ketchup with the fried onions on top then the top bun. I had the two burgers with steam fresh broccoli crowns with grated parmesan cheese and ice tea. CIO

Note: <888> 02/19/03 Wednesday 12:55 A.M.: I had goldfish crackers and ice tea, and I watched television until about 8 A.M. this morning. I was awoken about 1:30 P.M. by a knock on my door, but no one was there. I later figured they were probably moving cars for plowing, but my car was already in a plowed place. I put in four new AA batteries in my door chime apparatus in the bedroom that plays "Blue Bells of Scotland", so I can hear when someone is at the door. I then slept until 6 P.M., and I had orange juice and vitamins and supplements. I slept more until 8:30 P.M.. I had breakfast of a Florida orange, three medium boiled eggs, toast, the rest of the glass of orange juice, and coffee. I cleaned up. I checked the parking lot outside, and it was all plowed, and there were plenty of spaces. I chatted with a relative. I went out, and I walked the entire length of Greenwich Avenue. One has to be careful, because there are lots of spots with slippery black ice. They are suppose to start removing the snow from the top half of Greenwich Avenue at midnight. Still if one is careful, the Avenue is passable for walking. I wore my Alpine boots with vibram soles. I did find one place to sit out without snow, and it was one of the benches at the post office with a newspaper on it that said "Movers and Shakers". I next drove down by the waterfront. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next went to the Food Emporium, and I bought a 38 ounce box of Pepperidge Farm goldfish crackers for \$5.79, a five pound bag of America's Choice sugar for \$2.49, ground beef at \$2.49 a pound for \$4.06, a box of Ronzoni spinach fettuccini for \$1.85, a bulb of garlic at \$2.99 a pound for .36, an eight pack of Freihoffer's hamburger rolls for \$1.99 for \$16.54 total. The gave me a new Food Emporium application to fill out for a new card. I returned home, and I put away my purchases, and I am having a glass of ice tea. I checked UPS tracking, and there is no update since last Saturday, when it was last tracked, so I guess the barebones computer system is on a truck coming across country. It is suppose to be here on Friday. CIO

Note: <888> 02/18/03 Tuesday 4:20 A.M.: I did some more computer work. I watched some television. I had a piece of Pepperidge Farm layer cake with ice tea. I will now shut down the computer. I will try to go to bed directly. CIO

Note: <888> 02/18/03 Tuesday 12:45 A.M.: I sifted through my email. I did some regular computer work. I watched some television news. I had the same dinner as last night finishing off the cold eye round beef. CIO

Note: <888> 02/17/03 Monday 9:50 P.M.: I chatted with a relative. I cleaned up. I threw out the garbage in the garbage chute. I watered my three plants by carrying water to them instead of lifting the plants. CIO

**Note: <888> 02/17/03 Monday 8:55 P.M.:** I had a dozen Carr's crackers with slices of Vermont extra sharp cheddar cheese before going to bed about 7 A.M. this morning. I watched a bit of television before going to bed. I had a call from a friend about 10 A.M.. I was up at 6 P.M.. I had breakfast of a Florida honey bell orange, three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I went out and I checked the snow accumulation. It looks like we got about 18 inches of snow. I was able to open my Hyundai driver's side door, and I pulled the Hyundai out of the drift into the cleared driveway. I cleared the snow off the car, and I then backed it into a cleared parking place. Thus the Hyundai is free and clear of snow. I chatted with a relative. I chatted with a friend. CIO

**Note: <888> 02/17/03 Monday 3:55 A.M.:** I did some computer work. I watched some television. I will now shut down the computer. I will try to go to bed. CIO

**Note: <888> 02/17/03 Monday 1:50 A.M.:** No word from UPS tracking since my barebones computer shipment left Vernon, California on Saturday February 15, 2003 at 7:31 A.M.. Maybe it is winding it way along the highways in the Rockies or the Great Plains. I watched some television. I had some goldfish crackers and a piece of Pepperidge Farm layer cake along with ice tea. There has been about three inches of snow, and at the moment the rate of downfall is slow. CIO

**Note: <888> 02/16/03 Sunday 11:40 P.M.:** I will now do some regular computer work. CIO

**Note: <888> 02/16/03 Sunday 11:10 P.M.:** Any intrepid four wheel drivers here in town could check out the Glory Days diner on east Putnam Avenue to see if there are any stranded travelers having a meal. CIO

**Note: <888> 02/16/03 Sunday 11:05 P.M.:** For dinner, I am having three ¼ inch thick to 1/3 inch thick slices of cold eye round with horseradish sauce and Lea and Perrins Worcestershire sauce with steamed white rice and steamed fresh broccoli crowns with grated parmesan cheese and ice tea. CIO

**Note: <888> 02/16/03 Sunday 10:40 P.M.:** We have an inch of powdery snow already, and it is coming down at a moderate rate. CIO

**Note: <888> 02/16/03 Sunday 10:25 P.M.:** NOAA weather radio just went off with a "Blizzard Warning" until midnight Monday night with a foot to a foot and half of snow with winds over 35 miles per hours with white outs. They advise against people trying to travel. I believe the Howard Johnson's in Cos Cob is one of the most reasonably priced hotels in the area. CIO

**Note: <888> 02/16/03 Sunday 10:15 P.M.:** The red light is on my NOAA weather warning radio with "Blizzard Warning" on the LCD indicator. CIO

Note: <888> 02/16/03 Sunday 10:05 P.M.: <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=District+of+Columbia> is suppose to have 16 to 24 inches of snow and the same for Baltimore, Maryland <http://www.wunderground.com/US/MD/Baltimore.html> . Friday and Saturday are suppose to have highs 45 to 50 degrees Fahrenheit, so hopefully the snow will melt fast. CIO

Note: <888> 02/16/03 Sunday 9:45 P.M.: I was up at 6 P.M.. I had calls from a relative and a friend. I had breakfast of a honey bell Florida orange, three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by the Greenwich Library, and I returned a DVD video disk at the video drop. I stopped by CVS, and I bought Edge sensitive skin shaving gel for \$1.49 and a package of 10 large eye Singer sewing needles for \$1.25 plus .16 tax for \$2.90 total. I then went downtown, and I walked the entire length of Greenwich Avenue for the first time since my surgery, and I sat out at various locations. It is 15 degrees Fahrenheit outside right now. I drove down by the waterfront. I then went by the Stop and Shop, and I bought three packages of S&S premium margarine for \$2 all, a jar of Hell of a Good Horseradish \$2.19, two S&S Vermont extra sharp Vermont cheese \$1.99 each, Twinings five blends of tea package \$2.49, and a loaf of Arnold Branola 12 grain bread \$2.89 for \$13.55 total. I returned home, and I put away my purchases. I chatted with a relative. I will put the Singers needles with my other sewing items in the top mahogany bureau drawer in the bedroom. The internet weather alert says we are suppose to get 10 to 15 inches of snow, but the NOAA weather warning radio warned of up to 24 inches of snow. <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> say 8 to 12 inches of snow. CIO

Note: <888> 02/16/03 Sunday 12:45 A.M.: I watched a bit of television. I will now shut down the computer. I will try to go to bed sooner. CIO

Note: <888> 02/15/03 Saturday 10:50 P.M.: I chatted with a friend. I listened to President Bush's weekly radio address at [www.whitehouse.gov](http://www.whitehouse.gov) . I just put the ice tea in the refrigerator. CIO

Note: <888> 02/15/03 Saturday 10:15 P.M.: I chatted with a relative. It has been 15 days since I sent in \$25 to Net2Phone for my Net2Phone telephone account. It should be updated with the existing account on Monday. I sifted through my email. It is 10 degrees Fahrenheit outside right now. Weatherbug just issued a snow alert for Sunday night and into Monday with accumulations of six inches expected. CIO

Note: <888> 02/15/03 Saturday 9:35 P.M.: My guest just left. We watched some television after dinner. I am making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 02/15/03 Saturday 8:10 P.M.: UPS tracking shows my barebones computer system departed Vernon, California this morning. I had a couple of calls

this afternoon that a friend would be coming down at 5:30 P.M.. I was up at 3:30 P.M.. I had breakfast of a honey bell orange, oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up. I chatted with a relative. My guest arrived about 6 P.M.. I went out, and I went by the Stop and Shop, and I bought broccoli crowns at \$1.49 a pound for \$2.89 and a eye round roast at \$3.59 a pound for \$6.49 for \$9.38 total. I sat in my car downtown briefly. I drove down by the waterfront. I went by Exxon, and I bought \$3 of regular unleaded at \$1.899 a gallon for about 21 miles per gallon. I returned home. I seasoned the eye round on both sides with Old Bay seasoning, garlic powder, ground black pepper, celery salt, chicken and meat seasoning, Italian spices, basil, oregano, and Texas Best Mesquite barbeque sauce. I am cooking it in the convection at 350 degrees Fahrenheit for 45 minutes. It will be ready in about ten minutes. We will have several 1/3 to 1/2 thick slices of it with steamed fresh broccoli crowns and steamed white rice and ice tea. CIO

Note: <888> 02/15/03 Saturday 4:05 A.M.: P.C. Magazine has an interview with Bill Gates <http://www.pcmag.com/article2/0,4149,889423,00.asp> . Brian Livingston posted this new web site on Windows <http://www.briansbuzz.com/> . I guess I will now shut down the computer, and I will try to go to bed now to be up a little earlier. CIO

Note: <888> 02/15/03 Saturday 3:25 A.M.: I just looked at UPS tracking and the barebones system is scheduled for delivery Friday February 21, 2003. It weighs 26.5 pounds, so I think I should be able to lift it by then. I noticed that I could have order a slightly better case and a Syntax motherboard with 5 PCI slots instead of 3 for about \$20 more, but I probably will only be using two PCI slots for the SoundBlaster PCI live card and the LAN card. Thus it should be a most useable system for my immediate needs. I had a slice of Pepperidge Farm layer cake with ice tea. CIO

Note: <888> 02/15/03 Saturday 2:20 A.M.: I did a little bit of regular computer work at [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I watched a bit of television. CIO

Note: <888> 02/15/03 Saturday 12:40 A.M.: UPS tracking is working on the barebones computer system from AccessMicro. At the moment the package is in Baldwin Park, California. Since it is going by ground, let's hope it does not run into any blizzards. I sifted through my email. CIO

End of Scott's Notes week 02/14/03:

Note: <888> 02/14/03 Friday 11:55 P.M.: After dinner, I had a Florida honey bell orange. I will now send out my weekly notes. CIO

Note: <888> 02/14/03 Friday 11:35 P.M.: I chatted with two relatives. I put away the laundry. I have the new sweat pants I have been wearing cleaned. I am cooking

a Boston Market oven glazed white chicken meat boneless breast with mashed potatoes and gravy meal which I will have with iced tea. CIO

Note: <888> 02/14/03 Friday 10:05 P.M.: I started the dry cycle on the laundry. I put a new dishwashing wand cover on the dishwashing wand. I checked AccessMicro, and my barebones computer system shipped today. However, the UPS tracking number does not work yet. UPS ground is suppose to take three to five days. CIO

Note: <888> 02/14/03 Friday 9:35 P.M.: I put together two loads of laundry. I carefully rolled it out in the Rubbermaid laundry bin with wheels with the laundry basket on top of it. I lifted each load carefully down the six flights of stairs at the landing just down the hallway. I started the two loads of laundry. I put clean sheets on the bed. I have to make sure I do not do any heavy lifting. CIO

Note: <888> 02/14/03 Friday 9:05 P.M.: Happy Valentine's Day. I was up at 6 P.M. this evening. I had breakfast of three medium boiled eggs, toast, a honey bell orange, orange juice, vitamins, supplements, and coffee. I chatted with a relative. I went out, and I drove by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then sat in my car downtown for a brief spell. I then drove by the waterfront. I next went to the Food Emporium, and I bought four half gallons of Florida Natural orange juice with calcium for \$2 each, four Boston Market dinners, Roasted Pork, Oven Glazed White Chicken Meat, Home Style Chicken with Noodles, and Swedish Meatballs for \$2.29 each, two dozen large eggs for .79 each, and two packages of Master Choice frozen green peas for .37 each for \$23.48 total. I then returned home. I used the cart in the community room to carry my purchases from the car to my apartment. CIO

Note: <888> 02/13/03 Thursday 10:35 P.M.: I watched some television. I chatted with a relative. I did some regular computer work. I had two scoops of Godiva Belgium chocolate ice cream. I will now shut down the computer. I will watch some more television, and I will go to bed sooner or later. CIO

Note: <888> 02/13/03 Thursday 8:05 P.M.: The good news is that on my smaller diet since I had surgery I have lost eight pounds, and I have gone from 222 pounds to 214 pounds. However, I would imagine there are easier ways to lose weight besides hernia surgery. Since with all the able bodied so called strong people in Greenwich, I do not know any other them, everything in my apartment I have had to move in myself and move around over the years. This is more than likely what caused me to develop the groin hernia from a regular hernia which I originally got around 1980 when I lifted a trunk full of books weighing about 200 pounds when the ice storm in New Canaan that year caused a pipe in the basement of the townhouse to break and stark leaking water. Thus I have done more than my share of heavy lifting, and I use to even frame houses in back country Greenwich when I was a teenager. Thus to paraphrase the motto over Rockefeller Center "Knowledge is



**Power”, I prefer to say “Knowledge is Power, Until One Gets a Hernia Lifting the Books.” CIO**

**Note: <888> 02/13/03 Thursday 7:30 P.M.: I rested a bit. I had a call from a relative. I had a telemarketing call, and I told them to take my name off the list. I am now cooking a Stouffer’s homestyle pot roast dinner which I will have with ice tea. CIO**

**Note: <888> 02/13/03 Thursday 6:05P.M.: I had some goldfish crackers and ice tea. CIO**

**Note: <888> 02/13/03 Thursday 5:35 P.M.: I had a homemade vanilla yogurt. CIO**

**Note: <888> 02/13/03 Thursday 5:10 P.M.: I went out, and I went by Smokes for Less in Byram, and I bought a carton of Senaca Ultra Lights 100s for \$26 total. I then went by the Greenwich Hospital Thrift shop. I next drove downtown, and I sat out briefly. I then went by the waterfront. I then went by the Greenwich Library. I read the local paper, and I checked out a DVD video disk. I then returned home. I have an appointment Monday February 24, 2003 for the outpatient clinic to follow up on my surgery. They told me the succors are strips that will come off with showering. I have read articles about stocking up on plastic sheeting and duct tape. I have a lot of plastic sheeting that I bought, when I thought about covering my apartment windows to keep the apartment warmer. I also have a roll of duct tape in the apartment sweater closet and another one in the Hyundai hatchback area. In an emergency, I could conceivably cover up the bathroom fan, and put the plastic and duct tape over the bathroom door interior. I have orange juice jugs for ice tea for water. I guess I should save the granola bars. However, I am not sure I would want to sit in the bathroom for several days, and since I smoke I would probably run out of oxygen sooner or later. Anyway, we will have to wait and see what happens. CIO**

**Note: <888> 02/13/03 Thursday 1:45 P.M.: I was awake on and off watching television until 6 A.M. this morning. I had some goldfish crackers. I had a call from a relative about 9 A.M.. I was up when I received a shipment of a quarter bushel of honey bell oranges from the Peterson Groves in Vero Beach, Florida. I had one for breakfast with oatmeal, toast, orange juice, vitamins, and supplements. I turned the refrigerator cooler from zero to two setting. It is 21 degrees Fahrenheit outside right now. I do not have my weekly Thursday appointment until the first week of March. CIO**

**Note: <888> 02/12/03 Wednesday 11:30 P.M.: I ran Symantec updates. I spent a lot of the evening reading news. I will now shut down the computer. I will go to bed directly. CIO**

**Note: <888> 02/12/03 Wednesday 10:45 P.M.: I straightened up the slip cover on the couch. I opened up a 10 pound bag of Carolina rice, and I put about 60% of it in the rice container holder. CIO**

**Note: <888> 02/12/03 Wednesday 10:20 P.M.: I chatted with a friend. CIO**

**Note: <888> 02/12/03 Wednesday 9:05 P.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I repositioned my car in the parking lot. I finished off the Starbuck Java toffee ice cream along with a scoop and a half of Godiva Belgium chocolate ice cream. I rechecked with AccessMicro earlier today, and they reconfirmed that my barebones computer order was being processed. Thus it should take 10 to 13 days from today to arrive. AccessMicro [www.accessmicro.com](http://www.accessmicro.com) is in city of Industry, California near Las Angeles. I am not sure whether the computer is coming from AccessMicro or Northgate computers [www.northgate.com](http://www.northgate.com) that is building it, but they are both in the same location. I suppose it will be a sunny day when it arrives. CIO**

**Note: <888> 02/12/03 Wednesday 8:15 P.M.: I had a granola bar. I installed some Windows updates. CIO**

**Note: <888> 02/12/03 Wednesday 7:05 P.M.: I did some regular computer work. I had dinner of a Stouffer homestyle turkey dinner with ice tea. I chatted with a relative. Today is Abraham Lincoln's birthday. CIO**

**Note: <888> 02/12/03 Wednesday 4:15 P.M.: I had a granola bar and ice tea. CIO**

**Note: <888> 02/12/03 Wednesday 3:45 P.M.: I signed my lease for the next year. I then went out for the first time in a week, and I stopped by Putnam Trust Bank of New York on Mason Street. I obtained a bank money order at a cost of \$5 for \$297.05 to mail to a relative to repay the credit card payment for the barebones computer system, I ordered from AccessMicro. I also cashed my \$15 PNY memory rebate. I then drove downtown, and I drove by the waterfront, and I enjoyed the rather frigid view of Long Island Sound. I then drove over to the Valley Road Post Office, and I mailed the money order. I just now returned home, and I had a glass of ice tea. CIO**

**Note: <888> 02/12/03 Wednesday 12:45 P.M.: I was up at 11 A.M.. I called the Hospital outpatient clinic, and they will call be back about scheduling the appointment for the surgical staples removal next week. I called AccessMicro, and they said there was a problem with the credit card information. I called the relative whom had the credit card, and they called AccessMicro with the right credit card information, and the barebones computer system order has now gone through. It will be 10 to 13 days from today when it arrives here. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I just finished cleaning up. I have to sign my lease in about 50 minutes. I will then go**

downtown to Putnam Trust Bank of New York and obtain a money order to reimburse my relative for the barebones computer order. CIO

Note: <888> 02/12/03 Wednesday 1:10 A.M.: I sifted through my email and did some regular computer work. I had some potato chips and ice tea. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 02/11/03 Tuesday 11:35 P.M.: I chatted with a relative. I finished watching the dog show. I had a granola bar. I will now do some regular computer work. CIO

Note: <888> 02/11/03 Tuesday 9:00 P.M.: I had a granola bar. I chatted with a friend. I am watching the Westminster dog show on television. I am cooking a Stouffer's HomeStyle meatloaf dinner which I will have with ice tea. CIO

Note: <888> 02/11/03 Tuesday 6:50 P.M.: I was just reviewing my patient information slip, and I have to call to make an appointment for Wednesday February 19, 2003 to have my surgical staples removed I guess. It also orders "No Heavy Lifting". I printed out an envelope to send a relative a money order to reimburse them for the barebones computer order. CIO

Note: <888> 02/11/03 Tuesday 6:25 P.M.: I was up at 3 P.M. today when I had a telephone call from a friend. I also talked to another friend at noon today. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I have my lease information ready to sign here tomorrow afternoon. I chatted with a relative. CIO

Note: <888> 02/11/03 Tuesday 7:40 A.M.: I added up the prices separately at [www.accessmicro.com](http://www.accessmicro.com) for the barebones system that I ordered, and they were \$20 more separately. Of course AccessMicro is a low price OEM wholesaler with the lowest prices already. Thus I should have a very good computer system that will be more than usable for the next two to three years. I will now shut down the computer, and I will go to bed. The barebones system parts have a two year warranty. I believe organizations like NASA, Lawrence Livermore Labs, and Scandia labs frequently use AccessMicro. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 02/11/03 Tuesday 6:35 A.M.: Instead of goldfish crackers, I had a yogurt and ice tea. I tried to sleep, but I was not tired. I just had a Stouffer's [www.stouffers.com](http://www.stouffers.com) HomeStyle slow roasted beef and gravy meal with ice tea. Instead of walking outside daily to dump garbage items, I am using the garbage chute next to my apartment. It is 17 degrees Fahrenheit outside right now. Instead of going outside for a smoke, I am occasionally sneaking a cigarette by the kitchen stove with the fan on. I also closed the bathroom door, so any residual smoke would not go through the adjacent bathroom fan to the apartment next door. Earlier I sifted through my email. CIO

**Note: <888> 02/11/03 Tuesday 4:25 A.M.:** When I get the new CPU, I will not be trying to lift any heavy components like the old Dell backup or the 17 inch monitors that sits on the IBM Cyrix backup. I think I have learned my lesson. I will try to get a friend to help me. I also will not be trying to carry up heavy loads of groceries or double loads of laundry. I should start considering using the cart available downstairs or buying one myself. I have lifted so many heavy items over the years that now after having the hiatal groin hernia fixed on my right side, I do not want to damage the repair. I still have the hernia on my left side which is not as noticeable. I am not sure if I want to go through the same procedure in the near future. Lifting items like my General Electric Profile air conditioner and other items like moving furniture around my apartment over the years have not helped matters. The HP LaserJet IID printer was also very heavy. Still, I have a comfortable apartment with very serviceable computer equipment. I sifted through my email. I will now shut down the computer. I will have some goldfish crackers and ice tea, and I will go to bed shortly. CIO

**Note: <888> 02/11/03 Tuesday 3:25 A.M.:** Since my primary computer system is nearly three years old, I just ordered over the internet from [www.accessmicro.com](http://www.accessmicro.com) this barebones computer system with 512 megs of PC266 memory and an AMD XP Athalon 2000 processor with a Syntax motherboard for \$297.05 with ground shipping to arrive in 10 to 13 days <http://www.accessmicro.com/bto/index.phtml?kitid=KTAATHIINWIN#product> . It will be built by <http://www.northgate.com/> . I will transfer my two 20 gigabyte hard drives and 58XCD drive and my 24 CD/RW drive to it along with my LAN card or the onboard LAN card, SoundBlaster PCI Live card, along with all the other accessories I have connected. It has AGP 32 megs of shared onboard video or I could use my old S3 Savage PCI 32 meg video card. I will put my two 128 meg PC100 Sdram memory chips in the Dell backup computer. I guess I will be able to use other memory from the Dell to keep the old AMD 366 K6II and other hard drives from the IBM Cyrix backup configured. What remains of the IBM Cyrix, I could probably configure and donate away. Well, it will keep me busy in a week and a half. With Windows XP Professional when transferring a system like this, one has to boot the XP disk, and select to restore the operating system, which I have done before. Still it saves all the settings and installed programs. It is fairly routine. Windows XP professional will run quite a bit better on the new system and overall system performance should be greatly enhanced. CIO

**Note: <888> 02/11/03 Tuesday 1:25 A.M.:** I watched some television. I have to resign my lease on Wednesday February 12, 2003 in the afternoon. Maybe after I do that I might try to go out. I got my PNY memory \$15 rebate today. CIO

**Note: <888> 02/10/03 Monday 11:30 P.M.:** I watched the dog show for a while. I chatted with a friend. I had some goldfish crackers, and I finished off the Dutch Gouda cheese, and I had two scoops of Starbuck's java toffee ice cream along with ice tea. CIO

**Note: <888> 02/10/03 Monday 9:05 P.M.:** I chatted with a friend. I am watching on <http://www.usanetwork.com/USA.blue.html> the <http://www.westminsterkennelclub.org/>. I guess the earlier part of the night will go to the Dogs. CIO

**Note: <888> 02/10/03 Monday 8:20 P.M.:** Well, the snow seems to have quit. It looks like we had about three inches of snow. I cleaned off the snow of the Hyundai. I also cleaned the snow off the benches in front of the building. Although I was not able to do the house cleaning this past weekend, I did water the plants, by pouring water into them instead of lifting them. Some energetic volunteer downtown should take a snow brush or broom and clean the snow off the benches at the Greenwich Post office plaza, in front of the senior center, and the veteran's monument. Maybe the Greenwich Parks department should assume the responsibility of cleaning the snow off the benches in the downtown area, since a great many elderly people living in the downtown area like sitting on those benches, and if they are covered with snow or ice, they are not very usable. CIO

**Note: <888> 02/10/03 Monday 7:30 P.M.:** I was awake until about 6:30 A.M. this morning. I had some potato chips and ice tea. I chatted with someone at 10:30 A.M., and I cancelled my 4:15 P.M. appointment today. I rested until about 4 P.M. today. I started up the Hyundai, and I ran it for a while. I am recharging the Slaymaker million watt rechargeable flashlight light since about 6 P.M., so it should be fully charged about 8 A.M. tomorrow. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up. I chatted with a friend. I guess I will do a bit of regular computer work all night. I have to check with the Greenwich Hospital whether my stitches are the ones that dissolve, or if they have to be removed some time soon. I am feeling fine with minor surgical discomfort pain that I stop with CVS generic extra strength Tylenol taking one about every four hours. Still, I really can not do too much walking at this point, and in this weather I am most comfortable at home. I am not suppose to do any heavy lifting, so I can not be hoisting computer CPUs and monitors. I guess the light weight computer items are easier to deal with. Still, I have a lot of very heavy items in my apartment most of which I installed myself over the years, so as I get older, I will have to rely on stronger individuals to move or remove them when out of date and when I do not need them. Maybe they should invent robots that move heavy items for people who can not move them; of course everything is maintained and pretty much up to snuff now. CIO

**Note: <888> 02/10/03 Monday 2:00 A.M.:** I will now shut down the computer. I will go to bed directly. CIO

**Note: <888> 02/10/03 Monday 1:30 A.M.:** I did some regular computer work. I had the rest about four old fashioned Dutch pretzels and I also had about six one inch by 1.5 inch by 3/16 inch slices of Dutch gouda cheese. CIO

**Note: <888> 02/09/03 Sunday 10:05 P.M.:** After dinner, my guest and I watched some television. My guest just left. I just finished chatting with a relative. CIO

**Note: <888> 02/09/03 Sunday 7:25 P.M.:** I rested, relaxed and watched television until 8:30 A.M. this morning. I chatted with a relative. I had a piece of Pepperidge Farm layer cake. I rested until 3:30 P.M.. A friend arrived to visit and keep an eye on me. I had a piece of Pepperidge Farm layer cake. I removed the surgical Band-Aid covering my succors. I took a shower and cleaned up. My friend and I went for a drive around the waterfront. We drove over to Portocellis at the Cos Cob shopping center, and my friend got fresh Atlantic salmon filet at \$5.99 a pound plus fresh broccoli. We then sat out in his car downtown briefly. We next returned to my apartment. My friend cooked the dinner of baked filet of salmon cooking it for 25 minutes in the convection oven since it was thicker about a half pound filet apiece in a Pyrex baking dish with about a half cup of lemon juice seasoned with Italian spices, basil, and oregano at 350 degrees Fahrenheit in the convection oven, with steamed white rice, and steamed fresh broccoli with grated parmesan cheese and ice tea. We have a Winter Storm advisory for snow on Monday afternoon and evening with accumulations up to six inches according to the weather alert from [www.weatherbug.com](http://www.weatherbug.com) . We will now watch some television. I am taking CVS generic Tylenol for my surgical pain now. I am doing all right, and I seem to be getting around a lot better. I am still not using the back steps but just the elevator to the second floor plus the six steps I have to my landing. CIO

**Note: <888> 02/09/03 Sunday 2:35 A.M.:** I sifted through my email. I will now shut down the computer. I will go to bed soon. CIO

**Note: <888> 02/09/03 Sunday 1:45 A.M.:** The web sight for the United States Department of Homeland Security is [www.dhs.gov](http://www.dhs.gov) . CIO

**Note: <888> 02/09/03 Sunday 1:15 A.M.:** My apartment has been cool since the day before I had my surgery since I turned off the box window fan that blows around the heat coming up the wall, so my guest would not get a chill on the day bed from the draft from the fan. I just noticed that the thermometer was 65 degrees Fahrenheit in the living room. I turned on the box fan, and I increased the thermostat from 74 to 76 degrees Fahrenheit. I also turned the bedroom thermostat from off to 66 degrees Fahrenheit. Maybe I will feel a little bit better with it warmer in the apartment. I am updating the root directory on the backup Dell computer of Red Hat Linux 8.0 with the most recent updates. It is 19 degrees Fahrenheit outside right now. I had ten Carr's crackers with slices of Dutch gouda cheese and ice tea. My guest use to live in upstate Vermont, so he probably did not notice the chill. CIO

**Note: <888> 02/08/03 Saturday 11:05 P.M.:** I sent out my weekly notes. I chatted with a relative. I put the ice tea away in the refrigerator. I will now shut down the computer. I guess I should rest some more. CIO

**End of Scott's Notes week 02/08/03:**

**Note: <888> 02/08/03 Saturday 9:45 P.M.:** I was up at 7 A.M. this past Wednesday morning. I did not have breakfast. I made it to Greenwich Hospital Helmsley pavilion for the surgery by 8:30 A.M. My friend dropped me off there, and he was suppose to pick me up at 2 P.M.. They began prepping me for surgery with a surgical gown, intravenous drip, and shaving me in the hiatal groin hernia area on the right side. However, they soon discovered that surgery was not scheduled until 1:30 P.M.. I relaxed the morning lying in the presurgery room. The Helmsley Pavilion of the Greenwich Hospital is very clean and state of the art. At 1:30 P.M., they moved my bed into preop, and they briefed me on the procedure. Since I take other medications, they decided to do a general anesthetic. I was wheeled into the operating room, and the anesthesiologist started injecting some of my anesthesia into the intravenous drain. I was out until point at 1:45 P.M. until about 5:30 P.M. when I came to in the recovery room. I remember seeing a NEC computer monitor, so I started talking incoherently about computers. After an hour in the recovery room, I was moved into the preop room for an hour where I got dressed, and before leaving I had to urinate which I was successful at. My friend arrived from my place about 7 P.M., and I was wheel down to his car in a wheel chair. We then stopped by CVS pharmacy on Greenwich Avenue, and I got my prescription filled for Oxycodone w/apap5/325 tab mck. Also I got a general stool softener called Colace 100 mg 10ct for \$5.99. My Greenwich Hospital wrist band number is G00023974447 Scott, Michael MR #MO149861. I then returned back to my apartment, and I had a bowel movement as I recall. I was still drowsy from the anesthetic, so I rested in bed. My friend gave me a Stouffer's Home-Style turkey dinner along with ice tea. They next three days I continued resting. I would take one of the pain pills every four to six hours as needed. I chatted with a number of friends and family relatives. My friend stayed down and helped me getting out of bed to the bathroom and with meal. We had breakfast of oatmeal with orange juice and vitamins. Thursday night I had a Stouffer's home-style meat loaf dinner. On Friday night, my friend made beef stroganoff which was very good. He did not try to go to work on Friday in the snow. He told me cleared off my car. Tonight a friend familiar with medicine encouraged me to be more active. I am just finishing making up a batch of ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . For dinner I had the rest of the beef stroganoff and ice tea. I need to clean up when I feel more stable, and I can get in the shower. Supposedly after the second day, I can take the tape off my succors and clean up. From what I can tell there was very little bruising around the surgery sight. I am not suppose to do any heavy lifting for a week or two. Since I got home until this evening, it has been painful getting in and out of bed, so mostly I just rested in bed. Another relative encouraged me to be more active today. We supposedly have a National Security Red alert for this area, so I will try to catch up a bit on the news. I had another bowel movement this evening. CIO

**Note: <888> 02/04/03 Tuesday 9:15 P.M.:** I chatted with two different relatives. I finished the laundry. We had dinner of a Stouffer's family-style pot roast dinner

and my guest had a Stouffer's family-style turkey dinner along with ice tea for both. I went out, and I sat downtown briefly. I then drove down by the waterfront. I then went to Exxon, and I bought \$4.75 of regular unleaded at \$1.799 a gallon for about 23 miles per gallon. I then went to the Food Emporium, and I bought two Stouffer's family-style turkey dinners, one pot roast, and one meat loaf for \$2.15 each for \$8.60 total. I returned home. We are now watching television. I will now shut down the computer. I will not be updating "Scott's Notes" until I am significantly recovered from my hernia surgery. I guess I will be recovering at home for a number of days. Well, I will back online soon. CIO

Note: <888> 02/04/03 Tuesday 6:20 P.M.: I have a half hour on the second drier. I chatted with my guest. I paid for my guest to buy me at Modell's in the Port Chester, New York shopping center a pair of Russell sweat pants double XX large <http://www.modells.com/family/index.jsp?categoryId=1124591&cp=702126.702129> which he got for me for \$15.99 plus .44 tax for \$16.43 total. They fit comfortably, and I will wear them over to the Greenwich Hospital tomorrow, and they should be loose enough not to aggravate my stitches. CIO

Note: <888> 02/04/03 Tuesday 5:00 P.M.: I rested most of the day. I had two calls from the hospital about my surgery tomorrow. I chatted with a friend whom is staying down here tonight and taking me to and from the hospital tomorrow. I have to be at the Greenwich Hospital at 9 A.M., and hernia surgery will start about 11 A.M., and I should be ready to return home about 2 P.M.. I need to get a pair of large sweat pants to wear, so I will not hurt my stitches. I will do that when my friend arrives later this evening. I can not eat or drink after midnight. I had breakfast at 1:30 P.M. of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I rested until about 3:30 P.M.. I made another telephone call. I am in the process of doing two loads of laundry. I will have to wait a little extra time for one of the dryers. I put clean sheets on the bed. I thus will not have to lift any laundry loads for a while. CIO

Note: <888> 02/03/03 Monday 11:15 P.M.: I will now shut down the computer. I will watch some television. I will then go to bed. CIO

Note: <888> 02/03/03 Monday 10:50 P.M.: I went out after the last message. I walked lower Greenwich Avenue. I saw someone with a royal blue turban, so I guess people from India are here besides the usual folks at Zyn stationary. The Scott family besides their presence in America also served on the last viceroy of India Lord Mountbatten's staff, so someone in the family has a familiarity with India. Besides when I use to live in Florida, it was a bit like India. I next drove down by the waterfront. There is a new restaurant open at the new Delamar Hotel called "L'Escale", which seems to be very popular, but it is probably pricey. I next stopped by the Stop and Shop, and I bought a 10 pack of S&S dried milk for \$6.09 total. I then went by the Food Emporium, and I bought two Stouffer's home-style pot roast dinners, one turkey, and one meat loaf for \$2.15 each, Gold's hot horseradish for \$1.50, Master Choice Dijon mustard \$1.69, two boxes of America's



Choice fish filets \$2.19 each, AC 14 ounce frozen onion rings \$1.79, and two pints buy one get one free of Godiva Belgium chocolate ice cream for \$3.49 both for \$21.45 total. I then returned home, and I put away my purchases. I will now have a slice of Pepperidge Farm layer cake with ice tea. CIO

Note: <888> 02/03/03 Monday 8:55 P.M.: I rested until 7 P.M., when I had a telephone call from a relative. I then chatted with a friend. I had the same dinner as last night, but I also had a mixture of steamed cauliflower with steamed frozen green peas with grated parmesan cheese. CIO

Note: <888> 02/03/03 Monday 4:20 P.M.: I was up at 6 A.M. today when a friend called. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I then cleaned up, and I made my 8 A.M. appointment at the surgical outpatient clinic. The doctor said that I should have surgery on my groin hernia. I then went back home, and I prepared some bills to pay. I then went to Putnam Trust Bank of New York on Mason Street. I next went to the central Greenwich Post Office, and I obtained money orders to pay my Northeast Utilities bill and my Verizon telephone bill. I then went to First Union National Bank on Havemeyer Place, and I paid my rent. I noticed they were off loading from a truck into the parking lot across the street from the police station a couple of Aston Martins that were special editions. They were not there later, so maybe they took them to the Aston Martin dealership or someone is showing them elsewhere or a local connoisseur bought them. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I bought a raspberry Danish for \$1.25 at St. Moritz bakery, and I ate it at the Greenwich Common. I then drove down by the waterfront. I next went by the Greenwich Hospital Thrift shop. I next went to the Greenwich Library, and I returned a DVD video disk, and I read the Greenwich Times. I then returned home. I had a message from the doctor's secretary to call if hernia surgery on this Wednesday would be fine. I called and left a message that it would. I took about an hour nap, and the doctor's secretary called, and told me I would have to have some laboratory work done. I went to the Cohen building across from the Greenwich hospital, and I got the laboratory slip from Greenwich surgical associates and then I went down to the Benhem cancer center laboratory in the same building, and I had the blood drawn. I was told they would call me tomorrow to tell me what time on Wednesday, I would have the hernia surgery. I was told it would be a one day procedure, and I would not be staying in the hospital over night. I might be able to have a friend come down and drive me back from the hospital and stay with me Wednesday night. I was told I would be in pain for a week, but they would give me pain killers. My groin hernia is about the size of a grapefruit, and I have had it in this condition for about a year now, so I guess I should have it operated on. I next went to Putnam Trust Bank of New York on Mason Street. I then drove downtown, and I went to the central Greenwich Post Office, and I obtained and mailed money orders to pay my Optimum online cable modem service, and my cablevision service. I then sat out downtown for a while. I then drove down by the waterfront. I then returned home. It was a very nice warm day today. It is about 48 degrees Fahrenheit. CIO

Note: <888> 02/02/03 Sunday 11:25 P.M.: I have to be up at 6 A.M. tomorrow since I have an 8 A.M. appointment. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 02/02/03 Sunday 11:10 P.M.: Earlier I sifted through my internet email. I played five hands of solitaire, and I lost all five hands. CIO

Note: <888> 02/02/03 Sunday 10:45 P.M.: If you are bored with the internet, one can go back to the way it was with Windows 3.0 about ten years ago, when one spent a lot of time playing solitaire <http://games.yahoo.com/games/downloads/ks.html> . CIO

Note: <888> 02/02/03 Sunday 10:40 P.M.: I was just outside for a cigarette, and I spied a large red fox darting by on the hill across from the parking lot. It is 36 degrees Fahrenheit outside right now, so it has warmed up a bit, but it is still a bit windy. CIO

Note: <888> 02/02/03 Sunday 10:15 P.M.: Well I found this interesting site that gives information on Microsoft's Redmond, Washington secret location as if we could not find it ourselves [http://poweredby.10best.com/Guides/location.process/ID\\_eb600cc2d361/](http://poweredby.10best.com/Guides/location.process/ID_eb600cc2d361/) . It says they have a large Buddhist temple. Well, I learned going to Lake Forest College [www.lfc.edu](http://www.lfc.edu) in Lake Forest, Illinois from 1968 to 1972 which is 20 miles north of Chicago, Illinois and has a similar cold climate of ten months of winter and two months of summer that there is a BHai Temple in Wilmette, Illinois that sort of looks like the Taj Mahal overlooking Lake Michigan, but it does not have as much real estate, but it is surrounded by upper income suburban real estate. Still, one does not expect to find it there. Also if one is further interested in India, one could try <http://www.tribuneindia.com/> where I believe a large number of people speak English. I have heard mysteries of a secret Maharaja there called "Raj Mikan", but since India is a very old subcontinent their population tends to be superstitious of the northern hordes. CIO

Note: <888> 02/02/03 Sunday 9:40 P.M.: I had a piece of Pepperidge Farm layer cake with ice tea. CIO

Note: <888> 02/02/03 Sunday 9:15 P.M.: My guest arrived after the last message. We drove down by the waterfront. We then went over to Tod's Point and we sat out at the southeast parking area. We then drove around Tod's Point. We next drove over to Grass Island and viewed the harbor. We then went by another waterfront location. We then went by the Stop and Shop, and my guest bought a package of six center cut pork chops at \$2.79 a pound for about \$4.50. We then returned back to my apartment. We chatted for a while. I sautéed four or two apiece of the center cut pork chops for three minutes a side over medium heat in olive oil, margarine, four cloves of chopped garlic, seasoned with Old Bay seasoning, garlic powder,

celery salt, ground black pepper, Italian spices, oregano, and basil. We also had steamed cauliflower with grated parmesan cheese and steamed white rice with ice tea. Afterwards we watched television news coverage. My guest left about 9 P.M., and I just finished chatting with a relative. CIO

Note: <888> 02/02/03 Sunday 2:50 P.M.: Happy Ground Hog's Day. I was up at 1 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I have cleaned up. I have a guest coming down to visit shortly. The Cmos time is now working fine on the primary computer. CIO

Note: <888> 02/02/03 Sunday 3:10 A.M.: I did a little bit of regular computer work. I will now shut down. I will have about five old fashioned Dutch pretzels and a glass of ice tea before going to bed. CIO

Note: <888> 02/02/03 Sunday 2:05 A.M.: I installed the new CMOS battery in the primary computer, and I reset the CMOS properties. I tested the system when I reconnected the wires after putting the case cover back on. CIO

Note: <888> 02/02/03 Sunday 12:50 A.M.: I installed the Real Player 8.0 for Linux on the Dell backup Red Hat Linux 8.0 partition. I had dinner of a six America's Choice fish filets and 15 onion rings that I cooked in the convection oven at 425 degrees Fahrenheit for 12 minutes a side with a condiment of one third of a cup of Heinz ketchup and two tablespoons of horseradish and ice tea. I started on the primary computer a C: drive to D: drive backup. I cleaned up, and I went out. I went by the Stop and Shop, and I bought two 5.5 ounce bags of Lay's potato chips for .99 each and two bags of 8 S&S hotdog buns for \$1.19 each for \$4.36 total. I then drove over to CVS in Old Greenwich, and I bought an Energizer 2032 cmos battery for \$3.99 plus .24 tax for \$4.23 total. I then stopped by Exxon next to the library, and I bought \$4.50 of regular unleaded at \$1.799 a gallon for about 21 miles per gallon. I then returned home, and I put away my groceries, and I started another section of the backup. I then went out, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I returned home. I just finished the primary computer backup from the C: drive to the D: drive. I switched the speakers around between the Dell and the IBM Cyrix backup computers. I am listening to a rebroadcast of the NASA press conference on the backup Dell computer at [http://www.broadcast.com/learning\\_and\\_education/science/space/nasa/nasa\\_telematics/](http://www.broadcast.com/learning_and_education/science/space/nasa/nasa_telematics/) . I will now install the new Energizer Cmos 2032 battery in the primary computer. CIO

Note: <888> 02/01/03 Saturday 6:05 P.M.: I chatted with a relative. I will now clean up and go out for a while. CIO

Note: <888> 02/01/03 Saturday 5:50 P.M.: I was awoken by a call about 8:30 A.M. this morning. I went back to sleep until 2 P.M.. I received a telephone call from a friend informing of the NASA space shuttle disaster

<http://www.geocities.com/mikelscott/nasa.htm> and <http://www.geocities.com/mikelscott/nasa-107.htm> and <http://www.nasa.gov/>. I wish to express my deep condolences to the families of the astronauts and NASA. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I listened to the CNN broadcast of the NASA press conference. I finished my house cleaning and watering the plants. CNN just said there is a huge debris field still in orbit from the shuttle disaster which might effect commercial aviation. CIO

Note: <888> 03/31/03 Monday 10:40 P.M.: I watched some television. I had four Dutch pretzels and some goldfish crackers. CIO

Note: <888> 03/31/03 Monday 9:05 P.M.: I watched some television. I chatted with a relative. CIO

Note: <888> 03/31/03 Monday 7:05 P.M.: I listened to some technology news at [www.kenradio.com](http://www.kenradio.com). I chatted briefly with someone. I will now put the ice tea in the jugs and put it all in the refrigerator. I am watching the BBC evening news. CIO

Note: <888> 03/31/03 Monday 5:50 P.M.: I went out, and I went by the Greenwich Hospital Thrift Shop. I bought a Tommy Hilfiger waist 40 inches blue and green canvas and brown leather and brass belt for \$3. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I cashed in my \$4 winnings on the Fat Cat scratch card from Zyn stationary. I drove down by the waterfront. I went by the Greenwich Library, and I read the Greenwich Times and National Geographic Traveler magazine. I returned home. I had a dish of potato chips and two Dutch pretzels. For dinner, I had a Boston Market chicken teriyaki dinner. I am making up a batch of ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) using 21 tea bags of eight different types. I am using 10 Bigelow orange pekoe and pekoe cut black tea bags, four Lipton orange pekoe bags, two Lipton green tea, and one bag each of Twinings Prince of Wales, Irish breakfast, Earl Grey, Lady Grey, and English Breakfast. CIO

Note: <888> 03/31/03 Monday 1:35 P.M.: I will now shut down the computer, and I will clean up. I will then go out for some outside activity. CIO

Note: <888> 03/31/03 Monday 1:15 P.M.: Since Microsoft no long offers for download the Microsoft Java Virtual Machine, I searched out <http://www.filesearching.com/cgi-bin/s?q=msjavx86.exe&t=f&d=&l=en&x=31&y=15>, and I downloaded and installed version 5805 on my machine. I already have Sun Java on the machine. CIO

Note: <888> 03/31/03 Monday 12:15 P.M.: I added a download for Scott's Interactive Directory download at <http://www.geocities.com/mike2scott2003/scott008.zip>. It is a 2.17 meg file, and one

opens the file "scotlist.htm" in one's web browser. I have not worked on the directory much in two years, but still for some people they might find it useful. CIO

Note: <888> 03/31/03 Monday 11:25 A.M.: I was up at 10 A.M.. I had a telephone call canceling my 4 P.M. appointment today until next Monday. Microsoft called me up wanting me to go to a Windows Server 2003 presentation at the Stamford Sheraton on April 15 from 8:30 A.M. to 12:30 P.M., but I declined since I do not run a server anymore. A friend called, and we chatted. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I turned up the living room thermostat from 70 degrees Fahrenheit to 74 degrees Fahrenheit last night, since it is a bit cooler outside. Right now it is 34 degrees Fahrenheit outside. CIO

Note: <888> 03/30/03 Sunday 10:55 P.M.: I watched some television. I will now shut down the computer, and I will rest soon. CIO

Note: <888> 03/30/03 Sunday 10:15 P.M.: I had the first European Union <http://europa.eu.int/> sticker in this area on my old Volvo, but alas when I disposed of the old Volvo, the European Union sticker went with it. CIO

Note: <888> 03/30/03 Sunday 9:40 P.M.: I put away the laundry. I had a glass of ice tea. I was just watching a bit of BookTV. I originally ended up in Key West, Florida in the mid 1970s thinking I might want to be a writer, but having an interest in computers, I thought it might be interesting to work for NASA, but about the time I got down to Florida, NASA laid off about fifty thousand people. Thus I ended up in the Monroe County Library in that period reading the periodical press, and drifting around the waterfront in the afternoons. Well, although it is cooler in this area in Connecticut, one can still use the library and drift around the waterfront. I have a feeling that Hemingway when he was suppose to be in Marbella, Spain writing might have actually have been in Lanzarote, since Lanzarote seemed like an ideal writer's hideout. However, all of that was years ago. I am so caught up in the modern intricacies of personal computers; I have not had much time to try to do any creative writing. I have a \$5 laptop computer, a vintage 486 Mhz with 4 megs of memory, so I guess I could try to sit in some spot like the library or a local coffee shop and record my observations on the run, but since I am so comfortable at home around my new desktop computer, I have not thought about trying to be a laptop voyeur. I remember in the early 1970s when I was in Europe, I use to buy a blank lined book, and I would keep a long hand journal of my travels and experiences. Since I do not travel much anymore, I do not have much to report on beside the local economy as it relates to the grocery stores and thrift shops. Still, I have a pleasant mundane life which seems to revolve around reading computer technology stories on the internet. Since over 2.5 million people now visit Lanzarote each year now, I am not sure it would be the secluded hideaway it once was. I have a feeling much could be said about Key West too. Still, locally here in Connecticut if one can afford to travel, there are a great many

secluded communities in other parts of the state where people tend to be more bookish. However, although recently I have not had the time to read many books, I enjoy the convenience of the Greenwich Library while I pursue the technological press. Well, with so many options in this area, I suppose maintaining a routine like I do has its creative drawbacks, but it is still better at my age than sleeping in one's car with their laptop on a beach in California, when the technological road runs out. Of course some people whom are more clever seem to cultivate lifelong connections around colleges and universities where they can pursue their bookish ideals at their own leisure. Still, since I have a degree in Economics, it is convenient in this area to keep an eye to the larger economy while pursuing other activities. Well, as you can tell, there is not really a lot of new wisdom to be published at the moment. I suppose with all the writing going on, not many people actually have the time to review or read much of the content available on the internet. Still, some people might be trying to learn a bit of another language, so I would imagine I should try to keep the grammar somewhat correct in my writing. Well, for now I am at a standstill in my web log publishing. Perhaps, a sunny day will make me feel more creative. CIO

Note: <888> 03/30/03 Sunday 7:25 P.M.: I started two loads of laundry. I also put clean sheets on the bed. CIO

Note: <888> 03/30/03 Sunday 6:55 P.M.: I went out, and I went by the Greenwich Library, and I returned a videotape. I read the Greenwich Times and PC World Magazine. I also read InfoWorld and Eweek and the Business Week 500 top companies edition. In PC World, there was an article that one could display a list of volcanoes in the Windows screen saver, but on further examination, it is for Windows NT. I next drove down by the waterfront. I then walked the center area of town. I bought a number 28 "Fat Cat" scratch card for a \$1 at Zyn stationary. I then returned home. I chatted with a relative. I had a box of America's Choice six fish filets along with 16 AC frozen onion rings and 20 AC frozen tater tots which I cooked in the Farberware convection oven at 425 degrees Fahrenheit for 12 minutes a side. I had them with a third of a cup of Heinz ketchup mixed with three tablespoons of horseradish along with a glass of ice tea. I won \$4 on the Fat Cat scratch card for a \$3 profit. CIO

Note: <888> 03/30/03 Sunday 1:35 P.M.: I chatted with a friend. I went to bed about 11 P.M.. I was up at 8:30 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplement, and coffee. I fell back to sleep until 1 P.M.. I watched some television. I will now clean up, and I will go out in a short time. It is bit cold and damp out. It is 38 degrees Fahrenheit right now. CIO

Note: <888> 03/29/03 Saturday 9:55 P.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now shut down the computer. I will watch a bit of television before going to bed. CIO

Note: <888> 03/29/03 Saturday 9:45 P.M.: I downloaded and ran the Microsoft Baseline Security Analyzer <http://www.microsoft.com/technet/treeview/default.asp?url=/technet/security/tools/tools/mbsahome.asp> . I also decreased the Internet Explorer web browser cache to 80 megabytes. CIO

Note: <888> 03/29/03 Saturday 9:15 P.M.: I ran <http://www.pcpitstop.com/> , the system seems fine. CIO

Note: <888> 03/29/03 Saturday 8:30 P.M.: The Microsoft Hotfix for Windows XP SP1 memory loss problem is available from [http://hotfix.microsoft.com/winnt/Windows\\_XP/sp2/Q815411/Q815411\\_ENU\\_i386\\_MID126148\\_zip.exe](http://hotfix.microsoft.com/winnt/Windows_XP/sp2/Q815411/Q815411_ENU_i386_MID126148_zip.exe) . I will now install it. Unfortunately this did not work without the password, may be this link will have it soon <http://www.betanews.com/article.php3?sid=1048644448> . CIO

Note: <888> 03/29/03 Saturday 8:10 P.M.: After dinner, I chatted with a friend. CIO

Note: <888> 03/29/03 Saturday 7:25 P.M.: I am cooking the same dinner as last night without the green beans and grated parmesan cheese. CIO

Note: <888> 03/29/03 Saturday 6:50 P.M.: I chatted with a relative. I am going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 03/29/03 Saturday 6:15 P.M.: Prince of Wales had hernia operation too <http://www.telegraph.co.uk/news/main.jhtml?xml=/news/2003/03/29/ucharles.xml&Sheet=/portal/2003/03/29/ixportaltop.html> . I finished sifting through my email. CIO

Note: <888> 03/29/03 Saturday 5:25 P.M.: I went out, and I went by Smokes for Less in Byram, and I bought four packs of Pall Mall Lights 100s for \$10 total. I then went by Exxon next to the library, and I bought \$6 of regular unleaded gasoline at \$1.899 a gallon for about 25 miles per gallon. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went to the Greenwich Library, and I read the local newspaper. I just now returned home. I had two old fashioned Dutch pretzels with ice tea. CIO

Note: <888> 03/29/03 Saturday 2:15 P.M.: I fell asleep after the last message last night. I had a call from a relative about 9 A.M. this morning. I had breakfast around 8 A.M. of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until about 11:30 A.M.. I did my house cleaning and watering the plants. I just had lunch of two tuna fish sandwiches with potato chips and a half of dill pickle and ice tea. I will now clean up, and I will go out after that. CIO

**Note: <888> 03/28/03 Friday 7:15 P.M.:** I am cooking a box of six Stop and Shop fish cakes in the Faberware convection oven at 400 degrees Fahrenheit for 20 minutes. I will have them with the homemade tartar sauce made from ¼ th chopped dill pickles and ¾ ths mayonnaise along with steamed white rice and steamed fresh green beans and sliced asparagus with grated parmesan cheese and ice tea. CIO

**Note: <888> 03/28/03 Friday 6:50 P.M.:** I went out, and I stopped by the Greenwich Hospital Thrift Shop. I next drove downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I gave one of my former neighbors a ride home. I then went to the Greenwich Library, and I read the local newspaper, and I read part of Business Week magazine. I then went to the Food Emporium, and I bought fresh asparagus at \$1.49 a pound for \$1.61 and a dozen extra eggs for \$1.79 for \$3.40 total. I then returned home. CIO

**Note: <888> 03/28/03 Friday 2:20 P.M.:** I had four Old Dutch pretzels with ice tea. I move one of my bent wood dining room chairs from the dining room table to in front of the garbage can in the kitchen, so when I smoke a cigarette underneath the kitchen stove fan, I can sit down. I will now clean up, and I will go out for some daytime activity. CIO

**End of Scott's Notes week of 03/28/02:**

**Note: <888> 03/28/03 Friday 1:45 P.M.:** I had a call from a friend last night about 9 P.M.. I was up at 11 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I went to back to bed until 1 P.M.. I watched some television. I will now send out my weekly notes. CIO

**Note: <888> 03/27/03 Thursday 8:20 P.M.:** I did a little bit of computer work. I will now shut down the computer, and I will go to bed soon. CIO

**Note: <888> 03/27/03 Thursday 7:25 P.M.:** I had the same dinner as last night, but I also added a little Old Bay seasoning in the mixture. I watched the ABC evening news. I chatted with a relative. CIO

**Note: <888> 03/27/03 Thursday 6:30 P.M.:** Instead of resting after the last message, I had a cappucinno. I then cleaned up, and I went out. I went downtown, and I sat out for a while, and I walked the central downtown area, and I sat out. I then drove down by the waterfront. I next went by the Greenwich Hospital Thrift shop, and I bought a PNY PC100 64 meg memory chip in its wrapper unopened for a dollar. I then made my 3 P.M. appointment. I next walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I drove a former neighbor over to Grass Island to check on his boat. Then we drove back to the other part of the waterfront. I then went by the Greenwich Library, and



I read the Greenwich Times. I just now returned home. I chatted with a relative.  
CIO

Note: <888> 03/27/03 Thursday 11:55 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I had lunch of two tuna fish sandwiches with potato chips and a dill pickle slice and ice tea. I will now shut down the computer, and I will probably rest a while before going out. CIO

Note: <888> 03/27/03 Thursday 11:25 A.M.: Of course what little I know about horse racing, I do know the weather and racing conditions have a lot to do with outcome. CIO

Note: <888> 03/27/03 Thursday 11:05 A.M.: Of course if one were playing a horse, these links might help you <http://www.drf.com/> , <http://www.brisnet.com/> , <http://www.racingpicks.com/index2.asp> , <http://espn.go.com/horse/drftstatic.html> , <http://espn.go.com/horse/drftstatic.html> , <http://www.kentuckyderby.com/2003/> , <http://www.ca.uky.edu/agcollege/vetscience/report.htm> , [http://dir.yahoo.com/business and economy/shopping and services/animals/horses /](http://dir.yahoo.com/business_and_economy/shopping_and_services/animals/horses/) . CIO

Note: <888> 03/27/03 Thursday 10:45 A.M.: Of course if one were not making any money off Wall Street on the internet, one could always try [www.nyra.com](http://www.nyra.com) which lets one bet on the races at <http://www.interbets.com/> . Usually people whom own horses tend to own property, so more than likely they can occasionally afford a small wager within reason. CIO

Note: <888> 03/27/03 Thursday 10:30 A.M.: When I went to Lake Forest College [www.lfc.edu](http://www.lfc.edu) out in Lake Forest, Illinois from 1968 to 1972, a lot of the teachers whom were more academic than myself were always saying “Publish or Perish”, thus by maintaining my own web log of “blog” at [www.geocities.com/mikelscott/note02.htm](http://www.geocities.com/mikelscott/note02.htm) , I have attempted by maintaining the log to explain to internet users my basic routines. Since I am basically a not for profit volunteer operation, it is a lot cheaper than hiring a lawyer, since non internet users might be confused as to what I really do. Since like a lot of people in our local community whom live in the fish bowl have varied experience, I would imagine some of the old time more traditional writers are still writing on their vintage Royal typewriters many of which I have seen in our local thrift shops over the years. Of course the Laptop gurus we see using our local facilities here in town, more than likely travel more, so they have a wider experience in their internet travels which is reflected in their publishing. We all know that a lot of the technology people come from the west coast of America or further west in Asia; still there are some technology operations in this area which most people seem to forget about reading the west coast internet press. I would imagine that IBM is still in Armonk, although they are heavily involved in activities further west and east of us, and I would imagine the techies are still around at the various technological schools in the area and further east. I suppose General Electric still knows something about

electricity. Thus although, it appears that technologically, not a lot is happening in the area, I would imagine a great many of the more advanced personnel in this area are working on more advanced servers and their applications. CIO

Note: <888> 03/27/03 Thursday 9:35 A.M.: I downloaded and ran BurnInTest V3.1 Pro Evaluation available for download from <http://www.passmark.com/download/index.htm> and these are the test results [www.geocities.com/mikelscott/BurnInTestLog.htm](http://www.geocities.com/mikelscott/BurnInTestLog.htm) . CIO

Note: <888> 03/27/03 Thursday 9:05 A.M.: I downloaded and installed the 30 day demo of Passmark Performance Test 4.0 <http://www.passmark.com/download/index.htm> and I am posting the \*.gif file of the performance of my computer which is linked from [www.geocities.com/mikelscott/PerfRes.gif](http://www.geocities.com/mikelscott/PerfRes.gif) . Click on \*.gif to enlarge to full size. CIO

Note: <888> 03/27/03 Thursday 8:40 A.M.: I put Direct X 9.0 A on the computer <http://www.microsoft.com/windows/directx/default.asp> . CIO

Note: <888> 03/27/03 Thursday 7:45 A.M.: I sifted through my email. I subscribed to a free subscription to Eweek <http://www.ameda.com/ziff/ewk/ewk.cgi?&t=whback&p=ecfrb2> . CIO

Note: <888> 03/27/03 Thursday 7:35 A.M.: Monitor test program [http://www.construnet.hu/Nokia/Monitors/TEST/monitor\\_test.html](http://www.construnet.hu/Nokia/Monitors/TEST/monitor_test.html) . CIO

Note: <888> 03/27/03 Thursday 6:35 A.M.: I was up at 5:30 A.M. this morning. Last night I had some Old Dutch pretzels and ice tea in the middle of the night. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I will now do some regular computer work. CIO

Note: <888> 03/26/03 Wednesday 8:05 P.M.: I chatted with a relative. I will now shut down the computer, and I guess I will go to bed soon. CIO

Note: <888> 03/26/03 Wednesday 7:55 P.M.: I watched the BBC news and some of the USA news. CIO

Note: <888> 03/26/03 Wednesday 6:50 P.M.: I prepared an interesting meal. I will call it Etruscan scallop scampi. In a 10 inch frying pan I put about four tablespoons of olive oil and five pads of margarine, and I heated it over medium heat on an electric burner. I added about five diced gloves of garlic and seasoned it with garlic powder, ground black pepper, celery salt, Basil, Italian spices, and oregano. I sautéed the mixture over medium heat for about four minutes until the garlic was a bit cooked, and then I added about a half cup of Rene Junot white wine and four tablespoons of Borden lemon juice, and I stirred it around over medium heat for a few minutes, and then I simmered it for about five minutes to reduce it. I then

brought the heat up to medium, and once the mixture was bubbling again, I added a half pound of bay scallops, and I constantly stirred the mixture for cooking the bay scallops for three minutes. I then added the bay scallops and cooking juices to a bed of white rice, and I had this for dinner with a mixture of steamed fresh green beans and cut asparagus with grated parmesan cheese and margarine along with a glass of ice tea. CIO

Note: <888> 03/26/03 Wednesday 5:30 P.M.: I went out, and I stopped by the Arnold Bread outlet owned by George Weston bakeries. I bought three loaves of Freihoffer's seven grain bread for \$1.29 each for \$3.87 total less 10% senior discount of .39 for \$3.48 total. I then drove down by the waterfront and another local coastal observer showed up for the beginning of the warmer season. I then drove by the ELDC thrift shop, and I toured the store. They have some nice bird pictures there. I next went by the Porricelli's Food Mart, and I found out that Kraft mayonnaise is not on sale this week. The sign at the Old Greenwich store must have been left over from last week. I then bought bay scallops at \$4.99 a pound for \$4.79 and asparagus at \$2.99 a pound for \$3.41 less club \$, so I guess they were \$1.70 for \$6.49 total. I next went by the Greenwich Hospital Thrift shop. They have a nice large pair of copper alligator sculptures there for \$250, if one has gator karma. I next went downtown, and I walked the entire length of Greenwich Avenue. I chatted with another local. I then went by the Greenwich Library, and I read the local newspaper. I just now returned home. I put the bread in the freezer like I always do. CIO

Note: <888> 03/26/03 Wednesday 12:15 P.M.: I listened to the two CD collection that I made of the "The Greatest Hit's of the War Years" from Telehouse RCA that I burned to CD from the MP3 that I encoded from the LPs. It sounds better than the LP's since the Nero wave editor has a setting to remove LP scratching sound. I wonder if the Greenwich Hospital thrift shop is playing the copy that I gave them. I chatted with some neighbors. I listened to the President of the United State's live broadcast on the internet from [www.whitehouse.gov](http://www.whitehouse.gov). I took a chilled 6 ounce can of Counsel crab meat, and I opened it, and I rinsed it with the lid on. I then separated it in a bowl with a fork, and I added two tablespoons of mayonnaise, and I mixed it all together. I made two sandwiches out of it using the Arnold 12 grain bread, and I cut the sandwiches in half. I had them with a half of a kosher dill pickle slice and Wise vinegar and salt potato chips and ice tea. I am just about to have a 50% Folgers's instant and 50% Folgers's decaffeinated instant coffee. I usually have my coffee with milk and sugar. I will now shut down the computer, and I will clean up. I will then go out for some daytime activity. CIO

Note: <888> 03/26/03 Wednesday 10:05 A.M.: I watched a bit of television on the Discovery Channel. I had a bowl of vinegar and salt potato chips and ice tea. I still have to go through my work list. I am not running out yet today, but it is suppose to rain this afternoon. CIO

**Note: <888> 03/26/03 Wednesday 9:05 A.M.:** I sifted through my email. I went outside, and I chatted with a neighbor. I will now go through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . If one is into the British Monarchy, one can always read <http://www.timesonline.co.uk/> and select the “The Register” and then select the “Court Circular” and “Today’s Royal Engagements” to see how hard the British Royals work maintaining their presence in their Kingdom. On a lighter note, the Greenwich Hospital Thrift Shop yesterday had ceramics of Balmoral Castle, Buckingham Palace, and Windsor Palace which were quite large over a foot square and very detailed for \$20 each behind the counter. However, they were so detailed they were a bit dusty and hard to keep dust free, as I imagine the real places are a bit of a dusting nightmare too. CIO

**Note: <888> 03/26/03 Wednesday 8:15 A.M.:** The New York Times says a subscription now costs \$10.30 a week, a Wall Street Journal subscription costs about \$7 a week, a Greenwich Times Subscription costs about \$4.20 a week, so for about \$21.50 a week, one could subscribe to those three local publications, which would be about \$1,118 a year, whereas my computer internet activity costs about \$844.80 a year a \$273.60 savings. Of course, although I get all the world’s internet content, I do not get the in depth news analysis in the printed media. Of course, I also know how to configure and maintain my own computers. If one were paying \$50 or more for tech support calls or up to \$120 an hour for computer maintenance, the costs could sky rocket above the initial computer cost savings. So thus if one were not technologically savvy, one might be better off to stick with buying the newspaper, and if one were even more frugal like I am basically, and since I tend to go downtown every day most of the time, one could stop by the Greenwich Library and read the newspapers there where there is also internet access, however some people live further than a mile from the library, and it does cost money for transportation. So basically beside the fact that “Knowledge is Power” until one gets a hernia lifting the books, obtaining Knowledge generally tends to cost money. Of course besides all of this computer activity, I have also been paying for the same 150 month period and longer about \$45 a month for television cablevision access and also maintaining all the other electronics and devices in the apartment. So thus although I have a simple apartment from outward appearances, it is truly a media center maintained on a simpler budget. CIO

**Note: <888> 03/26/03 Wednesday 7:30 A.M.:** Since October 1990 when I bought my first PC computer after briefly owning an Apple IIe, I have had these expenses and income.

**Income:**

**Internet Advertising Revenue \$604.44**

**Computer Items Sold \$2,507.80**

**Computer Rebates \$660.52**

**Total Income: \$3,772.76**

**Computer Hardware Expenses \$7,910.85**

**Internic Registration \$220**  
**Telephone Internet Connection \$480**  
**Cable Modem Online Expenses \$1,951.28**  
**Software \$1,385.59**  
**Computer Items \$2,291.57**  
**BBS Long Distance Telephone Calls \$1,000**  
**Total Computer and Online Expenses: \$14,353.31**

**Balance Computer Online Activity: \$10,560.55**  
**Over 150 month period:**  
**Average Cost Per Month of Computer Internet Activity: \$70.40**

Thus Computer Internet Activity for these last 12.5 years has cost me most of my free time and most of my spare expense money. Also the costs of maintaining my apartment, electricity, automobile, and my person are not free. I suppose this is why some people prefer not to get a computer and prefer to spend their free time and spare funds on other activities such as reading printed texts which would take about the same funds and time. Thus if in Academia, it takes two years to get a Masters Degree, and three years to get a PHD, I have at least 3 PHDs in Personal Computers and Internet Technology not to mention my activities before I ever bought a personal computer in August 1990. With all this time and expertise, it is rather amazing that I never hear much from anyone on the internet. CIO

**Note: <888> 03/26/03 Wednesday 6:30 A.M.:** Following is a list and costs of my present primary computer CPU setup.

**Northgate Barebones Computer System with Syntax SV266M motherboard, AMD Athlon 2000+ processor, Kingston ValueRam 512 MB, PC 266, Alps 3.5 " floppy drive, ThermalTake A1492 CPU Heatsink and Fan, APEX/Foxconn TM-124 case, generic case cooling fan, UPS ground shipping and burn in \$297.00;**

**CD/RW 24 X \$50, after \$35 rebate**

**58X CD \$22, after \$20 rebate**

**Linksys 10/100 LAN card \$10 after \$10 rebate**

**Maxtor 20 gigabyte hard drive \$24 after \$40 rebate**

**Maxtor 20 gigabyte hard drive \$105 after \$50 rebate**

**Creative PCI Sound Blaster Live MP3+ audio card \$84**

**Windows XP Professional Edition Upgrade \$160 after \$50 rebate**

**Symantec Norton Systemworks 2003 and Norton Firewall 2003 \$35 after \$50 rebate**

**Microsoft Works Suite 2002 \$55 after \$30 rebate**

**Microsoft FrontPage 2002 \$15 regularly \$150, so \$135 discount**

**Microsoft Home Publishing 2000 \$5 regularly \$40, so \$35 discount**

**Microsoft Internet Keyboard \$20, regularly \$50, so \$30 discount**

**Logitech cordless mouse \$25, regularly \$50, so \$25 discount**

**Visioneer 4400 scanner USB \$25 after \$50 rebate**

**Cambridge Lab Speaker System \$43 regularly \$80, so \$37 discount**

**Monsoon Speaker System \$50 after \$50 rebate**

**2 pairs generic speakers \$30**

**Various other software ?**

**Siemens router \$40 after \$50 rebate**

**Motorola Cable Modem with LAN cable \$50 regularly \$100, so \$50 discount**

**Printer Port Box \$10**

**HP LaserJet IID printer \$40**

**HP LaserJet IIP printer free \$20 value**

**Epson Stylus Color 880 printer \$70 after \$10 rebate and \$50 discount**

**3 printer cables \$30**

**Panasonic headset \$15**

**2 mouse pads \$5**

**2 Belkin Power Control Centers \$44**

**19 inch CompUSA Monitor \$420**

**Ezonics USB computer camera \$22 regularly \$42, so \$20 discount**

**Computer Keyboard Drawer \$22**

**One gold stereo Y 3 splitter \$7**

**Two gold stereo Y 2 splitters \$10**

**Andrea Electronics Microphone Ear Piece \$50**

**Gold Cable Modem 12 foot cord \$14**

**Mad Dog AGP 4X 64 Meg video card \$45 after \$30 rebate and \$20 discount**

**PNY 2100 256 Meg memory chip \$17 after \$30 rebate**

**17 inch Royal monitor free \$50 value**

**Total Costs Michael Scott's Primary Computer Setup:**

**\$1956**

**\$907 in mail in rebates and discounts**

**\$70 value free items**

**Total Value at Cost of my primary computer system:**

**\$2933 plus many hours of computer toil**

**Of course, a great many of the items were sale items or had rebates, and it took a lot of time to search out the best values not to mention travel and gasoline. Items like the monitor and one of the hard drives, I have had for several years. I also have the backup systems.**

**Note: <888> 03/26/03 Wednesday 5:55 A.M.: I had a telephone call from a friend about 8 P.M. last night, and I had a telephone call from a relative about 9:30 P.M.. I was up at 4:30 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. CIO**

**Note: <888> 03/25/03 Tuesday 7:40 P.M.: I watched the ABC evening news, and I watched the BBC news. I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 03/25/03 Tuesday 5:40 P.M.:** I took a box of six Stop and Shop fish cakes, and I cooked them in the convection oven at 400 degrees Fahrenheit for 20 minutes. I had them with the homemade tartar sauce which consists of one fourth part chopped dill pickles with three fourths parts mayonnaise. I also had them with reheated steamed white rice and steamed fresh broccoli crowns, cuts asparagus, and green beans with grated parmesan cheese and ice tea. I am listening to some of the BBC radio news. CIO

**Note: <888> 03/25/03 Tuesday 4:35 P.M.:** I went out after the last message. I stopped by Putnam Trust Bank of New York on Mason Street. I then drove over to Old Greenwich to the Mobil Express car wash, and I got my Hyundai washed for \$5. I then towel dried the car what small bit of moisture remained, and I shook out the front floor mats. I then went out to Tod's Point, and I walked the entire 2.5 miles around Tod's Point starting from the southeast concession area, and walking the shore line south then west then heading back north at the southwest picnic area, and back along the road to my starting point. It is most enjoyable walk. It took me 50 minutes for the 2.5 mile walk, and the conditions are dry on the path and not muddy. I noticed on the western most tern island sand bar, the tide was so low that people were walking out to the tern nesting area, and clammers were digging clams. I then went to downtown Old Greenwich, and I stopped by the Old Greenwich thrift shop. I next went by the Old Greenwich Porricelli's Foot Mart, and I bought a quart jar of Kraft mayonnaise that was suppose to be on sale for \$1.99 but they rang it up at \$3.69, so I will have to check with them, buy one get one free of 11.5 ounce bags of Lays Onion and Sour Cream potato chips for \$2.99 both, two half gallons of Tropicana Premium orange juice with calcium for \$2 each, and a box of green beans at .99 a pound for \$1.58 for \$11.73 total. Next time I head over that way, I will check with them about the Kraft mayonnaise price error. All of these items were available with their discount card. I next drove over to downtown Greenwich, and I stopped by the Greenwich Hospital Thrift Shop. I then went downtown, and I stopped by the Merry Go Round Mews thrift shop. I found a pair of bright red cotton slacks originally from Richard's like new waist 40 inches by 32 length for \$7. I had to walk up to the ATM machine at Putnam Trust Bank of New York on Greenwich Avenue, and then I returned to the Mews thrift shop, and I bought the pants for \$7. I next drove down by the waterfront, and the fire hydrant on Steamboat Road at the end is now fixed. I then went to the Greenwich Library, and I read the local newspaper. I then returned home, and I had a glass of ice tea. CIO

**Note: <888> 03/25/03 Tuesday 9:25 A.M.:** While I had my lunch, I listened to a bit of [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I will now shut down the computer, and I will clean up, and I will go out for some daytime activity. CIO

**Note: <888> 03/25/03 Tuesday 8:45 A.M.:** I went outside, and I chatted with some neighbors. I took a cold 6 ounce can of Bumble Bee white tuna in water, and I flaked it a mixing bowl with a fork. I then added three large tablespoons of Hellmann's mayonnaise, and I mixed it all together. I then put half on two slices of bread, and I covered the tops with another slice of bread, and I cut the two tuna fish

sandwiches in half, and I had them for lunch with a half of kosher dill pickle, and some Wise vinegar and salt potato chips, with ice tea. I think I will now make a cappuccino. It seems to be warming up a bit, so I guess after my cappuccino, I will clean up, and I will go out for some daytime activity. CIO

Note: <888> 03/25/03 Tuesday 7:55 A.M.: If I ever need to free up a PCI slot on my motherboard with three PCI slots, I also have a CNR slot which I could replace my LAN card with this Intel CNR card <http://www.pcdirect.com/product.asp?Sku=NCCNR> . However, the only reason, I could see for doing this might be to use the existing LAN card for networking the other backup computers. However, it is slow to start a network from what I know, and I prefer my present setup with the Siemens router. I also do not have case room for another device. The system seems more responsive with the swapper on the D: drive. I checked out some of the Zinio Ezines. My barebones Northgate System that I assembled from [www.accessmicro.com](http://www.accessmicro.com) for \$300 is similar to this much more expensive system <http://www.asseenontvpc.com/> with the same motherboard. CIO

Note: <888> 03/25/03 Tuesday 6:30 A.M.: I set Windows XP Professional Virtual Memory performance to be managed by the system on both the separate C: and D: drives, so most of the swapping of virtual memory will be managed by the second hard drive D: drive which Windows XP automatically selects in this configuration setup. Thus the C: drive first hard drive will primarily be used for programs. CIO

Note: <888> 03/25/03 Tuesday 5:55 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 03/25/03 Tuesday 4:50 A.M.: I sifted through my email. CIO

Note: <888> 03/25/03 Tuesday 4:35 A.M.: If one is interested in tulips or the Dutch this link for Holland, Michigan <http://www.allaboutholland.org/> should be informative. CIO

Note: <888> 03/25/03 Tuesday 4:15 A.M.: I was up at 3 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. A couple of nights ago, I recharged the Slaymaker million watt halogen beam light. I have noticed that when I start up the primary Northgate computer, I occasionally get a fan noise. However, when I take off the case cover none of the fans on the CPU, case, video card, or power supply seem to be making any noise other than regular operation noise. It usually happens when it does happen the first time, one turns it on. I took off the case cover, and checked it the first time I turned it on this time, and it did not make the noise. However, the case cover has a wind tunnel baffle that goes over the CPU fan. However, although it does not touch the fan, it is not directly alligned up over it. Perhaps since the wind tunnel baffle is off center, there is a slight air pressure difference when first starting up the system. However, just now when I put the case cover back on, it did not make any noise. Whatever,



the case I will have to see if it does it anymore or not. If it does do it, one simply turns off the system and then turns it back on, and it seems to go away. CIO

Note: <888> 03/24/03 Monday 8:00 P.M.: I downloaded 8 free digital ezines from [www.zinio.com](http://www.zinio.com) . I am a bit tired, so I will shut down the computer, and I will go to bed now. CIO

Note: <888> 03/24/03 Monday 7:35 P.M.: I went through a length form process to get a free year's digital subscription to P.C. Magazine and some other computer zines <http://www.zinio.com/main> .

Note: <888> 03/24/03 Monday 6:45 P.M.: Of course <http://www.maritimetrading.com/> seems to have an ample supply. And for die hard down easterners whom travel to or live in Maine, and enjoy watching the local maritime activity there is <http://www.capeporpoiselobster.com/> near to Kennebunkport, Maine <http://www.geocities.com/mikelscott/137.htm> and nearby in Kennebunkport, Maine there is <http://www.portlobster.com/> , either place I can assure you have ample supplies of the red cessations and occasionally a blue lobster which I have seen once in a blue moon. If you should fancy shrimp <http://store.yahoo.com/freshchoiceseafood/index.html> . CIO

Note: <888> 03/24/03 Monday 6:25 P.M.: For extra fish resources <http://ats.agr.ca/seafood/home-e.htm> and this is the first internet lobster company coming out of Canada where they seem to have ample supply <http://www.lobsterdirect.com/home.html> . There use to be link for the Graham Lobster and Seafood Company up in New Brunswick, Canada which had a large wholesale operation, but I can not find it anymore. Also locally here in Greenwich, Connecticut which does not seem to have many lobsters in our local waters anymore, there is <http://www.lobsterscanfly.com/> which seems to have high quality merchandise which they must obtain from another location. We also have the Lobster Bin and Fjord Fisheries here in Greenwich, Connecticut which have seafood besides our local grocery stores. Thus the fish business with the Fulton Fish market in nearby in Manhattan seems to still be thriving. CIO

Note: <888> 03/24/03 Monday 6:00 P.M.: When I had my hernia operation around the second week of February this year, and in the following couple of weeks, I lost weight going from 226 pound to about 218 pounds, and about three weeks ago, I was back up to 220 pounds, but eating fish for dinner for the last three weeks, I have dropped five pounds, and I am now 215 pounds. Thus if I were not snacking, I probably would have lost more weight. CIO

Note: <888> 03/24/03 Monday 5:40 P.M.: I went back out. I drove downtown, and I walked lower Greenwich Avenue. I sat out at various locations. I drove by the waterfront. Some of the regular fishermen were around, but the fish do not seem to be biting. The fire hydrant at the end of Steamboat Road still needs replacing, since

it was knocked over by a snow plow. I then returned home. I had a dish of Boston Market garlic potatoes with ice tea. CIO

Note: <888> 03/24/03 Monday 12:15 P.M.: Well, I did not get any mail, but I always get email. It is a nice day, so I think I will go back out. CIO

Note: <888> 03/24/03 Monday 11:50 A.M.: I called:

Account Representative

1-800-800-2467 x 361

Mon-Thurs 8:30-7:30

Friday 8:30-5:00 EST

<http://www.esupport.com> and <http://www.powerleap.com/>

They told me they could provide me with a bios replacement should I ever need it for \$70 which is expensive, since I only paid \$53 for my motherboard, but they said they would give me a \$20 discount if I ever needed one. Of course in an emergency, it is always good to know one can get a replacement bios. I have the latest bios. They provide a kit with the chip, chip puller and information along with their tech support. They have me on file in case I ever need a bios replacement. Of course at that price, I would probably just order a new motherboard. At the moment, I have two good backup computers. I am waiting for the mail and after it arrives, I might go out again. I also put a new Glade Hawaiian Breeze plugin refill in my Glade scent plugin in the kitchen. CIO

Note: <888> 03/24/03 Monday 11:15 A.M.: I restored the music MP3 files to the C:\000000009 directory, and I also recreated the shortcuts to the play lists in the Music folder on the desktop, and I backed up those shortcuts. I now have 5.15 gigabytes of free space on the C: drive. I had to fix the play list, so Bolero by Ravel works. I do not listen to MP3 music very frequently on the computer, since I have most of the music on CDs for my stereo system, however it took a long time to encode all the MP3 files, so I like to have them available. CIO

Note: <888> 03/24/03 Monday 10:45 A.M.: I went out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. With my new SAS shoes, I did the entire length of Greenwich Avenue including a pit stop at the Greenwich Train station in 35 minutes. I next drove down by the waterfront. I then went by the Greenwich Hospital Thrift Shop, and I gave them the two CD collection of the "Greatest Hits of the War Years, 1945", so they can add it to their vintage music collection. They had an older RCA Victrola there, the kind that one cranks. I then went by the Greenwich Library, and I read the Greenwich Times and this month's P.C. Magazine. I checked out a videotape. I just now returned home. Since I have the extra space on the computer, I will restore the two gigabytes of music MP3 files that I have backed up. I will have to recreate the shortcuts to my play links in the Music folder on the desktop. It is a very nice day, and although it was cool out this morning, and I was overdressed to go out, it has already warmed up to 54 degrees Fahrenheit. CIO

**Note: <888> 03/24/03 Monday 7:30 A.M.:** Earlier this morning, I also ran Norton Disk Doctor and Norton Win Doctor. I will now shut down the computer. I will clean up, and I will go out for some daytime activity. CIO

**Note: <888> 03/24/03 Monday 6:50 A.M.:** I finished running Norton Speed Disk on the C: drive. I now have 6.63 gigabytes of free space on the C: drive. I am just about to have the same dinner as last night along with a 50% Folgers's decaffeinated instant coffee and 50% Folgers's instant coffee. CIO

**Note: <888> 03/24/03 Monday 5:45 A.M.:** I was able to delete a number of large \*.tmp files from a hidden directory, so I now have 5.1 gigabyte free space on the C: drive. I remade the backup on the section where I deleted the files. I seem to have a copy of some my files in an "access denied" directory that I can not access. I think it is about 350 megs of files, but I can not delete them or examine them. I did restore some files to another directory when I first installed Windows XP when I configured the computer initially, so perhaps the permissions on the files from Windows XP are different. I will now run Norton Speed Disk again on the C: drive. CIO

**Note: <888> 03/24/03 Monday 3:35 A.M.:** I finished the backup of the C: drive to the D: drive in six parts. I also have the music files most of which I removed from the C: drive in a backup file on the D: drive. I seem to have some files in "C:\Documents and Settings\Michael Scott.Scott1" that are hidden from access, but the system backs up. I will try to remove them from a safe boot or dos window. This is the format that I backed up the current system in.

**Microsoft Windows XP Professional Backup  
Procedure for Michael Scott's Primary Northgate Computer.  
03/24/03**

**First Backup: Backup all files except:**

**C:\000000009**

**C:\Documents and Settings**

**C:\System Volume Information**

**C:\Upload**

**C:\Winxp**

**C:\XP**

**C:\Xpprog**

**System State**

**C:\Program Files**

**C:\Windows**

**Second Backup: Backup:**

**C:\System Volume Information**

**C:\Upload**

C:\Winxp  
C:\XP  
C:\Xpprog  
System State

**Third Backup: Backup:**  
C:\Documents and Settings

**Fourth Backup: Backup:**  
C:\Program Files

**Fifth Backup: Backup:**  
C:\Windows

**Sixth Backup: Backup:**  
C:\000000009

**Note: <888> 03/24/03 Monday 1:10 A.M.:** I went to bed at 4 P.M., and I was up at midnight. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I will now do a C: drive to D: drive backup. I have television going in the back ground right now. CIO

**Note: <888> 03/23/03 Sunday 2:50 P.M.:** I ran Norton SpeedDisk on the C: drive. I have 3.35 gigabytes of space free. I ran the Klez fixklez command available from Symantec to check for any klez viruses. I am watching a vintage western movie on the Turner Movie channel, "The Big Country". I will now shut down the computer. I might finish the movie, or I might go to bed sooner or later. CIO

**Note: <888> 03/23/03 Sunday 11:10 A.M.:** I uninstalled a number of programs, and I deleted a number of files to free up disk space on the C: drive. I now have 2.75 gigabytes free on the C: drive. I think the virtual memory file is using a bit more space with the extra memory than it reports. The system seems more responsive. I will now run Norton Speed Disk. I might rest while it is running. CIO

**Note: <888> 03/23/03 Sunday 9:05 A.M.:** I chatted with a friend. I was getting a bit of static on my headphones when using the microphone headset. I reinstalled the full installation drivers for the Creative SoundBlaster Live MP3+ sound card, and this solved the problem. I guess one of the two updates that I did recently messed it up. I will now shut down the system, and I will get ready to go out. CIO

**Note: <888> 03/23/03 Sunday 8:05 A.M.:** I went through my email. I did my regular computer work. I used the Nero Wave Editor to create from my MP3 file of "The Greatest Hits of the War Years, 1945" a 1 hour 22 minute file two 41 minute \*.wav files which I used the Nero Burning program to write to CDs. Thus I have three sets of two CDs each of the recording "The Greatest Hits of the War Years,

1945" by Telehouse RCA. The MP3 file was originally encoded from the original two record set, so it is a bit scratchy in fidelity. I put the copies in CD jewel cases with labels. I have one set in my center living room desk drawer, one set on the CD rack, and I will give one set of the vintage music to the Greenwich Hospital Thrift shop to play on their stereo system, since they like playing vintage music. It took a while to figure out how to use the Nero Wave editor properly. I had the same dinner as last night about 6 A.M.. I watched television most of the time I was doing all of this. I will now shut down the computer, and I will clean up, and I will go out for some day time activity. CIO

Note: <888> 03/23/03 Sunday 2:50 A.M.: A relative called me just as I was going to bed after the last message. I woke up and had six pretzels and ice tea. I had a call from a friend about 3 P.M.. I was awake about 10 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I fell back sleep until 2 A.M.. I have intermittently watched a bit of news coverage of the war. I will now do some regular computer work. CIO

Note: <888> 03/22/03 Saturday 11:35 A.M.: NOAA weather warnings from [www.weatherbug.com](http://www.weatherbug.com) is still putting out flood warnings for the Connecticut rivers. I received my Greenwich Beach Parking permit. I cleaned the inside windows on my car and the outside windshield. I put the new beach parking permit on the lower left front inside of the windshield. I vacuumed the apartment earlier. I had the last scoop of Starbucks cappuccino caramel swirl ice cream and a scoop of Starbuck's coffee ice cream. I am a bit tired, so I will shut down the computer, and I will head off to bed soon. CIO

Note: <888> 03/22/03 Saturday 10:30 A.M.: I went out after the last message. I went by Exxon, and I bought \$5.35 of regular unleaded gasoline at \$1.899 a gallon for 28 miles per gallon. I drove down by the waterfront. I viewed the waterfront. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove back down by the waterfront. I next went by the Greenwich Hospital Thrift Shop. I bought a Sony Walkman AM/FM with mega bass for \$1. I then went by the Greenwich Library. I next went by the Stop and Shop, and I bought filet of salmon for \$3.99 a pound for \$3.49. I then returned home. I had a message from a relative on the answering machine. I put two Polaroid AA batteries in the Sony Walkman. I tested it and both radio and tape work fine. I had a headset on my backup computer desk. I set the time on it. I put it on the videotapes next to the VCR in the entertainment cabinet. CIO

Note: <888> 03/22/03 Saturday 5:50 A.M.: I went through my email. I did some other computer work. I watched a bit of television. The Brits have this address [www.mod.uk](http://www.mod.uk) . I had six old Dutch pretzels with ice tea. I turned off the bedroom thermostat, and I turned the living room thermostat down from 74 degrees Fahrenheit to 70 degrees Fahrenheit, since it is warmer out, and we do not need much heat at the moment. I will also turn off the box fan, since there is not much heat on at present to blow around. Earlier this week, my electricity bill reflected

that I have received my energy assistance allotment from the energy assistance program. I also received a form that the electric companies will provide new air conditioners if one's is not energy efficient. I have only used my General Electric Profile 14,500 BTU unit with remote control for two summers, so I do not need to replace it. I think I will go out shortly for some morning air in the fog. At the moment it is 52 degrees Fahrenheit. CIO

Note: <888> 03/22/03 Saturday 4:10 A.M.: I put a "AA" battery in the Bulova wall clock behind the apartment entrance door, since the other battery ran out about a half hour ago. CIO

Note: <888> 03/22/03 Saturday 3:45 A.M.: I finished the house cleaning except the vacuuming which I will do in the daytime, when I will not disturb my neighbors. I put away the laundry which is done. I took the two oiled filled radiators out of the living room, and I put them in the bedroom by the desk. I moved the box that the computer came in into the false ceiling above the bed with other items. The Syntax motherboard box that was in the computer box now contains the motherboard manual and other assorted items for the system that I am not using, and it is on top of the software next to the bedroom television. I put the 25 foot orange extension cord that was plugged into one of the oil filled radiators on the lower level of the sweater closet. I also put \$5 on my laundry card. I am now having a glass of ice tea. CIO

Note: <888> 03/22/03 Saturday 2:05 A.M.: I have the laundry on the dry cycle. I put clean sheets on the bed. I also took off the winter comforter, and I put on the lighter orange bed spread. I put the winter comforter on the left shelf in the bedroom closet. I will now start my house cleaning and watering the plants. CIO

Note: <888> 03/22/03 Saturday 12:55 A.M.: I fell back to sleep until 9:30 P.M.. I chatted with a relative. I cleaned up, and I went out. I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I then stopped by the Food Emporium five minutes before midnight, and I got the sale specials that were on until midnight. I bought two half gallons of Tropicana orange juice with calcium for \$2.50 each, and a bunch of fresh asparagus at \$1.99 a pound for \$1.81 for \$6.81 total. I returned home. I rinsed off the half pound filet of salmon, and I put in the Pyrex pie dish with a third of a cup of Rene Junot white wine with three tablespoons of Borden's lemon juice, and I put the salmon filet top side down in the mixture to soak it, and then I put it skin side down. I seasoned it with Italian seasoning, basil, and oregano. I am cooking in the Faberware convection oven at 325 degrees Fahrenheit for 20 minutes. I will have it with steamed white rice and steamed fresh cut asparagus and broccoli crowns with grated parmesan cheese and ice tea. After dinner, I will start two loads of laundry, and I will then have a 50% Folgers's decaffeinated instant coffee with 50% Folgers's instant coffee. CIO

**Note: <888> 03/21/03 Friday 6:25 P.M.: I was up at 5 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplement, and coffee. I will now shut down the computer since a thunderstorm is coming in. CIO**

**Note: <888> 03/21/03 Friday 5:55 A.M.: I some old Dutch pretzels and ice tea. I watched some television. I will now rest a bit. CIO**

**Note: <888> 03/21/03 Friday 5:15 A.M.: I had two scoops of Starbuck's cappuccino caramel swirl ice cream and ice tea. CIO**

**End of Scott's Notes week of 03/21/02:**

**Note: <888> 03/21/03 Friday 4:45 A.M.: I finished making the ice tea. I continue to watch the war on CNN. I will now send out my weekly notes. CIO**

**Note: <888> 03/21/03 Friday 4:05 A.M.: I found another update at Windows Update for the Creative Live MP3+ card. CIO**

**Note: <888> 03/21/03 Friday 3:55 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I still have CNN on listening to the war news in the background. CIO**

**Note: <888> 03/21/03 Friday 3:15 A.M.: I am making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO**

**Note: <888> 03/21/03 Friday 2:40 A.M.: I have not edited it, but the D.O.D. directory I have posted on the internet for a number of years is available from <http://www.geocities.com/mikelscott/dod02.htm> . CIO**

**Note: <888> 03/21/03 Friday 2:25 A.M.: I updated the Red Hat Linux 8.0 partition on the Dell backup computer. I sifted through my email. CIO**

**Note: <888> 03/21/03 Friday 1:10 A.M.: I will now do some regular computer work. I have the television on CNN listening to the war news. CIO**

**Note: <888> 03/21/03 Friday 12:05 A.M.: I rested until just now. I took half of the pound of salmon filet, and I rinsed it. I put in the Pyrex pie dish a third of a cup of Rene Junot white wine with several tablespoons of lemon juice, and I rinsed the top side of the salmon filet in the mixture, and then I put it skin side down in the mixture. I seasoned the top of it with Italian seasoning, oregano, and basil. I am cooking it in the Faberware convection oven at 325 degrees Fahrenheit for 20 minutes. I will have it with reheated steamed white rice and steamed fresh broccoli crowns with grated parmesan cheese and ice tea. I guess I will have a cappuccino after dinner. CIO**

**Note: <888> 03/20/03 Thursday 7:10 P.M.: I will now rest a bit. CIO**

**Note: <888> 03/20/03 Thursday 6:30 P.M.:** I chatted with a relative. I watched some television. I chatted with another relative. I will now watch the ABC evening news. CIO

**Note: <888> 03/20/03 Thursday 5:10 P.M.:** I went out, and I made my 3 P.M. appointment. I then went by the Greenwich Town Hall, and I turned in the form for my beach parking permit. I next went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital thrift shop. I then went by the Stop and Shop, and I bought a filet of salmon at \$3.99 a pound \$4.21 and broccoli crowns at \$1.99 a pound for \$2.77 for \$6.98 total. I next went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31. With newly increased Connecticut cigarette tax, my cigarettes went up \$5 a carton. I would have preferred them to raise the liquor tax in Connecticut since they just raised the cigarette tax in Connecticut about 9 months ago. It seems an undue burden on cigarette smokers that in Connecticut they should have to bear an unjust share of the taxes. Why not raise the gasoline tax that would affect more people across the board. Well, I just now returned home. CIO

**Note: <888> 03/20/03 Thursday 1:40 P.M.:** I rested until 12:30 P.M.. I just had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I will now clean up. I have a 3 P.M. appointment. I watched a bit of television. CIO

**Note: <888> 03/20/03 Thursday 7:20 A.M.:** I rested after the last message until 6:30 A.M. this morning. I watched some television. I chatted with a friend. I woke up while resting, and I had about ten Danish cookies. CIO

**Note: <888> 03/20/03 Thursday 2:25 A.M.:** I did some regular computer work. I might rest a bit now. CIO

**Note: <888> 03/20/03 Thursday 1:55 A.M.:** After dinner, I watched a bit of television. CIO

**Note: <888> 03/20/03 Thursday 1:00 A.M.:** I chopped four dill pickle slices with the Braun chopper and added them to the empty dill pickle jar along with the remains of the dill seeds and added about 60% of a quart of Hellmann's mayonnaise, and I mixed it all together for a new batch of tartar sauce. I am cooking a box of six Stop and Shop fish cakes in the Faberware convection oven at 400 degrees Fahrenheit for 20 minutes. I will have the fish cakes with a tablespoon of tartar sauce on each fish cake along with steamed white rice and steamed fresh cut asparagus with grated parmesan cheese and ice tea. CIO

**Note: <888> 03/20/03 Thursday 12:25 A.M.:** I installed some updates on the primary Northgate and the backup Dell computer. I went through my email. I am listening to the news on CNN. CIO



Note: <888> 03/19/03 Wednesday 10:50 P.M.: NOAA weather warning from [www.weatherbug.com](http://www.weatherbug.com) has put out a flash flood warning for Fairfield Country for Thursday night. I guess the near full moon will bring higher tides. Before going to bed about 6 A.M. this morning, I had two scoops of Starbuck's cappuccino caramel swirl ice cream along with a dozen Danish cookies. I received a package from a relative at 2:30 P.M. this afternoon from UPS. I chatted with a friend about 3 P.M.. I was up at 7:30 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I opened up the package, and I got a pair of brown SAS shoes, an Eddie Bauer lacrosse hat, a pair of white cotton waist 42" Levis shorts, about eight pairs of dress socks, and a shaving kit. I chatted with the relative that sent them to me and thanked them. I then went out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. There are computer monitors at the train station office park dumpster. I just now returned home. CIO

Note: <888> 03/19/03 Wednesday 5:25 A.M.: I finished my regular computer work. I watched a bit of television. I will now shut down the computer, and I guess I will head off to bed. CIO

Note: <888> 03/19/03 Wednesday 3:45 A.M.: I did some regular computer work. I watched a bit of television. CIO

Note: <888> 03/19/03 Wednesday 1:35 A.M.: After dinner, I rested a bit. I four pretzel rods with ice tea. This is a link to the story about Australia Aborigines' weather patterns <http://www.cnn.com/2003/TECH/science/03/18/offbeat.weather.aborigines.reut/index.html> and <http://www.bom.gov.au/iwk/>. I wonder if American Indians have such knowledge about weather patterns over the long term. For any long time internet users, one might check out what is happening here <http://www.ncsa.uiuc.edu/> and their weather page [http://ww2010.atmos.uiuc.edu/\(Gh\)/wx/home.rxml](http://ww2010.atmos.uiuc.edu/(Gh)/wx/home.rxml) which the United States government helps fund. CIO

Note: <888> 03/18/03 Tuesday 11:20 P.M.: I had two pretzel rods and ice tea. I am cooking a box of six fish cakes in the Faberware convection oven at 400 degrees Fahrenheit for 20 minutes. I will have them with the homemade tartar sauce along with reheated white rice and steamed cut fresh asparagus with grated parmesan cheese and ice tea. CIO

Note: <888> 03/18/03 Tuesday 10:40 P.M.: I was up until about 8 A.M. this morning watching television and resting. I had ten Danish cookies and four pretzel rods with ice tea. I also had two scoops of Starbuck's cappuccino caramel swirl ice cream. I was up at 6 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went by the Greenwich Library. I read the local newspaper, and I discovered P.C. Magazine is now at the east end of the library in the business magazine section. I read this month's P.C. magazine. I then walked the entire length of Greenwich Avenue. I sat out at

various locations. I next drove down by the waterfront. I then went to the Stop and Shop, and I bought a ten pound bag of Carolina rice for \$4.49 and four boxes of Stop and Shop fish cakes each containing six fish cakes similar to cod cakes for \$1.59 a box for \$10.85 total. I next returned home, and I had an ice tea. CIO

Note: <888> 03/18/03 Tuesday 3:35 A.M.: I finished my regular computer work. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 03/18/03 Tuesday 1:15 A.M.: I studied the AMD [www.amd.com](http://www.amd.com) web site about my AMD Athlon XP 2000+ version 6 processor. I updated the Creative Labs Sound Blaster Live MP3+ drivers. I had five Danish cookies with ice tea. CIO

Note: <888> 03/18/03 Tuesday 12:20 A.M.: I had four pretzel rods with ice tea. I rested a bit. About four days ago, I put a new CVS Clorox tablet in the toilet tank to cleanse the system. CIO

Note: <888> 03/17/03 Monday 10:20 P.M.: I chatted with a friend. I chatted with a relative. Today, I stopped by the Town Hall, I picked up the application for my beach parking permit. I need to present my automobile registration showing I am a town resident, so when I have time, I will go back by the Town Hall with the form to apply for my beach parking permit. CIO

Note: <888> 03/17/03 Monday 9:40 P.M.: Dinner was most enjoyable.

Note: <888> 03/17/03 Monday 9:10 P.M.: I watched the President of the United State's speech on CNN. I chatted with a relative. The CNN news network said that the United States of America alert level has been raised to the second highest level orange right after the President's speech. They are expecting terrorist activity. I rinsed off the half pound filet of rainbow trout, and I put in a third of a cup of Rene Junot white wine in the Pyrex pie dish with several tablespoons of Borden lemon juice, and I soaked the top of side of the filet in the juice before placing it skin side down in the juice. I seasoned the filet with Old Bay Seasoning, Italian spices, oregano, basil, and grated parmesan cheese. I am cooking it in the convection oven at 325 degrees Fahrenheit for twenty minutes. I will have it with steamed white rice, and steamed fresh broccoli crowns and steamed fresh cut asparagus with grated parmesan cheese and ice tea. It should all be ready shortly. CIO

Note: <888> 03/17/03 Monday 8:00 P.M.: I was up at 1 P.M. today. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by the Greenwich Hospital Thrift Shop. They have their spring collection out for sale. I then made my 4:15 P.M. appointment. I next walked the entire length of Greenwich Avenue. I stopped by CVS, and I bought two family size boxes of Kleenex for \$2.99 both and a can of Edge sensitive skin shaving gel for \$1.49 plus .27 tax for \$4.75 total. I sat out at various locations. I then drove down by the waterfront. The fire hydrant at the end of Steamboat

Road is broken, and the "One Way Do Not Enter" sign across from Starbucks on Greenwich Avenue is broke and off kilter. I next went by the Greenwich Library, and I read the local newspaper. I then went by the Stop and Shop, and I bought a dozen large eggs for \$1.79. I returned home, and I had a glass of ice tea. I enabled four settings in the CMOS on the primary computer, and it is running a bit faster. The settings I enabled are two video settings and a video and ram bios write to ram setting. I will now watch the President's speech on television. CIO

Note: <888> 03/17/03 Monday 2:45 A.M.: I went through my email. I went through and also updated [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now shut down the system. I will possibly watch a bit of television before going to bed. I have a 4 P.M. appointment today. CIO

Note: <888> 03/17/03 Monday 12:45 A.M.: I enjoyed dinner. I will now do some regular computer work. CIO

Note: <888> 03/17/03 Monday 12:20 A.M.: I went out, and I mailed the two \$30 rebate envelopes at the Valley Road post office, and then I walked the entire length of Greenwich Avenue. I sat out at various locations. There is quite a bit of refuge left over from the St. Patrick's Day parade yesterday. I chatted with one regular night person. I drove down by the waterfront. I just now returned. I am cooking a box of Stop and Shop six fish cakes for 20 minutes at 400 degrees Fahrenheit in the convection which I will put the Hellmann's mayonnaise dill pickle tartar sauce on. I will have them with reheated white rice and steamed fresh broccoli crowns with steamed fresh cut asparagus both with grated parmesan cheese and ice tea. CIO

Note: <888> 03/16/03 Sunday 9:50 P.M.: I chatted with a relative and a friend. I filled out the rebate information for both \$30 mail in rebates. I also made copies of the rebate information. I will now shut down the computer. I will clean up, and I will go out and mail the rebate information. CIO

Note: <888> 03/16/03 Sunday 8:15 P.M.: I woke up at 3 P.M.. I had orange juice and vitamins and supplements. I then put on my clothes without cleaning up, and I went out. I drove over the ATM machine at Fleet Bank in Byram, and I used the ATM machine. I then drove up to CompUSA in Norwalk. I bought the Mad Dog Prowler MX 440-SE 64 MB AGP 4/2 GeForce4 video card with a \$20 instant rebate for \$69.99 plus it has a \$30 mailin rebate for eventual cost of \$39.99 plus tax. These are the links to it

[http://www.compusa.com/products/product\\_info.asp?ref=performics&product\\_code=298834&pfp=ADPRODUCTS](http://www.compusa.com/products/product_info.asp?ref=performics&product_code=298834&pfp=ADPRODUCTS) and

[http://www.maddogmultimedia.com/products/graphicscards/nvidia\\_prowlerMX440-SE\\_AGP.html](http://www.maddogmultimedia.com/products/graphicscards/nvidia_prowlerMX440-SE_AGP.html) and a PNY 256 MB DDR 32X64D2100-CUSA DIMM, DDR, 2100 for \$44.99, and it too has a \$30 mailin rebate, so it eventually will be \$15 plus tax.

The links for this are

[http://www.compusa.com/products/product\\_info.asp?ref=performics&product\\_code=295499&pfp=ADPRODUCTS](http://www.compusa.com/products/product_info.asp?ref=performics&product_code=295499&pfp=ADPRODUCTS) . Thus with \$6.90 tax, the entire purchase was

**\$121.88. I then returned home. I had breakfast of oatmeal, toast, and coffee. I then installed the new PNY 256 MB DDR 2100 memory in my second memory slot on the Syntax motherboard, so I now a 512 MB and 256 MB memory chips for 768 MB total memory. I then installed the Mad Dog Prowler MX 440-SE 64 MB AGP 4/2 GeForce 4 video card in the AGP 4 video slot on my motherboard. I had to disconnect the monitor connected to the onboard AGP socket for it to work. I plugged the primary 19" monitor into the new AGP card and the secondary 17" monitor into the PCI video card. Before doing this, I also had to enable AGP video boot in the CMOS and disable PCI video palette snoop. When I booted the system, it installed the new AGP card video drivers plug and play. I then downloaded and installed the latest AGP video driver from <http://www.maddogmultimedia.com/>. I configured the setting on both video cards, and I set up the system for dual monitor support with the 19" monitor as the primary monitor. I ran the color correction program that came with the Mad Dog AGP card. I installed the other programs that came with it. I changed the virtual memory setting in my hardware settings to let the operating system control it. I also reinstalled Direct X 9. Overall the system upgrades are working just fine, and with the increased video performance from the new Mag Dog Prowler MX 440-SE 64 MB AGP 4/2 GeForce4 video card along with the increased system memory, the system is even faster and more responsive. I now have to register the Mad Dog video card over the internet and prepare the information to mail for the two \$30 mail in rebates. CIO**

**Note: <888> 03/16/03 Sunday 4:05 A.M.: I finished my regular computer work. I had two pretzel rods with ice tea. I might have a couple more. It is time to shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 03/16/03 Sunday 12:45 A.M.: According to this link <http://www.state.ak.us/local/akpages/FISH.GAME/notebook/fish/rainbow.htm> Red Rainbow trout and Steelhead trout are pretty much the same. They taste a bit like salmon, but I guess since they are not farmed raised like some Atlantic salmon which are fed on liver pellets, they have a more natural taste. I also had two pretzel rods and ice tea. CIO**

**Note: <888> 03/15/03 Saturday 11:45 P.M.: I did a little bit of regular computer work. I had two pretzel rods and the last scoop of Godiva Belgium chocolate ice cream with a scoop of Starbuck's caramel cappuccino swirl ice cream along with ice tea. CIO**

**Note: <888> 03/15/03 Saturday 10:20 P.M.: I cut the pound of Rainbow trout across in half. I took the Pyrex pie dish, and I put in a third of a cup of Rene Junot white wine and several tablespoons of lemon juice. I rubbed the top side of one half of the trout in the wine lemon juice mixture and then I put the skin side down in the dish. I season it with Old Bay seasoning, Italian spices, oregano, basil, and grated parmesan cheese, and then I added several pads of margarine, and I am cooking in the Faberware convection oven at 325 degrees Fahrenheit for 20 minutes. I will have it with steamed white rice and steamed fresh cut asparagus and broccoli**

**crowns with grated parmesan cheese and ice tea. Dinner should be ready in about ten minutes. CIO**

**Note: <888> 03/15/03 Saturday 10:00 P.M.: I was up at about 3 P.M. today. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I did my house cleaning and watering the plants. I cleaned up, and I went out. I went by Radio Shack, and I returned the three eight foot computer audio cords for a cash refund. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by CVS, and I bought buy one get one free of Old Fashioned Dutch pretzels for \$1.40 both. I next drove down by the waterfront. I then went by Exxon, and I bought \$5.50 of regular unleaded gasoline at \$1.939 a gallon for about 24 miles per gallon. I next went to the Food Emporium, and I bought a filet of Rainbow trout at \$6.99 a pound for \$8.11, fresh asparagus at \$1.99 a pound \$2.13, and buy one get one free of Starbucks quarts of ice cream coffee and caramel cappuccino swirl for \$4.99 both for \$15.23 total. I just chatted with a relative. CIO**

**Note: <888> 03/15/03 Saturday 3:20 A.M.: I watched a bit of television. I will now shut down the computer, and I will go to bed. I had three pretzel rods and ice tea. CIO**

**Note: <888> 03/15/03 Saturday 2:05 A.M.: I finished going through my email. CIO**

**Note: <888> 03/15/03 Saturday 1:45 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I am listening to some vintage Elvis, while I start sifting through my new computer. The audio is much better on the new computer. The check for \$25 that I sent into Net2Phone on the first of March was applied today, so I now have \$51.45 on my Net2Phone account. CIO**

**Note: <888> 03/14/03 Friday 11:35 P.M.: I went out, and I went by the ATM machine at Putnam Trust Bank of New York on Mason street. I then went by Radio Shack in Cos Cob. I bought a 12 foot gold shielded video cable for \$12.99 and three eight foot computer speaker cables for \$6.99 each plus \$2.04 tax for \$36 total. I then walked lower Greenwich Avenue. I next drove down by the waterfront. I then returned home. I started two loads of laundry. I then took a good four foot audio cable that I had, and I ran it from the living room wall cable connector to the four way splitter. I then ran a new 6 foot gold cable that ran from the wall before from the VCR out to the other four way splitter that connects to the Orion television. All lines and waves and interference on channel 2 CBS are no long there, and the reception is much better. I next disconnected the cable that ran from the first four way splitter to the cable modem. I then connected the new 12 foot gold shielded cable from the first four way splitter to the cable modem. The internet connection seems better and smoother, but the speed is pretty much the same. I next tried connecting the three 8 foot computer speaker cables to the outputs on my SoundBlaster Live MP3+ card, since the microphone cable and the two Y connectors that I had connected are bit jammed together since they are larger**

plugs. However, with the extra length the microphone did not work and the speakers were not as loud. I returned the setup to the way it was without the 8 foot cables. The computer system is working just fine. I will return the three 8 foot computer speakers tomorrow after house cleaning or when I have the time. Thus the total expense at Radio Shack will eventually be \$13.78 for the 12 foot gold shielded video cable. I put away my laundry, and I put clean sheets on the bed. I will now cook a box of the fish cakes for 20 minutes in the convection oven at 400 degrees Fahrenheit, and I will have them with the homemade tartar sauce of Hellmann's mayonnaise and chopped dill pickles along with reheated steamed rice and steamed fresh broccoli crowns with steamed cut fresh asparagus with grated parmesan cheese and ice tea. It is time to cook dinner. CIO

Note: <888> 03/14/03 Friday 6:25 P.M.: I completed the search of music files for the Windows Media Player. I cleaned up, and I will now go out. CIO

Note: <888> 03/14/03 Friday 5:50 P.M.: I was up at 3:30 P.M.. I checked out the channel 2 CBS setting on my living room Orion television, and it was still fuzzy. I had new cables, so I installed a new 6 foot gold cable from the living room wall cable plug to the four way splitter, and I also installed a 24 foot gold cable partially unraveled from the four way splitter to the Optimum cable box input. This pretty much fixed my reception problem on Channel 2 CBS, and all the channels now work fine. I guess the original cables installed by cablevision since they splice them are not that reliable. I also could put a new cable when I have it from the VCR output to the other four way splitter input, but for now it is all right. I just now reinstalled the Windows Media Player 9, since I had tried to uninstall it this past morning, I want to make sure it is all there. I will now run the search for music files function on it. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. CIO

Note: <888> 03/14/03 Friday 7:05 A.M.: I found out what the problem was with the Windows Media Player switching between screens. I was testing it with World TV watching the Dutch Television NOVA Channel, and apparently that is the only channel that causes the problem. On the other channels, it switches back and forth between screens just fine. I did try to uninstall the Windows Media Player in the Control Panel Add Remove Programs for Windows, and although it uninstalled the Windows Media Player 9 was still on my machine. Thus it seems to be all right, and overall the system is running just fine. I wonder how one does uninstall the Windows Media Player 9. Well, I am tired, so it is off to bed after a couple pretzel rods and ice tea. CIO

End of Scott's Notes week of 03/14/02:

Note: <888> 03/14/03 Friday 5:45 A.M.: I tried to resolve the two screen problem moving the Windows Media Player from the primary center screen to the right secondary screen, but it still does not work, unless one starts it in the desired monitor. I tried this by reinstalling the AGP onboard video drivers. I switched the

Diamond Stealth 32 Meg PCI card back to the primary monitor, and I have the onboard AGP on the secondary monitor. I enabled the CMOS to boot the PCI card. I also tried reinstalling the Windows Media Player 9. From what I can tell the Real One player permits one to move between screen while playing video. Well, I am tired, so I will now send out my weekly notes, and then I will shut down and go to bed. I also had two pretzel rods and ice tea. CIO

Note: <888> 03/14/03 Friday 3:25 A.M.: With the AGP onboard video on the primary 19" monitor, when one moves a Real One or Windows Media player to the right 17" monitor, the video is blurred. When I had the primary 19" monitor on the Diamond Stealth 32 meg PCI video card and the 17" monitor on the onboard AGP video, this did not happen. However, at the moment, I am not viewing much video, so I will not worry about it, and of course one can still view it fine on the primary monitor. Still it use to be amusing to view video on the right monitor and web browse on the primary monitor. Still, since I do now have a credit card, and I do not feel like paying for Real Premium video content, I am not much of a computer video watcher. CIO

Note: <888> 03/14/03 Friday 3:00 A.M.: Dutch Radio 1  
<http://www.omroep.nl/radio1/live20.asx> and  
<http://www.hippocrates.nl/newsgeneral.html> . CIO

Note: <888> 03/14/03 Friday 2:50 A.M.: Read Dutch News in English  
<http://www.dnd.nl/> . CIO

Note: <888> 03/14/03 Friday 2:40 A.M.: I checked out some audio and video programs, and I am once again listening to [www.radio10.fm](http://www.radio10.fm) , still only the Dutch would make it hard to figure out how to play. CIO

Note: <888> 03/14/03 Friday 1:25 A.M.: I changed the Windows XP Professional setting for the system from "Best Appearance" to "Best Performance" to try for while. My personal feeling on computer systems' speed is that it is all relative, since once one gets use to a certain speed, one feels it is just normal after a while. CIO

Note: <888> 03/14/03 Friday 12:50 A.M.: I did a little research. I looked at the pictures of my Syntax motherboard and the BioStar motherboard, and they are indeed different, so I do not think they would share the same bios. I did find these sites <http://www.biosupgrades.com/> and this <http://www.biosupgrades.com/biosagent/> and <http://www.esupport.com/biosagent/> and <http://www.motherboards.org/biosup.html> with link to BiosWizard thus there are two different bios identification programs. I suppose if I ever needed a bios upgrade or to reflash the bios, I could email [www.syntaxusa.com](http://www.syntaxusa.com) for tech support. However, since my bios is 11/07/2002, it is more than new enough. There is not really much information on Syntax on the search engines. CIO

**Note: <888> 03/13/03 Thursday 11:25 P.M.: I went through my email. I also did my other regular computer work. I checked out [www.accessmicro.com](http://www.accessmicro.com) and if one wanted to buy a complete Intel System with the best of everything including double processors, it would be about \$5,000, and for the best AMD single processor system with the best of everything, it would be about \$3,000. Thus OEM systems can get quite expensive, if one has the bucks to write off against the tax man in depreciation. Still, I am very content with my \$300 barebones upgrade, and the overall system is running just great. CIO**

**Note: <888> 03/13/03 Thursday 8:40 P.M.: I chatted with a relative. CIO**

**Note: <888> 03/13/03 Thursday 8:25 P.M.: Well, we only had about a half inch of snow. However, since it is a bit damp out tonight, I will stay in and work on the computer. CIO**

**Note: <888> 03/13/03 Thursday 7:40 P.M.: Dinner was delicious. I just finished watching the BBC evening news on channel 21 from Long Island which claims to be the only foreign perspective in America. I will now listen to some of [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I will now have a cappuccino. CIO**

**Note: <888> 03/13/03 Thursday 7:00 P.M.: I am cooking the same dinner as last night. I think I will also have a cappuccino after dinner too. I am watching the ABC evening news. CIO**

**Note: <888> 03/13/03 Thursday 6:35 P.M.: I finished the C: drive to D: drive backup in seven parts. Windows XP Professional backup limits backup file size to 4 gigabytes which is why I back up the system in seven parts. The backup took a little bit over an hour which is a lot faster with the new computer. I watched television while doing the backup. CIO**

**Note: <888> 03/13/03 Thursday 5:25 P.M.: I chatted with a friend. I will now backup the C: drive to the D: drive. CIO**

**Note: <888> 03/13/03 Thursday 4:55 P.M.: I was up at 12:30 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. The building custodian replaced the florescent light in the kitchen. I cleaned up, and I went out to my 3 P.M. appointment. I then toured the Greenwich Hospital Thrift shop. They do not have much left, but they are \$15 a bag and half price on other items. They are putting out their new display merchandise on Monday. I next went by CVS. I then went by the waterfront. Next I went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$26 total. I just now returned home, and I am having a glass of ice tea. I came home early since it is snowing outside right now. CIO**



Note: <888> 03/13/03 Thursday 4:00 A.M.: I watched some television. I finished running Norton Speed Disk on the C: drive. I will now shut down the computer, and I will head off to bed. CIO

Note: <888> 03/13/03 Thursday 2:55 A.M.: I finished going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now run Norton Disk Doctor and Norton Speed Disk on the C: drive. I might watch a bit of television before going to bed. I have a 3 P.M. appointment today. CIO

Note: <888> 03/13/03 Thursday 1:45 A.M.: I was just looking at [www.viacom.com](http://www.viacom.com) to see what the parent company of [www.cbs.com](http://www.cbs.com) is up to. It reminded me that the CBS channel 2 does not always work on my cablevision system. One has to adjust the short cable that comes out of the wall in the living room that connects to the four way splitter to get proper reception. However, it some times is out of adjustment, and then CBS channel 2 comes in with static. At the moment, it is working just fine. All of the other channels that I get work just fine all the time otherwise. CIO

Note: <888> 03/13/03 Thursday 1:10 A.M.: The florescent ceiling light in the kitchen that I leave on all the time seems to be burning out. I can still use the stove light until it is fixed. I went through my email. CIO

Note: <888> 03/13/03 Thursday 1:05 A.M.: Food for thought <http://www.closeindianpoint.org/> . CIO

Note: <888> 03/13/03 Thursday 12:35 A.M.: Dinner was delicious. I also had four pretzel rods while I was relaxing before dinner. CIO

Note: <888> 03/13/03 Thursday 12:05 A.M.: I chopped four dill pickle spears with the Braun food chopper to make about a third of a cup of chopped pickles, and I added about a cup of Hellmann's mayonnaise that mixed with the chopped pickles to make a tartar sauce. I put it all back in the empty Hellmann's mayonnaise jar and labeled it. I am cooking a box of six fish cakes at 400 degrees Fahrenheit for 18 minutes in the convection oven. I will have them with the tartar sauce on top of them along with steamed fresh broccoli crowns and steamed fresh sliced asparagus with grated parmesan cheese and reheated steamed white rice and ice tea. I also put pads of margarine on my vegetables. CIO

Note: <888> 03/12/03 Wednesday 11:30 P.M.: We have lots of fresh shrimp from down south in our local grocery stores that is over \$12 a pound, which folks on limited budgets like myself can not afford. In the mid 1950s when I lived in Pensacola, Florida; one could buy five pounds of fresh shrimp for about \$1, but prices have gone up. Also at the deep fat fried shrimp places, they use to serve fried dough, which I believe they called Hush Puppies <http://www.foodtv.com/foodtv/recipe/0,6255,26182,00.html> not to be confused with the shoes of the same name, and the adults in the hot sultry weather use to wash it all down with a Pabst Blue Ribbon beer [www.pabst.com](http://www.pabst.com) which makes quite a few

other beers, which at the time was not too expensive. The kids would of course wash it all down with a cool lemon aid. CIO

Note: <888> 03/12/03 Wednesday 10:55 P.M.: I worked more on the computer until 8 A.M. this morning. I read the two motherboard manuals that came with my Syntax motherboard, and I double checked the CMOS settings for the motherboard. All the settings seemed fine. I also read up on some of the details of the motherboard. I had a call from a friend at 5:30 P.M., and we chatted. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went to the Greenwich Library. I read the Wall Street Journal, the Greenwich Times, and Forbes magazine. I have been looking for P.C. magazine recently, but the library copy seems to have disappeared. I still can read their web site. I next went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I next went to the Food Emporium, and I bought a 24 ounce bag of America's Choice frozen tater tots for \$1.69, a 16 ounce bag of America's Choice frozen onion rings for \$1.79, two boxes of America's Choice six fish filets for \$2.19 each box, a bulb of garlic at \$2.99 a pound for .69, broccoli crowns at \$1.49 a pound for \$2.03, a bunch of asparagus at \$1.49 a pound for \$1.91 for \$12.49 total. I then went across the street to the Stop and Shop, and I bought eight Stop and Shop boxes of six fish cakes each box for \$1.07 a box for \$8.56 total. I then returned home, and I put away my purchases, and I had a glass of ice tea. CIO

Note: <888> 03/12/03 Wednesday 4:50 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I also went through my email. I will now shut down the computer, and I will head off to bed directly. CIO

Note: <888> 03/12/03 Wednesday 4:30 A.M.: <http://secretguide.net/> CIO

Note: <888> 03/12/03 Wednesday 3:45 A.M.: In the primary 19" monitor setup from its menu button, I changed its color temp setting to 9600K, so it is brighter. I also exchanged the monitor cables on the back of the computer again, and I changed the Cmos setting, so the AGP video boots first to the 19" monitor. I was able to eliminate the lines that I got before by lowering the 17" monitor to 75 mhz setting. I still have the 19" monitor at 85 mhz. I prefer the AGP to boot first, since if something happened to the PCI video card, I am not sure one would get video to change the Cmos back to AGP were it not set to AGP. I think the AGP video is also a bit faster. I also got the registration code for Fresh Diagnose. CIO

Note: <888> 03/12/03 Wednesday 2:35 A.M.: I had four pretzel rods and ice tea. I ran BootVis, and my system takes 50 second to boot from the CMOS password to the logon screen password and another 10 seconds to show the desktop icons, and then it takes another 40 seconds to load the Symantec Norton AntiVirus 2003 and Norton Personal Firewall 2003 and Weatherbug, so thus the complete boot up cycle

for Windows XP Professional on my computer loading the extra programs takes one minute and 40 seconds. CIO

Note: <888> 03/12/03 Wednesday 1:45 A.M.: I updated the Video and IDE and USB 2.0 basic drivers for my motherboard available from [www.syntaxusa.com](http://www.syntaxusa.com) and <http://www.biostar.com.tw> . The system seems to running just fine. Although the Biostar motherboard is similar to my Syntax SV266M motherboard , mine has four USB 2.0 ports on the backside, where the “m7viq” at Biostar seems to have 2. Although the drivers seem to be the same, I would not recommend trying to flash the bios with their bios, since it might not be exactly the same, unless it were the last resort. CIO

Note: <888> 03/11/03 Tuesday 11:35 P.M.: I did a little bit of research, and my Syntax motherboard is made by Biostar. This is a link to the motherboard I am using [http://www.biostar-usa.com/products/socketA/m7viq/m7viq\\_specs.htm](http://www.biostar-usa.com/products/socketA/m7viq/m7viq_specs.htm) . CIO

Note: <888> 03/11/03 Tuesday 10:45 P.M.: Dinner was delicious. I will now do some regular computer work. CIO

Note: <888> 03/11/03 Tuesday 10:20 P.M.: I watched television until about 3 A.M. this past morning. I had a telephone call from a friend about 9 A.M.. I was up at 2:30 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until about 6 P.M.. I had four pretzel rods. I cleaned up, and I went by the Greenwich Library. I returned a DVD video disk. I read the Greenwich Times, P.C. World, and Wired magazines. I noticed in Wired, they had an article that the CERN <http://public.web.cern.ch/public/> supercollider physics accelerator will be ready in 2005. It lies on the Swiss and French borders. I suppose that is why they have so much gravel around there. I drove down Greenwich Avenue, and I drove down by the waterfront. I did not walk tonight because it is so damp. I stopped by the Stop and Shop, and I bought two bags of Snyder pretzel rods for \$1.79 apiece for \$3.58 total. I returned home. I chatted with a friend and a relative. I am just about ready to have the same dinner as last night. CIO

Note: <888> 03/11/03 Tuesday 12:35 A.M.: I chatted with a relative. I sifted through my email. I had two pretzel rods and ice tea. I will now shut down the computer. I will watch a bit of television before going to bed. I will also have a couple of scoops of Godiva Belgium chocolate ice cream. CIO

Note: <888> 03/10/03 Monday 10:50 P.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I had two pretzel rods with ice tea. CIO

Note: <888> 03/10/03 Monday 9:05 P.M.: I had three pretzel rods with ice tea. I think the Snyder pretzel rods are a little bit easier to eat, since the Bachman pretzel rods are a lot harder. CIO

**Note: <888> 03/10/03 Monday 8:30 P.M.: I chatted with a friend. Dinner was delicious. I put the ice tea in the refrigerator. CIO**

**Note: <888> 03/10/03 Monday 7:45 P.M.: I took my Pyrex pie dish, and I added a third a cup of Rene Junot white wine and a few tablespoons of lemon juice. I then rinsed a half pound filet of the Steel Head trout, and I rubbed both sides in the wine lemon juice, and I placed it skin side down. I then seasoned it with Old Bay Seasoning, Italian spices, oregano, and basil. I put several pads of margarine on it along with grated parmesan cheese, and I am baking it in the convection oven at 325 degrees Fahrenheit for 20 minutes. I will have it with steamed fresh broccoli crowns and steamed fresh cut asparagus with grated parmesan cheese along with reheated steamed white rice and ice tea. I put the juices that I cooked the Steel Head trout with on the fish and the rice. CIO**

**Note: <888> 03/10/03 Monday 7:25 P.M.: I was up at 2 P.M. today. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. When I make oatmeal, I put a half cup of Quaker old fashioned oatmeal in a microwave proof bowl, and I add a cup of water. I then put the bowl with the oats and water in the microwave oven with a microwave cover on it, and I microwave it on high for one minute and 40 seconds. I then add three pads of margarine, two teaspoons of sugar, and dashes of cinnamon, and a bit of milk, and I mix it all together for a hot cereal breakfast. I cleaned up, and I went out. I went by the Greenwich Hospital Thrift Shop. They now have a \$15 a bag sale going on with other merchandise 50% off. I next walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by CVS, and I bought a 28 two tablet packages of Tide detergent for \$4.99, a jar of Basil seasoning for .77, and a two belt package of Rubbermaid Hoover vacuum cleaner belts for \$1.25 plus .37 tax for \$7.38 total. I use the Tide tablets, so when I go down to the laundry room, I do not have to carry a heavy jug of detergent. CVS frequently has them on sale. I once knew somebody who knew the first Tide salesman in Europe who later became the president of Proctor and Gamble. Also I believe Proctor and Gamble owns a lot of the television soap operas. I put the Rubbermaid Hoover belts with the vacuum bags on the right side of the bedroom closet. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the local newspaper. I next went by the Stop and Shop, and I bought a dozen large eggs for \$1.69, a bottle of Lysol Island Breeze household cleaner with a .50 off store coupon for \$2.49, two half gallons of Tropicana Grovestand orange juice with calcium for \$2 each, four packages of S&S margarine for .50 each, broccoli crowns at \$1.99 a pound for \$1.67, a filet of Steel Head trout at \$4.99 a pound for \$4.89, a bag of Snyder's pretzel rods \$1.79, and a 12 ounce bag of Lays Classic potato chips for \$1.99 for \$20.67 total. I then returned home, and I retrieved my new cart from the apartment, and I used it for bringing up my purchases. I am making a batch of ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) using 21 tea bags, one each of Twinings Earle Grey, Irish Breakfast, Prince of Wales, Lady Grey, and English Breakfast,**

two of Lipton Green Tea, four of Lipton Orange Peako tea, and ten of Bigelow tea for 21 tea bags of eight different types. CIO

Note: <888> 03/10/03 Monday 2:25 A.M.: I tried to rest for a while, and I watched a bit of television. I decided to change my primary Northgate computer setup by switching the primary 19" monitor to the Diamond Stealth 32 meg PCI video card, and I put the 17" monitor on the onboard 32 meg AGP 4X video connector. Both video connections are about the same speed, so basically the purpose is to have the primary computer boot and show the icons on the primary number one 19" monitor. The second 17 inch monitor will show the programs, I move over to the right. Basically the system performance seems pretty much the same according the Win Bench video test. I will now shut down again, and I will try to go back to sleep. CIO

Note: <888> 03/09/03 Sunday 11:10 P.M.: I did some regular computer work. I watched some television. I will now shut down the computer. I will go to bed directly. CIO

Note: <888> 03/09/03 Sunday 7:05 P.M.: After dinner, I chatted with a friend and a relative. CIO

Note: <888> 03/09/03 Sunday 6:15 P.M.: I chatted with a friend. I am cooking a box of America's Choice six fish filets, and 16 America's Choice frozen onion rings, and 25 America's Choice frozen tater tots in the convection oven at 425 degrees Fahrenheit for 12 minutes a side for 24 minutes total. I will have them with a half cup of Heinz ketchup mixed with three tablespoons of horseradish along with a glass of ice tea. CIO

Note: <888> 03/09/03 Sunday 5:40 P.M.: I went out after the last message. I stopped by the Exxon Automotive Service Station next to the Greenwich Library, and I bought \$5.30 or regular unleaded gasoline at \$1.939 a gallon for about 22 miles per gallon. I then went downtown, and I walked lower Greenwich Avenue. I then drove down by the waterfront. I next went to the Greenwich Train station, and I picked up my guests off the train. I toured them around Greenwich. We toured the Delamar hotel and the L'Escale restaurant. I drove them around the Belle Haven neighborhood. We then went to the Moon Struck chocolatier café at the upper west side of Greenwich Avenue, and we had coffee and hot chocolate. We then toured Waldenbooks. We next toured a number of women's dress stores and departments stores, since one my guests was looking for a flannel night gown, which no one seemed to have available on Sunday. We walked most of the length of Greenwich Avenue in both directions. I toured my guests a little bit in back country, and then I dropped them off at their next destination. I just now returned home. CIO

Note: <888> 03/09/03 Sunday 1:10 P.M.: Well, it is a nice day, I will go out a little bit ahead of time before picking up my guests. CIO

**Note: <888> 03/09/03 Sunday 12:50 P.M.: I was up at 11 A.M. today. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up. I have guests coming out today on the 2:29 P.M. train arriving from Manhattan. CIO**

**Note: <888> 03/09/03 Sunday 12:10 A.M.: I did some regular computer work. I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 03/08/03 Saturday 11:10 P.M.: I used the “Standby” feature while I was watching the volcano movie. I had some goldfish crackers with ice tea. CIO**

**Note: <888> 03/08/03 Saturday 9:20 P.M.: I did some regular computer work. I am watching a volcano movie “Terror Peak” on our local cablevision channel 23. CIO**

**Note: <888> 03/08/03 Saturday 6:50 P.M.: I went out, and I went by the Greenwich Library. I read the local newspaper, and I checked out a DVD video disk. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove by the waterfront. I next returned home. I had a message from a friend. I am cooking the same dinner as last night. CIO**

**Note: <888> 03/08/03 Saturday 3:55 P.M.: I fell asleep about 5:30 A.M. this morning. I had a call from a friend about 8 A.M.. I was up at noon. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I did my house cleaning and watering the plants. I will now clean up and go out. CIO**

**Note: <888> 03/08/03 Saturday 3:40 A.M.: I plugged in the computer power cord into the lower control panel computer on off switch, so one has the option off leaving the master power off when not using the CPU. I moved the Speakers on off switch to the next switch to the left, and I labeled it. I am now done for the night. Thus one also besides turning on all five switches on the upper control panel to start the computer system, one also has to turn on the lower control panel master power switch and the computer switch and then turn on the CPU switch. I figure for ground fault protection, this is probably a better setup. CIO**

**Note: <888> 03/08/03 Saturday 3:00 A.M.: I did one final adjustment in the over all system setup. I unplugged the computer power cable from the computer switch on the upper power control panel, and I put it on the plug on the lower power control panel that is always on. Since the computer needs to be turned on by the switch on the computer, the power control panel switch is redundant. However, one has to remember to turn it off too, once one shuts down. I then plugged in the right 17 inch monitor to the upper control panel computer switch, and I left the left 19 inch monitor plugged into the upper control panel video switch. I label each switch “left monitor” and “right monitor”, and I put scotch tape over the labels. Thus one turns on the computer by turning on all five switches on the upper power control panel,**

and then one turns on the power on the CPU case. I will now shut down and go to bed. CIO

Note: <888> 03/08/03 Saturday 2:30 A.M.: I was able to fix the video refresh problem. In the CMOS setting for "Video Init", I changed it from "AGP" to "PCI", and I also enabled "PCI Video Palette Snoop". Now when one boots the computer, one does need both monitors turned on. The right 17 inch Royal monitor initially shows the CMOS screen and boot password prompt, and then at Windows XP Login the Left 19 inch monitor comes on for the login screen. However, once the entire system is booted there are no slow refresh lines running on the monitors. Thus the 19 inch monitor is the second monitor and the 17 inch monitor is the first monitor, but all the icons and computer information comes up on the 19 inch second monitor. It works much better this way. I guess loading the PCI video card first before the onboard AGP video gives better results. I can change monitor one and two from being the primary monitor which effects where programs open. I will now shut down and head off to bed. CIO

Note: <888> 03/08/03 Saturday 1:35 A.M.: With two display adaptors and two monitors going on the primary Northgate computer, the refresh or write rate seems a bit slower, but for the advantage of two monitors it is not noticeable enough to worry about, unless it might cause eye strain. Still, I like the overall effect. I am tired, so I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 03/08/03 Saturday 12:35 A.M.: The dual monitor configuration is working just fine on the primary Northgate computer system. I disconnected the HP LaserJet IIP backup laser printer, and I put it in the bedroom window. I put the Visioneer 4400 USB scanner on an extension cord, and I put it on top of the oak table between the primary and backup computer systems. It works off the same power control panel switch. I installed the onboard video adaptor in the AMD backup computer, and I enabled it. I booted it up using the Nec 17 inch monitor that I normally have connected to the Dell backup computer. The video drivers installed plug and play with out any problems. However, the SoHo Lan adaptor card did not work, so I switched it with the new SoHo card that was in the IBM Cyrix backup computer. I also had to remove the USB port card from the AMD backup computer which I put in the IBM Cyrix backup computer. I put the new SoHo Lan card in another PCI slot in the AMD backup computer, and I installed the SoHo drivers for it instead of the Windows ME Macronix drivers, and it works fine. I disconnected the Nec 17 inch monitor from the AMD backup computer, and I reconnected it to the Dell backup computer. I also chatted with a relative about 11 P.M.. CIO

Note: <888> 03/07/03 Friday 9:50 P.M.: I just improved my primary computer system. I took the Diamond Multimedia Stealth 32 Meg PCI video card out of my old AMD backup computer, and I installed it in the Northgate Primary computer 3<sup>rd</sup> and last PCI slot. I then connected one of my two 17 inch monitors to it. I booted the primary Northgate computer, and Windows XP Professional recognized the second video card beside the onboard video. It installed the plug and play drivers. I

then right clicked on the desktop, and I enabled the second computer in my video properties. Thus I have both a 19 inch and 17 inch monitor attached to my primary computer working just fine. I put the 17 inch monitor on top of the CPU to the right of the 19 inch monitor. I am writing this file on the 17 inch monitor while I have the 19 inch monitor opened for web browsing. I also plugged in the 17 inch monitor power to the monitor plug on the lower of the two control panels, so to turn it on; one just starts the power on the lower control panel and turn on the monitor switch. Since I probably will not be opening up the primary computer CPU very much, it does not hurt to have the monitor there. I will enable onboard video on the AMD backup computer, and I will set it up later on. CIO

Note: <888> 03/07/03 Friday 7:30 P.M.: After dinner, I watched the BBC world news on channel 21 on our local cablevision system. I had two pretzel rods. CIO

Note: <888> 03/07/03 Friday 6:30 P.M.: I opened up a 1.5 liter bottle of Rene Juno white French wine, and I put about a third of a cup in the Pyrex pie dish, and I added about a sixth of a cup of lemon juice, and I rinsed one of the Scrod filets, and I put in the Pyrex pie dish soaking it on both sides. I seasoned it with Old Bay seasoning, Italian spices, and oregano. I put on the filet three pads of margarine, and then I coated it with a thin layer of grated parmesan cheese. I am cooking it in the convection oven at 325 degrees Fahrenheit for 25 minutes. I will have scrod for dinner with steamed fresh sliced asparagus and reheated steamed white rice with a glass of ice tea. I put some of the lemon wine juices on the scrod and rice. I left the open bottle with cork in it of Rene Junot French white table wine on the inside rack of the refrigerator door. CIO

Note: <888> 03/07/03 Friday 6:00 P.M.: I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I next went downtown to the central Greenwich Post Office, and I obtained a money order to pay my Verizon telephone bill. All my bills are now paid. I next browsed the Merry Go Round Mews thrift shop. I then walked lower Greenwich Avenue, and I started walking up to the top of the Avenue, and I stopped by the Greenwich Hardware store, and I browsed the 70% off rack in front. They had two Seymour Tote Carts regularly \$34.99 for 70% at \$10.35 each plus .62 tax for \$10.97 for one. I then went to the ATM machine at Putnam Trust Bank of New York next door on Greenwich Avenue. I then bought one of the Seymour Tote Carts for \$10.35 plus .62 tax for \$10.97 total. The one I bought already had its wheels on it, so I rolled it back down the Avenue to my car. It is a heavy duty two 9.5 inch wheels large heavy gauge wire cart basket size 16.5" Width X 14.5" Depth X 21" height with a sturdy steel frame which folds for storage with a handy wire lock and hanger hook. It is made in the U.S.A. by Seymour Housewares, 885 North Chestnut Street, Seymour, Indiana 47274. I got model number 46-706-11 in a plate finish. I then finished my walk back up to the top and down Greenwich Avenue. Since all the benches had snow on them, but the bus bench across from Starbucks, I did not sit out. I then drove down by the waterfront. I next went by the Greenwich Library. I then went by the Stop and



Shop, and I bought a 96 ounce jug of Tropicana Premium with Calcium for \$2.99, a Boston Market Chicken Teriyaki dinner for \$2.99, two filets of fresh scrod at \$5.99 a pound for \$6.65, a fresh bunch of asparagus at \$2.99 a pound for \$2.05, a four can package of Bumble Bee solid white tuna fish in water for \$2.99 all, a bottle of Lysol Island Breeze all purpose cleaner less a dollar off store coupon for \$1.99 for \$19.78 total. I then returned home. I put away my purchases. I unpacked the Seymour tote cart, and I folded it up, and I put it behind my entrance door adjacent to the blue bookcase at the kitchen entrance. I will use it for carry heavier loads up in the future. Of course I have six steps outside to reach my landing. I might leave it on the backseat of the Hyundai for ready use coming from the grocery store, but I have guests coming out on the train this Sunday afternoon, so I will need the back seat. CIO

End of Scott's Notes week of 03/07/02:

Note: <888> 03/07/03 Friday 11:50 A.M.: I was not able to post the notes before I went to bed last night because the internet was too slow. I was up until midnight watching television. I was up this morning at 10 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will now send out my weekly notes. I will then clean up and go out for some daytime activity. CIO

Note: <888> 03/06/03 Thursday 9:05 P.M.: I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 03/06/03 Thursday 8:30 P.M.: I sifted through my email. CIO

Note: <888> 03/06/03 Thursday 8:05 P.M.: I watched some television. I chatted with a relative. CIO

Note: <888> 03/06/03 Thursday 6:30 P.M.: The Greenwich radio station said that we will have about eight inches of snow all total when it is all finished. School is still scheduled for tomorrow. CIO

Note: <888> 03/06/03 Thursday 6:20 P.M.: I am listening to 1490 AM radio about what is happening in Greenwich. All the plow crews are out. Most everything is cancelled. I am cooking a box of America's Choice six fish filets along with 15 America's Choice frozen onion rings and 25 America's Choice tater tots in the convection oven at 425 degrees Fahrenheit for 12 minutes a side or 24 minutes total. I will have them with a mixture of two tablespoons of horseradish with a half cup of Heinz ketchup along with ice tea. CIO

Note: <888> 03/06/03 Thursday 6:00 P.M.: They're plowing the driveway out in front of the building. I had three pretzel rods with ice tea. CIO

**Note: <888> 03/06/03 Thursday 5:10 P.M.:** Well, we have had about six inches of snow, and the NOAA weather alert on Weatherbug says we might get one to two inches more this evening. The driveway is not plowed out front yet, so it is a bit slippery. One of my neighbors coming back from the hospital in a taxi cab had a hard time since the taxi cab could not make it up the hill, and he had to transfer to a front wheel drive vehicle. Since my Hyundai is front wheel drive, I could probably make it out of here, but since one has to watch out for other vehicles having problems, it is not worth it to go out, and the Greenwich Library closed at 2:30 P.M., so there really would not be anywhere to go anyway. CIO

**Note: <888> 03/06/03 Thursday 5:00 P.M.:** I adjusted the clocks in my apartment, so they are exact time, except the bedroom alarm clock which I keep a half hour fast. CIO

**Note: <888> 03/06/03 Thursday 4:55 P.M.:** I ran "Msconfig", and in "Startup", I disabled 18 startup programs that were loading when I boot my computer. It now should start and run a bit faster. I only have four startup programs enabled, two Symantec for Norton Antivirus 2003, Norton Personal Firewall 2003, Windows Messenger, and Weatherbug. CIO

**Note: <888> 03/06/03 Thursday 4:05 P.M.:** I put away my laundry. I am listening to the BBC Scotland's 80<sup>th</sup> anniversary  
<http://www.bbc.co.uk/scotland/aboutus/wirelesstoweb/> and  
<http://news.bbc.co.uk/1/hi/scotland/default.stm> and  
[http://www.bbc.co.uk/news/n5ctrl/tvseq/reporting\\_seq.ram](http://www.bbc.co.uk/news/n5ctrl/tvseq/reporting_seq.ram) . CIO

**Note: <888> 03/06/03 Thursday 3:30 P.M.:** I cleaned the lint traps on the dryers half way through the dry cycle. It seems to have quit snowing for now. CIO

**Note: <888> 03/06/03 Thursday 3:00 P.M.:** My laundry is on the dry cycle with 45 minutes to go. I received a Net2Phone calling card which I put in my wallet. CIO

**Note: <888> 03/06/03 Thursday 2:30 P.M.:** I was up at noon. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. We have about six inches of snow. I cleaned my car off. My 3 P.M. appointment called, and I told them I would not be coming in. I started two loads of laundry. I put clean sheets on the bed. CIO

**Note: <888> 03/05/03 Wednesday 10:45 P.M.:** I will now shut down the computer. I will go to bed soon. CIO

**Note: <888> 03/05/03 Wednesday 10:35 P.M.:** I chatted with another friend. CIO

**Note: <888> 03/05/03 Wednesday 10:00 P.M.:** I chatted with a relative. Another friend called, and I tried calling back, but they were not there. I had two pretzel

rods, two scoops of Godiva Belgium chocolate ice cream, and four Danish cookies.  
CIO

Note: <888> 03/05/03 Wednesday 8:20 P.M.: My guest and I drove downtown by the waterfront. We chatted with a former neighbor. We then drove over to Old Greenwich, and we went to the Old Greenwich Rummage Room. I bought for \$6 a pair of Eddie Bauer khaki pants waist 42 inches length 30 inches. We then went out to Tod's Point, and we stood out at the Southeast and the Southwest parking areas. We then returned back to my apartment. We watched a bit of television and had a couple of pretzel rods and ice tea. I cooked the same dinner for us as last night without the broccoli and grated parmesan cheese. We then watched some more television. My guest just left. I will now do some regular computer work. CIO

Note: <888> 03/05/03 Wednesday 2:05 P.M.: My guest has arrived. We will now go out. CIO

Note: <888> 03/05/03 Wednesday 12:40 P.M.: I had a call from a friend at 7:30 A.M. this morning. I was up at 10:30 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, and supplements. I have a friend coming to visit at 1:30 P.M. this afternoon. CIO

Note: <888> 03/04/03 Tuesday 11:45 P.M.: Well, I am a bit tired, so I will shut down the computer. I will go to bed soon. CIO

Note: <888> 03/04/03 Tuesday 11:10 P.M.: I relaxed a bit. I ate five pretzel rods. It is interesting that since Switzerland won the America's Cup from New Zealand, where Switzerland which is a land locked country will hold the America's Cup when they next defend the Cup. I suppose Lake Geneva which would be odd since traditionally the America's Cup was an Ocean Race. Well, maybe they will hold it in Monte Carlo. CIO

Note: <888> 03/04/03 Tuesday 9:45 P.M.: While I was out, I ran Norton One Step Checkup and I scanned my system with Norton Antivirus 2003. CIO

Note: <888> 03/04/03 Tuesday 9:40 P.M.: I went out, and I went downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I stopped by the Greenwich Library, and I read the Greenwich Times and P.C. Shopper magazine. I then went to the Stop and Shop, and I bought two 38 ounce bottles of Heinz ketchup for \$1.50 each, a 7 ounce bottle of Kame sesame oil for \$3.59, a Boston Market sirloin beef tips and noodles dinner for \$2.99, two filets of salmon at \$4.99 a pound for \$5.31, and a 48 bag box of Lipton green tea \$3.19 for \$18.08 total. I then returned home. I chatted with a relative. I chatted with a friend. I had a glass of ice tea. CIO

**Note: <888> 03/04/03 Tuesday 5:25 P.M.: Dinner was delicious. I will now shut down the computer. I will clean up, and I will go out for some evening activity in about a half hour. CIO**

**Note: <888> 03/04/03 Tuesday 4:50 P.M.: I am cooking the same dinner as last night. CIO**

**Note: <888> 03/04/03 Tuesday 4:20 P.M.: I listened and watched to some various broadcasts listed by WorldTV. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I had three pretzel rods. CIO**

**Note: <888> 03/04/03 Tuesday 2:20 P.M.: I reinstalled the Ezonics USB camera driver for XP, and although it is not specifically designed for XP, the camera seems to work perfectly well. CIO**

**Note: <888> 03/04/03 Tuesday 1:40 P.M.: I signed up to be Microsoft Software Advisor <http://msa.one.microsoft.com/guide/> and <http://members.microsoft.com/partner/default.aspx> . CIO**

**Note: <888> 03/04/03 Tuesday 1:05 P.M.: I installed WorldTV <http://www.mywebattack.com/gnomeapp.php?id=106028> . In the options one has to select Windows Media player instead of Netshow for better presentation. CIO**

**Note: <888> 03/04/03 Tuesday 12:40 P.M.: I had about a dozen Danish cookies the last two nights before going to bed. I was up at 8:30 A.M. this morning. For breakfast I had oatmeal, toast, orange juice, vitamins, supplements, and coffee. I watched some television until 10:30 A.M., and then I fell back to sleep until noon. I chatted with a former neighbor about local waterfront activities. CIO**

**Note: <888> 03/03/03 Monday 9:05 P.M.: I did some regular internet computer news reading. I had four pretzel rods and ice tea. I will now shut down the computer. I might watch a bit of television before going to bed. CIO**

**Note: <888> 03/03/03 Monday 7:35 P.M.: Dinner was delicious. I chatted with a relative. I went through my email. CIO**

**Note: <888> 03/03/03 Monday 6:45 P.M.: I took a half pound of the fresh filet of salmon, and I put it in the Pyrex pie dish and added a third of a cup of lemon juice, and I seasoned it with Old Bay seasoning, Italian spices, and oregano, and I am cooking it in the convection oven at 325 degrees Fahrenheit for 20 minutes. I will have it with steamed fresh cut asparagus and steamed fresh broccoli with grated parmesan cheese and reheated steamed white rice with ice tea. CIO**

**Note: <888> 03/03/03 Monday 6:20 P.M.: I chatted with a friend. CIO**

**Note: <888> 03/03/03 Monday 5:40 P.M.: I went out, and I mailed a package to a relative at the Valley Road Post Office. I chatted with a relative. CIO**

**Note: <888> 03/03/03 Monday 4:15 P.M.: I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went downtown to the central Greenwich Post Office. I obtained money orders to pay my electricity, cablevision, Optimum online, and AT&T bills. I also obtained a \$25 money order that I sent in to Net2Phone. I also obtained 20 United States of America flag stamps for \$7.40. The five money orders cost .90 apiece for \$4.50 total plus the value of the money orders. I then went over to First Union National Bank on Havemeyer Place, and I paid my rent. I returned to my car, and I picked up my gloves. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought a can of spray Lysol for \$2.99 plus .18 tax for \$3.17 total. I also stopped by the post office again, and I obtained a 5" X 7" mailer for .99. I then drove down by the waterfront. I next went by the Greenwich Hospital Thrift Shop. They have a \$30 a bag sale going on. Since I am large not many of the men's clothes fit me there. I then went by the Greenwich Library, and I read the Greenwich Times. I next went by Stop and Shop, and I bought a 32 ounce jar of B&G whole kosher pickles for \$1.99, a filet of fresh salmon at \$4.99 a pound for \$4.92, fresh asparagus at \$1.99 a pound for \$2.41, two five ounce bags of Wise salt and vinegar potato chips for .99 each, and two 10 ounce bags of Bachman pretzel rods for \$1.50 each for \$14.30 total. I noticed two television trucks downtown and there were three more by the Hamilton Avenue stationary store covering the attempted robbery attempt by teenagers this weekend [www.greenwichtime.com](http://www.greenwichtime.com). I then went by the Arnold Bread outlet store, and I bought two loaves of 12 grain bread for .99 each less .20 for senior discount rate for \$1.78 total. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$26. I then returned home, and I put away my purchases. I had three pretzel rods with ice tea. It is 18 degrees Fahrenheit outside right now. CIO**

**Note: <888> 03/03/03 Monday 11:55 A.M.: I did some regular computer work. I will now go out and pay some bills. CIO**

**Note: <888> 03/03/03 Monday 9:35 A.M.: I was up at 8 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I watched some morning news. I showered and cleaned up. My new hair cut is a bit shorter than it normally is. It is 11 degrees Fahrenheit outside. CIO**

**Note: <888> 03/02/03 Sunday 9:50 P.M.: Well, I am tired. I will now shut down the computer, and I will go to bed directly. CIO**

**Note: <888> 03/02/03 Sunday 9:20 P.M.: I finished setting up the IBM Cyrix backup computer, and I put it away back in the bedroom underneath the sideboard. I reconnected the cables to the other backup computers. I chatted briefly with a relative. CIO**

**Note: <888> 03/02/03 Sunday 8:35 P.M.:** After dinner, I chatted with a friend. After, I finish the system configuration on the IBM Cyrix, I will move the 3.5 inch floppy drive from the upper 5.25" bay into a 3.5" bay and move the hard drive to make room for it. Thus I will not be using the face plate I made for the 5:25" bay. They system will have a neater exterior appearance. CIO

**Note: <888> 03/02/03 Sunday 7:50 P.M.:** I am cooking the same dinner as last night. I will put away the IBM Cyrix backup computer shortly after Speed Disk quit running. I am not installing any printer drivers on it. I will then reconnect the other backup computer devices. CIO

**Note: <888> 03/02/03 Sunday 6:35 P.M.:** I used the AT&T CD lens cleaner to clean the two CDs on my primary Northgate computer and also the IBM Cyrix backup. I am in the process of installing the Word 2000 updates. CIO

**Note: <888> 03/02/03 Sunday 6:00 P.M.:** Basically the IBM Cyrix backup computer is a PC Chips S-571 motherboard with onboard sound and video running an IBM Cyrix 233 processor with two 32 meg sdram chips for 64 megs total of memory. It has a 6 gigabyte hard drive and a SoHo Lan card for cable modem connection. It also has a 24 X CD player drive. It does not have a phone modem. I have put Windows Me operating system on it with Norton Symantec Personal Firewall 2003 and Norton System Works 2003 along with the Microsoft Works Suite 2000. I could make it available for use or any other of the other backup computers, but it takes time to maintain them, and more than likely anyone needing to use them would not have a cable modem, and I do not have the capability of moving monitors to go with them anymore. Still it is a way of keeping busy. CIO

**Note: <888> 03/02/03 Sunday 5:50 P.M.:** I am just finishing installing the Microsoft Works Suite 2000 on the IBM Cyrix backup computer. I will then see if there are any updates. I will probably be not using the IBM Cyrix computer, since I have two other better backup computers, but since I have the time, I thought I would configure it. I will next install Weatherbug, and that should complete the configuration of the IBM Cyrix backup computer. I will then run Norton Disk Doctor, Norton Win Doctor, and then Norton Speed Disk. I will then disconnect it and put it underneath the sideboard in the bedroom. CIO

**Note: <888> 03/02/03 Sunday 4:10 P.M.:** On the IBM Cyrix backup, I installed Norton System Works 2003 and Norton Personal Firewall 2003. I am now running Norton Live Update. CIO

**Note: <888> 03/02/03 Sunday 3:10 P.M.:** On the IBM Cyrix, I have installed the RealOne Player basic free software, and I am now installing the updates. I went through my email. CIO

**Note: <888> 03/02/03 Sunday 2:50 P.M.:** On the IBM Cyrix backup computer, I have installed all the Windows updates. I also have installed DirectX 9 and Sun Java. I had a honey bell orange with ice tea. CIO

**Note: <888> 03/02/03 Sunday 2:15 P.M.:** The IBM Cyrix backup computer is running just fine. I installed the device drivers for the onboard sound and onboard video from the motherboard CD. The SoHo LAN card was recognized by Windows ME plug and play. It is online, and I am installing the Windows updates. CIO

**Note: <888> 03/02/03 Sunday 1:00 P.M.:** I took the Diamond Multimedia Stealth 32 meg PCI card out of my AMD K2 366 MHz backup computer, and I tried it in my new Northgate primary computer, but it did not work, so I put it back in the AMD computer. I lost one of the case cover bolts for the Northgate computer behind the case on the floor where it is hard to find, so I put two of the large case cover bolts on the Northgate computer. I then installed the spare 24 X CD player in my old IBM Cyrix 233 backup computer that I do not have connected. I temporarily connected with the backup computer cords and cables. I enabled onboard video and sound. I Fdisked and formatted the 6 gigabyte C: drive. I am in the process of installing Windows ME on it. It has 64 Megs of memory. I have a spare SoHo LAN card; I can use to install the updates on it. I will do this after installing Windows ME. Thus the old IBM Cyrix 233 MHz backup computer will be configured for use. I might install some software on it too. It is a rainy day, so I am just keeping busy inside. CIO

**Note: <888> 03/02/03 Sunday 9:40 A.M.:** I was up at 8 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. CIO

**Note: <888> 03/01/03 Saturday 9:15 P.M.:** I will now shut down the computer, and I will relax and possibly watch some television before going to bed. CIO

**Note: <888> 03/01/03 Saturday 8:20 P.M.:** I chatted with a relative. I sifted through my email. I did some other regular computer work. I updated Adobe Acrobat Read, Win Amp, and Morpheus all available from [www.download.com](http://www.download.com). CIO

**Note: <888> 03/01/03 Saturday 5:50 P.M.:** I took a half pound of the boneless center cut of pork roast, and I put in a couple of tablespoons of olive oil in the Pyrex pie dish, and I rubbed the pork in it. I then seasoned it on all sides with garlic powder, Old Bay Seasoning, ground black pepper, celery salt, poultry and meat seasoning, Italian spices, oregano, basil, and Texas Best barbeque sauce. I am cooking it in the convection oven at 350 degrees Fahrenheit for 25 minutes. I will have it with reheated white rice and steamed fresh broccoli and steamed fresh sliced asparagus with grated parmesan cheese along with a glass of ice tea. CIO

**Note: <888> 03/01/03 Saturday 5:15 P.M.:** I was up at 7 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements,

and coffee. I did my house cleaning and watering the plants. I threw out the Styrofoam I had in my bedroom closet from the Orion television packaging that I had stored for a year and a half. I clean up, and I went out about 11 A.M.. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital thrift shop. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I went by the St. Moritz bakery, and I bought an apple turnover for \$1.25, and I ate it in front of the senior center. For people downtown when it is open, the senior arts center has restrooms open to the general public. I then drove down by the waterfront, and I saw a former neighbor whom had returned from a trip. I then drove over to Old Greenwich, and I got my hair cut at Off Center Hair Stylists for \$16 plus \$4 tip for \$20 total. I then toured the Village Ewe needlepoint studio [www.thevillageewe.com](http://www.thevillageewe.com), and they told me they will ship their needle point products anywhere. I have relatives that do needlepoint. I next used the ATM machine at Putnam Trust Bank of New York in Old Greenwich. I then drove around Tod's Point, and I sat out at the southeast parking area. I then toured Staples and Radio Shack. Starbucks at the Riverside Shopping center does indeed have wireless internet set up. I went to the Food Emporium at the Riverside Shopping center, and I bought a dozen jumbo eggs for \$1.79, two 28 ounce bottles of America's Choice all purpose lemon scent cleaner for \$1.89 each, a head of Foxy broccoli for \$1.29, and a bunch of fresh asparagus at \$1.49 a pound for \$1.58 for \$8.67 total. I then went by the Greenwich Library. I next went by Exxon, and I bought \$3.50 of regular unleaded gasoline at \$1.899 a gallon for about 27 miles per gallon. I have not been idling downtown as much, so my gasoline mileage is better. I then went to the Food Emporium in central Greenwich, and I bought two boxes of Americas' Choice six frozen fish filets for \$2.19 each box, a 24 ounce bag of Americas' Choice frozen tater tots for \$1.69 and a 16 ounce bag of Americas' Choice frozen onion rings for \$1.79 for \$7.86 total. I also filled out the form to receive my new Food Emporium gold card which they activated and gave me along with a key chain card, and I saved the old Food Emporium card since it is good at the A&P. I then returned home, and I put away my purchases, and I had an ice tea. CIO

Note: <888> 04/30/03 Wednesday 9:40 P.M.: For any interested parties that remember the president's father try <http://www.georgebushfoundation.org/>, maybe he will share it with his son some day. I will also put it on [www.geocities.com/mikelscott/137.htm](http://www.geocities.com/mikelscott/137.htm). I will now shut down the computer. I will watch television briefly before going to bed. CIO

Note: <888> 04/30/03 Wednesday 9:15 P.M.: I chatted with another friend. CIO

Note: <888> 04/30/03 Wednesday 8:50 P.M.: I chatted with a relative. I talked with a friend.

Note: <888> 04/30/03 Wednesday 6:50 P.M.: The Radio Shack weather radio works fine in the bedroom although the alert alarm is a bit loud. I had a call from Winnipeg, Canada about a new woman's television show. As usual the Canadians are very polite. I am cooking a box of six Stop and Shop fish cakes in the



Farberware convection oven at 400 degrees Fahrenheit for fifteen minutes, and I will have them with homemade tartar mayonnaise and pickle sauce along with steamed fresh broccoli crowns with margerine and reheated white rice and ice tea. CIO

Note: <888> 04/30/03 Wednesday 6:10 P.M.: I went out after the last message. I first mailed an envelope with a picture to a relative at the Valley Road post office. I then went downtown. I stopped by the Merry Go Round Mews thrift shop, and I found an Eddie Bauer extra large long sleeve flannel shirt in various greens, yellow, and white plaid for \$3. I had to walk up to Putnam Trust Bank of New York on Greenwich Avenue next to Saks Fifth Avenue to get some money out of the bank. I then walked back down. I bought the shirt for \$3. Clothes were half price there today. I noticed they have quite a large number of size 40 and smaller sports jackets regularly \$20 on sale for \$10, if one feels like dressing more formally. However, they did not have them in my larger size of size 44 to 46 long. I next walked the entire length of Greenwich Avenue, and I sat out at various locations. I used up \$1.25 parking which is more than I normally spend at 25 cents a half hour. I then drove down by the waterfront. I next went to the ELDC thrift shop at the Cos Cob shopping plaza. I bought a Radio Shack 7 Channel digital weatheradio alert system for \$10 plus .60 tax for \$10.60 total. I then drove by the Greenwich Hospital Thrift shop, and I bought a collapsible Mighty Mini Car Cart model 747 for \$7. It will come in handy for moving heavier items. I normally use the custodian's skate board to move heavy items. I next went by Putnam Trust Bank of New York on Mason Street. They now do not give receipts for saving's account withdrawals anymore, but one can always make up one's own receipt on a saving's slip to remember one's transactions. I next went down by the waterfront for a period of time. One local gave me this web address <http://nativesale.com/catalog/> where one can buy cheaper cigarettes over the internet. Supposedly one can buy Lewiston cigarettes for \$12 a carton plus postage. Premium brands are \$30 a carton plus postage. I next went over to Smoke for Less, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I next returned home. I put the new collapsible cart behind the grocery cart behind the apartment entrance door. I will now check out the new weather radio. I have one in the living room, so I will put the second one I just bought in the bedroom I guess. I had a glass of ice tea. CIO

Note: <888> 04/30/03 Wednesday 10:15 A.M.: As a matter of note, I only send my notes once a week to only 18 individuals. I just noticed this story which bulk emailers might find interesting  
<http://www.nytimes.com/2003/04/30/technology/30SPAM.html> . CIO

Note: <888> 04/30/03 Wednesday 10:00 A.M.: I was up at 8:30 A.M. this morning. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. In examining my web site log, it seems nobody looks at my notes as far as I can tell besides myself. However, I am beginning to feel like Tokyo Rose of Lord Ha-Ha. I suppose Yahoo which was started by Japanese students at Stamford University and also had as one of its original investors Colin

Powell whom is now U.S. Secretary of State might not like me publishing long web notes. Perhaps they are over ruled by some titan like General McArthur whom use to only like short one page reports. Anyway I can only post about a page at a time at Yahoo Geocities now. I do have an option in that with Microsoft FrontPage I got three free months of web server usage at another internet service provider, but after that I would have to pay for it. Perhaps since Colin Powell is originally from Jamaica and Yahoo founders are from Japan, they are not use to English writers writing long notes. However, if one were in England, there are plenty examples in English libraries of long winded writers pouring out the pulp. All one has to do is look at any set of English encyclopedias, and one would quickly learn that they are quite prolific in publishing. I was once told by one local writer here in physics, it is easier to dictate into a recording device and then have it transcribed. Well anyway, I am managing to keep my web log going for now. However, in the event that it should be suddenly cut off, I will refer any questions or inquiries to the reference desk at the Greenwich Library. Needless to say, the purpose of my web site and directory was not to focus attention on myself, but to provide reference information links that one normally might not know to look for in one's search engine searches. Since I have not worked on the directory in over two years, I just leave it for any longtime users whom still might find it useful. Thus I will try to limit my notes to about a page a day or less, so I can keep posting them. Needless to say there are so many publishers on the internet whom seem to have lots of content; it is not my purpose to try to out do them. Well, it is a nice day, so I think I will try to clean up, and I will go out for some daytime activity. CIO

Note: <888> 04/29/03 Tuesday 11:10 P.M.: I am tired. I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 04/29/03 Tuesday 11:00 P.M.: As a point of trivia, if one can remember whom was born on June 23, 1894, one can treat themselves to a free if one can afford it Bell's whisky and Perrier on the rocks. Answer: "The Duke of Windsor". As another point of trivia, apparently when the Duke of Windsor supposedly abdicated, he also took with him his private fortune, which left the current Royal family without any money to speak of. Since at the time the British Commonwealth of Nations consisted of about half the world's peoples and countries, the off shore assets that the Duke of Windsor controlled were considerably vaster than what was kept in the Privy Purse back home in England. Thus although we read history as it is reported by the penny press, it seems that those whom have the money are also able to write the history. For all I know Wallace Simpson was the Empress of China. Needless to say in the United States of America, no matter whom one is, if one has to remain here for an indefinite period of time, one sooner or later will have to learn how to pay one's bills. I dare say some of the off shore colonial wealth of the British Empire is still intact, thus more than likely someone in the vast network of 2.5 billion people in the Commonwealth probably has a penny or two leant by the Duke of Windsor. Needless to say when one pursues a degree in economics, one learns quite a bit about the history of money and how it is allocated and reallocated. In the old days in the Netherlands, they used tulips bulbs for money, so at the

moment with the tulips in bloom, one can figure out where the money is, and if one feels like stealing any tulip bulbs more than likely, there are more from where they originally came from which is not the Netherlands. The tulip is a wildflower with its origins supposedly in Persia, so thus the wealthy Dutch were hoarding Persian wildflowers. Needless to say if one searches the word "tulip" on any of the internet search engines, one might find out more. Cheerio. CIO

Note: <888> 04/29/03 Tuesday 10:25 P.M.: I chatted with two friends and a relative. CIO

Note: <888> 04/29/03 Tuesday 8:05 P.M.: I went out after the last message. I stopped by the Greenwich Hospital Thrift Shop. They have a number of vintage items for sale. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the local newspaper. I then went downtown again, and they had the whole fire brigade at the Mews Retirement home, since there was a smoke fire which they had contained. I went by Zyn stationary, and I bought a copy of the Greenwich Times for .53. I bought the copy of the Greenwich Times, since it has a picture of a family friend. I then sat out for a while. I next returned home, and I chatted with a neighbor. I am cooking a Tony's frozen pepperoni pizza in the convection oven at 425 degrees Fahrenheit for 13 minutes. I seasoned it with garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, basil, and olive oil. I will now have it with ice tea. CIO

Note: <888> 04/29/03 Tuesday 2:25 P.M.: I have updated the Red Hat Linux 9.0 D: partition on the Dell backup computer. The forecast is for clearing and cooler by mid afternoon <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> , so maybe I will go out in a little while after cleaning up. I will now have some Carr's crackers with slices of Vermont extra sharp cheddar cheese and ice tea. CIO

Note: <888> 04/29/03 Tuesday 1:55 P.M.: I watched television until about 2 A.M. this morning. I was up at 8 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 1:15 P.M.. It is starting to rain outside, so I am staying inside for now. I booted both the primary and backup computers. I will do some regular work. I also am running the updates for Red Hat Linux 9.0 on the backup computer. CIO

Note: <888> 04/28/03 Monday 11:35 P.M.: I did some regular computer work. Yahoo Geocities does not seem to let me upload large pages anymore, so I am editing my notes, so they are on smaller pages. I will now shut down the computer, and I will watch a bit of television before going to bed. CIO

Note: <888> 04/28/03 Monday 10:20 P.M.: I chatted with a relative. I put the ice tea in the refrigerator. CIO

**Note: <888> 04/28/03 Monday 9:25 P.M.:** After dinner, I chatted with a relative. I put away my laundry. CIO

**Note: <888> 04/28/03 Monday 8:15 P.M.:** I went back out after the last message. I sat out downtown until about 3:45 P.M., when I walked over to my 4 P.M. appointment. After my 4 P.M. appointment, I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next read the local newspaper in the Greenwich Library. I then returned home. I started two loads of laundry which are on the dry cycle and will be ready in about 45 minutes. I put clean sheets on the bed. I took the heavy blanket off the bed, and I left the summer blanket and the orange bed spread along with fresh linen. I put the light blue heavy blanket on the top closet shelf in the bedroom. I hung up my long heavy Rainforest winter jacket in the right living room closet. I keep it available on the brass coat rack in the winter. I use it for smoking outside in the winter and on exceptionally cold days. I broke a wooden hanger hanging it up, so I threw the hanger out in the dumpster. I am also in the process of brewing up another batch of ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . For dinner I am microwaving a Boston Market Swedish meatballs dinner which I will have with ice tea.

**Note: <888> 04/28/03 Monday 2:35 P.M.:** I was up at 8 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee outside. It is up to 77 degrees Fahrenheit this afternoon. I cleaned up, and I went out. I went down by the waterfront, and I chatted with some locals. I went over to another location on the waterfront with a former neighbor to watch him fix his boat. His Evanrude motor would not start. Another friend of the neighbor checked the fuel and the fuel line, and the engine was getting fuel, and he replaced the spark plugs. Still the engine would not start when I left them down by the waterfront. I gave my former neighbor my old ship to shore radio and two foot whip antenna that I use to keep in my old Volvo. I next went by the Greenwich Hospital Thrift shop. They now have a table in the center of the shop with various computer items. I next went to the Arnold Bread outlet, and I bought three loaves of Arnold 12 grain bread for .99 each less 10% senior discount of .30 for \$2.67 total. I then returned home. The Solarverter solar cell flash light that I keep in the back window of my Hyundai would not work. Either it was turned on and totally discharged or the solar cells burned out. I put in two new AA Polaroid alkaline batteries, and it now works. I will leave it in the back window in case the solar cells work too. I have opened and rinsed a six ounce can of Chicken of the Sea whole white tuna. I flaked it with a fork, and I mixed it together with two tablespoons of mayonnaise. I had two tuna fish sandwiches with onion and sour cream potato chips and ice tea. I will now go back out to enjoy the day. CIO

**Note: <888> 04/27/03 Sunday 11:55 P.M.:** I sifted through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I was checking a search engine for my web site, and I came up with this old directory of mine still posted in

Romania [http://www.eed.usv.ro/misc/graphics/html\\_misc/scott/scotlist.htm](http://www.eed.usv.ro/misc/graphics/html_misc/scott/scotlist.htm) . I think I originally went online with Netcom way back in October of 1994, so I have been online for eight and a half years. Of course the web browser is now ten years old. I will now shut down the computer and after watching some television, I will go to bed. CIO

Note: <888> 04/27/03 Sunday 9:25 P.M.: I had some goldfish crackers and ice tea. I rested from 1 P.M. to 4:30 P.M.. I cleaned up. I chatted with a relative. My guest arrived at 5:30 P.M.. We went for a drive. We drove down by the waterfront. We next drove up North Street looking at all the daffodils along the road. We went west on Clapboard Ridge road and we drove up Lake Avenue and over to Round Hill road. We drove down Round Hill road, and we toured through Baldwin Farms Road where my family use to live. We then sat for a while downtown. We then returned to my place. I cooked the salmon filets by putting them in the Pyrex pie dish with about a half cup of Rene Junot white wine and a few tablespoons of Borden lemon juice along with seasoning them with Italian spices, oregano, and basil. I cooked them in the convection oven at 325 degrees Fahrenheit for 20 minutes. We had them with steamed fresh broccoli crowns with margarine and steamed white rice with the fish cooking juices on the rice and fish. We also had ice tea. We watched a bit of television. My guest left about fifteen minutes ago. CIO

Note: <888> 04/27/03 Sunday 10:55 A.M.: I will now shut down the primary computer. I will rest a bit before going out. CIO

Note: <888> 04/27/03 Sunday 10:00 A.M.: I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I downloaded the Red Hat Linux 9.0 updates on the Dell backup computer, but they would not install. I put Real on it, but I have not configured the plug-in with the web browser. I chatted briefly with a friend. The same friend is coming down today at 5:30 P.M. for dinner. I shut down the Dell backup computer. CIO

Note: <888> 04/27/03 Sunday 8:30 A.M.: I was up until 1 A.M. this morning watching television. I reinstalled Red Hat Linux 9.0 on the Dell backup computer using the full install instead of upgrade with all the languages. When I went to reboot after installation, it would not reboot, so I shut down the computer. I was up at 7 A.M. this morning. I checked out the CMOS settings on the Dell backup computer, and by changing the setting for IRQ7 from "available" to "reserve", I was able to get the Dell backup computer to boot Red Hat Linux 9.0. I am now running the Linux updates on the Dell backup computer. CIO

Note: <888> 04/26/03 Saturday 10:55 P.M.: I have been watching television. After installing the upgrade of Red Hat Linux 9.0 on the Dell backup computer, but it would not boot. I am now installing it as a fresh install instead of an upgrade. It has 35 minutes to go. I will now shut down the primary computer, and I will watch a bit more of television before going to bed. CIO

**Note: <888> 04/26/03 Saturday 8:05 P.M.:** After dinner, I watched some television. I have 35 minutes remaining on the Red Hat Linux 9.0 installation on the Dell backup computer. CIO

**Note: <888> 04/26/03 Saturday 6:20 P.M.:** I took a box of Stop and Shop fish sticks, and I laid them out on a baking pan with 12 America's Choice frozen onion rings which I am baking in the Farberware convection oven at 400 degrees Fahrenheit for 10 minutes each of two sides. I also mixed three tablespoons of horseradish with between a third and a half cup of Heinz ketchup which I will have with the fish sticks. I also will have ice tea. CIO

**Note: <888> 04/26/03 Saturday 6:00 P.M.:** I finished chatting with a friend. The Red Hat Linux 9.0 installation on the Dell backup computer has two hours and 35 minutes to go. I am upgrading a full installation with all the languages. CIO

**Note: <888> 04/26/03 Saturday 5:25 P.M.:** Red Hat Linux 9.0 is in the installation process on the D: drive of the Dell backup computer. It says it had two hours and 45 minutes remaining to complete the installation. I chatted with a friend whom I am calling back at 5:30 P.M.. CIO

**Note: <888> 04/26/03 Saturday 4:55 P.M.:** I burned the three Red Hat Linux 9.0 Cds. I set the Dell backup computer to boot the CD drive. I booted the first Red Hat Linux 9.0 disk, and I did a media check on all three disks. They all passed. I am now doing installing Red Hat Linux 9.0 to the D: drive of the Dell backup computer as an upgrade over version 8.0. CIO

**Note: <888> 04/26/03 Saturday 4:05 P.M.:** I installed the Diamond Stealth 32 meg PCI card in the AMD 366 MHz backup computer. I left in the onboard video, and I switch the dip pin to use the PCI card. While doing this I downloaded the three \*.iso files <ftp://ftp.mirror.ac.uk/sites/ftp.redhat.com/pub/redhat/linux/9/en/iso/i386/> needed to install Red Hat Linux 9.0 on the Dell backup computer which has 8.0 on the D: partition. I will now burn the three \*.iso files to CDs. CIO

**Note: <888> 04/26/03 Saturday 2:50 P.M.:** For lunch I had 12 Carr's crackers half with slices of New York extra reserve cheddar cheese and half with slices of Vermont extra sharp cheddar cheese and ice tea. I chatted with a relative. CIO

**Note: <888> 04/26/03 Saturday 2:10 P.M.:** I watched a movie last night until about 11 P.M.. I was up this morning about 7:30 A.M.. I had breakfast of oatmeal, toast with margarine, orange juice, vitamins, supplements, and coffee with milk and sugar. I did my house cleaning and watering the plants. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I next drove downtown by the waterfront. I did not walk today because it was raining. I then went by the Greenwich Library, and I read the Greenwich Times and P.C. Magazine. I checked out a videotape. I next went by the Stop and Shop, and I bought four half gallons of Tropicana orange

juice with calcium for \$2 each, a 48 ounce container of Quaker old fashioned oats for \$3.99, three packages of S&S margarine for \$2 all, a dozen extra large eggs for \$1.79, a fresh filet of salmon at \$4.99 a pound for \$5.21, a 16 ounce bottle of La Choy low sodium soy sauce for \$2.39, fresh broccoli crowns at \$1.79 a pound for \$2.22 for \$25.60 total. I then went by Exxon, and I bought \$4 of regular unleaded gasoline at \$1.839 a gallon for about 26 miles per gallon. I then returned home, and I used by shopping car that I had brought down to the car to bring up my grocery items. I put away my purchases. I am having a glass of ice tea. CIO

Note: <888> 04/25/03 Friday 7:05 P.M.: I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 04/25/03 Friday 6:40 P.M.: I upgraded the Zinio reader. I had a Marie Callender Swedish meatball dinner along with ice tea. CIO

Note: <888> 04/25/03 Friday 5:45 P.M.: I went out, and I stopped by the Greenwich Hospital Thrift shop. I next walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the local newspaper. I just now returned home, and I am having a glass of ice tea. CIO

Note: <888> 04/25/03 Friday 12:05 P.M.: I will have the same dinner as the last few days in a little while, but first I might rest a bit more. I will then probably clean up and go out. I will now shut down the computer. CIO

Note: <888> 04/25/03 Friday 11:45 A.M.: I rested a bit. I watched some television. I had about ten Danish cookies. CIO

Note: <888> 04/25/03 Friday 9:40 A.M.: I chatted with a relative whom is not on the internet, and the relative thinks I should take up a volunteer job. I tried to explain that the internet is my volunteer job for what it is worth, and I do not have anymore time for another volunteer job. Since I spend quite a bit of time surveying and moving around the town, and since in the course of such activity, I spend quite a bit of time chatting with others about my internet activity, I consider myself involved to the fullest extent of my abilities. CIO

Note: <888> 04/25/03 Friday 9:05 A.M.: Geocities seems to have changed their server file settings. At the moment the large compressed files linked in \*.zip format from my homepage will not download. Thus more than likely I would not be able to upload them again. Basically Yahoo Geocities wants to try to force their free customers to start buying server space instead of using the free server space. The matter is not that important to me, and I do not intend to buy server space. Since I get no feed back on my server, if they continue to change their server setup, so it is hard to use or not available, I will just not post my useful server information, and I will continue to send out my notes via email to a dozen people or so. Basically we have free speech in America, as long as the internet service provider continues to

offer free disk space, but being capitalists, sooner or later they want money. Since I put quite a bit of effort into my web log, I suppose those whom take it for granted, may find out, that I am not willing or unable to pay for server space. One can always read someone else's web log. If one wants the weekly notes sent to them, they can always email me at <mailto:mikescot@optonline.net> . CIO

Note: <888> 04/25/03 Friday 8:45 A.M.: Well smaller file pages seem to upload all right to geocities. I chatted with a friend this morning. I went through my email. CIO

Note: <888> 04/25/03 Friday 8:15 A.M.: Apparently this note page was too large to upload to geocities, so I edited it putting the earlier version of this month at <http://www.geocities.com/mikelscott/scottpre.htm> . I never had a page size problem before. CIO

End of Scott's Notes week of 04/25/03:

Note: <888> 04/25/03 Friday 6:10 A.M.: I went to bed after the last message. I had a call from a relative about 10 P.M.. I woke up this morning about 5 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. When I boot the primary Northgate Computer now, I leave the cable modem and router turned off. Once the computer is fully booted with the Siemens Router firewall, Windows XP firewall, and Symantec Internet Security Firewall 2003 enabled, I then turn on the cable modem and router. This I do in case the computer is being probed while it is booted up. Geocities upload to my web site is still not working. I will now send out my weekly notes. CIO

Note: <888> 04/24/03 Thursday 6:50 P.M.: I watched some television. I had a bowl of goldfish crackers with ice tea. I will now shut down the computer. Geocities as been slow to upload today. I will go to bed soon. CIO

Note: <888> 04/24/03 Thursday 5:30 P.M.: I went by the Greenwich Library. I returned a DVD video disk. I made my 3 P.M. appointment. I drove downtown, and I sat out for a while. I then drove down by the waterfront for a while. I just now returned home, and I had two slices of New York extra reserve cheddar cheese and ice tea. CIO

Note: <888> 04/24/03 Thursday 1:45 P.M.: Another tropical hideaway for well heeled pirates [http://www.forbes.com/2003/04/24/cx\\_cv\\_0424dow.html](http://www.forbes.com/2003/04/24/cx_cv_0424dow.html) . I listened to some of the [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I still have a 50 year old Zenith shortwave radio in the apartment that I use to use to listen to the BBC. Thus over the years, I have listened to the BBC quite a lot not to mention it also has its local television shows on Channel 21 and Cspan. I suppose they have a large worldwide network of correspondents to report all the diverse stories that they report. Well, it is warmer out, so I will go back out and enjoy some of the warmer weather. CIO



**Note: <888> 04/24/03 Thursday 12:50 P.M.:** I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. Next I went downtown, and I walked lower Greenwich Avenue. I then walked about halfway up the Avenue, and I returned back down the Avenue with a local. We went by the Merry Go Round Mews Thrift Shop and toured the merchandise. They have several bread machines. I then completed the walk up the top of the Avenue, and I sat out at a couple of places. I then drove down by the waterfront, and I chatted with some locals. I noticed on the roof of the Indian Harbor Yacht Club the weather instruments <http://www.indianharboryc.com/weather1.htm> . I then drove over to Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I next returned home. I opened up a cold six ounce can of Chicken of the Sea small shrimp, and I rinsed them with the lid on in cold running water. I then mixed them in a mixing bowl with two large tablespoons of mayonnaise, and I made two sandwiches out of the mixture which I cut in half. I had the shrimp sandwiches with onion and sour cream potato chips with ice tea. I have a 3 P.M. appointment today. CIO

**Note: <888> 04/24/03 Thursday 7:55 A.M.:** I had the same dinner as yesterday. I chatted with a friend. It is suppose to go up to the mid 50s Fahrenheit today, and it is 40 degrees Fahrenheit right now. I will now clean up, and I will go out after that. I have a 3 P.M. appointment today. I will now shut down the computer. CIO

**Note: <888> 04/24/03 Thursday 6:25 A.M.:** I installed the patches for Microsoft IE and Outlook linked from this article <http://www.eweek.com/article2/0,3959,1040401,00.asp> . CIO

**Note: <888> 04/24/03 Thursday 5:50 A.M.:** I did some regular computer work. The internet quit working about 4 A.M., so I rested until now. The net is now working. CIO

**Note: <888> 04/24/03 Thursday 2:40 A.M.:** I chatted with a relative before going to bed after the last message. I had a call from a relative about 10 P.M.. I was up at 1:30 A.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I will now do some regular computer work. I checked my CMOS settings before booting up. CIO

**Note: <888> 04/23/03 Wednesday 4:50 P.M.:** The Windows XP firewall is now working properly. I will now install the security update mentioned earlier. I am tired, so I will now shut down the computer. I will relax a bit before going to bed, and possibly I will have something to eat. CIO

**Note: <888> 04/23/03 Wednesday 4:05 P.M.:** I had to enter the last three weeks Microsoft Money information from the Dell backup computer to the primary

Northgate computer. Still, it all seems to be working just fine. I put the shipping box back in the false ceiling above the bed. CIO

Note: <888> 04/23/03 Wednesday 3:00 P.M.: I have the primary Northgate computer system back up and running, and it seems to be just fine. It is the same system that I had before. I called them, and they said they replaced the AMD Athlon 2000+ processor. I did not put in the PCI video card to run a second monitor, since I never used it. CIO

Note: <888> 04/23/03 Wednesday 1:20 P.M.: My barebones computer system just arrived from [www.accessmicro.com](http://www.accessmicro.com) via UPS. I will not put it back together. It is not the same box that I sent it in, so maybe they sent me a new system. It basically took UPS 6.5 days to ship it back to me, which I think is very good. CIO

Note: <888> 04/23/03 Wednesday 1:05 P.M.: IP Job hunting? Your not alone [http://news.com.com/2100-1022-997499.html?tag=fd\\_ots](http://news.com.com/2100-1022-997499.html?tag=fd_ots) . CIO

Note: <888> 04/23/03 Wednesday 12:10 P.M.: Crocodile Vacation <http://www.telegraph.co.uk/travel/main.jhtml?xml=/travel/2003/04/19/etmaur.xml> . CIO

Note: <888> 04/23/03 Wednesday 11:55 A.M.: I got my new AARP American Association of Retired Persons <http://www.aarp.org/> today. I put the two stickers on my card I keep in my wallet and on the card I leave on my bedroom desk. I use it for senior discounts at Odd Job Trading in Port Chester, New York on Wednesday, and I think it is also good for senior discounts at the Food Mart on Tuesdays. I am still waiting for UPS to arrive. I am going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 04/23/03 Wednesday 11:20 A.M.: I guess when we had all that rain in September 1975, it was Hurricane Eloise <http://www.super70s.com/Super70s/Science/Nature/Disasters/Hurricanes/75Sept27-Eloise.asp> . That was the most rain, I remember in Greenwich, Connecticut. I remember a relative returned home from Texas in that storm. After the storm when the flood waters were still high here, I borrowed an aluminum canoe from the Second Congregational Church with someone I knew, and we carried it down to the pond in Cos Cob through the water cross the post road in Milbrook, and we started paddling. When we forded the road underneath the Mianus River Bridge, the canoe capsized, and we had to swim out into the harbor with the current. We nearly drowned, and I lost my Frye boots which I had taken off. We carried the canoe back to the church. I went to the Greenwich Hospital to have my feet checked out which were cut from rocks in the fast moving water when we capsized. It was quit and exhausting day carrying the canoe and such. In retrospect I think there were only a couple of feet of higher water around the Bruce Park ponds, but of course during the storm when people did not go out, there could have been more. I think

the Greenwich High School at the time was at its present location, so there was quite a bit of water in that area. CIO

Note: <888> 04/23/03 Wednesday 10:25 A.M.: I chatted with a relative. I watched some television. I guess since Port Chester, New York is quite a bit closer to sea level that area would be prone towards flooding if there were ever any major tropical storm activity. The relative I chatted with said Hudson Bay blankets are scratchy. CIO

Note: <888> 04/23/03 Wednesday 8:45 A.M.: I had ten Danish cookies and some ice tea. I tend to drink ice tea continually through the day when I am at home. I watched a bit of television. I was just remembering in thinking about tropical storms in this area. I remember around September 1975 we had about a 12 inch rain fall. I am not sure if it was a tropical storm. However, I remember the stream bed that runs through Milbrook area of town around the Greenwich high school was about four feet above the Post Road, and the network of ponds that feed through Bruce Park flooded the area with several feet of water. I guess one could read the old stories in the Greenwich Times about that event. CIO

Note: <888> 04/23/03 Wednesday 6:30 A.M.: UPS tracking [www.ups.com](http://www.ups.com) says that my Barebones Computer system was sent out from Norwalk, Connecticut for delivery at 6:15 A.M.. I am not sure whether, I should go out or not since I have seen UPS trucks downtown as early as 8 A.M.. I guess I will stay home, and I will relax and wait for it to arrive whenever. I had the same dinner as last night. I will now clean up. CIO

Note: <888> 04/23/03 Wednesday 5:00 A.M.: For those of you whom find down comforters in the winter too warm, I noticed that the Hudson Bay Company [www.hbc.com](http://www.hbc.com) up in Canada still offers their classic Hudson Bay blanket for \$250 to \$450 Canadian dollars which would be 69% percent of a USA dollar or about 31% discount on the USA dollar <http://www.bch.com> look at bedrooms and blankets. It is 45 degrees Fahrenheit outside right now. CIO

Note: <888> 04/23/03 Wednesday 4:35 A.M.: My fixed or new barebones computer system from [www.accessmicro.com](http://www.accessmicro.com) arrived at Norwalk, Connecticut at 12:15 A.M. today, so if more than likely will arrive today. I guess, I could go out in the morning, but I would have to be back by 9 A.M. to wait for it to arrive. UPS usually arrives in the afternoon here. I finished sifting through my email. CIO

Note: <888> 04/23/03 Wednesday 4:20 A.M.: For Windows XP users, I noticed this important article about a defective Microsoft Update that slows systems to a crawl <http://www.microsoft-watch.com/article2/0,4248,1037305,00.asp> . When I put my new system together, I will have to make sure the update is not on it. CIO

Note: <888> 04/23/03 Wednesday 3:55 A.M.: I noticed when I was last out at the southwest parking lot at Tod's Point last Saturday morning when the sun was out of

the east that someone is building a new house on the waterfront at sea level in central Greenwich. My suggestions for interior decoration as I have said many times before is all one needs is slate floors, sizzle carpeting, folding beach lounge chairs, hammocks, a bucket and a mop, and maybe a shovel to shovel out any sand that might wash in and maybe an oil lamp since electricity is dangerous in water and one probably can get by without the sizzle carpeting. CIO

Note: <888> 04/23/03 Wednesday 3:40 A.M.: Well, if any of those pirates down south need to fly a flag of convenience try <http://flagspot.net/flags/> . CIO

Note: <888> 04/23/03 Wednesday 3:20 A.M.: The Nantucket Yacht Club <http://www.nantucketyachtclub.org/> still has not gotten its act together. Maybe the web master is still away in school. Of course maybe with this cooler weather some of the sailors are still down in Antigua <http://www.aycmarina.com/> and of course some of the sailors might be from <http://www.nyvc.org/> . CIO

Note: <888> 04/23/03 Wednesday 2:55 A.M.: If any of the wharf rats down on Steamboat Road who frequent the area are interested in the adjacent Indian Harbor Yacht Club, this link is their information site <http://www.indianharboryc.com/> . Also they have a most excellent real time weather link <http://www.indianharboryc.com/weather1.htm> . Although I have lived near the ocean most of my life, I have never been able to afford or have the inclination to try to sail. Since I am a bit overweight, I am more like "Bubba The Beached Whale". However, as a youth when my family use to vacation in Holland, Michigan before we moved here in 1961, I use to sail a sunfish on Lake Michigan and practice rowing an old wooden row boat. I was never a good swimmer, and except for the period in the Florida Keys when I had a bit of time and I was thin and during the same period in Nantucket were the only times I tried to swim a bit. CIO

Note: <888> 04/23/03 Wednesday 2:45 A.M.: On the new barebones computer that is being returned the Windows XP firewall would not work. It might be caused by the Symantec Internet Security Firewall 2003 that does work. However in the past it did work. I can not find any tech or help notes on the subject. CIO

Note: <888> 04/23/03 Wednesday 1:45 A.M.: I went to bed about 11 A.M. yesterday, but I did not fall asleep until about 2 P.M.. I had a telephone call from a former neighbor about 1 P.M.. I got up about 12:30 A.M. today. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. UPS package tracking says my new barebones computer system departed Shrewsbury, Massachusetts at 7:17 P.M. yesterday for Norwalk, Connecticut. Maybe they will deliver it today. However, that would mean that I will have to stay inside all day waiting for delivery. I could go out for an early morning walk before UPS delivers. When it was first sent out here, it was delivered the next day after leaving Shrewsbury. Of course I would have to be rested before reassembling the system, so if it arrived in the late afternoon, I would probably reassemble it the next morning when I woke up. CIO

**Note: <888> 04/22/03 Tuesday 10:30 A.M.: I relaxed thinking about some current events. UPS tracking [www.ups.com](http://www.ups.com) shows that my returned new Northgate barebones computer system arrived at Shrewsbury, Massachusetts at 9:22 A.M. this morning. Thus although it took Fedex 50 hours to go across country, it takes UPS 128 hours to come back across country. Of course this could be some sort of high technology joke like in Route 128 the old tech highway around Boston in the old days. At this rate, it might be delivered tomorrow afternoon instead of Thursday as scheduled. I am getting a bit tired, so I will shut down the computer shortly, and I will go to bed. CIO**

**Note: <888> 04/22/03 Tuesday 8:45 A.M.: I monitored the television for a while. It seems most of the programming on our local Cablevision is from the warmer southern areas of the country. I guess people in the northern areas are so busy working, reading or pursuing other activities, they do not have the time to pursue southern television. Still, when one considers a lot of these people working inside are warm weather people, perhaps the television serves a purpose for those whom do not enjoy the colder climate outside. I have frequently tried to get the cable company to put on some European or Canadian television programming, but since the cable company is not financially very solvent, they can not afford the other diverse programming. Still we have to make do with what is available. Needless to say with all the big grocery stores in Norwalk, I doubt if anyone up there is starving. Since we have a lot of older thinner people here in Greenwich, the grocery stores are not a focal point except for the younger generation whom still need to eat and are growing fast. As I have mentioned before the largest person, I have seen here in close to 20 years was from Mattrich in the Netherlands selling Dutch gouda cheese. I believe he was over seven feet tall and weighed at least six hundred pounds and had on Dutch pantaloons and wooden shoes that were over two feet long. He was selling gouda cheese at the Food Emporium in central Greenwich, so any long time shoppers or employees there probably saw him. I would imagine such a large fellow would have children whom were the size of some of our full grown adults. I was once told that some of the largest people in the world are the Dutch dragoons around Queen Beatrice of the Netherlands, and they are supposedly as big around the waist as they are tall. Alas, although I am half Dutch, I only know a few words of Dutch such as "your eyes are bigger than your stomach". Still I keep the Netherlands national flag proudly displayed in my living room in between the United States of America flag and the British Union Jack. Since it is damp out today, and I do not have much to do, I will probably be staying inside to conserve fuel unlike all the millions of commuters whom keep on maintaining normal routines just to keep on moving whether the economy justifies the activity or not. CIO**

**Note: <888> 04/22/03 Tuesday 6:40 A.M.: I had the same dinner as last night. I am charging up the Slaymaker million watt rechargeable lantern, which will be charged at 8 P.M.. When I was down in St. Thomas, Virgin Islands in the fall of 1972, I arrived on the island from Jacksonville, Florida via San Juan, Puerto Rico**

after having helped drive down a cigarette boat and Porsche from Chicago to Jacksonville, Florida. I was looking for a job in banking, but none were offered. One of my roommates at the Farm I rented in college was teaching in St. Thomas. His house had a cistern, so when ever using the bathroom, one only flushed after number 2. When I arrived on the island, I did not know where my roommate was, and I took a taxi from the airport to the other end of the island via the ferry to St. John's. I found my college roommate having a beer at a marina bar. I explored quite a bit of the island by walking on foot since I did not have a car. I visited St. John's, and I applied for a job at Caneel Bay Plantation resort, and I viewed the idyllic national park there with camp grounds. I toured a number of the hotels and resorts job hunting, but since it was still the tropical storm season, they were not busy yet. In fact the island was experiencing a drought, so lots of people were having to pay extra money to have water trucked to their homes. In fact water bills could be as expensive as heating bills in homes up north. However, Chicago is a much colder environment than the east coast, so I returned up north to my family's house outside of Boston, and that following summer we moved down to Greenwich, while I had been living in Manhattan at my sister's. Thus having briefly thought about working in the Caribbean, I was back up in the colder climate, until I went down to Greenville, South Carolina in December of 1975 followed by returning further south the following September 1976 when I went to Florida. In that period up north we had the oil embargo, so there was not much oil in this area, so one became use to doing without excess energy. I had a friend in Manhattan whom had a small rent controlled apartment adjacent to the United Nations heated by steam heat from the coal fired generation plant south of the United Nations. However, when I use our house in Greenwich frequently we did not have much heat if any. In fact there was so much heat in the apartment near the United Nations that we kept the Frederich air conditioner going all the time in the winter. Of course there was so little gasoline in the area, I had to sell my 1972 blue Volvo shortly after I bought it, and it did not fetch a good price since I had dented the entire driver's side when I skidded out into a guard rail during a blizzard on the Connecticut turnpike coming back from one of the few gasoline stations opened in the area at the Darien rest area. Thus we have seen harder times than the years of plentiful energy we have been experiencing recently. I remember the refinery in St. Croix was supplying the Hess gasoline stations with oil from Venezuela and a couple of Shell and Exxon gasoline stations were open. CIO

Note: <888> 04/22/03 Tuesday 4:45 A.M.: Of course if one wants to keep U.S.A. money in the good old U.S.A. one might find cold weather clothing at <http://www.llbean.com/> , but obviously the Canadians would be a colder group of people. Of course with warmer weather coming, more than likely one would be safe to kick around in an old pair of blue jeans <http://www.leejeans.com/> such as are frequently available in the U.S.A. since last I heard we still grow cotton. When I use to come up north from the south back in the late 1970s a flannel shirt was handy to wear on the summer evenings  
<http://www.llbean.com/webapp/wcs/stores/servlet/CategoryDisplay?categoryId=21280&storeId=1&catalogId=1&langId=->

**1&parentCategory=3502&shop\_method=pp&feat=ln&sc1=unknown&sc2=unknown&sc3=Casual Clothing&sc4=Shirts&sc5=Chamois Flannel Shirts** . Of course in the last fifteen years, we had warmer summers. At the rate the weather is developing this spring, I am not sure if we will be having warm evenings or not. I remember in the late 1960s and early 1970s, we use to wear sweaters outside of Boston, Massachusetts up until about the first of July. I am still wearing long underwear when I go out at this time of year which one was able to buy this winter at CVS. CIO

**Note: <888> 04/22/03 Tuesday 4:15 A.M.:** It is the nature of shipping and commerce that one should not try to ship the same commodities back to their point of origin. Thus if one were in the Caribbean, more than likely one would bring commodities such as rum back to northern Europe, and if there were a shortage of liquor in Europe more than likely one could acquire it from Canada along with meats and other grains. More than likely so many people might be leaving Canada for warmer ports during the colder months, there might not be as many people up there, and no one knows whom might be running the store. For cold weather provisions more than likely [www.hbc.com](http://www.hbc.com) might have plenty of provisions. Of course when looking at the Hudson Bay company, remember the Canadian dollar is worth .69 U.S. dollars <http://www.bank-banque-canada.ca/en/exchform.htm> , so thus the prices would be 31% less in U.S. dollars. CIO

**Note: <888> 04/22/03 Tuesday 3:50 A.M.:** If one looks at <http://www.greatlakes-seaway.com/> , <http://www.greatlakes-seaway.com/en/news/pr20030331.html> the Seaway was opened for business on March 31, 2003, so more than likely all those products from Canada, can now make their way around the oceans of the world. CIO

**Note: <888> 04/22/03 Tuesday 3:35 A.M.:** I sifted through my email. As I recall years ago, they use to have sugar and rice plantations in the southeast United States, so maybe if manufacturing is in decline they should start producing rum and sake for export. I would imagine they still produce Kentucky and Tennessee bourbons, so maybe some of those products will find their way into the hull of the Queen Elizabeth II. More than likely when they travel down in the Caribbean, they will pick up some rum at various ports of destination. When I graduated from Lake Forest College in 1972, and I was out in Chicago campaigning for the Nixon campaign, I made a side trip down to the Virgin Island to St. Thomas, and I met with a former Polaroid computer associate whom was managing Riise's Liquors in St. Thomas <http://www.vacation-stthomas.com/guides/shopping.cfm?ShopID=1574Shop> . Apparently with up to a dozen cruise ships a day visiting St. Thomas, with each passenger entitled to buy four liters of duty free liquor, Riise's Liquor was one of the busiest liquor operations in the Americas. They had a vast collection of all sorts of liquors and wines, and it truly looked like a pirate's treasure trove of booty. Of course if a major hurricane ever hit St. Thomas, they would have to secure their operations against flooding and high winds. I would imagine there are other similar ports of call in tropical waters.

I remember in the old days in Florida, they had the “Bid Daddy’s” chain of liquor stores which seemed to have vast collections of bonded liquors and wines for the elderly retired people to fend off the winter cold that frequently people in that area with thin blood have to tolerate. Of course the people up north, I believe are well stocked up on such provisions since it is colder most of the time, and it is rumored up in Canada they still produce large quantities of such provisions. I remember reading in the old days of boot legging on the Detroit River between Windsor, Canada and Detroit, Michigan, they use to use Henry Ford’s yacht unknown to him for such purposes. I once visited Sue St. Marie area of a Thousand Islands between Lake Superior and Lake Michigan, and they had 10 gallon earthenware crocks of Corby’s Whiskey that the locals drank out of similar devices to water coolers. Of course in areas where in the winter it goes below minus 50 degrees Fahrenheit on cold days, they need ample supplies of such provisions. Thus when those northern people go south on holiday, they generally look for such similar provisions in their holiday locations. Since my system can not tolerate alcohol very well, but since it is part of my family heritage, I have studied up on it a bit. CIO

Note: <888> 04/22/03 Tuesday 1:40 A.M.: I finally got around to reading the Colorado State Forecast for the 2003 Hurricane Season <http://hurricane.atmos.colostate.edu/forecasts/2003/april2003/> . It does not look good for the upcoming season. I guess some of the people down in the southeastern United States should start thinking about battening down the hatches and making preparations for the upcoming hurricane season. Of course it is still cool up north. I guess once the hurricane season starts, they might want to look more at my web page [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) which has lots of useful links to tropical storm weather information. We have a member of the community who is a retired army officer from a prominent southern family who lives in Coral Gables, Florida in the winter where the National Hurricane Center <http://www.nhc.noaa.gov/index.shtml> is located, and I would imagine if there are any major problems down there, he will be returning to this area. I remember he had a relative living on the waterfront, and he use to enjoy chatting with people at the Merry Go Round Mews thrift shop. CIO

Note: <888> 04/22/03 Tuesday 12:45 A.M.: Of course on Friday the 25<sup>th</sup>, the Queen Elizabeth II arrives in Fort Lauderdale, Florida where possibly some of its cargo might be desired, since there are a lot of retired people down in Florida. For the ship itinerary schedule try <http://www.qe2.org.uk/itinerary.html> . CIO

Note: <888> 04/22/03 Tuesday 12:35 A.M.: I mentioned earlier in my notes that the cruise ship the Queen Elizabeth II arrives back in Manhattan from its around the world trip this Wednesday. If I am not mistaken, their primary cargo is bonded liquor, so more than likely there would be enough trucking transportation on the east coast to import it into the interior, if anyone in the interior of the country still drinks imported liquors or wines or whatever items they might have picked up on their trip around the world. I remember the captain once told me that the only thing he bought in Manhattan was toilet paper, since obviously they could buy other



items at closer points of origins. I believe they also have room for 40 automobiles that they transport, so more than likely they will have 40 new Rolls Royces or Bentleys. CIO

Note: <888> 04/22/03 Tuesday 12:20 A.M.: I went to bed at 2 P.M., and I was up at 10 P.M.. I had a couple of slices of New York reserve aged cheddar cheese before going to bed. For breakfast I had oatmeal, toast, orange juice, vitamins, supplements, and coffee. It is my theory that since it only took two days by FedEx for my new barebones computer system to be sent to California, and it is taking eight days for the system to be returned from California by UPS that because of the war in Iraq the shipping ports on the east coast and the highways and railways leading to them are backed up a bit waiting for ships to move the increased material needs overseas. However on the flip side that means that more than likely on the east coast there is a surplus of transportation waiting for loads going back from east to west, so if anyone east of us such as in Europe or producing desirable items on the east coast, more than likely there is a surplus of transportation waiting for loads going backing from east to west. However, I am not sure that means that someone in Texas might want to buy 5000 Mercedes Benz or other imported cars or other imported items, but I would imagine the transport would be available. CIO

Note: <888> 04/21/03 Monday 11:20 A.M.: I went out after the last message. I drove downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. Somebody found the blue plastic Easter egg at the Greenwich Common. I chatted with some locals. I told one local town employee whom picks up the cigarette butts around the center of town with long tongs that in Paris when I was there about 12 years ago, they had mechanized machinery to do the same job. I believe they had back pack type of devices that sucked up the cigarette butts. I advised the town employee that I squeeze out the ash on my cigarette butts, and I then put the butts in the trash receptacle. Of course, I know how to squeeze out the ash out of the end of a cigarette butt. I then drove down by the waterfront. I mentioned to two individuals about the crows possibly stealing items from people's cars down there. I walked out to the end of the pier, and I noticed the same two individuals throwing lots of paper out of their car. I next walked over, and I chatted with a local, and I told him about the possibility of the crows taking items from people's cars. I then noticed the two people drive off whom had thrown the paper out, and run over by one of the car wheels was a six inch by five inch plastic bag. I picked up the plastic bag, and it seemed to have a substance in it that looked like shreds of old rope or ripped up hemp upholstery fiber. I smelled it, and it smell rancid. It could have been a plastic bag of dog poop that was run over. I threw the item in the dumpster at the parking area. I then noticed the same two individuals returned to the same parking spot they were parked in before. I drove back up the road, and I chatted with a local parking lot attendant familiar with Florida, and he told me there are suppose to be 14 tropical storms this season. I noticed a police vehicle heading down to the end of the road. Whether the substance down there was contraband is hard to tell, but since it could have been left by a previous visitor, I do not consider the individuals that were down there culpable. I told the parking

lot attendant at Greenwich Capital which is owned by Royal Bank of Scotland that Queen Elizabeth II awarded the Queen's Award in Industry today to the Royal Bank of Scotland. I next went by the Greenwich Hospital Thrift shop, and they had a nice sectional sofa there for \$250 which was L shaped. Also they had two HP black cartridges for \$5 along with lots of the other usual items. I then went to the Greenwich Library, and the new "Krakatoa" book <http://www.nytimes.com/2003/04/20/books/review/20ELLIST.html> already has had five people reserve it. I decided to wait for it to become available instead of reserving. I read the Greenwich Times. I just now returned home. I guess I will now shut down the computer, and I will watch a bit of television before going to bed. I might have some Danish cookies and ice tea. CIO

Note: <888> 04/21/03 Monday 5:30 A.M.: I will now clean up, and I will go out for some morning activity. I believe it is suppose to rain later today <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> . CIO

Note: <888> 04/21/03 Monday 5:10 A.M.: Happy Birthday to Queen Elizabeth II of England <http://news.bbc.co.uk/1/hi/uk/2963349.stm> . Send the Queen a birthday message <http://www.royal.gov.uk/output/page249.asp> . CIO

Note: <888> 04/21/03 Monday 4:35 A.M.: This morning when I woke up briefly, I had some Lays sour cream and onion potato chips with ice tea. For dinner just now, I had three ¼ inch thick slices of cold eye round with horse radish and Lea and Perrins Worcestershire sauce, reheated steamed white rice, steamed fresh broccoli crowns and cut asparagus with margarine and ice tea. I have mentioned before when I make white rice, I use the China Village microwave rice cooker that I bought at the Food Emporium for \$15. I use Carolina white rice which is like Uncle Ben's. One can buy it at the Stop and Shop for \$4.99 for a ten pound bag. I rinse a cup of the rice in a mixing bowl in water. I then strain it with a wire strainer and rinse it. I then put the cup of rinsed rice in the China Village container, and I put in 14 ounces of water. I had five pads of margarine and a teaspoon of sesame oil. I then put on the inner container lid with the steam hole, and then I put on the clamped lid. I put it in the General Electric microwave oven on high for 11 minutes, and then I let it sit for five minutes. This makes about three cups for very good rice. I usually have half with one meal and refrigerate and then reheat the second half for the next day's meal. I quit eating baked potatoes as frequently, because the way I cooked them in the microwave oven they did not cook evenly. I guess if I had cooked them on a lower setting longer, they would cook more evenly. Also I have been enjoying rice for a change. CIO

Note: <888> 04/21/03 Monday 3:30 A.M.: I sifted through the volcano reports, I get emailed to me from <http://www.volcano.si.edu/reports/> . I went through the other email. CIO

**Note: <888> 04/21/03 Monday 1:10 A.M.: Somebody left a few bags of canned food up for grabs in the laundry room. CIO**

**Note: <888> 04/21/03 Monday 1:05 A.M.: I rested a bit. I woke up from the smell of something burning. I checked my apartment, and nothing is wrong. The smell is in the hallway outside my apartment, but the building smoke detector alarm has not gone off. Possibly it is just from someone cooking. I checked outside too, and the building fire alarm panel indicates it is operational, but it has not gone off. Some times, when they burn at the nearby Holly Hill dump we get the same smell. I also checked the garbage chute. My next door neighbor's apartment light is on, so maybe they just burned something on the burner. Generally during cooking smoke, the alarm will come on, if the smoke is strong enough. Maybe somebody broiled a steak. The smell seems to be decreasing. CIO**

**Note: <888> 04/20/03 Sunday 11:10 P.M.: I chatted with a relative. I watched some television. CIO**

**Note: <888> 04/20/03 Sunday 9:15 P.M.: I had a call about 2 P.M. from a relative. I was up at 8 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I chatted with a relative. This morning when I was down by the waterfront at sunrise by the Indian Harbor Yacht club on Steamboat Road, I noticed a crow was down there. When I was down there later, I noticed that the same crow was building a nest. I once saw a Sherlock Holmes program on television where a lot of items were disappearing, and it turned out to be a crow or a raven that was taking them. So if one drives down by the waterfront, one should be sure to lock one's car and windows when getting out, so the crow does not snatch any items. Possibly other people in this area might be losing items from the omnipresent crows in this area. Tomorrow is Queen Elizabeth II's 77<sup>th</sup> birthday, and I believe the cruise ship the Queen Elizabeth II is due back in New York on April 23 <http://www.cunard.com/> and <http://www.qe2.org.uk/> returning from her winter's cruise around the world. Traditionally in the United Kingdom and the British Commonwealth of Nations on the Queen's Birthday, they toast the picture of the Queen with a cocktail on her birthday. However, I think officially they might celebrate her birthday in June when they have the Trooping of the Colors. However, it would not hurt to celebrate it on both days. Also I heard rumors on the BBC that the House of Lords has been abolished and replaced by an elected group of people, but I have not read any stories to that effect. CIO**

**Note: <888> 04/20/03 Sunday 9:05 A.M.: Send a card to a relative or friend <http://www.thegreetingcardcenter.com/>. I will now shut down the computer, and I will watch some television before going to bed. CIO**

**Note: <888> 04/20/03 Sunday 8:50 A.M.: I went back out after the last message. I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I then sat out some more downtown. I found a plastic blue Easter egg, and I put in my Jimmy Fund coupon for a free Kool Aid**

packet in it, and I hid it on the Greenwich Common. Unfortunately I did not win the super prize, I just had two \$5000 and one \$1000 scratch off numbers on the card, and one needs all three to win. I next drove down by the waterfront for some more time bird watching. I just now returned home. CIO

Note: <888> 04/20/03 Sunday 5:10 A.M.: I put the ice tea in the refrigerator. Brian Livingston's column <http://www.briansbuzz.com/> will now be available in newsletter form instead of from [www.inforworld.com](http://www.inforworld.com). Speaking of the Livingston family, I once found a small book in the Greenwich Hospital Thrift shop that I bought for a dime. It was published at the 200<sup>th</sup> anniversary of Yale College, and it listed the first 200 years of missionaries to be sent out from Yale College around the world. In those days frequently they were gone for a life time or many generations. I noticed the most common family name in the book was the "Livingston" family originally a founding family of New York. I thought the book was of historical interest, so I sent it down to former President Bush's White House during his term. I will now go out for the morning light or what remains of the evening. CIO

Note: <888> 04/20/03 Sunday 4:05 A.M.: New York Times book review [www.nytimes.com](http://www.nytimes.com) of Krakatoa book <http://www.nytimes.com/pages/books/index.html?th> and <http://www.nytimes.com/2003/04/20/books/review/20ELLIST.html> . CIO

Note: <888> 04/20/03 Sunday 3:45 A.M.: I do not drink alcohol anymore, but I once read in a national publication that the Old Guard Yankees like having a Bloody Mary after church. A good recipe for such a mixture is in a 12 ounce or larger glass such as a tulip glass filled three fourths of the way with ice. Then add 1.5 ounces of Vodka, dashes of ground black pepper, celery salt, and McIlhenny Co. Tabasco brand pepper sauce to taste, and a teaspoon of horseradish, then fill the glass with chilled tomato juice or V8 juice and mix it all together with a cut celery stalk. This will put them in a good mood for Easter dinner, but afterwards one would need a designated driver. I am using to make my ice tea mixture of about 12 quarts when done a variation of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I am using one each of Earl Grey tea bag, Lady Grey, English Breakfast, Prince of Wales, and Irish Breakfast along with four Lipton orange pekoe bags, two Lipton green tea, and 10 Bigelow orange pekoe and pekoe cut black tea bags along with the other ingredients in my mixture. CIO

Note: <888> 04/20/03 Sunday 3:10 A.M.: Well Happy Easter. I enjoyed my Easter dinner. I also opened up a new ten pound bag of Carolina enriched rice to start using. I am just about ready to start making [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 04/20/03 Sunday 2:35 A.M.: I installed the Windows updates on the Dell backup computer. I took the eye round roast, and I seasoned it on all sides with Old Bay Seasoning, garlic powder, ground black pepper, celery salt, chicken and meat seasoning, Italian spices, oregano, basil, and Texas Best Barbeque sauce. I am

cooking on the meat rack with roasting pan in the Farberware convection oven at 350 degrees Fahrenheit for 45 minutes. I will have four 3/8 inch thick slices with the meat juices with steamed white rice and steamed fresh broccoli crowns with steamed cut asparagus with margarine and ice tea. CIO

Note: <888> 04/20/03 Sunday 1:25 A.M.: Of course the salt and sandy conditions of northern roads in the winter months can also cause premature wear on vehicles. I filled out a voter registration form, and I mailed it downstairs. CIO

Note: <888> 04/20/03 Sunday 12:55 A.M.: In other words, if one were looking at a used car with a Nantucket off road beach sticker, one more than likely would have large repair bills for wear and tear caused by sand in the mechanics of the vehicle, not to mention that vehicles around the salt air environment of the ocean tend to have increased rust. CIO

Note: <888> 04/20/03 Sunday 12:40 A.M.: On an engineering note that old 1966 Blue Chevrolet Biscayne four door sedan, I bought in January 1976 from a fellow employee at Daniel Construction whom was a retired marine from Texas. It was like one of those Texas dust cars that the locals have in Texas or Oklahoma when there is a dust storm. They car was fitted with an oil bath air filter instead of a paper air filter. When I obtained it, I put on a small air filter apparatus, and I left the oil bath assembly in the trunk since it had rusted through the housing. Basically in a dust storm situation, one would rinse the oil bath filter in a solvent about every fifty miles and put in fresh oil in the housing to filter out the dust. In the spring of 1977 when I returned to Nantucket, I gave it to the Nantucket Hospital Thrift shop along with a large number of personal items in the trunk, since I could not afford to maintain the Chevrolet at the time. Since there is quite a bit of sand and dust out in Nantucket it would have been an excellent car if the oil bath filter had been repaired. Needless to say in dusty conditions or sandy conditions, one can experience excess wear on a vehicle's mechanics if the filter devices are not proper for such conditions. I believe whom ever designed the rallies in Daytona Beach, Florida knew the fine sand on Daytona Beach was prone toward causing premature wear on automobile or other mechanisms. I once had a 1972 Subaru wagon in Daytona that I bought in Nantucket, and when I went to replace the brake shoes, the aluminum brake drums one inch thick bodies were entirely worn through from sand and grit. In other words do not buy somebody else's dust car, unless one knows about its wear history or how to maintain it. CIO

Note: <888> 04/20/03 Sunday 12:20 A.M.: On this past Friday evening, I was awoken by a call from Symantec regarding my \$20 rebate. I gave them the information, and I told them I had sent in the CompUSA sales receipt. Since I received the \$30 rebate this past week, the eventual cost on the software package will be \$20 and tax. Symantec said it might take five to six weeks for the \$20 rebate to arrive. Basically like the old story about Bill Gates making people wait in line in the grocery store for a half hour while he looked for a discount ice cream coupon. It is the nature of computers being so exacting that one tends to get more precise in

one's own personal conduct. We all know many Happy Go Lucky individuals whom do not share the same philosophy, but the home computer does help one manage one's own home affairs. CIO

Note: <888> 04/19/03 Saturday 11:55 P.M.: I went for a walk on lower Greenwich Avenue and the train station area. I did not stay out as long, since I had to return home to go to the bathroom. I had a call from a relative on the answering machine. I set the time on the General Electric answering machine to daylight savings time. I am having a glass of ice tea. CIO

Note: <888> 04/19/03 Saturday 9:40 P.M.: I had a call from a relative about 2 P.M.. I was up at 8 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I just now chatted with a relative. While I was out today, I had a call from a friend. On computer matters as the story goes, I went down to Florida when we had the energy shortage back in mid September 1976. I believe I had been out in Nantucket previously that summer. I was thinking about trying to work for NASA when I was down in Florida, but about the time I got down to Florida, NASA had just laid off 50,000 people. I drove past Coco Beach, and I started spending time in Fort Lauderdale, Florida exploring the neighboring area. I met a venture capitalist whom did not fund me, but whose family fortune was based on importing all the coffee into this country for over 200 years. His name was Wiley Middleton, and he had been involved in General Motors during his professional career. He also had built Port Everglades, since the Middletons owned the Middleton shipping lines that imported the coffee. They are the same family that owned the Middleton Plantation <http://www.middletonplace.org/> in Charlestown, South Carolina. I believe Wiley originally chatted with me since I had South Carolina license plates on my 1966 Chevrolet Biscayne. Anyway the economy was in recession then, and after New Years in 1977, I spent more time in Key West, Florida returning to Nantucket for that summer. In the fall of 1977, I went back down to Fort Lauderdale, and I found work in La Vielle Maison in Boca Raton, Florida. People were not user friendly to computer people down in Florida then, and when ever I talked about computers, the bible belt fundamentalists said that I was going to the devil. Anyway as I recall about a week before Christmas 1977, I had a bit of money from having gotten a pay check, so I bought a new pair of Adidas Country sneakers for about \$40. I had been sleeping in a tent off the beach at the Boca Inlet. Wiley Middleton apparently had a presence in Boca Raton, since his name was on an outpatient clinic on the beach there. I figured he was some sort of Howard Hughes type individual. Anyway, one evening because it was cold and since I did not have a car then, I walked west from La Vielle Maison to U.S. 1, and there on the northeast corner was a strip shopping mall, and about midway down the strip was a coffee shop. Since it was cold that evening, I spent a number of hours talking with someone whom represented to me to be an IBM employee. I had familiarity with IBM 360s, so I basically drew out on a standard size coffee bar napkin, my idea of what a personal computer should look like describing it to the IBM employee. Basically the personal computer is still the same design today, but back then although similar parts existed, they were not small enough to make a

personal computer, so it took until about 1983 that they were able to make the parts small enough for a personal computer. As I recall the IBM employee was about five years older than me, and he had that standard IBM appearance which is sort of like Peter Norton's look. I recall letting him have the napkin with the personal computer design on it. It might have been Christmas Eve, which was why I was not working. Around New Years, I went to Paradise Island in the Bahamas, and I met a British banker whom was surrounded by 5,000 employees of RCA global communications. I do not recall if I talked about a personal computer with him or not. Anyway, after that there were a lot of years of ordinary jobs, until about 1990, a personal computer was more affordable where one could actually use one. As I recall IBM had offices in Boca Raton at that time, and they developed OS/2 there, and Bill Gates use to confer with them at the Boca Raton facility. I will now clean up, and I will go out. CIO

Note: <888> 04/19/03 Saturday 12:05 P.M.: Well it is time to shut off the computer. I will now go to bed. CIO

Note: <888> 04/19/03 Saturday 11:25 A.M.: I finished vacuuming the apartment. I mentioned to someone today that in the summer of 1968, I described to a colleague at Polaroid's Cambridge, Massachusetts laboratory next to MIT my concept of X-ray Lithography, but apparently Intel came up with the idea in 1963. I also mentioned that I designed a Laser Printer after I left Polaroid around 1971. I also mentioned that around December 1977, I designed a Personal Computer on a coffee shop napkin that I gave to an IBM employee that I was chatting with while I was in Boca Raton, Florida. Well, I did not develop these ideas, I just presented my concepts. Another concept that I am surprised they have not manufactured in the last ten years is that since they have RW DVD disks, why have they not come up with Laser Optic hard drives which might be faster than current hard drives which tend to be the slowest unchanged parts of personal computers. I guess since the manufacturing facilities are so expensive, they do not try new technologies until they have written off existing facilities. CIO

Note: <888> 04/19/03 Saturday 10:50 A.M.: I went back out after the last message. I drove down by the waterfront. I then drove through town again. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next drove over to the Mobil Express Car Wash in Old Greenwich, but they were not open until 8 A.M.. I drove out to Tod's Point, and I sat out at the southeast parking area. I noticed the tide must have been high, since it looked liked it washed debris right up to the parking area. I then drove over to the southwest parking area. I scanned the shoreline with my binoculars that I keep in my car. A new house that I thought was completed is just beginning construction from what I can tell. I then drove back to the Mobil Express Car Wash ten minutes before it opened, and I was the first in line to get the basic car wash for \$5. I towel dried the car after I drove out of the car wash. I then went by the Greenwich Hospital Thrift Shop. I next sat out briefly downtown. I then drove by the waterfront again. I next went to Exxon, and I bought \$7.40 of regular unleaded gasoline at \$1.859 a gallon for about 26 miles per

gallon. I then went to the Stop and Shop, and I bought a Marie Callender Swedish meatball dinner for \$1.89 and a Marie Callender chicken parmigiana dinner for \$2.29, fresh asparagus at \$1.99 a pound for \$2.98, a 10 ounce bottle of Lea and Perrins Worcestershire sauce for \$2.79, a dozen large eggs \$1.69, two quart jars of Hellmann's mayonnaise for \$1.99 each, two 10 ounce jars of Heluva Good horseradish for \$1.50 each, a eye round roast at \$2.29 a pound for \$7.44 for \$26.06 total. I also bought a Jimmy Fund scratch card for a dollar. I won a 2 quart kool aid package. I then returned home, and I put away my purchases. On the backup Dell computer before going out, I ran Norton Disk Doctor, Norton WinDoctor and I did a System restore backup. I also ran Norton SpeedDisk while I was out. I am having a glass of ice tea. CIO

Note: <888> 04/19/03 Saturday 6:05 A.M.: I had 12 Carr's crackers with slices of Cracker Barrel New York Aged Reserve cheese and ice tea. I will now go back outside to enjoy a bit of daylight. CIO

Note: <888> 04/19/03 Saturday 5:30 A.M.: I had three Danish cookies and some ice tea. CIO

Note: <888> 04/19/03 Saturday 5:10 A.M.: New York Auto Show on <http://www.autoshowny.com/> . CIO

Note: <888> 04/19/03 Saturday 4:50 A.M.: I went out, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I studied the new street lamps in front of the Senior and Arts center, and it is my view that they are about four feet too tall. However, being taller they probably provide more light, and they also are less subject to vandalism. One of the lights across the street at the veterans' monument is off as is one of the lights at the front entrance of the senior and arts center. Also the old sidewalk street clock in front of Charles Schwab entrance is not functioning. After my walk, I drove down by the waterfront. I just now returned home. I will go back out once it is light. I have to do some shopping at the Stop and Shop once it opens at 7 A.M. Also the daffodils and some of the tulips seem to be out despite the cooler weather. It is 39 degrees Fahrenheit right now. CIO

Note: <888> 04/19/03 Saturday 1:50 A.M.: I am just about to have a Folgers' 50% instant and 50% decaffeinated instant coffee with milk and sugar. I will then clean up. CIO

Note: <888> 04/19/03 Saturday 1:25 A.M.: I am microwaving a Stouffer's HomeStyle Salisbury steak dinner which I will have with ice tea. CIO

Note: <888> 04/19/03 Saturday 1:10 A.M.: The Ronald Reagan Presidential foundation <http://www.reaganfoundation.org/> has books on sale signed by Nancy Reagan [http://www.reaganfoundation.com/store/products.asp?subcat\\_id=40](http://www.reaganfoundation.com/store/products.asp?subcat_id=40) , [http://www.reaganfoundation.com/store/products.asp?subcat\\_id=39](http://www.reaganfoundation.com/store/products.asp?subcat_id=39) , order form



<http://www.reaganfoundation.com/welcome/graphics/NR%20offer%2003.pdf> .  
CIO

Note: <888> 04/19/03 Saturday 1:00 A.M.: I had a lot of stomach gas this past week, and possibly it was from the cantaloupe chunks. With the Mexican free trade agreement, we are now getting a lot of produce from Mexico, and I hear that their water is not as clean that they use in farming, also I was advised they still use DDT. Thus what we use to call Montezuma's revenge might be coming from certain produce that we get out of season in this area. I had eaten some vinegar and salt potato chips, so maybe that is what relieved my serious diarrhea that I got from the cantaloupe chunks. However, the chunks were a week old, so maybe they do not last that long. I think in the old days, they use to use a teaspoon of vinegar and a glass of water for diarrhea. Well, I finished all of my house cleaning and watering the plants except for the vacuuming. I retaped the back of the frame holding the Audubon picture of the Louisiana Heron that hangs on the lower left side of the hallway as one enters the bathroom. I also finished off the bag of salt and vinegar potato chips with ice tea. CIO

End of Scott's Notes week of 04/18/03:

Note: <888> 04/18/03 Friday 10:35 P.M.: I went to bed after the last message. I woke up, and I had some vinegar and salt potato chips and five Danish cookies. I had a call from a friend about 9 A.M.. I had another call from the same friend about 3 P.M.. I was up at 4:30 P.M.. I had breakfast of three medium boiled eggs, toast, cantaloupe chunks, orange juice, vitamins, supplements, and coffee. I only ate half of the remaining cantaloupe chunks, and I threw out the rest. I guess they had gone bad, and they gave me indigestion. I decided not to go out, since I had indigestion, and I went back to bed until 9:30 P.M.. I did watch a bit of television. I received in the mail from the Food Emporium a sample of Lavazza coffee and a dollar off coupon. I just now chatted with a relative. My indigestion is gone. I will now send out me weekly notes. I will then do my house cleaning and watering the plants except for vacuuming. CIO

Note: <888> 04/18/03 Friday 12:50 A.M.: This story <http://www.timesonline.co.uk/article/0,,2-650618,00.html> says Queen Elizabeth II celebrates her 77<sup>th</sup> birthday on Monday April 21. I suppose if one has forgotten, one can follow the royals' work routine by logging onto <http://www.timesonline.co.uk/> and then select the Register, and then from there go to the Court Circular or Today's Royal Engagements when they are published. Indeed it does seem they work, when the American press does not give them much credit for such strenuous activity. I will now shut down the computer, and I will go to bed soon after watching television briefly. I also had two granola bars with ice tea. CIO

Note: <888> 04/17/03 Thursday 11:55 P.M.: I went outside, and I threw out the old air conditioner filter, and I emptied my waste paper basket. CIO

**Note: <888> 04/17/03 Thursday 11:20 P.M.: The Times of London obituary on J. Paul Getty II <http://www.timesonline.co.uk/article/0,,60-650321,00.html> . CIO**

**Note: <888> 04/17/03 Thursday 10:05 P.M.: I had dinner of the rest of the cold eye round with Lea and Perrins Worcestershire sauce and horse radish along with reheated steamed white rice and steamed fresh broccoli crowns and cauliflower with margarine and grated parmesan cheese and ice tea. I chatted with a relative. I sent out some email. I sifting through my email. CIO**

**Note: <888> 04/17/03 Thursday 7:10 P.M.: I watched television until 3 A.M. this past morning. I had a call from a friend about 8 A.M.. I was up at 1 P.M.. I had breakfast of oatmeal, cantaloupe chunks, toast, orange juice, vitamins, supplements, and I had coffee outside. I turned the living room thermostat back up to 72 degrees Fahrenheit since at the moment it is 38 degrees Fahrenheit outside. I cleaned up, and I headed off to my 3 P.M. appointment. My 3 P.M. appointment told me that men over 50 years old when they take vitamins and supplements should make sure they do not take any Iron in their vitamins and supplements, since in older men it can cause liver damage. I will have to check my vitamins and supplements to see if they have Iron. I noticed this URL <http://www.dentwiz.com/> which might come in handy if I should ever try to have about four or five minor dings removed from my Hyundai. I will have to look into it some time. I went to the Greenwich Hospital Thrift shop, and I bought the National Geographic MAPS, the complete collection 8 CD set for \$5. I then went downtown, and as usual, I parked in the Board of Education Parking lot. I noticed on a Town of Greenwich teal green Chevrolet Astro Van Connecticut License Plate "174-GW" that is frequently parked in that same location, some one had scratched in large eight inch letters on the front hood offensive graffiti and a swastika. I mentioned it to the local traffic officer. Someone scratched my Hyundai in that same parking lot three months ago. Since the scratches were done with what must have been a sharp instrument, more than likely the individual is armed and dangerous, perhaps an "Agent Provocateur". I next walked the entire length of Greenwich Avenue, and I stopped by the Greenwich Hardware store, and I bought for \$1.99 plus .12 tax for \$2.11 total a Frost King Polyurethane Foam air conditioner filter 15" X 24" X 1/4" #F1524. I then completed my walk, and I mentioned to a supervising constable the scratched vehicle, and he informed me that it happened a couple of days ago. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times. I checked out a book and a DVD video disk. I then returned home. I put the new air conditioning filter in front of the factory installed filter on my air conditioner. I will not install the National Geographic maps on my Dell backup computer since it is low on disk space. I will probably put it on the new computer once I receive it. I checked out UPS ground tracking, and my Northgate barebones computer being returned from [www.accessmicro.com](http://www.accessmicro.com) is due to arrive here on Thursday April 24 in a week. It was shipped from Baldwin Park, California at 8:19 P.M. yesterday, and it departed Vernon, California at 5:18 A.M. this morning for the trip across country. There was billing information received on it at 1:18 P.M.**

this afternoon. I have a 3 P.M. appointment next Thursday afternoon, so if the computer has not arrived by then, I will probably miss the appointment. CIO

Note: <888> 04/17/03 Thursday 12:15 A.M.: I did some regular computer work. I will now shut down the computer, and I will watch some television before going to bed. CIO

Note: <888> 04/17/03 Thursday 12:10 A.M.: Of course a new poly foam air conditioner filter can usually be bought at the Greenwich Hardware store or other hardware store for two or three dollars, and one can cut of fold it to size. I believe Frost King makes them, and if one searches "Frost King air conditioner filter" at [www.google.com](http://www.google.com) , one will find out they should only cost .69. CIO

Note: <888> 04/16/03 Wednesday 11:45 P.M.: For the Pollen Count in this area, try <http://www.wunderground.com/DisplayPollen.asp?Zipcode=06830&SafeCityName=Greenwich&StateCode=CT> . CIO

Note: <888> 04/16/03 Wednesday 11:30 P.M.: Of course enjoying the fresh air of island paradises, one always has to be aware of predator fish such as sharks that might also be enjoying the environment. CIO

Note: <888> 04/16/03 Wednesday 11:15 P.M.: I just discovered that Norton Firewall 2003 that I have also has Ad and Pop Up blocker features. I finished my email. CIO

Note: <888> 04/16/03 Wednesday 10:45 P.M.: I put away the laundry. I cleaned the air conditioner filter and polyfoam filter that I put over it by rinsing it in the kitchen sink with water and wringing it out and then shaking off the excess dampness. Thus my General Electric Profile 15,500 BTU air conditioner with remote control is ready for its third season. I have a service contract on it from General Electric through August that I pay about \$53 a year for. I like the remote control feature, so one can select the desired temperature and cooling conditions. It is similar to this model <http://www.geappliances.com/> AGM14AA model available from GE for \$549. I bought my unit from Partridge and Rockwell locally in Greenwich, and they will install it for about \$85. I also have seen that Panasonic makes a unit with remote control, and of course the Frederich models are probably still the best, but in a larger unit one has to make sure it runs on 115 volts if one does not have 220 volts. Also the most reasonable price units use to be from Home Depot for the Hampton air conditioner for about \$350 for 15,000 BTU. When it gets hot in the New York City area, one really needs air conditioning, if just to maintain a better air quality, particularly considering the air quality on hot humid days, not to mention the Pollen Season is just starting, so <http://www.benadryl.com/> might come in handy or a number of other similar products. Claritin <http://www.claritin.com/intro.html> is now available without prescription. Of course in the old days, I avoided smog and allergies by living in Nantucket and Key West, but as one gets older, one needs a more staple year round environment. I am going through my email. CIO

**Note: <888> 04/16/03 Wednesday 9:35 P.M.:** My Northgate barebones computer system was repaired or replaced by [www.accessmicro.com](http://www.accessmicro.com) today, and it was sent back to me by UPS Ground [www.ups.com](http://www.ups.com) at 4:05 P.M. Pacific Daylight Time. It does not show up on UPS tracking yet. It should take about six days to receive, so it should be here next Tuesday or Wednesday probably. CIO

**Note: <888> 04/16/03 Wednesday 9:10 P.M.:** I took a nap from after the last message to 7 P.M.. I had dinner of three one third inch thick slices of cold eye round with horseradish and Lea and Perrins Worcestershire sauce and steamed fresh rice and steamed fresh broccoli crowns and cauliflower with margarine and ice tea. I started a load of laundry, and I am on the dry cycle. I chatted with a relative. I put clean sheets on my bed. I also put \$5 on my laundry card. CIO

**Note: <888> 04/16/03 Wednesday 4:00 P.M.:** I was up at 6 A.M. this morning. I chatted with a relative last night before going to bed. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, cantaloupe chunks, and I had a coffee outside. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then drove down by the waterfront. I next stopped by the Greenwich Hospital Thrift shop, and I bought a Symphony 7 inch color television with VCR without the cord for \$10. I then had my medical physical and laboratory work at the Greenwich Hospital. I need to go back in a month for follow up. I next returned home, and I tested the Symphony color television using my old Compaq printer cord, and it did not work. I then had two tuna fish sandwiches for lunch with potato chips and ice tea. In the mail, I got my Symantec \$30 rebate from my purchase of Norton System Works 2003 and Norton Internet Security 2003 for \$70 both back just before New Years. I then went back to the Hospital Thrift shop, and they gave me back the \$10 that I had paid for the TV. I next cashed the \$30 Symantec rebate check at Putnam Trust Bank of New York on Mason Street. I then drove downtown, and I went to the Merry Go Round Mews thrift shop. I then chatted with a local for a while downtown. I then drove down by the waterfront. I next went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I just now returned home. I had a diet A&W root beer. I need to put a couple of steins in the freezer, so I can have frosted mugs. It was a bit hot out today. It is up to 86 degrees Fahrenheit outside, and I was too hot to walk. I turned off the thermostats in the apartment. CIO

**Note: <888> 04/15/03 Tuesday 9:55 P.M.:** I will now shut down the computer, and I will go to bed soon. I have an appointment tomorrow morning. CIO

**Note: <888> 04/15/03 Tuesday 9:45 P.M.:** I chatted with an old friend whom I had not chatted with for a while. The old friend is interested in manufacturing laser cartridges and inkjet cartridges. I advised the friend to look at my web site. I tried calling a few other people, but no one was there. CIO

**Note: <888> 04/15/03 Tuesday 8:10 P.M.:** I went out, and I stopped by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then went over to Tod's Point, and I took the 2.5 mile walk around Tod's Point. I sat out at a few locations. I then stopped by the Old Greenwich Rummage Room thrift shop. I next drove back down by the waterfront in central Greenwich, and I sat out for a while. I then drove downtown, and I sat out for a while. I next went to the Greenwich Library, and I read the local newspaper. I then returned home about 4:30 P.M.. I parked the car in back since tomorrow they are cleaning the front parking lot at 9 A.M.. I relaxed a bit, and I watched some television. I sat outside for a while, and I chatted with a neighbor. For dinner, I had five one third inch thick slices of cold eye round with horseradish and Lea and Perrins Worcestershire sauce and reheated steamed white rice and ice tea. I have a 10:30 A.M. appointment tomorrow for a physical. CIO

**Note: <888> 04/15/03 Tuesday 11:30 A.M.:** I was up at 8 A.M. this morning when a high school classmate whom I had not heard from in over 30 years called this morning. We chatted briefly, and the high school classmate said he would call back this evening. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and cantaloupe chunks. I called up Northgate, and they said they would email me once the computer was ready in a few days. I jump started a neighbor's car. I will now clean up, and I will go out. CIO

**Note: <888> 04/14/03 Monday 11:50 P.M.:** There use to be an IP address <http://196.27.0.22/iraq/> for wishing Saddam Hussein a Happy Birthday. It no longer works, but a WHOIS search of the IP address says it came from Jordon registered out of Virginia. I use to get crank mail from a similar hotmail address. Well, I am a bit tired, so I will shut down the computer, and I will watch some television before going to bed. CIO

**Note: <888> 04/14/03 Monday 11:25 P.M.:** Remember Baghdad Bob got more than his fifteen minutes of fame <http://64.39.15.171/> . CIO

**Note: <888> 04/14/03 Monday 11:05 P.M.:** I heard it might be up to 80 degrees Fahrenheit tomorrow, but <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> says the high 60s. I found this cool Volvo advertisement <http://autos.msn.com/advice/standardart.aspx?contentid=4021888> yes literally cold or frigid. I am in the process of sifting through my email. CIO

**Note: <888> 04/14/03 Monday 9:50 P.M.:** I am watching a bit of television. CIO

**Note: <888> 04/14/03 Monday 9:05 P.M.:** I noticed this Greenwich web site in the Greenwich Times today <http://www.lincolnwhitehouse.org> . CIO

**Note: <888> 04/14/03 Monday 8:50 P.M.:** I chatted with a friend. I took the eye round roast, and I put it on the meat rack with a drip roasting pan underneath. I seasoned it on both sides with Old Bay seasoning, garlic powder, celery salt, ground

black pepper, chicken and meat seasoning, Italian spices, oregano, basil, and Texas Best barbeque sauce. I am cooking it in the Farberware convection oven at 350 degrees Fahrenheit for 45 minutes. I will have four three eights inch thick slices of it with the meat juices, and steamed white rice, and steamed fresh broccoli crowns and cauliflower with margarine and grated parmesan cheese, and ice tea. It should be ready in about 25 minutes. CIO

Note: <888> 04/14/03 Monday 8:10 P.M.: According to [www.fedex.com](http://www.fedex.com) my new barebones computer system was delivered to Northgate Computer for repair by FedEx today at 10:46 A.M. west coast time. I went out after the last message, and I went by the Greenwich Hospital Thrift Shop. I then drove down by the waterfront. I next made my 4 P.M. appointment. Next I drove down by the waterfront. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I also stopped by CVS, and I bought two 16 ounce cans of buy one get one free of Danish cookies for \$2.99 both, two seven ounce boxes of cheese crackers for \$1.79 both, 4 six ounce cans of Bumble Bee premium tuna solid white albacore in water for .99 each can, four 2.5 ounce cans of King Oscar finest Norwegian sardines in olive oil for .99 each can, and two 16 ounce cans of Danish Plumrose premium ham for \$1.79 each can for \$16.28 total. I then drove back down by the waterfront. I next went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought fresh broccoli crowns at .79 a pound for \$1.65 and a eye round roast at \$2.29 a pound for \$4.21 for \$5.86 total. I then returned home, and I put away my purchases. I have not received email from Northgate about my computer, and with the RMA number one can not track its progress. CIO

Note: <888> 04/14/03 Monday 1:50 P.M.: I went to bed after the last message. I did watch a bit of television. I was up at noon today. I had breakfast of three medium boiled eggs, toast, orange juice, cantaloupe chunks, vitamins, and supplements. I called Norwalk Hyundai since I received a notice from them that the next service is at 41,500 miles. They said that was wrong, and I am due at 35,000 miles. I have 34,500 miles on the Hyundai now. I will do it around the first of May. I checked at FedEx and my barebones computer being returned for repair is on the FedEx truck in Pomona, California as of 3:19 A.M. today scheduled for delivery. I will now clean up and go out. I have a 4 P.M. appointment today. CIO

Note: <888> 04/13/03 Sunday 11:55 P.M.: I did some regular computer work. I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 04/13/03 Sunday 11:25 P.M.: I watched a bit of television. For dinner, I had a medium rare broiled shell steak with Lea and Perrins Worcestershire sauce, steamed white rice, and steamed fresh cauliflower with margarine and grated parmesan cheese and ice tea. I then watched a bit more television. CIO

**Note: <888> 04/13/03 Sunday 8:40 P.M.:** I went to bed about 6 A.M. this morning. The last few nights, I have had granola bars and slices of Vermont extra sharp cheddar cheese before going to bed. I was up at 4 P.M., and I had breakfast of oatmeal, toast, orange juice, cantaloupe chunks, vitamins, and supplements. I chatted with a relative. I watched some television. I went out. I returned a videotape at the library videotape drop. I drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out for a while. I next drove down by the waterfront. I just now returned home. I had a few slices of Vermont extra sharp cheddar cheese with ice tea. CIO

**Note: <888> 04/13/03 Sunday 3:45 A.M.:** I watched the videotape. After the movie, I watched some television. I will now shut down the computer. I will watch some television before going to bed. CIO

**Note: <888> 04/13/03 Sunday 12:40 A.M.:** I will now watch a videotape. CIO

**Note: <888> 04/13/03 Sunday 12:10 A.M.:** Happy Birthday to a relative. I watched some television. I am cooking a Boston Market home style chicken with noodles dinner which I will have with ice tea. CIO

**Note: <888> 04/12/03 Saturday 11:00 P.M.:** I was up until 6 A.M. this morning watching television. I had a few slices of Vermont extra sharp cheddar cheese. I went to bed about 6 A.M.. A relative called about 10 A.M., and then a friend called. I slept until about 5 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, cantaloupe chunks, vitamins, and supplements. I chatted downstairs with a neighbor, and the neighbor told me that a neighbor downstairs whom had been sick for a while passed away last night watching television. I then did my house cleaning and watering the plants. I next cleaned up, and I went out. I went by Exxon, and I bought \$4.90 of regular unleaded gasoline at \$1.859 a gallon for about 25 miles per gallon. I then went downtown, and I noticed that I had lost my orange Djeep lighter, so I went back to Exxon, and I picked up two books of matches. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I next drove down by the waterfront. I just now returned home. The Fedex tracking site says my new barebones system being returned for repair left the Rialto, California sorting facility at 1:18 A.M. this past morning. I tried calling a relative. I opened up another orange Djeep lighter to have to use. CIO

**Note: <888> 04/12/03 Saturday 1:45 A.M.:** I did some regular computer work. I watched some television. I will now shut down the computer, and I will try to go to bed early, so I can get up earlier and do some house cleaning later on today. This is basically what I call, "The Never Ending Routine". CIO

**Note: <888> 04/12/03 Saturday 12:15 A.M.:** I am cooking a box of six Stop and Shop fish cakes in the Farberware convection oven at 400 degrees Fahrenheit for 20 minutes, which I will have with the homemade chopped dill pickle and mayonnaise

tartar sauce along with steamed white rice and steamed fresh broccoli crowns and cauliflower with margarine and grated parmesan cheese and ice tea. CIO

Note: <888> 04/11/03 Friday 11:30 P.M.: I chatted with Optimum Online tech support about the problem I had with the new computer, and they think it was probably a hardware problem and not a hacker since I use several firewalls. However, they think Linux is a much more secure operating system than Windows, but I enjoy the convenience of Windows for all the programs offered and its relative ease of use. CIO

Note: <888> 04/11/03 Friday 10:50 P.M.: I am trying to contact Optimum Online through their Connecticut 800 number 800-783-8885 to chat with them. I am on hold now, but since it is an 800 number, I have it on the speaker phone waiting for them to pick up. CIO

Note: <888> 04/11/03 Friday 9:35 P.M.: I was up at 5:30 P.M., and I had breakfast of oatmeal, toast, orange juice, cantaloupe chunks, vitamins, and supplements. I watched the ABC evening news. I cleaned up, and I went out. I went by the Greenwich Library, and I read the Greenwich Times and P.C. World magazine. I checked out a videotape. I then drove down Greenwich Avenue, and I swung by the waterfront. I did not walk Greenwich Avenue, since there is still a bit of light rain. I checked out [www.fedex.com](http://www.fedex.com) and the new barebones computer system I am returning to Northgate computers for repair arrived at the Rialto, California Fedex sort facility at 9:12 A.M. today, and it was scanned at 4 P.M.. It is near San Bernardino, California. It thus took Fedex 49 hours and 51 minutes to go from Woodbridge, New Jersey to Rialto, California by ground. I think that is pretty good time. I think that was a pretty fast trip out to the west coast. Of course, Northgate might not be open on Saturday in which case, they will probably not get it until Monday. I will now do some regular computer work. CIO

Note: <888> 04/11/03 Friday 1:05 A.M.: I will now shut down the computer. I will watch some television. I will go to bed a bit after that. CIO

End of Scott's Notes week of 04/11/03:

Note: <888> 04/11/03 Friday 12:40 A.M.: I sifted through my email. I did a little bit of regular computer work. I had a bowl of potato chips and ice tea. I will now send out my weekly notes. CIO

Note: <888> 04/10/03 Thursday 11:05 P.M.: Now if the quaint folk living in various Atlantic Ocean resorts quit going to so many cocktail parties and took some time to study these links, they might realize they might have something to worry about in the upcoming hurricane season  
<http://www.cnn.com/2003/WEATHER/04/05/hurricane.forecast.ap/index.html> ,  
<http://typhoon.atmos.colostate.edu/forecasts/> ,  
<http://www.geocities.com/mikelscott/weather.htm> . Of course supposedly 75 million



people live along the coast line from the southern coast of Texas to the northern coast of Maine, so I do not suppose they are all going to pull up stakes and move to the interior, but from an economic point of view, it might effect insurance company stocks and the price of oil from the Gulf of Mexico. CIO

Note: <888> 04/10/03 Thursday 10:55 P.M.: A relative called me up to tell me about the New York Times story. I had a glass of ice tea. CIO

Note: <888> 04/10/03 Thursday 10:40 P.M.: New York Times prints story about Greenwich <http://www.nytimes.com/2003/04/10/nyregion/10GREE.html> . Well, I guess if the glacier 50,000 years ago had cut the Byram River gorge about 100 yards further east, I would be living in Port Chester, New York. It is the nature of living on the border of such a megalithic state such as New York, that the more reserve people on the Connecticut side tend to prefer the more quaint Yankee viewpoint. Although, I read the [www.nytimes.com](http://www.nytimes.com) for many years before the internet, since it is hard to find in the Greenwich Library, I rarely ever read it for the last 12 plus years. Thus I have missed out on all their literary content. I did use to enjoy reading the Tuesday science section along with other general interest topics available in the Times of New York. In the old days when I was just out of college, and I had just been fired by the Columbia Broadcast System, I use to drive into Manhattan every night to buy the New York Time when it was first available at 53<sup>rd</sup> street and 2<sup>nd</sup> Avenue at the corner newsstand there. Since I worked briefly at CBS, I knew a few media people too. However, since I was mugged in Manhattan about 10 years ago, and since the local Manhattan police did not respond to the crime call, I figured it was time to get out of the city for good. I have only been back once. I recall making the crime telephone call down the street from the east side precinct at the pay telephone in front of the United States consulate to the United Nations. Since the mugger claimed to be from Bermuda, I did not consider it to be a major international incident, but I did file reports with the FBI, the Greenwich Police Department, and a local real estate venture capitalist in Manhattan whose family owned the second largest law firm in Manhattan. Thus since I usually only went into Manhattan late at night, most New Yorkers probably thought I was still a hermit out in Nantucket. Thus from an international perspective, Nantucket is still at war with Bermuda. Since such a major international conflict would require substantial naval reserves, I have kept a close eye on one of our local yacht club in case any friendly types from either the disputed island territories should sail into our local waters. Needless to say after such a frightening experience, I chose to keep my distance, which is why I am so out of touch with Manhattan. As I recall the mugger said he owed a bookie money. CIO

Note: <888> 04/10/03 Thursday 9:35 P.M.: I installed DirectX 9A on the Dell backup computer. I chatted with a relative. I will now put the ice tea in the refrigerator. CIO

Note: <888> 04/10/03 Thursday 8:45 P.M.: I had a telemarketing call, and I asked them to take my name off the list. One has to remember this time of year in this

area, we get that group of "Travelers" out of the western Carolinas whom tend to perpetrate con jobs and other illegal activities in the area  
<http://fraudtech.bizland.com/travelers.htm> . CIO

Note: <888> 04/10/03 Thursday 8:00 P.M.: I am making a batch up of  
[www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 04/10/03 Thursday 7:30 P.M.: I microwaving for dinner a Boston Market Swedish meatballs in creamy sauce with noodles, which I will have with ice tea. CIO

Note: <888> 04/10/03 Thursday 6:45 P.M.: I was up at 1 P.M. today. I had breakfast of three medium boiled eggs, toast, orange juice, cantaloupe chunks, vitamins, supplements, and coffee. I cleaned up, and I went by the Greenwich Housing Authority to drop off some paper work. I then made my 3 P.M. appointment. I next stopped by the Greenwich Hospital Thrift shop. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I next drove by the waterfront. As far as I can tell Long Island Sound is still there, and it looks like the Scott's old potato patch called Long Island is still there too. I next went by the Arnold Bread outlet, and I bought two loaves of Healthnut bread for .99 each less 10% senior discount for \$1.78 both. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31. They use to be made in Grove, Oklahoma; but now they are made in Canada. I guess Indians that make them moved up to Canada. I just now returned home. CIO

Note: <888> 04/10/03 Thursday 4:35 A.M.: I will now shut down the computer. I will watch a bit of television before going to bed. I will have some Carr's crackers and Vermont extra sharp cheddar cheese and ice tea before going to bed. CIO

Note: <888> 04/10/03 Thursday 4:25 A.M.: I printed out a birthday card with Microsoft Home Publishing 2000, and I put it in an envelope that fit it. I then went out, and I mailed it at the Valley Road post office. I then went downtown, and I sat out briefly. I next drove down by the waterfront. I then drove home. I do not go out as much at night as I use to. I had to use the defroster to a get a little bit of frost off the windshield. Well, I will continue my regular work. CIO

Note: <888> 04/10/03 Thursday 2:55 A.M.: I do not have the capability of installing Red Hat Linux 9.0 on the Dell backup system which has 8.0 on it since, I do not have the CD/RW on it. However this link seems to work for a download here if anyone wants it <ftp://unix.hensa.ac.uk/mirrors/ftp.redhat.com/pub/redhat/linux/9/> and <http://www.redhat.it/download/> since the [www.redhat.com](http://www.redhat.com) site seems to be overwhelmed. CIO

Note: <888> 04/10/03 Thursday 2:05 A.M.: I went through my email. I am in the process of going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I took time

off from the computer, and I hallowed out the two cantaloupes of their seeds, and I cut the skins off, and then I cut the cantaloupe into small one inch to two inch pieces which I put in two large Rubbermaid containers. I threw out the seeds and skins in the dumpster. CIO

Note: <888> 04/10/03 Thursday 12:20 A.M.: Last night after the last message instead of going to bed, I sorted out my last six month's paper work, mail, and receipts that I had on the bedroom side board. I put most of it in the top drawer of the four drawer file cabinet and on top of the milk crate underneath the desk. I also threw a lot of it in the paper waste basket from the bathroom. I still have out all the alumni news from three different schools that I went to that I have to go through. I left the alumni news on the side board. I also put the IBM Cyrix backup computer on the side board with the NEC 17 inch monitor. I do not have it all hooked up, since it is not accessible to the cable modem at that location. Plus I do not need the extra backup computer hooked up at the moment. I put the parts for the primary computer out for repair on the CPU and monitor awaiting the return of the primary Northgate computer from Access Micro. According to [www.fedex.com](http://www.fedex.com), it departed the FedEx sort facility in Woodbridge, New Jersey at 7:31 A.M. this past morning. I went to bed about 7 A.M. after watching some television. I was up at 3 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 6:45 P.M.. I watched the BBC evening news. I chatted with a relative. I cleaned up, and I went out. I went by the Greenwich Library, and I read the Greenwich Times and the Wall Street Journal. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I next drove down by the waterfront. I then went by the Stop and Shop, and I bought two half gallons of Tropicana double vitamin C orange juice for \$1.99 each, two Boston Market Swedish meatball dinners for \$2.99 each, two 10 ounce bars of Cracker Barrel New York aged reserve cheese for \$1.99 each, a dozen large eggs for \$1.69, a head of cauliflower for \$2.49, and two large cantaloupes for .99 each for \$20.10 total. I then went to the Food Emporium, and I bought two shell steaks with bone in for \$4.99 a pound for \$4.64 and \$4.34 for \$8.98 total. I then returned home, and I used my grocery cart to bring up the groceries. For dinner, I had a broiled shell steak. I put it on the broiling pan underneath the General Electric oven broiler on the top rack and set the oven to broil, and I did the first side for four minutes and the second side for three minutes and I seasoned it with garlic powder and ground black pepper for a delicious medium rare steak which I had with Lea and Perrins Worcestershire sauce. I turn on the air conditioner fan, bathroom fan, and stove fan when broiling to eliminate any smoke or heat. I had it with reheated steamed white rice and steamed fresh broccoli crowns and cauliflower with margarine and grated parmesan cheese along with ice tea. I will now do some regular computer work. I have a 3 P.M. appointment today. CIO

Note: <888> 04/09/03 Wednesday 1:15 A.M.: I did some regular computer work. I watched some television. I will now shut down the computer, and I will head off to bed soon. CIO

**Note: <888> 04/09/03 Wednesday 12:30 A.M.: I tweaked the system a bit, and I freed up some space. The primary computer was scanned at Fedex in Woodbridge, New Jersey at 10:35 P.M.. At this rate my primary computer is going to be better traveled than most people. I put a "Sounds and Audio Devices" icon on the desktop, so one can enable the speaker icon and microphone quicker. For tracking with Fedex which is a long number, one can create a desktop icon with notepad with the number in it, so one can copy and paste it into the Fedex tracking program. CIO**

**Note: <888> 04/08/03 Tuesday 11:55 P.M.: Everytime I boot on the Dell backup computer, the speaker icon does not come up. I have to go to Control Panel, Sounds and Audio Devices to enable it everytime I boot. Since I leave my microphone turned off in the microphone properties of the speaker icon, I have to turn it on when I use Net2Phone. CIO**

**Note: <888> 04/08/03 Tuesday 11:45 P.M.: I cleaned up my email address book. CIO**

**Note: <888> 04/08/03 Tuesday 11:25 P.M.: I chatted with a relative. CIO**

**Note: <888> 04/08/03 Tuesday 11:00 P.M.: I reinstalled the Live Express program for the Ezonics USB camera, so it now works with the Windows 2000 drivers and Netmeeting works now too, not that I ever use it. I put together the Symantec post card and the Symantec CompUSA register receipt, and I will mail it to them, so they can mail my \$20 rebate. I will post it in the mail downstairs. CIO**

**Note: <888> 04/08/03 Tuesday 10:35 P.M.: I sifted through my email. CIO**

**Note: <888> 04/08/03 Tuesday 10:15 P.M.: At 10 P.M. the barebones computer that I am returning to be repaired departed on the truck from the White Plains, New York sorting facility. It is due to arrive at Northgate computer repairs in City of Industry, California on Monday April 14, 2003. CIO**

**Note: <888> 04/08/03 Tuesday 10:10 P.M.: I put away the laundry. I called back the relative, but the relative was out. CIO**

**Note: <888> 04/08/03 Tuesday 9:35 P.M.: I enjoyed dinner. I had a call from a relative whom I will call back after I fold my laundry shortly. CIO**

**Note: <888> 04/08/03 Tuesday 9:00 P.M.: I started the dry cycle on the laundry. I am baking a box of six Stop and Shop fish cakes in the Farberware convection oven at 400 degrees Fahrenheit for 20 minutes. I will put the homemade dill pickle and mayonnaise tartar sauce on them, and I will have them with steamed white rice and steamed fresh broccoli crowns and ice tea. CIO**

**Note: <888> 04/08/03 Tuesday 8:35 P.M.: I started two loads of laundry. I am just about ready to start the dry cycle. I put clean sheets on the bed. CIO**

**Note: <888> 04/08/03 Tuesday 7:40 P.M.:** While cleaning up before going out, I opened up a package of Ultra razors, and they were as dull as butter knives. I had bought them as a discount item at Odd Job. I went out. I brought the computer down to the car with my grocery cart. I then went to Putnam Trust Bank of New York on Mason Street. I next went to PakMail at the Stop and Shop shopping plaza. Before mailing the computer, I had to use the ATM machine at the Stop and Shop for a \$1.50 charge to get some extra cash. I shipped the computer at PakMail via Fedex ground [www.fedex.com](http://www.fedex.com) at a scale weight of 26 pounds for \$2 in store service, \$300 insurance coverage for \$2, plus FedEx charge of \$40.92 for \$44.92 total. I guess FedEx is more expensive than UPS. I had asked for UPS, but they wrote it up on FedEx. I was charged \$26 for UPS from California when it was shipped to me. I then went by the Greenwich Hospital Thrift Shop. Next I went to CVS, and I bought a package of 10 Twin Blade Plus razors for \$3.69 plus .22 tax for \$3.91 total. I then drove down by the waterfront. I next went to the Greenwich Library, and I read P.C. magazine and the Greenwich Times. I then returned home. I chatted with a friend on the internet with the Dell backup computer using Net2Phone, and it works fine. I moved the Royal monitor on to the desk with the AMD backup computer, and I put the NEC monitor on the floor in the bedroom. I put the Visioneer scanner on the Dell CPU. I restored and recreated the last week of my Microsoft Money 2002 file, so it is on the Dell backup computer. I checked FedEx tracking, and it was recorded at FedEx, I guess they picked it up at 4:48 P.M. from PakMail. CIO

**Note: <888> 04/08/03 Tuesday 2:00 P.M.:** I rested and watched television through the early morning hours. I had a bowl of goldfish crackers and ice tea. I was up at 12:30 P.M.. I called AccessMicro, and I received via email a return authorization number. I packed up the computer system in its original box with the RMA number and address on the box. I will ship it via UPS when I go out. I will now have breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I will then clean up and go out. CIO

**Note: <888> 04/08/03 Tuesday 1:25 A.M.:** I think I will try to rest a bit, and then I will be back on a daytime schedule. I will shut down the computer, and I will now rest. CIO

**Note: <888> 04/08/03 Tuesday 1:05 A.M.:** I tried booting the new computer with the PCI card and the onboard AGP again, and it still does not display video. I have it back in the box in the bedroom ready for shipping back. I am microwaving a Boston Market Sirloin beef tips and noodles dinner which I will have with ice tea. CIO

**Note: <888> 04/08/03 Tuesday 12:05 A.M.:** I moved the backup Dell computer to where the primary computer was, and I connected it up to the primary computer connections. I have the AMD backup computer setup up on the desk adjacent to the primary computer setup. CIO

**Note: <888> 04/07/03 Monday 11:30 P.M.: I cleaned the snow off the car. CIO**

**Note: <888> 04/07/03 Monday 10:45 P.M.: I had some goldfish crackers and ice tea when I woke up this morning for a while. I had a call at noon canceling my 4 P.M. appointment. I chatted with a friend at 3 P.M., and I was up at 6 P.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I checked the mail, and I received a notice from Symantec for the \$20 rebate, I need to send them my original receipt. I then turned on the computer, and it was running fine. I rebooted it, and the computer quit running properly. The primary computer is not displaying any video. I tried the onboard AGP and the other monitor, but still I do not get video. I checked my memory by changing it, and I removed all the cards and plugged in devices, but still no video. I tried clearing the CMOS, but still no video. I tried calling [www.accessmicro.com](http://www.accessmicro.com) and [www.syntaxusa.com](http://www.syntaxusa.com), but they were not there. Basically after checking the system, it looks like the motherboard has malfunctioned. I disassembled the computer leaving it as it was shipped to me, and I put it in the shipping box, so I have it ready to return to Access Micro, once I contact them tomorrow. I chatted with a relative. I chatted with a friend. We only had about two inches of snow, and the roads are clear. I am posting this note with the backup Dell Computer. I can not figure out what caused the system to malfunction. Hopefully I will get a replacement or get it fixed soon. I guess I will not be doing as much computer work for the next couple of weeks. CIO**

**Note: <888> 04/07/03 Monday 3:20 A.M.: I did some regular internet work. I watched some television. I will now shut down the computer. I will go to bed soon. CIO**

**Note: <888> 04/07/03 Monday 1:55 A.M.: To get to Lanzarote from New York JFK, one would take <http://www.iberia.com/> which would cost about \$1881 round trip this time of year. Then one would of course need accommodations on Lanzarote plus other vacation activity like meals, so at that price quite a number of other destinations might be considered. I can not find any cheap package tours from the Americas to Lanzarote. I had a bowl of potato chips, seven Danish cookies, and ice tea. CIO**

**Note: <888> 04/07/03 Monday 1:20 A.M.: When they go on air at 9 A.M. their time about 3 A.M. our time, one can listen to <http://www.powerfmradio.com/> for what European vacation music sounds like. I think the Queen Elizabeth II also visits Lanzarote around June. CIO**

**Note: <888> 04/07/03 Monday 1:10 A.M.: It seems that <http://www.lanzarote.com/> has gotten a bit built up since the only time I was there in February 1972. I still have not found out what happened to Rhone whom I met on the island. Maybe he is still living in the two bedroom bungalow at the end of the airport runway. CIO**

**Note: <888> 04/07/03 Monday 12:15 A.M.: I changed a few CMOS settings as suggested by [http://www.mdm.com/support/faqs/support\\_faqs.html](http://www.mdm.com/support/faqs/support_faqs.html) for my Mad Dog AGP 4X 64 meg video card. CIO**

**Note: <888> 04/06/03 Sunday 11:15 P.M.: My guest arrived after the last message. We drove down by the waterfront. We then spent some time at another location around the waterfront. We next returned back to my apartment. I chatted with a relative. We watched some television. I took the two remaining boneless chicken breasts, and I rinsed them off in cold water. I then dried them with a paper towel. I then took the Pyrex pie dish, and I put in a couple tablespoons of olive oil. I rubbed both sides of the chicken in the olive oil. I seasoned both sides with Old Bay Seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, and basil. Before putting the spices on the top side, I peel and cut a medium onion in half, and I put the halves in the pie dish. I put in about a fifth of a cup of La Choy low sodium soy sauce over the chicken and onions before sprinkling the herbs and seasoning on the top sides. I then spread a layer of Texas Best Barbeque sauce on the top side of the chicken. I cooked it in the Farberware convection oven at 350 degrees Fahrenheit for 35 minutes. For dinner we had the chicken with steamed white rice with the cooking juices on the rice and chicken and steamed fresh broccoli crowns with margarine and grated parmesan cheese and ice tea. We watched more television after dinner. My guest suggested that I put the Buckingham Palace ceramic model on the living room window shelf underneath the air conditioner where it is more visible, so I did. It looks much better there. I moved the Nantucket ash tray to right side of the bureau where the palace model was. I am charging up the Slaymaker million watt rechargeable lantern. This morning in the middle of my sleeping, I got up and I had a bowl of Pepperidge Farm goldfish crackers and ice tea. I also put a new O Cedar sponge refill on the dishwashing wand. My guest left about 9:30 P.M., and I went back out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I just now returned home. I have a 4 P.M. appointment tomorrow, but it might be cancelled because of the snow or blizzard. CIO**

**Note: <888> 04/06/03 Sunday 5:40 P.M.: <http://www.rock103.com/bin.html> Osama Bin Laden game. CIO**

**Note: <888> 04/06/03 Sunday 5:30 P.M.: I ran Norton Speed Disk on the C: drive before going to bed this morning about 6 A.M.. I ran Norton Anti Virus 2003 on the entire system while I was asleep. I had a call from a friend whom is coming down shortly for dinner. We are suppose to have a blizzard tomorrow with from six to twelve inches of snow. I was up at 2 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I drove downtown by the waterfront, and I chatted with some locals until about 5 P.M.. I am waiting for my guest to arrive. CIO**

**Note: <888> 04/06/03 Sunday 4:55 A.M.: I did some regular computer work. I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 04/06/03 Sunday 4:10 A.M.: The Atlantic Hurricane Season is suppose to be twice as worse than last year**

**<http://www.cnn.com/2003/WEATHER/04/05/hurricane.forecast.ap/index.html> ,  
<http://typhoon.atmos.colostate.edu/forecasts/> ,  
<http://www.geocities.com/mikelscott/weather.htm> . CIO**

**Note: <888> 04/06/03 Sunday 3:40 A.M.: It says here**

**<http://www.cunard.com/news/default.asp?View=ViewArticle&Mode=News&ContentID=2927> that both the Queen Elizabeth II and the Queen Mary II will depart together from New York on April 25, 2004. I guess shortly before or a day before, the Queen Mary II will arrive in New York on its maiden voyage. CIO**

**Note: <888> 04/06/03 Sunday 3:35 A.M.: The Queen Elizabeth II**

**<http://www.qe2.org.uk/itinerary.html> will be back in New York on April 23 from her around the world cruise. CIO**

**Note: <888> 04/06/03 Sunday 3:10 A.M.: Happy Daylight Savings Time. We have jumped ahead an hour. I sifted through my email. CIO**

**Note: <888> 04/06/03 Sunday 1:25 A.M.: For any vintage flower children**

**<http://www.beatles-discography.com/index.html> . CIO**

**Note: <888> 04/06/03 Sunday 1:15 A.M.: I have the Dell and IBM Cyrix computers back together, and I put the IBM Cyrix back underneath the sideboard in the bedroom. I went ahead and set my clocks and my watches ahead one hour. I believe at 2 A.M., we spring ahead one hour. CIO**

**Note: <888> 04/05/03 Saturday 11:55 P.M.: I finished the C: drive to D: drive backup in six parts. I put the two 128 Meg Kingston memory chips from the dumpster in my Dell backup computer, so I now have 384 megs of memory in the Dell backup computer. I will put the two 64 meg memory chips from the Dell in the IBM Cyrix backup, so I will have 128 megs in that computer. CIO**

**Note: <888> 04/05/03 Saturday 10:55 P.M.: I ran Norton Clean Sweep, Norton Disk Doctor, and Norton Win Doctor. I also did a backup with System Restore. I will now backup the C: drive to the D: drive. This should take about an hour. CIO**

**Note: <888> 04/05/03 Saturday 10:25 P.M.: I went out, and I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by CVS, and I bought a 1.5 liter of CVS mouthwash for \$3.69 plus .22 tax for \$3.91 total. I then returned a DVD video disk at the Greenwich Library. I next went to Exxon, and I bought \$6.50 of regular unleaded gasoline at \$1.899 a gallon for about 21 miles per gallon. I then went to Stop and Shop, and I bought broccoli crowns at \$1.79 a**



pound for \$2.04, Twinings five types of tea 25 bag count for \$2.50, a twin pack of O-Cedar dishwashing wand refill for \$2.49, and a three pack of Christmas Tree new car scent for \$1.50 for \$8.77 total. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I next drove by the lower level office building parking lot at the train station, and their construction dumpster 40 feet long and 8 feet high is full of discarded computer items. Since I have no room for anymore computer items in my apartment, and since I should not be lifting heavy items, I did not try to retrieve any of the items, most of which were damp anyway. I did pull out two 128 meg Kingston memory chips from an open Dell computer  
<http://www.ec.kingston.com/ecom/configurator/PartsInfo.asp?ktpartno=KTD-GXA/128> which might work in my IBM Cyrix backup computer. I then drove down by the waterfront. I next returned home. I chatted with a relative. Shortly, I will start a C: to D: drive backup. CIO

Note: <888> 04/05/03 Saturday 7:00 P.M.: After dinner, I had a Folgers 50% instant decaffeinated coffee and a Folgers 50% instant coffee. I just finished watching the ABC evening news. I will now clean up, and I will go out. CIO

Note: <888> 04/05/03 Saturday 6:15 P.M.: I was up at 10 A.M., and I chatted with a friend. I had breakfast of oatmeal, toast, orange juice, vitamins, and supplements. I fell back to sleep until 3 P.M.. I just finished my house cleaning and watering the plants. I will now have the same dinner as last night. I will then clean up, and I will go out for some damp evening activity. CIO

Note: <888> 04/04/03 Friday 11:20 P.M.: I finished watching the DVD movie. I will now shut down the computer. I will head off to bed. CIO

Note: <888> 04/04/03 Friday 9:05 P.M.: After dinner, I had three Danish cookies. Instead of working on the computer tonight, I think I will watch a DVD movie. CIO

Note: <888> 04/04/03 Friday 8:25 P.M.: I also checked out a DVD video disk today, and yesterday I put \$10 on my laundry card. CIO

Note: <888> 04/04/03 Friday 8:20 P.M.: I ran the first three of the four test programs. I created a folder test on the desktop to hold the test program icons and their results. I watched the ABC and the BBC evening news. I opened up the package of four boneless chicken breasts halves, and I rinsed all four in water and I dried them, and I put two in a Rubbermaid container in the refrigerator. I then put about four tablespoons of olive oil in the Pyrex pie dish, and I rubbed both sides of the two halves of chicken breasts in it. I seasoned both sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, and basil. On the top side on each half, I put two chopped gloves of garlic, and then I covered them with a layer of Texas Best barbeque sauce. I then sprinkled on a few dashes of McIlhenny Co. Tabasco pepper

sauce and a couple of tablespoons of La Choy low sodium soy sauce and a fifth cup of Rene Junot white wine and a couple of tablespoons of Borden lemon juice. I am cooking the chicken in the Farberware convection oven at 350 degrees Fahrenheit for 35 minutes. I will have one of the barbeque chicken Florentine breasts with steamed white rice and steamed fresh broccoli crowns and cuts asparagus with grated parmesan cheese and ice tea. Dinner will be ready in about 15 minutes. CIO

Note: <888> 04/04/03 Friday 5:40 P.M.: I watched television news until about 6 A.M. this morning. I was up at 11 A.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I first went by Pickwick Shoe repair at the Stop and Shop plaza. I dropped off my SAS shoes to have the plastic heel wear preventers put on. I paid the \$4.25 charge ahead of time. I was told they would be ready by closing at 3 P.M.. I then went by the Greenwich Hospital Thrift Shop, and I bought an Arora Compact Office Paper Shredder with waste basket which sold at Bradlees for \$35 for \$5. I then went downtown, and I sat out for a while. It was a cold and damp day, so I did not walk. I then drove by the waterfront. I next went back to pick up my shoes a little bit before 3 P.M.. Now my SAS shoes should last even longer. Of course the more one wears them, the more often one might have to replace the heel wear preventers on them. I then went to the Greenwich Library, and I read the Greenwich Times, and I read PC Shopper. In PC Shopper, they mentioned the best value buy on a computer system is <http://www.cyberpowersystem.com/home.htm>, however I can not find the particular model they mentioned. They also recommended in the article about building one's own PC to use the PC test programs available from <http://www.download.com/> □ Hot CPU Tester Pro □ <http://download.com.com/3120-20-0.html?qt=Hot+CPU+Tester+Pro&tg=dl-20&search=+Go%21+> , □ PCMark2002 □ <http://download.com.com/3120-20-0.html?qt=PCMark2002&tg=dl-2001&search=+Go%21+> , □ SANDRA Standard 2002 □ <http://download.com.com/3120-20-0.html?qt=Sandra+Standard+2002&tg=dl-2001&search=+Go%21+> , and □ ToolStar Test □ <http://download.com.com/3120-20-0.html?qt=ToolStar+Test&tg=dl-2001&search=+Go%21+> . I next returned home, and I installed the paper shredder in the bedroom underneath the side board in front of the Slaymaker jumpstart system. It will shred up to five sheets of regular paper, and one turns it to □ Auto □ to shred, and reverse if it should jam. Of course one should make sure there are no staples in the paper. It works just fine. I will next check out the four test programs. CIO

End of Scott's Notes week of 04/04/03:

Note: <888> 04/04/03 Friday 1:15 A.M.: I did some regular computer work. I will now send out my weekly computer notes. I will then shut down the computer, and I will go to bed directly after that. CIO

**Note: <888> 04/04/03 Friday 12:40 A.M.:** I went out, and I mailed the letter to a relative at the Valley Road Post Office. I bought five U.S.A. flag stamps at 37 cents each for \$1.85 total from the post office vending machine. I next walked lower Greenwich Avenue, and I sat out briefly. I then drove down by the waterfront. I next went by the Food Emporium. I bought eight 13 ounce bags of Food Emporium Hazlenut 100% Arabica beans for \$2.59 a bag, a five ounce bottle of McIlhenny Co. Tabasco pepper sauce for \$2.99, a quart of Borden lemon juice for \$2.79, two six ounce cans of Chicken of the Sea shrimp for \$1.49 each, and boneless breast of chicken cutlets for \$1.99 a pound for \$4.28 for \$33.76 total. I next returned home, and I put away my purchases. CIO

**Note: <888> 04/03/03 Thursday 10:15 P.M.:** I wrote a letter to a relative. I am going out to mail it now. CIO

**Note: <888> 04/03/03 Thursday 9:00 P.M.:** I chatted with a relative. CIO

**Note: <888> 04/03/03 Thursday 7:45 P.M.:** I am preparing the same dinner as last night. It will be ready in ten minutes. CIO

**Note: <888> 04/03/03 Thursday 7:15 P.M.:** I had a bowl of goldfish crackers and ice tea midway through the night last night. I was up at 10 A.M. this morning. I watched President Bush's speech at Camp La Juene, North Carolina. I had breakfast of oatmeal, toast, orange juice, vitamins, and coffee. I cleaned up, and I went out. I went by the Valley Road post office, and I mailed first class the five CDs to a relative for \$2.90 postage. I went by Putnam Trust Bank of New York on Mason Street. I then went downtown, and I walked lower Greenwich Avenue. I next drove down by the waterfront. I then made my 3 P.M. appointment. I gave two people at my 3 P.M. appointment copies of the □ Greatest Hits of the War Years, 1945 □. I next went by the Greenwich Hospital Thrift Shop. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by at CVS, and I bought two 14.7 ounce bottles of Sunlight lemon dishwashing detergent buy one get one free for \$1.79 both plus .11 tax for a \$1.90 total. With my CVS card, I got a \$2 off coupon for pain relievers, so I bought a 50 tablet bottle of CVS generic Tylenol equivalent on sale for \$3.49 less the \$2 off coupon for \$1.49 total. I stopped by Charles Stuttig Locksmith, and I bought a secret item for \$4 plus .24 tax for \$4.24 total. I noticed there for \$6 they have the leather squeeze octagon change purses like my grandfather use to use, and I use to get at Wagner □s. Next time I need a change purse I will get one there. They are hard to find. I next drove down by the waterfront. I then went by Pickwick Shoe repair at the Stop and Shop shopping plaza, and they can install hard plastic heel wear preventers for about \$4 a pair of shoes. I will take my SAS shoes to have them put on tomorrow. I then went by the Stop and Shop, and I bought a 12 roll package of thousand sheet rolls of Scott toilet paper for \$5, two half gallons of Florida Natural orange juice with calcium for \$1.79 each, three boxes of S&S margarine for \$2 all, a five pound bag of S&S sugar for \$2.49, a quart jar of Hellmann □s mayonnaise for \$4.19, a quart jar of B&G whole kosher dill pickles for \$2.69, a 10 ounce bar of Sargento Vermont extra sharp

cheddar cheese for \$2.50, two boxes of S&S fish cakes for \$1.59 each box, two boxes of S&S fish sticks for \$1.50 each box, a 42 ounce container of Quaker old fashioned oatmeal for \$3.99, a ten pack box of S&S dried milk for \$6.49, two pounds of onions for \$1.79, a dozen extra large eggs \$1.79, two packages of two General Electric bent tip 15 watt frosted bulbs \$2.23 each package of two for \$47.72 total. I then returned home, and I put away my purchases. CIO

Note: <888> 04/02/03 Wednesday 11:15 P.M.: I finished my regular computer work. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 04/02/03 Wednesday 10:55 P.M.: I sifted through my email. CIO

Note: <888> 04/02/03 Wednesday 10:15 P.M.: I burned five 2 cd copies of the Greatest Hits of the War Years 1945, and I put them in cases with labels. I held each two cd copy together with a rubber band. While doing this, I listened to a bit of television. I chatted with a friend and a relative. CIO

Note: <888> 04/02/03 Wednesday 7:25 P.M.: I cut the filet of salmon in half into about a .6 pound piece. I rinsed it in water, and I put in the Pyrex pie dish with about a third of a cup of Rene Junot white wine and three tablespoons of Borden lemon juice. I soaked the top side and placed it skin side down in the liquid. I seasoned it with Old Bay seasoning, Italian spices, basil, and oregano, and I put on three pads of margarine. I cooked it in the Farberware convection oven at 325 degrees Fahrenheit for 20 minutes. I served it with the cooking juices. I also had steamed white rice with the fish cooking juices and steamed fresh broccoli crowns with steamed fresh cut asparagus with margarine and grated parmesan cheese along with ice tea. I watched the ABC evening news, and I am now watching the BBC evening news. I will now start burning five two disk copies of the □Greatest Hits of the War Years, 1945□. CIO

Note: <888> 04/02/03 Wednesday 6:05 P.M.: I was up at 11 A.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplement, and I did not have the coffee I made since the milk I put in it was spoiled and curdled. I turned the refrigerator to the colder setting of 4. I cleaned up, and I went out. I first went by Putnam Trust Bank of New York on Mason Street. I next went to the Greenwich Hospital outpatient clinic to see the dermatologist. They have a crane with a wrecking ball tearing down the center back section of the old Greenwich Hospital to make way for the construction of the new Thomas and Olive Watson pavilion. They have built a passage way to get from the Helmsley Pavilion to the South Wing, but at the moment one still walks through the ground floor of the old middle section which is under demolition. I suppose once they get to demolishing the front ground floor hallway; they will not let one walk through that way anymore. The dermatologist told me that the new mole on my back is harmless, and I do not have any new melanomas like the one that I had removed from my back about five years ago. I next had a cup of coffee at the Greenwich Hospital cafeteria for 87 cents. I next went by the Greenwich Hospital Thrift Shop. I chatted

with an audiophile, and they were playing the "Greatest Hits of the War Years, 1945" at the time, and he said he liked the music, so I gave him the copy I had in the car, I was about to mail to a relative. I told him I would help him out if he needed any other recordings. I will make extra copies tonight to send to the relative and have available to give away. I next went to the central Greenwich Post Office, and I obtained money orders to pay my Cablevision and Optimum Online. I had a special contract with Optimum Online for the last two years to get the Cable Modem service for \$29.95 a month, but now that contract has expired, so I now am paying \$44.95 a month. Since I was averaging \$70.40 a month for computer and internet access for the last 150 months, I can now add \$15 more to that average, and I also will be paying \$47.25 a month for cablevision, thus my total media costs per month are \$132.65 on average, which is quite a lot on my limited income. Still the computers and internet activity is what I do all the time in my spare time, and since I have invested all this time and money in the activity, I plan to continue with it. I next walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went to the Greenwich Library, and I read the local newspaper. While I was just about to leave another patron hit the low parking barrier rail which is to the left as one enters the east parking area. I have seen several other people hit it and damage their cars. I think the library should place some sort of bumper on the rail, so people do not damage their cars when they can not see the low parking barrier rail. I next went to the Stop and Shop, and I bought file of salmon at \$4.99 a pound for \$6.11 and broccoli crowns at \$1.79 a pound for \$2.38 for \$8.49 total. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I just now returned home. CIO

Note: <888> 04/01/03 Tuesday 10:55 P.M.: I called Symantec about the \$30 upgrade rebate and the \$20 rebate on the Norton System Works 2003 and Norton Internet Security 2003 bundle I bought for \$70 from CompUSA just before New Years. They said one was paid in mid February, which I should have received, and they say the other was missing some sort of verification. As I remember, on the \$30 upgrade rebate, I send a copy of the previous version manual cover and UPC code, and on the \$20 rebate, I sent the product star requested from the package inside flap. I left my number on the automated system, and they are suppose to call me back within 24 hours. The CompUSA rebate sight says my \$30 rebate on the PNY 256 Meg. 2100 memory chip I bought 10 days ago is being processed. I did some regular computer work. I will now shut down the system, and I will go to bed soon. CIO

Note: <888> 04/01/03 Tuesday 9:45 P.M.: I sifted through my email. I put Microsoft Messenger 5.0 on the computer. I watched the Channel 21 presentation at 9 P.M. of Mrs. Pataki's presentation on the governor's Albany, New York mansion. There is a lot of history in those old bricks. I only live about 100 yards from New York state, so unlike other people in Connecticut, I feel a certain kinship with my New York neighbors. CIO

Note: <888> 04/01/03 Tuesday 8:40 P.M.: I chatted with another friend. CIO

**Note: <888> 04/01/03 Tuesday 8:30 P.M.: I chatted with a friend. I had two scoops of Starbuck's cappuccino ice cream. I put five CDs including the "Greatest Hits of the War Years 1945 two CD collection in a mailer to mail to a relative. CIO**

**Note: <888> 04/01/03 Tuesday 7:05 P.M.: I chatted with two relatives. For dinner, I had a Stouffer's home-style meatloaf dinner along with ice tea. I just watched the ABC evening news, and I am now watching the BBC evening news. CIO**

**Note: <888> 04/01/03 Tuesday 4:35 P.M.: I was up at 10 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I next went by First Union Bank of Connecticut on Havameyer Place, and I paid my rent. I then went by the Greenwich Post Office, and I obtained money orders to pay my GEICO automobile insurance, my Verizon telephone bill, and I also sent \$12.50 to the American Association of Retired Persons to renew my annual membership which includes a seniors discount card and their magazine. I went by the Merry Go Round Mews thrift shop, and I bought a six inch Dutch Delft style ceramic shoe made in China for \$3. I sat out for a while downtown. I then drove down by the waterfront. I next went by the Greenwich Hospital Thrift Shop, and I bought for \$20 the Buckingham Palace one square foot by about two inches high ceramic model made in China by the Danbury mint for their "Palaces of the British Monarchy" collection. They were playing the CD collection the "Greatest Hits of the War Years" while I was there. I next had an appointment at the Greenwich Hospital outpatient department with a general practioner, and it went fine. I have another appointment tomorrow afternoon to see a dermatologist about a new mole on my back and a skin scan. I also have an appointment in the middle of April for a physical. Since we had snow showers, I did not walk the Avenue today. I next went by the Greenwich Library, and I read the Greenwich Times, the Wall Street Journal, and the Economist magazine. I returned home. I put the Buckingham Palace model on the right side of the bureau in the living room next to the day bed, where I had the Buckingham Palace candy tin. I put the Candy tin in the right side bookcases in the hallway with the Dutch shoe, and I put the million watt rechargeable beacon light on top of the back of the HP LaserJet IID printer. I had a bowl of goldfish crackers and ice tea. CIO**

**Note: <888> 05/31/03 Saturday 11:20 P.M.: I answered a telephone survey about Connecticut politics over the telephone this evening. In the mail today, I had a recall notice from Hyundai about needing to inspect my 1999 Hyundai Accent for a cracked exhaust manifold. It said if they need to replace, it they will replace it free, and they are putting a ten year warranty on the exhaust manifold. I will check with Norwalk Hyundai to see if they inspected the exhaust manifold when I was up there for the 35,000 mile maintenance check up two weeks ago. CIO**

**Note: <888> 05/31/03 Saturday 11:10 P.M.: I went out after the last message. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Exxon gasoline station next to the Greenwich Library, and I bought \$5.80 of regular unleaded gasoline at \$1.759 a gallon for about 30 miles per gallon. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Stop and Shop, and I bought a bag of Snyder's sourdough pretzels for \$1.50, boneless center cut pork chops at \$2.99 a pound for \$4.13, a head of cauliflower for \$2.49, and a bulb of garlic at \$2.69 a pound for .43 for \$8.55 total. I then returned home, and I had a glass of ice tea. CIO**

Note: <888> 05/31/03 Saturday 8:20 P.M.: I watched some television after the last message last night. I had some Carr's crackers. I had a telephone call from a relative about 9 A.M. this morning. I was up at noon, and I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 5 P.M.. I had a six ounce can of Council crab meat which I made into two crab meat sandwiches with two tablespoons of low fat Hellmann's mayonnaise which I had with ice tea. I put in a new 38 watt 12 inch circular florescent bulb in the bathroom light fixture above the bathroom sink. I did my house cleaning and watering the plants. I installed a new Hawaiian Breeze oil scent Glade plug-in in the kitchen. I will now clean up and go out for a drive. It is raining outside lightly. CIO

Note: <888> 05/30/03 Friday 11:45 P.M.: I had three pieces of Swiss Cheese 1/4 inch thick by 2 inches by 1.5 inches. The temperature low in St. Petersburg, Russia on Friday was 44 degrees Fahrenheit <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=St.+Petersburg%2C+Russia> . I will now shut down the computer, and I will watch a bit of television before going to bed. CIO

Note: <888> 05/30/03 Friday 11:05 P.M.: It looks to me like some cadet has put a bit of ice water over the weather station, since <http://www.usma.edu/dops/GraduationWeek2003.htm> . <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=West+Point%2C+New+York> says it is 64 degrees Fahrenheit right now. Of course, it so long since I have been there, they might have moved it up to Canada or Alaska who knows. CIO

Note: <888> 05/30/03 Friday 10:55 P.M.: For some odd reason, it says it is 31.4 degrees Fahrenheit at West Point right now <http://www.dean.usma.edu/geo/weather/weather.htm> . Maybe it is cooler up in those hills about 40 miles away. CIO

Note: <888> 05/30/03 Friday 10:40 P.M.: I had two scoops of Edy's low fat low sugar strawberry vanilla swirl ice cream with three large rinsed California strawberries that I quartered lengthwise along with a glass of ice tea. On my Bellwether Portfolio index it is meant for tracking the stock market performance. It is not meant to outperform the market, like a serious investor would try to do. Thus when the market goes up it goes up, and when the market goes down it goes down. That is the nature of an index. Tomorrow on Saturday May 31, at the United States of America Military Academy at West Point, New York <http://www.usma.edu/> they will hold graduation exercises, and the Vice President of the United States Dick Cheney will address the Class of 2003 <http://www.usma.edu/dops/GraduationWeek2003.htm> . <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=West+Point%2C+New+York> calls for late morning showers, so more than likely the ceremonies will be held at Michie Stadium unless severe weather should develop, in which case the ceremonies are held in



Eisenhower Hall, which are limited to guests of the class of 2003. Needless to say, I will probably be sleeping and getting up around noon and doing my house cleaning. Since it might be raining later Saturday afternoon, I will try to make it out to people watch depending on the weather. CIO

Note: <888> 05/30/03 Friday 10:00 P.M.: I chatted with a friend. They're blocking the Court Circular again. CIO

Note: <888> 05/30/03 Friday 9:35 P.M.: I went out after the last message, and I checked out a DVD video disk, but I just remembered that I have seen it on television before. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by the Senior Arts Center to use the bathroom, and I bought a lottery ticket on a quilt raffle for a dollar. I then drove down by the waterfront. I then went by the Stop and Shop, and I bought four 12.5 ounce Stouffer's Lean Cuisine chicken and mushroom dinners for \$1.69 each for \$6.76 total. I just returned home, and I had a glass of ice tea. CIO

Note: <888> 05/30/03 Friday 6:30 P.M.: Dinner was enjoyable. I will now go out again. CIO

Note: <888> 05/30/03 Friday 6:25 P.M.: If one wants to track Scott's Bellwether Portfolio index in Microsoft's Investor Portfolio at <http://moneycentral.msn.com/investor/home.asp> , one can download it at <http://www.geocities.com/mikelscott/scopor01.zip> . CIO

Note: <888> 05/30/03 Friday 6:05 P.M.: I went through my email. I am microwaving a Stouffer's 15 ounce lean cuisine Salisbury steak dinner, which I will have shortly. CIO

Note: <888> 05/30/03 Friday 5:30 P.M.: I went out after the last message. I went by the Greenwich Hospital Thrift Shop. I then drove down by the waterfront. Judging from the sky, it looked like it was going to rain, so I did not walk Greenwich Avenue. Generally this time of year when it starts to get warmer, we get heat storms, which generally means a shower about 4:30 P.M. in the afternoon. I went to the Greenwich Library, and I read Scientific America and the Greenwich Times. <http://www.country-living.com/> is listing in the Greenwich Times a 2 bedroom apartment at the stately Greenwich Lodge for \$615,000. Of course there would probably also be a maintenance charge of a couple thousand dollars a month too. For downtown living comfort for individuals, the Greenwich Lodge is about the best apartment complex, since it is older, it has more spacious grounds near the Greenwich Hospital and convenient to downtown if one does not mind all the traffic. There was an article about computers in Scientific America. I just now returned home after the rain storm while I was at the library, and the sun is now out. I had three slices of Swiss cheese and some ice tea. CIO

**End of Scott's Notes week of 05/30/03:**

**Note: <888> 05/30/03 Friday 1:25 P.M.:** I was up at noon, and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I will now send out my weekly notes. CIO

**Note: <888> 05/29/03 Thursday 11:00 P.M.:** I went through my email, and I did some regular computer work. I will now shut down the computer, and I will go to bed soon. CIO

**Note: <888> 05/29/03 Thursday 10:15 P.M.:** I chatted with a relative. CIO

**Note: <888> 05/29/03 Thursday 9:55 P.M.:** I chatted with a friend. I had two scoops of Edy's low fat low sugar strawberry vanilla swirl ice cream with three large California strawberries that I rinsed in cold water, and I sliced lengthwise into quarters. CIO

**Note: <888> 05/29/03 Thursday 9:15 P.M.:** I went back out, and I drove down by the waterfront. I chatted with a local, and some of the regular fishermen were down by the waterfront. At sunset, the Indian Harbor Yacht Club <http://www.indianharboryc.com> with its weather page at <http://www.indianharboryc.com/weather1.htm> fired its small signal cannon to signal sunset. I hope the young dock boys whom fire the signal cannon have learned how to clean it properly and polish it, because like all artillery pieces, they can explode if not properly maintained. I then sat out downtown briefly. I just now returned home, and I had ice tea. CIO

**Note: <888> 05/29/03 Thursday 7:05 P.M.:** Well, it is a warm evening, so I think I will go downtown and people watch. CIO

**Note: <888> 05/29/03 Thursday 6:55 P.M.:** The Times of London <http://www.timesonline.co.uk/> has made the Register and the Court Circular free again, so I guess they decided that knowing the Queen and her family's business should be free for the general public to know. I enjoy keeping an eye on them, since it was probably her relatives that threw us out of there about 400 years ago, and since I still speak English, I feel it is important to keep an eye on their activities in the English speaking language, but I am sure my Dutch and French relatives good not give a hoot. CIO

**Note: <888> 05/29/03 Thursday 6:35 P.M.:** Windows update tried to install the 811493 security update which slows down the system significantly, so I declined to install it. I had the same scallop dinner as the night before last, but this time in the olive oil garlic wine herb juices I cooked the scallops in, I added a small bit of lemon juice, and I had sliced green squash instead of yellow squash. CIO

**Note: <888> 05/29/03 Thursday 5:40 P.M.:** I was up at 11 P.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. They are closed for renovation, but they are suppose to be back open tomorrow. I then made my 3 P.M. appointment. I next went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought two Stouffer's Lean Cuisine 15 ounce Salisbury steak dinners and two 15 ounce Lean Cuisine Turkey dinners for \$1.69 each for \$6.76 total. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then returned home, and I had a glass of ice tea. CIO

**Note: <888> 05/28/03 Wednesday 11:25 P.M.:** I can not read the Times of London <http://www.timesonline.co.uk/> Court Circular now, since it seems to be now part of the subscription package that one has to pay for. I will now shut down the computer, and I will go to bed soon. CIO

**Note: <888> 05/28/03 Wednesday 11:15 P.M.:** When my roommate and I left Nantucket in October 1978, a couple weeks before while I was still working at the Languedoc restaurant and after I had the new clutch put in the Subaru, I bought a surf casting rod blank that split in half. I put on the ferrules, and I bought a reel and line at the tackle shop that was next to the A&P. Once I had it assembled, I went out with another friend to the south shore of the island by Lyon Farm Road where the old Navy Quonset hut was, and that evening I caught 78 blue fish and two striped bass. I filleted them on the beach, and I sold the filets to the Languedoc restaurant for about fifty cents a pound. Needless to say at that point I though fishing was easy, but it was beginners luck. On the first trip to the west coast, the surf casting rod fit into the Subaru, since it split in half. When I first arrived in Laguna, I would try fishing just north of Dana Point near where we staying. I went to a tackle shop, and I bought some clear primer and lacquer. I then wrapped both halves of the blank fishing pole entirely with some of the Heminway thread I bought at Hood Sails in Nantucket that came from Steamboat Road in Greenwich that the previous summer, I had used to make my blue canvas nap sack. After, I wrapped it entirely, I coated it with about four layers of lacquer, but I only waited two days between coats and lightly sanding it with fine steel sand paper. After it was finished, and it looked like a very strong fishing rod, the lacquer bubbled because it had not dried properly in the damp California ocean atmosphere. Anyway in my trips up and down the coast of California in the two different cars, I would always have my surf casting rod with me. I would frequently try my hand at fishing in San Clemente, Dana Point, Laguna Beach, Huntington Beach, Santa Barbara, Santa Cruz, Carmel, and my favorite location was Surf, California just north of Point Conception just north of Santa Barbara just west of Vandenberg Air Force Base. There was a small train station depot there that said Surf, California. In all the fishing attempts, I never even go a nipple, I guess the surf drops off too fast.

Needless to say on election day in 1980, when Ronald Reagan won by a land slide, I was low on money, so I traded my surf casting rod and reel at the Santa Barbara Royal Dutch Shell gasoline station on the highway running through town for \$10 in gasoline, and I drove south to Laguna. I have never fished since then. I can not remember if I kept the yellow plastic tackle box with the Hopkins lures from St. Louis, Missouri that worked so well out in Nantucket. Since I sold the Volvo at the end of that trip in California, more than likely since I did not have the surf casting rod, I would not have brought back the tackle box or other heavier items like tools on the jet back to the east coast, so either I ditched them, left it at the Shell station, or left it and other items in the Volvo that I sold. I used the surf casting rod down in the Florida Keys and Daytona and at Junes Beach, and I would have had it in Nantucket in the spring of 1979, but I did not return back to Nantucket as I recall until the spring of 1983 after finishing the garage apartment and going to Norway. I might have gone out to Nantucket briefly in the summer of 1979 with the same friend before the trip to California, but I can not recall whether I did or not. I recall the last time I was in Nantucket was around the summer of 1987 with another friend for a few day visit. CIO

Note: <888> 05/28/03 Wednesday 10:20 P.M.: I think in the spring of 1979, my friend and I also went up to Nantucket for about a month. We bought four hundred dollars of carpentry tools, which we used to do some carpentry up there. I used some of them on the playroom in Chestnut Hill, in the fall of 1979, and I believe I sold some of them in Carmel on the trip out there on my own in the fall of 1979, and I use some of them and more that I bought for the garage apartment in Long Island in 1982 and 1983, and I eventually gave them to my brother in law in Chestnut Hill, Pennsylvania; since the arthritis bothered me so much. I think I used them down there for another project, and I used them once again on Long Island some time later to cut an opening from the main house to the garage apartment bathroom to connect them and frame in a door and put in steps. As I recall, there was not too much activity at that time in computers out in California, and other than terminals at the University of California of Santa Cruz computer lab, I did not have access to any. There were quite a few people in Santa Cruz from Nantucket, so maybe some of them possibly were from Wood's Hole oceanographic institute monitoring Mount St. Helens before it erupted. I did not hear about it being active while out there, but then again I did not see much media. I remember a lot of people wearing Bog Whan metals around their necks. On the last trip in the Volvo, the University of California at Santa Cruz had about 2,000 vintage Volkos on campus, and the Royal Swedish symphony was in residence on campus, and I believe the King of Sweden was touring San Francisco. CIO

Note: <888> 05/28/03 Wednesday 9:55 P.M.: On the first trip to California in October of 1978, I mentioned that the gasoline attendant at the gas station in Midland, Texas did not close my hood properly on the 1971 yellow Subaru wagon, so it flew up when I went back on the highway, and it put a long double cracker the full length of the windshield. While touring the west coast beach resorts on that trip, I also went to about a dozen junkyards looking for a replacement windshield. I

think as I recall when I returned back east on the first trip after the lousy weather across country, I found a junk yard on the west side of Fort Lauderdale that had lots of junked Subarus of that vintage. Apparently Howard Hughes had designed the original Subaru, and it when it first came out, it had been test driven in large numbers at a track in Fort Lauderdale. As I recall, I traded for a windshield and an air conditioning system my Panasonic waterproof floating radio that I had bought in Nantucket a couple of summers before. I installed the windshield right away, and that upcoming Christmas while in Greenwich house sitting for a friend of my mother's I installed the air conditioning system in the Subaru. However, it never worked since it had a leak in the system. Also in the trip to California that I flew into John Wayne airport, I think I also flew into Monterey airport from John Wayne airport and from there flew into Santa Barbara airport before returning to John Wayne or Las Angeles airport. I think I replaced the Subaru starter motor in Port Washington, Long Island when I was staying there in the winter of 1980. I recall I also drove up to the Canadian border that winter, and I bought my limit of duty free liquor, and I returned via Lake Placid before arriving back in New Canaan, Connecticut. The problem with flying to California is that without a credit card, they will not rent you a car even if one has the money. In touring areas when I traveled instead of eating at fast food restaurants which we did occasionally we usually ate out of grocery stores. Since the dairy sections were easy to find, we usually drank orange juice or milk, and ate Colby cheese and yogurt. Once in Santa Barbara when we were on the last trip, I was low on funds, so I tried to steal a package of two filet mignons from a grocery store there to cook on a beach grill, but I was caught, and I spent several days in jail, until my bail was wired from Manhattan. Another time when the Volvo needed an oil change in Carmel, I walked out of a grocery store with four quarts of Castrol oil, but I was not caught. Basically in my travels, I stayed very honest. I think on the trip to California with the Subaru in the fall of 1979 with my friend, we were in Malibu on Labor Day weekend, and we saw a lot of people at the beach which was very festive, and we tried to go to the Getty Museum, but it was closed, so we drove down to Laguna Beach. Also while around Santa Cruz, California we would make side trips to Palo Alto, California and spend time at Stamford University. On the last trip to California in the Volvo, we picked up a Key Palm coconut in Key West, and they sprayed it at the California border. We left it outside the Stamford University botanical gardens entrance in case they wanted to grow it. I hope we did not cause the med fly invasion. I think once or twice we toured Belle Air, California, and it sort of looked a bit like Greenwich or Palm Beach. A number of times we drove the Pacific Coast highway between San Luis Esposito and Carmel, which is easy to do in a small car. We did not have that many deluxe meals. On my own, I ate restaurant meals at the restaurant at the Hyatt in L'Haina. I think we ate at a steak house in Carmel, where I stayed twice at the Normandy Inn, and I believe we ate once at a good restaurant in Laguna across from the Laguna Hotel. Also when I was robbed in New York before the last trip, we also ate that night with my friend's mother in SoHo. I had my identification stolen when I was robbed including a United States passport which according to American Express ended up in Amsterdam before I was ever there. Thus the bulk of about 70% of the traveling funds were stolen from

me that night. Thus all those trips were basically done on a shoe string budget and wing and a prayer. We frequently when traveling used college facilities to clean up and shower and would relax reading in the library. I remembering seeing lots of traveling craft fairs around colleges and Jane Fonda always seemed to be speaking. On the last trip in Santa Barbara, we bought an inexpensive sleeping bag to sleep under over the reclining seats in the Volvo since it was cold at night in the mountains east of Santa Barbara. I always thought that there might be Mountain Lions around. We never did pay the fee for the campgrounds since they were always empty, and it was out of season. We frequently would grill on the campground grills or some of the public beach grills. The campgrounds usually had hot showers and toilets. Since there was so much traffic in Las Angeles, we did not try touring it. We did tour Huntington Beach and the Long Beach areas, and I think we made several trips to San Francisco after our original trip. I remember once viewing the rare book collection in the old Episcopal Church on Nob Hill. On the first trip across country a pope died, and while we were touring the Santa Barbara Mission, it was announced that John Paul II had been elected Pope, although neither of us was catholic, it was amusing. A number of times in Florida and California we would stop at Farmer's Market or stalls to get fresh food to eat.

CIO

Note: <888> 05/28/03 Wednesday 8:55 P.M.: In my life time, I have made five trips to the west coast of the United States of America. The first was in October of 1978, after working in restaurants and house painting in Nantucket that summer, I bought a 1971 yellow Subaru station wagon, and I put a new clutch in it. My roommate, and I left Nantucket, and we stopped by mother's in Greenwich, and then we started west. We visited my middle sister in Chestnut Hill, Pennsylvania. We stopped by my youngest sister's in Chicago, and then we visited my grandparents in Champaign, Illinois, and then we visited my eldest sister in Tulsa, Oklahoma. We then drove down towards Arizona, and we visited the Grand Canyon, and we eventually arrived in San Diego. The first week to rest, we stayed in a motel in south Laguna Beach. We then drove up north along the coast highway through Santa Barbara, Carmel, and Santa Cruz. We arrived in San Francisco on Columbus Day, and the who city was closed to vehicle traffic since the Queen of Spain was there. I noticed the American railroad society convention was going on in the Hyatt Hotel. We toured San Francisco and the waterfront. We then headed back south to Carmel and down to Laguna Beach. We stayed at camp grounds west of San Juan Capistrano in the mountains. For a couple weeks before Thanksgiving we delivered telephone books in Laguna. We stay in a motel on Laguna Beach for a couple weeks, and on Thanksgiving Day we were evicted for non payment of rent, since the telephone book job had not paid us yet. I remember taking the cooked turkey out of the oven at the motel, and we ate it on the beach where the Ritz Carlton is now located in Laguna Beach. The following day we got our pay for delivering telephone books, so we headed back east through Las Vegas. I remember hearing Tsunami warnings for the west coast of California on the radio. We drove from Las Vegas, Nevada to Salt Lake City, Utah, and we cleaned up at the University of Utah gymnasium. We then started driving east into the Rocky

Mountains. Once we were at altitude it started snowing heavily. We kept going in the blizzard through out the night, and there were only a few stopping areas along the way. The next day we kept driving through the blizzard reaching Vail, Colorado. We drove back west looking for a room, but we could not find a cheap one. We then pulled over in Dillon, Colorado, and I went through a tire dump at a Sears, and I found two good Continental snow tires with studs for the car. I went to an Amoco gasoline station in Vail, and I had them put on the front of the front wheel drive Subaru. We then were able to make it through the blizzard over Eisenhower Pass down to Denver. We spent the night at the Denver airport, and I called a second cousin in Chicago who had a condo in Vail, and he thought I was nuts for driving in that weather. We rested the following day touring Denver, and after another night at the airport, we headed east over the great plains in an ice storm with a layer of ice on the highway. Around six hours west of Russell, Kansas we found a garage to repair a leaking radiator hose. That morning around sunrise we stopped by Russell, Kansas, and the famous coffee shop there was closed that early in the morning. We drove east taking a diagonal route in Oklahoma down to Tulsa, where my sister was, and we knocked on her door in the middle of the evening on a Sunday night. She did not recognize us, and she thought we were tramps, so she gave us some money and sent us on our way. When we reached Arkansas and Louisiana there was a lot of flooding, and in the Florida pan handle, there were tornados. We eventually reached Key West, and there was a Hurricane Watch on, so after that first trip, I was determined the United States of America has the worst weather in the world. We eventually stayed for about a week at my friend's sister's apartment in Daytona Beach, Florida, before returning north for Christmas in Greenwich and Long Island. We then went back down to Daytona Beach for the winter after Christmas for the winter of 1979 with various side trips around Florida. When we returned north, we stayed at my mother's whom was recently married and had vacated an apartment in Greenwich that we used for about six weeks. Around August 1, 1979, we drove up to Nantucket, and after a few days in Nantucket, we went to Hanover, New Hampshire, and we stayed there for a few days. We then went to Montreal and after touring Montreal, we went to Toronto and after touring Toronto, we drove down to Chicago to my youngest sister's. We then visited my grandparents again in Champaign, Illinois. We then drove west on Route 70, and we spent a night at a camp ground in the Rockies, and then we drove over the same road in the summer that we had driven through in the blizzard the previous winter. This time, we headed west from Salt Lake City to Reno and passing over the Sierra Nevadas, we encountered snow in August in Truckee, California. We stopped by briefly at Squaw Valley, California arriving in San Francisco, and then going down to Santa Cruz, California and Carmel, California. We toured up and down the coast as far south as San Diego with stops at all the different coast beach resorts like San Diego, La Hoya, San Clemente, Laguna, Santa Barbara, Carmel, and Santa Cruz. We stayed in camp grounds in the mountains east of San Juan Capistrano and around Santa Barbara, and we also stayed on the grounds of the University of California at Santa Barbara and Santa Cruz. As I recall we spent a bit of time out there, and we then drove back in October going east from Laguna to Las Vegas and back over to Salt Lake City and

through the Rockies in fairer weather, and we toured Colorado Springs, and then drove east to Champaign, Illinois, and we visited my grandparents again, and then back to the New York area and Long Island. For about six weeks that fall, I built a playroom in the basement of my sister's house in Chestnut Hill, Pennsylvania, and then I drove out to California on my own. It was probably in mid November, I left Chestnut Hill, and I then visited my grandparents again in Champaign, Illinois for the last time, and I drove west on Route 80 to Denver, and then I went north to Laramie, Wyoming not wanting to drive through the higher Rockies. I drove from there to Salt Lake City to San Francisco, and then to Santa Cruz, California where another friend was. I visited the campus at the University of California at Santa Cruz. I spent some time around Carmel, and I think I went down to Laguna for a while. I was in San Francisco at the San Francisco airport at the Pan AM VIP lounge when a lot of passengers left on the Shang Hai clipper to Shang Hai, China starting the Pan AM clipper service again to China. I remember a Mrs. Honeywell from Wellesley, Massachusetts had signed the guest book. The government then went on alert because of the Iran Hostage rescue situation in the Iranian desert, so I drove south to Arizona and across the country east on Route 10. I picked up to hitchhikers in New Mexico from Greenwich. We stopped in Fort Apache, Texas to get gasoline, and I gave one of the hitchhikers the money to pay for the gas, but he must have pocketed it, because I was stopped by the police down the road. I was arrested for not paying for the gasoline at a Texaco gasoline station, and the two hitchhikers took off. I spent the night in jail, and I called my Uncle in Dallas, and I was set free the next morning when I paid for the gasoline. I then drove east, and I toured San Antonio and the Alamo. I drove into Kelly air force base to see what was happening with the alert, and all the troops were carrying automatic weapons. I checked with the operations center to see if it was safe to travel. Along Route 10 there were a lot of Department of Defense stickers on cars, and I had seen important government officials in San Francisco airport. I also stopped at Tucson airport. I eventually drove into Florida and down to Key West. I spent about a week or two there sleeping in my car at the Key West airport and enjoying the community. One problem with the Subaru was the starter motor quit working about the second trip to California, so it had to push started whenever I started it, which without the hills in California was sort of a pain. I also had a broken windshield which I think I fixed with a replacement one from a junk yard in Fort Lauderdale. The windshield was originally broken when the gasoline station attendant in Midland, Texas on the first trip did not close the hood all the way. However, I might have replaced the windshield after the second trip. Anyway, I then drove north, and I stayed out in Port Washington, Long Island at a friend's father's house and New Canaan, Connecticut at my mother's house. Around the fourth of July weekend in 1980, I was with my family and the Bush group in Kennebunkport, when George Bush got the vice presidential nomination. When I returned to New Canaan, I left the Subaru at the Greenwich Country Club, and I caught an airport limousine to La Guardia airport, and I flew out to John Wayne airport in Newport Beach, California. I spent a couple of weeks in Laguna vacationing at the beach staying alternate nights at an inexpensive motel and staying up all night the other alternate nights. I also flew up to San Francisco, and I visited with a friend in Santa Cruz. I



then went back to Laguna, and I flew from Las Angeles to Hawaii to Maui, and I stayed for about 10 days at the Hyatt in L'Haina. I did not leave the hotel, and I had a good time swimming in the pool and using the hotel facilities. I then flew from Maui to Hawaii, and I took a taxi cab ride out to Pearl Harbor which was quite expensive. I then returned from Hawaii to San Jose, California airport, and I spent the Labor Day weekend with a fourth generation Californian in Santa Cruz, California whom had gone to MIT. I caught up with my friend there, and then I stayed in Carmel, California for a while. I then flew from Monterey airport to Laguna Beach, and after about a week there, I flew back to New York, and I came out to Greenwich, and I picked up the Subaru at the Greenwich Country Club, and I returned to New Canaan. I then spent some time in New Canaan. Towards the end of September, I was robbed of traveling funds, so with remaining funds, I bought at John Delia Subaru in Greenwich, a 1974 2 door Burgundy Volvo for \$1,700, and I gave them the Subaru which was worn out. Then the same friend and I drove out to Provincetown, Massachusetts and then we drove up to Hanover, New Hampshire and up to Montreal. We then drove over to Toronto and down the New York thruway back to New York. We toured the various locations in that phase of the trip. We then kept driving down to Florida, and we drove down the east coast of Florida stopping for a while in Palm Beach, before spending a couple of days in Key West. We then drove up the west coast of Florida, and we went west of Route 10 to San Diego, California in rather hot weather, since the Volvo did not have air conditioning. We returned back to Laguna, and we then drove up to Santa Cruz, and we visited with another friend. We spent quite a bit of time in Santa Barbara, and we stayed in a campground next to Ronald Reagan's ranch touring the area in the daytime. We also spent some time in Carmel. Around election day when it looked like Reagan was going to win, we stopped by the Montecito Inn south of Santa Barbara, and I ran into a lawyer from Greenwich that worked for my father's former company. That night I went down to Laguna Beach for the Reagan victory party. Since funds were getting low, the following week, I sold the Volvo at a Cash for Your Car place next to the entrance of Disneyland for \$1,250 since the clutch was nearly gone. We then caught a jet back to New York, and spent the fall at my friend's mother's apartment, and my friend went back out to Long Island to help his grandmother whom was hurt in a fire around Christmas Time. Thus that accounts for five trips to California, three and half by land and one and a half by air. Well, on the road with the Reagan Bush campaign was a lot better than staying home in Connecticut, and the Volvo did have a Reagan Bush bumper sticker on it that I picked up at the campaign headquarters on Greenwich Avenue where People's Bank is now where the Gulf Station used to be across from the train station. I think in the winter of 1980 before his election, Ronald Reagan marched in the St. Patrick's Day parade in Greenwich. Thus in those two years of moving quite a bit, I enjoyed coming back to a rest in this area. CIO

Note: <888> 05/28/03 Wednesday 7:10 P.M.: I had the Stouffer's Lean Cuisine chicken with mushrooms dinner with ice tea for dinner. CIO

**Note: <888> 05/28/03 Wednesday 6:40 P.M.: I mentioned Miami, Florida in my notes last night. I did actually tour Miami Beach in the fall of 1976 a number of times while I was centered in Fort Lauderdale. The beach on Miami Beach was mostly washed away and was very small in depth. There were a number of vintage 1950s style high rise hotels along the ocean front up to Hollywood, Florida. On the west side of the beach strip, there were a large number of three and four story art deco hotels, and one would see thousands of older people sitting in lawn chairs in front of those older hotels. Downtown Miami had parks where there were also lots of older people taking naps in the day time. It seemed to be a timeless peaceful environment back then. I have heard that since then the yuppies have modernized the strip and increased tourism, so I guess the older people that are still around have moved elsewhere. Still, it was frequently windy and in the 50 degrees Fahrenheit in the day time in the fall of 1976, so it was not exactly beach weather. Hollywood, Fort Lauderdale, Pompano, Boca Raton, and Delray Beach were traditional Florida retirement communities. Palm Beach, Florida was very traditional and peaceful in the fall before the winter residents arrived around Christmas Time for the season. Worth Avenue had all of its deluxe shops and boutiques, but it was not very busy until after Christmas. The beach in Palm Beach was also very shallow and at high tide the ocean came up close to the sea wall. It seemed like the mansions in Palm Beach were a bit close together. Hope Sound, Florida looked like a peaceful tropical resort with small Bermuda type villas on well manicured grounds with lots of towering palm trees and other types of tropical trees. It seemed to be more anglophile, I remembered reading in the Florida newspapers that the former British Prime Minister Harold McMillan was retired there along with the presence of some of the more notable industry baron families. The beach in Hope Sound was quite deep like most of the sand from Palm Beach had drifted further north there. However, unlike Palm Beach and Miami Beach, they did not seem to spray as much insecticide in Hope Sound, since there were lots of "noseeims" tiny little insects that bit and seem to get through screens. Vero Beach, Florida was first being developed in the 1970s, and I have not seen it since about 1988. It had a large deep beach with many large Bermuda style homes being built. Coco Beach had a lot of modern 1950s style homes as did Melbourne, Florida. Daytona Beach, Florida had a lot of high rise hotels along the ocean and lower rise motels on the inward side. It had the large wide beach that is well known for driving on. St. Augustine, Florida had a timeless southern charm of an old historical southern city with many charming old homes. Flagler Beach was a lot more rustic with homes built along the road on the dunes overlooking the ocean. Jacksonville, Florida was a modern metropolis with expensive homes around the Ponte Vedra Club along the ocean. Thus I have seen most of the east coast Florida coast line from Key West to Jacksonville, Florida many times. On the west coast there are many Bermuda style homes in Naples, Marco Island and Venice, Florida, and as one goes north towards Tampa, there are many traditional style Florida homes. I never drove north from Tampa to the Pan Handle, except I think once in August of 1980, when I was driving from Key West to California in my 1974 Burgundy 2 door Volvo. CIO**

**Note: <888> 05/28/03 Wednesday 6:05 P.M.:** I went out, and I stopped by the Arnold Bread store outlet, and I bought two loaves of fresh Arnold 12 grain bread for .99 each less 10% senior discount of .20 for \$1.78 total. They charged me the price of old bread for the fresh bread. I then drove down by the waterfront, and I sat out for a while. I then went by Putnam Trust Bank of New York on Mason Street. I then went downtown, and I sat out briefly until, it started lightning and thundering. I went by the Greenwich Library, and I stood out in the underground parking area while there was a down pour of rain with lightening and thunder. I walked over to the library with my umbrella while it let up for a while. I read the Greenwich Times and P.C. World magazine. In the Greenwich Times there was a good article about snapping turtles in a swamp in Old Greenwich. I believe there is suppose to be a big old snapping turtle or more than one in Conyers Farm lake. I then went to the Stop and Shop, and I bought a 48 ounce box of Quaker Old Fashioned oats for \$3.99, a 25 bag of five each of five blends of Twinings tea for \$3.19, a five pound bag of S&S sugar for \$2.39, a Stouffer's light chicken and mushrooms dinner for \$1.69, a package of four Hoover size C upright vacuum bags for \$1.99, and a double pack of an Ocedar Dishwashing Liquid Dispenser refills for \$2.49 for \$16.01 total. I then returned home, and I chatted with a friend. CIO

**Note: <888> 05/28/03 Wednesday 2:40 P.M.:** I put away the laundry. I will now shut down the computer. I will go outside directly. CIO

**Note: <888> 05/28/03 Wednesday 2:10 P.M.:** I put the ice tea in the refrigerator. CIO

**Note: <888> 05/28/03 Wednesday 1:40 P.M.:** I have the laundry on the dry cycle with 35 minutes to go. I had two tuna fish sandwiches for lunch with ice tea. I will now clean up. CIO

**Note: <888> 05/28/03 Wednesday 1:05 P.M.:** I am also on the wash cycle of two loads of laundry. I put clean sheets and pillow cases on the bed. CIO

**Note: <888> 05/28/03 Wednesday 12:25 P.M.:** I am making a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

**Note: <888> 05/28/03 Wednesday 11:55 A.M.:** I was up at 8 A.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 11 A.M. when the weekly test of the NOAA weather radio came on both NOAA weather radios. The test in the bedroom is a bit loud, which one can not adjust the test sound. I checked my mail, and the package from JAB computers <http://www.jab-tech.com/> arrived with the 36 inch copper Primary IDE 133 cable. I opened it up, and the length of the cable was only about an inch longer between the secondary slave connector and the primary drive connector, despite its overall length. Still that was more than enough to give my the extra stretch room between the two hard drives. I left the primary IDE C: drive up side down in the bay beneath the floppy drive, and I have the secondary

slave drive in the criss crossed bay holder beneath the primary drive. I installed the new cable the same way, and folder the length between the motherboard and the secondary slave drive. When I booted the system, it all worked as before, and I guess it is an 80 cable IDE cable, since I got no error message. I will put the ribbon IDE 80 wire cable in the Syntax motherboard box on top of the software to the right of the bedroom television. One would think that on a 36 inch cable, they would make the length between the secondary IDE slave connector and the primary IDE connector a bit longer, but still it works just fine on my system by leaving the C: drive upside down. CIO

Note: <888> 05/27/03 Tuesday 11:00 P.M.: I chatted with a friend. I relaxed a bit. I had two pretzel rods with ice tea. I will now shut down the computer, and I will now go to bed. CIO

Note: <888> 05/27/03 Tuesday 9:35 P.M.: Maybe this is a more accurate list of World War II casualties, but it does not seem to mention many of the 2.5 billion people in the Commonwealth that participated <http://www.valourandhorror.com/DB/BACK/Casualties.htm> . I chatted with a relative. CIO

Note: <888> 05/27/03 Tuesday 9:00 P.M.: Similar stories to these have been printed in various media around the world for many years. Thus when visitors come to this country should they risk it, they do so at some risk. This is why certain more advanced countries still consider the United States of America despite its advanced economy a less developed country. Still even worse stories are supposedly graphically displayed on satellite media from within less developed countries, so overall at least here, we have a relatively safe environment, and from an insurance actuarial point of view, the highways of America are probably more dangerous. Still, since I lead a rather sheltered existence, I prefer to stay in this more sheltered and secure environment. Basically even in the more advanced nations with two major wars this century, there have been far more equally if not more extreme happenings. Supposedly in World War II alone, 60 million people died about 20 million in Russia, 20 million in China, 7 million in the concentration camps of Europe, and that means about another 13 million in other areas of the conflict. Thus although we enjoy relatively secure stable lifestyles here, the old guard know and are aware of more severe times in recent history that people easily forget. This is why I prefer to be an armchair traveler. CIO

Note: <888> 05/27/03 Tuesday 8:45 P.M.: About the most scary experience in dealing with the African American culture down south was when I lived in Greenville, South Carolina, I went down to Atlanta regularly on weekends, since one could have an alcoholic drink there and go to a discothèque. On Saturday afternoon around March 1976, while I was passing time in downtown Atlanta, I thought I recognized a friend go into a movie theatre, so I bought a ticket and went inside the movie theatre. I did not see the friend, but the entire movie theatre was full of African Americans. They were watching a movie which showed dozens of

white women on meat hooks in a meat warehouse being slaughtered in graphic detail. What small part of the movie I stayed to watch before exiting, was the primary scene of on woman being slaughtered, she looked like Happy Rockefeller, Nelson Rockefeller's wife, and the scene looked very real. I generally do not go to violent movies, and I suppose people whom watch that sort of content would be considered suspect. CIO

Note: <888> 05/27/03 Tuesday 8:20 P.M.: I watched the ABC evening news. I just remember another Pan Am Clipper Club VIP lounge story. Back around January 1979, I drove down from a friend's in Daytona, Florida; and I went to Key West, Florida with a friend for a few days in my 1971 yellow Subaru wagon. We slept in the car at the Key West airport while down there, so we did not have to pay for a motel room. However, one of the most reasonable motels in Key West is the Best Western motel next to the Key West airport, if one can afford it, and we may have actually stayed there, I can not remember. Anyway, on the way back up from the Florida Keys, I wanted to toured Miami. Since it was cooler out, I stopped by the Pan AM VIP lounge at Miami International airport and I cleaned up, and I changed from my resort clothes to a 3 piece Brooks Brother's medium weight suit. I returned to the car, and I started exiting the airport, and I remembered I left my flight bag in the Pan AM lounge. I returned to the same parking spot, where I had just parked for about an hour. I then started for the Pan AM VIP lounge. It was busy at the airport, and I noticed a large African American rent a cop yelling at a crowd of arrivals. I was about halfway through the airport terminal to the Pan AM VIP lounge, when the same large African American tackled me to the ground with a full body tackle and slammed my head to the hard cement floor, and said I was under arrest. I asked what the problem was, and he said I had parked in an illegal parking zone. I explained to him I was not familiar with the airport, and I thought his arresting procedure was a little bit extreme. I weighted about 130 pounds, and the rent a cop that tackled me weighed over 500 pounds. My head was repeatedly slammed on the concrete floor, and I was somewhat dazed. They hauled me off to the Miami jail, and I was quite irritated. Since I did not know anyone in Miami, I called my former employer at Fluor Daniel in Greenville, South Carolina. They threw me in the lock up overnight with about 500 African Americans, so I stayed up all night watching them, since they seemed to be a somewhat suspect group. The next morning, they let me go, and I took the bus back to the airport, and I found my friend had moved the car to another parking area and had waited for me. The arresting officer thought there was something wrong with my friend and suggested I take him to a hospital for disabled children. My friend was about 19 years old fully healthy and quite well educated, but he spoke in a slow distinct methodical Long Island accent which the south Florida rent a cop did not understand. I retrieved my flight bag from the Pan AM VIP lounge, and I avoided touring Miami at that time, and I returned up the coast to Daytona, and I never went back to Miami again except one time. In February of 1983, when it was 20 degrees Fahrenheit below zero in Manhattan, I had to move out of the apartment that I was staying in on the west side of Manhattan. I stayed for a week with a friend from Hollywood, Florida on the east side of Manhattan in that cold spell. Two of his friends were going to Maui,

Rio Di Janeiro, and Acapulco, when I chatted with them in Manhattan. They were pale British aristocrats from England. I did not think much about it, but after a week of the severe cold weather, I caught an Eastern Airlines Jet to West Palm Beach, and from there to Miami. In Miami I caught a local airlines into Key West airport. I spent about two months down there, but only about two weeks before I had less freedom of movement. That was the time of the fake computer report on the federal crime computer system. About the second week, I met the same two British aristocrats and after going to Maui, Acapulco, and Rio Di Janeiro, they were so darkly tanned they looked like they were African Americans. Thus I guess some people do tan more darkly than others. I remember in Manhattan chatting with French Canadians returning from the tropics that people in Manhattan thought were Mexican or Puerto Rican, so thus when people tan too darkly, people up north might not recognize them when they return. I guess experienced flight personnel and travel personnel are use to seeing people tan in more tropical climates. CIO

Note: <888> 05/27/03 Tuesday 6:25 P.M.: I took 13 sea scallops about half a pound, and I rinsed them in cold water in a wire strainer. I then towel dried them with two paper towels. I added five tablespoons of olive oil to a 10 inch stick free frying pan four gloves of peeled chopped garlic, and I heated it over a medium high electric burner for four minutes until the oil started bubbling. I added the scallops and I seasoned them with Old Bay Seasoning, garlic powder, chicken and meat seasoning, ground black pepper, celery salt, Italian spices, Basil, and Oregano. I lowered the temperature, and I cooked the scallops on the first side for two minutes, and then I flipped them. I cooked them for a minute, and I added a sixth of a cup of Rene Junot white wine, and I cooked them simmering in the juices for another two minutes. I had the cooked sea scallops on a bed of steamed white rice along with a steamed ear of sweet corn and a steamed sliced yellow squash with olive oil on the vegetables along with a glass of ice tea. CIO

Note: <888> 05/27/03 Tuesday 5:15 P.M.: I was up at 8 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I then cleaned up, and I went out. I went by the Greenwich Hospital, and I had the first of two blood tests for my cholesterol monitoring the Lipitor that I am taking. I then went by Putnam Trust Bank of New York on Mason Street. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then went down by the waterfront. I next drove east. I stopped by the ELDC thrift shop in Cos Cob. I then went by the St. Catherine's thrift shop, and all their merchandise is 50% off. I next went to Old Greenwich, and I went by the Old Greenwich Rummage room thrift shop, and I bought a stainless steel 12 ounce ladle with an 18 inch handle for half price since Bric a Brac is half price for \$3 and .18 tax for \$3.18. I then went out to Tod's Point, and I sat out for a while at the southeast beach area, and then I sat out for a while at the southwest parking area. I also drove around Tod's Point. I next drove back along the shoreline, and I spent some time along the waterfront in central Greenwich. I then went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought fresh from

George's Banks sea scallops for \$5.99 a pound for \$7.22 total and a can of Old Bay seasoning for \$2.99 for \$10.21 total. I then returned home, and I had a glass of ice tea. CIO

Note: <888> 05/26/03 Monday 11:40 P.M.: I watched a bit of television. I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 05/26/03 Monday 9:10 P.M.: I chatted with another relative. CIO

Note: <888> 05/26/03 Monday 8:35 P.M.: Of course if the group of Rolling Thunder motorcycles was venturing this far north, I think the Danbury Mall could only hold about 5,000 motorcycles, however about two hours north northwest of here, Stewart International Airport could hold 350,000 motorcycles, and it would provide additional security for the graduates at West Point, New York nearby this coming weekend. However, I think there is only one individual that could probably bring them all up here, and he is from Spartanburg, South Carolina, and I have seen somebody that looks like him in this area before, but I have a hard time telling him apart from his father who is physically bigger. CIO

Note: <888> 05/26/03 Monday 8:20 P.M.: I chatted some more with the same relative. I saw on television on Cspan, they are having a motorcycle rally at the Pentagon for a group called "Rolling Thunder" . If any of those veterans make it this far north, there use to be a Leather bars on the west side of Manhattan in the west 20ths. In Port Washington, Long Island there use to be Ghost Motorcycle, and I believe there use to a Harley Davidson shop in Stamford, Connecticut near the railroad yards, and there use to a motorcycle rally at the Danbury Mall in the old days. That is about all I know about motorcycles, except I use to know somebody that worked at Brumos Porsche in Jacksonville, Florida that knew how to ride a motorcycle. Also, a friend claims that he knows how to ride a motorcycle, and he is the "Crimson Ghost" which was some sort of 1950s television show. Also he told me there is a biker bar in Daytona, Florida, called the "Boot Hill Saloon" <http://www.damn bikers.com/bars/flbars.htm> . Since I am near sighted and very clumsy, I do not think I would be very good on a bike. When I lived in Greenville, South Carolina where some veterans lived, it was a dry town. However, apparently some veterans do still drink, so if they make it this far north the Port Chester, New York beer distributors is still there. However, Greenwich, Connecticut is a family town with many young children and older people, so I do not anticipate "Rolling Thunder" showing up here, however we still do fly a number of POW-MIA flags downtown. CIO

Note: <888> 05/26/03 Monday 7:00 P.M.: I chatted with a relative. CIO

Note: <888> 05/26/03 Monday 6:45 P.M.: After dinner which was quite delicious, I sifted through my email. I received notification from Jab Computers <http://www.jab-tech.com/> that my 36 inch IDE copper cable is shipping tomorrow. CIO

**Note: <888> 05/26/03 Monday 5:10 P.M.:** I took a little over a half pound of filet of salmon, and I rinsed it cold water, and I dried it with a paper towel. I then put it flesh side down in a Pyrex pie dish, and I poured in about a quarter of a cup of Rene Junot white wine with and a few tablespoons of Borden's lemon juice. I soaked it flesh side down for about five minutes, and then I put it skin side down. I seasoned the top flesh side with olive oil, Old Bay Seasoning, Italian Spices, Oregano, and Basil. I am cooking it in the Farberware convection oven at 325 degrees Fahrenheit for 20 minutes. I will have with steamed fresh sliced green squash and a ear of sweet corn both with olive oil, and reheated steamed white rice, and a glass of ice tea. CIO

**Note: <888> 05/26/03 Monday 4:40 P.M.:** I went out, and I drove down by the waterfront. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I next drove back down by the waterfront. I then went by the Food Emporium, and I bought two quart container's of Edy's low fat low sugar strawberry vanilla swirl ice cream buy one get one free for \$3.79 both and four ears of sweet corn for .89 for \$4.68 total. I then returned home, and I had a glass of ice tea. I stood out in the rain down by the waterfront, and I walked Greenwich Avenue part way in the rain, since it is not too cold this time of year about 56 degrees Fahrenheit right now, it was not too uncomfortable getting out in our spring environment. CIO

**Note: <888> 05/26/03 Monday 1:15 P.M.:** Thus I always refer to my apartment as my own personal Pan AM VIP lounge. I will now shut down the computer, and I will clean up and go out. CIO

**Note: <888> 05/26/03 Monday 1:05 P.M.:** When I returned back east from exploring California in December 1980 after my last trip there, I stayed with a friend of mine's mother on the west side of Manhattan. My friend had been staying with his grandmother since she was injured in a fire in Long Island. I pursued my normal routine in Manhattan of walking around the city and going to various points of interest. I would spend quite a bit of time going to the Metropolitan Museum of art. I would walk my roommate's dog which was a white German shepherd frequently. One evening, I walked the dog over to the east side, and I walked the dog to the Waldorf Astoria. I was greeted by some secret service agents whom were protecting president elect Ronald Reagan. They liked the dogs looks, and they took some pictures with a Polaroid camera of the dog. The dog was very smart and frequently would lead me away from trouble on many walks. When I was walking back through Central Park that night, I arrived by West 74th Street and Central Park West. There were a lot of police there, and I was told by an onlooker that John Lennon had been shot. Since I was a enthusiastic Beatles fan, and I had seen John and Yoko many times in that neighborhood, I was very upset. I noticed in mid December that one could fly to Frankfurt, Germany on Capital Airlines for \$100, so I flew over to Frankfurt, and I stayed there for several days. When I first arrived there in the airport, there was a woman who looked Princess Margaret



trying to carry two empty turquoise suitcases into the Pam AM VIP lounge. She was dressed in tortoise feathers, and I helped her carry her suitcases. She thanked me, and she gave me her card, and it was an address on the Rue St. Michel in Barbados. I stayed at a YMCA for several days touring Frankfurt. I returned back to America before Christmas. I bought my roommate a set of six of Rosenthal crystal goblets. Later that following year in January 1981, I went down from where I was staying in New Canaan, Connecticut to Ronald Reagan's inaugural. I caught a Braniff airlines jet from JFK which the only passenger on was a Saudi Arabian diplomat. I toured Washington D.C., and I was watching the inaugural procession when some large black people knocked me to the ground, and I was rescued by the secret service. I later saw the President again when he showed up at the Hyatt Hotel for the Medal of Honor reception. I was shown a hotel to stay at by a taxi driver on Thomas Jefferson Street, which is now the Thomas Jefferson Inn. At the time it was called the Dutch Inn. The following day, I flew back into Westchester Country Airport on the Time Magazine Jet, so I did not have to pay for a flight back. However, I did have to pay for a taxi from Westchester Country Airport to the Greenwich Train station, and a train to New Canaan, which was a bit more peaceful than Washington D.C.. I stayed in New Canaan for a while, and I occasionally would also stay in Manhattan at my friend's mothers, Long Island at his grandmother's where I later built the garage apartment, and at his father's in Port Washington, Long Island where I had stayed an earlier winter around 1979 and 1980. Thus I was staying at different places. I believe that summer when my mother and her husband returned to New Canaan, I stayed in Manhattan at my friend's mother's walking the white German Shepherd. That was a hot summer, and it was the only summer I every spent in Manhattan. I continued to stay there until February 1982, when I had to move out. I spent a night at the George Washington Hotel in Chelsea, and I then came out to Greenwich on the train. I spent the morning watching people that I knew go to work, and most of them I knew as Canadians. I then tried to check in the YMCA in Greenwich, but they were filled up. It was a rainy day, so I read most of the day in the Greenwich Library. I called a relative in New Canaan about 4 P.M. that afternoon, and the relative told me that President Reagan had been shot, and nobody knew what was going on. I decided to take some security action, so I took a taxi cab to Westchester County airport, and I caught a shuttle van to Kennedy Airport. I spent the evening until it closed at the Pan AM JFK VIP center on standby alert watching the television and playing a computerized chess game. I then called my roommate in Manhattan, and she told me I had better come back and stay, since there was a bit of chaos in the country. I returned to the west side of Manhattan. Thus it is my personal opinion when one changes one's normal routine, it alters the order of the cosmos, and everything else gets out of whack. Needless to say when one was traveling in the old days, the Pan AM VIP lounges for \$40 a year were a quiet place in the chaos of traveling. CIO

Note: <888> 05/26/03 Monday 12:20 P.M.: I watched television last night until about 9 P.M.. I was up this morning at 8 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, and supplements. I fell back to sleep until now. CIO

**Note: <888> 05/25/03 Sunday 7:35 P.M.:** I chatted with some relatives. I am a bit tired. I will now shut down the computer, and I will watch some television before going to bed. CIO

**Note: <888> 05/25/03 Sunday 6:45 P.M.:** I relaxed a bit. I am microwaving for 13 minutes a Stouffer's 15.5 ounce stuffed peppers with ground beef and tomato sauce frozen meal which I will have with ice tea. CIO

**Note: <888> 05/25/03 Sunday 5:15 P.M.:** I ran Symantec Update on the computer. CIO

**Note: <888> 05/25/03 Sunday 5:05 P.M.:** I went downtown, and I drove down by the waterfront. I spent time chatting with a local fisherman. I then went downtown, and I walked lower Greenwich Avenue. I then returned home. I chatted with some neighbors. CIO

**Note: <888> 05/25/03 Sunday 12:40 P.M.:** Thus when one gets involved in exploring, maintenance, remodeling or evening working on the computer, the agony is in the details. I had two tuna fish sandwiches for lunch with ice tea. I will now clean up, and I will go out. CIO

**Note: <888> 05/25/03 Sunday 11:55 A.M.:** The owner of the house in Plandome Manor, Long Island at the time was from a family related to the German consular staff in New York before World War One, and was a world traveler. She frequently went to the tropics including Tobago and other warmer Asian areas. Thus when I built the garage apartment, I put a foot of Owens Corning fiberglass in the roof along with two layers of 5/8" thick sheet rock on the walls. One the north wall where the garage door was, I sealed and attached the original garage door to the wall removing the hardware for sliding it open. I built out the north wall a foot, and put in a foot thick pink fiber glass there. I also put storm windows on all the windows that I found on sale at Sears in Hempstead, Long Island. I sealed all the storm windows with caulk, as well as the original windows reglazing them. The apartment had a 25 foot long cast iron radiator attached to the main house boiler which I put a new breather valve on, and it put out quite a bit of heat for the apartment. The other walls were standard internal depth of 3.5 inches which I put regular fiberglass thickness in. I also had to rebuild the sill plates at the base of the 2X4 studs since they were eaten away by termites. I put in 4X4 pressure treated lumber for the rebuilt sills. I also installed a lot of electrical outlets with heavy duty voltage cable about 18 to 20 type cable, since the intended owner was into computers and word processing. I put a six foot long electric radiator in the bedroom, and I installed a vent from the main house basement which was very hot with the furnace to blow heat from the basement into the bathroom area and the kitchen area. Thus if any of the family members returned from warmer tropical areas like they were familiar with, they more than likely would be warm and comfortable in the winter. Since I worked on the apartment during a long hot summer, I also installed a 10,000

**BTU Sears Air Conditioner** which kept me a bit cooler. I also put a vent in the attic end roof opening, and I built smaller doors that could be opened and closed with the seasons for ventilation or to keep the heat in. Thus it was a more detailed project than it may appear to have been from the initial observation. I also built up the floor with 2X4 joists, and put in two inch Styrofoam to insulate the floor. CIO

**Note: <888> 05/25/03 Sunday 11:30 A.M.:** One interesting job a friend and I had in the summer of 1978 in Nantucket was based on the book "How to Hold Up a Bank" about dune restoration out on Long Island. A summer family in Nantucket that had a house on the northwest shore about half way to Madaket had us read the book. They had a house with aluminum siding which was unique for Nantucket, and I recall the owner was the head attorney for Bethlehem Steel whose family were the family that bought Alaska for the United States from Russia. Anyway after cleaning their house with bleach and water to remove the mold that accumulated in the winter, we started on bluff restoration for the house since it was on a high bluff, and the house had been moved back once before. First we had to go out to Nantucket Harbor around the boat yard, and with a sickle, we cut bundles of reeds from along the shoreline for a number of days. We then would work our way down the steep bluff creating about 15 inch deep levels with boards at the front held in by stakes, and we would mix the reeds with sand and straw to create a mixture behind the boards, and then we planted dune grass in the mixture. It took several weeks to work our way down the bluff. I always wonder how the bluff held up, or if they had to move the house back again. Later that summer we worked on stripping paint and painting with white Epoxy paint the second oldest house on Nantucket that was being restored. I stripped off about eight coats of paint off the detailed front door entrance that took several weeks. I noticed above the doorway, when I got down to the wood, there was the impression of numbers of a different street address, like the street address had been changed at some time. The house was on the bluff on Lincoln Road overlooking the harbor. Of course from April 1982 to February 1983, I worked for \$2.15 an hour building a garage apartment seven days a week for about 18 hours a day with only Christmas off. It was out in Plandome Manor, Long Island at a friend's house converting a garage into a mother in law apartment. I earned about \$7,500 for the entire project. Thus it took a bit a longer than the original two months that was expected. I learned with my arthritis on that project that I was taking up to 12 Tylenol a day. Needless to say, I was fed up with the so called social welfare system at that point, so I tried to move Norway after I finished the project, but Ronald Regan and Casper Weinberger showed up my hotel at the West Hotel there, and I was encourage to return to America, since I eventually ran out of money. CIO

**Note: <888> 05/25/03 Sunday 11:00 A.M.:** I think part of the time in the winter of 1978 in Key West, I had Food Stamps, and maybe in 1977 which I used at Faustos, the Herb Garden, and the Bodega. I recalled we might have gotten about \$50 in Food Stamps every two weeks. There was a catch that one had to have a legal address to obtain food stamps, so I think I used a friend's address. However, one could get piece work down there, picking off heads off shrimp at the Singleton's

seafood shrimp operations, but the locals seemed to need the jobs, and since I eventually had unemployment coming, I stuck with reading periodical literature in the morning at the library and going to the beach in afternoon. Occasionally when we had money, we would have bacon, eggs, toast and coffee at the diner downtown for about \$1.50 . I recall eating a number of Cuban bread sandwiches with ham and cheese or avocado sandwiches with sprouts. There use to be one Cuban restaurant where one could get a plate of beans and rice for \$2. Another restaurant served a plate of pancakes for about \$2. In the winter of 1977, I had a fishing rod and reel that I bought at Sears in Key West, so I would try my hand at fishing. However, the only time I caught any fish was at the 26 mile marker bridge, when I caught a baby hammerhead shark which I used for bait to catch about an 18 inch long red snapper, which I cooked up there on the shore with my camping cook kit. In 1978, I did not have a fishing rod, so I went to a local store, and I bought some large Mickey Mouse balloons, and some 50 pound test line, and some three inch hooks, and a Cuban reel, and then I went to the Publix Market, and I got about 20 pounds of meat fat from the dumpster, and then I went out on the dock south of Mallory Square, and I tried my hand at shark fishing. I would let the breeze blow out the balloon and the line far enough into the deep water, and I would wrap the line around a large ship mooring, and in case I caught the big one. However, I never even got a nibble in that the deep water channel. I guess since the shrimp docks dump so many shrimp off in the water north of there, the fish are not really hungry. Once in 1978, I went to the charter docks north of town, and I bought a 18 inch red snapper for about \$5, and I cooked it up at a friend's house. I gave away the fishing gear that I bought in 1977 when I gave away the car in Nantucket. CIO

Note: <888> 05/25/03 Sunday 10:30 A.M.: Of course when one looks at Live Duval Street. Com Key West Cams Florida in the early morning hours, one sees them hosing down the streets after the bar closes to keep it clean. When I was down there, water was very expensive, since most of it had to be piped in from Miami along the Florida Keys highway. I remember walking around in the early morning hours, and one would see the bug control trucks driving the local street spraying the street every morning with insecticide to keep down the population of eight inch long palmetto bugs which are very common down there. The Florida mosquito district use to also fly up and down the Florida Keys spraying from the air to control the mosquito population. Thus in developing the tourist resort, they have done quite a bit to alter the traditional tropical environment. Thus although Monroe County is a liberal democratic county, as far as the natural environmental ecosystem is concerned, they seemed to be a bit more conservative with all the insect control they practice. I remember the Clarence Higgs beach south of Smather's beach was mostly surround by breakwater and pier, so when one swam in the water with the sandy bottom unlike Smather's beach, one could see any fish that might be in the water with one. Another place, I once stayed after we were encouraged to leave the Casa Marina, since they were covering it with a tent to fumigate it for termites was just south of Mallory Square, the four story brick Admiral's Operations quarters which was empty. It had large glass windows, and a view of Tank Island. Still I recall, it seemed to have better breezes from the west on a warm day than the Casa

Marina did on the east side of the island. Local Key West conchs pride themselves on having the local well water, if they are so fortunate. Ernest Hemingway's house and the Key West police station had well water. I think possibly the Monroe County Library had well water too. One can taste the difference between the local well water which might be high in Coral Calcium which could be healthy for you than the imported water from Miami. CIO

Note: <888> 05/25/03 Sunday 10:10 A.M.: My battery level was low on the Logitech cordless wheel mouse, so I put in two new AAA batteries. I also removed the mouse ball, and I cleaned the three internal mouse roller bearings, so the mouse is now more responsive. I use a skinny steak knife to clean the crud of the mouse ball bearings. That seems to have fixed the restoring from Standby problem. CIO

Note: <888> 05/25/03 Sunday 9:50 A.M.: I just tried to wake the computer from Standby, and it would not wake up, so I rebooted it. I was just thinking that when I worked at Le Vielle Maison from November 1977 to January 1978, they only paid me minimum wage, so I could not afford to rent my own apartment. The chef at the restaurant lent me a tent, and I used to sleep at night on the beach in the palm grove on the north side of the Boca Inlet where the current hotel The Excelsior - Boca Raton, Florida is now located, so maybe when I camped out there, that Florida grey panther was my roommate. It was a nice location. After work, when I was hot, I used to go for a swim in the ocean at night. I used to see the local sea scouts snorkeling in the Boca Inlet looking for tropical fish. CIO

Note: <888> 05/25/03 Sunday 9:05 A.M.: Of course when I was down in Florida in the 1970s, I had certain instincts and experience from having lived in Pensacola, Florida during 1954 and 1955 while my father worked at Chemstrand. Thus I was a little bit more leery of the wildlife in Florida than an ordinary northern tourist might be. Years later, after having seen the Florida Grey panther in Boca Raton around the Polo Fields during the winter of 1979 while I was waking up from sleeping in my Subaru one morning, I got to thinking that old Florida Panther might work its way down to the Florida Keys, and it might have dropped off all the stray cats that were at the Casa Marina Wyndham Casa Marina - Resort and Beach House - Key West, Florida when I stayed there in the winter of 1978 when it was under construction. Possibly one of the stray cats might have been a baby grey panther, so maybe there is still a grey panther down in the Florida Keys. Who knows maybe that same grey panther used to camp out with me, when I was camping out in the wilds of Florida. Maybe it even migrates up north this time of year, but after all these years, I do not think it would be the same panther. CIO

Note: <888> 05/25/03 Sunday 8:45 A.M.: I remember one afternoon, I left Fort Lauderdale about sunset, and I hitchhiked by Lester's diner, and I caught a ride on the Florida Turnpike as far south as the Homestead rest area. I took some time to clean up at the Homestead rest area, and I got a ride as far as Key Largo. It was late at night, and I recall standing on the highway for a long time. I was very cold, and there was a all night Howard Johnson's restaurant, so I went inside, and I had a

bowl of oatmeal to warm up. About 4 A.M. that morning, I got a ride with a young fellow from Chicago in a black Buick sedan who was driving all the way straight through down from Chicago. He was driving very fast along the Florida Keys highway about 95 miles per hour, and about the time we were coming off the bridge entering Marathon, his car spun out of control and did a 360 degree spin and came to a rest. Shortly there after, a Florida Highway patrol officer showed up, and told us we were lucky to be alive. He did not ticket the driver, and we arrived in Key West about sunrise that morning. As I recall the driver was living on Whitehead Street. I can not recall whether that was the winter of 1977 or 1978, but it might have been when I was coming down from Fort Lauderdale in January 1978 after returning from the Bahamas. Thus one has to be careful when hitchhiking. The rest area on the Florida Turnpike in Homestead was modern and clean, and I enjoyed cleaning up there when traveling through. I recall possibly in the winter of 1977, while hitchhiking along the Florida Keys highway north, I found a United States Air Force flight suit with a SAC colonel flight insignia on it and a NORAD patch. It was lying in the bushes off the road. I use to wear it all the time that winter in Key West with my straw hat. I would hang around the Key West airport in it. It had lots of zippers. I would wear it when doing laundry, and once when hitchhiking from Key West to Fort Lauderdale, I stopped by the Laundromat at the entrance to Homestead Air Force base. I was doing my laundry wearing my flight suit with long hair, and all these military personnel would come in and see me in the flight suit. You could tell, they did not know whether to salute me or shoot me. The following summer in Nantucket, I gave the flight suit to a skier from Fairfield, Connecticut who skied in Stowe, Vermont who worked part of the time in the same Languedoc restaurant as I did. The owner of the Languedoc restaurant was a retired United Air Force staff sergeant, and there were quite a few personnel from Otis Air Force base on Nantucket, so hopefully the flight suit was more comfortable in Nantucket. I had advised the skier from Stowe, Vermont to try skiing in the flight suit around Colorado Springs, Colorado. CIO

Note: <888> 05/25/03 Sunday 8:15 A.M.: I was up at 6 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I was just remembering when I stored my personal belongings in the barn in Norwich, Vermont or during the other storage locations, I also lost my Taft School class of 1968 ring. When I first arrived down in Fort Lauderdale in the third week of September 1976, I had one item in my 1966 Chevrolet Biscayne 4 door sedan that was handy. I had a coconut machete in a red pig skin sheath that I had obtained in Tobago while there in the winter of 1970 and 1971. When I was hungry, I would use it open coconuts on the beach for a bite to eat. I believe I left it in the Chevrolet when I gave it to the Nantucket Hospital Thrift Shop. When I gave the Chevrolet to the Nantucket Hospital Thrift shop, I had an address book with all my friends and contacts to date including all the people I had met in Europe, New York and elsewhere. I threw away the address book in the garbage of the Nantucket Hospital Thrift shop, so nobody would bother my friends should they take the address book. I also had a set of golf clubs and golf clothes, but nobody ever invited me to play golf. While in Florida in the fall of 1976

and the winter of 1977, I also had another item that came in handy particularly when my car was impounded in Fort Lauderdale in early January of 1977. It was a regulation green United States Army poncho. It came in very handy when sleeping outside. I used to carry it in a green canvas duffle bag that I only kept half full. I would tie one end to the other end folding it in half with the contents in one half of the bag, so it was like an Australian ditty bag slung over my shoulder. I recall when I woke up in the mornings, the poncho was a bit damp, since on the cooler nights it did not breathe. One place I found to stay outside in Key West beside others mentioned earlier was a group of palmetto trees on the property across the street from the Catholic church. The group of palmetto trees were hollow in the center, so there was room to lie down and rest. I frequently in the winter of 1977 would hitchhike back and forth from Key West to Fort Lauderdale, so I could enjoy the scenery along the Florida Keys highway. It was usually about a four to six hour hitchhike. I once went as far north as West Palm Beach, but the bank temperature sign by the Florida Turnpike said 32 degrees Fahrenheit, so I went back south. In Fort Lauderdale, when I camped outside there was a park across the street from the Bahia Mar with bushes to hide in just south of the park. As I recall, I did not take down to Florida the blue canvas nap sack that I had made in Nantucket until the fall of 1977. I think when I was working at Le Vielle Maison in Boca Raton in November 1977 through January 1978, I had the blue canvas back pack stored at the Fort Lauderdale bus station. Since it was heavy to carry, I checked it in a pawn shop in Fort Lauderdale around January 1978 when I got back from the Bahamas, and when I went north that year, I did not take it with me. I later paid the pawn ticket, and I had it shipped by Greyhound Bus up to Greenwich around May of 1978. While I hitchhiked the Florida Keys route regularly, I recall one Episcopal priest that was always driving from Key West to Palm Beach in a Mercedes sports car. I also remember seeing one man that looked suspicious in a white Volkswagen beetle with a milk crate for the passenger seat who lived around Deer Key. He gave me a ride once, and although he was a regular fixture in the Florida Keys, I thought he might be dumping hitch hikers off of Deer Key in the ocean. I thus saw quite a bit of the Florida Keys going back and forth. It was fun looking at all the birds. Around April of 1977, a friend and I hitchhiked out of Key West to Naples, Florida, and we got to see all the birds along Alligator Alley. We returned back to Key West before heading up north. Tennessee Williams was a celebrity in Key West, and I had met him earlier in Manhattan. It was hard to tell where he lived, since so many of the houses looked like his which was prominently shown in post cards. I recall seeing Tennessee Williams at the Atlantic Shores Beach Club every afternoon usually around the cabana pier bar, so he must have written in the morning like a lot of famous writers do. Of course like Hemingway, there were a lot of Tennessee Williams and Ernest Hemingway look-alikes in Key West. I usually wore Lee blue jeans, a red flannel shirt, and Adidas Country running shoes. Most of the time I was in South Florida from September 1976 to April 1979, I had long blond hair down to my waist. I spent the winter of 1979 with friends around Daytona, Florida, and we drove down to the Florida Keys once or twice in our explorations in the vintage 1972 yellow Subaru station wagon, which I nicknamed the "Yellow Submarine". Of course that year was lean too, since all we had was food stamps for

a couple of months and that was about it. I tried my hand at fishing off of the south point of Daytona Beach, but I never caught anything. I remember that winter the standard recipe was diluting a four ounce can of tomato paste with two parts water, and using it for spaghetti sauce on spaghetti noodles. Basically when one is poor in Florida not much happens, and one spends a lot of time bird watching. CIO

Note: <888> 05/24/03 Saturday 8:15 P.M.: I broke the programs items in my "Start Menu", "All Programs" into four sub groups with alphabetical names which I copied the program icons into, so it is easier to scroll through the list of programs. I will now adjourn. CIO

Note: <888> 05/24/03 Saturday 8:00 P.M.: I will now shut down the computer. I will watch a bit of television before going to bed. CIO

Note: <888> 05/24/03 Saturday 6:50 P.M.: I chatted with a friend. I took half of the filet of salmon that I bought today, and I rinsed it in cold water, and I dried it with a paper towel. I then put it in a Pyrex pie dish, and I added several tablespoons of Borden lemon juice and a third of a cup of Rene Junot white wine, and I soaked the flesh side down for about ten minutes. I then put the skin side down, and I seasoned the flesh side with a little olive oil, Basil, Oregano, and Italian spices. I am cooking it in the Farberware convection oven at 325 degrees Fahrenheit for 20 minutes. I will put the fish juices on the fish and the rice. I will have it with steamed sliced yellow squash with olive oil, and steamed white rice with a bit of olive oil and sesame oil along with ice tea. CIO

Note: <888> 05/24/03 Saturday 5:30 P.M.: For any of you whom have forgot today is the anniversary of Queen Victoria's birthday Victoria Day, thus I think traditionally for those of you whom still drink alcohol, in the British Empire they drink a toast to Queen Victoria, the former Queen of the British Empire. CIO

Note: <888> 05/24/03 Saturday 5:20 P.M.: I finished the backup of the C: drive to the D: drive. I had two pretzel rods. Earlier while I was out, I also stopped by the Exxon station after the first trip to the Stop and Shop, and I bought \$6 of regular unleaded gasoline at \$1.759 a gallon for about 27 miles per gallon. CIO

Note: <888> 05/24/03 Saturday 4:15 P.M.: I went out, and I went by the Stop and Shop, and I exchanged two quart jars of Hellmann's regular mayonnaise for two quart jars of Hellmann's Just2Good low fat mayonnaise. The Stop and Shop has free cooked Sabrett's hotdogs today, and I believe the Food Emporium is also giving away hamburgers and hotdogs off their grill. I am not sure how late. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. There was a fire department response around the Barcelona restaurant at the top of Greenwich Avenue just west on the Post Road. I next drove by the waterfront. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next went by the Stop and Shop, and I bought filet of salmon at \$4.99 a pound for \$6.34, green and yellow squash at .99 a pound for \$2.68, a pound



of California strawberries for \$1.49, two six ounce cans of Three Diamond crab meat for \$2.50 each, and a four six ounce can pack of Starkist solid white tuna for \$4.99 for \$20.50 total. I just now returned home. I will now do a C: drive to D: drive backup of the computer. CIO

Note: <888> 05/24/03 Saturday 12:15 P.M.: I chatted with a relative before going to bed last night about 8 P.M.. I had another call from a relative about 10:30 P.M.. I was up at 5:30 A.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, and supplements. I went back to bed until 9 A.M.. I just finished house cleaning and watering the plants. I had two tuna fish sandwiches for lunch with ice tea. I have to exchange at the Stop and Shop another two jars of Hellmann's regular mayonnaise for Hellmann's low fat mayonnaise. I will clean up shortly, and I will go out soon. CIO

Note: <888> 05/23/03 Friday 6:30 P.M.: I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 05/23/03 Friday 6:25 P.M.: Here is an excellent value in a home computer, but it does not seem to have an operating system, so it is cheaper.  
<http://www.accessmicro.com/productinfo.php3?ProductId=SYSBUNEC2000XPDT>  
 . CIO

Note: <888> 05/23/03 Friday 5:45 P.M.: I was able to send of my weekly email. The Optimum Online mail server is now working. I guess it slowed down with so many people working at home. I took the last of the boneless breast of chicken, and I rinsed it in cold water, and I dried it with a paper towel. I then put it in a Pyrex pie dish, and I then added two tablespoons of La Choy low sodium soy sauce and a quarter cup of Rene Junot white wine, and I seasoned it with Old Bay Seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, oregano, basil, and I put two gloves of chopped garlic on it. I am cooking it in the Farberware convection oven at 350 degrees Fahrenheit for 35 minutes. I will have it with the cooking juices on it along with two ears of steamed sweet corn, fresh broccoli, and a sliced green squash with olive oil on the vegetables along with ice tea. CIO

Note: <888> 05/23/03 Friday 4:45 P.M.: Usually local politically motivated groups in this area try to bankrupt me in the end of May, so I do not show up for graduation at West Point which is opened to the general public. Since I know my way there, and I am generally given a good reception for some odd reason, if I really wanted to make it to graduation there, I could. However, I am not very good sitting out in the rain or too much hot weather, and some times during graduation there, I am on a night schedule. So whatever, the case the movers and shakers in that neck of the woods ought to have a little respect for the past, since frequently I do not show up at the same time other curious visitors show up. I am so close to the academy about 40 minutes, I could make it there any time I want, but I have been there so many times that I do not feel the need to interfere with those that might

only see it once in a life time, and whom have traveled great distance to see the graduation festivities. Whatever, the case when one lives here long enough, one knows the routine of the four seasons. I remember the last time I was there for graduation when Secretary of Defense Perry spoke, he spoke on the new high technology military. Of course there is a fat army veteran in North Tarrytown that seems to have a bit of influence there, but the last time I saw him he looked skinny like he was worrying about his cholesterol. Whatever, the case I try not to get involved in other people's family feuds. Moreover, since the army guys play a bit of golf more than likely they have been here playing golf over the years. Still having lived around all the different military services, I know a little bit about all of them. Frequently in the military families, different generations join different services, so theoretically a cadet graduating from West Point might have a father show up that is an Admiral and a grandfather show up that is an Air Force general. However, the nature of military duty recently just after a conflict, more than likely they would not all show up at the same time. In other word, do not put all of your eggs in one basket. Of course, I just know about all of this from my reading experience. I never was in the military, so I do not have first hand experience as to how they actually operate in today's complex world. CIO

Note: <888> 05/23/03 Friday 4:20 P.M.: Optimum Online's pop email server has not been working all day, so I can not send out my weekly notes. I had three pretzel rods with ice tea. CIO

End of Scott's Notes week of 05/23/03:

Note: <888> 05/23/03 Friday 3:45 P.M.: I went out, and I stopped by Pickwick Shoe Repair at the Stop and Shop plaza, and I picked up my left Ecco white shoe with the heel wear preventer put back on it. There was no charge. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift shop, but they are closed for remodeling until May 30, 2003. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the local newspaper. I then went by the Stop and Shop, and I bought a 10 pound bag of Carolina enriched white rice for \$4.99, and a 10 quart pack package of S&S dried milk for \$6.49, and a bag of Snyder's pretzel rods for \$1.79 for \$13.27 total. I just now returned home. I will now send out my weekly notes. CIO

Note: <888> 05/23/03 Friday 11:25 A.M.: I received the grocery store circulars in the mail for next week. I chatted with some neighbors. I had a two tuna fish sandwiches for lunch with ice tea. I noticed this web site for people whom are too skinny and do not need to worry about high cholesterol like myself Ruth's Chris Steakhouse . I will now shut down the computer, and I will go downtown after cleaning up. CIO

**Note: <888> 05/23/03 Friday 10:00 A.M.:** As I recall when I worked at the Gordon Folger Hotel in the summer of 1977, I could not remember my social security number exactly, so on the employment form, I did not get credit from social security or unemployment compensation the following winter. There is documentary evidence, since the Gordon Folger Hotel every year took a staff photograph around the middle of the season. I would have been a bit heavier than 125 pound having worked at that point for a couple of months at the hotel. I would have been the darkly tanned skinny individual in the photograph compared to the other rather pale and plump individuals in the photograph from up north. Since Folger was Benjamin Franklin's mother's name, one could say I was still involved in the electrical engineering process, although at the time PCs did not exist, since I did not design one in Boca Raton until December 1977. I recall in the summer of 1983 while I was last working at the Languedoc restaurant, the book keeper had an earlier model of the Apple computer. In the fall of 1977 around Thanksgiving, I left Nantucket with a friend, and we drove to Harvard University, and then up to Dartmouth College where in nearby Norwich, Vermont, I had stored my belongings in Greenwich in a barn thinking I might want to live in Hanover, New Hampshire. I think I did this when I first returned into area from Florida, and I still had the Chevrolet Biscayne to pull a Uhaul trailer from Greenwich to Norwich. When I left Nantucket at that time, I rented a Uhaul truck for the journey in Woods Hole. In Norwich, I loaded my personal items into the Uhaul truck, and I drove them down south. We stopped by for lunch at the Calhoun dormitory at Yale College, and we made a stop at Princeton University. We eventually arrived outside of Philadelphia in Chestnut Hill, where I stored the personal items in the basement of a family member's house. Either while the personal belongings were stored in New Hampshire or Chestnut Hill, my vintage nearly new 1955 Schwinn bicycle with the Bendix brakes disappeared along with my Rolex chronometer watch I received for college graduation and the autograph of Harry Truman. I suppose other items disappeared too. After storing the items, we spent the night, and then we drove up to Manhattan the following day on Thanksgiving 1977, and we had beers at McSorley's old ale house, and we closed it down at 4 A.M.. We then drove as far as New London, Connecticut where we ran out of money for gasoline, and I dropped the Uhaul truck off at a Uhaul dealership there losing my deposit for not returning it to Wood's Hole. My friend hitchhiked back to Nantucket, and I hitchhiked back down to Greenwich stopping at home briefly before hitchhiking down to Florida again. I was carrying a large blue canvas back pack that I had made while out in Nantucket. CIO

**Note: <888> 05/23/03 Friday 9:25 A.M.:** What got me to thinking about all of this was that I read an article about migrant workers in Florida in a back issue of the New Yorker magazine. They also do not treat unemployed people very well in Florida either. From the third week of September 1976 to about April 1977, for lack of funds, I ate so little food that I went from 185 pounds to 125 pounds, which when one gets use to it is actually a very good swimming weight, so I actually at the lower weight I was a pretty good swimmer in Florida, not to mention when at six

feet one is so skinny, one is not very attractive shark bait when swimming in those tropical waters. CIO

Note: <888> 05/23/03 Friday 9:10 A.M.: I rested a bit. When I went down to Key West in January 1977 after having been there around Halloween in 1976, it had changed since Halloween. When I visited it briefly around Halloween in 1976, there were only about six shops opened on Duval Street, and the entire town was boarded up. By January 1977, it looked like they were trying to run a tourist resort, since a number of northern people were down there. I had had my car towed in Fort Lauderdale at the Swimming Hall of Fame, since it had too many parking tickets. I thus could not sleep in my car. I remember one person living next to the Swimming Hall of Fame was the head life guard on Fort Lauderdale Beach who had a new Porsche with Colorado license plate "COORS". Maybe it was a member of the Coors family who was use to the colder weather on the beach that year. A friend had told me that it is so hot in the summer down there that he use to walk the entire length of the entire beach and stop to cool off at each public shower about 100 yards distance from each other. Well, it was a cool winter down in Florida, and I found myself for lack of shelter sleeping underneath the community house of the primary Episcopal church in the center of Key West. I got mail from General Delivery at the post office. I received a post card from a friend attending the University of New Hampshire who had just returned from a tour of Russia, and a couple of days later the friend showed up. The friend was more familiar with Florida since his grandfather had the house next to Richard Nixon's in Key Biscayne, Florida. He found us a place to stay in a trailer with friends on Boca Chica next to the United States Navy station adjacent to a ground to air SAM system. I was worried that the missiles might go off and start the trailer on fire with their energy blasts. Still, it was cold down there in Key West, and after having camped out for a bit, I was somewhat claustrophobic being inside. I still spent a lot of time walking around downtown in the historical area observing the activities in Key West. At the time the Casa Marina was an abandoned hotel. Around April of 1977, I received \$2,500 of back unemployment compensation, so after the rough time I had been experiencing camping out in Florida, I went up to Fort Lauderdale, and I paid to get my Chevrolet Biscayne out of the pound. I then drove down to Key West, and I picked up the friend and we drove north to Fort Lauderdale. It was still cold there, and not many people were around. We then drove to Orlando, and we toured Disney World, which was a change of pace. We then went by St. Augustine, and we toured the old town area. We stopped in Jacksonville, Florida, and we visited a friend whom back in 1972, I had driven with down to Florida from Chicago. My friend from the University of New Hampshire had to get back to school, so he caught a jet from Jacksonville back up north. I drove west from Jacksonville, and I stopped around Dalton, Georgia; and I had steering joint work done and shocks put on the 1966 Chevrolet Biscayne at a Firestone garage. I then toured Plains, Georgia where the current President of the Country was from. I returned up north, and I went through Greenwich briefly, and I headed back up to Nantucket. I slept on the south shore of Nantucket in my car around Lyon Farm next to the United States Navy Quonset hut, and it was rather cold in Nantucket. I eventually gave the car

with my belongings to the Nantucket Hospital Thrift shop since it was too costly to maintain, and the insurance had expired. I left the island once to go up to the University of New Hampshire to visit my friend who was surrounded by the individuals organizing the Seabrook anti nuclear power plant demonstration. I attended the demonstration, but they did not arrest me like everybody else since I did not belong to an affinity group. I then hitchhiked down to Williamsburg, Virginia for a few days, and I slept on the porch of the Presbyterian minister's house. I enjoyed touring Williamsburg and William and Mary college where I use to clean up. I then returned to Nantucket around the beginning of May, and I worked opening sea scallops. I took a bed at a boarding house on India Street, and around the first of June I started working washing pots at the Gordon Folger Hotel for minimum wage, which I continued until about mid August when I changed to Captain Toby's briefly, then baking at the Nantucket bakery and the Skipper bakery, washing dishes at India House, and finally washing pots at the Languedoc restaurant around October 1977, which I did the following year too when I returned again from Key West. Basically in jobs in Nantucket one has to be somewhat flexible because with all the summer help and younger people there, different jobs become available depending on when people come and go off the island. CIO

Note: <888> 05/23/03 Friday 6:20 A.M.: I had a telephone call last night from a friend who was up in Vermont, and he said the trout fishing was excellent and the spring foliage was most brilliant. I was up at 4 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I was chatting with somebody about Florida yesterday, so I will make more notes about Florida.

When I first went down to Florida in the third week of September of 1976, I was thinking about working for NASA. I had done expediting and data entry for Fluor Daniel construction out of Greenville, South Carolina earlier in the year. I then spent some time up in Nantucket that previous summer too. Since there was not much happening in the economy in Greenwich in high technology, I took my 1966 Chevrolet Biscayne blue four door sedan, and I drove down to Florida. I was able to finance the trip because I had an Allstate check cashing card. I had filed in Stamford, Connecticut for interstate unemployment benefits from South Carolina. I did not receive the benefits until April 1977 while I was in Key West, so I was low on money in Florida. When I arrived in Florida, I drove down A1A along the coast until, I arrived in Fort Lauderdale. Coco Beach did not look like it had much happening. I was on a low budget, so I slept in my car at the I95 rest area in Fort Lauderdale. I toured the area, and I spent some time at the beach. It was hot down there when I arrived, and one of the first people I met was Stephen Spielberg whom had made the movie Jaws earlier in the year. He had a small three bedroom house on a canal. I remembered he had a baby lion cub in the house, and I advised him he would have problems when the lion grew up. I took him I thought the Mayer family of Metro Goldwyn Mayer use to keep lions too. Steve was working as a volunteer emergency medical technician on the Fort Lauderdale beach strip, since the movie business was not that profitable. He was the first person I ever saw with a cell

phone, which he used to call the ambulances. He told me had worked in the YMCA drop in center for kids in Cambridge, Massachusetts, and I told him I had a junior high school classmate that did the same thing there. I did not see him later on once it got cold. I spent time around the beach in Fort Lauderdale. The Forbes boat the Highlander was at Pier 66 Marina, and the Black Hawk owned by the owner of the Chicago Black Hawks was at Bahia Mar. About mid October it got cold down in Florida, and I remember that Thanksgiving it was 21 degrees Fahrenheit in the morning. I enjoyed seeing the cruise ship, the Queen Elizabeth II come and go in nearby Port Everglades. I met Wiley Middleton <http://www.middletonplace.org/default.htm> whom was descended from the Middleton plantation family in South Carolina. He had been in the United States marine corps in World War I, and he was like a walking history book on the state of Florida. He had done the camping trip as a young man in the 1920s with Flagler, Edison, Firestone, and Ford when they were first exploring Florida for development. He had worked up north having started General Motors Acceptance Corporation, and he was the first Cadillac dealer in Manhattan living at One Fifth Avenue. His wife was from a family in Bridgeport, Connecticut that owned a silver company. She had died the year before, and Wiley who was 72 years old was told that he only had a short time to live by a doctor. He use to walk all day in his daily rounds to his various associates, and he kept an office in the Florida East Coast railroad building. His family shipping company the Middletown shipping company imported all the coffee beans into the United States of America, and he also had built Port Everglades. Through General Motors Acceptance corporation he had numerous investments in Florida including the Sheraton Hotel chain. Another fellow from Connecticut whose father worked for the John Hancock insurance company, and I tried to keep a close eye on Wiley, but he walked so much, he would just come and go through out the day making his daily rounds. He started each day at St. Luke's Episcopal church. Well, Wiley seemed to like living outside on the warmer days, so by walking so much he seemed to stay in shape. He lived until age 96 having retired to Tybee Island, Georgia. Wiley always wore an Augusta National golf hat, and he was a true southern gentleman. Needless to say in chatting with him until that January 1977 when I went down to Key West, he told me quite a bit about Florida and its local history. Having lived down south before moving to Connecticut in 1961, it tended to make sense knowing how southern people tend to think. Wiley use to go to the mission on Fort Lauderdale beach and have a peanut butter sandwich and a cup of coffee in the evening, and he always enjoyed talking with people. He had an eye for the pretty ladies, and the last I heard of him in Fort Lauderdale, he had taken a bus to Daytona Beach, Florida to stay with his sister in a nursing home there. I once found an alligator golf bag in the Salvation Army in Fort Lauderdale for a dollar, and I sold it to Wiley for a dollar, since he knew up north it would cost about \$2,000 even back in 1976. Well, I guess Wiley spending so much time outside in Florida over all those years knew quite a bit about the historical weather patterns in the state of Florida and the southeast. With all of his experience in Florida, it is amusing that he chose not to have a home in Florida, and he eventually retired to Tybee Island, Georgia where he must have had relatives besides the ones in Brunswick, Georgia. Maybe he did not need the internet to look

at <http://www.geocities.com/mikelscott/weather.htm> . However, he probably had those old fashioned weather instincts. I know right now it is suppose to be the hottest summer ever on record for the state of Florida. Thus since hot summers can mean increased hurricane activity, I would imagine the people in that part of the country should keep a weather eye to this upcoming hurricane season. CIO

Note: <888> 05/22/03 Thursday 7:50 P.M.: I relaxed a bit. I will now shut down the computer, and I will watch television briefly before going to bed. Remember the United States of America is on Security Alert Condition Orange DHS | Department of Homeland Security | DHS Home Page . I read that the West Coast security forces are going to 12 hour shifts, so I guess since in the internet mail intercepted recently that Middle Eastern people were advised to leave New York City, Boston, and Washington D.C. since their mail senders expect some sort of terrorist activity that the security forces in those areas should go to longer shifts, basically they should work as long as they can tolerate it before wearing out. I remember I was once told that submarine commanders in World War II never slept, but cat napped 20 minutes occasionally. Well, anyway I would imagine that there might be some reserve built up further into the interior of the country. I believe that the United States Military Academy at West Point, New York United States Military Academy at West Point has its graduation a week from this Saturday on Saturday May 31, 2003 at 9 A.M., which might bring in some extra security into this area. Of course where they will all be on June 1, 2003 is another question. CIO

Note: <888> 05/22/03 Thursday 6:25 P.M.: I raised my monitor resolution to 1024 X 768. I adjusted my color settings with the 3D color setting program. I took a six ounce can of consul crab meat, and I rinsed it in cold water, and I flaked it. I then added a couple of tablespoons of low fat Hellmann's mayonnaise, and I mixed it together. I made two sandwiches with the fresh Arnold 12 grain bread, and I cut them in half. I had them for my final meal of the day which is usually called supper when the midday meal is called dinner along with ice tea. Down south in the United States and in areas like France, Italy, and Spain they have their primary meal in the middle of the day, frequently followed by a nap. Here in the Unites States of America where so many people are busy all day long, they frequently eat their primary meal of the day in the evening or later at night. I believe in Spain they have their primary meal after 10 P.M. at night, so they must have a lighter midday meal. CIO

Note: <888> 05/22/03 Thursday 5:30 P.M.: A bit of Canadian History The Life and Times of Sir John A. Macdonald . CIO

Note: <888> 05/22/03 Thursday 5:15 P.M.: I went back out, and I stopped by Pickwick shoe repair at the Stop and Shop shopping plaza, and I left my left Ecco white walking shoe to have the heel wear preventer put back on it. It came off, and I had the tap. There will be no charge, and I will pick it up tomorrow. I made my 3 P.M. appointment. I next stopped by the Greenwich Hospital Thrift Shop, and I bought an old 2 inch by 4 inch print of Dresden, Germany cathedral in a frame with

glass for \$1.75. I then drove down by the waterfront. I just now returned home. I hung the Dresden cathedral print above the Williamsburg, Virginia church painting in the hallway. I read about five years ago that they have rebuilt the Dresden cathedral. CIO

Note: <888> 05/22/03 Thursday 1:55 P.M.: After dinner, I listened to some of the BBC Radio on the internet [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I will now go out again. I have 4 gigabytes of space on the C: drive. CIO

Note: <888> 05/22/03 Thursday 12:10 P.M.: I was told by the night manager at the Shell Station on West Putnam Avenue a couple of weeks ago, I should take alfalfa for my arthritis. I know they use to give it to race horses. I also know the United States government spends three quarters of a billion dollars a year growing alfalfa out in Utah, so it should not be too expensive. CIO

Note: <888> 05/22/03 Thursday 12:05 P.M.: I went out after the last message, and I stopped by the Valley Road post office. I obtained a money order for \$10.23 at a cost of .90 for \$11.13 total. I sent the money order to Jab computers for the 36 inch IDE cable. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift Shop. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next stopped by the Arnold Bread outlet, and they did not have much old bread, so I bought two fresh loaves of Arnold 12 grain bread for \$2.09 each less .42 senior discount for \$3.76 total. I then went by Smokes for Less, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then returned home. I am cooking an early dinner for lunch the same as last night, except I also put Hungarian paprika on the chicken along with everything else, and I peeled and cut an onion in half, and I put paprika on it too. It will all be ready in about ten minutes. I have a 3 P.M. appointment today. CIO

Note: <888> 05/22/03 Thursday 8:40 A.M.: I finished running Norton Speed Disk. I also installed IBM World Book 1999, but it will not go online for updates. I put a new CVS Clorox toilet tablet in the toilet tank. I will now shut down the computer, and I will go out. CIO

Note: <888> 05/22/03 Thursday 7:00 A.M.: I will now run Norton Disk Doctor and Norton Win Doctor. I will then run Norton Speed Disk which will take a while. I will clean up and go out after I start running Norton Speed Disk. CIO

Note: <888> 05/22/03 Thursday 6:15 A.M.: I went to bed about 8 P.M., and I was up at 4 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I threw out some garbage. Yesterday, I mailed the Vibra WebCam \$25 mail in rebate from Staples at the Valley Road post office. I deleted the Army Ops game off my computer to free up hard drive space. I have 2.16 gigabytes free space on the C: drive. I heard on the news that there was a bombing at the Yale Law school, but the news said it was not mideast terror



related. We have quite a few people in this part of Connecticut whom commute up to Yale to work and study. The last time I was there was about ten years ago, although I have driven through New Haven about once a year to drive up to Kennebunkport in the summer. I suppose the geopolitics of the world are coming home to rest in Connecticut. When I used to stay over for a few nights at Harvard before going down to Nantucket after coming up from Florida in the old days, I would spend the night at Harvard at the Corbusier Art and Design Center. I some times would stop by the Massachusetts eye and ear clinic across the Charles River in Boston to have my ears cleaned out with the advanced ear wax removal system they have. Earlier this week, I rinsed out my ears with Debrox or the same CVS ear wax removal system by putting 20 drops at a time in one ear at a time and waiting ten minutes for the Debrox to dissolve the ear wax and then rinsing the ear out with hot water with the ear wax water bulb syringe. A lot of wax came out of each ear, so thus my ears are cleaner, and perhaps I hear better. CIO

Note: <888> 05/21/03 Wednesday 6:35 P.M.: Dinner was enjoyable. I will now shut down the computer. I will watch some television, and afterwards I will go to bed. CIO

Note: <888> 05/21/03 Wednesday 5:45 P.M.: I took one of the boneless chicken breast halves, and I rinsed it in cold water, and I dried it with a paper towel. I then put it in a Pyrex pie dish, and I added two tablespoons of La Choy low sodium soy sauce and a quarter of a cup of Rene Junot white wine. I seasoned the top of the boneless chicken breast with Old Bay Seasoning, garlic powder, celery salt, chicken and meat seasoning, ground black pepper, Italian spices, basil, and oregano. I put on two diced gloves of garlic, and I am cooking it in the Farberware convection oven at 350 degrees Fahrenheit for 35 minutes. I will have it with the juices on the chicken. I will also have two steamed ears of sweet corn, steamed fresh broccoli, and a steamed sliced green squash. I will put olive oil on the vegetables, and I will have it all with iced tea. I steam my vegetables with a steam rack in a pot usually for fifteen minutes including the time it takes to create the steam. CIO

Note: <888> 05/21/03 Wednesday 5:15 P.M.: I ordered the 36 inch cable [http://www.jab-tech.com/product\\_info.php?cPath=21\\_24&products\\_id=40](http://www.jab-tech.com/product_info.php?cPath=21_24&products_id=40) from Jab computers. I will send them a check for \$10.23 which is \$6.38 for the cable and \$3.85 priority mail. I will send them the print out of the order too, so they know which item it is. Thus I will soon have the longer cable. I chatted with a relative. CIO

Note: <888> 05/21/03 Wednesday 4:20 P.M.: The reason I have been looking at IDE cables is that on my Syntax SV266M motherboard that came with my Northgate System, the primary or first IDE controller uses an IDE 80 wire ribbon which came with the system. However, it is 18 inches long with about six inches between the second IDE connector and the first IDE connector. Since on the Apex/Foxconn TM-124 case, there are two bays for the two CD players, I use, and then beneath the floppy drive inside the case, there is room if one removes the

memory to install the second hard drive. However, the first hard drive fits into a cage which is 90 degrees adjacent to the other drive, so the reach between the second IDE connector on the second hard drive to the first IDE connector on the first hard drive perpendicular is slightly more than six inches with the twists in the IDE 80 wire ribbon cable. I was able to solve this problem with just enough length by turning the second hard drive upside down in its installation. Thus although I have both hard drives connected, the cable is stretched to the limit. I would be able to more easily install them with a 24 inch or 36 inch round cable, which on the 36 inch cable there is about a foot of length between the second IDE connector and the first IDE connector. The cables that I studied are PC133 cables, but I am not sure whether that means they are 80 wire or not. Although it is \$30 at CompUSA for such a 36 inch cable, the site at <http://www.jab-tech.com/> has a similar 36 inch cable for \$6.38 [http://www.jab-tech.com/product\\_info.php?cPath=21\\_24&products\\_id=40](http://www.jab-tech.com/product_info.php?cPath=21_24&products_id=40) which also glows for those of you with clear side panels. Thus if I chose to have a lengthier cable, it would not be too expensive to order and replace the one that came with the system assuming it is an 80 wire cable. I install two hard drives of equal size in my primary system, so I can back up the C: drive to the D: drive with Windows XP professional backup, which I do in about six separate files of less than the four gigabyte maximum for the backup program. However, should I have a major power surge which could happen on some electrical systems despite the ground fault control panels, I could conceivably lose both hard drives including the backup. The ideal backup on my system would be use one of the new USB 2.0 external hard drives available for about \$150 which then could be stored separately from the primary computer. CIO

Note: <888> 05/21/03 Wednesday 3:45 P.M.: I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I next went downtown, and I walked lower Greenwich Avenue in the rain with my umbrella. I then drove down by the waterfront. Greenwich Capital has put up new signs that say "RBS Greenwich Capital" RBS Greenwich Capital - Welcome to www.gcm.com which reflects the fact that they are owned by the Royal Bank of Scotland RBS: Welcome to The Royal Bank of Scotland . However, whomever owns the Royal Bank of Scotland is a question. I would assume the Scottish. I next went by the Greenwich Library, and I read the Greenwich Times and P.C. Magazine. I then went to the Cos Cob Food Mart, and I bought a quart jar of Richfood Strawberry Preserves for \$2.99, two six ounce jars of Cento artichoke hearts .99 each, six ears of sweet corn for \$1 all, three Florida green squash at .99 a pound for \$1.72, and a package of Gold Kist boneless breasts of chicken at \$1.99 a pound for \$3.40 less 5% senior discount .38 for \$10.71 total. I noticed they have liter bottles of various flavors of Perrier www.perrier.com on sale for .99 a bottle which is a very good value. I then returned home, since with arthritis, I am not good at hanging out downtown on rainy days. CIO

Note: <888> 05/21/03 Wednesday 11:40 A.M.: I went through www.geocities.com/mikelscott/scotwork.htm . I had two tuna fish sandwiches with

ice tea. I listened to a bit of [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram). I will now shut down the computer, and I will clean up. I will then go out for some downtown activity. CIO

Note: <888> 05/21/03 Wednesday 10:45 A.M.: A good sight for computer cables <http://www.jab-tech.com/>. CIO

Note: <888> 05/21/03 Wednesday 10:10 A.M.: Translated version of <http://www.lemonde.fr/>. CIO

Note: <888> 05/21/03 Wednesday 9:45 A.M.: I went through my email. I rested a bit. I watched some television. CIO

Note: <888> 05/21/03 Wednesday 6:15 A.M.: I went to bed after the last message. I chatted with a friend at 9 P.M., and I chatted with another friend at 11 P.M.. I was up at 4:30 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. It just started raining here, so I will be staying in this morning. I read the story last night that the United States government has raised the threat level to orange. However, this week is fleet week in Manhattan, so there should be a little bit of additional security. CIO

Note: <888> 05/20/03 Tuesday 8:00 P.M.: I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 05/20/03 Tuesday 7:50 P.M.: I looked at the Creative Web sight [www.creaf.com](http://www.creaf.com), but I could not find any information on the Vibra WebCam, although it is one of their products. I filled out the Staples \$25 rebate information on the Vibra WebCam, and I have it ready to mail. CIO

Note: <888> 05/20/03 Tuesday 7:00 P.M.: I had two scoops of Starbucks coffee ice cream and ice tea. I guess, once I use of the ice cream, I will have to start buying frozen ice or fat free ice cream. CIO

Note: <888> 05/20/03 Tuesday 6:40 P.M.: I chatted with a relative. I uninstalled the video drivers for my Ezonics EzCam USB, and I connected it to the Dell Backup computer which already has the drivers for it on it. I then installed the Vibra Web Cam drivers and programs. It is a Creative camera, so it comes with the Creative program Web Cam Control and Web Cam monitor. The latter program, I probably will not use since I shut down my computer when I leave the apartment. I then registered the Vibra Web Cam, and I rebooted. I then installed the Vibra Web Cam to one of the rear USB ports, and it was recognized and installed by Plug and Play. I ignored the XP compatibility warning, which the instructions said to ignore. It installed fine, and it is working just fine. I adjusted the focus, and checked the Web Cam control settings. I setup Microsoft Netmeeting with it. I noticed in the web cam video, in the background 12 feet behind one sees the picture very clearly of Charles Lindbergh, so the depth of field on the camera is very good. I could have

tried to buy a USB 2.0 camera, but it would have cost close to \$100 instead of \$5 eventually, and they apparently do not work much better. CIO

Note: <888> 05/20/03 Tuesday 5:35 P.M.: While putting away my new summer slacks in the bedroom closet, I took care of an overcrowding problem. I removed a couple dozen pairs of slacks that are waist 36 inches and smaller that I can not long fit in. About half of them are corduroy, six khaki, four wool, and two jeans. I folded them, and I put them in the empty Rubbermaid laundry hamper and on top of it. I put the extra hangers on top of the computer equipment on the sideboard. Thus although the bedroom closet is still filled to overflowing, it is less cramped. I am forever the optimist, and I hope some time in the near future I might lose some weight, and my smaller clothes which are in very good shape will fit me again. Thus instead of donating them to a local thrift shop, I am keeping them for leaner times. CIO

Note: <888> 05/20/03 Tuesday 4:55 P.M.: I went out after the last message. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then sat out briefly downtown. I then went up to Norwalk Hyundai. I arrived at 7:30 A.M. as they were opening. I dropped the Hyundai off for the 35,000 mile service check up. I told them it did not need new spark plugs, since I had platinum spark plugs put in 3,000 miles ago. I walked over to Stew Leonard's, and I got a 10 ounce cup of Kuhai coffee for \$1. I toured the store. I noticed rip eye steaks are \$5.99, but on my new low cholesterol diet, I can not eat them. They have six ounce cans of three diamond crab meat for \$2.50 too. I did not make any purchases, because I did not want to carry them around with me while I was waiting for the car. I then walked back eastward, and I went by Staples. I toured their store. I then walked back westward, and I went by Stew Leonard's parking area again, and I sat out briefly. I then sat for a while at Norwalk Hyundai. About 10 A.M. the car was ready. There was \$83.35 in labor, 4 quarts of oil at \$2.50 a quart for \$10, oil plug gasket .49, oil filter \$5.73, fuel filter \$27.18, PCV valve \$10.99, air filter \$15.50, washer fluid \$2.25, oil treatment \$7.13, fuel treatment \$7.13 for \$86.60 parts plus \$10.20 tax for \$180.15 total. I paid cash for the service. Norwalk Hyundai is owned by a local Greenwich dealership chain of dealers. They are moving to a new location next to Bonjournos on the Stamford Greenwich border. I then went by CompUSA in Norwalk. I toured the store. I checked out IDE cables, since the stretch on my primary IDE cable on the primary computer is a bit tight. However, I have an 80 cable on the primary IDE and a 40 cable for the CD players. They sell a 3 foot cable which would be plenty of length with a foot length between the second drive and the first drive which would be less tight. It is a PC 133 cable, but I was not sure if it was an 80 cable that my system requires. It is \$30, so I decided not to get it. I then toured Circuit City. I then drove back down to Greenwich. I went to Staples in Old Greenwich, and I bought a Vibra Web Cam \$29.98 plus \$1.80 tax for \$31.78 total. The Vibra Web Cam also has a \$25 mail in rebate from Staples, so eventually it will be \$5 and tax. I have a web cam on the primary computer right now, but its drivers are not Windows XP compatible, so now I have a Windows XP compatible web cam. I then went by the Old Greenwich Rummage Room thrift

shop. I next went by the Old Greenwich Food Mart, and I bought a pre made roast beef sandwich with lettuce and tomato for \$4.59 and a Snapple ice tea with lemon for .89 for \$5.76 total. I then went out to Tod's Point, and I had lunch at the southeast beach area bench. I then drove around Tod's Point. I next drove back to central Greenwich, and I went by the Greenwich Hospital Thrift shop. I then went downtown. I went by the Merry Go Round Mews Thrift Shop. Clothes are deeply discounted. I bought four pairs of summer slacks for \$2 a pair for \$8 total. One pair is Nantucket red cotton, another is cream cotton, another is turquoise cotton, and the other pair is orange linen. They all fit me. They are traditional summer slacks. I then walked the entire length of Greenwich Avenue. I sat out at various locations. They were removing the tulip bulbs. I next drove down by the waterfront. I then went by Putnam Trust Bank of New York on Mason Street. I then returned home, and I had a cold diet Sprite in a chilled mug and a glass of ice tea. My arthritis was acting up today with the cooler morning temperatures. I was told it is suppose to start raining tomorrow afternoon for the next three days. I put a new Nu Car scent Christmas tree scent card in the Hyundai. CIO

Note: <888> 05/20/03 Tuesday 5:55 A.M.: I made an appointment at Norwalk, Connecticut Hyundai to take my car up there today for the 35,000 mile service checkup <http://www.bargainnews.com/ct/457/norwalkhi.cfm?thedealer=457> . I will now shut down the computer, and I will have a couple of tuna fish sandwiches and ice tea. I will then clean up. I will then head up to Norwalk. They supposedly open at 7:30 A.M..

Note: <888> 05/20/03 Tuesday 5:15 A.M.: I went through my email. I then rested a bit more. Well, I am now on a day schedule. CIO

Note: <888> 05/20/03 Tuesday 2:05 A.M.: I did not go out after the last message. I relaxed a bit. I had two scoops of Starbucks coffee ice cream. I put my \$20 Staples rebate in the mail box downstairs. I fell asleep about 11 A.M.. I was up at midnight. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I watched a bit of Cspan about the President of the Philippines state visit. In the mail, I received a DVD disk from Microsoft. Since I do not have a DVD player in the computer, I can not play it on the computer, but I do have a DVD video player, I can use it to look at the video content. I put the disk in a jewel case, and I put it by the TEAC DVD video player by the Orion television. I also received a Greenwich Medical survey in the mail which included a new two dollar bill for filling out the medical survey. I will now do some regular computer work. CIO

Note: <888> 05/19/03 Monday 7:45 A.M.: I rested a bit. I had some gold emblem cheese crackers and ice tea. I put the new batch of ice tea in the refrigerator. I will now shut down the computer. I will clean up, and I will go out to see what is happening on this Canadian Holiday. CIO

Note: <888> 05/19/03 Monday 4:20 A.M.: I guess one could have the free Greenwich version of the Chelsea Flower show by touring the McArdle McMillan green houses on Arch street downtown. CIO

Note: <888> 05/19/03 Monday 4:15 A.M.: I went through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . There is a frost warning this morning, and it is 41 degrees Fahrenheit outside right now. Although, I have finished my regular computer work, I am not sure if I want to go out in the cool morning air for a walk. I might wait a bit and think about it. I am still waiting to put away the ice tea. I steep it for an hour to two hours. CIO

Note: <888> 05/19/03 Monday 3:50 A.M.: Today is the Queen Victoria Day Holiday in Canada, but Queen Victoria's actual birthday is May 24, 1837 Victoria Day , which would be this Saturday. CIO

Note: <888> 05/19/03 Monday 3:25 A.M.: Chelsea Flower Show Telegraph | News | Chelsea's flower-power goes psychedelic . CIO

Note: <888> 05/19/03 Monday 3:15 A.M.: Spare a smoke? A Great Estate Opens Its Gates . CIO

Note: <888> 05/19/03 Monday 2:55 A.M.: I am boiling three quarts of water to make up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) with the usual proportion of tea bags. CIO

Note: <888> 05/19/03 Monday 2:05 A.M.: I filled out the Staples rebate information the modem. CIO

Note: <888> 05/19/03 Monday 1:45 A.M.: I was up at 11 P.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. In the primary computer, I installed Sterling Communications 56K V.92 PCI internal Faxmodem Model S20, and when I booted Windows XP professional it installed the drivers. I went ahead and installed the drivers from the CD and the programs on it. I downloaded the Juno [www.juno.com](http://www.juno.com) software for free local access here in Greenwich, and I installed it. It works fine on the dialup modem for the two local access number. At the moment, I have the Juno dialer set to not dialup through the modem, but to logon on through the cable modem. Still, it is now available if the cable modem did not work. I also put a telephone three splitter on the back of the primary control panel for the telephone line to split off to the speaker phone, Uniden cordless phone, and the line to the computer. I found another speaker cord Y splitter on the floor by the computer, so I hooked it back up to the Dell backup computer, so both the speakers and the headset come out of the primary audio jack. I opened a new Juno Account, because I could not remember my old account logon name and password. I think that information is on the AMD backup computer. CIO

**Note: <888> 05/18/03 Sunday 2:10 P.M.: I will now shut down the computer, and I will go to bed soon. I turned off the air conditioner, since it comes on when the sun hits it, and it is not really warm enough outside to need it yet. It is nice to have the apartment warm up in the afternoon with the western sunlight it gets in the warmer months, so it is a bit warmer at night in the apartment, since I do not have the heat on this time of year, when it is still cool outside at night around here. CIO**

**Note: <888> 05/18/03 Sunday 1:45 P.M.: I am microwaving a Stouffer's 15.5 ounce stuffed peppers with ground beef and tomato sauce. I will have it with ice tea. CIO**

**Note: <888> 05/18/03 Sunday 1:25 P.M.: I went out after the last message. I drove downtown, and I walked the entire length of Greenwich Avenue. I stopped by the ATM machine at Putnam Trust Bank of New York on Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. While, I was chatting with a fisherman, a blue and white helicopter showed up, and it was flying low over the shoreline of Mead's Point, Indian Harbor, and Belle Haven. It kept flying low into the harbor about 50 feet above the water. I think there is a ban on helicopters landing in Greenwich, so it must have been some sort of special activity. I next drove over to the Mobil Express Car wash in Old Greenwich, and I had my Hyundai washed for \$5. I towel dried it afterwards, and I shook out the floor mats. I then drove by Staples, but they do not open on Sunday until 10 A.M.. I then went out to Tod's Point, and I sat out at the beach in the southeast beach area in my beach chair for an hour enjoying the view of Long Island Sound. I donated a dollar to the Special Olympics when entering the beach. I was told that they are going to have the Special Olympics in Ireland this summer. While sitting at the beach, I noticed four swimmers out in the distance swimming the entire length of the beach. Since it is a full moon in June, the low tide is about as low as it gets on a yearly basis. I next drove around Tod's Point stopping briefly at the southwest parking area. I then went to Staples, shortly after they opened, and I bought a Sterling Communications 56K V.92 PCI internal Faxmodem Model S20 for \$19.98 plus \$1.20 tax for \$21.18. It also has a \$20 Staples mail in rebate, so eventually it will only cost just the tax. I then went downtown. When I got out of my car, I noticed I had lost my cigarettes, so I went to Zyn stationary, and I bought a package of Pall Mall lights 100s for \$4.20. The pockets on my Perrier of America wind breaker are not too deep. I then drove down by the waterfront. I then sat out downtown until noon. I next went by Exxon next to the Greenwich Library, and I bought \$6.25 of regular unleaded at \$1.779 a gallon for 26 miles per gallon. I then returned home. I chatted briefly with a neighbor. I had some ice tea. I will put in the telephone modem into my primary computer some time in the future to have for backup should the cable modem ever go out. The cable modem has never gone out so far. I will then install Juno free dialup, so I could technically get online if the cable modem went out. However, I have a feeling if the cable modem ever went out, Juno free dialup would be overwhelmed. CIO**

**Note: <888> 05/18/03 Sunday 6:00 A.M.: I took a six ounce can of Bumble Bee tiny shrimp, and I rinsed it in water. I then added two tablespoons of Hellmann's low fat**

mayonnaise, and I mixed it all together, and I made two sandwiches which I cut in half. I had the sandwiches with ice tea. I will now shut down the computer. I will clean up, and I will go out for some daytime activity. CIO

Note: <888> 05/18/03 Sunday 5:00 A.M.: Of course when one goes to Nantucket, they generally expect one to have money, since although they have tried to secede from the United States of America like Key West, they are still under the jurisdiction of the U.S.A.. The last time I was in Nantucket, they were selling Nantucket passports, and Nantucket was a Tory Island in the American revolution, since the British tended to control the seas. Whatever, the case a lot of people that one sees in Nantucket in the summer are just visitors or summer residents, so more than likely they would not be up there yet, or down there as they say in Boston. Generally about the time that Harvard University graduates about the third week in June along with the many other New England schools, it starts to get busier. However, since the southern schools in the United States get out earlier, the southern students frequently get up north to Nantucket first, and they get all the good jobs. There are some old guard republicans on Nantucket, but the rowdy democrats from nearby Hyannis frequently can cause problems when the different groups come into political philosophy controversy. CIO

Note: <888> 05/18/03 Sunday 4:10 A.M.: It says here <http://www.flypanam.com/> , one can fly from Westchester Country Airport on the Greenwich, Connecticut border with New York to Nantucket that far away island for about \$160 one way on week days. Of course to save money in the old days, I use to hitchhike to Woods Hole or Hyannis and take the Ferry. One can also take the Amtrak to Providence, Rhode Island and catch the bus down to Hyannis to catch the ferry out to Nantucket. However, it is rumored that Nantucket like Key West has gotten very expensive over the two decades since I departed. However, both Nantucket and Martha's Vineyard have youth hostels in in the summer season for younger travelers. Of course for arm chair travelers that would be a long journey. As a point of trivia, if I have crossed the Atlantic 5 and a half times, which side am I originally from. Nope not Europe, the half trip across the Atlantic was flying round trip to Bermuda in 1968. As I recall, I returned from Bermuda on Pan Am in 1968 during spring break after flying to Bermuda on BOAC. I can not recall what other times, I might have flown Pan Am, since I was not a major international traveler, but my father in business had flown a million miles on Pan Am by 1954, so I paid attention to the airline and I read up a bit on it. I use to have a Pan Am VIP card that one could obtain in the old days for about \$40, and when I traveled I would use their lounges. I did fly quite a bit domestically when I was younger, but I can not recall flying Pan Am very much, since they were an international airline. CIO

Note: <888> 05/18/03 Sunday 3:40 A.M.: In reading Charles Lindbergh's biography <http://www.charleslindbergh.com/history/index.asp> , it says that Dwight Eisenhower appointed him a Brigadier General in the U.S. Air Force in 1954 after completing various other civilian and military assignments. CIO



**Note: <888> 05/18/03 Sunday 2:55 A.M.: I put away my laundry. It is my theory from what I have read that with common scanner technology available from Radio Shack or other more advanced systems, individuals can eavesdrop on cellular telephone conversations. More than likely there are individuals on the south shore of Connecticut trying to eavesdrop on conversation on the North Shore of Long Island and visa versa. However, with the multitude of languages spoken in this area, it must be all quite confusing unless one is an expert linguist. Thus as in the old saying in the Navy goes "Lose Lips Sink Ships", one should be somewhat circumspect with one's conversations on wireless technology. CIO**

**Note: <888> 05/18/03 Sunday 2:05 A.M.: For any of the local wharf rats this page contains the tide charts for the area Tide Chart Index Connecticut Coast West at [www.maineharbors.com](http://www.maineharbors.com) . CIO**

**Note: <888> 05/18/03 Sunday 1:45 A.M.: I went through my email. I also have a Microsoft Hotmail email account that I have never used or given out in the several years that I have had it. Still, it is interesting that I get 50 to 60 spam emails a day on that one Hotmail email account. I wonder if Microsoft sells its email list or how people obtain the Microsoft Hotmail email addresses. CIO**

**Note: <888> 05/18/03 Sunday 1:30 A.M.: I have 50 minutes to go on the dry cycle. I noticed today that the fishermen with cell phones can now order to pizza to go while they are fishing. CIO**

**Note: <888> 05/18/03 Sunday 1:15 A.M.: I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I am charging up the Slaymaker million watt rechargeable lantern. I started two loads of laundry. I put clean sheets on the bed. In referring to Key West in the mid 1970s there were quite a few Pan Am flight personnel that had homes there. Pan Am used to have a New Year's Eve party there at the disothèque with thousands of their employees, and the next day they would all take off again all over the world. The Pigeon House patio adjacent to the Audubon House on Whitehead Street was the original Pan Am ticket office, when they first started flying the flying airboat from Key West to Havana. Also with the United States Navy pilots at Boca Chica air station there were quite a few pilots down there. Having lived in Pensacola, Florida from 1953 to 1955, I knew that the Navy air pilots were also there. There use to be a bar for pilots in Pensacola called the Driftwood, and about a dozen years ago they moved to Vero Beach, Florida. As the name implies the Driftwood was originally built from Driftwood off the beach. There were a lot of pictures of pilots in the bar. Of course over the yeas a lot of the Navy pilots became Pan Am pilots. Thus in the old days, I treated Key West like it was a flight operations center for both civilian and military aircraft. Also NASA personnel also lived in Key West, and they supposedly trained flight personnel down in the Florida Keys. Anyway it seemed to me that somebody had a Federal Government budget down in the Florida Keys, and the largest store in Key West was the Navy Commissary which unfortunately they would not let me shop in. My family had a distant presence in Key West, since my father's first wife's**

family owned the Household Finance Company, which also had an office on Duval Street in Key West helping to finance the buildup and restoration of the island.  
CIO

Note: <888> 05/17/03 Saturday 11:35 P.M.: A relative called up about 9 P.M., and we chatted. A friend called right before I went to bed. I watched a bit of television. I had a granola bar with ice tea. I chatted with a relative. CIO

Note: <888> 05/17/03 Saturday 4:35 P.M.: For dinner, I had a Boston Market Swedish meatballs dinner and ice tea. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 05/17/03 Saturday 4:00 P.M.: I went back out after the last message. I stopped by the Stop and Shop, and I exchanged a quart jar of Hellmann's regular mayonnaise for a quart jar of Hellmann's Just2Good low fat mayonnaise. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out for a while at various locations. I then drove down by the waterfront. Some of the regular fishermen are back again for another summer season. However, since the water in Long Island Sound along the south shore of Connecticut is running six degrees cooler this year, the fishing is not too good at the moment. I next went by the Greenwich Library, and I read the first section of the Greenwich Times. I did not read the rest, since it was not there. I checked out a DVD video disk. I then went by the Arnold Bread Factory outlet, and I bought two loaves of 12 grain bread for .99 each less 10% senior discount of .20 for \$1.78 total. I then returned home.  
CIO

Note: <888> 05/17/03 Saturday 11:40 A.M.: I vacuumed the apartment. I put a new vacuum cleaner bag in the Hoover upright vacuum. I used the older Electrolux vacuum to clean the bathroom vent fan, and I also vacuumed behind the sofa in the living room. I went out, and I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. Today art and household items and frames are half price. I went back by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went back by the Greenwich Hospital Thrift Shop. I bought the portrait of Charles Lindbergh <http://www.charleslindbergh.com/> for half price down from \$65 for \$32.50. It is in a black lacquer frame. It is 23 inches by 19 inches with the portrait inside the matting 17 inches by 14 inches. It is in black and white some type of detailed drawing signed by Charles Overall. I then returned home. I cleaned the glass on the portrait, and I tightened the nails that hold the cardboard back on. I hung it above the daybed on the left side below the thermostat. I moved the two French chateau pictures on the same wall to above the mirror on either side of the smoke detector. On the right side where one of the French chateau pictures were, I put the picture from the hallway of the Venice canal. I will now go back out again. CIO

Note: <888> 05/17/03 Saturday 9:15 A.M.: I put a can of Progresso New England clam chowder in a microwave cooking container, and I microwaved it on reheat. I

had it for lunch with ice tea. I will now shut down the computer, and I will go back downtown. CIO

Note: <888> 05/17/03 Saturday 8:45 A.M.: I uninstalled the Creative SoundBlaster Live MP3+ drivers, and the I reinstalled them again. For some reason I had two different copies in the Add and Remove programs selection, so it should be better now. I took the Y splitter off the soundcard on the Dell backup computer, and I used it to connect the Andrea Electronics microphone on the primary computer. Since it uses an adaptor, it was a bit wide for the plug-in hole, so now it fits more easily, since the Y adaptor is narrower. I also was able to plug in the primary sound plug further in, so all speakers work properly. I also installed Vienna Sound Fonts on the computer. CIO

Note: <888> 05/17/03 Saturday 7:10 A.M.: I went out after the last message. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I noticed at 5:30 A.M. on Saturday morning, there is a diesel commuter train that stops at the Greenwich Train station going to New York City. I guess it is coming down from the Danbury line which is not electrified. I also noticed a sign in Quinn's liquor store that they are going out of business and all alcohol and wine is 10% off. I drove down by the waterfront. Today and tomorrow at the Bruce Museum they are having the outside art show where various artists sell their art. I just now returned home. In remembering life when I was in Key West in the winters of 1977 and 1978, I read an article when I returned up north at that time, that Key West had the highest rate of meningitis in the United States because they pumped raw sewage into the water close to the shoreline. I think they have since fixed that problem by putting in new sewer lines and a new sewage plant. CIO

Note: <888> 05/17/03 Saturday 4:30 A.M.: I rested until about 9:30 P.M.. I chatted with a friend and a relative. I took a six ounce can of Chicken of the Sea tuna fish, and I rinsed it. I then flaked it, and I added two tablespoons of low fat Hellmann's mayonnaise, and I mixed it together, and I made two sandwiches. I had the sandwiches with some potato chips and ice tea. I then rested until 1 A.M.. I did my house cleaning and watering the plants. I will do the vacuuming later in the morning once my neighbors are up. I had one of the General Electric 15 watt candelabra bulbs burn out in the pair of sconces above the day bed. I replaced all four bulbs with new General Electric 15 watt candelabra bulbs. I saved three of the old bulbs that still work. I keep a lot of my replacement bulbs in the mahogany bureau in the bedroom and in the bedroom window opening. I just had breakfast of oatmeal with sugar, cinnamon, and milk; two slices of toast with Smucker's strawberry jam, orange juice, vitamins, and supplements. I have probably been tired the last few days with the damp low barometric pressure system in the area, one tends to get tired. One gets the same effect when one goes on a cruise on the ocean or when one goes out to Nantucket surrounded by the ocean. Frequently when people first arrive in Nantucket, they sleep for about a week, because the ocean makes them tired. I also remembered that this time of year is when the migratory animals such as Mountain Lions might be traveling through this area

along the ridges working their way further north. I suppose it is also the time of year when the Indians return to their Happy Hunting Grounds for their traditional activities. One of the computer fans is making a bit of a higher pitched noise, but I will leave it be. Hopefully, it will not get any worse. I will clean up shortly, and I will go out for a morning walk, since it seems drier. CIO

Note: <888> 05/16/03 Friday 5:15 P.M.: I will now shut down the computer. CIO

Note: <888> 05/16/03 Friday 4:10 P.M.: Around 7 A.M., I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I then rested until now. CIO

End of Scott's Notes week of 05/16/03:

Note: <888> 05/16/03 Friday 5:35 A.M.: With the Army Operations download and the install, I only have about 2.2 gigabytes left on my C: drive. I might uninstall it later to free up space. I also went through most of [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now send out my weekly notes. CIO

Note: <888> 05/16/03 Friday 5:20 A.M.: I have the Army Operations game installed on the computer. In the process of installing SMPMclientinstaller which was a feature of the game, it had me install the Microsoft Net Framework, but for it SMPMclientinstaller to run it looks for the Microsoft Net Framework Service Pack 2 which will not install on my machine. I am not sure what this feature is. However the Army game works. CIO

Note: <888> 05/16/03 Friday 3:20 A.M.: I am downloading Americas Army 1.70 game from <http://www.3dgamers.com/dlexit/inspan/games/americasarmy/armyops170.exe.html> or <http://www.3dgamers.com/games/americasarmy/> or <http://www.americasarmy.com/downloads.php?sec=full> . CIO

Note: <888> 05/16/03 Friday 3:00 A.M.: I went to bed at 9 P.M., and a relative called at 10 P.M.. I just got up now. I will do a little bit of computer work. CIO

Note: <888> 05/15/03 Thursday 7:45 P.M.: I went through my email. I did a little bit of other computer work. I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 05/15/03 Thursday 7:30 P.M.: I chatted with a friend. For dinner, I had a Boston Market Salisbury steak dinner with cheese noodles. Whoops the cheese noodles might not be good for the cholesterol. I have two unopened jars of Hellmann's regular mayonnaise that I will exchange for the low fat brand. CIO

**Note: <888> 05/15/03 Thursday 6:05 P.M.:** I watch a videotape until 7 A.M. this morning. I rested until noon. I took a six ounce can of Council crab meat, and I mixed two tablespoons of Hellmann's mayonnaise in it. I made two sandwiches out of it, and I had them with ice tea. I took a Benadryl. It is a high pollen count outside. I cleaned up, and I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I made my 3 P.M. appointment. I walked lower Greenwich Avenue. I went by the Greenwich Library, and I read the local newspaper. I went by the Stop and Shop, and I bought a quart jar of Hellmann's Just2Good Reduced fat mayonnaise for \$4.19, a Boston Market chicken and noodles dinner for \$2.99, a 96 ounce container of Tropicana Premium orange juice with calcium for \$2.99 for \$10.17 total. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I just now returned home. CIO

**Note: <888> 05/15/03 Thursday 3:40 A.M.:** I will now shut down the computer, and I will rest a while. CIO

**Note: <888> 05/15/03 Thursday 3:15 A.M.:** I downloaded and installed the Hulk demo, but it did not do much, and it needs a Game Pad. Maybe joy sticks are passé, and game pads are in. I removed the Hulk demo. CIO

**Note: <888> 05/15/03 Thursday 2:45 A.M.:** The Star Trek demo would not work on my machine. CIO

**Note: <888> 05/15/03 Thursday 2:20 A.M.:** I am downloading Star Trek II Elite Force demo <http://gaming.startrek.com/> to try out my joystick. CIO

**Note: <888> 05/15/03 Thursday 1:45 A.M.:** I am microwaving a Stouffer's 15.5 ounce stuffed peppers with ground beef and tomato sauce which I will have with ice tea. CIO

**Note: <888> 05/15/03 Thursday 1:35 A.M.:** I went through my email including scanning the volcano reports which can be lengthy. CIO

**Note: <888> 05/15/03 Thursday 1:00 A.M.:** I just received email from Volcano Listserv at <http://www.volcano.si.edu/reports/> that two Volcanoes in Alaska are on orange alert [Alaska Volcano Observatory](#) . CIO

**Note: <888> 05/15/03 Thursday 12:10 A.M.:** I cut up the Capital One Visa card, and I ripped up the information that came with it. I did some regular computer work. I noticed that [www.accessmicro.com](http://www.accessmicro.com) is sold out of a lot of the merchandise that they offer. I chatted with a relative. CIO

**Note: <888> 05/14/03 Wednesday 10:30 P.M.:** After the last message, I went downtown by the waterfront. I then walked lower Greenwich Avenue. I stopped by St. Moritz bakery, and I bought an almond Danish pastry for \$1.25. I ate the pastry

in the park. I returned home, and I went to bed. I was up at 7 P.M., and I had breakfast of oatmeal with sugar, cinnamon, and milk; two slices of toast with Smucker's strawberry jam, orange juice, vitamins, supplements, and coffee with milk and sugar. I fell back to sleep until 10 P.M.. I checked my mail, and I got a Visa credit card from Capital One with a \$20,000 line of credit for Scott's Internet Hotlist. It would be tempting to activate the card and travel around the world resting and advertising Scott's Internet Hotlist, but since I do not generate any revenue, I would rather not accumulate dept. I will thus cut up the Visa card and rip up the forms. CIO

Note: <888> 05/14/03 Wednesday 5:45 A.M.: I finished my regular internet work. I will now shut down the computer. I will go out for a while and enjoy some morning light. CIO

Note: <888> 05/14/03 Wednesday 5:05 A.M.: Name Boeing's new airplane sweepstakes <http://www.newairplane.com/?source=fs2004> . CIO

Note: <888> 05/14/03 Wednesday 4:20 A.M.: I am in the process of going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . Sometime in the near future, I have to have the 35,000 mile checkup done on my Hyundai at Norwalk, Ct. Hyundai. I have about 80 miles before 35,000 miles. It should be about \$120 since I had new platinum spark plugs put in the car in October 2002 at the 30,000 mile checkup, I did at 32,500 miles. The oil change and filter which they will do then too was last done at 31,800 miles. CIO

Note: <888> 05/14/03 Wednesday 3:40 A.M.: Barney page with link to Barney Cam <http://www.whitehouse.gov/kids/abc/> . CIO

Note: <888> 05/14/03 Wednesday 3:40 A.M.: I finished reading my email. I had three pretzel rods and ice tea. CIO

Note: <888> 05/14/03 Wednesday 2:45 A.M.: [Microsoft : GetBetterMail : Introduction](#) CIO

Note: <888> 05/14/03 Wednesday 2:40 A.M.: [Once Derided for Dinosaur, I.B.M. Shows a T-Rex Bite](#) CIO

Note: <888> 05/14/03 Wednesday 2:35 A.M.: [McAfee Security Virus Warning W32/Fizzer@MM](#) CIO

Note: <888> 05/14/03 Wednesday 2:35 A.M.: [Microsoft Windows Longhorn - Software Reviews - CNET.com](#) CIO

Note: <888> 05/14/03 Wednesday 2:30 A.M.: [NASA rethinks Web site approach](#) CIO

Note: <888> 05/14/03 Wednesday 2:10 A.M.: Anatahan Volcano History <http://www.guam.net/pub/sshs/depart/science/mancuso/marianas/anatahan/anatahan.htm> and <http://www.voanews.com/article.cfm?objectID=2132C451-69F1-452F-B016A58773D5C4B6> <http://www.google.com/search?hl=en&ie=UTF-8&oe=UTF-8&q=Anatahan+Volcano> . Well, we will have to keep an eye on it, since old volcanoes that erupt which have not historical activity can frequently be more dangerous because they have been sleeping for a long time. As I recall there are a number of veterans whom probably served in that area. CIO

Note: <888> 05/14/03 Wednesday 2:00 A.M.: Last Tsunami warning in the Pacific was May 4, 2003 <http://www.prh.noaa.gov/pr/ptwc/bulletins.htm> . Looking at the satellite photos of the Northern Mariana Islands eruptions, it is hard to tell whether it is a major eruption that might generate seismic activity leading to a tsunami. I am not familiar with the historical activity of that volcano. CIO

Note: <888> 05/14/03 Wednesday 1:55 A.M.: Pacific Tsunami warning system link is working now <http://www.nws.noaa.gov/pr/ptwc/> and <http://www.pmel.noaa.gov/tsunami/> , <http://www.osei.noaa.gov/Events/Volcano/> , <http://www.ssd.noaa.gov/VAAC/> relevant Northern Mariana Islands volcano links. CIO

Note: <888> 05/14/03 Wednesday 1:30 A.M.: Tsunami warning centers <http://lumahai.soest.hawaii.edu/tsunami.html> and [http://directory.google.com/Top/Science/Earth\\_Sciences/Geology/Geologic\\_Hazards/Tsunami/Warning\\_Centers/](http://directory.google.com/Top/Science/Earth_Sciences/Geology/Geologic_Hazards/Tsunami/Warning_Centers/) . CIO

Note: <888> 05/14/03 Wednesday 1:25 A.M.: Of course with such major volcanic activity, there could be Tsunami activity in Hawaii or the Philippines or other neighboring areas <http://www.google.com/search?hl=en&ie=UTF-8&oe=UTF-8&q=Tsunami> .

Note: <888> 05/14/03 Wednesday 1:20 A.M.: According to this the Northern Mariana Islands is under United States administrative trust <http://www.cia.gov/cia/publications/factbook/geos/cq.html> . Maybe this will make it colder here this upcoming winter. CIO

Note: <888> 05/14/03 Wednesday 1:00 A.M.: According to this <http://www.cnmiemo.org/index.htm> , Saipan, Mariana Islands is a United States territory, so it is in our realm of influence. CIO

Note: <888> 05/14/03 Wednesday 12:55 A.M.: Northern Mariana Island volcano eruption <http://www.cnmiemo.org/Press%20Release%20Vocanic%20Eruption%20Anatahan%205-10-03.htm> and . CIO

**Note: <888> 05/14/03 Wednesday 12:30 A.M.:** I noticed this evening while I was on my evening stroll that there is a white Labrador retriever that is spending the night at Wendy's Closet, a woman's dress store on the east side of lower Greenwich Avenue. I noticed it was sleeping on a hard floor, and it did not have a comfortable cushion. CIO

**Note: <888> 05/13/03 Tuesday 11:35 P.M.:** I am cooking the same dinner, as I had last night. It should be very enjoyable. CIO

**Note: <888> 05/13/03 Tuesday 11:20 P.M.:** I sleep more on Tuesdays and Fridays. I had a call today from a friend around noon while he was traveling through Greenwich chatting on his cell phone. We chatted until he got to Darien. He was going to Ansonia, Connecticut. He called me again when he was back at work at Yonkers Race track at 3 P.M.. I had a friend last weekend whom called me on Saturday, and they wanted me to go to the Cloisters in Manhattan or drive up to Madison, Connecticut on the waterfront near New Haven, Connecticut; which I was unable to do, since I was on a night schedule. The same friend was in President Bush's class, and I was told that President Bush has invited his entire alumni class to the White House for their Yale reunion [www.yale.edu](http://www.yale.edu). I went up to Yale in fall of 1975, thinking I might want to attend the Yale school of Business and Politics founded by Nelson Aldridge Rockefeller and Henry Clay Ford Junior, but alas that was the same year Ronald Reagan Junior was starting Yale as a freshman, so they did not pay much attention to me when I showed up. I guess having worked around Harvard in the summer when I was at Polaroid, there was a bit of Ivy League resentment. Anyway, I spent a week walking around the campus sleeping on the couch in the basement of the Yale law school, and not eating very much, so I returned home to Greenwich, where I was more comfortable. I also had a telephone call about 6 P.M. from Smith Barney trying to interest me in estate planning, but I explained that I was disabled living on minimal assets. I had breakfast at 4 P.M. of oatmeal with sugar, cinnamon, and milk; toast with olive oil, orange juice, vitamins, supplements, and coffee with sugar and milk. I fell back to sleep until 8 P.M.. I got up, and I cleaned up. I received in the mail from Connecticut Light and Power a Sylvania 75 watt soft white twist 75 bulb that lasts up to 7 years and supposedly saves \$55 in energy costs during its lifetime. I put it in the hallway book light that I leave on all the time. Thus it is a bit brighter in the hallway instead of the standard 40 watt light bulb I had. I also received a General Electric Service Protection plan for my General Electric Profile 15,500 BTU air conditioner with remote control which is currently covered through August 2003. The old plan was about \$53 a year, but now they want \$86.07 a year, so I guess it went up, because the unit is two years old. I will send it in to keep it covered. At the moment it is 50 degrees Fahrenheit outside, so I really do not need to use the air conditioner just now. I cleaned up, and I went out, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. Tiffanies is opened tonight for laying new carpet, so I guess one could stop by and pick up free samples, if the renovation crew did not mind. The alarm was going off when I went by. I drove down by the waterfront. They have a nice antique car in front of the Delamar Hotel



<http://www.thedelamar.com/> on the waterfront. Apparently it is a very posh five star hotel, and I have read that some of the rooms even have fire places for cold nights. I next went by the Stop and Shop, and I bought a Boston Market Salisbury steak dinner for \$2.99, a 96 ounce jug of Tropicana premium orange juice for \$2.99, a quart of Smuckers [www.smuckers.com](http://www.smuckers.com) Concorde grape jam for \$2.29 and a quart of Smuckers strawberry jam for \$3.99 for \$12.26 total. I just now returned home. Last Saturday night, I thought I saw someone I knew on the camera in Key West at [www.liveduvalstreet.com](http://www.liveduvalstreet.com) , so since he lived in Key West when I did, and since he also lived in Nantucket when I did, he might be bringing up a sail boat from Antigua, where he might be living in the winter to Nantucket where he might live in the summer, so I guess some people still make the annual migration from south to north and back. Of course he could have been just down from Miami for the weekend where he also lives. The person looks similar to me, so people frequently would mistake us. CIO

Note: <888> 05/12/03 Monday 11:55 P.M.: I can not find a free game on the internet to use with a joy stick. I will now shut down the computer. I will watch some television before going to bed. I have to take my Lipitor before bed. I will have to quit eating cheese too. CIO

Note: <888> 05/12/03 Monday 10:20 P.M.: I cooked a half pound of frozen swordfish by first rinsing it in water. I then put in the Pyrex Pie dish, and I added a third of a cup of Rene Junot white wine and several tablespoons of Borden lemon juice, and I rinsed both sides in the mixture. I added Old Bay Seasoning, Italian spices, basil, oregano, and a few teaspoons of olive oil on it. I cooked it in the Farberware convection oven at 325 degrees Fahrenheit for 25 minutes. I had it with steamed white rice, which instead of adding margarine, I cooked it with a tablespoon of olive oil and a teaspoon of sesame oil in the microwave container. I also had steamed fresh broccoli and fresh sliced asparagus with olive oil and ice tea. I chatted with a friend after dinner. I got the Logitech Wingman Attack joy stick going by uninstalling the other Logitech joystick driver, and then I went to the Control Panel, and I selected "Game Controllers", and I added a three axis four button joy stick. I now have to find a free game to try it out with. But the set up and test and calibration of the joy stick works, so it is working. CIO

Note: <888> 05/12/03 Monday 8:35 P.M.: I did not fall asleep deeply until about 7 A.M. this morning. I was up at noon. I had breakfast three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street, and I cashed my PNY \$30 rebate. I went by the Greenwich Hospital Thrift Shop, and I returned the ADSL modem for \$10 credit, and with the \$10 credit I obtained a Logitech Wingman Attack joy stick. I went to the Greenwich Hospital for the follow up on my physical. I am healthy on all the laboratory work, except my cholesterol is too high. I have to start take 10 mg. of Lipitor at bed time. One does not take Lipitor with grapefruit juice. I will have to quit eating eggs for breakfast, and eat oatmeal now for breakfast. I will have to quit using margarine, and I will use olive oil on

vegetables, and I can start using jam or jelly on toast. I have to be tested for the Lipitor in two weeks and four weeks at the hospital laboratory, and then go back and see the Doctor. I drove down by the waterfront. I made my 4 P.M. appointment. I went by the CVS pharmacy, and I picked up the Lipitor prescription the Doctor prescribed for me. I then went by the Greenwich Library. In observing the sky recently, I have noticed a lot of the type of weather that has been causing the storms in the Midwest. I stopped by the Stop and Shop, and I bought thawed frozen swordfish at \$4.99 a pound for \$7.29, a Boston Market Swedish meatballs dinner for \$2.99, and broccoli at \$1.39 a pound for \$1.93 for \$12.21. When I returned home, the NOAA weather warning was going off in the bedroom, but for some reason the living room NOAA system did not go off. I installed the Logitech Wingman Attach joystick, and I installed the Logitech driver that is for the more advanced Wingman, that loads the joystick drivers in the Hardware settings of Windows XP. However using <http://gamesondemand.yahoo.com/> and installing the 4X4 game, I can not get the joystick to work. Possibly the computer game is too fast or I do not know how to use the joystick. Still it is an analog joy stick plugged into the Creative Live MP3+ sound card game port. Since it shows up in the system hardware properties, I assume it is working. I will have to try another game maybe. I chatted with a relative. CIO

Note: <888> 05/12/03 Monday 2:05 A.M.: I rested. I will now shut down the computer. I will go to bed shortly. CIO

Note: <888> 05/11/03 Sunday 10:45 P.M.: I chatted with a friend. I had a few pretzel rods with ice tea. CIO

Note: <888> 05/11/03 Sunday 9:35 P.M.: Monroe County pictures [Florida's History Through Its Places Monroe County](#) and [Florida Historic Places Atlas](#) . CIO

Note: <888> 05/11/03 Sunday 9:20 P.M.: Dinner was delicious, and since it was frozen, it seems to be all right, after about four and a half months. Of course, I attended Lake Forest College [www.lfc.edu](http://www.lfc.edu) in Lake Forest, Illinois from 1968 and graduated with a degrees in Economics and a minor in Fine Arts in 1972. I recall reading in the local Illinois history that during World War I and II, when the Germans had India blockaded, that the various shipping interests and navies of the world were not able to get hemp rope from India which is used heavily in shipping. Thus in the Midwest the grew vast quantities of hemp used to make rope. When they transported the hemp in railroad box cars, the seeds would fall out of the railroad cars, and thus wild hemp grows along the railroads in the Midwest. In the state of Illinois alone there are over 50,000 miles of railroad line much of which is probably owned by the Illinois Central railroad and various other railroads that crisscross the Midwest. Thus although various law enforcement agencies try to enforce border control on a product that is commonly available in the Americas, it is hard to see what the point is since such large quantities of hemp grow out in the wilderness. I would warn any venturesome hippie types seeking to take advantage

of such a resource that wandering around railroads can be very dangerous since the trains in the country are moving fast and they are so many of thousands of tons that they are hard to stop if one gets in their way. When I first arrived in Manhattan after graduating from college, I met a research fellow of Rockefeller University whom had a grant from the United States government to research marijuana. Indeed it has been widely reported that the United States government still maintains secret farms where they produce the product for research. I suppose with all the illegal activity and trade with the product in Canada that the local entrepreneurs in that part of the world are taking hemp production to the Nth degree. Of course the liberal Holland Dutch in the Netherlands have openly and legally cultivated the product in large amounts, since the Dutch decriminalized the product some time in the mid 1960s. Thus this event might have started the hippie generation when the European students and travelers started arriving in this country. Of course even George Washington cultivated hemp on his plantation in Mount Vernon, Virginia since it was used in making cloth. CIO

Note: <888> 05/11/03 Sunday 8:10 P.M.: I had a homemade frozen dinner in the freezer left over from Christmas time. It consists of several slices of Butterball white turkey breast, with mushroom gravy, homemade stuffing [www.geocities.com/mikelscott/stuff2.htm](http://www.geocities.com/mikelscott/stuff2.htm) , and Canadian wild rice, which I will have with ice tea. It will be an enjoyable Mother's Day meal. I also refilled the ice trays in the freezer. CIO

Note: <888> 05/11/03 Sunday 7:50 P.M.: Of course having lived around the extensive Pan American Airlines flight network which first started flying from Key West to Havana financed by wealthy Connecticut investors involved in Sikorsky aircraft whom made the flying air boat, there were quite a few aircraft personnel whom once lived in this area. I recall once about ten years ago, when the old Showboat Hotel on Steamboat road was on its last legs, on one snowy December holiday period, I saw a Pan Am utility pickup truck parked at the Showboat. It was similar to what use to service the Pan Am planes at the airport. What was peculiar at the time, was that Pan Am did not exist anymore, and the truck had Vermont license plates on it. Needless to say when around well traveled citizens coming and going within this community, I also observed quite a few Vermont residents here and down in Key West. The old Showboat Hotel is now the Delamar Hotel and L'Escale restaurant <http://www.thedelamar.com/> , which is now quite upscale in the tradition of a European five star hotel, instead of the usual group of Greenwich Policeman whom used to enjoy having cocktails there late at night to enjoy the ambience of the worldly travelers whom came and went unknown to the residents of Greenwich. CIO

Note: <888> 05/11/03 Sunday 7:30 P.M.: I remember once around February 1978, when I was exiting the Monroe County Library in Key West, I saw a light blue pickup truck and horse trailer parked in front of the library. It had the name of a ranch on it in Maui Hawaii. I thought it was very peculiar, and I wondered how it got there. On the trip when I went to Hawaii, I actually stayed in Maui. I did not

leave the grounds of the Hyatt Hotel while there in LaHaina, since I was comfortable at the hotel. Since Charles Lindbergh is supposedly buried on the north side of Maui where he was retired, more than likely one would be able to sell the picture of Charles Lindbergh still for sale in the Greenwich Hospital Thrift shop for more than \$65, but of course one would have to send it out to Maui, and see if anyone wanted it. I suppose the minister at the small church where he is buried might be interested. Of course, in the United States of America, the name Lindbergh is also affiliated with the Lindbergh law which is the Federal statute against kidnapping, which I believe is still on the books of the Justice Department.  
CIO

Note: <888> 05/11/03 Sunday 7:15 P.M.: Of course since Key West is a tropical location, there were a number of people whom were into holistic tropical medicinal remedies. I remember one vegetarian health food store called the "Herb Garden". They sold lot of interesting products. They had at least a 100 gallon size mason jars full of different herbal ingredients used for various type ailments. I was not familiar with their usage, so I did not purchase them. Quite a few of the ingredients looked like they came from the mountains of Appalachia as well at the Caribbean and the southern Americas. Still the shop was quite busy amongst the locals whom knew how to use them. They also had a lot of different tropical juices. They allowed one to charge items there on what was called the "Book of Love", so occasionally when I did not have money I would charge a jar of sesame seed butter and homemade honey wheat oatmeal bread, and I would have it for meals for a number of days. I paid off my bill that winter before leaving, when I got a large tax return. I use to use the Monroe County library frequently in the mornings before going to the beach on the east side in the afternoon. A lot of the older books had book plates from some group called "The Committee of 100". I use to use the laundromat on rainy days at Caroline street near the library. There were quite a few laundromats in Key West, and they were all busy on rainy days. One interesting laundromat was the Margaret Truman laundromat on U.S. 1 just north of the Catholic Church. The name "Margaret" was omnipresent in Key West. I once had a mystical vision probably from starving that the "Bones of St. Margaret" the patron Saint of Scotland which were stolen from Scotland by Spanish pirates and lost at sea somewhere were indeed lying off the shores of Key West, which might have explained the presence of the spirit of Margaret. Also the Scottish rite masons were present in Key West, and their headquarters were in a pink building where the Key West electrical company was also located. A friend owned a craft shop next to it. The postmaster at the post office across the street at General Delivery looked like the actor Bill Cosby in the television series "I Spy". I once received a letter from the British fellow I met in the Bahamas, and he lived at 21 Eaton Square in London, which I suppose is a fancy address. I lost the exact address, since when I read about Lord Mountbatten being killing in a bombing incident while I was on a trip to California, I thought it best to ditch the address which I did in a dumpster in Santa Cruz, California. It is funny though because amongst the lawn bowlers in Laguna Beach, California was an individual at the time that looked like Lord Mountbatten. They all wore dress whites like the British do in the tropics. On that same trip when

I went to Hawaii on a United Airlines jet from Las Angeles airport, there was a woman that got on the plane that looked like Queen Elizabeth II, and the group seemed somewhat Anglophile. I believe that was in August 1980. CIO

Note: <888> 05/11/03 Sunday 6:45 P.M.: I was up at 2 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I found this web sight Historical Society of the Town of Greenwich . I went out, and I stopped by the Greenwich Library, and I paid a .30 fine on a book I returned. I returned a videotape too. I read the Greenwich Times. I checked out a videotape. I then went by CVS on Greenwich Avenue, and I bought three 35 ounce bottles of Lysol Island Breeze cleaner for \$1.99 each and buy one get one free of 12.5 ounce Joy liquid dishwashing detergent for \$1.49 both plus .45 tax for \$7.91 total. I then went downtown, and I sat out briefly. I next drove by the waterfront. I then went by CVS again, and I bought a package of CVS dental floss containing a 100 yards for \$1.99 plus .12 tax for \$2.11 total. I then returned home. In making my notes about Key West last night, I did not mention that when I stayed at the Casa Marina in the winter of 1978 with a friend while it was under construction that there were about 250 stray cats on the property and in the old hotel. The hotel had last been used as a Peace Corps training center and in World War II, it was the bachelor officers quarters. I recall that Key West was very strict on law enforcement, and there were about two dozen lawyers with offices on Whitehead Street whose only practice was defending defendants in drug busts. It was unusual since also in Key West, they had an historical house in private hands at the southeast corner of Duval and Caroline street kitty corner across the street from the Fogarty House. It was a Florida landmark with a plaque in front saying that it was Dr. Porter's House who had helped out greatly in a malaria epidemic. In 1978, however a group of local young entrepreneurs were living in the basement of Dr. Porter's house Florida's History Through Its Places, Dr. Porter's house and <http://www.freac.fsu.edu/HistoricPlaces/Counties/Monroe.html#porter> selling certain medicinal herbal ingredients that are considered illegal by the United States government. However, the locals being very liberal seemed to turn a blind eye to the activity. Since I was an outsider, I preferred to stay uninvolved with the locals' mischief. Still, it was rather peculiar since it was the center of town and everyone saw the activity. I just chatted with a relative. CIO

Note: <888> 05/11/03 Sunday 5:00 A.M.: Well meanwhile up here in the snow belt, we snow birds are doing just fine. I am somewhat amused that the last time I was in Key West, they gave me a free ride back to Connecticut by air by unorthodox methods. I am sure, it was part of some previous administration's dirty tricks policy, since I never did anything wrong. Somebody just hacked into the Federal Crime computer network and posted an erroneous message. More than likely that individual is now raking up sea weed on the beach in some resort like Key West. It is unfortunate that most of these ambitious individuals in the political arena, frequently do not have the time or inclination it takes to achieve the job. Since I have no political ambitions, it must have been done to try to discredit other individuals whom I was around. Frequently individual confer with me to get an

outside viewpoint from someone whom reads a lot of the printed media. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 05/11/03 Sunday 3:45 A.M.: Of course, I am not sure Ponce De Leon ever dreamed that Florida would become as overdeveloped as it is today. Maybe he is still living down there. It seems to me that the Fountain of Youth might indeed exist down there despite the weather. Of course, one can always study [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . Whatever, the case I recently noticed another fellow alumni was living down in St. Thomas, which seemed strange since he lived in Coral Gables. However, it is the nature of going south, one begins to feel the chill more and more in the winter as one gets use to the warmer temperatures, so people sometimes gravitate further south as they get older and can not stand the colder temperatures, they have become accustomed too. Still, I plan to stay up north for the indefinite future. I was advised by a friend that they had met recently with the head of operations for Brazil for one of our larger local companies here in this area. CIO

Note: <888> 05/11/03 Sunday 3:35 A.M.: Well, theoretically since the Florida Keys is made of coral, and since the local water and not the piped water from Miami might be high in Coral Calcium like in Okinawa, Japan, and since old timers tend to be cheap, maybe some old timers instead of paying \$17 at the VitaminShoppe for a 1500 mg. bottle of 90 tablets of Coral Calcium are enjoying the benefits of the possibility of Coral Calcium like life longevity in the Florida Keys. However, one might not possibly live longer if one got washed away by a hurricane. It would be sort of like the story of the old timer that thought he was going to die, and suddenly a tornado hit, and he found himself picked up by the wind, and he landed in a bed in a brothel full of young ladies. I also had two slices of Swiss cheese and ice tea. Of course when they come north, they always feel a lot colder, and can not necessarily afford the extra cost of extra energy for extra heat, so they have to thicken up their blood again. Traditionally when one feels the cold from climate change or the change of the seasons, some people whom are more exposed to the climate from working outside, enjoy alcoholic beverage to ward of the cold. CIO

Note: <888> 05/11/03 Sunday 3:15 A.M.: Well, I studied the characters walking by on Duval street, and I saw one familiar face. A lot of people seem to be wearing pink along with pink taxi cabs, sort of Bermuda like. It does not seem to be like the old rusted out piles of antique cars I used to see, so perhaps, they restored the antique cars and sold them, and bought new cars. Why Nordic people would be down there in the tropics is beyond me. Of course Key West had another street called Fleming Street, which obviously showed the Dutch were also involved in the Caribbean Rum trade from the earliest days. I recall on reading that Freddie Heineken had retired to Jamaica at one time before he died, so obviously some Dutch venture into the Caribbean still today along with <http://www.hollandamerica.com/> . I believe the Dutch Island of St. Kitts is well known as a vacation spot for Dutch airline pilots, since obviously some people there speak Dutch unlike myself, although I am half Dutch. Some of the Dutch speak

Spanish too, since the Netherlands was at one time invaded and occupied by the Spanish not to mention Napoleon and the Germans. Having seen the Dutch Gouda cheese man personally and assuming he is actually Dutch, I would feel fairly comfortable the Dutch are secure back home in the Netherlands, and the tulip time should be just beginning there about now. I think the Chelsea Flower show in London is sometime soon too. Since the Dutch merchants were some of the original traders in the spice trade in Europe, I would imagine they are still trying to maintain their long time cartels in the Caribbean. CIO

Note: <888> 05/11/03 Sunday 2:15 A.M.: The friend that I met in Key West in the winter of 1978 was part German English American, and he explained to me that the Casa Marina was built by the Spotswood family local residents in Key West who used German engineering techniques to pour the thick concrete walls. The front center of the hotel had a cartouche with a key and a sun. I tried to explain to the friend from my reading that although the Casa Marina walls were thick part of Henry Flagler's original railroad construction project which always had a hotel and Episcopal church in various primary railroad stops like in Palm Beach or Coral Gables, that the hurricane in the 1930s took out 50 foot thick railroad bridges in the Florida Keys, and that water when driven is denser than cement. CIO

Note: <888> 05/11/03 Sunday 2:00 A.M.: While down in Key West in the winter of 1978, A friend and myself use to spend time at Louis's Patio sunbathing while it was closed in the winter. I believe members of Mel Fisher's Dive expedition use to hang out there by the windsurfing platform. I believe Dartmouth College and Columbia University were 50% investors in Mel Fisher's dive expedition off of Key West. We frequently would wade through the water to the adjacent Atlantic Shores beach club to enjoy the small beach and hot shower facilities there. Further south across from the southern most house, there was a non descript two story beach row motel, where it looked like the same cousin of Lord Mountbatten's relative would be living. I remember that beach and pier had a lot of tiny pine cones about 1.5 inches long. There use to be the large wind break pine trees adjacent to the Casa Marina to provide shade and wind break, but for some reason I guess to provide more light, they cut them down when I was last there in the winter of 1983. Of course in that climate, if they were replanted, they would grow back fast. I recall they were about 70 feet tall in 1978. I am not sure the name of the pine type evergreen bushes, possibly they are called a scrub pine. CIO

Note: <888> 05/11/03 Sunday 1:45 A.M.: I forgot to mention around midnight I had 12 Carr's crackers with slices of Swiss Cheese and ice tea. There was a distinct presence of items in Key West that the Duke of Windsor had lost and did not make it to the Bahamas in World War II such as a vintage English taxi cab and the high rise hotel was named the Southern Cross which was the name of the Swedish yacht he use to barrow from a friend while in the Bahamas. When I visited the Bahamas in January of 1978, specifically Paradise Island, there were several British Airways 747s at Nassau airport. I stayed with a relative of Lord Mountbatten's in a cottage at Paradise Island, and I rode with him and his cousin in a vintage Cadillac

limousine on Paradise Island to have dinner at the Casino with a lady who looked like the Shah of Iran's wife and her bodyguard. Needless to say my brief stay in the Bahamas was enjoyable compared to roughing it in Key West for extended periods of time. We were visited in Key West by Lord Batten Powell's grandson, so I guess since Lord Batten Powell started the original boy scouts, we could consider it to have been an extended boy scout jamboree. When I was in Key West in my mid 20s of age, most of the people were considerably older. I remember one mischievous group of young tots who fell through the roof of a small yogurt stand on Duval Street while a friend of mine was trying to work there running the stand. CIO

Note: <888> 05/11/03 Sunday 1:15 A.M.: In the winter of 1977, when I was down in Key West, I slept outside in any available place. In the winter of 1978, I spent most of my time living with a friend at the Casa Marina while it was under construction. When I got back down there again in the winter of 1982, when it was minus 20 degrees Fahrenheit in Manhattan, it was so crowded that I was stuck sleeping outside again being a coastal observer, until a local Cuban police officer doubted my credentials and had me arrested for sleeping outside at Fort Martello Florida's History Through Its Places, Fort Martello next to the Casa Marina. I was somewhat confused, since I was awoken from my half hour morning nap at sunrise. I never did get much sleep in Key West, since I did not have my own place, but I would frequently stay up all night, and cat nap on the beach in the daytime. There were outdoor showers and toilets and sinks at the Clarence Higgs beach next to the Casa Marina. I knew a family that lived next door to the Casa Marina. I think they thought we were priests affiliated with St. Margaret's Episcopal church across from the Casa Marina. Also in 1978, my friend had the key to the Casa Marina, and I knew the contractor of "End of the Road Construction Company" doing the renovation work. Needless to say for all of our work down there, they never paid us, but it was an enjoyable volunteer vacation in the tropics. If you think walking from the Gulf of Mexico on Mallory Square to the Atlantic Ocean around the Casa Marina via Whitehead Streets, Duval Street, or Simonton Street at least a half dozen to a dozen times of day with interweaving the side streets is easy, try it some time. Needless to say, I saw a lot going on there. I frequently was hungry, since I never had anything to eat. However, at 135 pounds, it is easy to walk a lot in Adidas Country sneakers. Previously, I have mentioned in my notes and <http://www.geocities.com/mikelscott/resume.htm> that I was involved in resort development having lived and vacationed at other resorts. Needless to say in extremely cold winters up north, lots of people head south as far as they can go, so it can get extremely crowded, and for northern people to be outside in that area in the winter, it is not difficult. The weather is similar to the weather around here today in the winter down there in Key West, Florida. However, since I only know English and French, I was not able to communicate in Spanish down there. I do have a relative who had a friend that knew the King of Spain. Also I knew so called republican activists whom claimed to be associated with long time experienced personnel in that area. Of course my father did work in Pensacola, Florida at the Chemstrand plant from 1953 to 1955, so I had some vague sense of what Florida was like along with one vacation down there after we moved to Greenwich,



Connecticut. One did not see as many vultures and buzzards down in Florida at that period in the late 1970s. Of course since I like bird watching, I spent a lot of time bird watching when I was outside during that period. Of course John James Audubon whom had a house in Key West was a bird watcher. I have a theory he could have been the father of Abraham Lincoln, since no one knew who his father was. Anyway Key West, Florida is basically a 400 year old town, so there is a lot of history there. It was rumored that John James Audubon whom came from French Martinique was the exiled French Dolphin after the French Revolution, since both were bird painters. CIO

Note: <888> 05/11/03 Sunday 12:35 A.M.: I have been looking at some of [www.liveduvalstreet.com](http://www.liveduvalstreet.com) . I guess they party downtown on Saturday night in the warmer tropical resorts. When I lived in Key West in the colder winters of 1977 and 1978, they did not permit drinking on the sidewalks, and they would even arrest somebody if they dropped a piece of pizza slice paper on the sidewalk. I guess they are more friendly to the tourist public. In the winter of 1982, there use to be one person I knew that looked like Ronald Regan, and he would spend a good deal of the day in front of the Fogarty house with a bamboo rake raking the white gravel lawn blending in observing the crowds. I recall he lived in a trailer with his roommate from Salisbury, Connecticut. He had had the trailer down there since World War II, so the old gentleman was an expert on the area along with Iguana man with the red alligator shirt. I remember, I once sat up all night chatting and drinking coffee in the trailer, and at sunrise, when I was departing, I notice a coral snake on the cinderblock doorstep, which the occupants did not seem to worry about. I guess it helps to have a local guide when one travels into the tropics, and if one spends too much time there, one is prone to "Go Native", or one could even catch dingo fever. I use to drink orange juice at the cabana bar on the side of the Fogarty house, since the bartender there use to work at the Languedoc in Nantucket. I once remember the star of the movie PT-109 and his wife were sitting on two of the other stools enjoying the ambience. Well, I am just doing some regular computer work. CIO

Note: <888> 05/10/03 Saturday 11:30 P.M.: I went out after the last message, and I stopped by Exxon, and I bought \$6.70 of regular unleaded gasoline at \$1.799 a gallon for about 22 miles per gallon. I have driven about 3,000 miles locally since I obtained the Hyundai a little over eight months ago. I am due to do the 35,000 mile checkup up at Norwalk, Connecticut Hyundai some time soon. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next returned home. Today, I received my PNY memory rebate of \$30 on the PNY 2100 256 meg. memory chip I bought from CompUSA a couple of months ago. On a lesser note, but more on an obscure trivia point, since I have been back in Greenwich for the last 19 and a half years, and since I have been downtown and around the waterfront, I have kept a running tally on the Canadian license plates that I have seen. Yesterday, I saw a grey sedan with Quebec license plates downtown, and they are the 100th Canadian license plate that I have seen in that extended period. I use to see a lot more Canadian in this area, and that tally does not include the many Canadian license

plates one sees in Maine in the summer. Thus we do not get a lot of Canadian traffic through here anymore. I guess Canadians have learned to fly and leave their cars at home. Having lived down south in Florida around Canadians, I know a lot of Canadians travel south, but I guess not that many stop through Greenwich anymore. Still as far as obscure trivia, I did keep track of the number of Canadian license plates that I saw, since one of the several people I worked for the last summer, I was in Nantucket was from Canada. It seems a bit cooler here this year, so maybe instead of Canadians going to Maine for the summer, some of them might come down here. Of course Canadians generally speak English and French. I think I still have the Air Canada flight bag that I picked up in Canada, the last time I was in Toronto 19 and a half years ago. However, I gave my British Air flight bag that I bought in the Greenwich Hospital Thrift to an inexperienced traveler whom was working for a British church organization. I also still have KLM and Pan AM flight bags. CIO

Note: <888> 05/10/03 Saturday 8:00 P.M.: I removed the Microsoft XP patch 811493 as mentioned in this article <http://www.microsoft-watch.com/article2/0,4248,1037305,00.asp> . I will now eat dinner. CIO

Note: <888> 05/10/03 Saturday 7:50 P.M.: I am microwaving a Stouffer's 15.5 ounce stuffed peppers with beef and tomato sauce, which I will have with ice tea. I will now shut down the computer, and after my meal, I will clean up and go out. CIO

Note: <888> 05/10/03 Saturday 7:35 P.M.: I was up until 7 A.M. this morning watching television. I had about four pretzel rods. I had a call from a friend about 8 A.M.. I had another call from another friend about 10 A.M.. I was up at 4 P.M.. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I received in the mail my order from [www.3dayinkjet.com](http://www.3dayinkjet.com) for my Epson Stylus Color 880 printer of two color and one black cartridge. I put the new color cartridge in the printer, and I cleaned and aligned it. It is running just fine. I also added more paper from the IBM inkjet paper box which I keep underneath the yellow chair by the Danish bar. I did my house cleaning and watering the plants. I chatted with a relative. CIO

Note: <888> 05/10/03 Saturday 1:20 A.M.: I did some regular computer work. I had a bowl of CVS cheese crackers and three pretzel rods. I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 05/09/03 Friday 11:40 P.M.: I watched the ABC channel 7 news at 11 P.M., and there were no stories about Greenwich, so maybe the coverage was on the 6 P.M. broadcast. CIO

Note: <888> 05/09/03 Friday 10:45 P.M.: I put the ADSL modem underneath the day bed by the brass hat rack. I might have a relative that uses ADSL. CIO

**Note: <888> 05/09/03 Friday 10:30 P.M.:** For dinner, I took a half pound of fresh swordfish, and I rinsed it. I put in the Pyrex pie dish, and I put in a third of a cup of Rene Junot white wine and a few tablespoons of Borden lemon juice, and rinsed both sides of the fish in the mixture. On the top side, I seasoned it with Old Bay seasoning, Italian spices, oregano, basil, and a few pads of margarine. I cooked it in the convection oven at 325 degrees Fahrenheit for 25 minutes. I had it along with the juice on the fish and on the reheated microwaved white rice and steamed fresh broccoli and fresh cut asparagus with margarine and ice tea. I tried installing the Westell [www.westell.com](http://www.westell.com) WireSpeed B90-36R516 modem, only to discover from <http://www.epier.com/BiddingForm.asp?401588> it is worth about \$99, but alas it is an ADSL modem [http://support.iglou.com/fom-serve/bags/westell\\_wirespeed\\_36R516.pdf](http://support.iglou.com/fom-serve/bags/westell_wirespeed_36R516.pdf) not a telephone modem, and other prices on it are down to \$35. Still, if I ever wanted to use ADSL to run a server on some service like [www.directv.com](http://www.directv.com), I would probably be able to use the ADSL modem, but it is an older model. Well, let the buyer beware in the Greenwich Hospital Thrift shop. I chatted with a relative. I was told about this web sight <http://www.thekennebunkportconservationtrust.org/>. I will now do some regular computer work. CIO

**Note: <888> 05/09/03 Friday 8:05 P.M.:** I was up at noon today, when a relative called to wish me Happy Birthday. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I cleaned up as usual, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop, and I bought a Westell external computer telephone modem for \$10. I next went downtown. I stopped by Zyn Stationary, and the "I Luv USA" telephone card is 1.8 cents a minute, but there is an unspecified biweekly charge. I was told the Verizon 1.9 cent a minute card was the best deal, which is available from 7-11 stores, at least in Florida. I walked the entire length of Greenwich Avenue. I stopped by the Greenwich Hardware store and from their 70% off rack, I bought an orange Wham-o regulation Frisbee for \$2 plus .12 tax for \$2.12 total. I then sat out at various locations. I noticed that the New City local channel 7 ABC news truck with Bill Beutel was at the Senior Center. I am not sure what the news story was. I was thinking while I studied the truck with the 50 foot high satellite tower, that if there were a high wind, it might blow over the truck. I then drove down by the waterfront briefly. I went by the Greenwich Library, and I read the Greenwich Times. I then drove over to the Port Chester, New York shopping center, and I went to the Vitamin Shoppe. I bought Vitamin Shoppe brands of Niacimide 500 mg. 100 capsules \$4.76, One daily multiple without iron 100 count \$12.57, C-500 100 count \$5.37, E 400 IU 100 count \$9.57, Coral Calcium 1500 mg 90 count \$16.17, B-12 100 count \$4.76, B-Complex 50 100 count \$7.17, Deodorized Garlic 500 mg. 100 count \$5.37 for \$65.74. I was told that there is a \$10 off \$40 purchase coupon available on the internet, so the next time I will have to look for it. I then went by Odd Job, and I bought two 13.5 ounce cans of Roland quartered artichoke hearts for \$1.97 each from Spain, four 6 ounce cans of Consul crab meat from Thailand for \$1.50 each, two packages of two Polaroid super alkaline D batteries \$1.50 each two pack, and a deck of Aladdin casino playing cards for .50

plus .23 tax for \$13.65 total. I returned home, and I had two Happy Birthday messages on my answering machine from relatives. I left the Frisbee in the box in the back hatchback area of my Hyundai. CIO

End of Scott's Notes week of 05/09/03:

Note: <888> 05/09/03 Friday 3:50 A.M.: I put the ice tea in the refrigerator. I had four slices of New York extra reserve cheese this evening and about a half dozen pretzel rods along with ice tea. I will now send out my weekly notes. I will then shut down the computer, and I will go to bed. CIO

Note: <888> 05/09/03 Friday 3:15 A.M.: Using deductive reasoning like Sherlock Holmes, it says here that the Aga Khan is now 66 years old <http://www.amaana.org/agakhan/bd01.htm> , so maybe he is now retired and on Social Security, at least if his only presence were in the United States occasionally. Officially I have read that he is a Swiss National Citizen having been born in Geneva, Switzerland a neutral country. Since at one time his family was and probably still is enormously wealthy and his grandfather use to steal the Duke of Windsor's girl friends. One might surmise that since they were also in Pakistan for a while, they might have interests in Royal Dutch Shell which started in Pakistan. Thus as a Swiss citizen he might have interests in Nestle the world's largest food company headquartered in Switzerland, which in turn owns Perrier across the road U.S. 1 from where I live. Thus since his father was a founder of the United Nations, they must have had an extended presence in this region which predates my arrival in 1961. I suppose since his children were educated in the United States of America, and since he has a degree from Harvard, they all might speak proper English along with other languages they have learned. However, the Aga Khan is considered by his followers a religious leader, so thus he and his family are generally regarded as resident diplomats whenever they travel to America if they should so choose to do so. However, depending on where his children were born, they conceivably could be United States citizens. More than likely since I read that the Aga Khan has over 600 homes including a 650 room palace on the Isle of Capri, they might travel a bit with the seasons. Thus more than likely they would be in warmer parts of the world now, however being Swiss citizens, more than likely they are use to colder weather. If one knew other languages, more than likely one would find more information in other language sources on the internet. CIO

Note: <888> 05/09/03 Friday 2:40 A.M.: Of course the precious gems that the Aga Khan gets on his birthday all goes to charity, since the Aga Khan already has a bit of spare change. Of course they do not take the Aga Khan's word about his weight. They make him sit on a pair of balancing scales, and they offset his weight with the gems until the scales are balenced. The Aga Khan was born on December 13, 1936, and this web page has a recent photograph of the Aga Khan <http://www.amaana.org/agakhan/profile.htm> , so he is not as heavy as his father or grandfather whom was quite heavy as I recall from photographs. CIO

Note: <888> 05/09/03 Friday 2:25 A.M.: Happy Birthday to myself. If I were the Aga Khan, I would get my weight in precious gems, but I am not that heavy yet, just 217 pounds. I went out, and I stopped by Cumberland Farms. I found out that the GE prepaid card they sell there is 1.9 cents a minute, but there is also a 69 cent charge for each call. They also sell the 8.9 cent a minute without extra charge GE prepaid cards. I then went downtown, and I walked lower Greenwich Avenue. I then sat out briefly. I drove by the waterfront. I then went by the Food Emporium. I bought two 15.5 ounce boxes of Stouffer's stuffed peppers for \$2.27 each, a 8 ounce bottle of Loriva toasted sesame oil for \$6.49, a package of Snyder pretzel rods \$1.79, and four liter bottles of Perrier for \$1.50 each plus .20 bottle deposit for \$19.02 total. I then returned home. I brought up the load with a Rubbermaid laundry cart like I already have that was discarded by the dumpster. I put the laundry cart in the bedroom between the mahogany bureau and the desk. I put away my purchases. I am making a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) using one each of the five different Twinings teas in the five blend box, six Lipton orange pekoe tea bags, two Lipton green tea bags, and nine Bigelow orange pekoe and China cut black tea bags for 21 tea bags total. The power just blinked for a second, but the computer did not go off. I was told by one of the staff at the Food Emporium that there is a 7-11 in Danbury, Connecticut. I remembered the name of the individual who on April 21, 2000, which coincidentally or not is Queen Elizabeth II's birthday, told me something major was going to happen. I thought the individual was referring to volcanic activity. The individual is a foreign national resident in Greenwich last I knew. I have only seen the individual twice. CIO

Note: <888> 05/08/03 Thursday 11:55 P.M.: I am going over to Cumberland Farms to check out the GE phone card, and then I will go for a short drive. CIO

Note: <888> 05/08/03 Thursday 11:15 P.M.: I called up nearby Cumberland Farms <http://www.cumberlandfarms.com/> which is opened 24 hours at 914-937-3992, and they told me they sell a GE, I assume General Electric phone card <http://www.geprepaid.com/> that has a rate of 1.9 cents a minute long distance with a \$5 minimum cost per card. I might have to investigate it more some time. However, the store operator was from Pakistan, so he might not have understood my English, since the GE web sight says that they are 8.9 cents a minute which is considerably more unless Cumberland Farms gets a special rate. CIO

Note: <888> 05/08/03 Thursday 10:55 P.M.: I chatted with two relatives. I was told again that 7-11 [www.711.com](http://www.711.com) has 1.9 cents a minutes Verizon long distance telephone cards. However, unlike the location where the relative was chatting from, there are not many 7-11s in this area. There is one in Fairfield, Connecticut; Terrytown, New York; Scarsdale, New York. There use to be one on 3rd Avenue around 68th street in Manhattan, but it does not look like it is there anymore. They have a store locator map service at their web sight. Since I do not know my way very well around Westchester County, I would be afraid to try to drive through all the traffic to find one. I know how to get to Westchester Airport, downtown White Plains, Irvington and Terrytown. However, there is so much traffic in those

locations. I think there is one near the Office Depot in Scarsdale, but one could get lost trying to find it, and end up in even more traffic. I recall seeing one in the old days on the road to Fairfield Beach which I use to know how to find. Still in a tiny car, it would be a long way to drive. I still have about \$35 on my Net2Phone card, and I have \$40 in AT&T phone cards, and I have to use \$5 a month on my AT&T long distance, so at the moment, there is no rush to run out and buy a cheaper phone card. I remember in the fall of 1976 and early winter of 1977, I use to hang out at the 7-11 store in Fort Lauderdale, Florida. Once on spring break, I helped stock beer in the cooler, since it was cooler than the heat outside. I also use to go to the 7-11 store in Highwood, Illinois while I attended Lake Forest College. I am not sure what the hours of the stores are in this area, but the nature of the store name originally meant from 7 A.M. to 11 P.M. they were opened. However, I recall the one in Manhattan when it was opened, it was opened 24 hours a day. Possibly one might check nearby the Nearby Cumberland Farms store on the Greenwich - Port Chester border, and they might have a similar card. Of course Zyn stationary on Greenwich Avenue has a lot of different phone cards, and I am not sure what their best rate is. I suppose if one had a lap top computer with WiFi, one could hang out outside Starbucks in Riverside and get on the internet for free. CIO

Note: <888> 05/08/03 Thursday 9:05 P.M.: I sifted through my email. I chatted with a relative. CIO

Note: <888> 05/08/03 Thursday 7:55 P.M.: Dinner was quite delicious. CIO

Note: <888> 05/08/03 Thursday 7:25 P.M.: I am having a little bit more deluxe meal tonight and tomorrow night since tomorrow May 9 will be my 53rd birthday. May 9th happens to be the day the Red Cross was founded if I am not mistaken too. If one looks at <http://www.famousbirthdays.com/>, one will see that today is Harry S. Truman's birthday too. I use to have Harry's autograph in my little pirate treasure chest. Somehow it disappeared when I was not around. CIO

Note: <888> 05/08/03 Thursday 7:10 P.M.: I rinsed in water a half pound of swordfish. I put it in the Pyrex pie dish. I added a half cup of Rene Junot white wine with several tablespoons of Borden lemon juice, and I rinsed both sides of the swordfish in the mixture. I seasoned the top side with oregano, basil, Italian spices, and Old Bay Seasoning. I added several pads of margarine on top. I am cooking the swordfish in the Farberware convection oven at 325 degrees Fahrenheit for 25 minutes. I will have it with the fish juices and with microwaved steamed white rice with the fish juices and steamed fresh broccoli crowns and steamed fresh cut asparagus with margarine and ice tea. CIO

Note: <888> 05/08/03 Thursday 6:45 P.M.: I set up an AT&T account, so I can view my account information on the internet <https://www.customerservice.att.com/>. I chatted briefly with two relatives. CIO

Note: <888> 05/08/03 Thursday 6:15 P.M.: I was up until 5 A.M. this morning. I watched a bit of television, and I tired to sleep. I also had about six pretzel rods and some ice tea. I was up at 12:30 P.M. this afternoon. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I had a call from [www.3dayinkjet.com](http://www.3dayinkjet.com) , and they verified the new order for my Epson Stylus 880 printer of two color ink cartridges and a black ink cartridge, and cancelled my order from two days before. I then went by Pickwick shoe repair, and I picked up my three pairs of shoes that I had taps put on the heels for \$15 plus .90 tax for \$15.90 total. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift shop. I made my 3 P.M. appointment. My 3 P.M. appointment gave me the March 2003 issue of Science magazine with the articles on volcanoes. I then went downtown, and I obtained a money order for \$35 at .90 cost to send to a relative to repay them for the inkjet cartridges. I next went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought a pound of fresh swordfish at \$7.99 a pound for \$7.95. I then went by Smokes for Less in Byram, and I bought a carton of Pall Mall Lights 100s cigarettes for \$30 total. I returned home. I put \$10 on my laundry card. CIO

Note: <888> 05/07/03 Wednesday 11:50 P.M.: I did some regular computer work. I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 05/07/03 Wednesday 11:05 P.M.: I had two pretzel rods and ice tea. I sifted through my email. CIO

Note: <888> 05/07/03 Wednesday 10:20 P.M.: I chatted with a relative. The relative is going to order for me from [www.3dayinkjet.com](http://www.3dayinkjet.com) for my Epson Stylus Color 880 inkjet printer two color and one black cartridge. I will repay the relative. I refill my black ink cartridges, so I only need one, since one can refill them about a half dozen times before they wear out. I do not try to refill my color cartridges with the kits available, since the colors do not always seem as true as the original equipment cartridges. The relative said there is a lot of smoke in the air in the southwest from the fires in Latin America. CIO

Note: <888> 05/07/03 Wednesday 9:45 P.M.: I microwaved a Stouffer's 15.5 ounce stuffed pepper dinner, which I am letting cool for a while. I will have it with ice tea. CIO

Note: <888> 05/07/03 Wednesday 9:15 P.M.: I put away the laundry. CIO

Note: <888> 05/07/03 Wednesday 8:45 P.M.: I had a call this morning about 8 A.M. from a friend. I had a call from a former neighbor. I had the NOAA weather radio test go off at 11 A.M., and the new radio alert in the bedroom is quite loud. I guess if anything ever happens I will hear it. I was up at 12:30 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I

received two packages from UPS from a relative. The packages contained a pair of SAS white walking shoes and a pair of Ecco white walking shoes and one pair of used SAS brown leather walking shoes and a pair of black moccasins. A relative of a relative passed away recently, so the relative gave me the shoes. I also received a brass money paper clip from the Northern Trust Company of Chicago, Illinois, two six ounce cans of Chicken of the Sea whole white albacore tuna, a 8 ounce container of Sargento parmesan cheese, a five serving box of Hershey's French Vanilla hot cocoa mix, a 14 ounce can of Twisties Viennese wafers, a pack of McCormick chili mix, a pair of brown and a pair of white shoe laces, two pairs of shoes trees, a dark orange and black club tie, a pair of blue and white small check Tommy Hilfiger lounge pants, a \$10 AT&t phone card, and a dobb kit. I received a telephone call from [www.3dayinkjet.com](http://www.3dayinkjet.com), and my order did not go through since the card had expired. I will have to replace the order later on tonight. I cleaned up, and I went out. I took the two pairs of white walking shoes and one pair of brown SAS walking shoes, and I dropped them off at the Pickwick Shoe repairs to have heel wear preventer taps put on them. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the First Union National Bank on Benedict Place, and I paid my rent. I then went by the Greenwich Hospital Thrift shop. I next walked the entire length of Greenwich Avenue. I sat out at various locations. I drove a former neighbor to uptown, and we went by Zyn stationary and Quinn's liquors. I drove the former neighbor home. I then drove down by the waterfront for a while. I then went by the Greenwich Library. I next went by Smokes for Less in Byram, but they were closed early. I returned home. I started two loads of laundry. I am on the dry cycle now. I flipped the mattress on the bed, and I put clean sheets on it. I put \$5 on the laundry card. I chatted with a relative. CIO

Note: <888> 05/07/03 Wednesday 4:25 A.M.: I sifted through my email. I will now shut down the computer. I will have some goldfish crackers and ice tea before going to bed. CIO

Note: <888> 05/07/03 Wednesday 3:45 A.M.: I went out, and I mailed the card at the Valley Road post office. I then went downtown, and I sat out briefly. While, I was driving past Railroad Avenue down Steamboat Road, a 13 foot high semi truck in front of me from Hickory, North Carolina <http://www.hickorymetro.com/> stopped short of the 11.5 foot high railroad bridge. The trucker asked me how to get to I-95, and I told him to back up, and take the right and then his first left. If the trucker had hit the railroad bridge, it might have interfered with the morning commuters, since it was a quite heavy truck. As I recall, Hickory, North Carolina is where they make reproductions of American classic antique furniture usually out of pine or other available woods. I then drove down by the waterfront. When I returned back up the road, the truck was gone. I just now returned. I put the two Oxford clip binders with my most recent printouts of my computer notes in the left hallway bookcase with the other binders. CIO

Note: <888> 05/07/03 Wednesday 2:45 A.M.: I printed out a Mother's Day card, which I will go out and mail shortly. I ran out of color ink after I printed it. I



ordered two more color cartridges for my Epson Stylus Color 880 printer from [www.3dayinkjet.com](http://www.3dayinkjet.com) for \$26.50 total for both cartridges including \$5 postage. I will now go out briefly and mail the card. CIO

Note: <888> 05/07/03 Wednesday 1:55 A.M.: I finished the C: drive to D: drive backup in six parts. CIO

Note: <888> 05/07/03 Wednesday 12:50 A.M.: I put Microsoft Encarta 2002 back on the primary computer. I now have 4 gigabytes of free space on the 19.5 gigabyte C: drive. Of course I think part of the free space is used by the memory swapper file. I will now do a C: drive to D: drive back up. CIO

Note: <888> 05/07/03 Wednesday 12:10 A.M.: I put the National Geographic Maps on my computer. I will keep the 8 CD set of data for it in the CD rack to the left of my computer. Their web site is <http://plasma.nationalgeographic.com/mapmachine/>. CIO

Note: <888> 05/06/03 Tuesday 11:35 P.M.: Before I went out, I installed a new Glade Plug in oil refill butterfly and garden scent in the kitchen. I will now do some regular computer work. CIO

Note: <888> 05/06/03 Tuesday 11:15 P.M.: I went out after the last message. I stopped by the Greenwich Library, and I read the Greenwich Times. I then went by CVS, and I bought two containers of Ajax cleanser for .99 each plus .12 tax for \$2.10 total. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I next drove down by the waterfront. I then went by the Food Emporium, and I bought three 15.5 ounce packages of Stouffer's stuffed pepper with ground beef and tomato sauce for \$2.27 each, a 16 ounce bag of America's Choice frozen onion rings \$1.79, and a five ounce jar of Gold's hot horseradish for \$1.59 for \$10.19 total. I then returned home. I am microwaving a package of the Stouffer's stuffed peppers which are ready now, and I will have them with ice tea. CIO

Note: <888> 05/06/03 Tuesday 6:55 P.M.: I did not fall asleep until about 5 A.M. this morning. I watched some television, and I had about eight pretzel rods. I was up at 3:30 P.M., and I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I fell back to sleep until a little while ago. I had a survey call about politics in Greenwich which I responded too. Last night I had one of those Nigerian scam emails which were directed at me personally. I reported it to other authorities. They seem to know that my father built an oil refinery in Nigeria, and they implied he was given \$10 million cash by the President of Nigeria to take out of the country. However, having read the internet news, the next thing they try to do is get one's bank account information. Then they try to illegally withdraw one's funds. These type of scams are illegal, and the U.S.A. government more than likely is investigating them. What is peculiar is that they seemed to know personal information about me. I will clean up shortly, and I will

go out and enjoy the evening. I also had a call about noon reminding me that I have to have my 35,000 mile maintenance checkup due on my Hyundai. I will do this when I am back on a day schedule. CIO

Note: <888> 05/06/03 Tuesday 1:10 A.M.: I did some regular computer work. I will now shut down the computer. I will watch a bit of television before going to bed. CIO

Note: <888> 05/05/03 Monday 10:35 P.M.: I created three links from <http://www.geocities.com/mikelscott/scottpre.htm> to load the complete web pages of my previous notes from June 1997. The links are:

Scott's Notes June 1997 to August 1999

<http://www.geocities.com/mike2scott2004/mls1.htm>

Scott's Notes September 1999 to December 2001

<http://www.geocities.com/mike2scott2004/mls2.htm>

Scott's Notes January 2002 to April 2003

<http://www.geocities.com/mike2scott2004/mls3.htm> .CIO

Note: <888> 05/05/03 Monday 10:05 P.M.: I broiled a shell steak in the electric broiler in the stove for four minutes a side. I had it for dinner with Lea and Perrins Worcestershire sauce, reheated steamed white rice, steamed fresh broccoli and fresh cut asparagus and ice tea. I just chatted with a friend. CIO

Note: <888> 05/05/03 Monday 8:55 P.M.: I did not fall asleep until about 5 A.M. this morning. I had about ten Danish cookies, and I watched a bit of television. I was up at 2 P.M. this afternoon. I had oatmeal, toast, orange juice, vitamins, supplements, and coffee. I went out, and I went by the Greenwich Hospital Thrift shop. I bought a blue and white umbrella for \$3. I put it in the back of my Hyundai. I noticed the Hospital Thrift shop has a very nice signed framed drawing of Charles Lindbergh for \$65. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times, P.C. magazine, and Popular Mechanics. I then went by the Stop and Shop, and they gave me back the \$2 they overcharged me on the Bumble Bee tiny shrimp yesterday. I bought two 16 ounce bars of Swiss Cheese for \$2.99 each, another 6 ounce can of Bumble Bee tiny shrimp for \$2, two half gallons of Tropicana orange juice with calcium for \$2 each for \$11.98 total. The cashier said that the store shelf labels were incorrect, but they gave me the label prices on the cheese and shrimp, and then they removed the labels. I then went to Val's Liquors, and I bought a 10 ounce bottle of Angostura bitters for \$8.79 plus .51 tax for \$9.30 total. I next went by CVS, and I picked up a prescription which I paid a dollar for. I then sat out briefly downtown. It was a bit cool and damp, so I did not walk. It is 52 degrees Fahrenheit right now. I returned home. I chatted with a relative. The relative told me that at "7-11" stores down in

Florida, one can buy Verizon long distance telephone cards for 1.9 cents a minute where one calls through an 800 number. The cards are good for 16 hours of talk time, so they must cost around \$14.40 at that rate. CIO

Note: <888> 05/05/03 Monday 1:55 A.M.: I made three large web pages with all my Scott's Notes. I thought about posting them, but once again Geocities has returned to a crawl. I think they need to beef up their servers. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 05/04/03 Sunday 10:55 P.M.: I chatted with a relative. I printed out with the HP LaserJet IID in Times Postscript 12 font the last four months of Scott's Notes which were 228 pages long. I broke them up in to two months sections, and I put each section into separate Oxford Clip binders, which I will store with the other notes printouts in the left hallway bookcase. My printout of Scott's Notes since June 1997 through April 2003 is 2281 pages long. I have posted a \*.zip file of the notes with the most recent version update at Scott's Notes from June 1997 through December 2002, 2525 Kbytes <http://www.geocities.com/mikelscott/mlsnote1.zip> contains "mlsnote1.doc" pages 1 - 1582 and "mlsnote2.doc" 2002 through April, 2003 pages 1583 - 2197" which is about 2200 pages long in Microsoft Word 2002 format in New Times Roman font size 12. Well, if no one wants to read that print out, they could always use it to test a high speed laser printer. CIO

Note: <888> 05/04/03 Sunday 7:50 P.M.: I am microwaving a Marie Callender breaded chicken parmigiana dinner, which I will have with ice tea. CIO

Note: <888> 05/04/03 Sunday 7:35 P.M.: I was up at noon today. I had three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I went out, and I went downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. On my walk, I stopped by CVS, and I bought a six pack of CVS beauty bars for \$2.99, a 1.5 liter of CVS yellow mouthwash for \$3.99, a 6 ounce tube of Crest Multi Whitener toothpaste for \$3.29, a 3 ounce container of Old Spice high endurance deodorant for \$2.29, a Glade Scent oil refill Butterfly Garden scent \$1.99, jars of Gold Emblem ground black pepper, garlic powder, Italian spices, and oregano for .77 each plus .87 tax for \$18.50 total. After my stroll, I drove down by the Island Beach parking lot, where they were having the Knights of Columbus flea market, and I toured the whole show as it was closing. I found a straw hat vendor. I then walked back up to the People's Bank ATM machine, and I used the ATM machine for \$1.25 charge. I walked back down to the straw hat vendor at the flea market, and I bought for \$20 an Australian style large to extra large one size fits all natural fiber made in China Summer Club styled in Australia fine mesh straw hat with elastic inside band, so the wind does not blow it off. I ran into a former neighbor at the flea market, and we drove over to Grass Island. The former neighbor is getting a new 25 horse power engine on his boat, since the 55 horse power engine gave out. We then drove back by the waterfront in another location. I dropped off the former neighbor. I then went by the Stop and Shop, and I bought an 18 pack of large eggs for \$1.49, a 30 bag box of S&S hand tie kitchen bags for

**\$2.99, a pint of Edy's raspberry sorbet for \$2.50, a quart of Xtra lemon cleaner for \$1.29, a quart of Lysol Island breeze cleaner for \$2.99 less \$1.50 store coupon for \$1.49, a bag of Snyder's pretzel rods for \$1.50, fresh asparagus at \$1.99 a pound \$2.29, and two six ounce cans of Bumble Bee tiny cocktail shrimp for \$2.99 each, which were suppose to be \$2 each according to the store shelf label for \$19.97 total. I will have to check on the shrimp price the next time I go in there. CIO**

**Note: <888> 05/03/03 Saturday 11:20 P.M.: I went through my email. I did some regular computer work. I will now shut down the computer, and I will go to bed soon after watching some television. CIO**

**Note: <888> 05/03/03 Saturday 10:20 P.M.: It looks to me like we have a bunch of drunker pirates on our southern shores, of course in the tourist industry, vacationers tend to drink. I suppose the Budweiser man in Key West is making a lots of dinnaro. CIO**

**Note: <888> 05/03/03 Saturday 9:40 P.M.: Fun web cam from Key West <http://www.liveduvalstreet.com/> . CIO**

**Note: <888> 05/03/03 Saturday 8:45 P.M.: Dinner was delicious. I listened to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . I enjoyed listening to Allister Cook's commentary on America and traveling on <http://www.jetblue.com/> . Of course for long time users of Scott's web site, one might remember <http://www.geocities.com/mikelscott/armchair1.htm> .**

**Note: <888> 05/03/03 Saturday 8:00 P.M.: I am cooking a shell steak on the broiler pan in the oven for four minutes a side. I will have it with Lea and Perrins Worcestershire sauce, along with steamed white rice, and steamed fresh broccoli with margerine and ice tea. CIO**

**Note: <888> 05/03/03 Saturday 7:20 P.M.: I was up at 11 A.M. this morning. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I did my house cleaning and watering the plants. I went out about 3 P.M., and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next drove over to Tod's Point, and I walked out to the southeast point, and I sat out for a while. I then drove around the point. I used the ATM machine at Putnam Trust Bank of New York on Mason Street. I then returned to downtown, and I sat out briefly. I went to Exxon, and I bought \$7.60 of regular unleaded gasoline at \$1.839 a gallon for about 30 miles per gallon. I next went to the Food Emporium, and I bought two shell steaks with bone in for \$4.99 a pound for \$4.49 and \$4.54 each, a 15.5 ounce box of Stouffer's stuffed peppers for \$2.27, and a head of Foxy broccoli at \$1.99 for \$13.29 total. I just now returned home. I chatted with a friend. CIO**

**Note: <888> 05/02/03 Friday 9:55 P.M.: Yahoo Geocities is now letting me upload the larger files now. CIO**

Note: <888> 05/02/03 Friday 9:40 P.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm). I looked at my email. I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 05/02/03 Friday 8:05 P.M.: <http://www.kentuckyderby.com/2003/> and <http://www.interbets.com/> , <http://www.racingpicks.com/index2.asp> , <http://www.drf.com/> , <http://espn.go.com/horse/> , <http://www.bloodhorse.com/> , <http://www.usatoday.com/sports/horses/digest.htm> , <http://cbs.sportsline.com/horseracing/> , <http://www.racing-index.com/> , <http://www.sportinglife.com/racing/news/> , <http://www.ntra.com/> , <http://www.ukhorseracing.co.uk/default.asp> maybe one might pick up some spare change. The last time I bet on the Kentucky Derby was up at Norwalk, Connecticut off track betting, and I played seven different horses to win or place or show, and none of them paid anything, so I think I have learned my lesson. When I visited the Travers a number of years ago up at Saratoga, I bet \$5 on Corporate Report, and it won, and I received \$40 winnings. The favored Derby horse is Saudi owned and it only going off at 6-5, and it has the nice colors of pink and green. However, if one played a long shot, one would earn considerably more if it won. I do not intend to place a bet. My favorite long shot going off at 15-1 is Scrimshaw [http://www.kentuckyderby.com/2003/derby\\_coverage/derby\\_entrants/scrimshaw/](http://www.kentuckyderby.com/2003/derby_coverage/derby_entrants/scrimshaw/) , since I happened to chatting yesterday about a local collector of scrimshaw. Who Knows? CIO

Note: <888> 05/02/03 Friday 7:15 P.M.: I chatted with a relative. CIO

Note: <888> 05/02/03 Friday 6:20 P.M.: I am cooking a half pound filet of steelhead trout in the Pyrex pie dish with a third of a cup of Rene Junot white wine and three tablespoons of Borden lemon juice seasoned with Italian spices, basil, and oregano. I am cooking it in the Farberware convection oven at 325 degrees Fahrenheit for 20 minutes. I will have it with steamed fresh broccoli crowns with margarine and reheated steamed white rice and ice tea. CIO

Note: <888> 05/02/03 Friday 6:05 P.M.: Before going out, I turned on my General Electric Profile 14,500 BTU air conditioner with the remote control. I set it on Cool, with low fan, and Energy Saver at 70 Degrees Fahrenheit. Thus it will cut off when the room is cool enough. There was an article in today's Greenwich Times [Greenwich Time - Connecticut air quality fails national test again](#) , that Fairfield County has some of the worst air quality in the nation, I would imagine thanks to New York. I went out, and I went by Putnam Trust Bank of New York on Mason Street. I then went by the central Greenwich Post Office, and I obtained four money orders at .90 each to pay my GEICO automobile insurance, Verizon telephone, Cablevision, and Optimum Online cable modem service. I also bought twenty USA flag stamps at .37 each for \$7.40. I sat out briefly. I next drove over to Old Greenwich to Off Center hair barbers, and I had my hair cut for \$16 plus \$4 tip for \$20 total. I then went by the Old Greenwich Rummage room thrift shop. I next

drove out to Tod's Point, and I sat out at the southeast parking area. I then drove around the point. I then drove back down by the waterfront in central Greenwich. I then went by the Greenwich Library, and I read the Greenwich Times. One can look at all the fancy houses for sale in the Friday Greenwich Times. I just now returned home, and the apartment is cool and comfortable. CIO

Note: <888> 05/02/03 Friday 12:35 P.M.: I prepared some bills to pay. I will now clean up, and I will go out. CIO

End of Scott's Notes week of 05/02/03:

Note: <888> 05/02/03 Friday 11:35 A.M.: I was up at 10 A.M. this morning. I watched President Bush leaving the Abraham Lincoln aircraft carrier on television. I had breakfast of three medium boiled eggs, toast, orange juice, vitamins, supplements, and coffee. I am also taking Benadryl because of the allergy season. I will now send out my weekly notes. CIO

Note: <888> 05/01/03 Thursday 9:55 P.M.: I went through my email. I watched President Bush's speech on television. I had 10 Danish cookies and ice tea. I am tired. It is warmer in the apartment up to 78 degrees Fahrenheit, and I have not turned on the air conditioner yet. I will now shut down the computer. I will go off to bed shortly. CIO

Note: <888> 05/01/03 Thursday 7:50 P.M.: I was just emailed the cheap smokes site <http://www.buydiscountcigarettes.com/> . CIO

Note: <888> 05/01/03 Thursday 7:45 P.M.: I am now using Microsoft FrontPage 2002 to create my web notes instead of Microsoft Word 2002. It uploads when a Word document will not. Perhaps there was some sort of script in the Word document that kept it from uploading. Today there was a curious photographer trying to take my picture by the veterans monument downtown with the salmon colored tulips. I dodged the photographer, and he caught up with me when I met up with my former neighbor. The photographer followed us into Quinn's liquor store and was looking at the Mexican coffee liquor Kahlua which is commonly used to make White Russian cocktails. Since I am frugal, and I do not like to see people wasting money taking pictures of me, and since I look like any number of ordinary Joes out in the Midwest or in northern Europe, I post this picture page of myself on the internet <http://www.geocities.com/mikelscott/resumee.htm> . Maybe they want to pay me for doing a White Russian cocktail ad. Since I once was and am still considered a professional photographer, I try to respect other photographers going about their business. CIO

Note: <888> 05/01/03 Thursday 7:10 P.M.: I went out for my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop. I next walked lower Greenwich Avenue. I chatted with a former neighbor. The neighbor stopped by People's Bank, Greenwich Cigar, and Quinn's Liquors. I then drove the neighbor back by the

waterfront. I next stopped by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times and National Geographic. I then went by the Stop and Shop, and I bought steelhead trout at \$4.99 a pound for \$4.51 and a box of Van de Kamp fish tenders for \$2.64 for \$7.15 total. I am now cooking a half of the steelhead trout in a third of a cup of Rene Junot white wine and a few tablespoons of Borden lemon juice seasoned with Italian spices, oregano, basil, and a few pads of margarine. I will have it with the fish juices and steamed white rice with the fish juices and steamed fresh broccoli crowns with margarine and ice tea.  
CIO

Note: <888> 05/01/03 Thursday 2:05 P.M.: I rested. I have a 3 P.M. appointment.  
CIO

Note: <888> 05/01/03 Thursday 10:20 A.M.: Today is May Day, a traditional holiday in the Eastern Hemisphere. I was up at 9 A.M., and I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. When I spend time around the waterfront in Greenwich, I have a bit of experience around the waterfront. I was born on the Mississippi river, and my family used to vacation in Holland, Michigan. We also lived in Pensacola, Florida, along the Tennessee River in Decatur, Alabama before moving here to Greenwich, Connecticut in 1961. We also lived outside of Boston, and I spent a lot of time on Nantucket. I also spent time out in Long Island and Manhattan and time covering the whole coast of Florida from Jacksonville, Florida to Key West back up to the Tampa area. I covered the west coast of California for a while too. I have visited Italy, Spain, France, Greece, Turkey, Norway, Denmark, Holland, Germany, Luxemburg, Monaco, Belgium, Austria, Hawaii, Maui, the Canary Islands, Trinidad and Tobago, St. Thomas and St. Johns, Nassau and Paradise Island, Bermuda, Martha's Vineyard, and Kennebunkport, Maine. Thus although I do not have an expensive home or yacht on the water, I have spent quite a bit of time around it, so I have a certain level of familiarity with the waterfront, that if one were from the middle of the country, one would not. CIO

Note: <888> 06/30/03 Monday 11:55 P.M.: I put away the laundry. I had 14 Carr's crackers with cracked pepper with my homemade hummus. The relative I talked to told me that one could also use cans of pitted black olives to make hummus or I guess one could add it to my recipe increasing the ingredients proportionately. CIO

Note: <888> 06/30/03 Monday 10:30 P.M.: I went out after the last message, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I then went by the Greenwich Library, and I checked out a DVD video disk. I then returned home. I am on the dry cycle on my

laundry with about a half hour to go. I put clean linens on the bedroom bed. I chatted with a friend and a relative. CIO

Note: <888> 06/30/03 Monday 6:55 P.M.: I made up the hummus, and it tastes quite good, but it is a bit spicy, so I added the word "optional" in front of the cayenne red pepper and the McIlhenny Co. Tabasco pepper sauce ingredients. Of course the hotter flavor might taste good with a cold beverage. CIO

Note: <888> 06/30/03 Monday 6:10 P.M.: I came up with this hummus recipe <http://www.geocities.com/mikelscott/hummus.htm> . I will now try making it. CIO

Note: <888> 06/30/03 Monday 5:30 P.M.: I watched television before going to bed about 2:30 A.M. this past morning. I had a peanut butter sandwich too. I was up at 11 A.M., and I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. I emptied my trash cans. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. They have a lot of quality furniture there including a \$4,500 new Baker Furniture sofa and chairs set in a dark blue color. I next went downtown, and I sat out for a half hour. It was a bit warm, so I did not bother walking. I then drove down by the waterfront. I then went by the ELDC thrift shop in Cos Cob, and I toured the shop. They have quite a few tennis rackets there. I then went by the Greenwich Library, and I read the Greenwich Times. I then went by the Food Emporium, and I bought four half gallons of Florida Natural orange juice with calcium for \$2 each, four 29 ounce cans of Goya premium chick peas or garbanzos beans for \$1.19 each, a 1.25 ounce jar of McCormick Gourmet collection of ground coriander seed for \$3.99, a 1.5 ounce jar of McCormick Gourmet collection of ground cumin \$4.19, and a 1.75 ounce jar of McCormick gourmet collection ground Cayenne Red Pepper for \$3.59, and a bulb of garlic at \$2.99 a pound for .48 for \$25.01 total. I then returned home, and I used my grocery cart to bring up my purchases. I then had two tuna fish sandwiches with ice tea. I now have the ingredients to make homemade hummus <http://www.fatfree.com/recipes/hummus/> . I will now study some hummus recipes to figure out my own recipe. CIO

Note: <888> 06/29/03 Sunday 11:20 P.M.: I finished off the container of Edy's whole fruit raspberry sorbet. I will try to stay on an earlier schedule, so I will shut down the computer now, and I will watch some television briefly before going to bed. I had a idea today that I mentioned to a cyclist today. I have heard that they make light weight bicycles out of titanium <http://www.deanusa.com/> and <http://www.racingbikes.com> and <http://www.titusti.com/> , and I guess one could increase performance by having kevlar tires. CIO

Note: <888> 06/29/03 Sunday 11:00 P.M.: I was told by a local in Kennebunkport, Maine <http://www.geocities.com/mikelscott/137.htm> that this past winter was particularly severe in Kennebunkport, and they had icebergs along the waterfront



in Kennebunkport. The ocean water temperature when I was up there this past weekend was 62 degrees Fahrenheit. CIO

Note: <888> 06/29/03 Sunday 10:45 P.M.: When I visited South Portland, Maine, we stopped by the Christmas store. I sat out briefly, and I chatted with a retired person from Florida. We compared notes on Florida. The retired person from Florida told me he lived on the most alligator infested lake in Florida. He did not give me the name, but it must be Lake Okeechobee. The retired person from Florida also told me that Vero Beach, Florida has a very strong rip tide. He also mentioned that the Ponce Inlet at the south side of Daytona Beach, Florida and north of New Smyrna Beach, Florida was probably one of the most shark infested waters in Florida. I use to fish there in the winter of 1979, and I did see quite a few sharks along the shoreline at Canaveral National Seashore. I got to thinking if one were a recluse, one could run a chicken ranch on Lake Okeechobee and feed some chickens to the gators everyday to keep away the gators, and people would probably avoid the area, since the gators would be around. However, I do not really know that much about gators, and maybe they would keep on feeding until they ate the owner of the chicken ranch. Thus being a hermit there might not be as secure as one thinks. CIO

Note: <888> 06/29/03 Sunday 10:10 P.M.: Prince of Wales' personal finances [Telegraph | News | Prince opens accounts to show record £10m income](#) . CIO

Note: <888> 06/29/03 Sunday 9:55 P.M.: I emailed John Cosby at [www.cosbystudio.com](http://www.cosbystudio.com) about the picture that I took up to the relative's in Kennebunkport, Maine to find out its location and the hotel. While up at Kennebunkport at my relative's I had snacks before dinner of crackers with hummus which were quite good. If one has a food processor, one can make one's own hummus <http://www.fatfree.com/recipes/hummus/> with these recipes, and I guess one should study [www.fatfree.com](http://www.fatfree.com) also. CIO

Note: <888> 06/29/03 Sunday 8:20 P.M.: I chatted with a friend. I chatted with a relative. I installed the Google Toolbar in my Internet Explorer Web Browser <http://toolbar.google.com/> . CIO

Note: <888> 06/29/03 Sunday 7:05 P.M.: I chatted with a relative. I moved the small oil painting of white flowers in a vase with an ornate gold frame from the right wall above my bedroom bed to the centered position beneath the Bermuda picture. CIO

Note: <888> 06/29/03 Sunday 6:20 P.M.: I took a cold six ounce can of 3 Diamonds crab meat, and I opened the lid, and then I left the lid on, and I rinsed it in cold water several times squeezing out the cold water, and then I flaked it in a bowl, and I added two large tablespoons of Hellmann's Just2Good low fat mayonnaise, and I mixed it together, and then I used four slices of Arnold's soft 12 grain bread, and I made two sandwiches which I cut in half across. I had the two crab meat

sandwiches for dinner with ice tea. Today is the 20th Anniversary of the Mianus River Bridge collapsing according to the <http://www.greenwichtime.com/>. When that happened, I was fortunate to be working as a dishwasher at the Languedoc restaurant across the street from the Jared Coffin House in Nantucket Island, Massachusetts, so I was not directly affected by that disaster, until I came off Nantucket that following December, and I returned to Greenwich once the bridge had been temporarily repaired. They worked for about the next ten years rebuilding the bridge. The owner of the moveable highway barricade machine that was used to change lanes while under construction was from Oklahoma City, Oklahoma, and he once bought me dinner of Bouillabaisse at the old Showboat Hotel on the waterfront which is now the Delamar <http://www.thedelamar.com/> five star hotel. That was about 11 years ago, when I was first getting on computers, and I chatted about computers. I was encouraged to stick with computers, so that means they were working on repair the Mianus River Bridge for at least ten years after it collapsed. Since I was in Nantucket, I missed all the traffic, but supposedly Greenwich has never recovered from all the new people whom got off the highway to discover the town, when they would have ordinarily passed us by on I-95. CIO

Note: <888> 06/29/03 Sunday 5:40 P.M.: I went out, and I walked most of the entire length of Greenwich Avenue. I sat out at various locations. The Greenwich Hardware store at their 70% off rack in front has a \$170 Krups coffee system used once that would be about \$52 plus tax. I stopped by CVS, and I bought two two packs of European Mystique shampoo and conditioner for \$1.59 each two pack, a 1.5 liter bottle of CVS yellow mouthwash for \$4.19, a package from the 50% off rack of 25 cotton business envelopes for \$2.25, a 7 ounce can of CVS sensitive skin shave gel \$1.89, from the 50% off rack a 10 ounce bottle of A1 Steak sauce \$2.40, and also from the 50% off rack four six ounce cans of Geisha crab meat for \$1.25 each plus .69 tax for \$19.60 total. I was completing my walk down Greenwich Avenue, when I ran into a regular walker in front of the coffee shop where Katzenbacs is going in, so I walked with that walker over to Christ Church carrying my purchases. I was then given a ride back in that walker's car to my car downtown. I then drove down by the waterfront. I next drove over to Tod's Point, and I sat out at the southwest parking area. I then went to the southeast parking area, and I used the restroom, and I had a drink from the water fountain. I then removed my antenna from the Hyundai by unscrewing it. I then went to the Express Car wash in Old Greenwich, and I had the car washed for \$5. I towel dried the car, and I shook out the driver's floor mat, and I reinstalled the antenna. I then drove by the Greenwich Library, and I read today's Greenwich Times. I next went by Exxon next to the Greenwich Library, and I bought \$8.50 of regular unleaded gasoline at \$1.739 a gallon for about 37 miles per gallon. I then returned home. I am having a glass of ice tea, and I will now put away my purchases. CIO

Note: <888> 06/29/03 Sunday 11:30 A.M.: I will now shut down the computer. I will clean up, and I will go out for some daytime activity. CIO

**Note: <888> 06/29/03 Sunday 11:20 A.M.:** While in Kennebunkport a distant relative sent to the relative I was visiting information on my father's mother's family, the Gard family Gard Family . Apparently they were French Huguenots who came from France with the name De Gard and had settled in England, and then in 1634 settled in York, Maine. Thus I might have some distant relatives still up in Maine. I have driven by York, Maine for 25 years going to Kennebunkport, Maine, but I never have really checked it out, other than going to the discount outlets in Kittery, Maine. CIO

**Note: <888> 06/29/03 Sunday 11:10 A.M.:** I watched television until 2 A.M.. I had two scoops of Edy's raspberry sorbet. I was up at 10 A.M.. I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. CIO

**Note: <888> 06/28/03 Saturday 10:30 P.M.:** I will now shut down the computer, and I will watch a bit of television before going to bed. CIO

**Note: <888> 06/28/03 Saturday 10:15 P.M.:** I chatted with a relative. I chatted with another relative. I ordered an item from <http://www.llbean.com/sale> for a relative. I chatted with the relative again briefly. CIO

**End of Scott's Notes week of 06/28/03:**

**Note: <888> 06/28/03 Saturday 8:30 P.M.:** My relative in Kennebunkport, Maine gave me a pair of yellow Polo swim trunks waist 40 inches, a pair of Khaki pants waist 40 inches and length 30 inches and a pair of Levis white shorts waist 40 inches. I just put the ice tea in the refrigerator. I will now send out my weekly notes. CIO

**Note: <888> 06/28/03 Saturday 8:05 P.M.:** I was up this past Tuesday morning at 7:30 A.M.. I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I finished backing my toiletries. I packed the Hyundai. I left at 9:45 A.M.. I drove west from Byram on the U.S. 1, West Putnam Avenue, to King Street in Port Chester, New York. I drove up King Street to the Westchester County airport, where I got on I-684 East. I stopped for a smoke at the Croton Falls rest area. I then drove east on I-84 East, and I ran into a construction slow down for about 20 minutes in Waterbury, Connecticut. I stopped at the rest area in Southington, Connecticut, and I had a smoke and used the bathroom, and I drank water from the water fountain. I continued east on I-84 East, and I stopped at a rest area around Vernon, Connecticut, and I had a smoke, used the bathroom, and I drank from the water fountain. I finished traveling the length of Connecticut, and I got on the Massachusetts turnpike east. I stopped at the first rest area, and I had a smoke, used the bathroom, and I drank from the water fountain. I filled up at the Exxon pumps at \$1.539 a gallon for \$4.60 of gasoline or about 48 miles per gallon. I then drove to the next exit for I-290 East, and I paid a .50 toll, and I continued east on I-

290 East to I-495 East, and I took another rest break just west of Lowell, Massachusetts, and I had a smoke, used the bathroom, and I drank from the water fountain. I continued east on I-495 East to I-95 North. I paid a \$1 toll, as it continued to be the New Hampshire turnpike. I stopped at the rest area, and I had a smoke, used the bathroom, and I drank from the water fountain. I then paid a \$1.50 toll at the beginning of the Maine turnpike. I exited the Maine turnpike at the Wells Ogunquit exit. I drove down to U.S. 1. Right at U.S. 1, I had the car washed for \$7 and a dollar tip. I spot dried the car, and I had another smoke. I then drove north into Kennebunkport, Maine, and I drove to my relative's house. I was happy to see the relative. I unloaded the car. I put the Pacific ocean picture by Cosby in the living room. I chatted with my relative. I also took the two 50 foot hoses and spray nozzle attachments out of the back of the Hyundai, and I gave them to the relative. The relative had to go out for a party, so I fixed a dinner of sole stuffed with crab meat dressing and two ears of corn and cold water. I went for a drive along the Kennebunkport waterfront to Cape Porpoise. I stopped by Bradbury's grocery in Cape Porpoise, and I bought a half gallon of Tropicana orange juice with calcium for \$3 and a 18 ounce container of Quaker old fashioned oatmeal for \$2.18 for \$5.18 total. I then drove downtown to Kennebunkport. One can park around the Post Office street for an hour for free. I walked across the Kennebunkport River, and I checked out the grocery store there. I then returned to the gift shop at the second store on the south side of the street just east of the bridge, and I bought an Energizer disk battery LR-44 for \$3.18 with tax. I then returned to my car, and I put the new battery in my dash board clock and set it. I then returned back to my relatives, and we chatted until at 10:30 P.M., when I went to bed. I was up about 7 A.M. in the morning on Wednesday, and I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. I helped the relative with some minor chores like sweeping the deck. I hung the Cosby Pacific ocean painting or print in the living room above the primary sofa on the south wall with two 100 pound 3 nail Ook hooks. It looks very well, since the colors are similar. I took some pictures of my relative. I went for a drive to the Kennebunk beach and waterfront with my relative. My relative got an oil change at the Sunoco station. We had lunch at a downtown Kennebunk lobster restaurant. I had a whole picked lobster Caesar salad and ice tea. We went by the hardware store for hooks. We returned back to my relatives, and I then went out by the Colony Hotel beach for a while. I then drove by Walker's Point, and I took four photographs at a distance. I then drove around another waterfront location, and I then went downtown Kennebunkport, and I walked around. I then returned to my relative's. We chatted a while. We had dinner of halibut baked in vermouth with corn and mixed salad and cranberry drink. We had mixed fruit for desert. We chatted a while, and we watched a bit of television. I went to bed about 11 P.M., and I was up at 8 P.M. on Thursday. I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. I went downtown Kennebunkport to the drugstore, and I bought an 8 ounce bottle of Coppertone number 30 sunscreen for \$11.12 total. I then went out to the Colony Hotel beach, and I sat on my CVS lounge chair, and I sunbathed for 2 and a half hours until about 1 P.M.. I had to walk over the Colony Hotel pool to use a spigot to wash some sunscreen out

of my eyes since when one perspires, it runs into one's eyes, and it stings. I then drove around the back road adjacent to the waterfront road in Kennebunkport, and I returned to downtown Kennebunkport parking at the free parking at the post office street. I then went to the coffee shop, and I had an iced coffee for \$1.87 and .38 tip for \$2.25 total. I sat out for a while in downtown Kennebunkport, and the flower bed in the center of town has 350 in yellow flowers to mark the 350th anniversary of Kennebunkport. I walked around downtown for a while. I then returned home. I chatted with my relative. I relaxed on the deck a while. I had a roast beef sandwich for lunch. I had dinner of swordfish with broccoli and small potatoes and mixed salad and shrimp and cold water. We drove down by the beach. I chatted with my relative and watched some television in the evening, and I went to bed about 11 P.M.. I was up at 9 A.M. on Friday, and I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. My relative, and I drove up to South Portland, Maine on U.S. 1. We stopped at the Christmas store, and we went to T.J. Maxxs. We went by Home Depot in Biddeford, Maine, and we stopped by Shaw's supermarket there too. We returned back to Kennebunkport, and we stopped by Chick's lobster store, and my relative bought me a lobster roll. I had a lobster roll for lunch with shrimp and rice cakes and cranberry flavor drink. I went downtown briefly before it started raining, and at the Big Apple filling station, I bought a package of Marlboro Ultra Lights 100s for \$4.15 and \$6 of regular unleaded gasoline at \$1.539 a gallon for about 35 miles per gallon. I took a nap. We had dinner of baked haddock in vermouth with Old Bay Seasoning, asparagus, mixed salad, and water. We drove down by the beach and around the waterfront. I chatted some more with my relative. I packed. I went to bed about 11:30 P.M.. I was up at 7 A.M.. I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, and supplements. After cleaning up, I put my items in the car. I thanked my relative for the hospitality, and I said good bye. I left at about 10 A.M.. I drove out of Kennebunkport to Wells where I got on the Maine turnpike south. I paid the \$1.50 toll for the Maine turnpike, and the \$1 toll for the New Hampshire turnpike. Just before I-495 on I-95 south, I stopped at the Massachusetts welcome center, and I had a smoke, used the bathroom, and drank from the water fountain. I got on I-495 West, and just west of Lowell, I stopped at the rest area. I had a smoke, used the bathroom, and drank from the water fountain. I continued west on I-495 West to I-290 West to the Massachusetts turnpike west. I stopped at the rest area, and I had a smoke, used the bathroom, and drank from the water fountain. I bought at the Exxon pumps \$5 of regular unleaded gasoline at \$1.539 a gallon for about 43 miles per gallon. I cleaned my windshield. I continued to the next exit for I-84 West to New York, and I paid the .50 toll. I then just before the Connecticut border stopped at a picnic area for a smoke that had no facilities. I then about 10 miles into Connecticut stopped at the Connecticut welcome center, and I had a smoke, used the bathroom, and drank from the water fountain. I then continued to head west across the state on I-84 West into New York state and then to I-684 West. Around Bedford, New York after a long time, I used the rest area, had a smoke, went to the bathroom, and used the water fountain. There were no rest areas from the eastern Connecticut welcome center to Bedford, New York. I exited I-684 West at Exit 2 for the Westchester

County airport, and I drove down King Street and turned left after the Merritt parkway down to Glenville and down Weaver Street and back by my apartment building. Thus stopping at all the rest areas each way, it took six hours and 15 minutes each way. I drove over to Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then went by the Arnold Bread outlet, and I bought two loaves of Arnold 12 grain soft at \$1.29 a loaf for \$2.58 total. I then returned home. I carried up my belongings from the Hyundai. I turned back on the air conditioner. I chatted with a relative. I started making [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I finished unpacking. I hung the old Bermuda waterfront picture at the bedroom entrance above the bedroom bed where the Cosby pacific ocean picture had been. I put the picture of the Great Blue Heron on the back of the living room bureau at the bedroom entrance. I chatted with another relative. I had a 15.5 ounce box of Stouffer's stuffed peppers with ground beef and tomato sauce for dinner with ice tea. CIO

Note: <888> 06/23/03 Monday 10:25 P.M.: I will now shut down the computer, and I will try to go to bed earlier. I will not be posting another note, until I return. CIO

Note: <888> 06/23/03 Monday 10:20 P.M.: On a more cheerful note, since I started the low calories low fat diet two months ago, I have gone down from 225 pounds to 210 pounds for a net loss of 15 pounds. It just goes to show when one cuts out the fat and the snacking and tries to exercise, one can lose a bit of weight. CIO

Note: <888> 06/23/03 Monday 10:10 P.M.: I finished backing now, except for my toiletries. CIO

Note: <888> 06/23/03 Monday 9:20 P.M.: I chatted with a relative. I will be returning from Kennebunkport on Saturday morning. I will now pack. CIO

Note: <888> 06/23/03 Monday 8:50 P.M.: My guest and I chatted. My guest just left. I put a blue blanket in the Hyundai to cover the picture I am taking up tomorrow. CIO

Note: <888> 06/23/03 Monday 7:50 P.M.: I was up at noon today. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went out, and I stopped by the Greenwich Hospital Thrift Shop. I then went down by the waterfront. I then made my 3 P.M. appointment. I next walked the entire length of Greenwich Avenue, and I sat out at various locations. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Exxon gasoline station next to the Greenwich Library, and I put \$6.50 of regular unleaded gasoline at \$1.739 a gallon for 25 miles per gallon. I then returned home, and a friend had shown up for dinner. I put the snow brushes in the back seat of the Hyundai in the hatch back area. I put two pillows on either side of the rear floor, to cushion the picture I am taking up to Kennebunkport tomorrow. I reheated the two meals that I prepared last night of garlic herbal boneless chicken breasts with rice which we had for dinner. We are now chatting. I will be up early

in the morning to drive up to Kennebunkport tomorrow. I will probably drive up King Street to I-684 and take that to I-84 to the Massachusetts turnpike to I-290 to I-495 to I-95 to the New Hampshire Turnpike to the Maine turnpike. In the morning hours, there would be a lot of traffic going on I-95 from here, unless I left real early. CIO

Note: <888> 06/23/03 Monday 1:50 A.M.: I went through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I set the time on my JVC VCR, since it will now work automatically with the cablevision system like it is suppose to. Maybe Cablevision quit sending the time signal. I guess I will now shut down the computer. I will probably watch some television before going to bed. CIO

Note: <888> 06/23/03 Monday 12:20 A.M.: Dinner was delicious. I have a portion to use for dinner on Monday evening, and another portion frozen to use at a later date. CIO

Note: <888> 06/22/03 Sunday 11:35 P.M.: I took the three halves of boneless breasts of chicken, and I rinsed them in cold water, and I dried them with a paper towel. I then put them in a glass Pyrex pie dish, and I added about five tablespoons of La Choy low sodium soy sauce, three tablespoons of Borden lemon juice, a fourth of a cup of Rene Junot white wine, and I soaked both sides for a few minutes in the juice. Then I rubbed a little extra virgin olive oil on the top sides, and I seasoned them with Old Bay seasoning, chicken and meat seasoning, garlic powder, ground black pepper, Italian spices, Basil, and Oregano. I then peeled and diced six large cloves of garlic, and I put the diced garlic on the chicken. I am cooking them in the Fareberware convection oven at 350 degrees Fahrenheit for 35 minutes. I will have one of them for dinner with the cooking juices on it along with steamed white rice with the cooking juices on it, and steamed fresh cauliflower with extra virgin olive oil, and a glass of ice tea. It should be ready in about fifteen minutes. I will refrigerate one portion with rice and juices, and I will freeze another similar serving. CIO

Note: <888> 06/22/03 Sunday 10:55 P.M.: I put away the laundry. Earlier today when I went out, I first stopped by the Greenwich Hospital Thrift shop, and I dropped off an orange twin bed dust ruffle and a bag with two pieces of upholstery cloth along with some polyester stuffing used for upholstery. CIO

Note: <888> 06/22/03 Sunday 10:30 P.M.: I chatted with a friend. I chatted with a relative. CIO

Note: <888> 06/22/03 Sunday 9:45 P.M.: I have 45 minutes on the dry cycle. CIO

Note: <888> 06/22/03 Sunday 9:25 P.M.: I chatted with a relative about 9:30 A.M.. I went to bed, and I was up at 4 P.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went downtown, and I walked the entire length of Greenwich Avenue.

I sat out at various locations. I drove down by the waterfront. I went by Whole Foods, and they have their usual display of quality merchandise at a bit higher price. Cod was on sale at \$5.99 a pound. I bought a bulb of garlic at \$2.99 a pound for .45. They do not have large bags of Soy Chips, but the same ones as the Food Emporium for .24 less for \$1.45 for 1.35 ounce bags of Glennys. I then returned home. I had a message from a relative. I am on the wash cycle of two loads of laundry. I put clean linens on the bed. CIO

Note: <888> 06/22/03 Sunday 8:40 A.M.: Well some good news on the closet front. I relaxed a bit, and I finally decided to try to fix the bedroom closet shelf rod. I took off two side support pieces from the top shelf in the hallway sweater closet. I then removed the broken ones in the bedroom closet, and I installed the good ones. I then took off two 10 inch by 1.75 inch by 3/8 inch hard wood pieces from a pants hanger. I drilled two holes in one about six inches apart, and then I put the wood piece where the punched through wall hole was from the shelf bracket. I then drilled through the wood to mark the holes in the wall. I have a wall mount and screw and drill set I got at Odd Job, and I drilled larger holes into the wall to install two 3/8 inch wall mounts, and then I screwed the wood piece into the wall mounts. I then secured the lower part of the shelf bracket by drilling a hole into the wood and fastening the shelf bracket with a screw. The securing piece on the shelf above the bracket had broken, so I put the other piece of wood by the same method on the wall beneath the rear center edge of the shelf. I then screwed a larger screw into the wood to support the weight of the rear part of the shelf. It still has four of the original rear securing pieces. It seems as secure as it ever has been, and since it is hard wood, I doubt if it will split. I then put in my hanging clothes. I put away the items on the upper shelf. I am still saving my slimmer clothes in hopes that some day, I might lose some weight. I threw out in the dumpster an old box fan, some aquarium lights, a printer stand, a monitor stand, an old 486 motherboard, the Styrofoam from the Orion television box, a small blue fish bucket, an aquarium siphon, a throw rug, and I put some upholstery material and a orange bed dust ruffle in the car to donate to the Hospital Thrift shop. I rehung the mirror in the bathroom. I put the Marie Cascendas Polaroid horse pictures in the false ceiling above the bed. I also threw in the paper recycling bin a large roll of industrial paper toweling. Throwing out some of the items reduced the weight on the closet shelf, but the clothes still are a lot of weight. It was all an unexpected task, so I will now shut down the computer, and I will go to bed. CIO

Note: <888> 06/22/03 Sunday 5:35 A.M.: First the good news. I ran Norton Win Doctor and Norton Disk Doctor. I ran System restore, and I did a system backup. I did a six part backup of the C: drive to the D: drive. I ran Norton Speed Disk. Now the bad news, while I was running Norton Speed Disk, there was a very loud banging noise from the bedroom. I examined the bathroom, and the left side entrance wall mirror was pushed out from the wall. I removed the mirror, and I saw the bedroom closet shelf center bracket had pushed through the wall. I opened the bedroom closet, and the entire shelf rod assembly had collapsed. I removed the contents of the bedroom closet to the bed which took a while. The center support



bracket for the bedroom closet shelf and rod assembly was only attached against the dry wall not a stud. When it collapsed from weight through both sides of the dry wall, the support assembly on either end broke letting the entire assembly collapse forward. It only sank on the right side, since on the left side, I had some old Styrofoam packed underneath it. Also some of the backside retaining clips broke. I am tired now. I guess, I will rest on the day bed since, the bedroom bed is completely covered with closet items. I guess in the daytime, I could go to home depot and get a piece of lumber to put underneath the center shelf bracket and another pair of end support units and some back side shelf supports with the screws and wall board screw holders. I probably should reinforce either end of the shelf assembly with strips of woods, since the end units were also screwed into sheet rock and possibly the back side. Since the shelf hanging unit was about eight feet long, there were a lot of clothes hanging from it and quite a bit of weight on the shelf. I did noticed quite a few items, I could also throw out. However, being a pack rat and going to thrift shops for 17 years since I got my first car on this return to Greenwich, I have accumulated quite a bit of stuff. I will now shut down the computer, and I will rest. CIO

Note: <888> 06/22/03 Sunday 2:30 A.M.: I went out after the last message. I had a bit of stomach gas still. It might be from the Hellmann's Just2Good mayonnaise. Recently, I noticed that my refrigerator setting had been lowered from 3 to 1 which is about the warmest setting. I do not know how it happened, but generally with the warmer setting, items like mayonnaise do not last as long. Well I walked the full length of Greenwich Avenue. It seems to have cleared up a bit for now. I guess we might start considering building an arc like Noah did, but I think it is a little too late for that. During my walk, I sat out at various locations. I then drove down by the waterfront. I just now returned home, and I had a glass of ice tea. It is 55 degrees Fahrenheit which seems a bit cool for this time of year, but alas despite the rain, I am enjoying the cooler temperatures after having spent a much colder winter. I suppose if it stays this cool all summer, we might get some Canadians coming down to summer on our shores as opposed to Florida people coming up to cool off. Anyway a friend flew up to Toronto, Canada today to look at some horses, so maybe he will put the word out. Another friend whom is ever the optimist bought a 1993 SAAB convertible in mint condition with 45,000 miles on it for \$10,500, so that friend must be hoping for sunny days. Since I am more tuned to the information on the internet as it is reflected in relation to my year round experience in the community, I suppose I will continue my more mundane routines as far as maintaining my living environment. Still, when it gets very cold in this area in the winter, it would be nice for the United States government which is forever consuming and producing energy to provide us with a little bit extra heating assistance at their expense. Although, I am a die hard republican, I am beginning to think that old Texas expression applies in Washington D.C., "Drive Fast, Freeze a Yankee". There is a northern version of that same expression from frugal Yankees in New Hampshire called, "Live Free or Die". The New York version is the "Rich get Ricer, and the Poor get Poorer". I suppose the British version of the same expression could be "Penny Thrifty and Pound Foolish". The Greenwich,

Connecticut version would be "Frugality and Fortune", and the general northern expression would be "Waste Not, Want Not." So much for frugal hints from Michael on microeconomics. CIO

Note: <888> 06/21/03 Saturday 11:10 P.M.: NOAA flash flood warnings are still going off for the area until 7 A.M.. I had two tuna fish sandwiches with ice tea. I will now clean up, and I will go out and face the weather. CIO

Note: <888> 06/21/03 Saturday 10:45 P.M.: I went to bed after the last message. I had a call from a relative about 3 P.M.. I was up at 6:30 P.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I just finished house cleaning and watering the plants. Locally we are having a lot of rain, and NOAA weather warning has gone off with Flash Flood warnings. The conventional wisdom of waterfront observers around here is that when the pier on Steamboat Road is flooded at high tide which is very unusual, it also means that Manhattan is flooded. Also we have dams in the back country reservoir system which probably need to be watched with all the rain that we have had. Of course the last time, I checked our local dam off Lake Avenue a number of years ago, something heavy like a mountain lion jumped on the roof of my old Volvo. Locally flooding along the waterfront is usually determined by the height of the tides, which are indicated at <http://www.maineharbors.com/ct/tidectw.htm> . I noticed in the news today that the Union Pacific <http://www.up.com/> had runaway freight cars on the east side of Las Angeles, California <http://search.news.yahoo.com/search/news/?c=&p=Union+Pacific> . Having spent time around railroads, these events do occasionally happen. Judging from the news reports, they could clean up the spilt lumber by calling Waste Management <http://www.wm.com/> which if it exists in California would have the heavy equipment for removing the spilt lumber. Spilt lumber is always a fire hazard. Another way would be to have general labor contractors remove the lumber piece by piece. Of course the railroad would have to remove the freight cars. I was once told the whole world is run by a little old lady in California that owns a vegetable patch, so she might be having problems getting products from the west coast to other destinations if it is main railroad line that is blocked. Here locally when I do my house cleaning, I usually water the plants by pouring water into them from a quart container. I then use Lysol Island Breeze cleaner in a spray bottle to clean the bathroom sink, toilet, and shower tub areas. I use Ajax of Comet to clean the bath tub. I spray the toilet with Lysol spray. I dust the surfaces with a damp cloth in the bathroom, bedroom, living room, and kitchen. I then clean the kitchen counters, dish rack, cooking areas and sink with Lysol Island Breeze disinfectant from a spray bottle. I empty the garbage and replace the plastic garbage bag. I move some items of furniture and vacuum the apartment with the Hoover upright vacuum. I clean and polish the glass and mirrors in the apartment with glass cleaner and paper towels. I put a dilute mixture of Lysol Island Breeze cleaner with water in a bowl next to the air conditioner for scent control. I do a bit of spot cleaning where ever it needs it. It generally takes two and a half hours to three hours, but it weekly restores a bit of order to the apartment. Actually, by other relatives' standard, I

probably would be considered a slob, but it is a routine that is not too difficult, and I feel a sense of accomplishment, once it is done. As I have said so many times before, when one starts spending so much time on the computer, a lot of other ordinary maintenance tends to fall to the way side as one becomes more and more preoccupied with the computer information and computer maintenance. CIO

Note: <888> 06/21/03 Saturday 1:00 P.M.: I relaxed a bit. I chatted with a relative. I relaxed a bit. Another relative called. I went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by Waldenbooks, and I had them ship the Harry Potter book that I bought last night to a relative. They charged me \$5.50 for shipping. Waldenbooks only has reserved copies of the book left. I then moved the car. I then went by the Complete Kitchen, and I found they had 8 ounce white opaque plastic squeeze bottles for \$1.99 each. I bought two which with tax were \$4.13 total. I then returned home. I put 4 ounces of the Carapelli extra virgin olive oil in one of the plastic bottles. They do not have little lids for the tips, so I cut a small hole in the side of a wine bottle cork to seal the tip. I am a bit tired, so I will now shut down the computer again, and I will go to bed. CIO

Note: <888> 06/21/03 Saturday 7:15 A.M.: I went back out, and I dropped the videotape off at the video drop at the Greenwich Library. I then walked lower Greenwich Avenue, and I sat out for a while. I walked the train station area too. I then drove down by the waterfront and some of the usual fishermen were there. They were not catching any fish. I then sat out for a while more downtown. I then stopped by the Shell Station on West Putnam Avenue, and I bought a Tee Time scratch card for a dollar. I returned home, and I chatted with some neighbors. I scratched the Tee Time scratch card, and I did not win anything, but it is suppose to benefit Connecticut education. I was educated in Connecticut at some of the better private schools, and I have a college degree from Illinois, but after getting a college degree from Illinois after all these years, no one seems to understand what I am talking about since they do not have college degrees from Illinois. Still, since they are locally educated, they seem to feel secure in their native environments. Still, Illinois is a bit colder than Connecticut, and I guess so far it is cooler this summer, so maybe it will be a colder winter, so having experienced Illinois winters for four years, I should be able to survive another winter in Connecticut. If one looks at Sun Valley, Idaho [weather.com - Local Weather Page Sun Valley, Idaho](http://weather.com - Local Weather Page Sun Valley, Idaho) where this local Harriman political network use to vacation, it is 29 degrees there right now, so I guess if it gets too cold here for the locals, and they all head south of the border, we can always import people from Sun Valley, Idaho and the surrounding areas or even from French Canada, but who knows what the weather will be until it happens. The United States government spends billions of dollars a year on weather information, but they never seem to get it together with all these super computers, they have to put out a long term weather forecast, and leave us to rely on Benjamin Franklin's "Old Farmer's Almanac" [The Old Farmer's Almanac - Home Page](http://The Old Farmer's Almanac - Home Page) . However, before the Harriman's spent all of their money, they supposedly according to the book on W. Averill Harriman took care of all the things, the Rockefeller's did

not want to be bothered with like running the World's largest transportation network of railroads, ships, and airlines. Thus with their reduced fortunes, they are probably left with an old plow horse on some farm that is getting worn out and can not afford to travel out of this area to former family resorts. Anyway for anyone going to Sun Valley, Idaho for cooler temperatures, I use to know an Idaho sheriff that was retired here, and he retired here because, he got tired of dealing with cougars. Well anyway in wild America, there are plenty of people awake in the daytime, so if one stays in areas around lots of people, one should not have to worry too much about the wildlife. Well, I am tired, so I will shut down the computer, and I will go to bed soon. CIO

Note: <888> 06/21/03 Saturday 4:25 A.M.: I went through my email. I did some other computer work. I have to return a videotape that is due. My email of my weekly notes goes out to 18 recipients, but the last mailing which includes two emails to the BBC keeps getting bounced back, so maybe there is something wrong with the BBC or its email servers. CIO

Note: <888> 06/21/03 Saturday 3:25 A.M.: For any visitors unfamiliar with the north country whom might be visiting in this area, I have a bit of local wisdom. Since we are near the mountainous ridge area in this area, a lot of migratory animals like wild cats such as Mountain Lions or Cougars or Bob Cats or Lynx or Panthers could be migrating from down south through this area now later in the season since it is cooler this year. I still keep Sir Walter Raleigh pipe tobacco in my apartment. I have a theory since the package of Sir Walter Raleigh pipe tobacco has black and orange colors like a tiger that it might be derived from the tobacco they use to grow in India in the old days with Tiger Scent from tiger urine in it from the fields that it is grown in, so that when other cats smelled it when a human was smoking it, they would smell the tiger scent in the tobacco, and thus the other cats would shy away from disturbing the pipe smoker. However, this is just a theory, I have yet to try it out on other wild cats. Still, it would seem to be logical that other wild cats would be leery of tiger scent. In Greenwich, at Zyn stationary, they use to sell Sir Walter Raleigh pipe tobacco, and they might know since they are from India. Of course locally here, I mostly see just skunks which could be just as bad. In which case one would need tomato juice to help remove the smell if one were sprayed. I heard a local lady complaining the other day that while her child was swimming at Tod's Point, a two foot long tiger shark bothered the child, so remember that Tiger Sharks can get up to 20 feet long too, and I have no idea how big they get in Long Island sound, but people at the Norwalk, Connecticut aquarium would know. CIO

Note: <888> 06/21/03 Saturday 3:10 A.M.: On a lesser note on another Scottish activity besides writing books the Buick Classic <http://www.golfweb.com/tournaments/r027/> is presently going on at the Westchester Country Club in nearby Harrison, New York. Usually after the event, some of the local Buick dealers have low mileage Buicks for sale which were used during the tournament. A friend still owns one from the tournament 11 years ago that he

bought after the tournament, but alas he is not in the market yet for a new car, since the old Buick wagon is still in good running shape after all of these years. He does keep complaining that Buick should still make a large station wagon like they did then. CIO

Note: <888> 06/21/03 Saturday 2:55 A.M.: I rested until 4 P.M. yesterday. I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. I slept some more until 6:15 P.M.. I watched the ABC evening news. I cleaned up, and went out. I went by the Greenwich Library, and I read the Greenwich Times. I then drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove over to the Riverside Shopping Plaza, and I toured the Food Emporium looking for a plastic squeeze bottle. I then looked for one at CVS in the Riverside Shopping Plaza. I then returned downtown. I walked upper Greenwich Avenue, and I noticed people lined up in front of Waldenbooks for the "Harry Potter and the Order of the Phoenix" book by J. K. Rowling launching at midnight. I returned back to the car, and I drove back down by the waterfront. I then parked near Waldenbooks, and I viewed the people buying the book starting at midnight. Over the next hour about 200 people bought the book, and there were many young faces. I was about the last to buy a copy of the book for \$20.77 plus \$1.26 sales tax for \$22.25 total. There was a .22 error in the sales slip, it must have been wizardry or a charge for the bag. I then went by the Food Emporium, and I bought a package of boneless breasts of chicken for \$1.99 a pound for \$3.66. They have the Harry Potter book there for \$24.99 plus wizard tax. I returned home. I rinsed the other piece of swordfish in cold water, and I put it in a Pyrex pie dish. I added a few tablespoons of Borden's lemon juice and about a third of a cup of Rene Junot white wine. I placed both sides in the juices for a while. On the top side, I added a couple teaspoons of extra virgin olive oil, and then I seasoned it with Old Bay seasoning, ground black pepper, Italian spices, basil, and oregano. I cooked it in the Farberware convection oven at 325 degrees Fahrenheit for 22 minutes. I had it for dinner with the fish cooking juices on the swordfish along with the juices on reheated steamed white rice, and steamed fresh cauliflower with extra virgin olive oil, and a glass of ice tea. When I drive up to Kennebunkport, Maine [www.geocities.com/mikelscott/137.htm](http://www.geocities.com/mikelscott/137.htm) on this coming Tuesday morning, I will bring the Harry Potter book and the Pacific Ocean painting by Cosby that I have hanging in my bedroom to give to a relative. Cosby has a gallery in Laguna Beach, California and he is a well known California artist whom before his art career was President Richard Nixon's communications officer in his White House days. CIO

End of Scott's Notes week of 06/20/03:

Note: <888> 06/20/03 Friday 12:25 A.M.: I finished going through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I also finally installed the Windows Update for Windows XP of Q811493 which has been fixed, and the system seems a bit more responsive. I will now send out my weekly notes. I will

then shut down the computer, and I will watch a bit of television before going to bed. CIO

Note: <888> 06/19/03 Thursday 11:45 P.M.: This link tells one about Google <http://www.google-watch.org/> . Of course for readers whom have the time to research more scholarly information on computer information collecting, I suppose James Bamford's book, "Body of Secrets" would be about the best resource available

<http://archive.salon.com/books/review/2001/04/25/nsa/print.html> . I have not had time to read it yet, although I did read about 40% of the Puzzle Palace. Still in intelligence gathering, it frequently requires individuals whom have the educational back ground to understand the intelligence which might be generally more expensive to employ than the equipment, since such individuals in the private sector would earn more money. Thus I suppose the law of supply and demand applies to brains and then limits individuals once they are in the public sector as they interface with the private sector. Thus whom knows what the governments do with all the intelligence data in their collective data bases. I suppose, they need a lot of little old lady types whom do nothing but read all the time. I once read the CIA spends a great deal of its time on statistical analysis as opposed to covert operations. Anyway computers help feed all the information into a usable form, but whether the reality of myth versus fiction comes into play is really of no significance, since whether a group of intelligence analysts have a budget to act upon the information they gather is even another matter. At the moment, the United States Army is supposedly short two divisions, so I would imagine the government is not wasting its money on overseeing too much redundant data information. If such were the case, since most of this technology seems to be manufactured in Asia, and since the wage rates are very low in Asia, it would seem to me that the Asian countries would put up the biggest smoke screen of intelligence deception for their own amusement, and whether it actually yielded any results or not is open to speculation . CIO

Note: <888> 06/19/03 Thursday 10:50 P.M.: I had 20 Carr's crackers with ice tea. CIO

Note: <888> 06/19/03 Thursday 9:40 P.M.: I chatted with a relative and a friend. CIO

Note: <888> 06/19/03 Thursday 8:30 P.M.: I was up at 12:30 P.M. today. I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out for my 3 P.M. appointment. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift shop. I was given a Dunlop Max 300i graphite injection tennis racket and a AMF Voit impact XC racquet ball racket. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. During my walk, I stopped by the Greenwich Hardware store, and I bought a Stanley scraper with five spare blades for \$2.99 plus .18 tax for \$3.17 total. I scraped of the emissions sticker off my Hyundai windshield which is no longer

needed. I will put the scraper in the half size blue kitchen bureau drawer. I next went by the Greenwich Library, and I read the Greenwich Times. The broken wooden benches in front of the Greenwich Library were caused by a car running over the curb. I then went by the Stop and Shop, and I bought frozen swordfish at \$4.99 a pound for \$6.19, a head of Cauliflower for \$1.99, a 15 ounce bottle of La Choy lite soy sauce \$2.39 for \$10.57 total. I looked for a plastic squeeze bottle to put olive oil in at both the Stop and Shop and the Food Emporium, but neither store had them. I returned home. I chatted with a friend. I put the rackets in the right living room closet with the other rackets. I do not have any tennis balls. I cut the sword fish in half, and I refrigerated one half in a Rubbermaid container. I rinsed the other half in cold water, and I put it in a Pyrex pie dish. I added a few tablespoons of Borden's lemon juice and about a third of a cup of Rene Junot white wine. I placed both sides in the juices for a while. On the top side, I added a couple teaspoons of extra virgin olive oil, and then I seasoned it with Old Bay seasoning, ground black pepper, Italian spices, basil, and oregano. I cooked it in the Farberware convection oven at 325 degrees Fahrenheit for 22 minutes. I had it for dinner with the fish cooking juices on the swordfish along with the juices on steamed white rice, and steamed fresh cauliflower with extra virgin olive oil, and a glass of ice tea. CIO

Note: <888> 06/19/03 Thursday 3:20 A.M.: I chatted with a friend a couple times more. I took his web page and made a mirror site for it <http://www.geocities.com/johnsbolton/>, so it can be scanned by web search engines. I also added some more meta tag keywords that the friend wanted added. I am tired, so I will go to bed soon. I have a 3 P.M. appointment today. CIO

Note: <888> 06/19/03 Thursday 1:25 A.M.: A friend called up whom I have not heard from in a while. He has a web sight with a book he published at [DIVERSITY- Anti Merit?](http://www.diversity-anti-merit.com/) or <http://johnsbolton.net/> which I will have to read when I have time. The friend is calling back shortly. I checked the page's meta tags, and it seems perfectly fine. The friend is interested in getting more attention to his publication. CIO

Note: <888> 06/18/03 Wednesday 11:50 P.M.: Well, I will shut down the computer, and I will go to bed soon. I think the olive oil that I threw out was Bertolli <http://www.bertolli.com/> regular olive oil that I bought on June 12, 2001 for \$9.99 for 101 ounces at the Stop and Shop, and I opened it February 5, 2002. I keep my Scott's Notes for remembering such details. Of course the olive oil on the dining table might have been older, since I can not recall when I put it out on the table. On my new diet I am using more olive oil. CIO

Note: <888> 06/18/03 Wednesday 11:20 P.M.: Old time Olivetti <http://www.olivetti.com/> computer users might remember Carlo De Benedetti . [http://www.cirgroup.it/eng/e\\_gruppo/e\\_missione.html](http://www.cirgroup.it/eng/e_gruppo/e_missione.html) shows what he is up to today at <http://www.cirgroup.it/> . He is sort of like the Louis V. Gerstner Jr. [http://www-916.ibm.com/press/prnews.nsf/html/bios\\_lgerstner.html](http://www-916.ibm.com/press/prnews.nsf/html/bios_lgerstner.html) of Italy. CIO

**Note: <888> 06/18/03 Wednesday 10:55 P.M.:** I figured out what the problem was with the olive oil. I had mistakenly used the olive oil from a liter wine bottle that I keep for decoration on my dining room table. This might have been over three years old or more. I had mixed some of it with a smaller bottle that I keep olive oil in. I dumped out the old olive oil and the olive oil I mixed. I still have about 2 liters left in the original tin of the three liters of Carapelli <http://www.carapelli.com/> extra virgin olive oil which I bought on October 6, 2002 at the Food Emporium on sale for \$13 off for \$7.99. I think it is still good since it has been in a dark sealed tin and has a nutty taste and smell. I looked at this web site <http://www.oliveoilsource.com/> for olive oil storage information <http://www.oliveoilsource.com/olivechemistry.htm#Storage>: . I cleaned out the two olive oil containers and the tin olive oil dispenser that is not air tight. I will put several ounces in the smaller Forrelli olive oil bottle, and I will refill it when I need it. I guess I could look for a smaller dark sealed olive oil container, so the smaller amount will not oxidize. I threw out the old olive oil along with an old bottle of canola oil. Additional information at this site too <http://www.bulkoil.com/> . Of course if one wants to take what real fresh extra virgin olive oil tastes like, one might have to go to Italy, Spain, Greece, or Turkey. That liter of olive oil I threw out in a pickle jar was probably enough to give intestinal gas to the entire Mediterranean population. CIO

**Note: <888> 06/18/03 Wednesday 8:40 P.M.:** I chatted with a friend. I have had a bit of stomach gas recently causing me to break wind a lot. I finally figured out on my new diet, I have been using olive oil on my vegetables instead of margarine. Unfortunately, the olive oil I have, I bought in a three liter can about a year ago, and I guess it is rancid according to a friend who dined with me last Sunday. Well, I will have to toss out the old olive oil and look around for a bottle of extra virgin olive oil. It was on sale at Odd Job in Port Chester when I was there a couple of days ago for about \$3 for a 24 ounce bottle, but if it were older, I would have the same problem with it being rancid. I will have to check the grocery store circulars to see if it is on sale elsewhere. CIO

**Note: <888> 06/18/03 Wednesday 7:40 P.M.:** I am microwaving a Stouffer's Lean Cuisine roasted turkey breast dinner with two vegetables, which I will have with ice tea. CIO

**Note: <888> 06/18/03 Wednesday 7:35 P.M.:** Old time hint. If you want your Internet Explorer web browser to open in full screen, maximize it with the upper right middle icon, and they press CTRL-Y combination, and the next time you open Internet Explorer, it will be full screen. You can imagine all the other network and system trivia I probably still remember, but do not have much chance to use anymore. I had thought about getting a USB 2.0 external drive to back up my system, but I just backed up the data to CD/RW. Thus should the primary and the backup hard drives fail at the same time, I would have to restore it by reconstructing it, which would probably take a week or so. Let's hope not, but an



electrical surge from lightning would possibly knock out both hard drives. Still, since the second D: drive is rarely used, it will more than likely out last the primary hard drive. Last week a 40 gigabyte external USB 2.0 hard drive was on sale at CompUSA down from \$160 with \$30 instant and \$30 mail in rebate, it would have been eventually about \$100, but instead I got the 13 inch Panasonic color television for \$93. Well, let's hope I made the right decision. CIO

Note: <888> 06/18/03 Wednesday 7:15 P.M.: Microsoft Messenger 6 beta <http://www.msnmessenger-download.com/Preview/default.aspx> . CIO

Note: <888> 06/18/03 Wednesday 6:45 P.M.: I have noticed the Honda Element [Hondacars.com](http://Hondacars.com): [2003 Element: Overview](#) around town recently. I guess in black in the four wheel drive model with automatic transmission and a few other accessories, it would be over \$20,000 for any beach front surfer types or mountain bikers. Still according to [Telegraph | Motoring | The next big thing](#) it might be the next big thing. Still a relative thinks it is too boxy looking, but the one's I have seen remind me of a fancy United States Post Office truck or a Japanese ambulance. Still, I suppose they have already caught on with the west coast beach set. CIO

Note: <888> 06/18/03 Wednesday 4:45 P.M.: I watched some television. I did some regular computer work. The Greenwich Hospital Outpatient Clinic called, and my new cholesterol blood levels with fasting 12 hours before the test are Cholesterol 140, Triglycerides 179, HDL 35, LDL 69, Ratio 4.0 and my liver with taking the Lipitor is normal. I called a relative to tell them the results. I guess when taking cholesterol tests, it is important to fast at least 12 hours before the test. CIO

Note: <888> 06/18/03 Wednesday 3:15 P.M.: I ran Windows Update. I installed the Nvidia video display drivers for my MadDog [www.mdmm.com](http://www.mdmm.com) Multimedia AGP 4X 64 meg. video card, and I adjusted the new settings. CIO

Note: <888> 06/18/03 Wednesday 2:45 P.M.: I watched television until 2:30 A.M. this morning. I was up at 8:30 A.M.. I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I made my 10:30 A.M. dental appointment at the Greenwich Hospital dental clinic. I had my teeth cleaned. The hygienist recommended that when I use the Water Pik that I first use undiluted yellow mouthwash in the Water Pik to clean the left rear lower molar which has a crown, since it is a bit sensitive, and possibly has minor infection. I have a follow up appointment on July 11 to see the dentist about my x-ray results. I normally brush my teeth with Crest multicare whitening toothpaste. Then I sometimes use the Braun Oral B tooth cleaner with whitening toothpaste such as Pearl Drops. I then use the Water Pik with yellow mouthwash about one to two ounces with six ounces of water. Now I will also use direct yellow mouth wash with the Water Pik to clean my lower left rear molar with the crown. I then use dental floss. I then gargle with yellow mouth wash. One can also take a couple of sunflower oil breath pills too. One could also carry one of those aerosol breath sprays. However, if one smokes tobacco, one's breath is still going to smell like an

old cigar butt from the flem build up in the lungs. Also if one eats garlic for other health purposes, more than likely non garlic eaters will find one's breath offensive. I was told that instead of brushing after dinner, it is better to brush before going to bed. I next went by the Greenwich Hospital Thrift shop. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then went by the Merry-Go-Round Mews thrift shop. They still have clothes deeply discounted on sale. They have a lot of nice summer sports jackets size 42 and smaller for \$8. I next returned home. I had a message to call the outpatient clinic about my cholesterol test, so I called them back, and they will call me back later this afternoon. I rinsed a six ounce can of Council crab meat in cold water with the open lid on it. I then squeezed the lid on it several times while rinsing to squeeze out the water. I then flaked it in a bowl, and I added two heaping tablespoons of Hellmann's low fat Just-2-Good mayonnaise, and I mixed it together. I then made two sandwiches with the Arnold Healthy multi-grain bread, and I cut them in half crosswise. I had them for lunch with ice tea. I will now do some regular computer work. CIO

Note: <888> 06/18/03 Wednesday 12:35 A.M.: I watched a bit of television. I will now shut down the computer. I might watch some more television before going to bed. I have a 10:30 A.M. dental appointment tomorrow morning. CIO

Note: <888> 06/17/03 Tuesday 11:10 P.M.: Dinner was enjoyable. I watched a bit of television while making and eating dinner. CIO

Note: <888> 06/17/03 Tuesday 10:40 P.M.: I am cooking a 12.5 ounce box of America's Choice fish filets which I will have with Heinz ketchup mixed with horseradish, along with reheated steamed white rice, and steamed fresh broccoli crowns with olive oil and iced tea. CIO

Note: <888> 06/17/03 Tuesday 9:50 P.M.: I went out after the last message. I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times. I then returned home. I chatted with a relative. I am going up to Kennebunkport, Maine on Tuesday, June 24, 2003 for a number of days to visit a relative, so I will not be in the area. I will drive my Hyundai up there. CIO

Note: <888> 06/17/03 Tuesday 5:35 P.M.: I threw out the old batteries. I had two tuna fish sandwiches with Hellmann's low fat Just2Good mayonnaise and ice tea. I will now clean up, and I will go out for some downtown Greenwich activity. CIO

Note: <888> 06/17/03 Tuesday 5:00 P.M.: I filled out a survey for <http://www.sageresearch.com/> and I also entered a contest at <http://www.pcmag.com/>. CIO

Note: <888> 06/17/03 Tuesday 4:35 P.M.: I had a call a little while ago from the Greenwich Hospital dental clinic, and they changed my appointment for cleaning from this Thursday to 10:30 A.M. tomorrow Wednesday morning. CIO

Note: <888> 06/17/03 Tuesday 4:25 P.M.: I went through my email. I tested the 60 used batteries that I separated from the new batteries yesterday, and 25 were bad, and 35 were still good. I put the 35 good ones in the same kitchen drawer in the blue bureau with the new batteries, and I will throw out the 25 bad batteries. I have a lot of good used 9 volt batteries, since I take them out of the two smoke detectors and replace them with new ones every year. I tested the D batteries by using a flash light. I tested the AAA batteries by using my key chain flash light. I tested the AA batteries by using my Sony AM/FM walkman. I tested the 9 volt batteries by using my Radio Shack transistor radio. I have three C batteries that I do not have a device to test them with, so I saved them. CIO

Note: <888> 06/17/03 Tuesday 3:00 P.M.: Danish Royalty sites Crown Prince <http://www.hkhkronprinsen.dk/> and Danish Queen's Royal House <http://www.kongehuset.dk/> and Danish Embassy in Washington D.C. <http://www.denmarkemb.org/>. The Danish have been good friends over the years and in that old European expression, "The Dutch and The Danish Don't Know Much" always seem to be truer and truer. CIO

Note: <888> 06/17/03 Tuesday 2:45 P.M.: Discounted inkjet and laser supplies from Monks [Welcome to LaserMonks](http://www.lasermonks.com/) or <http://www.lasermonks.com/>. CIO

Note: <888> 06/17/03 Tuesday 2:25 P.M.: I subscribed to free subscription to CIO Insight [CIO Insight](#). CIO

Note: <888> 06/17/03 Tuesday 2:15 P.M.: I had the last bag of Glennys soy chips and some Carr's crackers before going to bed last night. I was up at noon. I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I will do some regular computer work instead of going out. CIO

Note: <888> 06/17/03 Tuesday 12:15 A.M.: Foot Note on Germany History <http://cybrary.uwinnipeg.ca/people/Dobson/genealogy/famous/Prussia.html>. I have a funny sound like a chirping making a sound in the kitchen. I removed the wall phone and disconnected the power to the appliances, but it still persists. I cleaned the wall phone before reconnecting it. I can not figure out what is causing the chirping sound. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 06/16/03 Monday 11:30 P.M.: Foot Note on recent Flemish Scottish history <http://www.amg1.net/fleminfl.html>. CIO

Note: <888> 06/16/03 Monday 11:10 P.M.: Well as the story goes when the land between England and France went under water many thousands of years ago, they were known as the Flemish from Flanders. Since the land of Flanders has been

under water for many thousands of years, unless one were an aquanaut or a fish, it would be hard to conquer. The people whom once lived in Flanders settled around its new coasts in adjacent countries, and many of them took off sailing around the world establishing Flemish communities in other ports. Thus the Flemish like the Vikings could have been in North America for many thousands of years predating Columbus or even the Vikings. I have been told that Nordic people mined copper in Michigan ten thousand years ago. That is all ancient history, and there is not much evidence to continue this discussion, unless one is familiar with ancient Druid settlements in Europe and how they might compare with similar evidence in the Western Hemisphere. I have not done any research in that particular field. However, I do recall reading that during the last Ice Age, Nordic people were living in the Canary Islands, so perhaps some made it from there across the Atlantic to lands further south. However, like Viking settlements, the archeological evidence is scant and hard to follow. CIO

Note: <888> 06/16/03 Monday 10:45 P.M.: To learn more about what is happening back down on the farm try <http://www.prairienet.org/> which obviously has some computer resources if you have not forgotten about <http://www.ncsa.uiuc.edu/> unless they got blown away by a tornado [http://ww2010.atmos.uiuc.edu/\(Gh\)/wx/home.rxml](http://ww2010.atmos.uiuc.edu/(Gh)/wx/home.rxml) . I have said many times before the weather is the reason that people out on the prairie do not build to close together, but try to keep their communities somewhat separate, so if a twister comes through, they will not lose the whole community. Of course living with various buildings spread apart requires more energy to navigate between them. Maybe they are still trying to harness the wind for energy in the Midwest. Still, I have not been out there in many years, so I doubt if I have any practical experience they would need, since they are rather advanced in computers. Of course, since I have relatives still in the Midwest, and since the last I heard the Midwest still has some sort of political influence, once they get back from their winter sojourns to resume farming, it is hard to tell whom is still out there minding the farm. Still, since most of the internet and the web browser came out of the Midwest, I would imagine besides the T-900 lines at NCSA, they might even have high speed internet access possibly through DirecTV satellites. Well, if they think this is the farm report from Byram, Connecticut and they are looking at old historical maps, tell them I nicknamed this location Flanders's Field after the ghost of Flanders which occasionally haunts our building. I believe Flanders was that country between England and France that became submerged in some sort of inundation creating the English or French channel depending on which side of the channel one is on. I guess the King of Cornwall is still out in the Midwest growing corn too, but we do not have much time to read the farm reports around here. Anyway, we are still managing to eat well, and at 215 pounds I am not starving by any stretch of the imagination. CIO

Note: <888> 06/16/03 Monday 10:20 P.M.: I finished off the 1.3 ounce bag of Glennys soy chips. Apparently according to <http://www.thesoydailyclub.com/MOSHenryford/henryfordDL1.asp> Henry Ford helped develop the soy bean. My grandfather's brother in Illinois once told me

about 25 years ago, he had been to China over 40 times in business related to Soy Beans, so I guess I have relatives in the soy bean business, whom could get them cheaper. I know Archer Daniels Midland <http://www.admworld.com/> of Decatur, Illinois supplies our local Arnold bakery owned by George Weston bakeries <http://www.weston.ca/> with truck loads of grain, so I guess maybe the Arnold Bakery could make and sell them more cheaply. \$20.80 a pound for soy chips seems awfully expensive. I believe Happy Rockefeller use to be on the board of directors of ADM. Of course I noticed a lot of thin people in the grocery store buying rice cakes which might be more economical. Of course a lot of skinny older ladies are rumored to live on tea and toast. I read the article in U.S. News and World Report last week that President Bush is so fit because he eats Jif peanut butter and jelly sandwiches all the time. About the last option in my present diet, which also includes no salt, might be to cut back on the two teaspoons of sugar in my morning oatmeal, and the two teaspoons of sugar in my morning coffee. However in my ice tea, I only put a cup of sugar for 12 quarts of ice tea. I guess I could try to eat more fruits and salads along with the increased diet of fish. CIO

Note: <888> 06/16/03 Monday 9:45 P.M.: Soy chip manufacturers Soy Chips and <http://www.thesoydailyclub.com/> . CIO

Note: <888> 06/16/03 Monday 9:35 P.M.: I had a few Glennys soy chips Welcome To Glennys . It would be nice if they came in bigger bags like potato chips and were the same price as potato chips. As cheap as soy beans are in the Midwest of America, I can not see why they are so expensive. CIO

Note: <888> 06/16/03 Monday 9:15 P.M.: The Duke of Bedford dies Times Online . His father whom was a neighbor of J. Paul Getty died about 7 months ago in New Mexico. Thus since the Duke of Bedford was about 63 years old, the new Duke of Bedford his eldest son should be a bit younger in his 30s or younger or so. I still have not verified whether the House of Lords has been abolished or not. It does not seem to have made the British news one way or the other. CIO

Note: <888> 06/16/03 Monday 8:50 P.M.: I chatted with a friend. CIO

Note: <888> 06/16/03 Monday 8:35 P.M.: I sat outside for a while. CIO

Note: <888> 06/16/03 Monday 7:25 P.M.: I took the last boneless chicken breast half, and I rinsed it in cold water, and I dried it in a paper towel. I put in a Pyrex pie dish, and I added a couple of tablespoons of La Choy low sodium soy sauce and a fourth of a cup of Rene Junot white wine. I then seasoned the top with Old Bay seasoning, chicken and meat seasoning, garlic powder, celery salt, ground black pepper, Italian spices, oregano, and basil. I then spread Texas Best barbeque sauce on it. I am cooking it in the Farberware convection oven at 350 degrees Fahrenheit for 35 minutes. I will have it with steamed white rice and steamed fresh broccoli crowns with olive oil and ice tea. I am making the rice differently now. I take a cup of Carolina white rice, and I rinse it in a bowl with hot water. I then strain it with

wire strainer, and I rinse it with hot water. I then put the rice in the China Village microwave rice cooker, which one can buy at the Food Emporium for \$15. I then add 14 ounces of cold water and a teaspoon of sesame oil and a tablespoon of olive oil. I put on the lids, and I microwave it in the General Electric microwave oven for 11 minutes, and then I let it stand for five minutes to finishing absorbing the water before I serve it about two portions. It is lower fat than using butter or margarine. CIO

Note: <888> 06/16/03 Monday 7:05 P.M.: I put away my laundry. I cleaned up the two drawers a bit more, and I threw away all the old butane lighters that do not work. CIO

Note: <888> 06/16/03 Monday 6:15 P.M.: I organized the two top left half blue drawers in the kitchen bureau. In the top half drawer are two packs of Pall Mall lights 100s I found, various old butane lighters, and Ronson flints, and dishwashing wand replacements, and other miscellaneous items including two packages of aged Sir Walter Raleigh pipe tobacco. In the second lower top drawer are all the fresh packaged batteries. I took out about 60 various used batteries, and I put them in a bag, and I placed the bag on the floor underneath the side board in the bedroom in front of the Slaymaker jump start system. I also put in another bag a number of pill bottles in the same location. CIO

Note: <888> 06/16/03 Monday 5:45 P.M.: I had a bag of the Glennys low fat soy chips last night before going to bed, and they are very good. I also finished off the pretzels and a few Carr's crackers left in the open box. I was up at 10 A.M. this morning. I did not have breakfast right away. I cleaned up, and I went over to the Greenwich Hospital laboratory to have my cholesterol tested by having blood drawn. I then returned home, and I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I then went downtown, and I stopped by the Greenwich Hospital Thrift shop. I next went downtown. I walked upper Greenwich Avenue with another local stopping by the library. I then finished my walk of the complete length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by Putnam Trust Bank of New York on Mason Street. I then drove over to Port Chester, New York to Odd Job trading. They have a selection of fans and a few air conditioners there along with a larger selection now of audio visual electronic cables and accessories and the usual assortment of other items. I bought four 9 volt super alkaline Polaroid batteries for \$1.49 each, a four pack of AA and a four pack of AAA Polaroid super alkaline batteries for \$1.49 each package plus .63 tax for \$9.57 total. I noticed for the health conscious they have extra virgin olive oil for \$2.99 for 24 ounces and 16 ounce canned salmon at \$1.99. I next went to Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then returned home. I am on the dry cycle of two loads of laundry with 45 minutes to go. I put clean linen on the bed. I finished charging up the Slaymaker million watt rechargeable lantern. I will now put a new 9 volt battery in the AT&T answering machine and the big digit WestClox alarm clock in the living room. CIO

Note: <888> 06/15/03 Sunday 10:35 P.M.: I have to take another blood test tomorrow for my cholesterol, so I am not suppose to have breakfast in the morning. I will now shut down the computer, and I will watch some television briefly before going to bed. CIO

Note: <888> 06/15/03 Sunday 10:15 P.M.: Maybe his father wants more attention to his web site The Prince of Wales or <http://www.princeofwales.gov.uk/> which has information about his young sons. CIO

Note: <888> 06/15/03 Sunday 10:10 P.M.: Prince William needs to have a speed governor installed on his Volkswagen Telegraph | News | 'I thought Prince was a job' . CIO

Note: <888> 06/15/03 Sunday 9:45 P.M.: I put away the ice tea in the refrigerator. For those of you whom forgot, yesterday June 14, 2003 was Queen Elizabeth II's official birthday [http://news.bbc.co.uk/1/hi/in\\_depth/photo\\_gallery/2990346.stm](http://news.bbc.co.uk/1/hi/in_depth/photo_gallery/2990346.stm) . I guess people elsewhere had parties too to celebrate the event. CIO

Note: <888> 06/15/03 Sunday 7:50 P.M.: I went out after the last message. I stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove up to Norwalk, and I went to Circuit City, and they gave me \$11.66 back on the Panasonic 13 inch television which now cost me \$94.33. I toured Circuit City. I then toured CompUSA. I then went to Wal-Mart, and I bought a 64 ounce bottle of Equate antibacterial clear liquid soap for \$3.34 cash. I then used my EBT card to buy 7 six ounce cans of Chicken of the Sea crab meat for \$1.72 each, and 6 six ounce cans of Chicken of the Sea tiny shrimp for \$2.12 each for \$24.76 on my EBT card leaving \$1.96 left on it. I noticed in Wal-Mart they have General Electric 10,000 BTU air conditioners with remote control for \$218, 8,000 BTU with remote control for \$188, and 5,000 BTU for \$105. I next drove back to Greenwich, and I went out to Tod's Point. I walked around Tod's Point the 2.5 miles, which was very enjoyable. I then went back to downtown Greenwich, and I sat out for a while. I then drove down by the waterfront. I next went by Exxon, and I bought \$10 of regular unleaded gasoline at \$1.759 a gallon for 32 miles per gallon this week, since I drove on the highway when I went to Norwalk three times. I then went by the Food Emporium, and I bought a 16 ounce jar of Jif low fat 25% less fat peanut butter for \$2.49, and three 1.5 ounce bags of Glennys low fat onion and sour cream soy crisps for \$1.69 each bag for \$7.56 total. The soy crisps are a bit expensive, but they're suppose to be 90% less fat than potato chips. I used up the rest of the funds on my EBT card. I then returned home. I put \$10 on my Mac Ray laundry card. I chatted with a relative. I am making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 06/15/03 Sunday 12:20 P.M.: The Panasonic 13 inch television, I bought last week is now \$89.99 or \$10 less this week at CircuitCity [http://www.circuitcity.com/store\\_specials.jsp?c=1&b=g&department=Televisions&](http://www.circuitcity.com/store_specials.jsp?c=1&b=g&department=Televisions&)

page=1 , so if I go up there this week, I can get the \$10 difference back from the store. I might wait until later in the week, since it is a nice day here, I guess I will spend time around the waterfront somewhere in Greenwich. CIO

Note: <888> 06/15/03 Sunday 12:15 P.M.: I had a call from a friend at 6:30 A.M. this morning. I slept until 10 A.M.. I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. The same friend called me at 11 A.M.. I watched the Arts and Entertainment channel presentation on the Post homes around America. I believe the Eagle Brook school here in Greenwich is also the site of a Post home also. I will look at the internet sales at [www.staples.com](http://www.staples.com) , [www.compusa.com](http://www.compusa.com) , and [www.circuitcity.com](http://www.circuitcity.com) . I guess I will then clean up, and I will go out and enjoy what is suppose to be pleasant day. CIO

Note: <888> 06/14/03 Saturday 10:50 P.M.: I will now shut down the computer. I will watch a bit of television before going to bed. CIO

Note: <888> 06/14/03 Saturday 10:25 P.M.: News from Maine Bush opens long weekend of relaxation . CIO

Note: <888> 06/14/03 Saturday 10:10 P.M.: I just had a call from a relative, so the telephone is working fine now. CIO

Note: <888> 06/14/03 Saturday 9:45 P.M.: About 9 P.M., I discovered my telephones were not working. I chatted with Verizon [www.verizon.com](http://www.verizon.com) on their chat page through the internet. They gave me the Greenwich business office at 203-869-5222 and the repair number at 203-661-5444. I called the business office through the internet and transferred to the repair line. They said my telephone line was all right. I disconnected the kitchen phone, and the other phone started making a sound like it was off the hook. I checked in the bedroom, the phone next to the bed was off the hook. I guess when I made the bed, and I put the bolsters on the bed, I knocked the phone off the hook. All the phones are working fine now. CIO

Note: <888> 06/14/03 Saturday 8:20 P.M.: Dinner was delicious. I have been listening to [http://www.bbc.co.uk/worldservice/ram/live\\_news.ram](http://www.bbc.co.uk/worldservice/ram/live_news.ram) . At 7:45 P.M. EDT on Saturday evening, they have Alistair Cooke's broadcast from America, which is always very interesting and informative. I will now do some regular computer internet work. CIO

Note: <888> 06/14/03 Saturday 7:35 P.M.: The package of boneless chicken breast halves contained three halves. I rinsed them in cold water and dried with a paper towel. I put one in a Rubbermaid container in the refrigerator. The other two I put in Pyrex pie dish, and I added several tablespoons of Borden lemon juice and several tablespoons of La Choy low sodium soy sauce and a quarter of a cup of Rene Junot white wine. I soaked both sides in the mixture. I then added a small bit of olive oil to the top sides. I then seasoned the top sides with Old Bay Seasoning, chicken and meat seasoning, celery salt, garlic powder, ground black pepper, Italian



spices, basil, and oregano. I then peeled and minced four cloves of garlic which I put on the two halves of boneless chicken breast. I am cooking them in the Farberware convection oven at 350 degrees Fahrenheit for 35 minutes. I will have one of them with the cooking juices on it along with the cooking juices on steamed white rice along with steamed fresh broccoli crowns with olive oil and a glass of ice tea. CIO

Note: <888> 06/14/03 Saturday 7:05 P.M.: I went out after the last message. I went to the Greenwich Library, and I read the Greenwich Times and U.S. News and World Report. There was an article in U.S. News and World Report about why the fish stocks are depleted in the world's oceans. It also said that President Bush eats Jif peanut butter with jelly sandwiches all the time. Apparently Smuckers [www.smuckers.com](http://www.smuckers.com) bought Jif peanut butter. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought four six ounce cans of Bumble Bee solid white tuna for .99 each can and a white DjEEP lighter for \$1.89 plus .11 tax for \$5.96 total. I then drove down by the waterfront. I next went by the Food Emporium, and I bought two half gallons of Florida Natural orange juice with calcium for \$2 each, two 11.4 ounce boxes of America's Choice frozen fish filets for \$2.19 each box, boneless breasts of chicken at \$1.99 a pound for \$3.50, broccoli crowns at \$1.99 a pound for \$2.09, America's Choice quart jar of strawberry jam for \$2.79, a 18 ounce jar of Jif low fat 25% reduced fat peanut butter for \$2.49 for \$19.25 total. I paid in cash, since my EBT card would not work, since just as I was approaching the cash register, all the power in the store went out, and the store went to emergency power. The store across the street was out too, but here in Byram, I still have power. CIO

Note: <888> 06/14/03 Saturday 2:30 P.M.: After the last message last night, I had a Stouffer's light cuisine chicken and mushroom dinner along with ice tea. I slept until 11 A.M. today. I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I just finished my house cleaning and watering the plants. I will now clean up and go out for some outside activity. The apartment is cool and comfortable. It is 85 degrees Fahrenheit outside right now. NOAA weather warning keeps going off for possible severe thunderstorms some time soon, so keep a weather watch. CIO

Note: <888> 06/13/03 Friday 9:20 P.M.: I chatted with a relative. CIO

Note: <888> 06/13/03 Friday 9:10 P.M.: I slept until 8:30 P.M.. I chatted with a friend. CIO

Note: <888> 06/13/03 Friday 3:00 P.M.: I had a bowl of pretzels. I was emailed this link [http://www.geology.sdsu.edu/how\\_volcanoes\\_work/](http://www.geology.sdsu.edu/how_volcanoes_work/). CIO

End of Scott's Notes week of 06/13/03:

**Note: <888> 06/13/03 Friday 1:35 P.M.:** I was up at 7:30 A.M. this morning. I had breakfast of Quaker old fashioned oatmeal with sugar, cinnamon, and milk, two slices of toast with grape jam, a 12 ounce glass of orange juice, vitamins, supplements, and coffee with milk and sugar. I cleaned up, and I went out to the Greenwich Hospital outpatient clinic for the follow up on my cholesterol blood monitoring test after taking the Lipitor for four and a half weeks. My cholesterol is 244. My triglycerides are 578, both of which should be below 200. MY HDL is 34. My LDL is 149. My ratio is 7.2. I was advised to increase in my supplements and vitamins, my daily dosage of Niacimide from 500 mg. to 1000 mg. which helps lower triglycerides. I have to go back on Monday for another blood test without eating breakfast. I then will call the clinic on Wednesday for follow up. I am scheduled for another follow up on my cholesterol on October 1, 2003. Afterwards, I went by the Greenwich Hospital Thrift shop. I then went by the Greenwich Library, and I read the Greenwich Times. I returned home, and I took a cold 7.5 ounce can of Icy Point pink salmon, and I rinsed it with the open lid on in cold water, and then I flaked it with my fingers removing a few small bones. I mixed it with a couple of tablespoons of Hellmann's Just2Good low fat mayonnaise, and I made two sandwiches which I cut in half. I had them with ice tea. I put two packages of Arnold frozen hotdog buns in the freezer in the community room along with a package of Oscar Meyer beef hotdogs in the refrigerator in the community room, which I will not need anymore. I will now send out my weekly notes. CIO

**Note: <888> 06/12/03 Thursday 9:55 P.M.:** Well, I am tired, so I will go to bed soon after I shut down the computer. CIO

**Note: <888> 06/12/03 Thursday 9:20 P.M.:** When Scott's Internet Hotlist made a profit about four years ago at Christmas time, I gave ten percent of my yearly profits or exactly \$78 to the

**Union Church**  
**555 Bedford Road**  
**North Tarrytown, New York 10591-1298**

Unfortunately Scott's internet activity no long makes money, but is a money losing not for profit operation, so I am not able to help out over there with any more donations. Still if there are any people whom need a church to give to, it is a very reputable church for the village workers in North Tarrytown. I once buried a time capsule there. The zip code "10591" used with <http://www.tropicdesigns.net/weatherpulse.html> which was just updated today would give one the local weather information over at "Thunder Hall" or whatever they call that old Dutch Farm now <http://www.epodunk.com/cgi-bin/genInfo.php?locIndex=1782> or [http://www.daytrips.org/6\\_Counties/Westchester/North\\_Westchester/north\\_westchester1.html](http://www.daytrips.org/6_Counties/Westchester/North_Westchester/north_westchester1.html) which is probably still good for bird watching. They have improved the area since Rip Van Winkle's time. CIO

Note: <888> 06/12/03 Thursday 7:40 P.M.: I saw this web address at the end of the ABC evening news <http://www.visitmaine.com/> . CIO

Note: <888> 06/12/03 Thursday 7:20 P.M.: Gregory Peck passed away today. He was in the movie to "Kill a Mocking Bird" in which Boo Radley was another character in the movie. I chatted with a friend. I am microwaving a Stouffer's 15.5 ounce stuffed peppers with beef and tomato sauce, which I will have with ice tea. Also David Brinkley passed away, so I guess he has joined Chet Huntley in the eternal here after of broadcasting. CIO

Note: <888> 06/12/03 Thursday 6:55 P.M.: I went out after the last message. I stopped by the Arnold Bread outlet, and I bought two new types of loaves of Arnold Healthy Multi-Grain bread for .99 each less 10% discount of .20 for \$1.78 total. I then drove down by the waterfront. I next went by the Greenwich Hospital Thrift shop. I then went downtown, and I sat out for a half hour. I then made my 3 P.M. appointment. I next went by Putnam Trust Bank of New York on Mason Street. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I paid 50 cents parking today. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the Greenwich Times. I then returned home. I had a cold diet A&W root beer in a frosted mug. I watched some television. I am now watching the ABC evening news. CIO

Note: <888> 06/12/03 Thursday 12:25 P.M.: I took a cold six ounce can of tiny shrimp, and I rinsed them in cold water. I then made two sandwiches out of them with two tablespoons of Hellmann's Just2Good low fat mayonnaise. I had them with a glass of ice tea. I will now shut down the computer, and I will clean up and go out. I have a 3 P.M. appointment. CIO

Note: <888> 06/12/03 Thursday 11:50 A.M.: The Weather Pulse program seems to be having some Java script problems. One can get the same information from <http://www.w3.weather.com/> or [www.weather.com](http://www.weather.com) . CIO

Note: <888> 06/12/03 Thursday 10:25 A.M.: I watched some more morning television. It said on the morning news that the President of the United States of America is going to visit his family summer home in Kennebunkport, Maine Kennebunkport, Maine, Scott's Internet Hotlist for the weekend after he visits New Britain, Connecticut today. I suppose he will be going after Striped Bass Striped Bass Fishing New England, Stripers, Blues, Fluke, Cod, Albacore & Bonito - Surf & Boat if he musters up the courage to face the cooler ocean waters of Maine. Last summer when I saw them all up in Kennebunkport in August, they had a lot of UnitedStatesCoastGuard keeping an eye on the waterfront during his visit. I suppose so many Zodiac Inflatable Boats - inflatable boats, Zodiac inflatables, Bombard inflatable boats and related information. tend to scare the fish away. Well, I noticed while I was down by the waterfront yesterday, the old wooden sailboat that I have watched for years in the Greenwich harbor is now once again moored in the harbor. When I had a view of it from my window on Steamboat

Road, I noticed no one ever goes on it, and it never moves all summer. Thus I guess it could be considered a Ghost Ship like the Flying Dutchman. In Kennebunkport in past summers while the President was there Jimmy Dean Jimmy Dean and the owner of Fruit of the Loom have shown up with large yachts in the rather small Kennebunk River harbor. I suppose all of the usual White House media people will be there. I recall the Colonial Village Resort Motel Ogunquit, Maine ~ Colonial Village Resort across the street from the small Exxon station in north Ogunquit, Maine on U.S. 1 south of Kennebunkport, Maine use to be quite a bit cheaper than the lodgings in Kennebunkport, Maine. Of course if one stayed outside of Kennebunkport, one would need a car to get to Kennebunkport. Of course long time vacationers prefer Kennebunkport, Maine for its ambience. The Cape Arundel Inn maine,Maine,kennebunk,kennebunkport maine, lodging at The Cape Arundel Inn has beautiful ocean front views of the ocean with views of Walker's Point. I believe past Walker's Point about a mile to the northeast there use to be a larger motel complex called the Rhumb Line Motor Lodge Rhumb Line Motor Lodge - Kennebunkport, Maine Resort next to a very small Baptist church, but it was not on the waterfront. I suppose for Bush watchers, the Green Heron Inn The Green Heron Inn if available is about the cheapest close to all the action of the Kennebunkport community. One can always kick back at the public beach across from the The Colony Hotel - Kennebunkport, Maine and Delray Beach, Florida which beach has room for about a hundred people and about fifty cars. I personally might not be going up to Kennebunkport until later in the season in September. I was told recently by a fisherman on the waterfront here in Greenwich that there is a large ocean front presence of nautical activity in Ocean City, Maryland. CIO

Note: <888> 06/12/03 Thursday 7:55 A.M.: Bill Ford makes the news HollandSentinel.com -Ford unveils new F-150 06/11/03 . CIO

Note: <888> 06/12/03 Thursday 7:50 A.M.: Weather Pulse says there are suppose to be intermittent thunder showers all day, but the satellite photos to the west of use do not show clouds. I will forgo my morning walk. CIO

Note: <888> 06/12/03 Thursday 7:30 A.M.: I was up at 6:30 A.M. this morning. I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I watched some morning television. I will now do some regular computer work. The President of the United States is suppose to visit New Britain, Connecticut today The Advocate - Bush to stop in New Britain to push prescription plan . I believe New Britain, Connecticut is also where Stanley Tools Stanley Works is located for any of you home repair experts. CIO

Note: <888> 06/11/03 Wednesday 10:20 P.M.: I got my disability status form from the Social Security agency in Stamford, Connecticut today, and I dropped it off at my social worker's at the Town Hall today to complete the paper work for my renter's rebate. I am a bit tired, so I will shut down the computer, and I will watch television briefly before going to bed. CIO

**Note: <888> 06/11/03 Wednesday 9:50 P.M.:** My guest arrived about 1:15 P.M.. We went out, and we stopped by the Merry Go Round Mews thrift shop. We sat out by the waterfront for while. We then went by the Stop and Shop, and my guest bought a pound and a quarter of frozen sword fish. We returned back to my apartment about 4 P.M.. At 5 P.M., I cut the sword fish in half, and I rinsed it in cold water. I then put it in a Pyrex pie dish, and I added a few tablespoons of Borden's lemon juice and a third of a cup of Rene Junot white wine and I put a few teaspoons of olive oil on the top of the sword fish along with seasoning it with oregano, basil, and Italian spices. I cooked it in the Farberware convection oven at 325 degrees Fahrenheit for 25 minutes. We had it for dinner with steamed white rice with the fish cooking juices on the rice and fish along with steamed frozen peas with olive oil and a glass of ice tea. I decided to return the 13 inch Sansui color television to Wal-Mart since it did not have a clear picture. I packaged it up, and I left at 6 P.M., and I drove up to Wal-Mart on the Post Road in Norwalk, and I returned it for \$74.07 cash refund. I then drove over to Circuit City, and I bought a 13 inch Panasonic color television model #CT-13R17B [Learn about the features of Panasonic's CT-13R17B - 13" Diagonal TV with Easicon Remote Control, Dark Gray and Panasonic CT-13R17 13 in. Standard Television - Compare Prices & Read Reviews at DealTime](#)for \$99.99 plus \$6 tax for \$105.99 total. I then returned home about 7:45 P.M.. I installed the Panasonic 13 inch color television in the kitchen to the left of the refrigerator on the counter to the right of the dishwashing rack. I autoprogrammed it. The reception is perfectly clear and sharp, and I am most pleased with it. My guest watched television while I was gone. I watched television with my guest until 9 P.M., and then my guest left. I chatted with a relative. CIO

**Note: <888> 06/11/03 Wednesday 12:15 P.M.:** I installed the update for the Net2Phone communications center, but it disabled my Net2Phone dialer, so I restored it from the backup, and it is working fine. I chatted with a friend whom is coming over to visit at 1:15 P.M.. I will now shut down the computer, and I will clean up. CIO

**Note: <888> 06/11/03 Wednesday 10:20 A.M.:** I rested for a while. CIO

**Note: <888> 06/11/03 Wednesday 6:00 A.M.:** I went through my email. In the mail yesterday, I received the Microsoft Desktop Business Value Kit on CD which I might look at. I will now go through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

**Note: <888> 06/11/03 Wednesday 5:25 A.M.:** I had a call from a relative about 11:15 P.M. last night. I was up at 4 A.M. this morning. I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I will now do some regular computer work. CIO

**Note: <888> 06/10/03 Tuesday 7:55 P.M.:** I chatted with a friend. I watched some television. I will now shut down the computer, and I will go to bed soon. CIO

**Note: <888> 06/10/03 Tuesday 6:40 P.M.: I chatted with a relative. CIO**

**Note: <888> 06/10/03 Tuesday 6:10 P.M.: I am microwaving a Stouffer's Lean Cuisine 15.5 ounce Salisbury steak dinner which I will have with ice tea. CIO**

**Note: <888> 06/10/03 Tuesday 6:00 P.M.: After lunch, I fixed my kitchen phone by disconnecting it from the wall and reconnecting it to the wall to get it working. I called Social Security in Stamford, Connecticut, and they are sending me a statement of disability for my current renter's rebate application. I also called the General Electric service contract 800 number, and the renewal statement for \$86 I got was for the General Electric air conditioner that I bought in 1988 and gave away ten years ago. My current service policy on my current General Electric Profile 15,500 BTU air conditioner with remote control is good through September 11, 2003. I will receive a renewal bill soon in the amount of about \$53 for another year. I noticed today while at Wal-Mart that they have General Electric 5,000 BTU air conditioners for \$118, and they have General Electric 10,000 BTU air conditioners for \$189 as well as a similar model Fedders for the same price. I went out at noon, and I went by the Greenwich Hospital laboratory, and I had blood drawn for the second of my cholesterol blood tests. I stopped by Putnam Trust Bank of New York on Mason Street, and I cashed my \$25 Staples rebate. I then went by the Greenwich Hospital Thrift shop. I then went downtown. I stopped by the Merry Go Round Mews thrift shop, and I bought an extra large Ralph Lauren green polo shirt for \$2. All of their clothes are drastically discounted. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I used .75 in parking. I then drove down by the waterfront, and I chatted with some waterfront regulars. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I next returned home. I just had a diet Coca Cola in a frosted mug. The air conditioner is keeping my apartment cool and comfortable. I rotated the winter flannel shirts on the left side of my bedroom closet to the far left, and I put my summer light cotton and polo shirts in the left center of the closet. CIO**

**Note: <888> 06/10/03 Tuesday 11:00 A.M.: I was up at 4 A.M. this morning. I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I then went out, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove up to Norwalk Hyundai, and they inspected my exhaust manifold, and it is all right. The inspection was covered by the factory warranty. I then stopped by the new Wal-Mart on U.S. 1 in Norwalk where Bradlees use to be. I bought a 13 inch Sanyo color television model #DS13320 for \$69.88 plus \$4.19 tax for \$74.07 total. I then drove back home. I disconnected the old small Sony television in the kitchen that did not work very well, and I put it out by the dumpster. I reconnected the long cablevision cable into the kitchen from the splitter off the Optimum box to the splitter off the wall. I connected the new Sanyo 13 inch television to the cablevision cable in the kitchen and the AC power. I put it to the right of the dishwashing rack to the left of the refrigerator. It did not come with AAA batteries for the remote control, so I put two new AAA alkaline**

batteries in the remote control, and I turned on the Sanyo 13 inch television. It automatically prompted me to hit the menu button on the remote control, and it automatically programmed the television with all the cablevision channels. It works just fine, but one has to turn up the volume a bit when the kitchen stove exhaust fan is running. I showed it to a neighbor. I received a \$25 rebate from Staples in the mail for the Creative Vibra web cam that I bought for \$30 less than a month ago, so it cost me \$5 plus tax. Thus with a \$30 rebate yesterday and a \$25 rebate today, all but \$20 of the cost of the Sanyo 13 inch color television was paid by the rebates in the last two days. I will now be able to watch television when in the kitchen, which I frequently am. I will now have two tuna fish sandwiches and ice tea, and then I will go back out again. CIO

Note: <888> 06/09/03 Monday 8:30 P.M.: I had two scoops of Edy's low fat low sugar strawberry vanilla swirl ice cream and ice tea. I chatted with a friend. I will turn off the air conditioner before going to bed. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 06/09/03 Monday 7:50 P.M.: I cleaned the outer filter on the Honeywell Hepa filter. The inner filter which can not be washed looked clean enough. CIO

Note: <888> 06/09/03 Monday 7:00 P.M.: I got the paper work together for my renter's rebate. I went out, and I stopped by Putnam Trust Bank of New York on Mason Street, and I cashed the \$30 MadDog rebate check. I then drove down by the waterfront. I next made my 4 P.M. appointment. I then sat downtown for a while. I had an expensive day parking today. I used \$1.50 on the meters downtown, which is about 3 hours of parking time at .25 a half hour. I saw quite a few people up from the south land for the summer. I then went by the Greenwich Library, and I read the local newspaper. I then returned home, and I had a glass of ice tea. I turned on the air conditioner, since it was 80 degrees Fahrenheit in the apartment. I set the General Electric Profile 15,500 BTU air conditioner with remote control to 70 degrees Fahrenheit on cool on low fan with Energy saver with the exhaust opening closed. Keeping the apartment cooler is also better for the computer equipment, and it keeps me from getting tired when it is too warm, since a cooler apartment tends to keep me more alert. I noticed today in the Odd Job circular that one can get a Daewoo 5,200 BTU air conditioner at Odd Job probably at the Stamford store for \$80 plus a \$10 mail in rebate. The Port Chester store never seems to have the major appliances. I guess some time soon, I should send in the \$83 for the General Electric Service contract on the air conditioner that needs to be renewed by the end of August for another year. I made an appointment to take my Hyundai up to Norwalk Hyundai tomorrow morning to have them check out the recall on the exhaust manifold. It is probably all right, since if it were not, it would be making noise. They do not replace it, if it is all right. They used up the last part today, so if it should need replacement, I would have to take it back in a few days when more of the parts come in. They now warranty the exhaust manifold for ten years, so it will be covered no matter what in the future. CIO

**Note: <888> 06/09/03 Monday 2:30 P.M.:** I rested until 10 A.M.. I went out, and I stopped by the Greenwich Hospital Thrift shop. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by Putnam Trust Bank of New York on Greenwich Avenue, and I got some parking quarters. I then went by the Greenwich Hardware store. I then went back by the bank again. I then went to the Greenwich Hardware store and from the 70% off rack, I bought a Westclox [www.westclox.com](http://www.westclox.com) 2 inch high numbers digital alarm clock model Excel 49827 made in China for \$8.09 plus .49 tax for \$8.58 total. I then completed my walk. I next drove down by the waterfront. I then returned home. I put the Westclox digital alarm clock on the living room window shelf in front of the air conditioner and just to the left of the Buckingham Palace model. I put the Lloyd's digital alarm clock that was there on top of the backup computer monitor. I put a used 9 volt battery in the Westclox digital clock for backup, but it is AC powered. I received a \$30 rebate on the MadDog multimedia [www.mdm.com](http://www.mdm.com) 64 meg 4X AGP video card, so the final cost was \$35 and tax on it that I bought a couple of months ago. I had two tuna fish sandwiches for lunch and ice tea. I will now go back out, and I have a 4 P.M. appointment. I have to get some paper work together. CIO

**Note: <888> 06/09/03 Monday 6:15 A.M.:** I will now shut down the computer. I will rest for a while. I have a 4 P.M. appointment today. CIO

**Note: <888> 06/09/03 Monday 5:40 A.M.:** I made two copies of a collection of backed up data and other files on CR/RW. I put one in the fire sentry box and the other with the other backup on the wall rack to the left of the computer with the other CD disks. CIO

**Note: <888> 06/09/03 Monday 4:50 A.M.:** For my second meal of the day, I am reheating the imitation crab and alfredo mixture in the microwave which I will have with ice tea. CIO

**Note: <888> 06/09/03 Monday 4:40 A.M.:** I have reinstalled the shower curtains and bath mat in the bath tub area. CIO

**Note: <888> 06/09/03 Monday 4:05 A.M.:** After the last message, I went out, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. While sitting at the top of Greenwich Avenue viewing the First Presbyterian Church across the street, I noticed the automatic sprinklers were watering the lawn just before it is about to rain. I got to thinking with the advanced local weather information on the internet, some company or group of individuals could program an internet device to signal automatic sprinkler systems when to water and when not to water depending on the weather. Of course such a device would have to be online all the time, which would only be available for individuals with online access all the time, such as ADSL and Cable modem users. I guess if I have thought about it, other individuals have thought about it, since in certain areas of the country



water is quite expensive. I have a relative who pays up to \$400 a month in the summer for watering the lawn in Florida on a quarter acre lot. I next drove down by the waterfront. I then returned home. I took off the shower curtain liner and the outer shower curtain and the bath mat, and I put them in a washer machine with about a quart and a half of Purex bleach to remove the mold and scum that accumulates over time. They should be ready in about fifteen minutes to be reinstalled in the bath tub area. Of course one does not put a rubber bath mat or plastic shower curtain in a dryer, since they would melt and damage the drier. CIO

Note: <888> 06/09/03 Monday 1:35 A.M.: Well showers are expected at 7 A.M., so I guess I will clean up and go out for an early morning walk. CIO

Note: <888> 06/09/03 Monday 1:15 A.M.: I watched some television until 2 P.M.. I had a call from a relative about 9:30 P.M.. I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I zipped my Favorites into sub zip files. I then made two copies with CD/RW disks of my the zipped favorites, my C:\Geo folder with the uploads for Geocities, and My Documents data. I will store one in the Fire Sentry box and another I will put on the wall rack with my other computer CDs. Thus I have copies of my data on CD. CIO

Note: <888> 06/08/03 Sunday 12:20 P.M.: I will now shut down the computer, and I will watch a bit of television before going to bed. CIO

Note: <888> 06/08/03 Sunday 12:15 P.M.: I printed out two copies of the Greenwich Tide Charts for June 2003 through November 2003 Tide Chart Index Connecticut Coast West , and I put one copy in the back seat of my Hyundai, and I left another one outside a neighbor's door. CIO

Note: <888> 06/08/03 Sunday 11:25 A.M.: I had some sourdough pretzels and ice tea. I then had two scoops of Edy's low fat low sugar strawberry vanilla swirl ice cream with seven quartered California strawberries. CIO

Note: <888> 06/08/03 Sunday 11:00 A.M.: I chatted with a relative. Besides covering the pier and waterfront here in Greenwich, I was born on the banks of the Mississippi River across from St. Louis in Alton, Illinois. I vacationed until 1961 in Holland, Michigan on the beach at Lake Michigan. I spent time as a child on Pensacola, Florida beach. I use to spend time around the Tennessee River in Decatur, Alabama. I attended Lookout Mountain Camp for two summers along a remote Georgia, Alabama, Tennessee River, I have spent time around the beach and waterfront here in Greenwich since 1961 and also around the back country reservoirs. From 1968, I spent time in the summers around the Charles River in Boston and the waterfront of Boston Harbor and a bit of time around the Massachusetts north shore and time around some streams and lakes in Vermont and New Hampshire. I also spent time from 1968 to 1983 on Cape Cod, Martha's Vineyard, and Nantucket. In college in Lake Forest, Illinois from 1968 to 1972, I spent time around Lake Michigan and the Chicago waterfront the last year living

for a brief period a half block from Lake Michigan. I spent time around the waterfront in Lanzerote, Spain, Greece, Crete, the Arno River in Florence, Italy, and Turkey in the first half of 1972. I spent time around the waterfront in Manhattan from 1972 to 1993. I spent time around the waterfront on both the north shore of Long Island and the south shore of Long Island from 1973 to 1983. From 1976 to 1982, I also spent time around the waterfront in Florida and California. I have regularly visited the waterfront in Kennebunkport, Maine since 1978. I also had a few brief trips around the waterfront in Norway and Holland. Thus although the climate is colder here on a year round basis, I have continued in this area since 1983 to spend time around the waterfront including the four and half years, I actually lived on the harbor with a window overlooking the harbor. From that experience, I obviously realize that the weather is a very important factor around the waterfront. However at 215 pounds and still smoking, I would imagine I am still a lousy swimmer unlike my more professional days when I spent time in the Florida Keys. I also spent some brief time around the waterfront in Hawaii, Maui, and up around the Great Lakes in Canada. I recall having visited Virginia Beach and driving around that area a number of times. I think I have visited the Philadelphia and Maryland and New Jersey waterfronts also. I might have driven along the Carolina shore including the Hilton Head and Beaufort and Myrtle Beach areas as well as driving I-95 through Georgia and having driven along the waterfront in Louisiana and a small part of the Texas shore line when I drove Interstate 10 a time or two. In California, I only visited the waterfront from Fort Bragg, California to Coronado Beach, California. Thus in terms of the world class international sailors whom seem to frequent our local waterfront, my experience is more limited. I do recall also having visited Bermuda, the Bahamas, Tobago, St. Thomas, St. John's, Barbados, Trinidad, and Puerto Rico; and a number of times I took a train along the Italian coast through the French coast to Spain. I think I even made it to the beaches in Rhode Island around Newport also. Of course after all those years in the sun, I now have to worry about skin protection and avoiding the sun and avoiding prolonged exposure, so I do not get any malignant skin cancers. I also flew round trip across the Atlantic ocean five times plus a half with the round trip to Bermuda, and of course I cross the Pacific ocean as far as Hawaii and the Caribbean as far as Trinidad. Thus as I have said before, I have been as far west as Maui, as far north as Oslo, as far south as Trinidad, and as far east as Istanbul. I also viewed the Seine while in Paris. CIO

Note: <888> 06/08/03 Sunday 9:05 A.M.: I went out after the last message, and I drove down by the waterfront. A number of the usual fishermen were there. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then returned home. I chatted with some neighbors. CIO

Note: <888> 06/08/03 Sunday 5:35 A.M.: I put 1.5 cups of water and a half cup of milk in a two quart pot, and I added one medium large peeled and diced Vidalia onion, and dashes of garlic powder, oregano, basil, and Italian spices, and I brought it to a boil. I then lowered the heat to medium, and I added the package of Lipton alfredo sauce along with 3/4 pound package of imitation crab meat. I diced the crab

meat into about half inch to 3/4 inch chunks. I then cooked it stirring frequently for eight minutes. I let it stand for a couple of minutes, and I had half of it for dinner with steamed fresh cauliflower and steamed fiddleheads with olive oil and a glass of ice tea. I refrigerated the other half of the imitation crab meat alfredo mixture in a Rubbermaid container. I will now clean up, and I will go out for some morning activity. CIO

Note: <888> 06/08/03 Sunday 4:40 A.M.: I put away my laundry. I went through my email. CIO

Note: <888> 06/08/03 Sunday 4:00 A.M.: Most excellent weather program that I am using Weather Pulse - Weather Software by Tropic Designs Software . CIO

Note: <888> 06/08/03 Sunday 3:40 A.M.: I have a half hour on the dry cycle. I am doing some regular internet work. CIO

Note: <888> 06/08/03 Sunday 3:00 A.M.: I watched television until about 2 P.M. yesterday. I had two bowls of Snyder's sourdough pretzels and ice tea. I was up at 9 P.M., and I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 2 P.M.. I am just about through on the wash cycle of two loads of laundry. I put clean linens on the bed. CIO

Note: <888> 06/07/03 Saturday 11:05 A.M.: I will now put away the ice tea. I will also shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 06/07/03 Saturday 10:30 A.M.: I chatted with a relative. CIO

Note: <888> 06/07/03 Saturday 10:20 A.M.: There is a 7.5 foot high tide at 5:46 P.M. this afternoon when we are suppose to have a lot of rain, however that is not too high, but in another week during the full moon the tide will be two feet higher, which might cause problems if we continue to get the same amount of rain <http://www.maine harbors.com/ct/jungrow03.htm> . CIO

Note: <888> 06/07/03 Saturday 10:10 A.M.: I did the vacuuming. I took a six ounce can of Council crab meat, and I opened the lid. I then squeezed out the liquid with the lid, and I left the lid on it, and I rinsed it with cold water, and then I squeezed out the liquid again. I then flaked it in a bowl, and I added two tablespoons Hellmann's low fat Just2Good mayonnaise, and I made two sandwiches out of it, which I had with ice tea. CIO

Note: <888> 06/07/03 Saturday 9:40 A.M.: I went out after the last message, and I drove down by the waterfront. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove back by the waterfront. I next went by Exxon, and I bought \$5.25 of regular unleaded gasoline at \$1.759 a gallon for about 27 miles per gallon. I then went by the Food Emporium, and I bought a Vidalia onion at \$1.29 a pound for .77, a jar of Gold's

hot horseradish for \$1.59, a box of Ronzoni spinach fettuccini for \$1.85, two packages of Lipton alfredo sauce for \$1.50 each, and a package of imitation crab meat for \$3.99 a pound for \$3.19 for \$10.40 total. I then went by CVS, and I paid a dollar to pick up a prescription. I then returned home. I am in the process of making up my usual batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I was looking at [NYRA.com](http://NYRA.com) - Belmont Stakes , and only six horses are running. I was thinking that if one bet the other five horses besides Funny Cide to show, one might win money if another horse won. I chatted with a friend, and instead of flu, he has a double case of Lyme disease. Apparently with all the snow this winter, the snow insulated the ground, so there are more than ever of the deer tick carrying the Lyme disease in this area and up into the Berkshires. CIO

Note: <888> 06/07/03 Saturday 4:35 A.M.: Weather Pulse says it is suppose to start raining heavily again here at 10 A.M., so I thought I would clean up and go out for a while. CIO

Note: <888> 06/07/03 Saturday 4:10 A.M.: I went to bed after the last message. I had a call about 1:30 P.M. from a friend that has the flu. I slept until 9 P.M., and I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 1 A.M.. I did house cleaning and watering the plants. I still have to vacuum later in the morning once my neighbors are up. I am just about ready to have a half of cold Purdue roaster chicken with steamed cauliflower and fiddleheads with olive oil and iced tea. CIO

Note: <888> 06/06/03 Friday 12:45 P.M.: I will now shut down the computer. I will watch a bit of television before going to bed. CIO

Note: <888> 06/06/03 Friday 12:10 P.M.: I went out after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next drove over to Tod's Point, and I walked out to the southwest picnic area, and I sat out viewing Manhattan in the fog. I noticed what looked like a cloud line off in the distance to the west. I then sat out for a while at the southeast beach area. I next drove back to downtown Greenwich, and went by the Greenwich Hospital Thrift shop. I then sat downtown for a while more. I then went by the Greenwich Library, and I read the Greenwich Times. I returned a DVD video disk, and I check out another. I next went by the Arnold Bread outlet, and I bought two loaves of Arnold seven grain bread for .99 each less .20 senior discount for \$1.78. I then went by Smokes for Less, and I bought a carton of Seneca Ultra Lights 100s for \$31. I then returned home. I just had two tuna fish sandwiches with ice tea. CIO

End of Scott's Notes week of 06/06/03:

Note: <888> 06/06/03 Friday 5:05 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now send out my weekly notes.

**I will then shut down the computer, and I will clean up, and I will go out for some early morning activity. CIO**

**Note: <888> 06/06/03 Friday 3:50 A.M.: New I.B.M. Supercomputer to Begin Its Weather Work . CIO**

**Note: <888> 06/06/03 Friday 3:30 A.M.: Dinner was delicious. I did not eat the skin on the half of chicken to keep down the fat and cholesterol. I went through my email while cooking the chicken. CIO**

**Note: <888> 06/06/03 Friday 2:30 A.M.: I was up at 8 P.M., and I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I watched some television including Larry King's interview with John Eisenhower about his new book about Ike. I fell back to sleep after the interview, and I had a call from a relative about 11:30 P.M.. I slept some more until 1 A.M.. I watched some television. I took the four pound Purdue roaster chicken, and I removed the giblets, and I rinsed it in cold water, and I dried it with a paper towel. I put it on a roasting rack in a baking pan. I rubbed it all over with olive oil. I then seasoned the top side with Old Bay Seasoning, chicken and meat seasoning, garlic powder, celery salt, ground black pepper, Italian spices, Oregano, and Basil. I am cooking it in the Farberware convection oven at 400 degrees Fahrenheit for 30 minutes, and then I will lower it to 350 degrees Fahrenheit for about 30 minutes. I am cooking it 25 degrees cooler and ten minutes less since the Farberware convection oven cooks faster and warmer on lower settings. I will have half of it for dinner with reheated white rice, and steamed fresh cauliflower and fiddleheads with olive oil, and a glass of ice tea. CIO**

**Note: <888> 06/05/03 Thursday 1:05 P.M.: I watched some television. I will now shut down the computer. I am tired, and I will go to bed. I will not make my 3 P.M. appointment. CIO**

**Note: <888> 06/05/03 Thursday 11:50 A.M.: Shortly after the last message just as I was lying down, the power went off while I was watching the morning news. I chatted outside with some neighbors. I checked the radio, and the local radio station did not work until about 7 A.M.. I have a couple of battery powered radios. I chatted with a relative. The local radio station said at 7 A.M. there was a fire in an underground electrical culvert by the YMCA. At 8 A.M., I went downtown, and all the power was off all the way to the center of town. Putnam Avenue was blocked off from Greenwich Avenue to the YMCA. They seemed to have contained the underground electrical fire by the YMCA. I chatted with a Bank of New York officer, and he said it might take until noon to fix. I noticed lots of employees of Pickwick Plaza standing outside of their buildings. There was a television truck at the top of Greenwich Avenue. I then drove down by the waterfront. I noticed Royal Bank of Scotland had power as did the Greenwich Train station office plaza, the Greenwich Police and Fire station, and Griffin Ford. The rest of town was blacked out. I next sat out downtown for a while. I mailed the Greenwich Hospital Health**

survey at the central Greenwich Post Office. I chatted with a local traffic officer, and he told me he remembered that cold spell on January 17, 1982, since he was working outside that day, and he said it was down to 22 degrees Fahrenheit below zero. I then returned home, and I chatted with some neighbors. I rested for about a half hour. I had about 20 sourdough pretzels. I replaced the 9 volt backup battery in my bedroom clock radio. At 11:35 A.M., the power came back on. I now have to reset the clocks. CIO

Note: <888> 06/05/03 Thursday 5:35 A.M.: I will now shut down the computer, and I will rest. CIO

Note: <888> 06/05/03 Thursday 5:15 A.M.: Information from Martha Stewart [www.marthataalks.com](http://www.marthataalks.com) . CIO

Note: <888> 06/05/03 Thursday 5:10 A.M.: I was told by a local observer this past evening, there are a large number of large Tiger sharks TIGER SHARK - Enchanted Learning Software in Long Island Sound again this year. CIO

Note: <888> 06/05/03 Thursday 5:00 A.M.: I had two tuna fish sandwiches and ice tea. CIO

Note: <888> 06/05/03 Thursday 4:35 A.M.: I filled out the Greenwich Hospital Health Care Survey, so I now have earned my two dollars they sent me. I will mail it next time I go out. CIO

Note: <888> 06/05/03 Thursday 3:45 A.M.: Well don't worry about me up here, I have a pantry and a freezer full of food, and plenty of items in the refrigerator. Right now it is 57 degrees Fahrenheit outside and between 74 and 80 degrees Fahrenheit inside without the heat turned on, so I am quite comfortable. I have a 3 P.M. appointment today, so I will have to go to bed after sunrise for a little while until 1 P.M., but I have had a lot of sleep recently. CIO

Note: <888> 06/05/03 Thursday 3:35 A.M.: The reason, I left the apartment on East 52nd street in that period is that the occupant was doing contract work for Vogue magazine, and he had to go down to the island St. Barths St. Barts, St Barts, St Barths, St. Barth, Saint Barthelemy, French West Indies for an assignment, so there was no place for me to stay up north. Of course I did have friends who went to Welcome to Saint Bartholomew's (St. Bart's) Church in New York City St. Bart's in Manhattan, so I could have tried to stay there, but knowing that group, they were probably already down south in that cold weather. And of course in the winter of 1978 down in Key West, I had been around St. Margaret's in Key West across from the Casa Marina Wyndham Casa Marina - Resort and Beach House - Key West, Florida that I might have found hospitality there. However, I did stay with a Canadian near there part of the time while down in Key West that time. However, St. Margaret's was such a tiny church compared to the bigger churches in Key West that no one paid much attention to it. Traditionally when Henry Flagler

built the railroad, he always built a hotel and an Episcopal church for hospitality to travelers. People in Key West paid more attention to the Casa Marina, and very little attention to St. Margaret's, but I remember one nice lady in a Lincoln Continental use to show up at the abandoned annex across from the Casa Marina to feed the hundreds of stray cats with a fifty pound bag of cat food every day, but she did not seem to realize that any people were living there too. I still think one of those stray cats might have been a baby Florida panther, but I never saw a full grown panther in Key West, but with all the marsh land down there, it could very easily have been down there too in the area near the airport. CIO

Note: <888> 06/05/03 Thursday 3:10 A.M.: Thus although we have had milder winter days recently, I still keep two oil filled electric radiators in my apartment should there ever be colder days than normal. As I have said earlier in those notes, I had to move out of the apartment I was staying in Manhattan in that period, and I stayed with another friend whom had a warm apartment over an Episcopal church on East 52nd street, and I spent quite a bit of time walking around that neighbor in the colder weather. The friend had cable television, and they kept rerunning Dr. Zhivago over and over on the HBO channel which did not make one feel warmer. Of course in that whole period after I returned from California, and when I was living on the west side of Manhattan, it was quite cold in the winters of 1981 and 1982. As I recall, I did not have a winter jacket, so I bought a light blue and black parka from a street vendor for \$15, which were the colors of Columbia University which I use to visit in that period and use the Watson Library at the Business School and the Avery Library at the architectural school. As usual I did a lot of walking in Manhattan in that period, and I remember walking through mounds of snow and slush. Several times I would come out to New Canaan on the train, and once I got off at Darien with a friend expecting to catch a cab to New Canaan, but the cab station was closed, so we walked all the way to New Canaan hitch hiking in the early morning hours, and no one gave us a ride, and it was in the single digits temperature Fahrenheit. I suppose when one is up north with a warm vehicle and warm clothing and a warm shelter one does not noticed the weather as much, but it is the nature of this area, there are always people whom are not use to the colder weather. So although I have always tried to stay vigilant in the colder weather on a limited budget, there is only so much that one can do. However, the apartment on the west side of Manhattan was so overheated, we had to leave the window open frequently in the winter to stay comfortable. The building was a Stamford White building owned by a Dutch family whom later sold it for development. Well, I am once again use to the colder weather up north, but having to pay for my electric heat during the colder periods on a limited budget, I tend to keep the thermostat down. Once one gets use to the colder weather, in the warmer months, in the summer, one ends up paying a bit more for electricity for the air conditioner. CIO

Note: <888> 06/05/03 Thursday 2:40 A.M.: Happy Birthday to a relative. I went out after the last message, and I went downtown. I walked the entire length of Greenwich Avenue in a slight drizzle. I sat out at various locations. I then drove down by the waterfront. I then went by the ATM machine at Putnam Trust Bank of

New York on Mason Street. I next went by the Food Emporium, and I bought two 15 ounce Stouffer's stuffed peppers for \$1.89 each and a Stouffer's 16 ounce chicken pot pie for \$1.99, a Purdue roaster chicken at .99 a pound for \$4.52, a bag of Snyder's sourdough pretzels for \$2.19, and four 7.5 ounce cans of Icy Point pink salmon from Alaska for \$1.40 each for \$17.88 total. I just now returned home, and I had an ice tea. I was looking at <http://www.fi.edu/weather/data2/1982.txt> and on January 17, 1982 it was minus seven degrees Fahrenheit in Philadelphia, Pennsylvania; so as I have observed before it was about minus 20 degrees Fahrenheit in New York before the wind chill factor. About that time was the last time I went to Key West, and it was so busy down there, there was no place to stay. One can imagine how cold it was further north of here. Thus when it gets very cold, there are so many people to the north of us, when they all start going south, it can get very crowded down south. I remember January 17, 1982 would have been 20 months after Mount St. Helen's eruption, so the earth obviously cooled off a bit in this part of the world the following couple of years. More than likely people much further north of us might have gone south and never have come back. Thus if a major volcano goes up in some part of the world, it can make for colder winters. Around that period in January 1982, I was drinking a bit of Vodka to stay warm, and when I went south people did not seem to understand how cold it was up north. CIO

Note: <888> 06/04/03 Wednesday 11:50 P.M.: I had a Stouffer's lean cuisine 14 ounce turkey breast dinner with ice tea. I will now clean up, and I guess I will go out for a little early morning or late night activity. Hopefully it will quit raining soon. However, the damp weather is not good for the old arthritis. CIO

Note: <888> 06/04/03 Wednesday 11:30 P.M.: The Times of London <http://www.timesonline.co.uk/> is now making without subscription service the Court Circular and Today's Royal Engagements available. In today's Court Circular <http://www.timesonline.co.uk/article/0,,61-703160,00.html> , it says that the Queen and Prince Phillip visited a Michael Scott at Wrexham college. It is still drizzling outside a bit. CIO

Note: <888> 06/04/03 Wednesday 11:05 P.M.: According to Weather Pulse the rain will continue until about 1 A.M. this morning, and then it will be overcast. According to <http://www.maineharbors.com/ct/jungrw03.htm> high tide is at 3:18 A.M. of about 7.7 feet which is not too high, so hopefully there will not be any flooding along the shore line in low lying areas like in Old Greenwich. I had some Snyder's sourdough pretzels with ice tea. I am now getting a free weekly subscription to Eweek. CIO

Note: <888> 06/04/03 Wednesday 10:05 P.M.: It is still raining outside, and we just had lightning. I was up watching television until 7 A.M. this morning. I got up at 6 P.M., and I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 9:30 P.M., since when it rains, it makes me tired. I chatted with a relative. I mailed in \$25 to Net2Phone on this past



Monday, and it is already credited to my account, so I now have \$56 on my Net2Phone account. The vintage movie "Cat on a Hot Tin Roof" is on the Turner movie channel, so any southern families on vacation up here up north, must feel right at home despite the weather. I have always said when I go out late at night, I feel more like Boo Radley in "To Kill a Mockingbird". However, until it clears up which it might, I will not be going out. CIO

Note: <888> 06/04/03 Wednesday 4:30 A.M.: I was looking at <http://www.fi.edu/weather/data2/> and January 11, 1988 it was 3 degrees Fahrenheit in Philadelphia, Pennsylvania. I recall the last time I visited Washington D.C. around February 1990 while former President Bush was in Argentina, it was down to zero degrees Fahrenheit. However, I can not find a weather history site with that information. Also for that time period it was not that cold in Philadelphia. I will now head off to bed. CIO

Note: <888> 06/04/03 Wednesday 4:15 A.M.: Washington D.C. live weather page <http://users.starpower.net/jeffwx/wx.htm> . CIO

Note: <888> 06/04/03 Wednesday 4:10 A.M.: I had five pieces about 1/4 inch by 1.75 inch by 1.50 inch of Swiss cheese along with some sourdough pretzels and ice tea. I think I will now shut down the computer, and I will try to rest. CIO

Note: <888> 06/04/03 Wednesday 1:35 A.M.: Well Weather Pulse is a nice little weather program. It does quite a bit, particularly for high speed cable modem users loading the weather news and graphics. Of course it still does not change the weather we have been tolerating recently. CIO

Note: <888> 06/04/03 Wednesday 1:25 A.M.: I am checking this out Weather Pulse weather program beta <http://fileforum.betanews.com/detail.php3?fid=1046394330> . CIO

Note: <888> 06/04/03 Wednesday 1:15 A.M.: I watched a bit of television. I had three small slices of Swiss cheese. CIO

Note: <888> 06/03/03 Tuesday 11:55 P.M.: I went through the last couple of weeks of Volcano listserv email <http://www.volcano.si.edu/reports/> . Well, maybe that explains the lousy weather we have been having this spring. I basically have the rainy day blues again. CIO

Note: <888> 06/03/03 Tuesday 11:40 P.M.: For pollen sufferers <http://www.pollen.com/Pollen.com.asp> . CIO

Note: <888> 06/03/03 Tuesday 11:35 P.M.: I watched a bit of television. I changed the computer screen resolution to 800 X 600, so it is easier on the eyes. CIO

**Note: <888> 06/03/03 Tuesday 10:40 P.M.:** I chatted with a friend. I watched some television. I chatted with a relative. I had about a dozen sourdough pretzels and ice tea. CIO

**Note: <888> 06/03/03 Tuesday 8:20 P.M.:** I fell asleep after the last message. I chatted with a relative. There are Flash Flood warnings for this area. I had two tuna fish sandwiches with ice tea. I got a picture via email of a friend with President Bush at the White House. I printed it out, and I put it in my photograph album. I found this web site on the Snyder's pretzel bag Snyders of Hanover - America's Pretzel Bakery Since 1909 . Since it is raining out, I do not think I will be going out. CIO

**Note: <888> 06/03/03 Tuesday 3:00 P.M.:** I was up at 1 P.M. today. I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I threw out a bag of onions that was getting old and the rest of my eggs. Since it is sort of a blah overcast day, I thought I would stay home for a while and do some computer work. CIO

**Note: <888> 06/03/03 Tuesday 2:25 A.M.:** Earlier on before I went out, I had eight sourdough pretzels. I will now shut down the computer, and I will go to bed soon. CIO

**Note: <888> 06/03/03 Tuesday 2:05 A.M.:** I went out after the last message. I stopped by the Valley Road Post Office, and I mailed two envelopes. I then went downtown, and I walked lower Greenwich Avenue. As I was walking up the Avenue just before Welcome to GuildAntiques.com - 18th & 19th Century English Furniture, Chinese Export and English Porcelain, Mirrors, Paintings and Accessories , out of the alley came a medium size skunk that walked in front of me. Well, I guess it is that time of year where one has to keep an eye out for our old black and white friends that seem to be nocturnal wanderers. I sat out for a while, and then I drove down by the waterfront. I then went to the Food Emporium. I thought about buying a medium chicken for .99 a pound, but I figured a regular chicken would be too fattening. I bought two four packs of Bumble Bee 6 ounce cans of solid white albacore tuna in water for \$4.99 a four pack and two 7.5 ounce cans of Icy Point pink salmon for \$1.40 each for \$11.08 total. It came out wrong since the checker voided some cans of shrimp which were not on sale as the aisle tag said they might be. I chatted with a local. I just now returned home, and I had a glass of ice tea. CIO

**Note: <888> 06/02/03 Monday 11:45 P.M.:** I have to go out and mail two envelopes shortly. CIO

**Note: <888> 06/02/03 Monday 11:15 P.M.:** I chatted with a relative. I watched the <http://news.bbc.co.uk/> presentation of Queen Elizabeth II's 50th Anniversary Service at Westminster Abby [http://www.bbc.co.uk/news/n5ctrl/events03/uk/coronation/02jun\\_56.ram](http://www.bbc.co.uk/news/n5ctrl/events03/uk/coronation/02jun_56.ram) . It runs

about an hour and is very informative about the traditional way the British treat the Monarchy. I have the Life Magazine from April 27, 1953 displayed in my apartment which shows Queen Elizabeth II before her coronation standing in front of fire place in a gown. Well, I suppose today is like the Queen's Birthday, so I guess those whom still drink alcoholic beverages in the British Empire can have a toast to the Queen. CIO

Note: <888> 06/02/03 Monday 9:15 P.M.: I chatted with a relative. I chatted with a friend. Since I went on the low cholesterol diet about two and a half weeks ago, I have lost about five pounds. I have gone from 220 pounds when I first wake up to 216 pounds after dinner. I noticed my pants seemed a bit loose today, so I guess it came off the waist. CIO

Note: <888> 06/02/03 Monday 8:10 P.M.: For dinner, I cooked two boneless center cut tenderloin pork chops the same way that I did the night before last, and I had them with the cooking juices on them and on steamed white rice, and steamed cauliflower florets with steamed fiddleheads with olive oil and iced tea. CIO

Note: <888> 06/02/03 Monday 7:20 P.M.: I called Norwalk Hyundai before I went out today, and they said they received the notification of the exhaust manifold inspection after I had the 35,000 mile checkup. They said it would take about 15 minutes if nothing is wrong. I will take it up there some time in the near future when I am on a day schedule. I have a neighbor with a similar Hyundai Accent, and his exhaust manifold failed, and he had to pay \$450 to have it replaced. The Hyundai notification says they will refund owners for repairs if they have already have had them made. I made a copy of the Hyundai recall notification, and I gave the copy to my neighbor. CIO

Note: <888> 06/02/03 Monday 7:00 P.M.: I was up at noon. I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I received in the mail my \$20 rebate from Staples for the Sterling PCI telephone modem, so it cost me nothing but tax. I cleaned up, and I went out. I stopped by Putnam Trust Bank of New York on Mason Street. I then went downtown to the central Greenwich Post Office. I obtained six money orders at .90 each to pay my GEICO automobile insurance, Optimum Online, Cablevision, AT&T, Verizon, and I also sent in \$25 to Net2Phone to charge up my account with still has \$31 on it. I also obtained twenty .37 USA flag stamps for \$7.40. I then walked over to the First Union National Bank on Benedict Place, but one needs a car to use to the drive up teller. I went back and I got my car, and I paid my rent. I then went by the Greenwich Hospital Thrift Shop. I next drove down by the waterfront. I then went downtown again, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by Electrolux 203-869-5362 at 35 Amogerone Crossway, and they said I would have to bring in my vintage Electrolux power sweeper attachment which needs a new 12 inch internal cable to see if they can get it. I next went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought a bag of Snyder's sourdough pretzels for

**\$1.79, fiddleheads which were \$2.99 a pound but they charged me \$1.99 a pound for \$2.31, and two half gallons of Tropicana Premium orange juice with calcium for \$2 each for \$8.10 total. I then returned home, and I had a glass of ice tea. In Nantucket the Languedoc restaurant use to get fiddleheads which are young fern shoots from Vermont. CIO**

**Note: <888> 06/02/03 Monday 3:20 A.M.: I will now shut down the computer, and I will try to rest for a while. CIO**

**Note: <888> 06/02/03 Monday 3:05 A.M.: I proofed [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) , however in all the years that I have posted it, it is never very busy. CIO**

**Note: <888> 06/02/03 Monday 2:20 A.M.: 2003 Hurricane information [CNN.com - Hurricanes predicted to double - Jun. 1, 2003](http://www.cnn.com/Hurricanes/predicted_to_double_Jun_1_2003) , <http://typhoon.atmos.colostate.edu/forecasts> , and <http://www.geocities.com/mikelscott/weather.htm> . Well despite the prediction for an increased hurricane season, it does not seem like insurance company stocks have suffered since their premiums are already up a bit with the terror alerts. CIO**

**Note: <888> 06/02/03 Monday 1:50 A.M.: I had two tuna fish sandwiches with ice tea. I downloaded and installed the Adobe Reader 6.0 <http://www.adobe.com/products/acrobat/readstep2.html> . I have lived in this area since June of 1961, and I first moved to Greenwich around July of 1962, and I left a number of times to go away to school and when I traveled. I resettled back into Greenwich about 19 and a half years ago, and I have taken exercise walks on Greenwich Avenue regularly since then. In my life I have owned a number of different cars. The list is as follows 1951 black Mercedes Benz 300B 4 door sedan, 1961 black Mercedes Benz 300C 4 door sedan, 1962 black Mercedes Benz 220S 4 door sedan with sunroof, 1963 cream Mercedes Benz 220S 2 door convertible, 1947 red International Harvester Pickup truck, 1965 red and white Opel station wagon, 1965 black Mercedes 220S 4 door sedan, 1966 black Mercedes 220 diesel 4 door sedan, 1972 baby blue Volvo 240 4 door sedan, 1971 yellow Subaru station wagon, 1974 burgundy Volvo 240 2 door sedan, 1976 yellow Volkswagen dasher wagon, 1979 forest green Volkswagen dasher wagon, 1984 Oxford white Ford Escort 2 door sedan hatch back, 1976 white Volvo 240 4 door sedan, and I currently own a 1999 black Hyundai Accent 2 door hatch back. I also drove family owned 1967 black Mustang convertible, 1966 blue Oldsmobile 88, 1971 tan Ford Country Squire wagon, 1972 bronze Oldsmobile Jetstar, and a 1972 chocolate Chevrolet Monte Carlo. CIO**

**Note: <888> 06/01/03 Sunday 11:45 P.M.: I ran the Updates on the Dell backup computer for both partitions. I had five pretzels. Earlier in the day, I also snacked on some pretzels. CIO**

**Note: <888> 06/01/03 Sunday 10:40 P.M.:** I was up at 1 P.M. today. I had breakfast of oatmeal, toast with grape jam, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 4 P.M.. I watched some television, and I fell back to sleep until 7:30 P.M.. I had a Stouffer's lean cuisine 12.5 ounce chicken and mushroom dinner and ice tea. Overnight, I charged up the Slaymaker million watt rechargeable lantern. I cleaned up, and I went out. I went by the Stop and Shop, and I bought two half gallons of Tropicana orange juice with calcium for \$2 each for \$4 total. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I just now returned home, and I had a glass of ice tea. I had a message on the answering machine from a friend. CIO

**Note: <888> 06/01/03 Sunday 3:20 A.M.:** I will now shut down the computer. I might watch a bit of television before going to bed. CIO

**Note: <888> 06/01/03 Sunday 2:55 A.M.:** I downloaded the Adobe Reader 6.0 a number of times, but every time, I go to install it, the file is corrupted. CIO

**Note: <888> 06/01/03 Sunday 2:30 A.M.:** I went through my email. I am in the process of going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I found this interesting link with a Web Cam Mount Washington Observatory: Home Page from this link Wireless Mt. Washington . I had two pieces of Swiss Cheese and ice tea. CIO

**Note: <888> 06/01/03 Sunday 12:15 A.M.:** I took two boneless center cut pork tenderloin chops, and I put about three tablespoons of olive oil in a frying pan along with four gloves of peeled and minced garlic, and I heated the olive oil and garlic for about four minutes on a medium high electric burner until the oil started sizzling. I added the two boneless center cut pork tenderloin chops, and I sautéed them for two minutes a side seasoning them on both sides with Old Bay seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Basil, Oregano, and Italian spices. After the initial four minutes, I then added about three tablespoons of La Choy low sodium soy sauce and a fifth of a cup of Rene Junot White wine, and I sautéed them turning them frequently for another four minutes in the mixture. I had them for dinner with the sauté mixture on them, along with a steamed ear of sweet corn, a steamed sliced green squash, and a couple of steamed florets of cauliflower with olive oil on the vegetables and a glass of ice tea. It was a most enjoyable dinner. CIO

**Note: <888> 07/31/03 Thursday 11:55 P.M.:** I chatted with a relative after the last message. I had the same summer salad that I have been eating recently with a can of solid white albacore tuna fish along with a glass of ice tea. The charging lamp started blinking after an hour, and the instructions said to turn the unit off and disconnect the battery and restart it with the battery connected. The charging light is staying on. It has about fifteen minutes to go in the charge cycle of two hours. The charging light is suppose to turn off first. The Sony Handycam can connect to the television with a double pair of RCA cables. I took a set of RCA cables off the Technics turntable connected to the amplifier. I have RCA input jacks on the Orion television in the living room and the Panasonic kitchen television. I think one has to use the remote control menu to select RCA input for those two televisions. I will wait for the charging light to go out. I could go out and get the Lithium CR2025 battery at CVS in Old Greenwich for \$3.99, or I could wait until tomorrow and pay \$1.99 at Home Depot in Port Chester, New York. The Lithium battery saves the time and calendar functions, and I suppose some other settings. I will wait until the charging light goes out, and then I will test the HandyCam and also test it inputting into the television. CIO

**Note: <888> 07/31/03 Thursday 10:00 P.M.:** The original 1 hour nickel cadmium battery does not seem to hold a charge, on the Sony Handycam, but I will try to recharge it later a few times, which might get it working. I am now charging up for the first time the Philips nickel cadmium SBV1551S01 rechargeable battery back, which since it is a 2 hour battery pack will take two hours. Hopefully, since it was unopened and never used, it will hold a charge. CIO

**Note: <888> 07/31/03 Thursday 9:45 P.M.:** I was up at 1 P.M. today. I had a telephone call then from someone that told me that a person named "Peter" had died from a heart attack. Since I have a former in-law named Peter, I thought it was his current wife calling, so I expressed my sympathies to their family and hung up. Then I checked with another relative, and they told me that person had not died. I then dialed "\*69", and I got the number of the caller, and I called them back. Somebody named "Peter Sullivan" had died in Hingham, Massachusetts. I do not believe I know that person. However, they did have a house in Miacomet on

Nantucket, so maybe it was somebody I only knew by first name. There use to be fishermen named Sullivan in Nantucket who died on the fishing boat in the novel "The Perfect Storm". However, I know and know of quite a few Sullivans, so it is hard to tell whom it was. I did not want to bother their grieving. Perhaps, they were trying to contact another Michael Scott. Anyway, I called back my relative to let them know it was probably a mistake. I then had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I then made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift Shop. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop, and I bought for \$10 a Sony Handycam Video Camera Recorder 8 CCD-TR6 which came with all of its accessories. It included the original nickel cadmium rechargeable battery pack, and a new unopened double size two hour Philips nickel cadmium SBV1551S01 rechargeable battery back, two type 8 videotapes, the charging stand with DC power adaptor, camera case, strap, and television input adaptor. It was made in 1991, so it was probably sold in 1992, so it is probably 11 years old. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the waterfront. I next went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought two packages of Nabisco wheatsworth crackers for \$1.79 each, Marie Callender beef tips dinner for \$2.50, a 32 ounce jar of Hellmann's Just-2-Good low fat mayonnaise for \$1.89, a 16 ounce package of baby carrots for \$1.69, and a 16 ounce bar of S&S Swiss cheese for \$2.99 for \$12.65 total. I then returned home. I put away my purchases, and I had a glass of ice tea. I chatted briefly with a relative. I then tested the Sony Handycam. It looks like brand new, and it does not look like it has hardly ever been used. I tested it with the DC adaptor, and it seems to work just fine. It has a black and white viewfinder, but I assume it will play on the television in color. I am not sure. I just finished charging up the original rechargeable battery pack. I will now test it to see how long it holds a charge. I also need to replace its small lithium CR2025 battery. I chatted again with a relative. CIO

Note: <888> 07/31/03 Thursday 12:25 A.M.: I will now shut down the computer. I will watch some television before I try to go to bed. CIO

Note: <888> 07/31/03 Thursday 12:05 A.M.: For dinner, I had the same summer salad with spinach instead of red lettuce along with a 6 ounce can of tiny shrimp. I had the salad with a glass of ice tea. I also talked with a relative again. CIO

Note: <888> 07/30/03 Wednesday 10:30 P.M.: I chatted with two relatives. CIO

Note: <888> 07/30/03 Wednesday 9:15 P.M.: I watched part of President Bush's press conference this morning. I had ten Nabisco Wheatsworth crackers, and I went to bed about noon. I had to reset a few clocks and the air conditioner, since it looks like the electricity was off briefly. I was up at 6 P.M. this evening. I had breakfast of oatmeal, toast with strawberry jam, orange and pineapple juice, vitamins, supplements, and coffee. I then went to the Greenwich Library, and I

read the Greenwich Times and part of Smart Computing. I did not walk downtown this evening, since I walked early this morning. I had some ice tea when I returned. CIO

Note: <888> 07/30/03 Wednesday 9:50 A.M.: I picked up my mail. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 07/30/03 Wednesday 9:10 A.M.: While I was in Greece in 1972, I learned a little British intelligence. Apparently the Greeks would like the British to return Lord Elgin's marble statues which were part of a freize on the Parthenon. This has been the constant thorn in Greek - British relations for about 150 years. The British constantly refuse, and I guess at the moment since Prince Philip was a Danish prince whom happened to have been born in Greece, where his family was living, in much the same way northern people in North America live in Florida, when they can afford it. Thus the British do have fairly good relations with the Greeks, and I have read that the exiled King Constantine of Greece even lives in London occasionally. However, Constantine is a very common name in Greece, and I once knew somebody by the same name in Manhattan that had a large loft with a gourmet kitchen on the west side near the piers on the West Side Highway down in the West Village, so he could entertain the sailors when they came off the cruise ships for brief ports of call in Manhattan. Unfortunately in this area, most of the sailors seem to be able to fend for themselves, so we only have a Greek Diner on the Boston Post Road or East Putnam Avenue across from the YMCA, which serves their guests basic home cooking. They just remodeled it last year, and they renamed it the "Glory Days", so perhaps the Greeks whom run the diner 24 hours a day have seen many visitors to this area at night, whom the daytime people never seem to see. Their prices are a bit high by my standards, so I do not patronize their place anymore. I did use to go in there late at night occasionally after researching adjacent night time activity in this area, and I am sure they still have a late night crowd, for those of you whom want to see whom is up late at night. In the old days when it was called the White Diner, the police station use to order their meals from there for any overnight guests. Whatever the case, I have seen a number of people visiting from down south. As an average weight person for this area, I can assure you there are substantially heavier people in this area whom do not waste their time exercise walking. When I first bought a computer, I knew a computer engineer whom weighed over 800 pounds whom was a former resident of Greenwich and knew all the established people, so if any skinny people in this area feel insecure, they could call him up or email him. However, it might cost quite a bit of money to feed him, if one were trying to employ him for a large person presence. Also late at night when the grocery stores are not to busy, I see some very large people shopping in the grocery stores. Whatever, the case I intend to still try to lose weight. CIO

Note: <888> 07/30/03 Wednesday 8:40 A.M.: I went back out, and I drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Stop and Shop. They had various watches for sale for \$19.99 that were previously priced up to \$125. I bought a Galaxie watch



by Elgin quality since 1867 with Japanese quartz movement and case made in China which previously had been \$125. It has a brown leather alligator band with a rectangular case in gold finish and sweep hands. I bought it for \$19.99 plus \$1.20 tax for \$21.19 total. I also bought a container of Athena garlic and herb feta cheese for \$3.12, a Marie Callender beef tips dinner in mushroom sauce \$2.50 and Marie Calendar turkey breast dinner for \$2.50 and two boxes of Nabisco Wheatsworth crackers for \$1.79 each box and a bulb of garlic at \$2.69 a pound for .43 plus \$1.20 tax for \$33.32 total. I had to use the Electronic Data Systems <http://www.eds.com/> ATM at the Stop and Shop for a \$1.50 charge, so I helped Ross Perot earn a \$1.50. I then returned home, and I had a glass of ice tea. Our building custodian has returned from a trip abroad which was followed by surgery, so we are happy to see him back. CIO

Note: <888> 07/30/03 Wednesday 5:10 A.M.: I finished going through my email. Apparently Queen Victoria left enough money to some of her relatives, so they can afford their own web sites <http://www.royal.gov.uk/> and <http://www.princeofwales.gov.uk/>. Of course here in the United States we elect our own representative every four years [www.whitehouse.gov](http://www.whitehouse.gov), so they do not always have the historical longevity and financing that the various royal families around the world seem to be able to maintain. I have heard rumors that Queen Elizabeth II walks around Buckingham Palace at night turning off the lights to save money on electricity. However as a night person, I prefer to work with a few of Thomas Edison's inventions working. Well, I was up late this evening at 9 P.M., so I guess I will go out at first light to hear the birds twittering away at sunrise. CIO

Note: <888> 07/30/03 Wednesday 4:45 A.M.: I put away my laundry. I went to <http://www.realage.com> and I filled out the forms for information on rheumatoid arthritis and osteoarthritis, and I printed out the results. CIO

Note: <888> 07/30/03 Wednesday 3:00 A.M.: I just put two loads of laundry in the dryer. CIO

Note: <888> 07/30/03 Wednesday 2:50 A.M.: I had the same summer salad I have been making all month. This time I used spinach instead of red lettuce. I also did not put in a can of fish or other seafood. I am on the wash cycle of two loads of laundry. I put clean linens on the bed. There was not much going on tonight, but I suppose by the third week of August most of the people whom are on vacation will be back. Still, I see a large number of visitors traveling whom come through town. Usually since we have longer winters and periods of colder weather in this area, I generally tend to spend a bit of time during the warmer weather getting ready for the periods of colder weather, when do to the nature of colder weather, one can spend a little bit more time inside relaxing. I have noticed a lot more tropical bugs and insects outside, so maybe we also have tropical allergies still in the area. Frequently a bug bite or other tropical allergies can cause symptoms that one might not normally encounter in this area. I have noticed over the years where I sit out at one location downtown at the veterans monument downtown, there are a large

number of black Korean wasps and the regular domestic variety of wasps. If one looks at a warm light lit up at night, one can generally see a variety of bugs and insects that one normally might not encounter. CIO

Note: <888> 07/30/03 Wednesday 1:10 A.M.: I went out after the last message. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I drove down by the waterfront. I then stopped by the Food Emporium, and I bought three Edy's sorbets for \$1.76 each, one in Mandarin orange, one in Tropical, and one in Raspberry for a total price of \$5.22. I then returned home, and I had a glass of ice tea. CIO

Note: <888> 07/29/03 Tuesday 10:15 P.M.: I chatted with a relative. I will now have two scoops Edy's mandarin orange sorbet, and then I will clean up, and I will go out for some errands. CIO

Note: <888> 07/29/03 Tuesday 9:45 P.M.: I watched television, and I did not fall sleep until about 6 A.M. this morning. I did have four scoops of Edy's Mandarin orange ice cream. I was up at 5 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange and pineapple juice, vitamins, supplements, and coffee. I fell back to sleep until about 9 P.M.. I was awoken by a call from Lake Forest College [www.lfc.edu](http://www.lfc.edu) trying to solicit funds from alumni. I told them that I could not afford to give to the college. I also explained that over all the years that I job hunted distributing thousands of resumes the college would never release my transcript which made it hard to get a job. I did graduated from the college, and I have a diploma. In my college career, I had flunked two courses in advanced calculus which I took twice and a third course, which were one three course semester of credit. However during my last summer between my junior and senior years, I worked at Polaroid doing Cobol computer programming, and I was able to obtain three course credits for the project, which the college accepted, and gave me enough credits to graduate. However, after leaving the area, and years later, I learned the college was never sending out my transcript whenever I applied for jobs, since they had expected me to pay a term's tuition for the three independent study course credits. Thus all the years I job hunted my college transcript was never available, and they would not release it to employers. Since I will not be job hunting anymore, I will be able to live without my college transcript. Thus if possibly the college had been willing to send out my transcript, I would have been able to get a job, and possibly would have been able to give them money. As it is I will not be giving them any money, not that I have any to give anyway. Still I did graduate, and I do have the diploma to show that I graduated. CIO

Note: <888> 07/29/03 Tuesday 1:00 A.M.: I did a little bit of regular computer work. I finished off my supply of Carr's crackers eating about ten of them. I will now shut down the computer. I will watch a bit of television before going to bed. CIO

**Note: <888> 07/28/03 Monday 11:15 P.M.:** I chatted with two relatives. I forgot to return a videotape today, so I will have to pay a dollar fine, when I return it tomorrow. CIO

**Note: <888> 07/28/03 Monday 9:50 P.M.:** I had the same summer salad that I have been eating most of July this time with a can of solid white albacore tuna fish along with a glass of ice tea. CIO

**Note: <888> 07/28/03 Monday 8:45 P.M.:** I fell to sleep about 8 A.M. this morning after talking with a friend. I was up at 2 P.M. this afternoon. I saw the sad news that Bob Hope <http://www.bobhope.com/> had passed away. I guess he is now walking the eternal fairways of heather that Scottish golfers and possibly a few English golfers are welcome to in the after life. Back in July of 1972, I followed a charity professional amateur golf tournament at the Onwensia Country Club in Lake Forest, Illinois where Bob Hope was playing, and I followed him the entire round, and halfway through after the ninth hole, I went into the Men's Bar to use the bathroom, and while I was relieving myself, I walked Bob Hope telling jokes. I do not recall what I said that time, but having enjoyed his comedy for many years, it was most enjoyable to see him. A lot of the early actors and performers for the media networks were paid in stock, and since he had a long term affiliation with the NBC the National Broadcasting Company which was acquired by the General Electric corporation, more than likely he was a large stockholder in General Electric. I had breakfast of pineapple orange juice, toast with strawberry jam, oatmeal, vitamins, supplements, and coffee. I went downtown for my 4 P.M. appointment. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought two 4.5 ounce tubes of Crest Multicare Whitening toothpaste fresh mint flavor for \$1.49 each, and a 7 ounce container of Gillette Series gel clean skin for \$1.88 less .55 for the discount sticker on the can plus .26 tax for \$4.57 total. I then drove down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times. I next went by the Stop and Shop, and I bought two dry weight cans of California small pitted olives for .99, a 16 ounce bottle of Monari balsamic vinegar for \$1.99, a quart of plum tomatoes for \$2.99, two red Bermuda onions at \$1.49 a pound for \$2.10, a 10 ounce bag of fresh spinach for \$1.50 for \$10.56 total. I then returned home, and I put away my purchases, and I had a glass of ice tea. CIO

**Note: <888> 07/28/03 Monday 7:25 A.M.:** I will now shut down the computer, and I will try to go to bed. CIO

**Note: <888> 07/28/03 Monday 6:55 A.M.:** I relaxed a bit. I had ten Carr's crackers and ice tea. I found this web site of the Tibet government in exile <http://www.tibet.com/> with this information about the His Holiness the Dalai Lama <http://www.tibet.com/DL/> with list of people whom he has met <http://www.tibet.com/DL/leaders.html> and this list of places where he has been <http://www.tibet.com/DL/country.html>, so thus he seems to be a world traveler and well known individual. I have not read too much about him. I know he use to have

a lot of followers in Santa Cruz, California when I visited out there in 1978 to 1980 to see a neighbor of Richard Nixon's. I also once read that when he was visiting Manhattan at one time, everyone thought he was a vegetarian, and he actually enjoyed having a steak occasionally. I suppose since a lot of this computer technology came out of the area around Santa Cruz, California; some of his followers are heavily involved in the computer industry, and possibly they have earned a little money to host him should he ever encounter them. Whatever the case, when I use to visit a half block from the United Nations in the 1970s more than likely a lot of different people from around the world were in that neighborhood and more than likely a great many people visited during that period. We should always remember that in a United Nations area, when one is thinking about one country or individual, frequently someone equally important can show up in their travels. Basically since I am frequently on a night schedule, I tend to miss the more important daily events going on in this area. Whatever, the case I would imagine that since Tibet is a cold country, if the Dalai Lama ever showed up in this area in the summer, he more than likely would enjoy an air conditioner. Well whenever I do occasionally make it outside in this warm weather, I will try to be more observant of visitors from the warmer regions of the world. However, the summer here comes and goes so fast, we frequently never get a chance to observe our warmer weather visitors, since we are frequently getting ready for another long winter. CIO

Note: <888> 07/28/03 Monday 4:00 A.M.: I did some regular computer work. I had a bowl of cherry Jell-O and fruit cocktail along with some ice tea. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 07/28/03 Monday 2:45 A.M.: I moved the bottle of French white wine in the sterling silver stag bottle holder on the Danish bar, and I replaced it with a Perrier bottle, which because of the neighborhood business we have an ample supply. Thus I do not have any liquor displayed when one enters the apartment. However, I do keep an open bottle of French white wine in the refrigerator for cooking purposes, and I also keep other alcoholic beverages around the apartment for emergency entertainment or disaster purposes, such as if we have a blizzard and a freezing traveler shows up which does happen in the north country. By the time I get around to consuming most of it, it will probably be older than I am now. My body metabolism does not digest liquor properly, and all it does for me is make me tired and want to go to bed. Of course in my younger days, I did occasionally have a drink, but I actually spent more time watching other people drink. I have explained many times before, when one smokes tobacco, and when one is on a limited income, one frequently has to make a choice between tobacco and liquor, and obviously since one is addicted to tobacco, one ends up spending the money on tobacco instead of liquor. Anyway at the present, I still am keeping some stores, so in case some old guard type wants to have a cocktail in moderation it will be available. I am well aware a great many people enjoy having a cocktail and relaxing in their homes. I once knew Lyndon Johnson's heart surgeon who had designed Georgetown Medical center and whom had done thousands of heart operations, and he explained to me

after all the thousands of autopsies he had done, smoking and cholesterol were not the biggest causes of heart disease, but it was mostly caused by stress. Thus if a drink helps people to relax and live longer providing they do not try to drive, I will not begrudge them the luxury of relaxing. Moreover in the travel and tourist activity in this area, we have an ample supply of livery vehicles. I once went into Manhattan late at night to observe what the urban people do late at night as I did many times, and once I noticed about a thousand long stretch limousines parked outside the Chippendale's Night Club on First Avenue, so obviously their clientele could afford safe travel. Of course with all the world's problems, it is hard to believe that many urban people could afford to waste that much money on livery vehicles for vicarious pleasure. CIO

Note: <888> 07/28/03 Monday 2:15 A.M.: This article reports that the state of Maine has a yearly increase of arrests and imprisonment of 11.5% [ABCNEWS.com](http://ABCNEWS.com) : States Face Growing Prison Population . CIO

Note: <888> 07/28/03 Monday 2:05 A.M.: Traffic accident report for this area MERRITT PARKWAY TRAFFIC ACCIDENT ANALYSIS from this web site Connecticut General Assembly . CIO

Note: <888> 07/28/03 Monday 1:50 A.M.: For those of you thinking of traveling overseas and driving a vehicle, this page has some useful information <http://www.drive-alive.co.uk/> and <http://driving.drive-alive.co.uk/> . CIO

Note: <888> 07/28/03 Monday 1:25 A.M.: Of course Norwegians occasionally enjoy drinking a Ringness Beer, which I have only seen sold in America in Oyster Bay, Long Island. I can not exactly recall where I saw it sold out there around 1982. I also saw it sold about ten years ago at the delicatessen near North Salem, New York near I-684 around exit 6 on the south side of the road near the Horse and Hounds pub, where there is a sons of Oslo society. They also sell a Swedish beer called Nordic Wolf. Of course they also sell Ringness in Norway, and I had a glass of it in the old church pub behind the palace while I was there. However, be forewarned in Norway there is a 15 year jail penalty for drinking and driving, so I guess Norwegians walk a lot when they have an alcoholic beverage. CIO

Note: <888> 07/28/03 Monday 12:55 A.M.: I made up a new batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> with chick peas and a can of 6 ounce dry large black pitted olives and this time to the recipe I also added a 1/8th of a teaspoon of cayenne red pepper which helps reduce stomach gas from the chick peas which are garbanzo beans which are prone to give one a bit of stomach gas. I then made my usual super summer salad this time adding a tin of King Oscar <http://www.kingoscar.no/> sardines. Besides being a food company, there once was a real King Oscar of Norway, who I guess was the grandfather of the current monarch of Norway <http://www.kongehuset.no/> . I have read that the Norwegian Royal family tend to be very private, and they shun publicity, so their web site is all that is really know about them. I remember seeing King Olaf walking around the

palace grounds when I was up there in the winter of 1983, but I guess I missed the rest of his family. King Olaf had a very imposing presence and looked like the King. I guess his son King Harald V takes after his father. I suppose Norwegians would be a little warm around here this time of year, so more than likely they are up north in Norway. CIO

Note: <888> 07/27/03 Sunday 11:25 P.M.: I went back out again, and I bought two more bottles of Filippo Berio <http://www.filippoerio.com/> extra virgin olive oil in 17 ounce bottles produced in Italy which is a \$1.80 off on sale for \$3.69 a bottle for \$7.38 total. I bought the last two bottles on display, so hopefully they will put more out more tomorrow. I then drove down by the waterfront, and all the weekend revelers had disappeared. I then walked the upper section of Greenwich Avenue, and I sat out at various locations. I then stopped by the Stop and Shop again just before closing at 11 P.M., and I bought a 16 ounce bottle of Italian Monari balsamic vinegar also produced in Italy that was \$1.99 off. I thus have about 24 ounces of the Carapelli extra virgin olive oil that I bought last October and four new 17 ounce bottles of the Filippo Berio extra virgin olive oil and two 16 ounce bottles of the Monari balsamic vinegar, so I am thus stocked up on salad and cooking provisions. It is important to keep the olive oil in a cool dark place, so I put it on the kitchen shelf to the left of the counter area, and I put the vinegar in a hanging wire basket over the microwave oven that I keep my onions and garlic in. CIO

Note: <888> 07/27/03 Sunday 9:20 P.M.: I went out, and I stopped by the Food Emporium, and I browsed the olive oil selections. I then went across the street to the Stop and Shop, and I browsed the olive oil selection. This week Filippo Berio <http://www.filippoerio.com/> extra virgin olive oil in 17 ounce bottles produced in Italy is a \$1.80 off on sale for \$3.69 a bottle. I bought two for \$7.38 total. I next went by the Exxon station, and I bought \$5.50 of regular unleaded gasoline at \$1.759 a gallon for about 27 miles per gallon this week. I then went downtown, and I walked lower Greenwich Avenue briefly before it started sprinkling. I noticed at the veterans monument across the street from the senior and arts center that today they laid a wreath of flowers and placed a large POW-MIA banner on top of the wreath at that location. I just now returned home. CIO

Note: <888> 07/27/03 Sunday 6:45 P.M.: I went through my email. I chatted with a friend's relative, and I chatted with a relative. I guess I will now clean up, and I will go out. It is 88 degrees Fahrenheit outside, but I have the air conditioner set at 68 degrees Fahrenheit, and it is presently 72 degrees Fahrenheit in the apartment. CIO

Note: <888> 07/27/03 Sunday 5:30 P.M.: Greenwich Times story on the neighborhood shooting this past Friday [Greenwich Time - Byram man kills wife, self](#). CIO

Note: <888> 07/27/03 Sunday 5:10 P.M.: I have been watching Simon Winchester on Book TV channel 66 lecturing on his book "Krakatoa, the Day the World

Exploded August 27, 1883" Krakatoa, Simon Winchester - HarperCollins . What got me interested again in volcanology when I got on the internet nine years ago was that whenever we had cold winters in this area, it was because of volcanic activity worldwide. During one cold winter in February 1975, I was chatting with a friend of mine's godmother who was a neighbor of the Roosevelt family in Oyster Bay, Long Island, New York and active in St. Bartholomew's Church in Manhattan. From what I can tell, since the lady was a scholar was that being a neighbor of the Roosevelts, she had contacts at the Natural History museum in Manhattan, and being a member of St. Bartholomew's church in Manhattan next to the Waldorf Astoria, she also dealt with visitors whom had traveled and reported on a number of different events. That day when I was chatting with her, she happened to mention that after Krakatoa erupted New York had ten feet of snow one of the following winters. Her godson had a Renoir painting of Vesuvius erupting in Italy in his apartment, so I guess since he spoke 12 different languages, he or she might have been involved in collecting reports on some of these different events when we did not have the internet. Whatever, the case back then I was so busy dealing with the cold weather, I did not have much chance to pay attention to the worldwide volcanic activity at the time, but once I got a chance to collect my thoughts in my different travels, it began to seem relevant. I was up at 3 P.M. today, and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I think some of these regular wharf watchers on the waterfront are relatives of a local whom I have not seen in a while who was a Comanche Indian whom use to work as a security guard. Thus they may not be Hispanic or Latin American but native American Comanches whom return every year to their Happy Hunting Grounds. One can figure with all the retired people going to New Mexico in the winter that maybe a few Comanches might return here on the rebound during our warmer months.

Note: <888> 07/27/03 Sunday 4:20 A.M.: Well, if you want to know something of the history of the development of the hinterlands, one might look at <http://www.railfan.net> . Of course for armchair travelers like myself, the subject of travel by rail to far way locations is beyond my present budget. I do have a friend who is related to someone that supposedly knows something about railroads and transport, but I would generally assume that my paternal grandfather knew much the same stuff. So meanwhile back east while we are working on the railroad, I will try to keep an eye on our local railroad when I can occasionally make it downtown to walk Greenwich Avenue. I only go into the railroad station about once a week, but after 19.5 years on Greenwich Avenue, I am quite use to seeing visitors come and go out of our local railroad facility. We have several veteran railroad retirees who also try to keep an eye on the activity. I have not been going downtown as much at night, since I have been spending more time downtown in the afternoons and early evenings. Basically, some of the newer downtown residents are not use to seeing me as much compared to some of the veteran downtown residents. Meanwhile on the southwestern reaches of Connecticut as it abuts to New York State, we seem to be getting about the same level of traffic as in past years at a slightly slower pace. I suppose one's perspective changes with the time of day.

Whatever, the case I read in the local paper that the airport traffic has not changed. It is just that since former President Clinton is no longer president, they returned to the normal flight patterns routing the regular air traffic over the traditional flight path which comes in and out from the northeast as opposed from the southeast. Thus for all I know the air traffic is much the same, it is just at this point, we no longer hear and see it. I suppose it will remain this way for a while. As far as automobile traffic, it seems just about the same depending on the time of day. Of course all activity in this area tends to come and go in waves depending on the season, time of day, weather, and I suppose economic activity. From my viewpoint, the town is pretty much the same as always, but at a slightly slower pace. After all we are only about 25 miles from the center of Manhattan, so obviously there are still quite a lot of people still out there in the wood work. I did read in the local paper that the Federal Government has approved an evacuation plan for Indian Point Nuclear power plant, but another group of activists want it decommissioned. There is also some talk about building a new bridge or tunnel to replace the Tappan Zee bridge, and it might have a light railroad line for commuters, which because of the topography might not be able to go into Tarrytown, but would have to come out at Irvington. All of these matters are still up in the air. Basically knowing New York State's finances, I figure they will probably keep the current Tappan Zee Bridge until it falls down in which case the Bear Mountain Bridge would be a slower alternative or the George Washington Bridge down the Hudson. I still remember when the Tappan Zee Bridge was fairly new, and I have not looked at it in about five years, so I would assume it is all right. Of course the George Washington Bridge is much older. Since I am not considered part of the New York team, I do not worry about such matters beyond my local hometown. Well, I am a bit tired, so I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 07/27/03 Sunday 3:45 A.M.: I just noticed there is an old label on the backside of the headboard of the pineapple post daybed from the Star Furniture Company in Jamestown, New York.

It says No. 2B 3/3 Mahog. Dept. 71, No. B00005, and it was shipped to the Shepard Stores, King Terminal, 44 Kay St., So. Boston, Mass.. Thus it a genuine New York state day bed, probably 50 to a 100 years old that spent a bit of time up in Boston before it moved back down to Greenwich, Connecticut. The pineapple posts are the old Boston symbol of hospitality derived from the Christian missionaries when they first went to Hawaii preaching the gospel, not to be confused with the United States Military version of a similar product. CIO

Note: <888> 07/27/03 Sunday 3:05 A.M.: I am down to about 24 ounces of Carapelli <http://www.carapelli.com/> extra virgin olive oil which comes from Florence, Italy. The last three liter container I bought last October 2002 cost me about \$7.99 at the Food Emporium when it was on sale then down from \$27.99. I will have to keep an eye out to see if they have a similar sale soon. When I was in Florence, Italy during the first three months of 1972, I stayed at the Pensione Adria when I was not traveling. During my travels in Italy, France, Spain, Greece, and Turkey in that period I enjoyed the taste of fresh olive oil, which seemed to have a



more nutty almond like taste compared to what we get in the new world. Thus I guess it is hard to get fresh olive oil at a reasonable price from the old country. I guess I could try to email Cosmo Di Medici and see if he could help out. I have not seen him around recently. I know in the summer in front of the Pitti Palace Piazza, they have some sort of festival. Since the Italians like hot weather, there is still probably not much air conditioning in Italy, except in the winter. Since Florence, Italy was the first city I ever lived in, and since the previous three and half years I had been in college north of Chicago at Lake Forest College [www.lfc.edu](http://www.lfc.edu) and lived in Boston, both of which have colder climates than the Greenwich and New York areas, I was use to colder weather. The winter of 1972 was very cold in Europe, and a great many people migrated further south, since there was also a coal workers' strike in England. To me the weather was similar in Florence, Italy to New York, New York which was warmer than what I was use to. Thus when everyone else was rather cold at night, I use to walk around late at night when it was colder enjoying the sights of the city, when there was no traffic, and when only the street cleaning machines were out hosing down the streets with their water cannons. It was a very beautiful city to walk around in the winter late at night. However, in the day time since Florence is in the Arno River valley, and since there were quite a lot of automobiles on old narrow streets and roads, there was a lot of automobile pollution settling in the valley and quite a bit of traffic noise. I had an inside room at the Pensione Adria which was quiet in the daytime when I slept. Well, I suppose it has not changed much. I once read the area around the Piazza Michelangelo up on the hill behind the di Medici palace is some of the most expensive real estate in Europe, which it well might be. Thus as Europe on \$5 a day tourist, I was bit overwhelmed by the potential expenses of the area. I believe I paid about \$45 a week for my single inside room at the Pensione Adria which came with a continental breakfast which I never had and dinner which I always enjoyed. One did have to insert 100 lire coins into the gas water heater for the bathtub shower ever three minutes. Back in 1972, there were 565 lire to a dollar. I believe at that time a package of Marlboros in Italy was about 2,600 lire or close to \$5, so I use to smoke the less expensive European cigarettes like Gauloise, Du Maurier, Astor, Dunhill, and at the moment I can not remember the name of a common Italian cigarette, except for maybe "MS" which are my initials. I do recall walking quite a bit in Europe during that trip, until I bought a car in Greece in April. Thus it was an enjoyable experience. However, since I was on a limited budget, I ate at a lot of the laboring working class restaurants in the city, which had most excellent meals. We always had wine and Peregrino Italian bubbling water with our meals. Thus I learned a bit about Etruscan cooking which is basically sautéing with olive oil, butter, lemon juice, and garlic. Well, from what I can tell, the Italians have been enjoying La Dolce Vita, the Good Life for thousands of years, thus when people visit Italy on holiday, they tend to have an enjoyable visit. Still, if one is not use to walking a lot, one will have the extra expense of hiring a vehicle. The Italians in the city in Florence were thin and cosmopolitan, unlike their more heavy American cousins. Thus the old suburban expression that the Italians get "Fatter and Fatter" the further they move out from Manhattan truly applies, and as they get older, they begin to enjoy the health benefits of lowering their cholesterol with olive oil and garlic. Thus those stories

about 100 year old men working in the fields in Italy growing and harvesting olives is part of their historical tradition. However, Florence, Italy is a bit like Texas in that area they also raise a lot of beef, so there are a lot of leather products and biftek a la Florentine, which is a thin beef steak cooked Etruscan style. I do not recall seeing a lot of Italian cowboys, but I suppose one would have to realize they were more than likely wearing Gucci when they came into the city from their country villas. I do recall enjoying drinking Galliano which is an Italian liquor which comes in tall bottles which has a licorice flavor and is yellow in color. I also enjoyed raisin liquors many of which were aged many years. Of course they also had their own brandies and other deluxe wines. Thus if one has alcoholic drinking problems or one is a member of Alcoholic's Anonymous, one should probably avoid Italy. It would be your down fall. Basically like France, there is cafe bar on every corner. Well, I just had two scoops of Edy's raspberry sorbet, which sort of tastes like Italian Ice. CIO

Note: <888> 07/27/03 Sunday 1:20 A.M.: I chatted with a couple today from southern Europe, and they told me that one can buy "Cold Pressed" Olive Oil in Astoria Queens, New York. CIO

Note: <888> 07/27/03 Sunday 12:40 A.M.: Another news story on the shooting on Friday in my neighborhood  
<http://www.msnbc.com/local/NTCT/57619.asp?0LA=aer9n> . CIO

Note: <888> 07/27/03 Sunday 12:20 A.M.: I finished going through my email. CIO

Note: <888> 07/26/03 Saturday 11:25 P.M.: I found this interesting site about Oslo, Norway which I visited during the end of February 1983 and the first part of March of that year Forbes Virtual Guide, Oslo, Norway . CIO

Note: <888> 07/26/03 Saturday 10:45 P.M.: I had the same Greek Style summer salad that I have been eating all month, and this time I added a can of flaked solid white albacore tuna fish with it along with a glass of ice tea. The Greek salad is not too expensive. Basically five large leaves of Red lettuce cost about .25, two plum tomatoes cost about .50, 20 baby carrots cost about .25, a half of red Bermuda onion costs about .35, 15 large black pitted olives cost about .35, five double tablespoon dabs of homemade hummus costs about .35, 20 croutons costs about .20, 1/8 of a cup of grated parmesan cheese costs about .20, 2 ounces of Monari Balsamic vinegar costs about .40 and two ounces of Italian extra virgin olive oil costs about .50, and 2 ounces of feta cheese costs about .75, and a can of solid white albacore tuna or crab meat or tiny shrimp or canned salmon or sardines costs about \$1 to \$2.50, so the approximate cost of a large summer style Greek salad is \$5.10 to \$6.60 at current prices. It is a bit more than I have been use to spending regularly for dinner over the years, but I have been trying to eat healthier and lose weight this month. I figure Greece is not too wealthy of a country, and if the Greeks can afford a similar diet, we more modest people in America can also afford it, while the produce is in season, which it generally is year round because of California and Florida. I noticed

a local Connecticut farm stand across the street today by the Chinese laundry with fresh picked sweet corn. CIO

Note: <888> 07/26/03 Saturday 9:25 P.M.: I was up at 1 P.M. today. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I vacuumed the apartment. I cleaned up, and I went out. I drove over to Tod's Point, and I took the 2.5 mile walk around Tod's Point. If anyone has lost a black domestic rabbit with two small tan spots on the right side, I saw it hopping around the area of the Holly Grove. I next went downtown, and I walked the entire length of Greenwich Avenue. I noticed a black squirrel at the veterans monument too. They normally come from further north. I stopped by CVS, and I bought the last two packages of [www.greatcleaners.com](http://www.greatcleaners.com) containing Orange Eliminator instant spot remover, Orange Glo Wood and Cleaner and Polish, Oxi Clean, and Orange Clean tough acting degreaser and multi-purpose cleaner for 75% off the whole box of cleaners for \$2.50 each box plus .30 tax for \$5.30 total. I then completed my walk. I then drove down by the waterfront, and there was no parking because the area was full of wharf rats. I then went by the Stop and Shop, and I bought four cans of California jumbo and large pitted black olives 6 ounces dry weight for .99 each, a 8 ounce package of Athena made in Wisconsin feta cheese with garlic and herbs for \$3.20, two 28 ounce cans of Goya chick peas .99 each, two red Bermuda onions at .99 a pound for \$1.54, a 16 ounce bag of baby carrots for \$1.69, and a head of red leaf lettuce for .79 for \$13.16 total. I then returned home, and I brought up my purchases with my cart, which I keep behind my apartment door. CIO

Note: <888> 07/26/03 Saturday 4:40 A.M.: Stamford Advocate story on the neighborhood tragedy yesterday [The Advocate - Greenwich man kills wife, self](#) . I will head off to sleep. CIO

Note: <888> 07/26/03 Saturday 2:40 A.M.: I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 07/26/03 Saturday 2:10 A.M.: I installed some Windows Updates on my Windows XP system. I am about to have a bowl of cherry Jell-O with fruit cocktail. CIO

Note: <888> 07/26/03 Saturday 1:05 A.M.: This is a link to the shooting story in my neighborhood <http://www.wtnh.com/Global/story.asp?S=1375907&nav=3YeXH6pr> . The Greenwich Time <http://www.greenwichtime.com/> should have the story later on today. CIO

Note: <888> 07/26/03 Saturday 12:50 A.M.: I finished cleaning the apartment and watering the plants. I will do the vacuuming later on today, when I wake up. CIO

**Note: <888> 07/25/03 Friday 11:05 P.M.:** I had the same summer salad for dinner this time with King Oscar sardines, and I also added the sardine olive oil. I took five leaves of chilled red lettuce, and I removed the stalks, and I broke them into two to three inch pieces, and I put them in a lettuce spinner, and I rinsed them underneath cold water. I put them on a dinner plate. I then spread 20 chilled baby carrots over the dinner plate on top of the red leaf lettuce. I then sliced two chilled plum tomatoes into 3/16 inch thick slices, and I put them on the plate. I next put five chilled heaping double tablespoons of homemade hummus [www.geocities.com/mikelscott/hummus.htm](http://www.geocities.com/mikelscott/hummus.htm) evenly spaced on the salad. I next spread 15 chilled large pitted black olives on the salad including one in each dab of hummus. I then put one half of a chilled diced red Bermuda onion on the salad. I then spread 20 Pepperidge Farm generous cut low fat Caesar croutons on the salad. I added the container of King Oscar sardines and the sardine olive oil. I then spread 2 ounces of the chilled garlic and herbal feta cheese over the salad. I then spread about an eighth of a cup of chilled grated parmesan cheese over the salad. I then spread about an eighth of a cup of room temperature Monari Italian balsamic vinegar and a eighth of a cup of room temperature Italian extra virgin olive oil over the salad. I seasoned it with ground black pepper and salt. I had the salad for dinner with a glass of ice tea. I chatted with a friend and a relative. I will now do my house cleaning and watering the plants instead of waiting until tomorrow. I will hold off on the vacuuming, until I wake up tomorrow. CIO

**Note: <888> 07/25/03 Friday 8:50 P.M.:** I went out after 4:45 P.M.. As I was exiting the complex, I noticed about six police cars and a police investigation van along with a couple of tow trucks at the family residential units that line the road coming into the public housing McKinney Terrace residential complex here in Byram a part of Greenwich, Connecticut where I live in the elderly and disabled building at the end of the road. I chatted with two of my neighbors, and they told me a long time resident here who was a town employee in the family apartments had shot his wife and then committed suicide. Thus the police were investigating the crime scene. Apparently the channel 8 and channel 3 local television news stations covered the story. I have not seen or read any news stories on the subject. When I left here, I went over to Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then stopped by the Arnold Bread outlet, and I bought two 5.5 ounce boxes of Arnold Home-style croutons garlic and herb flavor larger size for .99 each box and two loaves of Arnold Brannola nutty grain bread for .99 each less 10% senior discount of .40 for \$3.56 total. I then drove down by the waterfront, and some of the local wharf rats were there. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought the last box of [www.greatcleaners.com](http://www.greatcleaners.com) containing Orange Eliminator instant spot remover, Orange Glo Wood and Cleaner and Polish, Oxi Clean, and Orange Clean tough acting degreaser and multi-purpose cleaner for 75% off the whole box of cleaners for \$2.50 plus .15 tax for \$2.65 total. I then completed my walk, and I returned home. The police were just departing the crime scene. One of my neighbors told me the perpetrator had been out watching the baseball game last night with hundreds of other people. I had a glass of ice tea,

and I will now put away my purchases. I chatted with a friend's relative, and I chatted with a relative. CIO

End of Scott's Notes week of 07/25/03:

Note: <888> 07/25/03 Friday 4:05 P.M.: I was up at 2:30 P.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I will now send out my weekly notes. It is 91 degrees Fahrenheit outside right now, so I guess it has warmed up locally. I have my General Electric Profile 15,500 BTU air conditioner with remote control set at 68 degrees Fahrenheit, and it is about 72 degrees Fahrenheit in the apartment presently. After I send out my weekly notes, I will clean up, and I will go out for some day time activity. CIO

Note: <888> 07/25/03 Friday 3:05 A.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 07/25/03 Friday 2:50 A.M.: I dusted of the items on top of the long mahogany bureau in the living room. I keep a number of candle sticks in case we ever run short of electricity. I also have a number of candles in the left hallway bookcase. I generally do not watch too much television, so when I am not busy on the internet, I just do some normal maintenance routines. I could consider throwing out all the empty boxes I have stored in the closet and the television chest, but I have kept them in case I need to package up the items again that came in them. They do take up quite a bit of storage space, but that will have to wait for another time. I also have quite a few pairs of old shoes that I have not got donated, since I have kept them in case I need to have old shoes for some type of more industrial work in case it is ever muddy here. Still, I have lots of good pairs of shoes too. I have also kept all my clothes from when I weighed 135 pound up to my present weight of 208 pounds, so in case I manage to lose weight I will have an even better wardrobe. Thus one's own apartment is the best thrift shop, if it is properly managed. In the second hamper I have by the end of the day bed, I have stored lots of pairs of pants that are waist 32 inches to 34 inches, which at my present waist 40 inches do not fit me. I have about 6 humidifiers stored in the false ceiling above the bedroom bed in case the government pays for our electricity again, and I keep the apartment warmer in the winter, which also makes it drier in the winter. With the cooler temperatures in the apartment in the recent winters, it is plenty damp, so I do not need to use the humidifiers. I also have three sit on the ground blue and white beach chairs stored there too, besides the two long beach chairs in the back of the car. I have my computer shipping box stored there, and a number of throw pillows that I am not using. Above the area above the Danish bar in the living room, I have stored my pine cone Christmas wreath and a small two foot tall artificial Christmas tree. I have a lot of paper goods stored in the right side of the bedroom closet shelf, and basically the apartment has evolved to its present state, since I paid for all the items, I do not feel like getting rid of them. I also have a rug shampooer stored underneath the day bed with its attachments. I have not cleaned the rug in two years, but since I never wear my shoes in the apartment, and since I vacuum once a

week, the rugs are in pretty good shape. I have so much furniture in the apartment, I was thinking of taking the day bed up to a relative's in Maine in September if a friend can get away in his station wagon. I paid \$70 for the antique pineapple day bed at the Merry Go Round Mews thrift shop, and it is about 2.5 feet wide by about 6 feet long with pineapple posts. It came with a custom size box spring and mattress which are in very good shape. I use it for guests, but since I rarely have guests, it is just taking up a lot of space. I could have a guest sleep on the long couch which has a new olive color corduroy slip cover on it. Since I have been smoking by the kitchen stove fan, the apartment does not have the intense smell of smoke anymore. If I moved the day bed out of the apartment, I could move the long mahogany bureau underneath the mirror on the far living room wall, and I could put the two Danish end tables that I have stacked into a bar on either side of it. I then could slide the blue love seat couch out further away from the long green couch which are only presently separated by about three feet, and there would be about five feet between them. I then could use the large brass and glass coffee table I have on the bedroom Danish desk as a bigger coffee table in the living room, with the two brass and glass end tables, I have together between the present couch setup as end tables on the blue couch. Of course it is nice have a comfortable day bed for guests too. Whatever the case, it depends on weather the friend can transport it to Maine. I would also have a storage problem with all the glassware on the Danish bar setup and its other items. Also the old backup IBM Cyrix computer and other items are on the brass and glass coffee table in the bedroom above the desk giving the desk a working area. Thus my apartment is like a Rubik's cube, when you move one item, one has to move a whole lot of other items. I would also have to store the items I have stored underneath the day bed. Thus after 14.5 years in this apartment, I have accumulated quite a few personal belongings. Still, in its present layout the apartment is workable and orderly. I have been told by a friend that the apartment looks like the interior of one of the private Vanderbilt railroad cars in Shelburn, Vermont. Well, anyway that is the state of my own pied a terre in the Greenwich, Connecticut area. CIO

Note: <888> 07/25/03 Friday 1:50 A.M.: I washed and dried and polished all the cocktail, bar, and other glassware on the Danish bar, which are over a 100 items. I dusted the Danish bar, and its other items beside the glassware. Underneath the Danish bar, I have a number of mixers which are probably about 5 years old, but I would imagine they are still good. The water in the three seltzer bottles is about two years old, maybe three. Thus although it is still set up the same, it looks a lot more sparkling and clean than it did before with a couple of years of dust on it. CIO

Note: <888> 07/24/03 Thursday 11:50 P.M.: I had four Danish cookies. CIO

Note: <888> 07/24/03 Thursday 11:35 P.M.: I watched some television. I chatted with a relative. CIO

Note: <888> 07/24/03 Thursday 10:05 P.M.: I chatted with two relatives. I went through my email. CIO

**Note: <888> 07/24/03 Thursday 8:15 P.M.: I had the same super summer salad that I have been eating regularly recently, but this time I made it with a six ounce can of solid white albacore tuna fish. I had the salad with a glass of ice tea. CIO**

**Note: <888> 07/24/03 Thursday 7:20 P.M.: I had 15 Breton wheat crackers for a snack while I was first trying to sleep. I was up at 1 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop. I bought for \$15 an antique mirror about 50 years old with a maple wood finish about 30 inches by 19 inches with the mirror part 23 inches by 15 inches. It has a curved top with rounded edge and a groove in the wood. The mirror glass in it seems to be newer, since it is not spotted like many old mirrors. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times and P.C. Magazine. I then returned home. I hung the antique mirror on the hallway side of the bathroom door, so it looks roomier in the hallway, since I keep the bathroom door closed most of the time. I took the Ducks Unlimited pictures of wild ducks off the bathroom door, and I hung it behind the bedroom desk behind the large Long Island light bulb. I took the antique mahogany frame mirror from behind the bedroom desk, and I hung it above the clothes hooks on the right side of the bedroom entrance, so it looks more spacious. I put the picture of the Great Blue Heron that was there on the lower left side wall at the bathroom door entrance beneath the French picture of the Moulin Rouge. I thus was able to do something a little bit more creative today. I have a total of 14 mirrors of various sizes that help make my smaller apartment look a little bit more spacious. CIO**

**Note: <888> 07/24/03 Thursday 4:15 A.M.: I will now shut down the computer. I will go to bed soon. I have a 3 P.M. appointment later on today. CIO**

**Note: <888> 07/24/03 Thursday 4:05 A.M.: A neighbor inquired today, if I had a General Electric reader light, and I checked my inventory of bulbs, and I have a 170 watt General Electric reader light along with a 3 way bulb. I do not have a fixture I read around that can fit the larger General Electric reader light, since one need a larger floor lamp to hold it. I gave my large standing reading lamp with a Victorian type lamp shade to a friend in Irvington, New York whom did not have adequate light along with the collected series of novels by Washington Irving, which I bought for about \$5 at the Tarrytown, New York Episcopal church tag sale about 10 years ago. I hope he got a chance to read a lot like his father always does. I do not think it is safe to put in a hotter light bulb in a smaller lamp fixture. I did put in a 100 watt bulb in the brass and marble small lamp with orange glass globe that I have on the Danish bar for brighter reading if one sits in the yellow French antique style chair or the blue corduroy love seat. I also have two Cole Porter lamps on either side of the day bed, which I leave off. The one by the head of the bed with the pillows has a 100 watt bulb in it with a hand turn rheostat to dim it. CIO**

Note: <888> 07/24/03 Thursday 3:35 A.M.: I put the ice tea in the refrigerator. I went through my email earlier. Volcano information from <http://www.volcano.si.edu/reports/> follows:

**KLIUCHEVSKOI Kamchatka Peninsula, Russia 56.06°N, 160.64°E; summit elev. 4,835 m**

Seismicity was above background levels at Kliuchevskoi during 11-18 July. Several earthquakes occurred each day with magnitudes of 1.3-2.2 at depths around 30 km and at shallower levels. Explosions sent ash clouds to a height of ~1 km above the volcano and during 12-16 July ash clouds reached ~2 km above the volcano. Kliuchevskoi remained at Concern Color Code Orange <[http://www.avo.alaska.edu/avo4/updates/color\\_code.html](http://www.avo.alaska.edu/avo4/updates/color_code.html)>. CIO

Generally when the Volcanoes erupt in Northeastern Russia or Western Alaska, it can make for cooler rainy weather in the summer, and much colder northwestern winter weather in the winter as the volcanic winds circle around the arctic circle blocking what remain of the sunlight in the Nordic nights of winter. Thus since we live in an area that gets weather from further north, it is relevant to the people whom live in the New York area on a four seasons basis, since the Nordic winds can come spinning down from the north country with gusts of much colder air in the winter. Of course it effects other people around the world in northern locations too. CIO

Note: <888> 07/24/03 Thursday 3:00 A.M.: Back in the early and mid 1970s when I helped a friend run a rent controlled apartment in Manhattan near the United Nations, since we had no oil out in the suburbs, it was important to the friend to always use Twinings tea or other teas available at <http://www.mcnultys.com/> along with coffees. Since presently we have energy in the suburbs, and we can afford to be frugal gourmets, I enjoy adding a variety of teas to my ice tea mixture. Since Greenwich, Connecticut is on Long Island Sound which is on the Atlantic seaboard, we tend to have a larger variety of imported products here at reasonable prices than one might find in the hinterlands of America. However, I recently noticed that Costco in Port Chester, New York sells Twinings Earl Grey tea in bulk quantities at very reasonable prices along with a number of other popular items if one can afford the yearly fee of a Costco card of \$45. Also one needs room to store bulk items in their residents, which in my 450 square foot apartment, I do not always have. The last time I saw the friend that lived near the United Nations he had moved uptown five blocks in the same neighborhood to a swankier apartment on a higher floor that was more private. I preferred the ground floor rent controlled apartment, since when one was doing many errands, it was easier to run out at a moments notice on an errand without the hassle of an elevator and a doorman. The friend was somewhat of a scholar speaking a dozen different languages, and at that time about 11 years ago, the friend had a Chinese helper who was attending Columbia



University, and the friend was reading 600 year old books about five inches thick in some dialect of Chinese that I did not recognize. Thus although the friend is suppose to be pushing up tulips according the American press, since the friend had lived all over the world, the friend whom was Nordic but preferred warmer weather could be living on a tea plantation in China trying to figure out how he arrived there, and if possibly was kidnapped by extraterrestrials in the process of trying to run an orderly environment in Manhattan near the United Nations. I have seen that friend here a number of times, and he still prefers to ride a bicycle like in Peking, and for a long time there was a youngster here that I have not seen in two years that looked like the friend's son or relative. Thus the friend has look-alikes or he is pursuing other more advanced academic matters, and does not want to be bothered in the current environment he may have settled in. That was the same friend that kept the Friedrich <http://www.friedrich.com/> air conditioner going in his apartment all winter in Manhattan during some very cold winters, and the same friend was a neighbor in Nantucket. Thus Nordic people have a large area to hide out in, where ever they may chose to go after Manhattan. The last time I saw that friend about 11 years ago, I suggested to the friend to visit Norway. I once saw the same friend's image on a Royal Viking cruise brochure after he supposedly started pushing up tulips. I do know the King of Sweden likes collecting Chinese Art, so maybe the friend was dispatched to China to collect art for the King of Sweden. Whatever the case, it is not my inclination to interfere with other people's sovereign affairs, since I tend to lead a very simple of life myself. Basically to get all my chores done, I can not spend too much time on dwelling on other major world affairs in the media, since I am attempting to run my version of that friend's apartment based on about 1/20th of the annual budget compared to what the friend spent in those rather harsh financial times. Thus by working for people whom are better financed, one learns some upscale shopping habits, which the simpler people in the hinterlands, may not appreciate. Anyway, when one writes, one is suppose to write from experience. Thus in my web log, I am writing from experience. CIO

Note: <888> 07/24/03 Thursday 2:25 A.M.: Weather story [CNN.com](http://www.cnn.com) - [As world swelters, some rare cool spots - Jul. 23, 2003](http://www.cnn.com) . CIO

Note: <888> 07/24/03 Thursday 1:45 A.M.: While on the subject of tea, I am making up a new batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I changed the recipe which I have been using for the last six months to reflect my inventory of currently available teas that I am using in the mixture. I am down to my last box Bigelow 100 count tea bags, since I gave away about two thirds of the 35 boxes of 100 count that I bought about 18 months ago for a dollar apiece at Staples in Port Chester, New York from their clearance section. Of course Bigelow in America is known as a Boston tea company, but the last time I looked there were no tea plantations in Boston. I think Bigelow tea might come from China, since it has China black pekoe tea in it along with orange pekoe tea. I gave away a lot of the tea, since I knew it would spoil before I used it all up. CIO

**Note: <888> 07/24/03 Thursday 1:05 A.M.: I had a bowl of cheery Jell-O with fruit cocktail mixed into it. Well, not much is happening in Greenwich, since people whom seem to be able to afford to live here, also seemed to be able to afford to take vacations in the summer. Thus more than likely other people whom have not seen or traveled to Greenwich, Connecticut obviously might venture here in their travels too. Having lived in a number of resort communities, I have a different viewpoint of Greenwich than some of the real estate agents whom think this is a strictly private town. With up to a million vehicles traveling through this town every week on two major highways, I would say it would be safe to say that the downtown area reflects a cross section of traveling America. No one ever asks me anything with all my experience, but how to get to Interstate 95, which if one is downtown is right at the train station, left at the first light. I found it unique today that somebody walking up Greenwich Avenue whom looked familiar asked me how to get to the Stop and Shop. I had to figure out to alternative paths, the shortest one or the scenic one. I suppose it was somebody off of a boat, since frequently people off boats do not have cars, and they have to come ashore to gather provisions, which having lived in Nantucket, Key West, Manhattan and other nautical locations such as Fort Lauderdale and other parts of both the Atlantic and Pacific shores of America and around the world, I am use to seeing. Of course a lot of people around here wear topsiders boat shoes, so it does not mean they are all experienced around the waterfront though. I told the visitor that the Stop and Shop was a Dutch supermarket and opposed to the Food Emporium which is a German supermarket or as opposed to the Food Mart which is an Italian supermarket. I do not know the ownership of the organic food supermarket on the Post Road just east of Greenwich Avenue, but all the employees of the various supermarkets reflect the cultural diversity of the food industry as we know it in America. I chatted with one store employee from Burma today, and since Burma use to be a British colony more than likely there are still large tea plantations in Burma. I asked if the movie "Bridge on the River Kwai" took place in Burma, and I was told it took place in Thailand. I remembered in the movie that the bridge on the River Kwai was on the Rangoon, Burma railroad line which went to China. I told him I knew about Burma tigers, and that Thailand was one of the most alligator and crocodile infested areas in Asia. I asked if the river scene in the end of the movie "Romancing the Stone" with all the crocodiles was filmed in Burma, and he told me probably Thailand. Still the Food Emporium is owned by the A&P company which started in 1859 selling tea and coffee, thus over the years a lot of people have had to deal with a lot of tropical nature to get a good cup of tea back in the northern countries. My father knew a British general whom had served in Burma, and the British general gave my father the first Beatles albums to come to the Americas at least a year before they were on Ed Sullivan, and we use to lend them out to the local radio station here in Greenwich, since all the older teenagers enjoyed the music. That was in the good old days when a Dutch family owned the Greenwich radio station. CIO**

**Note: <888> 07/24/03 Thursday 12:25 A.M.: For information on Mental Health <http://www.mentalhealth.com/> , however I have not had time to search the site for "Internet Addiction", however "Internet Addiction" could be just considered**

reading, which a great many literate people do, depending on what content one looks at. I suppose reading documents in \*.pdf format on the computer has the advantage that one can enlarge the type on the monitor to a readable format. One document I looked at had 1/32nd of inch size type when printed out, so despite all the profits in the pharmaceutical industry, they are still trying to save paper by printing in extremely small type. I suppose it is because pills come in small bottles, so the instructions that come on small slips with the bottles have to be in small type. I guess a lot of Doctors have to use magnifying reading glasses. Of course the medical profession can afford larger high resolution color LCD monitors, which some of the other laymen can not. I compose my web pages in fairly large type, so people using laptop computers with smaller screens can read the pages more easily. Being Scottish frugal, I use red letters and a white background, because they stand out on a color monitor. Also when one prints out red letters on a black ink printer or black and white laser printer, it is like grey thus consuming less ink. However, if one printed out my notes in color, it would consume up one's red ink cartridge much faster than normal. Also Red and White are the colors of Switzerland, the International Red Cross, and the American Red Cross, Canada, Denmark, and a few other lesser known groups. CIO

Note: <888> 07/23/03 Wednesday 10:25 P.M.: Food for thought  
<http://www.mentalhealthcommission.gov/> . CIO

Note: <888> 07/23/03 Wednesday 9:55 P.M.: I got a post card today from <http://www.visitbritain.com/> . They apparently have a lot of travel bargains to the United Kingdom right now. American Airlines Vacations 1-800-321-2121 air and hotel package 4 days / 3 nights from \$589, 7 days / 6 nights from \$685 at the Thistle Euston, London with a free English breakfast daily. One can also stay until September 30, 2003 at any of 11 Marriott Hotels in and around London for the special rate of \$110, \$141, or \$189 per room for two with an English breakfast included call 1-800-228-9290 and mention reference code "LYJG", and of course the web site [www.visitbritain.com/2003](http://www.visitbritain.com/2003) or <http://www.travelbritain.org/> has other travel bargains. With so many Yanks going over there, I will have to keep a keen eye out for visiting Limeys, since the first thing they teach one in travel and tourism is that the road runs two ways. On the front of the post card from Visit Britain, it says, "Only in Britain Can You See Crown Jewels Without Spending the Family Fortune." CIO

Note: <888> 07/23/03 Wednesday 9:35 P.M.: I chatted with a relative. CIO

Note: <888> 07/23/03 Wednesday 9:00 P.M.: I installed a Windows XP security update from Windows Update. I took five leaves of chilled red lettuce, and I removed the stalks, and I broke them into two to three inch pieces, and I put them in a lettuce spinner, and I rinsed them underneath cold water. I put them on a dinner plate. I then spread 20 chilled baby carrots over the dinner plate on top of the red leaf lettuce. There was an article on ABC news web site last night that mentioned baby carrots <http://www.grimmway.com/baby.htm> , but I can not find it

now in their search engine. I then sliced two chilled plum tomatoes into 3/16 inch thick slices, and I put them on the plate. I next put five chilled heaping double tablespoons of homemade hummus [www.geocities.com/mikelscott/hummus.htm](http://www.geocities.com/mikelscott/hummus.htm) evenly spaced on the salad. I next spread 15 chilled large pitted black olives on the salad including one in each dab of hummus. I then put one half of a chilled diced red Bermuda onion on the salad. I then spread 20 Pepperidge Farm generous cut low fat Caesar croutons on the salad. I then opened a 7.9 ounce can of ICY point canned salmon from Alaska, and I rinsed it with its lid on underneath cold water a half dozen times squeezing out the water. I flaked the salmon in a bowl, and I looked for any small bones that can be in canned salmon. I then spread it over the salad. I then spread 2 ounces of the chilled garlic and herbal feta cheese over the salad. I then spread about an eighth of a cup of chilled grated parmesan cheese over the salad. I then spread about an eighth of a cup of room temperature Monari Italian balsamic vinegar and a eighth of a cup of room temperature Italian extra virgin olive oil over the salad. I seasoned it with ground black pepper and salt. I had the salad for dinner with a glass of ice tea. CIO

Note: <888> 07/23/03 Wednesday 7:40 P.M.: I had five Breton wheat crackers before going to bed. I was up at 1 P.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then returned home briefly to avoid rain. I then went back downtown, and I stopped by the Greenwich Hospital Thrift shop. I then went down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought buy one get one free of packages of CVS 50 count legal plain white envelopes for \$1.39 both boxes and two 12 ounce containers of CVS Aroma Therapy air freshener and odor eliminator Potpourri fragrance for .60 each plus .16 tax for \$2.75 total. I then went by the Greenwich Library, and I read the Greenwich Times and the Wall Street Journal. The Wall Street Journal has a front page article about Microsoft. I then went by the Food Emporium, and I bought two half gallons of Tropicana orange and pineapple juice with calcium for \$2.50 each. I then went by the Stop and Shop, and I bought a 10 quart box of 10 dry packages of S&S powdered milk for \$6.99, four Jell-O no sugar 2 sparkling wild berry, one sparkling white grape, and one sparkling mandarin orange for .75 each, and a 8 ounce container of Wisconsin made Athenos garlic and herbs feta cheese made from goats milk which is low cholesterol for \$3 for \$12.99 total. I then returned home, and I had a glass of ice tea, and I put away my purchases. CIO

Note: <888> 07/23/03 Wednesday 1:50 A.M.: I went through most of [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm). I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 07/23/03 Wednesday 1:00 A.M.: I installed the final version of Microsoft Messenger 6.0 <http://messenger.msn.com/Download/>. CIO

**Note: <888> 07/22/03 Tuesday 11:40 P.M.: Currently I have three televisions in the apartment. I usually watch one of them when I wake up, and I have breakfast which could be at any time of the day. Once or twice a week, I might watch the evening news. I then occasionally watch television after 2 A.M. before going to bed. Thus I do not really watch that much television, except occasionally when the weather is inhospitable, which in this area can be frequent particularly during the winter. Of the three televisions I have in the apartment, I have the new Panasonic 13 inch color television in the kitchen, the two year old Orion 25 inch color television in the living room, and the six year old Proscan 20 inch color television in the bedroom. Since I do not watch that much television overall, they are all in good working order. Whatever, the case when the weather is nice, I prefer to get outside and enjoy the day. Still, since I spend so much time on the internet, I do not have that much time to watch television. I have noticed that when occasionally I have guests, they seem to watch more television than I normally do. CIO**

**Note: <888> 07/22/03 Tuesday 11:25 P.M.: Television listings <http://entertainment.msn.com/TV/Guide/> . Apparently Cablevision [www.cablevision.com](http://www.cablevision.com) has Digital television service <http://www.io.tv/index.jhtml> in this area which would be about \$85 a month. Since I already am paying \$48 a month for Optimum Cablevision and another \$45 of Optimum Online Cable Modem service, I can not afford digital service which I might not watch anyway, since I am always zooming out on the internet. However, my roots in communications go way back, since I lived in Decatur, Alabama and I learned how to take two Dixie cups and to run a knotted thread from the bottom of each, and it worked for communications. I believe in Decatur, Alabama we had one local television with a lot of country music and farm reports along with two big city television stations from Birmingham, Alabama. When we moved up north to Connecticut in 1961, we had channels 1 - 13 and a couple of UHF stations. However, there were only about 7 channels on 1-13. When I lived in Greenville, South Carolina for six months in 1976 before the bicentennial in New York harbor, I lived next to one of the first cablevision systems coming from Atlanta, but my building central antenna only had a couple of channels which always showed "I Love Lucy" and local news. When I lived in New York on and off from 1973 to 1983, nobody seemed to have television. I figured nobody kept televisions in Manhattan since they were likely to be stolen. I recall a couple of people did have televisions, but with small built in antennas, they had poor reception in the city. There were a number of professional video bars, where people would gather to watch video. In Nantucket, the last year in 1983, I had a television in the basement bunk room with two channels which always seemed to show "Our Miss Brooks" and "No Time for Sergeants". When I came off Nantucket in 1983 about 20 years ago, I got a television and watched the local airwaves in Greenwich for about five years consisting of about seven channels out of New York. When I moved to my present building about 15 years ago, I had cablevision initially, but I could not afford it, so I dropped it from about 1990 to 1995, and used the rabbit ears on some vintage thrift shop televisions with the same seven channels. From about 1995 I had basic cablevision again, and I have been on the internet for nine years, and**

upgraded from basic Cablevision to Optimum online about four years when I got the cable modem. Thus although, I worked briefly at the Columbia Broadcasting Network CBS in Manhattan in the summer of 1973, I never have been much of a television watcher. Since I am frequently on a night schedule in my normal activity and internet activity, I do turn on the television occasionally after 2 A.M. in the morning, when not much is on but news feeds and old movies. Thus I have missed most of the prime time television over the years. Still I do watch enough television to get a general viewpoint on what they are broadcasting. It seems mostly geared towards children's entertainment in the morning, with casual entertainment in the afternoon, before the prime time in the evening. I have never been able to afford the premium channels, so I am not able to watch the reruns of newer movies. I also have only been to about a half dozen movies in theaters, since I graduated from college, so my primary movie viewing experience is from videotapes and DVD disks from the Greenwich Library. I never have rented a DVD or videotape from a rental store. Thus like many Manhattanites, I am mainly orientated towards observing real activity instead of entertainment. I have noticed that once one gets out into the suburbs where people watch more television, people seem less adept at holding conversations unlike big city people. CIO

Note: <888> 07/22/03 Tuesday 10:15 P.M.: I rested a bit. I had two scoops of Edy's raspberry sorbet ice cream with four Danish cookies. I watched the Bob Dole 80th birthday special on CNN. I turned the air conditioner up to 70 degrees Fahrenheit. It is now 73 degrees outside right now. CIO

Note: <888> 07/22/03 Tuesday 7:20 P.M.: I will now shut down the computer, and I will rest for a while. CIO

Note: <888> 07/22/03 Tuesday 7:00 P.M.: I watched the ABC evening news. CIO

Note: <888> 07/22/03 Tuesday 6:30 P.M.: I chatted with a relative. I put an 1/8th of a teaspoon of Red Cayenne pepper in the fresh batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> that I made two days ago, and I mixed it in. I then took five chilled leaves of Red lettuce, and I removed the stalks, and I broke them in to two to three inch pieces which I put in the lettuce spinner, and I rinsed underneath cold running water. I then spread them across a dinner plate. I put 20 chilled baby carrots on the plate. I next sliced in 3/16 inch thick slices of three chilled plum tomatoes which I spread across the plate. I then put five large heaping tablespoons of the chilled homemade hummus evenly spaced across the plate. I then put 15 chilled large pitted black olive across the plate including one in each dab of hummus. I then diced a half of a chilled red Bermuda onion, and I spread it across the plate. I then spread 20 Pepperidge Farm generous cut low fat Caesar croutons across the plate. I then opened a chilled six ounce can of solid white albacore tuna, and I left the lid on it, and I rinsed it underneath cold water squeezing the water out with the lid about a half dozen times. I then flakes it in a bowl, and I spread it across the salad. I then spread about an eighth of a cup of grated parmesan cheese across the salad. I then spread across about an eighth of a

cup of room temperature Monari Italian balsamic vinegar and an eighth of a cup of room temperature Italian extra virgin olive oil across the salad. I seasoned it with ground black pepper and salt. I had the salad for dinner with a glass of ice tea.  
CIO

Note: <888> 07/22/03 Tuesday 5:00 P.M.: If one is stuck inside on a rainy day, one can look at <http://www.coverups.com/> . CIO

Note: <888> 07/22/03 Tuesday 4:40 P.M.: I listened to the [www.kenradio.com](http://www.kenradio.com) broadcast. I turned off the Andrea Electronics microphone on the Dell backup computer with the Speaker icon, so it is not on when the computer boots a Windows partition. NOAA weather radio continues to go off. Well, we needed a bit of rain in this area. CIO

Note: <888> 07/22/03 Tuesday 4:05 P.M.: L.L.Bean: Adirondack Barn Coat, Flannel-Lined . CIO

Note: <888> 07/22/03 Tuesday 4:00 P.M.: I went through my email. From a food site, I received a message that using a little red pepper in one's food helps prevent stomach gas. There is still a NOAA thunderstorm watch for this area with the potential for heavy showers <http://www.erh.noaa.gov/er/okx/> . I will continue to remain inside doing regular computer work. The outside temperature is down to 79 degrees Fahrenheit, so it has cooled off a bit. CIO

Note: <888> 07/22/03 Tuesday 2:30 P.M.: I received a White House [www.whitehouse.gov](http://www.whitehouse.gov) email from their new form email submission <http://www.whitehouse.gov/webmail> . The email from the White House is a form letter in \*.pdf format. I printed out two copies, and I posted one copy on the bulletin board in the laundry room. NOAA weather radio is going off for impending thunder storms. CIO

Note: <888> 07/22/03 Tuesday 1:50 P.M.: I had eight Breton wheat crackers before going to bed. I was up at 11 A.M.. I watched some television. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I was able to get the blinking red light to go off of my Columbia 2.4 gigahertz cordless phone by using the procedure for turning it off which did not work, but I then cycled through the CB button, and it went off. It was something in the phone. It was not a phone company problem. I straightened up the Dutch flag in my living room which was slightly off center. I have it centered in the living room with the large USA flag on the left and the large British Union Jack on the right. I still have a Saudi Arabian flag, but with the middle east problems, I am not flying it at the moment. However, I might be tempted to fly it in the winter, when we are freezing here for lack of energy. I noticed while I was in Home Depot in Port Chester, New York yesterday, they have Fedders 5,000 BTU air conditioners for \$135 and the Fedders 8,000 BTU air conditioner is \$188. Of course one would have to lift them and install them oneself. They also have a stand alone upright

Maytag 8,000 BTU air conditioner for more. I think the Maytag model is made for people whom have odd side windows, and it sits on the inside of the room with a small duct going outside. It is 88 degrees Fahrenheit outside right now, and it is very humid, so I am staying inside right now. I have my General Electric Profile 15,500 BTU air conditioner with remote control set at 68 degrees Fahrenheit at the moment, and it is 73 degrees Fahrenheit in the apartment. Since I have a large network of friends and associates, I am always surprised no one calls me up, but I was on a night time schedule for so many years, I guess people assume I am still on a night schedule, so they do not want to bother me in the daytime. CIO

Note: <888> 07/22/03 Tuesday 2:20 A.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 07/22/03 Tuesday 1:55 A.M.: I finally got the US Robotics sportster external voice fax modem model #1784 working on my backup IBM Cyrix computer connecting to the local numbers for Juno [www.juno.com](http://www.juno.com) . It was bit tricky. I downloaded this set of drivers from <http://www.usr.com/support/product-template.asp?prod=5685> , and I installed the specific US Robotics Sportster 56,000 Voice Fax external modem driver, which was a 1997 driver. I then ran update from the same directory containing the drivers, and I got the same driver in a April 1998 version. I then selected in the properties option for the modem for 56,000 baud, and software flow control instead of hardware flow control, and I also used the Init String "AT&F1&K0&I0S15=128S27=64S32=34S33=32". The string "S32=34" disables X2, which I did since all of Juno's modems are V90 and V92. I have local numbers for Juno Free dialup in Greenwich, Stamford, Port Chester, and Armonk. Of course the system is my third backup system after the primary system, but it kept me busy working on it. Still in the old days, I worked on systems at its speed all the time. How times have changed. Working on older systems with older parts is sort of a pain, but I am use to it after all these years. The newer systems and newer parts and operating systems and software are not as much of a problem. I did not have a manual for the external modem, and there was not one posted on the internet. I guess it is about 5 years old or so, but it works very well. I am confused why my Columbia 2.4 gigahertz cordless phone keeps flashing a small red light with "MSG" written above it, which I assume stands for Message. I do not have any sort of messaging service. I will have to look at the manual to see what it is about. CIO

Note: <888> 07/21/03 Monday 9:40 P.M.: I have the IBM Cyrix backup computer recognizing the US Robotics sportster external modem, and I have the Juno dialer installed on it. However, it will not dial, and the Juno dialer gives a modem configuration error. I am reinstalling the Dial Up Networking. I am in the process microwaving a Stouffer's 20 ounce lasagna which I will have for dinner with ice tea. CIO

Note: <888> 07/21/03 Monday 7:20 P.M.: I went out after the last message. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I bought for a dollar a U.S. Robotics 56K X2



Sportster external Voice Faxmodem model #1784. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I went by the Greenwich Hardware store and CVS. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the Wall Street Journal and the Greenwich Times. I returned a DVD video disk, and I checked out a videotape. I then went by Home Depot in Port Chester, New York. I bought two Leviton 6 outlet power strips with 3 foot cords for \$2.97 each, a Electricord 6 outlet power strip with 8 foot cord for \$4.98, a OOK deluxe plate hanger set for \$2.19, and a two pack of Eveready Krypton KPR102 flash light bulbs for \$1.94 plus \$1.05 tax for \$16.10 total. I then returned home, and I had a glass of ice tea. I next used the OOK plate hanger to hang the plate with the picture of St. Paul's Church Trinity Parish in downtown Manhattan on the left side of the bedroom door entrance with some other church pictures. I had been using it to hold an assortment of items next to the computer. I replaced it with another plate the Putnam Lodge No. 338 F.&A.M. Masonic plate which I had on the bedroom desk, which is now on the dining room table next to the primary computer. I then took one of the Leviton 3 foot cord power strips, and I installed it next to the other power strip on the white bedroom bureau plugging in the other cords in that area. I took the other Leviton 3 foot power strip, and I secured it with wall anchors to the kitchen wall to the left of the kitchen sink. I plugged it into the six outlet IBM plug adaptor. I now have extra outlets in the center kitchen counter working area. I put the flashlight bulbs in the batteries in the second down left blue bureau drawer in the kitchen. I am saving the 6 outlet power strip with 8 foot cord for future use. I have it stored underneath the right side of the day bed. I had the larger serial adaptor and the serial cable to connect the US Robotics Sportster external modem to the IBM Cyrix backup computer in the bedroom. I connected a telephone cable to it and the wall jack. I plugged the power supply to it, and it seems to work, but plug and play does not recognize it. I did not get the CDrom with the modem, but I will now download the drivers from [www.usr.com](http://www.usr.com). We have a severe thunderstorm warning for this area from 6:30 P.M. to 11 P.M.. CIO

Note: <888> 07/21/03 Monday 12:15 P.M.: It is suppose to overcast and rainy for most of the rest of the week. I will now shut down the computer, and I will go out, and I will pursue an overcast rainy day schedule. CIO

Note: <888> 07/21/03 Monday 11:55 A.M.: Before going to bed last night, I had a bowl of Cherry Jell-o with fruit cocktail. I also had eight Breton wheat crackers. I also moved the second Rubbermaid hamper from in the bedroom between the mahogany bureau and the desk to the end of the day bed in the hallway. I moved the hat rack with the hats from the end of the day bed to the left side of the bedroom entrance blocking the bedroom door from closing. Still it is light, and it would be easy to move to close the bedroom door. I was up at 9 A.M. this morning. On Cspan, I watched the opening of the Rober J. Dole Institute of Politics <http://www.doleinstitute.org/>. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I sorted out the periodicals on my magazine rack at the end of the day bed. I threw out back issues from mid

January 2003 of the Greenwich Post and the Greenwich Citizen. Thus overall the apartment is a little bit better organized. CIO

Note: <888> 07/21/03 Monday 2:05 A.M.: I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 07/21/03 Monday 1:30 A.M.: I straightened up and reorganized the bedroom a bit. I took the new power strip with the three foot cord, and I put it behind the living room sofa to use for connecting a couple of electric clocks. I took the power strip with the six foot cord that was behind the living room sofa, and I plugged it into the live non switchable plug behind the left bedroom night stand. I then cleared off the brass and glass table on top of the Danish desk, and I cleaned it. I then put the backup NEC 17 inch monitor on top of it on top of a cutting board. I put the IBM Cyrix 233 computer with 128 megs of memory and a 6 gigabyte hard drive and a LAN card to the left of it. I connected the Microsoft ergonomic keyboard that I found today to it along with a Microsoft serial mouse. I put the power strip on the right side of the Danish desk. I also connected to the IBM Cyrix computer the HP LaserJet IIP laser printer. I connected the computer, monitor, and laser printer to the power strip. I have it, so when one turns on the power strip with the red switch all three devices come on. The computer does not have a modem, and it is not connected to the cable modem router, since it would take a 50 foot LAN cord to connect it. Still, it is a much more professional looking setup on top of the brass and glass coffee table on top of the Danish desk in the bedroom. I put the large Long Island electric light bulb on top of the NEC monitor. I put the ACER 486 laptop computer with color LCD and 4 megs of memory on the Danish end table on the left side of the Danish desk. I put my recent mail and paper work on the Danish end table on top of some old place mats. I rearranged the bric a brac in that area. I put away some receipts in the file cabinet. Thus the working area on the Danish desk is straightened up. I put the large pile of scratch paper in the bedroom window sill with the spare light bulbs and photography equipment. I put the two DeLonghi oil filled radiators underneath the oak side board. I put the garbage can between the Rubbermaid laundry hamper and the sideboard. I have the high frequency insect noise device disconnected and lying next to the power strip on the white bureau. I also have the Panasonic typewriter disconnected. I will have to get another power strip for the white bureau. Thus, I improved the general appearance of the bedroom, although it is still cluttered, it is a little bit more presentable. I also replaced the far left day bed wall 15 watt frosted candelabra sconce bulb with a spare used one. CIO

Note: <888> 07/20/03 Sunday 11:10 P.M.: I have a First Alert Rechargeable flashlight and a First Alert Rechargeable lantern that need new rechargeable batteries. This page shows their prices [http://www.firstalert.com/customer\\_service/replacement\\_parts.htm](http://www.firstalert.com/customer_service/replacement_parts.htm) . They use to have them at the Port Chester True Value hardware store, and they might have them at the Greenwich or Old Greenwich hardware stores. However, the last time I put new rechargeable batteries in them, I hardly ever used them. Since I have a

number of other flashlights, I am not sure it is worth getting the batteries for them or not. I recall paying about \$7 per rechargeable battery. I have them underneath the backup computer desk in the living room. CIO

Note: <888> 07/20/03 Sunday 10:15 P.M.: I made up a fresh batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> using a can of black pitted olives with the chick peas. I put it in a Rubbermaid container in the refrigerator to refrigerate. I slightly modified the homemade hummus recipe increasing the amount of parsley from a teaspoon to a tablespoon. CIO

Note: <888> 07/20/03 Sunday 9:35 P.M.: I chatted with a relative. I had two ice cream scoops of Edy's Mandarin orange sorbet ice cream. CIO

Note: <888> 07/20/03 Sunday 8:40 P.M.: Good reason never to buy a used SUV that has been on Nantucket 4-Wheelers Threaten Nantucket's Open Beaches . I believe that once one drives SUVs on the beach, so much sand gets into all the gears and mechanics of the vehicle, it becomes a maintenance nightmare in the long run. To view vacationers on Nantucket try <http://www.nantucket.net/live/index.html?> and of course [www.nantucket.net](http://www.nantucket.net) seems to have information on the Island. Of all the different jobs I had on Nantucket, I worked the most at Le Languedoc <http://www.lelanguedoc.com/> for about two entire summers in 1978 and 1983 and a few other times. I worked in the kitchen scrubbing pots and washing dishes. When I retired from the Le Languedoc in 1983, I had worked my way up to being the head dishwasher. I did not care to work anymore in restaurants after so many years on the job. It was quite a hard job. I was making about \$8 an hour in 1983. Anyway life goes on. Living on Nantucket without a car and working was actually a bit of fun to get away from it all, and I was fortunate enough not to be in Greenwich when the bridge fell down. I lived on both India and adjacent Hussey streets downtown, so I was in the center of all the action. Of course, I had to walk to the beach. CIO

Note: <888> 07/20/03 Sunday 7:40 P.M.: I finished off the second half of the summer salad along with a glass of ice tea. I am listening to the <http://news.bbc.co.uk/> BBC World News. This story is about Yahoo! News - 'Popo' Volcano Coats Mexico City in White Ash . I suppose if one is interested in volcanoes, one could look at my old volcano list <http://www.geocities.com/mikelscott/volcanoe01.htm> which I have not worked on much in the last two years for lack of interest. However, <http://www.volcano.si.edu/reports/> generally provides up to date information. CIO

Note: <888> 07/20/03 Sunday 7:05 P.M.: I went downtown after the last message. While dumping out my garbage, I found a Microsoft ergonomic keyboard in the dumpster. I put it with my IBM Cyrix backup computer. The Microsoft keyboard as a PS2 connector, so I would need a generic adaptor which I have to use with the IBM Cyrix backup computer. I do not have the IBM Cyrix backup computer plugged in and setup, since I already have three computers setup. I walked the entire length of Greenwich Avenue including the train station area. I sat out at

various locations. I stopped by CVS during the walk, and I bought a 12 ounce container of CVS Aroma Therapy air freshener and odor eliminator in the Potpourri scent for .60 and .04 tax for .64 total. I will put it with the other air fresheners on the rack by the front entrance door. I drove down by the waterfront, and the Steamboat Road pier was crowded with the usual cross section of wharf rats. It takes time every time I go down there, and thus in the summer when so many people are down there, there is not usually parking, not to mention a lot of the wharf rats are not friendly to the Greenwich residents. Thus when it gets less crowded and at other times of the day, I might check it out. Next I went to the Stop and Shop, and I bought two 29 ounce cans of Goya chick peas for .99, two cans of 6 dry ounces of California large pitted olives for .99 each, a box of Pepperidge Farm low fat generous cut Caesar croutons for \$1.49, a pint bottle of Monari Italian balsamic vinegar for \$1.99, a quart of plum tomatoes \$2.99, a 16 ounce bag of baby carrots \$1.69, two red Bermuda onions at .99 a pound for \$1.20, a head of Red leaf lettuce for .79, and a bulb of garlic at \$2.69 a pound for .43 for \$18.13 total. I returned home, and I put away my purchases. I had a glass of ice tea. CIO

Note: <888> 07/20/03 Sunday 3:05 P.M.: I finished running Norton Antivirus. I made the heaping summer salad, the same as yesterday. I was only able to eat half, so I saved the other half in the refrigerator for eating later today. I will now clean up, and I will go out. CIO

Note: <888> 07/20/03 Sunday 2:10 P.M.: I will start running Norton antivirus, which will take a while. I will probably go out after I have my meal. CIO

Note: <888> 07/20/03 Sunday 2:05 P.M.: I will now make up the same summer salad as yesterday to have for my primary meal of the day. I will have it with a glass of ice tea. CIO

Note: <888> 07/20/03 Sunday 2:00 P.M.: I put a "Sounds and Audio Devices" icon on the desktop, so it is easily available for switching from the Plantronics DSP 500 headset to the computer stereo speaker system depending on what one's listening preferences are. I generally leave it setup for the Plantronics DSP 500 headset, since I frequently chat with others on the internet using Net2Phone. CIO

Note: <888> 07/20/03 Sunday 1:25 P.M.: I had a call from a friend about 7:30 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. At 8 A.M. I watched Robert Schuler [www.hourofpower.org](http://www.hourofpower.org) which is now on the Lifetime Channel 45 on our local Cablevision system. I chatted with a relative. I fell back to sleep until just now. CIO

Note: <888> 07/20/03 Sunday 1:35 A.M.: I finished running the utilities and the C: drive to D: drive backup. I also ran Norton SpeedDisk on the C: drive. I had a bowl of two scoops of Mandarin orange ice cream and five Breton wheat crackers. I

will now shut down the computer. I will go to bed soon. I have been watching television. CIO

Note: <888> 07/19/03 Saturday 11:10 P.M.: I will now do a system restore backup, I will then run Disk Cleanup on the C: drive, Norton CleanSweep on the C: drive, Norton Update, Norton Disk Doctor, Norton WinDoctor, and then I will do a C: drive to D: drive backup. This will all take about 1.5 hours while, I will be off line. CIO

Note: <888> 07/19/03 Saturday 11:10 P.M.: I finished off the raspberry Jell-o with California strawberries along with some ice tea. I boiled two cups of water. I put in two packages of regular Cherry Jell-o in a six cup Pyrex bowl, and I added the two cups of boiling water, and I stirred it for two minutes. I opened a chilled 15.25 ounce can of DelMonte fruit cocktail in heavy syrup, and I drained the syrup out into a separate two cup measuring cup with a wire strainer or about 4 ounces of syrup. I added about 12 ounces of fresh orange juice to the two cup measuring cup for 16 ounces total orange juice and syrup mixture, and I added it to the Pyrex bowl with the Cherry Jell-o mixture. I mixed it , and then I added the DelMonte fruit cocktail, and I mixed it in with the liquid ingredients. I then covered the Pyrex bowl with its lid, and I put it in the refrigerator to chill. CIO

Note: <888> 07/19/03 Saturday 10:40 P.M.: I put the package of OOK hooks in the right top mahogany bureau drawer in the bedroom. I put the Duracell 303/357 battery in the top left living room desk drawer. I put the power strip along side the other power strip on the white bureau in the bedroom to have more power sockets in that location. I also put the Coleman emergency light back in that power strip, so if the power goes off at night, I will have light initially in the bedroom, which would be very dark without power. Of course, I have multiple flash lights and lanterns in the apartment and a few small oil lamps, candles, transistor radios, and a cranks radio, so I am prepared for a power outage. I put the Cobra low voltage adaptor behind the bedroom television. I had taken the top shelf brackets from the sweater closet in the hallway out, to use them to repair the bedroom closet shelf assembly when it collapsed during the third week of June of this year. So I used the pair of brackets that I bought which are similar to repair the top sweater shelf. I had to drill new holes, and the new brackets anchors pound in, instead of screwing in. It is now back into position. I put the Frost King air conditioner filter on the left side of the shelf in the right living room closet. I have a new one in the air conditioner right now that is about two months old. I should wash it soon. I put the extension cords and cablevision cords that were in the bottom of the hallway sweater closet in the underneath the right side of the day bed. Earlier today, when I was doing house cleaning, I took the blue coral and the white coral that I bought at the ELDC thrift shop about 12 years ago, and I moved it from behind the backup computer to on top of the left hallway bookcase. CIO

Note: <888> 07/19/03 Saturday 9:40 P.M.: I went out after the last message. I stopped by the Greenwich Hardware store. They have shelf supports there, but I

was looking for a different type. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I then went by Exxon, and I bought \$5 of regular unleaded gasoline at \$1.759 a gallon for about 26 miles per gallon. I then drove over to Home Depot in Port Chester, New York, and I bought a pair of ClosetMaid #6620 wall shelf brackets with anchors similar to the ones at the Greenwich Hardware store for \$1.97 for the pair, a valu-pak of OOK professional picture hangers containing three 20 pound hooks, four 5 to 10 pound hooks, three 30 pound hooks, one 50 pound hook, and one 100 pound hook plus about 20 carbide steel nails for \$8.98 for the package, a Leviton power center 6 outlet power strip with three foot cord \$2.97, a Duracell 303/357 1.5 volt silver oxide battery which is the same as SR44, 303, SR47, A, J, for \$1.97, and Frost King air conditioner filter for .97 plus \$1.18 tax for \$18.04 total. I got the battery to have in reserve for my car interior LCD clock, which does not work in hot weather when the inside of the car gets too hot, it quits, and then resets itself to noon. The current battery in it is good, as far as I know. I then drove back to downtown Greenwich, and I walked lower Greenwich Avenue, and I sat out briefly. I then went by the Stop and Shop, but orange juice was \$3 a half gallon there, so I went to the Food Emporium, and I bought two half gallons of Tropicana orange with pineapple juice with calcium for \$2.50 each for \$5 total. I then returned home, and I had a glass of ice tea. CIO

Note: <888> 07/19/03 Saturday 3:50 P.M.: I finished off the bag of Lays onion and sour cream potato chips before going to bed yesterday, and I also had ten croutons. I was up at 8 A.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 1 P.M.. I did my house cleaning and watering the plants. I just had the same salad as yesterday, except with a 6 ounce can of crab instead of small shrimp along with a glass of ice tea. I have noticed in this area amongst a certain select few whom are not on the internet, they seem to suffer from a condition called "New York Times Syndrome", "Wall Street Journal Syndrome", or "Greenwich Times Syndrome", since their viewpoint is limited to those publications. Thus I guess from the internet, I have "Yahoo Reuters, Associated Press Syndrome" along with an over indulged "Technology Syndrome". However, having a "Technology Syndrome" can be a benefit, since when one is on the computer all the time, knowing how to repair and maintain one's computer can save considerable expense, since the professional computer technology people charge from \$50 to \$120 an hour, and I have heard rumors that IBM even charges over \$200 an hour. Of course with top notch lawyers today getting \$500 an hour, I guess their office expenses are a considerable part of what they charge. I guess much the same could be said for the medical profession. Thus dealing with the professionals in this area could be quite expensive, since they can afford to live here, they must have some sort of level of professional experience. I wonder how much a qualified Economist earns today. I will now shut down the computer, and I will clean up, and I will go out. CIO

Note: <888> 07/18/03 Friday 10:10 P.M.: I will now shut down the computer. I will watch a bit of television before going to bed. CIO

Note: <888> 07/18/03 Friday 10:00 P.M.: List of acquisitions by Microsoft <http://www.gamectr.com/articles.asp?articleid=731> . CIO

Note: <888> 07/18/03 Friday 9:55 P.M.: The White House in Washington D.C. as opposed to the place in Russia has a new message contact web page that is a more specific web page process for mailing messages to the White House. The link is <http://www.whitehouse.gov/webmail> , and it seems to work. Since they get 15,000 email messages a day, I guess a lot of their email gets lost in the shuffle. CIO

Note: <888> 07/18/03 Friday 9:05 P.M.: I chatted with a relative. CIO

Note: <888> 07/18/03 Friday 7:45 P.M.: I cleared of the old mail and paper work from the right side of the sideboard in the bedroom, and I put it beneath on top of a rail. I took out the black IBM 50th Anniversary Selectric typewriter from beneath the day bed. It works, but the back space function does not work, and I can not fix it. I will put it out on the ground by the dumpster shortly in case anyone wants to claim it for the IBM Armonk museum. I took out the Panasonic KX-E708 typewriter from beneath the day bed, and I put it on the left side of the sideboard in the bedroom. It seems to work fine, but the ribbon might be a bit dried out, and it needs a correcting tape. I have a cover for the Blue IBM selectric III typewriter that is on the left side of the bedroom side board. I took the Coleman emergency light from the bedroom, and I put it in the kitchen right side socket, and I remove the old First Alert rechargeable flash light that does not work. I might put the Coleman emergency light back in the bedroom, once I have another power strip. I will now take out the black IBM 50th Anniversary Selectric typewriter to dispose by the dumpster. CIO

Note: <888> 07/18/03 Friday 5:45 P.M.: If one looks at this page [Reconditioned IBM Selectric Typewriters](#) , I got a good deal on the IBM Selectric III self correcting typewriter. However, I see them all the time in thrift shops for \$5. I guess with light weight laptop computers, nobody feels like hoisting a 50 pound typewriter. CIO

Note: <888> 07/18/03 Friday 4:55 P.M.: I chatted with a relative. I put away the laundry. I took five chilled large leaves of red lettuce, and I removed the stalks. I broke them into two to three inch pieces, and I put them in the lettuce spinner, and I rinsed them underneath cold water. I spread the pieces over a large dinner plate. I rinsed off two chilled plum tomatoes, and I cut them across about 3/16 inch thick, and I spread them over the plate. I put 20 chilled baby carrots on the plate. I then put five chilled large double tablespoons of the homemade hummus on the plate evenly spaced. I put 15 chilled large black pitted olives on the plate including one in each dab of hummus. I peeled and diced a half of a Bermuda onion, and I spread it over the salad. I then put 20 Pepperidge Farm low fat generous cut Caesar croutons on the salad. I next opened a package of chilled Cracker Barrel New York aged reserve cheddar cheese, and I cut five 3/8 inch thick slices, and I cut each of those slices into five strips, and I spread them over the salad. I next opened a 6

ounce can of small shrimp, and I left the lid on, and I rinsed it a half dozen times in cold water squeezing the water out. I flaked it in a bowl. I spread it over the salad. I then spread on a generous amount about a 1/4 of a cup of chilled grated parmesan cheese. I then spread on the salad about an eighth of a cup of Monari Italian balsamic vinegar with about an eighth of a cup of Italian extra virgin olive oil, and I seasoned the salad with ground black pepper and salt. I will now have the salad with a glass of ice tea. I will also take three CVS enzyme tablets, so I do not get stomach gas. CIO

Note: <888> 07/18/03 Friday 3:40 P.M.: I went out after the last message. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I next drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. At Marx's Brothers outdoors display, I bought a blue IBM Selectric III typewriter slightly used, but in very good condition for \$10. I walked down the Avenue after buying it, and I got my car, and I picked up the IBM Selectric III typewriter. I then spent some more time downtown. I spent \$1 on parking. I then returned home. I used a luggage cart to bring up the IBM Selectric typewriter to my apartment. I moved the backup 17 inch monitor off the sideboard in the bedroom to the window sill. I put the backup computer underneath the sideboard. I put the blue IBM Selectric III typewriter on the left side of the sideboard with my paper work on the right side. The blue IBM Selectric typewriter works just fine. I also have a black 50th Anniversary IBM Selectric II typewriter underneath the day bed in the living room with a large Panasonic one too. Thus I have quite a bit of office equipment in my apartment. I am on the dry cycle on two loads of laundry. I have 55 minutes to go. I put clean linens on the bed. I had a glass of ice tea. CIO

End of Scott's Notes week of 07/18/03:

Note: <888> 07/18/03 Friday 9:35 A.M.: I went to bed about 10 P.M. last night after watching television. I was up at 8 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, and supplements. I watched the CNBC morning news. Apparently AOL is not doing as well as expected. Microsoft is doing just fine. There was a report that beer sales in the northeast are down with the rainy weather this summer. Apparently Budweiser is going to make a premium style import beer along with their Michelob low carb beer. Locally we have two beer discount outlets in Port Chester, New York. The Port Chester beer distributor is near the Port Chester police station. Also just west of Cumberland Farms on U.S. 1 is another wholesale beer outlet. I do not drink alcohol much myself. I keep it around for hospitality purposes, because some of my friends use to drink alcohol. I have a basic hard liquor bar setup, which I never touch. I also have a 12 pack of Kennebunkport ales the Shipyard, the Captain's Collection which I have kept at room temperature since last August when I bought it. In the refrigerator, I have a 12 pack of St. Pauli Girl dark beer, and a six pack of Lindener Special beer. They have been in the refrigerator for about a year. Thus my beer might be getting a bit old, since I do not know how well it ages. I keep a



few bottles of wine around too along with the hard liquor and the basic mixers which are about five years old. Thus I could throw a cocktail party, but my apartment is a bit cramped, and since it has been so long since I threw a cocktail party, I am not sure I would know how to do it. Still, it is handy to keep emergency entertainment supplies around should anyone stop by and need a refreshment. However, here in Greenwich, Connecticut and in the neighboring areas, we have very strict drinking and driving laws, so more than likely no one wants to risk taking the chance having a drink, unless they can afford a taxi or other liveried vehicle. I guess that is why a lot of New York City people and other urban people stay in the downtown areas, so they can have their alcoholic beverages and walk home. Anyway, I am prepared for entertainment, but the apartment is very cramped full of furniture. I will now send out my weekly notes. I will then go out for some daytime activity. CIO

Note: <888> 07/17/03 Thursday 7:45 P.M.: I will now shut down the computer. I will watch a bit of television before going to bed. CIO

Note: <888> 07/17/03 Thursday 7:10 P.M.: I had three Danish cookies. I watched the ABC evening news. I went through my email. CIO

Note: <888> 07/17/03 Thursday 6:25 P.M.: Windows Messenger 6.0 is available <http://messenger.msn.com/>. CIO

Note: <888> 07/17/03 Thursday 6:15 P.M.: I had five Pepperidge Farm low fat large cut Caesar style croutons. CIO

Note: <888> 07/17/03 Thursday 6:10 P.M.: I had two ice cream scoops of Edy's Mandarin orange sorbet. I noticed in this story that the British Prime Minister Tony Blair addressed Congress today [Yahoo! News - Blair, Bush Defend War in Iraq](#). CIO

Note: <888> 07/17/03 Thursday 5:55 P.M.: I had 10 Breton wheat crackers with homemade hummus. I forgot to put in the six gloves of garlic this time when I made up the hummus. I also had a bowl of raspberry Jell-o with California strawberries. I also had ice tea. CIO

Note: <888> 07/17/03 Thursday 5:35 P.M.: I went back out after the last message. I drove downtown through the masses of Greenwich Sidewalk Sale Shopper. More stores had merchandise out. I guess the merchants are not as up early as I was. I drove down by the waterfront. I then made my 3 P.M. appointment. I went back downtown, and I walked the entire length of Greenwich Avenue through the multitudes of shoppers. I sat out at various locations. Today, was an expensive day parking. I spent \$1.25 parking. I noticed Bakers Furniture had a \$500 beige queen size comforter for \$75. Marx Brothers had a \$250 steel desk for \$55. Saks had lots of other items in front of their store. Eurochase had fly rods for \$25. Of course it all depends on what one can afford. I just now returned home. I had a glass of ice

tea. It is 87 degrees Fahrenheit outside, but it is a dry heat, so it feels comfortable. I have my General Electric Profile 15,500 BTU air conditioner set at 68 degrees Fahrenheit, and it is 72 degrees Fahrenheit in the apartment. I suppose I had a busy day. CIO

Note: <888> 07/17/03 Thursday 1:35 P.M.: Scotch Whiskey: A Rugged Drink for a Rugged Land . I will now go back out in the warmer weather. I have a 3 P.M. appointment. CIO

Note: <888> 07/17/03 Thursday 1:05 P.M.: I took three CVS enzyme tablets before eating the salad, so I would not get stomach gas. CIO

Note: <888> 07/17/03 Thursday 12:45 P.M.: I made up a batch of the home hummus with olives and chick peas <http://www.geocities.com/mikelscott/hummus.htm> . I took five chilled large leaves of red lettuce, and I removed the stalks. I broke them into two to three inch pieces, and I put them in the lettuce spinner, and I rinsed them underneath cold water. I spread the pieces over a large dinner plate. I rinsed off two chilled plum tomatoes, and I cut them across about 3/16 inch thick, and I spread them over the plate. I put 20 chilled baby carrots on the plate. I then put five chilled large double tablespoons of the homemade hummus on the plate evenly spaced. I put 15 chilled large black pitted olives on the plate including one in each dab of hummus. I peeled and diced a half of a Bermuda onion, and I spread it over the salad. I then put 20 Pepperidge Farm low fat generous cut Caesar croutons on the salad. I next opened a package of chilled Cracker Barrel New York aged reserve cheddar cheese, and I cut five 3/8 inch thick slices, and I cut each of those slices into five strips, and I spread them over the salad. I next opened a 6 ounce can of crab meat, and I left the lid on, and I rinsed it a half dozen times in cold water squeezing the water out. I flaked it in a bowl. I spread it over the salad. I then spread on a generous amount about a 1/4 of a cup of chilled grated parmesan cheese. I then spread on the salad about an eighth of a cup of Monari Italian balsamic vinegar with about an eighth of a cup of Italian extra virgin olive oil, and I seasoned the salad with ground black pepper and salt. I will now have the salad with a glass of ice tea. CIO

Note: <888> 07/17/03 Thursday 11:45 A.M.: I was up at 7 A.M. this morning. For breakfast I had oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I drove downtown, and they were setting up for the annual Greenwich sidewalk sales. There are not as many merchants participating this year as in years past. I drove down by the waterfront. I then parked downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. Euro Chase on the west side of Greenwich Avenue at the bottom has Swiss Army watches and knives for 50% off, and they have waxed Wellington type jackets for \$85. Saks Fifth Avenue has Lily Pulitzer dresses on sale in front. The Candy Nichol's Children's shop next to the Complete Kitchen has lots of children's item as well as the other

children's shops. There is a small mixture of items up and down the Avenue. Mitchell's has buy three get the fourth free on various items. I next went by the Greenwich Library, and I read the Greenwich Times. The Greenwich Library security team is out in force to prevent non library patrons from parking in their parking lot. I noticed Traine air conditioning was there to fix the library air conditioning system. I next went by the Stop and Shop, and I bought a box of Pepperidge Farm large cut low fat Caesar croutons for \$1.49, a quart of plum tomatoes for \$2.99, a head of Red leaf lettuce for \$1.49, a pound of baby carrots for \$1.50, and a Bermuda onion at \$1.49 a pound for \$1.25 for \$8.72 total. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I next returned home, and I had a glass of ice tea. CIO

Note: <888> 07/16/03 Wednesday 10:30 P.M.: I went through my email. I will now shut down the computer. I will watch some television before going to bed. CIO

Note: <888> 07/16/03 Wednesday 9:50 P.M.: The fact that it rained heavily, the tropical allergies should be down a bit in this area. CIO

Note: <888> 07/16/03 Wednesday 9:45 P.M.: The Microsoft Security update mentioned below was available in Windows Update. CIO

Note: <888> 07/16/03 Wednesday 9:35 P.M.: Microsoft TechNet Security Bulletin . CIO

Note: <888> 07/16/03 Wednesday 9:15 P.M.: Microsoft Insider - Trials & downloads . CIO

Note: <888> 07/16/03 Wednesday 8:55 P.M.: I had five Breton wheat crackers. I chatted with a friend. I had a Stouffer's 16 ounce chicken pot pie dinner with ice tea for dinner. CIO

Note: <888> 07/16/03 Wednesday 7:15 P.M.: I just got up from my nap. I had a phone call from a friend. I woke up during the nap, and I had 10 Breton wheat crackers. CIO

Note: <888> 07/16/03 Wednesday 1:50 P.M.: I cleaned up. I went out, and I chatted briefly with a neighbor. I think I will now take a nap. CIO

Note: <888> 07/16/03 Wednesday 1:10 P.M.: The hurricane weather brings up the ragweed and golden rod pollen from the south, which my allergies can detect. I also took another Niacinamide 500 mg. pill in case there is a bit of ergot poisoning the area. I normally take two a day to help lower my cholesterol, so I am now taking three. I am having two tuna fish sandwiches with ice tea. CIO

Note: <888> 07/16/03 Wednesday 12:45 P.M.: I am now playing the RCA telehouse 2 CD set, I copied of the "Greatest Hits of the War Years". CIO

**Note: <888> 07/16/03 Wednesday 12:35 P.M.: I took another Benadryl [www.benadryl.com](http://www.benadryl.com) since in this current tropical weather my allergies are being activated. CIO**

**Note: <888> 07/16/03 Wednesday 12:20 P.M.: I was about a minute late starting the record, since the Technics record turntable had not been used in a while, and I had to clean off the needle, and had to adjust the turntable mat, so the record played properly. It pretty much sounds the way it is suppose to sound. However, I do not expect people to wear their woolen kilts on a hot day. Well by Scottish weather standards, it would be a warm day here today. The temperature in Edinburgh, Scotland right now is Weather Underground: Edinburgh, United Kingdom, Edinburgh, Scotland Forecast is 68 degrees Fahrenheit, just about the temperature in my apartment. I recall the Duke of Windsor used to like to drink his Bell's whisky with Perrier bubbling water, and if he did not have Perrier, he used fresh storm water. Scotland the Brave just played, and the second side of the record starts with the Russian Imperial anthem, because when the Czar of Russia was in the United Kingdom during Queen Victoria's time his grandmother, he was the head of the Royal Scots Guards. CIO**

**Note: <888> 07/16/03 Wednesday 11:55 A.M.: Since I think a little bit like the Pasteur research laboratory, I still have hurricane water which I saved from several years ago, when a tropical storm came up north. I think I have it in the seltzer bottles and in a Coleman gallon container and in another water container. Hurricane water tends to be very pure for research purposes, it is sort of like distilled water. I remembered that Wallace Simpson left the Duke of Windsor's entire fortune of \$2.5 million dollars to the Pasteur institute in France. I believe the Duke of Windsor was born on June 23, 1894. On June 23 this year, I was getting ready to go up to Kennebunkport, Maine where a girl friend of the Duke Windsor's lives whom he knew before he met Wallace Simpson. Thus there is a bit of Anglophile heritage up in Kennebunkport, Maine since it is closer to England than Greenwich, Connecticut. I was once awakened there by a bag piper across the street which is somewhat traditional. With my rather elaborate stereo system, I could play a bagpipe record I have, but I do not have it on CD, but I guess I could check out a bagpipe record from the Greenwich Library, and I could make a copy of it. The bagpipe record that I am now and am about to play is "Amazing Grace, the Pipes and Drums and Military Band of the Royal Scots Dragoon Guards by RCA Victor. It says the Royal Scots Greys disappeared from the Order of Battle in the British Army on July 2nd, 1971, and the Royal Scots Greys (2nd Dragoons) is amalgamating with the 3rd Carabiniers (Prince of Wales Dragoon Guards) to form Scotland's new armoured Regiment, THE ROYAL SCOTS DRAGOON GUARDS (Carabiniers and Grey). I will start playing it exactly at noon. CIO**

**Note: <888> 07/16/03 Wednesday 11:30 A.M.: The NOAA weather radio alarm system broadcast test went off at 11:24 A.M. EDT. It is the weekly broadcast from Brookhaven National laboratory south across Long Island sound from Greenwich,**

Connecticut in Upton, New York near Cold Spring Harbor, Long Island, New York which is an artist colony which people sometimes visit. It is 74 degrees Fahrenheit outside right now. CIO

Note: <888> 07/16/03 Wednesday 11:20 A.M.: Frequently when I am awake on Wednesday morning, I make sure I am in the apartment between 11 A.M. and noon, so I can hear the weekly NOAA weather radio test which they broadcast weekly at that time. Of course, it is the nature of the system, it some times does not work, and it sometimes does not go off when it is suppose to. CIO

Note: <888> 07/16/03 Wednesday 10:35 A.M.: If one wants more information on air conditioners, this GE web sight [www.geappliances.com](http://www.geappliances.com) is working just fine now, I guess my unit is similar to the GE model number of AGM14AB or AGM14AA, but now it is only 13,800 BTUs in 115 volts instead of 15,500, and they are \$569 and \$549 respectively. I guess Partridge and Rockwell would carry them still, and they will install them for about \$85, if one has a window big enough for them to fit into. One has to make sure one has a large enough window or opening to fit in an air conditioner I think I have a better quality GE air conditioner than the newer models at Wal-Mart, since GE makes a wide variety of different models. Of course if one were in the big bucks league, one could try a Frederick air conditioner, which I believe is sold at the Cos Cob TV appliance shop in Cos Cob next to the Greenwich Food Mart or at County Appliances in Stamford, Connecticut. Friedrich air conditioners <http://www.friedrich.com/> are suppose to be the Rolls Royce of air conditioners. The Friedrich Air Conditioner the Quietmaster Electronic has remote controls with some models, and they have it in a 14,000 BTU model for 115 voltage which would cool about 500 square feet. I would imagine it would be \$700 to \$800. I use to have a friend that used his Freidrich air conditioner all winter in Manhattan during very cold winters to keep fresh air in the apartment and to eliminate the tobacco smoke. Curiously enough his name was similar to the name of the air conditioner, so maybe he sold air conditioners on the side. I have seen a Panasonic model [www.panasonic.com](http://www.panasonic.com) that supposedly is also available at Costco and Cos Cob TV. This model will work with 115 voltage which is more commonly available and will cool about 500 square feet Learn about the features of Panasonic's CW-XC143HU - 13800 Btu/h Air Conditioner with Compact Remote Control and 4-Way Air Deflection System . Also at Home Depot, they carry the less expensive Hampton air conditioners for about \$350 for a 15,000 BTU model, and I have mentioned many times before Wal-Mart in Norwalk, Connecticut has a GE 10,000 BTU model for about \$239, and I believe the 5,000 BTU model would be about \$100 less. I think Wal-Mart also carries similar priced and size models in Fedders, and their web site show a Fedders 17,300 BTU for 115 volt with remote control for \$425 Walmart.com - Fedders 17,300 BTU Energy Star Air Conditioner With Remote and these other units Walmart.com - Air Conditioners & Fans . I do not know if they are available in the Norwalk store. Thus in America, one has a wide variety of choices in air conditioners. I know one old guard type in Greenwich use to sit in the Greenwich Library on hot days in his silk underwear to cool off. I suppose it really gets down to what one is use to. CIO

**Note: <888> 07/16/03 Wednesday 9:45 A.M.: On my Radio Shack NOAA weather radio which I keep on top of my Dell backup computer in the living room, I put some aluminum foil on the antenna, so it has better reception. I do not have the newer Radio Shack NOAA weather radio turned on in the bedroom, since although it works fine, and it has a volume control, the Warning alarm is just too loud for comfortable use at the moment, since it sounds extremely loud, and it can not have its alarm level adjusted. I suppose if one used it in a larger facility, one would want the louder alarm sound, so that one could here it at a distance. It is cool and comfortable in the apartment. It seems to be a slow day, since when we have overcast days with impending rain, more people tend to do work and other activity inside. CIO**

**Note: <888> 07/16/03 Wednesday 9:25 A.M.: I am not sure the Uniden cordless phone EXS9110 battery is non functional or not. It seems to work fine initially. It might have been receiving interference from the computer. However, they are suppose to be replaced every 2 years or so, and I believe I have had it for 2.5 years. It is \$15.99 at RadioShack [www.radioshack.com](http://www.radioshack.com) . However, I will lose all my memory presets if I disconnect the battery, and I will have to reprogram the phone. At the moment, I would rather leave it as is, since I have plenty of other phones in the apartment. CIO**

**Note: <888> 07/16/03 Wednesday 9:05 A.M.: I charged up the Slaymaker 1,000,000 watt rechargeable lantern. I have received all my computer rebates, except I still think I have a \$20 rebate due from Symantec. CIO**

**Note: <888> 07/16/03 Wednesday 8:55 A.M.: Since the Uniden 900 MHz cordless phone, I had on the left side of the primary computer seems to need to have its rechargeable battery replaced soon, I put it on the Danish bar next to the AT&T corded phone, and I moved the Columbia 2.4 gigahertz cordless telephone to the left of the primary computer, with easy access for answering the phone while on the computer. I have it sitting on a book "Call Alice in Wonderland" which was supposedly about Queen Victoria, whom as a matter of fact was only 4 foot 11 inches tall, but she did have some taller grandchildren. CIO**

**Note: <888> 07/16/03 Wednesday 8:30 A.M.: I was up at 6:30 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I set the air conditioner at 68 degrees Fahrenheit. It is interesting to note with these people traveling north to avoid tropical weather, they also bring into this area, their regional viewpoints. I suppose some of the old southern families coming north are still fighting the Civil War. Since so many northern people live down south in retirement, they also create a huge economic base down south of considerable influence. With a local political family having relatives in Texas whom are also in politics, I have also learned that there are other political families in this area with equal amounts if not more experience depending on the longevity of their families in this area and in this country. Much could be**

said for many of the various military families whom travel through this area. Having dealt with them all in the past, it is always fun to see them again. I try to be hospitable since I have occasionally traveled, and when I do travel I like to have an enjoyable time too. I do know because of the Texas political connections in this area, this area like every state in the nation has a Texas Ranger and his deputies. I saw the head Texas ranger for Connecticut downtown the other day, so I would imagine he would be aware of any Texas matters going on in this area. However, be forewarned we are also have a great many influential northern families too. I do not want to bother those other northern families, but even further north because we are a northern state, we are also use to being friendly with Royal Canadian Mounted police, whom even though they are not out with their sled dogs this time of year, and they more than likely are still in the air conditioning. Most the Royal Canadian Mounted police I have dealt with over the years are very cold weather people, so unlike their southern cousins whom do not drink alcohol, they tend to drink alcohol to cool off in the summer and to stay warm in the winter. Thus this area tends to change with the four seasons. If one wants to learn more amount the Royal Canadian Mounted police they have a barracks on Mount Royal in Montreal. However, any United States citizens trying to exercise authority in Canada would not legally have any authority. The Canadians are very hospitable on their own turf, however physically they are a very tall group of people in some aspects compared to their southern cousins. For close to 400 years, the Canadians have been eating a diet richer in grain as opposed to corn, so over the generations as they have grown taller, as their southern cousins remained shorter. Much could be said for the Europeans whom seem to have remained shorter until recently. People like Prince William of England is suppose to be 6 foot 3 inches tall, and his brother Harry 6 foot 2 inches tall. Bill Gates is suppose to be 5 foot 8 inches tall. President Bush is around 6 foot tall, but having viewed some of the people around the republican party network, there are also quite a few taller people too. Thus depending on the height of the viewer and the eyesight when one goes down to Washington D.C., one might recognize certain political people, whom one has seen on television. However, a great many people one seems think are taller are not, for example Queen Elizabeth II is five foot three inches tall. Whatever, the case despite the travelers in this area, I tend to go about my ordinary business, since I have an apartment and lifestyle to maintain. Since I have very good communications, I tend not to rely on randomly running into people. If someone wants to contact me, I have a telephone with an answering machine, and I also have email and postal mail. Thus if someone comes into this area and does not contact me, they are not interested in contacting me. Since, I am not wealthy, more than likely, they do not contact me, since they are afraid, I am going to shake them down for money. However, since there are supposedly a lot of people here whom supposedly have money, more than likely they have been contacted by their poorer cousins, when they come into this area. Generally when people take off traveling they have funds, so in this area, we try to keep an eye on the traveling public to make sure they are secure in their travels. Whatever, the case I am just going about my normal business. CIO

**Note: <888> 07/16/03 Wednesday 12:50 A.M.: I think I will now rest a while. CIO**

**Note: <888> 07/16/03 Wednesday 12:35 A.M.: I took a Benadryl <http://www.benadryl.com/>. I have felt like I have had an allergy recently, so I guess it is allergies from the tropical winds. Also, if one has forgotten, the beginning of the hurricane season brings up all the winds from the south and the tropics and the accompanying allergies. So if one is not feeling well, it might be more than likely from tropical allergies. Thus one might try taking Benadryl or some other similar allergy medicine. With all the rain we have had, I think we could be getting Ergot PP-551 Ergot poisoning or swamp fever, that usually happens in wet periods. Of course if one had Ergot poisoning, I think taking Niacinamide or Niacin which makes one flush red is the usual cure, and I think nicotine which has nicotinic acid as in what one gets from tobacco smoking has a similar effect. Ergot poisoning is what apparently caused the dementia that caused the Salem Witch trials when Europeans first arrived in America. I have a friend who has a PHD from Yale University in such matters whom might know more. I could post a picture of him on the internet, but I am trying to respect his privacy, since the only picture I have of him is with a better known person. I have been taking Niacinamide for 28 years plus I smoke tobacco, so I do not think I am feeling the effects of Ergot poisoning. Most bakeries include Niacin in their flour mixtures to prevent Ergot poisoning. CIO**

**Note: <888> 07/15/03 Tuesday 11:05 P.M.: I chatted with a relative. I have noticed dragon flies in this area, so that it is a good indicator that the hurricane season has started. I suppose a lot of people in these northern areas have not experienced the hot sultry weather that accompanies hurricane activity. I raised my air conditioner temperature to 70 degrees Fahrenheit. CIO**

**Note: <888> 07/15/03 Tuesday 10:55 P.M.: I chatted with a relative. I had a Boston Market chicken with noodles dinner along with ice tea. I noticed tonight in the Greenwich Library, the acoustics are such that it tends to be a bit noisy. I generally try to tune out the sound. It is so quiet where I live, I can generally hear a pin drop. I also have stereo sound in my apartment, which I can listen to if I chose to relax. CIO**

**Note: <888> 07/15/03 Tuesday 10:05 P.M.: I went out after the last message. I stopped by the Greenwich Library, and I read part of P.C. Magazine. The air conditioning is not working on the lower level on the Greenwich Library, but upstairs on the second floor, it is plenty cool enough. One has to remember for those of you whom are infirm that climbing the steps to the second floor of the Greenwich Library can be dangerous, so it is safer to take the elevator. The Asian Institute in Manhattan, the Greenwich Library, and the Mitchell's Department store on Greenwich Avenue all have long sweeping stairways which can be dangerous, if one trips on them and fell down the long length of stairs. I returned home, and I had a glass of ice tea. CIO**



Note: <888> 07/15/03 Tuesday 5:45 P.M.: For local Greenwich, Connecticut, Steamboat Road, Indian Harbor Yacht Club real time weather try [Greenwich, Connecticut, Indian Harbor Yacht Club, Steamboat Road, Real-Time Weather](#) . I will now shut down the computer, and I will clean up. I guess I will then go out for some evening activity. CIO

Note: <888> 07/15/03 Tuesday 5:30 P.M.: I printed out two sets of tide charts from July 2003 through December 2003 for Greenwich, Connecticut. The tide chart information for the Northeastern United States is available from [www.maineharbors.com](http://www.maineharbors.com) . I will put one set in the back seat of my Hyundai, and I will leave another set on the HP LaserJet IID printer on the dining room table in my apartment. CIO

Note: <888> 07/15/03 Tuesday 4:55 P.M.: For anyone interested in Tropical Weather down south, such as what is happening on the east coast of Texas right now, they can try [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . CIO

Note: <888> 07/15/03 Tuesday 4:45 P.M.: I set my General Electric Profile 15,500 BTU air conditioner with remote control at 68 degrees Fahrenheit earlier this morning, so it is now 73 degrees Fahrenheit in the apartment. It is 86 degrees Fahrenheit outside right now. I noticed this GE [www.ge.com](http://www.ge.com) web site <http://products.geappliances.com/> is very slow working, so with the increased heat down south, GE's web site seems to be working slowly. I am not sure whether the air conditioning is working at the Greenwich Library or not. They had problems last week. When I worked at Fluor Daniel construction company, I used to spend quite a bit of time trying to expedite building air conditioning units from Carrier air conditioning <http://www.global.carrier.com/> , which I believe is owned by United Technologies [www.utc.com](http://www.utc.com) . Those were the large roof top units that have to be hoisted on top of the roof by large crane. Last summer, or maybe it was this past winter, they hoisted a large roof top unit on top of the Uniever building <http://www.unilever.com/> across from the Greenwich Library. It took quite a sizeable crane to hoist the unit. I would imagine the air conditioning is working in the Peterson Wing of the Greenwich Library, but it might not be working in the old section. I had two tuna fish sandwiches with ice tea. CIO

Note: <888> 07/15/03 Tuesday 3:05 P.M.: I fell back to sleep until now. I put away the ice tea in the refrigerator. Earlier I had five Danish cookies after breakfast. CIO

Note: <888> 07/15/03 Tuesday 8:15 A.M.: I am making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I was told that yesterday, it was 105 degrees Fahrenheit in Texas, so maybe warmer weather is headed our way soon. For the next eight days, it is suppose to alternate with thunderstorms starting on this Wednesday and on alternate days with overcast days. Thus one should keep their umbrella handy. CIO

Note: <888> 07/15/03 Tuesday 8:10 A.M.: I noticed yesterday at the Greenwich Library <http://www.greenwich.lib.ct.us/> that the Cole Auditorium and the old wing that is now being faced with Indiana Lime stone has the Cole family name engraved on it now. The Cole family is involved with Reader's Digest <http://www.rd.com/> . The Greenwich Times reported about 20 years ago, they had moved out of Greenwich to Virginia, but the last I heard Reader's Digest was up in Pleasantville, New York. I believe Richard Nixon was strongly backed by the Wallace family that founded Reader's Digest. Thus being one of the world's major publications, they more than likely have some sort of network. Of course by the time somebody writes a story, and it is distributed in their publication, it takes a few months time lag. Of course their web site probably might carry some current information, if one took the time to look at it. Of course Reader's Digest worldwide has over 60 million readers, so more than likely before they print something, they do a rigorous investigation. CIO

Note: <888> 07/15/03 Tuesday 7:25 A.M.: According to this story, the American Red Cross <http://www.redcross.org/> is down from its normal reserve of \$56 million to \$1.5 million <http://www.cnn.com/2003/WEATHER/07/15/claurette/index.html> , so with minimal funds, they are limited to what they can do in the upcoming hurricane season. I suppose with the tighter economy, and with all the recent disaster activity, there has not been as many donations. I also read in the local Greenwich Times that the blood supply is at an all time low, and they have had to cancel elective surgeries. CIO

Note: <888> 07/15/03 Tuesday 6:35 A.M.: When I first got on the internet about eight years ago or so, this web site was one of the more comprehensive web sites on Disaster and other information about the larger world as it was collected by a group of volunteers [www.vita.org](http://www.vita.org) . However, it tends to get depressing after a while, so I quit looking at it regularly. CIO

Note: <888> 07/15/03 Tuesday 5:20 A.M.: I was up at 4 A.M.. I watched a bit of television. I decided to report on an odd event which seemed a bit odd yesterday. When I was down at the waterfront dropping off the tide charts, while I was parking on the end of Steamboat Road, there were what sounded like three shots coming from the direction of the old Benedict house. I noticed the regular fishermen did not seem nervous, so they had heard them before. From my experience the shots did not echo, so they were not a rifle or gun fire. Thus more than likely since no one seemed nervous, it was someone duck hunting on the waterfront, someone using a nail gun, a kid on a skate board, an automobile back firing, a sound recording, someone using fireworks, or more than likely which I have heard before much to the annoyance of their neighbors, someone is using one of those gas fired cannons that make a shooting sound to scare away Canadian Geese off their lawn. Basically they are gas canister driven, and they make a shooting sound every few minutes to scare away the geese. Someone on the other side of the harbor had one a couple of years ago. This site shows alternative products <http://birdbgone.com/> . I have seen the web site for another local

Canadian Goose removal service, but I can not find it on the search engines. The local Canadian goose population tends to foul the environment. This site has a pricey item for getting rid of geese [http://www.pestproducts.com/goose\\_buster.htm](http://www.pestproducts.com/goose_buster.htm) . I think an effective way to get rid of them would be to have a dog such as a black Labrador chase them away. Of course dogs do not work 24 hours. I will now have breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. CIO

Note: <888> 07/14/03 Monday 10:05 P.M.: I had a Stouffer's Lean Cuisine chicken with mushrooms and a glass of ice tea. I chatted with two relatives. CIO

Note: <888> 07/14/03 Monday 9:10 P.M.: I went back out, and I went downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront, and I dropped off a set of tide charts with a former neighbor's wife. I stopped by the Greenwich Library, and I returned a DVD video disk, and I checked out another DVD video disk. I then returned home. I had a glass of ice tea. I then chatted with a friend. CIO

Note: <888> 07/14/03 Monday 5:10 P.M.: I have a DVD video disk that is due. I will go out shortly and return it to the Greenwich Library. It seems there is a tropical storm down around Texas, so one can look at this link for information <http://www.geocities.com/mikelscott/weather.htm> . I remembered, when former President Bush got Ronald Reagan's vice presidential nomination back around July 1980, I stopped by Maui after leaving Kennebunkport, and the American Bar Association and the American Judicial Association were having a meeting there in nice weather in August, and I recall seeing a news report that Houston, Texas was hit by a hurricane. Of course, back then we did not have all this advanced media, so it was just a small story in the news in Hawaii. Since my family and myself are long term residents in this area, I do not travel much anymore, since with over a million people traveling through this area weekly, we see a lot of visitors. Thus I am always on the lookout for distant relatives or friends, however since so many people look the same in America, and since I have been looking at a computer monitor for close to 12 years, I tend to be more myopic like Mr. McGoo, and however as an economist, I tend to be more like Uncle Scrooge. CIO

Note: <888> 07/14/03 Monday 4:30 P.M.: I put in a new CVS Clorox toilet bowl cleaner in the bathroom toilet. I relaxed a while, but I did not fall asleep. I finished off the dried apricots by eating five dried apricots. CIO

Note: <888> 07/14/03 Monday 3:05 P.M.: I watched a bit of television. Although it is a nice day and slightly overcast, I am a bit tired, since I did not get a full night's sleep last night. I will thus now take a nap. CIO

Note: <888> 07/14/03 Monday 2:15 P.M.: I had the same salad as yesterday, but I had it with a six ounce can of shrimp instead of crab along with a glass of ice tea. CIO

**Note: <888> 07/14/03 Monday 1:15 P.M.:** I stuffed in two orange hand towels into the half inch space between my two window top and bottom halves in my air conditioning window opening, so that the air does not leak into the apartment. I had a piece of foam installed, but over time, it deteriorated. I then went downtown. I walked lower Greenwich Avenue. I sat out for a while. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift shop, and I bought a 10 inch diameter glass crystal style bowl with a silver type metal rim for \$5. I then went back downtown, and I stopped by the Greenwich Post Office. I obtained a money order for \$73.09 for the cost of .90 for \$73.99 total. I used the postal money order to pay my General Electric Service Protection contract through September 11, 2004. The contract is on my General Electric Profile 15,500 BTU air conditioner with remote control which I bought three years ago for about \$600 from Partridge and Rockwell on West Putnam Avenue. I was told that I should not pay a service contract, but just to buy a new one if it should break, but it is a good unit, which should last eight to ten years, and since it weighs 85 pounds, if I had to pay someone to move it for me, it would cost \$85 from the dealer, and under the contract they will take care of installation and repair should I need it. I have thus paid two yearly contracts of \$53 and now one of \$73 for \$179 total maintenance contract on the unit so far. I then walked upper Greenwich Avenue. I stopped by Charles Stuttig's lock smith shop, and I had two keys cut for my apartment entrance door for \$5.30 total. I put one with a lobster key chain set, and another with the building entrance key. I then completed my walk on Greenwich Avenue. I next went by the Greenwich Library, and I read the Greenwich Times. I then returned home. I had a glass of ice tea. I put the glass bowl underneath the left miniature potted palm on the window ledge. CIO

**Note: <888> 07/14/03 Monday 6:25 A.M.:** I chatted with a friend from 9 P.M. to 10 P.M. last night. I was up at 5 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I will now clean up, and I will go out. I enjoy the early morning activity, since it is not too busy, and it is cooler. CIO

**Note: <888> 07/13/03 Sunday 7:05 P.M.:** I will now shut down the computer, and I will go to bed shortly. CIO

**Note: <888> 07/13/03 Sunday 6:35 P.M.:** I chatted with two relatives. I will now have a bowl of raspberry Jell-o with California strawberries and ice tea. CIO

**Note: <888> 07/13/03 Sunday 5:55 P.M.:** I went out with my guest, and I saw his 1993 SAAB convertible in mint condition with 45,000 miles on it in a citron color that he paid \$8,500 for. My guest is in the real estate business up in Wilton, Connecticut at [www.country-living.com](http://www.country-living.com), so he can afford a more expensive car like the used SAAB convertible to show real estate in Wilton, Connecticut. We put the top down, and we went for a drive downtown. We drove down by the waterfront in two locations. I had not been down by the waterfront in central Greenwich since

about a week before I went to Kennebunkport, Maine or about four weeks ago. Also the usual interlopers were gone, and there was a diverse crowd there, which after 20 years of experience down there is the way I like to see it. After spending some time at the two locations, we went for a drive in back country driving up North Street and then across Clapboard Ridge Road to Lake Avenue and back down into town and back over to my place in Byram. We chatted for a while. I had a message on the answering machine. My guest just left. My guest's SAAB has a Swiss emblem on it with the Swiss race car driver's name Gaston Andre on it. Well, my guest just left. CIO

Note: <888> 07/13/03 Sunday 1:25 P.M.: I went out after the last message. I went downtown, and I sat out briefly. I then drove over to Tod's Point, and I took the 2.5 mile walk around Tod's Point. I saw one of the regular fishermen at the southwest picnic area catch a blue fish. It was the first fish I have seen caught this season. I have heard that the fishing is not as good this year for some reason. I sat out for a while after my walk at the southeast beach area, and I used the restroom and water fountain. I then stopped by the ATM machine at Putnam Trust Bank of New York in downtown Old Greenwich. I then went by the Express car wash in Old Greenwich, and I got the \$5 car wash. I then towel dried my car, and I shook out the driver's side floor mat. I then drove back to downtown Greenwich. I sat out for a while. I then walked the entire length of Greenwich Avenue including the train station area, and I sat out at various locations. I noticed on the south side of Railroad Avenue in front of the movie theatre, they have put in diagonal parking like on Greenwich Avenue. During my walk, I also stopped by CVS, and I bought two packages of cherry Jell-o for .79 each, two 16 ounce cans of Ocean Spray whole berry cranberry sauce from the discount shelf for .60 each, two cans of DelMonte lite sliced peaches 15 ounces .77 each, two cans of DelMonte lite fruit cocktail 15.25 ounces .77 each, five cans of StarKist solid white albacore tuna in water .99 each, two jars of Gold Emblem parsley .77 each, a jar of Gold Emblem cinnamon .77 for \$13.12 total. I then returned home. I am about to put away my purchases. A friend just stopped by to show me his new used SAAB convertible. CIO

Note: <888> 07/13/03 Sunday 8:15 A.M.: I watched the two hour program on Cspan of the commissioning of the U.S.S. Ronald Reagan, which being an old salty dog myself was enjoyable to watch. I think they still call them tin cans, because all of the food comes out of a tin can. Anyway, Nancy Reagan still looks like she does not eat very much. I guess it goes to say, one can not be too rich or too thin. Myself on the other hand, I have to try to keep up my body weight, so I can get a little exercise. I prepared another salad. I took five chilled large leaves of red lettuce, and I broke off the stalks. I then broke them into two to three inch pieces which I put in the lettuce spinner, and I rinsed off underneath cold water. I spread them over a large dinner plate. I then put 20 chilled small two inch long by 3/8 inch diameter carrots which I spread over the plate. I then put five chilled large tablespoon dabs of the homemade hummus with olives in it <http://www.geocities.com/mikelscott/hummus.htm> , and I spread the dabs in five even places on the salad. I then took 16 large chilled pitted black olives, and I

spread them across the plate including placing one in each of the five dabs of hummus. I then diced a half of a red Bermuda onion, and I spread it over the salad. I then spread 20 Pepperidge Farm fat free Caesar generous cut croutons on the salad evenly spaced. I then opened a chilled six ounce can of crab, and I left the lid on it, and I rinsed it underneath cold water a half dozen times squeezing out the water. I flaked the crab in a bowl, and I spread it over the salad. I then opened a chilled six ounce jar of Spanish Cento sectioned artichoke hearts, and I spread them over the salad saving the olive oil in the jar. I then put on a generous amount of chilled grated parmesan cheese about an eighth of a cup on the salad. I then put on about an eighth of a cup of Monari Italian balsamic vinegar from Modena, Italy on the salad. I then spread on the chilled Cento artichoke olive oil remaining in the jar. I then put on a little less than an eighth of a cup of Italian extra virgin olive oil on the salad. I seasoned it with ground black pepper and salt. I had the salad with ice tea. Earlier I went through [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm). I will now shut down the computer. I will clean up, and I will go out for some daytime activity. CIO

Note: <888> 07/13/03 Sunday 5:05 A.M.: There is a tropical storm headed towards the mouth of the Rio Grande on the Texas Mexican border [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . That is about where the large King and Kennedy ranches are. I remember one tropical storm that hit there about five years ago, and there were lots of dead cows, and with all the flooding, there was an increase of venomous snakes coming out of the ground. CIO

Note: <888> 07/13/03 Sunday 4:15 A.M.: I had six dried apricots. I watched a bit of television, and as usual, there is nothing worth watching. CIO

Note: <888> 07/13/03 Sunday 3:30 A.M.: I was up at 1 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I sent out an email. I sifted through my email. Another Gates story <http://www.nytimes.com/2003/07/13/national/13GATE.html?th> . CIO

Note: <888> 07/12/03 Saturday 3:35 P.M.: I will now shut down the computer. I will relax a bit before going to bed. CIO

Note: <888> 07/12/03 Saturday 3:25 P.M.: I chatted with a relative. CIO

Note: <888> 07/12/03 Saturday 2:20 P.M.: I had a bowl of raspberry orange jell-o with fresh California strawberries and a glass of ice tea. I took the two AAA rechargeable batteries out of the charging contacts, and I left them in the charger. CIO

Note: <888> 07/12/03 Saturday 1:55 P.M.: I had six dried apricots with ice tea. CIO

**Note: <888> 07/12/03 Saturday 1:40 P.M.: The following is Hoover's overview of the Royal Bank of Scotland.**

**The Royal Bank of Scotland Group plc**

**London: RBOS**

**36 St. Andrew Square**

**Edinburgh**

**EH2 2YB, United Kingdom**

**Phone: +44-131-556-8555**

**Fax: +44-131-557-6565**

**<http://www.royalbankscot.co.uk/>**

**Primary U.S. Office**

**1 Citizen Plaza**

**Providence, R.I. 02903**

**Phone: 401-456-7000**

**Fax: 401-456-7819**

**Overview:**

**It only seems like most banks print their own money: Royal Bank of Scotland (RBS) really does.**

**It prints its own banknotes and coins, a right dating back some 300 years. With more than 2,200**

**locations, RBS provides services such as savings accounts, credit cards, and mortgages**

**to commercial and personal clients in Scotland, England, Wales, and Ireland. The bank also**

**sells insurance and investment products over the telephone through its Direct Line subsidiary.**

**In the U.S. it owns Citizens Financial, one of the largest bank holding companies in New England,**

**with some 850 branches in seven East Coast states.**

**RBS's acquisition and successful integration of London's NatWest has allowed it to capitalize**

**on NatWest's brand recognition and gives RBS take a more commanding role in banking in the**

**British Isles. The move makes RBS the #2 U.K. bank after HSBC. Citizens Financial is continuing**

**its penetration of the American market with the acquisitions of Massachusetts' Medford Bancorp**

**and Pennsylvania-based Commonwealth Bancorp. It also has arranged to buy Boston-area**

**Port Financial.**

**RBS has a longstanding alliance with leading Spanish bank Santander Central Hispano, which owns almost 10% of RBS. Together the two banks participate in joint venture partnerships throughout Europe.**

**If you have overdraft protection for your checking account, you can thank RBS, which invented the service in 1728.**

#### **History:**

**Royal Bank of Scotland was founded in 1727, but its roots go back to the Darien Company, a merchant expedition that was established to set up a Scottish trading colony in Panama. The Darien expedition ended disastrously in 1699. In 1707 England voted to compensate Scottish creditors for the colony's failure (in part because England had promised support, then reneged, contributing to the collapse), and a small industry sprang up around paying creditors and loaning them money. In 1727 the Equivalent Company, the combined entity of these organizations, was granted a banking charter and became Royal Bank of Scotland (RBS).**

**In 1826 the Parliament voted to take away Scottish banks' right to issue banknotes for less than five pounds, which would have required banks to use gold or silver. Few banks had such reserves, and the move sparked an outcry. Novelist Sir Walter Scott's *The Letters of Malachi Malagrowther*, which defended the Scottish one-pound note, helped shoot down the proposal.**

**RBS expanded throughout Scotland over the next 50 years. It opened a London branch in 1874; it didn't establish a branch outside London until it bought Williams Deacon's Bank, which had a branch network in North England. RBS continued to use the Williams Deacon's name, as it did with Gly, Mills & Co., which it purchased in 1939.**

**In 1968 RBS took on its modern persona as a public company when it merged with National**



**Commercial Bank.** The company moved overseas during the 1970s, establishing offices in Hong Kong and major U.S. cities.

RBS spent the next 20 years trying to achieve another merger of the same scale as National Commercial. In 1981 the bank was wooed by Standard Chartered Bank and Hongkong and Shanghai Bank (now part of HSBC Holdings), but British regulators denied both suitors.

The bank moved into telephone operations in 1985, when it set up Direct Line for selling car insurance. In 1988 RBS bought New England bank Citizens Financial. In 1989 the company entered into an alliance with Banco Santander (now Santander Central Hispano), Spain's largest banking group. The alliance created a cross-population of ideas and strategies that boosted both banks' operations. The first fruit of the alliance came in 1991 with the launch of Interbank On-line Systems (IBOS), which connected several European banks and allowed for instantaneous money transfers.

In the 1990s RBS was linked with a variety of partners. It even made a bid for the much larger bank Barclays, in a move regarded as cheeky, but was rebuffed. In 1997 it announced a joint venture with Richard Branson's Virgin Group called Virgin Direct to offer personal banking. The company also bought Angel Trains Contract, a rolling stock leasing company, and established a transatlantic banking transfer system (similar to IBOS) with U.S. bank CoreStates (now owned by First Union).

In 1999 RBS opened a branch in Frankfurt as a base for European activities. The next year Citizens Financial bought UST Corp., making it the #2 bank in New England next to FleetBoston.

The next year RBS acquired NatWest after a prolonged takeover battle with rival Bank of Scotland (now part of HBOS plc). The bank sold Gartmore Investment Management, its fund management

unit, to Nationwide Mutual Insurance Company. Royal Bank also sold the assets of NatWest's Equity Partners unit and launched NatWest Private Banking to target wealthy investors.

**Note: <888> 07/12/03 Saturday 12:35 P.M.:** I cleaned up, and I went out after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift shop, and I bought a pink and white rose flower design Chinese bowl about 12 inches in diameter and about 5 inches high for \$5. I next went by the Greenwich Library, and I read the Greenwich Times. I printed out the Hoovers report from the internet on the Royal Bank of Scotland. I then by Exxon, and I bought \$4 of regular unleaded gasoline at \$1.739 a gallon for about 24 miles per gallon. I then went by Pickwick shoe repair, and I picked up my left white Ecco walking shoe that I had the heel wear preventer tap put on. I then went by the Arnold bread outlet, and I bought two loaves of Arnold Natural 100% whole wheat nine grain bread for .99 each less 10% senior discount twice of .19 for \$1.69 total. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then returned home, and I put the Chinese bowl underneath the right miniature potted palm on the window ledge in my apartment, and I put a Pyrex bowl underneath the miniature palm to the left of it. I vacuumed the apartment. I had a glass of ice tea. I received in the mail my General Electric service contract on my General Electric Profile 15,500 BTU air conditioner with remote control, and the current contract expires on September 11, 2003, and it will cost me \$73.09 to renew it for a year. I will probably pay the bill on the first of August. CIO

**Note: <888> 07/12/03 Saturday 7:00 A.M.:** I was also told by a local that Greenwich Capital which is now owned by the Royal Bank of Scotland had over recent years sold over two trillion dollars of United States government dept mostly to the Japanese. Thus, I am most curious as to whom owns the Royal Bank of Scotland. On a lesser note, I took five chilled large red leaf lettuce leaves, and I broke off the stalks. I then broke them into two to three inch pieces, and I put them in a lettuce spinner, and I rinsed them underneath cold water. I spread them over a large dinner plate. I next rinsed in cold water three chilled plum tomatoes, and I cut them across in quarter inch sections. I spread them over the lettuce. I then put 20 chilled small carrots about two inches long and a third of an inch in diameter, and I spread them over the plate. I then put five large heaping tablespoons of the chilled homemade hummus with olives [www.geocities.com/mikelscott/hummus.htm](http://www.geocities.com/mikelscott/hummus.htm), and I spread them in five dabs evenly over the plate. I then put fifteen chilled large pitted black olives on the plate with five in the five dabs of hummus. I diced a half of a Vidalia onion, and I spread it over the plate. I next put 25 chilled pieces of Swiss cheese about .25 inch thick by 1.5 inch long by .50 inch wide on the plate. I next opened a chilled six ounce can of small shrimp, and I left the lid on it, and I rinsed it about a half dozen times underneath cold water squeezing out the water with the

lid. I separated the small shrimp in a bowl, and I spread them over the salad. I then put on a generous amount about four tablespoons of chilled grated parmesan cheese. I next put on generous amounts about an eighth of a cup each of Italian balsamic vinegar and Italian extra virgin olive oil. I then seasoned the salad with ground black pepper and salt. I took three CVS enzyme tablets before eating the salad which I had with ice tea. Despite the fact the salad gives me gas, I think it is a most healthful salad this time of year when produce is fresh, so hopefully the CVS enzyme tablets will help reduce the gas in my system which the salad seems to produce. I just got an email from a friend whom says my intestinal gas is like when horses get colic, and the best thing to do is walk. I will now shut down the computer, and I will clean up, and I will go out for some daytime activity. CIO

Note: <888> 07/12/03 Saturday 5:45 A.M.: I chatted with a relative after the last message. The 12 year old sick poodle is back from the veterinarian, and it is doing better. I went to bed, and I chatted with the same relative about 9 P.M.. I called back the relative again. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed, and I was up at 2:30 A.M.. I had two popcorn cakes with four dried apricots and some ice tea. I just finished my house cleaning and watering the plants. I still have to vacuum which I will do later, when I will not disturb my neighbors. I listened to the radio while doing house cleaning with my Emerson wireless headphones. I just put in fully charged rechargeable AAA batteries, and I am charging up the other set of batteries, which should be fully charged at 2 P.M.. This service from D&B is available in the Greenwich Library for free <http://mddi.dnb.com/mddi/>. I have to use it in the library to see whom is involved in owning the Royal Bank of Scotland <http://www.royalbankscot.co.uk/>. I drive by their Greenwich office <http://www.gcm.com/> all the time on Steamboat Road. The Forbes International 500 list <http://www.forbes.com/2003/07/07/internationaland.html> says it is the 60th largest international company. I am curious since their original security guards down on Steamboat Road were Sudanese security guards whom had worked for the Royal Saudi family. I was wondering if the Saudis had invested in RBS. I was also told by a local that RBS is able to barrow money from the Japanese financial institutions for about 1 percent interest, and then they relend it at 7 to 8 percent interest. Thus maybe the Japanese are involved in RBS. Thus they are a profitable operation. I would assume some of their assets are North Sea oil income. Thus, I am curious as to what the actual breakup of the institutional ownership of RBS is. I do know that their building at 600 Steamboat Road use to house General Reinsurance which was owned by the Gulf Oil company at one time. I do know the Gulf Oil tanks in Greenwich use to be at the same location on the waterfront. Thus by Sherlock Holmes deductive reasoning, I was wandering if RBS ownership is possibly controlled by the Melon family of Gulf oil. It seems curious why and Irish American family would invest in a Scottish bank. There use to be another Scottish bank called Scottish Widows and Orphans bank too. Whatever the case when the Greenwich Library <http://www.greenwich.lib.ct.us/> is open, I will continue my research at D&B. I guess I could try to call them up or email them, but I think it would be more practical to look at the D&B report on the RBS ownership. Of

course for all I know it might lead into other offshore shell companies in the Cayman Islands or other such off shore places. It has me curious. What originally peaked my interest was the security guards thought I owned RBS, so maybe the individual that owns RBS looks a bit like me, which is not unlikely since I am half Scottish. CIO

Note: <888> 07/11/03 Friday 4:00 P.M.: I am a little bit tired, so I will now shut down the computer, and I will go to bed. CIO

Note: <888> 07/11/03 Friday 3:40 P.M.: I went out, and I went by Pickwick shoe repair at the Stop and Shop plaza, and I left my left white SAS shoe to have the heel wear preventer tap put on it. I paid \$2.50 to have it done. I then went by the Greenwich Hospital Thrift Shop. I then went by the Greenwich Hospital Dental Clinic, and I had my teeth checked. I will have to go to another dentist to get some dental work done. The National Geographic at the Dental clinic had a list of over 700 World Heritage sights. I then went back by the Greenwich Hospital Thrift Shop. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I used the bathroom at the senior center which is open in the day time. I then went by the Greenwich Library. I got reference desk help from the library Dun and Brad Street data base trying to find out whom owns the Royal Bank of Scotland, but the site with the information would not come up, so I will have to check out some other time in the future. Since they have an office here in Greenwich, it would be interesting to know what parties are involved in the ownership. It probably reflects the wealth of North Sea oil money. Since the Scottish are a formidable conservative people financially, I would assume its ownership might reflect some of the old guard Scottish funds, and not just some old hermit sitting next to his whiskey distillery. I then returned home. I chatted with a relative. I had a bowl of the raspberry orange Jell-O with strawberries. CIO

Note: <888> 07/11/03 Friday 8:45 A.M.: I had two low fat popcorn cakes with two dried apricots and ice tea. I will now shut down the computer. I will clean up, and I will go out. I have a 10:30 A.M. dental appointment. CIO

Note: <888> 07/11/03 Friday 7:50 A.M.: I relaxed a bit and watched a bit of television. I chatted with a friend. I had five dried apricots. CIO

Note: <888> 07/11/03 Friday 6:15 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 07/11/03 Friday 5:45 A.M.: I had two tuna fish sandwiches and ice tea. I went outside, and I chatted with a neighbor. CIO

End of Scott's Notes week of 07/11/03:

Note: <888> 07/11/03 Friday 4:05 A.M.: I will now send out my weekly notes. CIO

Note: <888> 07/11/03 Friday 4:00 A.M.: I had ten croutons and two dried apricots.  
CIO

Note: <888> 07/11/03 Friday 3:35 A.M.: Tomorrow is the 313th anniversary of the Battle of Boyne [http://nyny.essortment.com/battleofthebo\\_rrzj.htm](http://nyny.essortment.com/battleofthebo_rrzj.htm) and <http://www.timesonline.co.uk/article/0,,2-741932,00.html> , and they're still feuding over here and there. CIO

Note: <888> 07/11/03 Friday 3:15 A.M.: In the good old days, when I was surrounded by neighbors whom slept soundly, I use to listen to Broadway show tunes all night long while, I worked on the computer. However, my current neighbors are light sleepers. I do have a number of Broadway tunes on CD and stored on my hard drive, so I could try listening to some of them with my new Plantronics DSP 500 headset to see how they sound. The Plantronics Persono program which loads with the computer has a setting to change the fidelity of the headset from Voice to Classical, Jazz, R&B, Rock, Games and None. I suppose one would use Jazz or Classical for Broadway show tunes. I also have another headphones set next to the computer connected by wire to my stereo system, another Emerson wireless headset underneath the Orion television connected to the stereo system, and the Panasonic headset connected to the computer, if one changes to the sound card settings in "Control Panel" "Sounds and Audio Devices", and I have another headset that can be plugged into the stereo system on the Queen Anne chair underneath the stereo system. I also have some low cost headsets for Walkman or computer speakers. Thus should, I ever decide to listen to music, I am truly wired.  
CIO

Note: <888> 07/11/03 Friday 2:55 A.M.: I had two dried apricots. It says here that Joe Allen has a new restaurant in Ogunquit, Maine <http://www.nytimes.com/2003/07/09/dining/09JOEA.html> . When I worked at CBS, a lot of my fellow employees used to go to his restaurant in Manhattan. I myself use to patronize P.J. Clarke's when I could afford it. A restaurant that looks like P.J. Clarke's is the Landmark Tavern on 10th Avenue around 54th street on the west side of Manhattan. Although a lot of the old guard still go to <http://www.21club.com/index-flash.html>, and it is near to Black Rock CBS's corporate headquarters, when I was earning \$85 a week take home pay at CBS in 1973, I could not afford 21. I think I may have been to 21 once with my parents. I found a "21" mustard jar in the thrift shop in Southport, Connecticut behind the Congregational Church. I gave it to a relative in Texas. For years when ever I heard people talking about going to Joe Allen's restaurant, I thought it was owned by the astronaut of the same name. I had a hard time figuring out why an astronaut would own a restaurant in New York. About five years ago, I saw the fourth Longest Running Broadway Show [http://www.geocities.com/auzziek/broadway\\_list.html](http://www.geocities.com/auzziek/broadway_list.html) "A Chorus Line" at the theatre <http://www.ogunquitplayhouse.org/> in Ogunquit, Maine. I believe there is also a summer playhouse in Westport, Connecticut <http://www.ohwy.com/ct/w/wescoupl.htm> where I use to have a cocktail on warm

summer evenings after the show. Of course since I am not a good actor, the theatre crowd never really appreciated me. A friend of a friend of a friend of mine once knew a Broadway Play Write who also wrote, "You Can Always Tell a Harvard Man", and he had the same name as a former head of the CIA. Thus when there are so many people with similar names, one frequently gets confused with different people. The lights have been blinking ever so slightly a few times. I hope the electricity does not go off. CIO

Note: <888> 07/11/03 Friday 2:00 A.M.: I went through my email. I had a half of a 2.5 ounce bag of Glenney's sour cream and onion soy crisps. I replaced the four General Electric 15 watt frosted candelabra bulbs in the pair of sconces above the dining room table with new bulbs, since one of them had burned out. I now have three used ones for backup. I believe the Stop and Shop carries them, and the Greenwich Hardware store and the Fashion light center. They are hard to find. They provide a lower more even light than the brighter ones that are more commonly available. CIO

Note: <888> 07/11/03 Friday 1:20 A.M.: I sent out an email. I had a bowl of the raspberry orange Jell-O with strawberries and a glass of ice tea. CIO

Note: <888> 07/11/03 Friday 12:45 A.M.: I had two popcorn cakes before going to bed. I had a call from a friend at 3 P.M., when I was suppose to make my 3 P.M. appointment. I had so much stomach gas, it was just as well, I did not make my 3 P.M. appointment. I guess, I will have to have smaller salads, so I do not get stomach gas from so much roughage. I chatted with my friend. I fell back to sleep until 6:30 P.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 11 P.M.. I had five dried apricots. I looked at a bit of television. I just had a Swanson's 16 ounce turkey breast dinner along with a glass of ice tea. I have a 10:30 A.M. dental appointment today, so I should go easy on the garlic and olive oil products. I guess my stomach is not use to digesting the amount of roughage I got in the large Greek salads. I will have to have other entrees with smaller salads. CIO

Note: <888> 07/10/03 Thursday 8:30 A.M.: I chatted with a friend on Net2Phone, and the new Plantronics DSP 500 headset is working just fine. Of course occasionally with the speed of the internet, it can be a factor using Net2Phone, since the call goes through the Cablevision system to Norwalk and then it goes through the internet to Newark, New Jersey where it goes into Net2Phone's telephone gateway. However, at 2 cents a minute, it is a lot cheaper once one pays for the computer setup and the internet access. Well, I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 07/10/03 Thursday 7:25 A.M.: Of course on July 5, 1976, I recall being a day late and a dollar short that day after the Tall Ships in New York Harbor for the bicentennial of the USA, I went back into Manhattan that evening after viewing the tall ships on the fourth of July, and I wore a dark suit into the city to tour the

ships moored up and down the Hudson River and to see the fireworks. I stayed up all night, and the following day, I was walking up Third Avenue, and some policemen were standing around barricades at Bloomingdales, and they waved me on through. I walked into Bloomingdales and stood where the other people were standing in line, and about fifteen minutes later I walked Queen Elizabeth II and Prince Phillip to tour the store. When they left, they got into a gold Rolls Royce and drove up Third Avenue waving to crowds through the sunroof. They were going on to their next stop at the Metropolitan Museum of Art where I had actually spent quite a lot of time over the years, so if I had passed them by on Third Avenue, I might have caught up to them at the Metropolitan Museum that day. I was later told at the same time King Olaf of Norway was touring the F.A.O. Schwartz toy store on Fifth Avenue. The following day in Greenwich, I walk downtown, about 2 P.M. in the afternoon, and I walked down to the waterfront, and I walked the entire distance, and there was not a sole person downtown and no cars either, except the Golden Retriever Honey that use to always lie on the sidewalk downtown. Anyway, I later learned that the Royal British party at the time were passing by Greenwich on the Britannia on their way to an appearance in New Haven, Connecticut, so I guess between being in Manhattan the day before and heading along the sound to New Haven that day, all the Anglophile community here in town were dispersed following them, and it was just me and the golden retriever downtown. I believe the golden retriever was a neighbor's dog. CIO

Note: <888> 07/10/03 Thursday 6:55 A.M.: It says here that the Prince of Wales is going to visit St. Petersburg, Russia <http://www.princeofwales.gov.uk/>. I am not sure if I have ever seen him or not, unless he was one of the many people roaming around Manhattan incognito in the old days. I recall a benefit at Lincoln Center around the summer of 1981, before he was married, and he was suppose to be showing up. I scanned the arriving VIPs in the limousines to see him, and a face moving along the sidewalk with all the other pedestrians caught my eye, and it looked to be him arriving on foot. It was a very hot day, and the fellow that looked like him was very hot, so maybe he will be cooler in Russia this summer. CIO

Note: <888> 07/10/03 Thursday 6:40 A.M.: I ran Windows update, and I installed three updates. I have not been going by the waterfront recently, since I have been busier. I have been trying to use the library more, so I am not spending any time down around the waterfront. There are enough local waterfront users this time of year that my presence is not really needed. I will still try to make it over to Tod's Point a couple of times a week during the summer. I might change this though, since I have spent so much time around the waterfront in my life, I am naturally drawn to it. CIO

Note: <888> 07/10/03 Thursday 6:15 A.M.: I went outside briefly. I filled out a Forbes Gartner survey earlier. I updated my Microsoft profile. CIO

Note: <888> 07/10/03 Thursday 5:25 A.M.: I went through my email. I had two low fat popcorn cakes, a dried apricot, and ice tea. CIO

**Note: <888> 07/10/03 Thursday 4:20 A.M.: I had five dried apricots and 11 Breton wheat crackers with homemade hummus and ice tea. CIO**

**Note: <888> 07/10/03 Thursday 4:05 A.M.: I went out after the last message. I went by CVS in Old Greenwich, and I bought for \$10.99 a 100 tablet bottle of CVS Food Enzyme tablets which is their store brand of Beano. A similar jar of Beano is \$14.99. I took two of the tablets while at the store. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. Some person or persons unknown trashed the two potted evergreens in front of the Saks Fifth Avenue store. They are lying on their sides part way out of their pots. It is troubling to see that, when you consider how hard people work to maintain the town. I even dispose of my cigarettes butts safely in waste receptacles after extinguishing the butts or storm drains. I had a drink of water from the park fountain to wash down the tablets. It says to take three, but I will only take two to be more economical. I next returned home. When I go out for a short period of time, I put my computer on Standby. CIO**

**Note: <888> 07/10/03 Thursday 1:50 A.M.: Well, I guess I will go over to CVS in Old Greenwich, which is open all night and buy some <http://www.beano.net/> . I did not have this problem, when I ate simpler foods like rice. CIO**

**Note: <888> 07/10/03 Thursday 1:30 A.M.: I had the same dinner salad as last night, but I put in a six ounce can of crab instead of small shrimp. I had the salad with ice tea. I tested the Microsoft Word dictation with the new headset, and it seems to work just fine. I have recently had a bit of stomach gas from my new diet, but it could be from the chick peas, the olive oil, garlic, balsamic vinegar or some other mixture in my ingredients. It comes and goes with a particular ferocity, so it is hard to tell. I do not recall having such problems, when I was on a similar diet in Greece in the spring of 1972. Whatever, the case, it makes it hard to be around the general public when gas attacks occur. It sure is a good natural defense system. Well, maybe I should try Beano, but at the moment, I can not afford it. I guess chick peas are garbanzo beans, and we all know beans give people gas. Well, if I say it is pretty bad, it is pretty bad. Now I know how a skunk feels. Perhaps, once I use up my current stock of groceries, I should consider a less smelly diet, but at the moment, I still consider it a healthful diet. CIO**

**Note: <888> 07/10/03 Thursday 12:10 A.M.: I went out after the last message, and I stopped by the ATM machine at the Bank of New York in Port Chester, New York. I then went by the <http://www.vitaminshoppe.com/> at the A&P shopping center in Port Chester, New York. I bought a bottle of 300 tablets of MSM 1000 mg. for \$32.36, a bottle of 90 tablets of Coral Calcium Plus for \$14.48, and a bottle of 100 capsules of Niacimide 500 mg. for \$4.76 less a \$10 off discount coupon for \$41.60 total. I then went by the Greenwich Library, and I read the Greenwich Times. I next went downtown, and I walked lower Greenwich Avenue. There were a lot of Power Ball people at Zen stationary lined up. I next went by the Food Emporium,**



and I bought buy one get one free of Edy's pints of sorbet ice cream, one raspberry and one mandarin orange for \$3.49 both, a head of red leaf lettuce at \$2.49 a pound for \$1.71, and two Bermuda onions at \$1.29 a pound for \$1.66 for \$6.89. I then returned home. I had a lot of calls from a relative. Apparently the relative has a sick 12 year old poodle that we are all suppose to pray for. Also the relative was installing a new 17 inch LCD monitor from Costco, and it did not work properly. The relative raises canaries, and apparently there was a bird feather in the plug for the monitor which was preventing it from working properly. Remember to pray for the sick poodle. I next tried tweaking my Plantronics DSP 500 headset. I decided it works better in the regular USB port on the back of the computer instead of the USB 2.0 port on the front of the computer. I downloaded and installed a software upgrade for it too. I adjusted the settings, and I tested it by calling up myself, and listening to myself on the speaker phone. It seems to work well enough. I chatted with a friend, and I also chatted with two relatives. I will have to check out the Plantronics DSP 500 headset over the internet, once I have time to call people when they are awake. Still, it seems to be working fine enough, but I will have to wait until, I get feedback from people I call with Net2Phone. There are so many settings to adjust, it takes a bit of time, adjusting the Multimedia settings, the Plantronics Persono application, and Net2Phone application. CIO

Note: <888> 07/09/03 Wednesday 6:40 P.M.: I rested for a while. I chatted with a relative. I called two different relatives through the computer to try out my new Plantronics DSP 500 headset. They thought it sounded very clear. I will now shut down the computer, and I will clean up, and then I will go out. CIO

Note: <888> 07/09/03 Wednesday 4:25 P.M.: I had two popcorn cakes and four dried apricots before going to bed. I was up at 3 P.M.. The Plantronics DSP 500 headset from [www.jab-tech.com](http://www.jab-tech.com) was outside my door delivered by the U.S. Postal Service. I installed the software first, and then installed the headset into the front USB 2.0 port. The headset works just fine. However, it overrides the soundcard in its installation, so if one wants to use the computer speakers, one has to change it to the sound card in the sounds and device settings. Still the voice quality and the audio on the headset seem far superior. Since I do not use the speakers much, I will leave the sound and device settings on the Plantronics DSP 500 headset. I called myself to test the headset, but I can not find anyone else available to chat with at the moment to test it. Thus the computer is set up for chatting and listening with the Plantronics DSP 500 headset. I moved the old Andrea electronic headset to the Dell backup computer. The Plantronics DSP 500 headset did not come with the other audio programs it was suppose to, maybe that is why it was less expensive. Still, I am most pleased with the overall setup. I tweaked it for Net2Phone. I will now have breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. CIO

Note: <888> 07/09/03 Wednesday 5:45 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I sat outside briefly. I had four dried apricots. I will now shut down the computer, and I will watch a bit of television before going to bed. CIO

**Note: <888> 07/09/03 Wednesday 4:55 A.M.: I had two low fat buttered popcorn cakes and some ice tea. CIO**

**Note: <888> 07/09/03 Wednesday 4:40 A.M.: I went through my email. I received notice from [www.jab-tech.com](http://www.jab-tech.com) that the Plantronics DSP 500 headset has been shipped, and I received a tracking number for the United States postal service priority mail, which does not tell me anything yet. It is hard to tell whether it will arrive today or tomorrow. CIO**

**Note: <888> 07/09/03 Wednesday 4:20 A.M.: Forbes article on lean Greek diet [http://www.forbes.com/2003/07/08/cx\\_kf\\_0708htow.html](http://www.forbes.com/2003/07/08/cx_kf_0708htow.html) . CIO**

**Note: <888> 07/09/03 Wednesday 4:15 A.M.: I took a chilled fresh quart of California strawberries, and I rinsed them in cold water. I plucked off the stems. I then quartered them lengthwise. I boiled two cups of water. In a six cup Pyrex bowl, I put in two packages of Stop and Shop raspberry sugar free gelatin, and I added the two cups of boiling water. I stirred it with a whisk for two minutes until dissolved. I then added two cups of cold orange juice. I stirred it. I then without splashing added the quart of quartered fresh strawberries. I mixed it slightly, and the strawberries floated to the top. I then put on the glass lid, and I placed the mixture in the refrigerator to chill. Later on today, there should raspberry Jell-O with orange flavor with fresh strawberries ready. CIO**

**Note: <888> 07/09/03 Wednesday 3:25 A.M.: I had three dried apricots and three croutons. I watched a little bit of television, but as usual, there was not much of substance on. I think I have to pay for Cablevision to have Optimum Online. Since, I am usually on the computer, I do not have much time to watch the constant violence on cablevision. It would seem to me, there would be more educational television on cablevision, which would put it to a better use. I guess Norwalk, Connecticut where Cablevision supposedly comes from in the cable network system is more prone towards violence. Still, having watched bit of American television for over 50 years, it seems there is always quite a bit of violence on television. Since I tend to be in central locations when I go out for walks, it tends to be a more peaceful environment. Whatever the case, the Cablevision System would not provide such entertainment, unless those whom watch television are prone towards violence and are willing to pay for the viewing experience. I did hear one term used on the television that might be relevant. "Nobody loves a fat man, except his grocer." CIO**

**Note: <888> 07/09/03 Wednesday 2:00 A.M.: Dinner was delicious. I will now do some regular computer work. CIO**

**Note: <888> 07/09/03 Wednesday 1:35 A.M.: I put away the laundry. When I brought up the laundry there was one of those annoying fax noise messages on my answering machine at 1:03 A.M.. While, I was waiting for the laundry, I made up another summer salad. I took five large leaves of chilled red lettuce, and I broke off**

the stalks and discarded them. I then broke them in two to three inch pieces, and I rinsed them off in cold water in the lettuce spinner, and I spread them over a large dinner plate. I then took two large chilled plum tomatoes, and I rinsed them in cold water, and I cut them across in quarter inch sections, and I spread them across the plate. I then put 20 chilled small carrots on the plate. I next put on 25 chilled large black pitted olives. I then put on five chilled heaping tablespoons of the homemade hummus evenly spaced. I put one of the olives in each dab of hummus. I then put on 20 Pepperidge Farm fat free Caesar generous cut croutons. I next peeled and diced a half of a chilled Vidalia onion, and I spread it over the salad. I then cut five 2 inch by 1.5 inch by .25 inch sections of Swiss cheese, and I cut each piece into five parts, for 25 pieces of Swiss cheese, which I spread over the salad. I then opened a chilled 6 ounce can of small shrimp, and I left the lid on, and I rinsed it underneath cold water a half dozen times squeezing out the water. I then separated the shrimp in a bowl, and I spread them over the salad. I then put on a generous portion of grated parmesan cheese. I next added generous amounts of Italian balsamic vinegar from Modena, Italy and Italian extra virgin olive oil over the salad. I finally seasoned it with ground black pepper and salt. I will now have the salad for dinner with ice tea. It is a large heaping salad, but it is like Chinese food in being so many small pieces that one feels hungry after about two hours. CIO

Note: <888> 07/09/03 Wednesday 12:25 A.M.: I made up another batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> not using Tabasco sauce or Red Cayenne pepper, but to the basic recipe, I added a can of large black pitted olives along with the chic peas. I have 25 minutes, until the dry cycle on the laundry is done. CIO

Note: <888> 07/08/03 Tuesday 11:50 P.M.: I had two popcorn cakes and four slices of Swiss cheese about .25 inch by 1.5 inch by 1.5 inch before going to bed about 7 A.M. after watching television. I was up at 6 P.M., and I had breakfast of oatmeal, with toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went by the Greenwich Library, and I read the Greenwich Times, the Wall Street Journal, and P.C. Magazine. The compressor on the roof of the old section of the Greenwich Library in undergoing repairs, so the air conditioning is not to cool in the library. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I next went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Stop and Shop, and I bought a Swanson's hungryman 16 ounce turkey dinner for \$2.99, a 16 ounce container of Homa dried apricots for \$3.49, a Twinings box of five blends of five each of tea for 25 total bags for \$3.19, a box of Pepperidge Farm low fat croutons \$1.49, a package of Quaker popcorn cakes \$2.19, a 48 ounce container of Quaker old fashioned oats \$3.99, a loaf of Arnold 12 grain bread \$1.99, a five pound bag of S&S sugar \$2.39, two boxes of S&S low calorie raspberry gelatin .67 each, a can of Roland Hearts of Palm \$2.39, a pound of fresh California strawberries \$1.99, a 2.5 ounce bag of onion soy chips \$1.99 for \$29.43 total. I then returned home, and I put away my purchases. I started two loads of laundry, and I put \$20 on my MacRay laundry card. I will have \$23.95 left on it, once I finish the laundry. I put clean

linens on the bed, and I am just about ready to start the dry cycle on the laundry.  
CIO

Note: <888> 07/08/03 Tuesday 5:50 A.M.: If one needs an inexpensive computer without the operating system or monitor or keyboard or mouse, just the CPU for \$285 plus \$15 shipping, this is a most excellent value [Accessmicro Computers Motherboards and Laptops](#) . I had three Quaker popcorn cakes. I will now shut down the computer, and I will go to bed soon after watching a brief bit of morning television. CIO

Note: <888> 07/08/03 Tuesday 5:10 A.M.: I went through the past month's volcano reports. CIO

Note: <888> 07/08/03 Tuesday 4:10 A.M.: United States Air Force public weather site <https://afweather.afwa.af.mil/> . Also, there is the potential for tropical weather activity around Barbados <http://www.geocities.com/mikelscott/weather.htm> . CIO

Note: <888> 07/08/03 Tuesday 3:50 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . Well, it seems slow around here, so I guess with the more relaxed economy and with the warmer weather, people are working a bit more at home, and maybe taking time off from their hectic offices. Realistically the office environment is not the only environment in the world. One of the definitions of "Economics" is how one manages one's home. Basically in maintaining my rather simple environment, I perform a number of tasks by routine. Since my apartment is only 450 square feet, I do not have to do too much walking. Whenever, I visit someone whom lives in a larger home, it seems like in a regular size to larger home, one does a lot of walking. My family has had a lot of larger homes, and it is always a lot of maintenance to live in a larger home not to mention the expense. When, I visited with many New York City people over the years, I noticed they had a lot more free time, since they lived in smaller apartments, which did not require as much time to maintain. I save money by never eating out at restaurants. Having worked in restaurants, I know how to cook, and I enjoy cooking. Basically, people once they move out to the suburbs, tend to refocus their routines, since usually when they move out here from the City, they have to get use to maintaining a larger environment. Thus, one learns to appreciate our various maintenance personnel in the area, whom help keep this area going. One has to realize after 11 years on personal computers, I have a certain level of experience in maintaining personal computers, but all the knowledge I use to have in maintaining a suburban home is a bit out of date, since many new types of home improvements have been made in the same years, I have been working on the computers. Thus, one can not be an expert in all fields. Thus as I have said many times, I am a "Jack of All Trades, Master of None." Well, from what I can tell, not many people read my internet information too much, since I do not get much communications back for all my input. Basically, I guess the user public on the internet is respectful of people's privacy. Still, the internet is like leading a horse to water, but one can not make it drink. Over all the years in Greenwich and other similar suburbs, I do not

think all the various visitors really realize how much time it takes to maintain lifestyles here on a four seasons basis. Thus like computers, the agony is in the details in maintaining one's lifestyle in the suburbs. I suppose those whom are wealthy enough to have people maintain their lifestyles for them really do not have the experience it takes from doing it oneself. The Old Guard American families from having grown up in the pioneering environment tend to know how to maintain their own environments. It is rather strange all the out of town workers do not give me credit for the 20 years, I have recently spent downtown keeping an eye on the environment, although I do not do any of the work myself. Still, it takes quite a bit of walking in the downtown environment to get a larger perspective. Thus the older people whom I am gradually becoming do not necessarily have the energy to walk as much, but I dare say in their younger days, they have done quite a bit of walking, since this town alone has about a dozen golf courses, so one knows people here know how to walk besides all of the running around in cars we also do. Thus in a town the size of Greenwich, Connecticut, which is the size of Washington D.C. area wise, there are always a lot of people on their feet all the time, so one does not need to go into Manhattan just to do more walking around there. CIO

Note: <888> 07/08/03 Tuesday 2:45 A.M.: I updated my Michael Scott Resumee page with three links to pictures of myself about ten years ago <http://www.geocities.com/mikelscott/resumee.htm> . CIO

Note: <888> 07/08/03 Tuesday 2:05 A.M.: I turned on ClearType for Windows XP <http://www.microsoft.com/typography/cleartype/default.htm> . It makes the screen a bit clearer. CIO

Note: <888> 07/08/03 Tuesday 1:45 A.M.: I rested until 1 A.M.. I had 12 Carr's crackers with slices of Swiss cheese and a glass of ice tea. I put the new batch of ice tea in the refrigerator. CIO

Note: <888> 07/07/03 Monday 9:45 P.M.: I am making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 07/07/03 Monday 9:10 P.M.: I finished off the bag of soy chips. I chatted with a relative. I completed two Microsoft surveys. I sifted through my email. CIO

Note: <888> 07/07/03 Monday 8:25 P.M.: I had the same salad as last night, but instead of putting a six ounce can of small shrimp on it, I put on a 6 ounce can of crab, and I used three halved artichoke hearts instead of two. I had the salad with ice tea. CIO

Note: <888> 07/07/03 Monday 7:10 P.M.: I had 20 soy taco chips and 5 cholesterol free Danish cookies before going to bed about 6 A.M. this morning after watching a bit of television. I noticed from watching television that Don Imus on morning television looks like Thomas Jefferson. I was up at 2 P.M. this afternoon. I had

breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I made my 4 P.M. appointment. I then walked the entire length of Greenwich Avenue. I next went by the Greenwich Library, and I read the Wall Street Journal and the Greenwich Times. I checked out a DVD video disk. I returned home, and I had a glass of ice tea. I chatted with a friend, whom I will call back shortly. It is raining heavily northeast of here. I received a email that my order from [www.jab-tech.com](http://www.jab-tech.com) for the Plantronics DSP 500 headset has been processed, so it should be here tomorrow or the next day. Remember when looking at used car values Kelly Blue Book <http://www.kbb.com/> has all the value listings. CIO

Note: <888> 07/07/03 Monday 4:55 A.M.: I will now shut down the computer, and I will go to bed soon. I have a 4 P.M. appointment today. CIO

Note: <888> 07/07/03 Monday 4:50 A.M.: Recently in order to lead a more relaxed lifestyle, I have only been drinking one cup of coffee in the daytime when I first wake up. I am using Food Emporium or A&P Eight O'clock Hazelnut coffee beans, which I buy in quantity or about five 13 ounce bags when they are on sale. I keep them once the bag is open in a sealed jar and in my Braun coffee grinder. I have it set on the third finest grind. I fill up the espresso cup on a Krups espresso cappuccino machine with the ground coffee, I then run a cup of regular water through the machine for a cup of full flavored coffee that I mix with sugar and milk. I also have a Gaggia coffee grinder with espresso beans in it, two Braun espresso cappuccino machines, a Krups espresso, cappuccino, coffee machine, a Royal drip coffee maker, a quart and a 8 ounce Bodum coffee makers, a Salton single cup coffee maker, and many types of coffee cups. Thus should I decide to wire myself out on coffee again and spend more time on the internet, I am prepared. I also have a pound of Italian espresso coffee beans too, which are about six months old. I also keep a jar of Folgers' instant and Folgers' instant decaffeinated coffee too. Since I usually use the same coffee cup, all my other coffee cups and bar glassware are a bit dusty. CIO

Note: <888> 07/07/03 Monday 4:25 A.M.: Back in the early 1970s when we had an oil embargo in this area, I helped a friend whom had a steam heated apartment in Manhattan near the United Nations run his apartment. The friend enjoyed a good cup of coffee, and he frequently sent me out to <http://www.mcnultys.com/> down in Greenwich Village to get fresh Viennese blend coffee beans which he made into coffee with a Danish Bodum coffee maker. It was a most delicious cup of coffee with honey and cream. I was looking at this web story about coffee <http://www.nytimes.com/2003/07/07/nyregion/07COFF.html?th> , and they list these three gourmet coffee links <http://wholelattelove.com/> , <http://coffeegEEK.com> , and <http://coffeekid.com/> . It just goes to show how advanced we have become looking for a good cup of coffee or other java beverage. CIO

Note: <888> 07/07/03 Monday 4:00 A.M.: I had 8 soy taco chips with homemade hummus. If one wants to know how cold it can get in the good old United States of

America, one can check out this web page  
<http://www.usatoday.com/weather/wcstates.htm> . CIO

Note: <888> 07/07/03 Monday 3:35 A.M.: One of my first web sites was at a Ohio State mirror for the Antarctic Scott Amudsen research station. I thought my directory would be useful for searching out information on the internet. Although, it is hot here in Greenwich, Connecticut USA, one has to remember in Antarctica, it is the middle of winter, and those working at the various polar research stations are frozen in for the winter. This web page has some useful Antarctic information <http://www.nsf.gov/od/opp/antarct/start.htm> , as well as <http://www.antarcticanz.govt.nz/> and <http://www.antarctica.ac.uk/> . To preserve baud usage, logging on directly to Antarctic, I believe is restricted, but this page has information about how cold it tends to get down there <http://www.nerc-bas.ac.uk/icd/gjma/pole.temps.html#data> . At the moment it is 76 degrees Fahrenheit outside in Greenwich, Connecticut, and the air conditioner in my apartment is set at 70 degrees Fahrenheit, and it is 74 degrees Fahrenheit in my apartment right now, so it is cooling it off for a warmer period today. I have finished updating the Dell backup computer on both partitions. I suppose if one does not like sitting inside a cooler apartment working on computers in the summer, one could go native amongst the natives. However, it might be like the story of the ants and the grasshopper, so I will try to continue working on the computer and the internet. CIO

Note: <888> 07/07/03 Monday 2:40 A.M.: I watched a little bit of television. I had a scoop of Edy's low fat raspberry vanilla swirl ice cream. I am updating the Red Hat Linux 9.0 partition on the Dell backup computer. I guess I have not been too focused on my computer activity recently. However, with the warmer weather, I have been trying to enjoy a bit more of outside activity before it gets colder again. I suppose with so much happening in the computer area in this area being so close to IBM Armonk not to mention the great metropolis of Manhattan, that for volunteers like myself, we have to try to keep up to pace with the growing computer technology. I read in P.C. Magazine last week that the United States of America disposes of 60 million personal computers in land fills each year. Still, I prefer to keep my four older computers for backup, since I would rather not see them trashed after going through the effort to configure them. I guess it comes from my thrifty Scottish background. Well, the new Plantronics DSP 500 headset was a major expense at \$82.05, but it will be useful for better quality internet telephony. Once I receive it in two to three days, I will put the old Andrea electronic headset on the Dell backup. The Andrea electronics headset is very good, and it cost about \$40 six years ago. However, it uses a half inch diameter adaptor to plug into the sound card microphone jack, which with the two half inch diameter Y adaptors I have on the speaker outputs was a bit cramped. The Andrea electronics headset was always getting static because it could not get a proper connection frequently. That will not be a problem on the Dell backup, since I do not use Y adaptors on it. The Plantronics DSP 500 headset I ordered for my primary computer works through the USB port, so it should be faster and much better quality for communications. It

also comes with a voice recognition program for dictation and speech commands. I am ever the optimist, and I some times I hope my internet activity will increase, so the expense I have spent on the more advanced equipment will hopefully be useful. I do spend a lot of time on the computer, and the Optimum online connection expense tends to also add to expense. However, after certain periods I time, I tend to zonk out from information overdose. Thus, diversions like watching television help me relax. Since I do not communicate much to other individuals in the technology field, I am sort of out there on my own. However, by reading the technology I news, I keep abreast of technology events. I recall when I first got on the internet about eight years ago, I remember one internet site in the Galapagos Islands using a 1200 baud radio modem. It really goes to show how fast the technology has advanced that we are all connected, but being so connected, we have become somewhat apathetic. Still, since we have so much information, it is important to read it, and to gradually digest it, and utilize it to our own benefits and technological advancement. It may not make sense to individuals whom have never been on the internet, but still over the years, I have been on the internet, I have broadened my knowledge of events beyond the local periodical press. In my writings in my notes, I have tried to limit my writing to my own experience and familiarity, instead of trying to make it too complex. CIO

Note: <888> 07/07/03 Monday 12:05 A.M.: I did some regular computer work. I had twenty soy taco chips with homemade hummus. I watched a bit of television. It seems like everyone is away on vacation, so not much is happening on television or on the internet. I suppose, I could go out for a moon walk on Greenwich Avenue, but it has been 22 months mostly since I have quit walking around at night, so I am not as use to it, as I was in the past. I guess I could always check out a book from the library, and try my hand at reading some more literature. CIO

Note: <888> 07/06/03 Sunday 10:40 P.M.: I chatted with another relative. With all these people whom have cell phones and regular phones, frequently they have to pick up on two connections at the same time. I was talking earlier with a friend on the internet, and two different relatives called on the regular phone while chatting online. Thus today, one has to juggle communications frequently on weekends when cell phone rates are free. CIO

Note: <888> 07/06/03 Sunday 10:05 P.M.: Dinner was delicious. If one is wandering where to get the Roland 13.75 ounce wet 8.5 ounce dry cans 5 to 7 count artichoke hearts cans of artichoke heats, they had them about a month ago at Odd Job in Port Chester, New York for \$1.99 each can. If is hot up in Maine, a relative just bought a General Electric 10,000 BTU air conditioner with remote control for their house in Maine for \$238 at Wal-Mart in South Portland, Maine. CIO

Note: <888> 07/06/03 Sunday 9:40 P.M.: I took five large leaves of chilled red lettuce, and I tore off the stalks, and I discarded the stalks. I broke the leaves into two to three inch pieces, and I rinsed them off in the lettuce spinner underneath cold water. I then put them on a large dinner plate. I rinsed two chilled plum tomatoes,



and I cut them in quarter inch thick slices, and I spread them over the lettuce. I then put 20 small chilled carrots on the plate. I next added 16 chilled large black pitted olives. I then open a can of chilled Roland artichoke hearts, and I sectioned into quarters two artichoke hearts, and I added them to the plate. I put on five large evenly spaced heaping tablespoons of the chilled homemade hummus which includes black olives <http://www.geocities.com/mikelscott/hummus.htm> . I peeled and diced a half of a chilled Vidalia onion, and I spread the onion pieces over the plate. I then opened the lid on a six ounce can of chilled Chicken of the Sea small shrimp, and I left the lid on, and I rinsed it a half dozen times underneath cold water, squeezing the water out to rinse the shrimp. I separated the shrimp in a bowl, and I spread them over the salad. I then put a generous layer of chilled grated parmesan cheese on the salad, and then I seasoned it with generous amounts of room temperature Italian Balsamic vinegar from Modena, Italy and room temperature extra virgin olive oil. I then seasoned it with ground black pepper and salt. I will have the salad for dinner with ice tea. CIO

Note: <888> 07/06/03 Sunday 9:00 P.M.: I chatted with a friend. I chatted with two relatives. CIO

Note: <888> 07/06/03 Sunday 7:45 P.M.: Before going to bed last night, I had a third of a bag of Lays onion and sour cream potato chips and seven Carr's crackers with homemade hummus along with a glass of ice tea. I went to bed about 6 A.M. this morning after watching some television. I was up at 4 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by CVS on Greenwich Avenue, and I bought 3.5 ounce tube of Old Spice high endurance deodorant for \$2.29, a CVS drop in bleach toilet bowl cleaner \$1.99, and a Glade plug-in scented oil refill Hawaiian breeze for \$2.99 plus .44 tax for \$7.71 total. I then walked the entire length of Greenwich Avenue. I sat out at various locations. It is 90 degrees Fahrenheit outside right now. I then returned home, and I put away my purchases, and I had a glass of ice tea. I installed the new Glade plug in Hawaiian breeze scent in the kitchen. CIO

Note: <888> 07/06/03 Sunday 4:10 A.M.: I did some regular computer work. I will now shut down the computer. I will watch a bit of television before going to bed. CIO

Note: <888> 07/06/03 Sunday 3:35 A.M.: I have been just surfing the net a bit. CIO

Note: <888> 07/06/03 Sunday 1:50 A.M.: I had two popcorn cakes with ice tea. The popcorn cakes taste so much like regular popcorn, they can be a bit addictive. I also went through my email, and I am doing some other regular computer work. CIO

**Note: <888> 07/06/03 Sunday 1:15 A.M.: I had two scoops of Edy's low fat raspberry vanilla swirl ice cream. CIO**

**Note: <888> 07/06/03 Sunday 1:00 A.M.: I sent President Bush a birthday greetings letter via email. I had two Quaker popcorn cakes. They are easier to eat than regular popcorn, since they are softer and do not have the hulls which can be hard on the teeth. CIO**

**Note: <888> 07/05/03 Saturday 11:30 P.M.: I set my General Electric Profile 15,500 BTU air conditioner with remote control at 70 degrees Fahrenheit, low fan, energy saver, since it was a bit cool in the apartment. CIO**

**Note: <888> 07/05/03 Saturday 11:25 P.M.: I had a popcorn cake. I am cooking a Stouffer's lean cuisine 12.5 ounce chicken with mushrooms dinner with two vegetables, which I will have with ice tea. CIO**

**Note: <888> 07/05/03 Saturday 10:55 P.M.: According to Yahoo news, Sunday July 6, 2003 is President Bush's [www.whitehouse.gov](http://www.whitehouse.gov) 57th birthday. One can wish him Happy Birthday at <mailto:president@whitehouse.gov> , but one should wait until midnight Eastern Daylight Time. I guess that is why his hair is greyer than mine at age 53. CIO**

**Note: <888> 07/05/03 Saturday 10:50 P.M.: I went out, and I went by the Exxon gasoline station next to the Greenwich Library. I bought \$5.55 of regular unleaded gasoline at \$1.739 a gallon for about 30 miles per gallon. I then returned a DVD video disk at the library video drop. I walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Food Emporium, and I bought two half gallons of Tropicana pure premium orange juice with calcium for \$2.50 each half gallon, buy on pint get one free of Edy's sorbet one of raspberry and one of Mandarin orange for \$3.49 both, Quaker popcorn and butter cakes \$2.19, a six ounce bag of Carbsense soy chips \$3.99, two 8 ounce boxes of Breton wafer wheat crackers \$2 each, a quart jar of Smucker's strawberry jam for \$4.29 less .55 can refund for \$22.41 total. I then returned home, and I put away my purchases. I had a glass of ice tea. CIO**

**Note: <888> 07/05/03 Saturday 8:00 P.M.: I took a six ounce can of solid white albacore tuna fish, and I opened the lid. I left the lid on, and I ran it underneath cold water squeezing the water out a half dozen times. I then flaked the tuna fish in a large bowl, and I added two tablespoons of Hellmann's Just2Good low fat mayonnaise, and I made two sandwiches out of it with Arnold's soft 12 grain bread. I cut the sandwiches in half lengthwise. I had them with ice tea. I set the General Electric Profile 15,500 BTU air conditioner with remote control at 68 degrees Fahrenheit. Right now outside, it is 89 degrees Fahrenheit, and in my apartment, it is 76 degrees Fahrenheit. I guess I should leave the air conditioner on a cooler setting, so when it warms up during they day, it will be cooler inside. I will now shut down the computer, and I will clean up, and I will go downtown. CIO**

**Note: <888> 07/05/03 Saturday 7:20 P.M.:** I finished the house cleaning and watering the plants. A friend called up, and the friend might be coming down tomorrow afternoon. I also checked the wires on the amplifier since the speakers on the far side in the bedroom were not working with a internet feed, but the speakers work with the amplifier tuner, so it is just the internet feed does not input into the amplifier with stereo. I have a cable to the right of the main computer hanging over the gold and orange trim mirror, which when one connects the two separate pieces of the cable together, and one put the amplifier on CD, on can listen to the internet feed input into the apartment stereo system. I will now dump out the garbage.

**CIO**

**Note: <888> 07/05/03 Saturday 5:00 P.M.:** I watched television until 5 A.M.. I had ten Carr's crackers with homemade hummus. I was up at 2:30 P.M.. I had breakfast of oatmeal, toast, orange juice, vitamins, supplements, and coffee. I went out to Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I will now do my house cleaning and watering the plants. I will listen to some oldies at [www.warx.com](http://www.warx.com) . It is 94 degrees Fahrenheit outside right now.

**CIO**

**Note: <888> 07/05/03 Saturday 1:45 A.M.:** I finished watching the DVD video disk. While watching the movie, I have two scoops of Edy's low fat raspberry vanilla swirl ice cream and eight low cholesterol Danish cookies. I will now shut down the computer, and I guess I will watch a bit of television before going to bed.

**CIO**

**Note: <888> 07/04/03 Friday 10:55 P.M.:** I will now watch a DVD video disk. **CIO**

**Note: <888> 07/04/03 Friday 10:15 P.M.:** I took six to seven leaves of red leaf lettuce, and I broke of the stalks and discarded them, and I ripped them into two to three inch pieces, and I rinsed them off in the lettuce spinner underneath cold water. I put the lettuce on a large dinner plate. I then rinsed off three plum tomatoes, and I cut them across about a quarter inch thick, and I spread them across the lettuce. I then rinsed off 22 small carrots and I spread them across the plate. I then rinsed and put 19 large pitted black olives on the plate. I next peeled and diced a half of a red Bermuda onion, and I spread it across the plate. I then put five large tablespoons of the homemade chick pea and black olive hummus <http://www.geocities.com/mikelscott/hummus.htm> in five evenly spaced spots on the plates. I then opened the lid on a six ounce can of crab meat, and I left the lid on, and I rinsed it underneath cold water for about five times squeezing the lid down to remove the water each time. I then flaked the crab in a bowl. I spread it evenly over the salad. I then spread a generous portion of grated parmesan cheese over the salad. I then added generous amounts of Italian balsamic vinegar from Modena, Italy and extra virgin olive oil over the salad. I added ground black pepper and salt, and I had the large heaping healthful seasonal salad for dinner with ice tea. It fills

one up, and except for the grated parmesan cheese, it should not be too fattening.  
CIO

Note: <888> 07/04/03 Friday 9:25 P.M.: Before going to bed this past morning, I had about a third of a bag of Lays sour cream and onion potato chips. I was up at 2 P.M. this afternoon. I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went by Smokes for Less in Byram, and they were closed today. They are open until 5 P.M. on Saturday and 2 P.M. on Sunday, and 7 P.M. on weekdays. I then drove over to Tod's Point. I walked the entire 2.5 mile walk around Tod's Point. It was a bit cooler down by the waterfront. There were a number of holiday picnickers at the southwest picnic area. I then went to downtown Greenwich, and I walked lower Greenwich Avenue. I sat out at various locations. Starbucks was out of ice, so they could not serve chilled drinks, but their manager had gone out for ice. I noticed the Exxon gasoline station next to the Greenwich Library sells ice along with the grocery stores. Cumberland Farms might have it too. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I went by the Stop and Shop, and I bought two 29 ounce can of Goya chick peas for \$1.09 each can, four cans, two medium size olives and two large size olives of Black Pearl olives for .99 a can, a pint bottle of Monari Italian balsamic vinegar \$5.59, two bags of baby carrots \$1.50 each, a quart box of plum tomatoes \$2.99, and two Vidalia onions at \$1.49 a pound for \$1.67, and a head of red leaf lettuce for \$1.67 for \$20.88 total. I then returned home, and I put away my purchases. I updated my homemade hummus recipe <http://www.geocities.com/mikelscott/hummus.htm> . I made up a batch of hummus using the recipe also adding to a can of Black Pearl olives with the other ingredients, and I did not add the McIlhenny Tabasco sauce and the ground Cayenne red pepper. I am just finishing up watching a Capitol Fourth fourth of July celebration on television. I can hear the fireworks from Port Chester, New York, which one can see from the back of my building by the skating rink usually. CIO

End of Scott's Notes week of 07/04/03:

Note: <888> 07/04/03 Friday 2:00 A.M.: I will now send out my weekly notes. I will then shut down the computer, and I will get a bit of shut eye. CIO

Note: <888> 07/04/03 Friday 1:50 A.M.: Now for the fairly literate in the business community in Fairfield County, Connecticut, what business might have working relationships with Boeing besides IBM or Pan AM. I will give you a hint. The company in question also makes light bulbs. Thus if you guessed the General Electric company, which makes aircraft engines such as jet engines, you can go out and treat yourself to a package of four General Electric 40 watt light bulbs which when they are not on sale cost about \$2.99 for a four pack. With the money you save on using 40 watt light bulbs, you too might some day be able to travel to the west coast of America and sleep outside in the great outdoors like a pioneer in the wilderness with your Coleman camping supplies. I have a theory that some Californians are like me, and they take cheap vacations and visit the campgrounds

on Route 7 north of Danbury, Connecticut, and they camp out in the Connecticut wilderness. Since Greenwich, Connecticut is a busy expensive area, they are always passing us by, but much the same happens to us, when we venture west. Last time, I was at Odd Job in Port Chester, New York a couple of weeks ago, they were selling Coleman camping supplies. Connecticut Yankees tend to be a bit more frugal than their Big City Manhattan cousins, so more than likely unless one is adept at picking apples or cutting grass or raking leaves or painting in season, there is not a lot of seasonal work, since with the long winters, the locals tend to get out and do much of the work themselves. My friend whom bought the 1993 SAAB convertible with 45,000 miles in mint condition was able to obtain it for \$8,000 down from the asking price of \$10,500, so if one looks at [www.bargainnews.com](http://www.bargainnews.com) , one might be able to find a bargain car to take back to the west coast on one's return trip. Generally one should take European cars to the west coast of America, since they are more valuable further away from Europe, and one should not take Asian cars back to the west coast of America, since they are more valuable on the east coast. Of course the 3,500 mile trip back and forth between the coasts might cause a little wear and tear on the cars. Since American cars are made all over America, they tend to be worth the same price most everywhere in America. I remember when I was cruising the west coast in 1978 to 1980, I saw a lot of deluxe black Volvo sedans with black vinyl roofs and tinted windows. Here on the east coast we have lots of Asian cars, so the road seems to have run out here for people traveling east. I suppose one could try taking a Mini-Cooper west <http://www.miniusa.com/> or <http://www.mini.com/> , and although there is a Mini dealership, the last time I looked on US 1 on the Stamford Darien border, and their dealership has a web address, I can find it when I search for it. Of course driving across country in a Mini would be for a smaller person, and one would feel somewhat intimidated by triple tandem semi trailers along the highway. Now in the old days of the movie called the Cannon Ball run, about a race to California, it took off from a garage in a building on East 54th Street where a number of my friends lived, and it was later moved to the Lock, Stock and Barrel restaurant parking lot in Darien, Connecticut racing to the Malibu, California pier. Probably Getty's way of making money. In the movie, the code word for starting the race was "Gum Ball", but by Sherlock Holmes deductive reasoning, I would bet the real code word was "Jelly Bean". Well, I am mostly an armchair traveler, so I do not fell up to such a long trip, but I have a feeling a few other people are emulating that movie, and the west coast back east version of the same event that leaves from around Carmel or Monterey, California, and I never figured out where it ended up on the east coast. So much for holiday trivia writing. CIO

Note: <888> 07/04/03 Friday 12:20 A.M.: Happy Fourth of July  
<http://www.geocities.com/mikelscott/usa.gif> . If one should feel the need to travel to Redmond, Washington to explore the Microsoft hype on the area, one could always investigate the area by reading other web sites such as <http://www.psnews.com/> . I believe the Cowles family of Vanity Fair fame also live in that area, so I suppose they have ample press coverage. I remember, when I use to go over to White Plains, New York at night to have a beer to see what IBM might be up to, a friend met a representative from the Seattle, Washington chamber of commerce and was given a

videotape on the Seattle area about 12 years ago, and that was my first inclination that Microsoft was arriving in this area. Of course having grown up around the Pan American Airlines flight network in this area for many years, we already had some sort of contacts with Boeing, since you can not have much of an airline without an airplane. Still, with the heightened security in this area, it is hard to hang out at the airport anymore watching the planes come and go, so I am left watching the automobile traffic and the railway traffic coming and going along with a few buses. CIO

Note: <888> 07/03/03 Thursday 11:55 P.M.: On the microeconomic front, I can not still figure out why in Greenwich, Connecticut a men's hair cut costs \$18, when a 10 pound bag of Carolina rice in the Stop and Shop costs \$3 to \$5, unless the people growing rice in the Carolinas all have long hair. The cost of living and doing business or just surviving in this area is significantly higher than other areas in the Unites States of America. CIO

Note: <888> 07/03/03 Thursday 11:45 P.M.: If any Microsoft employees do not feel like moving to India for a cheaper worker environment, they can always email Bill Gates at his official web address at [BillGates@chairman.microsoft.com](mailto:BillGates@chairman.microsoft.com) , however I still email him at [billg@microsoft.com](mailto:billg@microsoft.com) , and he use to respond to my email the first year I was on the internet about ten years ago, until he got rich, and began to think I might be after his money. Actually, I only received two emails back from that address, which I did not save, and the second one used PGP encryption, which I did not know how to decipher. I emailed him those two times when I first got on the internet, with nothing to do with Microsoft, it was to let him know that NASA had launched the Radar Imaging satellite, and more than likely they would be able to analyze the volcanoes in the Cascades Range including Mount Rainier which is near Redmond, Washington. I dare say enough time has evolved over ten years, that many people are more aware of volcanoes, and with the internet technology, more people can study them. I figure with all the volcano experts on the internet, there is no need for me to spend so much time reading all the reports and researching the sites, so I have not been doing much volcano research in the last couple of years, but I still keep a weather eye. CIO

Note: <888> 07/03/03 Thursday 11:35 P.M.: Of course for anyone starving from California, I noticed this week that cans of California almonds at CVS this week were buy one get one free for about \$3.29 both cans. Also CVS at the Riverside shopping plaza is opened all night, and the sale would be through Saturday. However, since my teeth seem to be more fragile recently, I can not eat nuts anymore. CIO

Note: <888> 07/03/03 Thursday 11:20 P.M.: If one is skinny and in a mood for a steak, one can buy some beef at this web site <http://www.harrisranch.com/> . As for myself, on my low fat diet, I had two scoops of Edy's low fat raspberry vanilla swirl ice cream. I sifted through my email. I recall, when I was in Carmel, California twice in the summer and fall of 1980, I stayed a couple of nights at the

<http://www.normandyinncarmel.com/> , and I recall across the street was a very good restaurant in traditional Spanish style that served most excellent tornadoes of beef with a roaring fire place. That was one of the four restaurants that I had dined in during my five trips to California over three year's time lasting about eight month's total duration. The other was across from the Laguna Hotel, another at another hotel in Laguna, and I believe I also had lunch once with the head of Xerox Parc in Dana Point, California around September 1980. He kept a beach house on the beach in Laguna Beach, California where I stayed a number of times, since everyone seemed to ignore me besides him. He seemed to know whom I was and what my family position was back east. Maybe he was one of my father's employees. CIO

Note: <888> 07/03/03 Thursday 9:25 P.M.: I went back out after the last message. I walked lower Greenwich Avenue and the train station area. I came back earlier, since I had to go to the bathroom, since I probably put too much olive oil on my salad. CIO

Note: <888> 07/03/03 Thursday 8:15 P.M.: I chatted with a relative. Since it is a holiday evening, I might go out and enjoy the holiday evening ambience. Unfortunately, I did not read the Greenwich Times yesterday and the day before, so I did not know that the Greenwich Fireworks were last night, so I missed them. CIO

Note: <888> 07/03/03 Thursday 7:55 P.M.: I had the same dinner as last night, but in the salad, I put a six ounce can of small shrimp instead of crab. CIO

Note: <888> 07/03/03 Thursday 6:50 P.M.: I went to bed about 3 A.M. this morning. I had ten low cholesterol Danish cookies before going to bed. I was up at 1 A.M., and I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went downtown to the central Greenwich Post Office. There was a long line at the post office, and I was in a rush, so I went by Zyn stationary, and I bought two Western Union money orders for .79 each cost to pay my Verizon telephone bill, and I also obtained a money order for \$82.05 to pay Jab Computers <http://www.jab-tech.com/customer/product.php?productid=1789&cat=101&page=1> for my Plantronics DSP 500 headset [Plantronics | Browse Computer Products DSP 500 headset](#). The cost of the Plantronics DSP 500 headset at Plantronics if \$109 plus shipping. However, at [www.jab-tech.com](http://www.jab-tech.com) , it was \$74.95 plus \$7.10 for United States Post Service priority mail shipping with insurance for \$82.05 total. I did not have it sent UPS, since I am usually around when the United States postal delivery person shows up, and UPS tends to come later in the day. I mailed both checks at the central Greenwich Post Office. I then made my 3 P.M. appointment. I next went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times, the Economist magazine, P.C. Magazine, and the Wall Street Journal. I just returned home about fifteen minutes ago, and I had a glass of ice tea. CIO

Note: <888> 07/03/03 Thursday 1:20 A.M.: I made up an envelope for the Jab-Tech payment. I went out, and I sat out briefly downtown. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by Cumberland Farms on U.S. 1 on the Greenwich - Port Chester border. I had called them up, and they told me that they sold money orders. However, their money order machine does not work after 12:30 A.M. at night. I then went by the Food Emporium, and they do not sell money orders. I returned home. I will obtain the money order later on today when I wake up. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 07/03/03 Thursday 12:15 A.M.: I order the Pantronics DSP 500 headset from [www.jab-tech.com](http://www.jab-tech.com) to be paid for by money order. However, I had to email them whether I give the deliverer the money order upon delivery, or if I send it to them. I just heard from them. I have to send them the money order first. I was sent this festive Fourth of July link <http://www.inlibertyandfreedom.com/ilaf.htm> . CIO

Note: <888> 07/02/03 Wednesday 11:35 P.M.: I am considering ordering this Plantronics DSP 500 headset from Jab-Tech <http://www.jab-tech.com/customer/product.php?productid=1789&cat=101&page=1> . It would increase my Internet Telephony quality of sound. However, I might want to eat for the rest of the month too, so I have to think about it. CIO

Note: <888> 07/02/03 Wednesday 11:20 P.M.: I had ten Carr's pepper crackers. I went through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I downloaded some free Ebooks from <http://www.mslit.com/> . CIO

Note: <888> 07/02/03 Wednesday 7:50 P.M.: I figured out early this morning that the Michelin tire rotation calculator was in error, and since they sent me the email to rotate after 10 months at 700 miles per month, the must want people to rotate their tires every 7,000 miles, so I still have a bit of time before rotating my tires. I was up at 1 P.M. today. I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I found a heel wear preventer from my white Ecco shoes on the floor of the Hyundai, so I guess it came off when I was shifting my clutch. I will have to get it put back on. I went downtown, and I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next went by the central Greenwich Post Office, and I obtained two United States postal money orders for a cost of .90 each to pay my cablevision and my Optimum online. I do not have a checking account, so I can not overdraw my account funds. Thus I have to obtain money orders, and the United States post office tends to be a secure location to obtain them. I figure the United States government can use the float on the checks, until they are cashed. I next walked the entire length of Greenwich Avenue. I sat out at various locations. The Greenwich Hardware store also has two Kitchen



Aid toasters on their 70% off rack. I went by CVS, and I bought a large white Djeep butane lighter for \$1.89 plus .11 tax for \$2 total. I next went by the Greenwich Library, and I read P.C. World magazine. The Greenwich Times has not been there for the last two days. I then returned home, since it was warmer outside, and it is air conditioned at home. I took six red lettuce leaves, and I removed the stalks, and I broke them up in two to three inch pieces. I rinsed them under water in the lettuce spinner, and I put them on a large dinner plate. I then rinsed three plum tomatoes, and I cut them across about a quarter inch thick, and I put them on the plate. I then spread around 20 small carrots. I then put five large tablespoons of the homemade hummus on the plate. I then put 29 black pearl large pitted olives on the plate. I next diced a half of a red Bermuda onion, and I put it on the plate. I then opened a six ounce can of crab meat, and I left the lid on, and I rinsed it in cold water and squeezed out the water with the lid about five times. I flaked the crab in a bowl, and I then spread it over the salad plate. I then spread a generous portion of grated parmesan cheese on the plate. I next put a generous amount of Italian Balsamic vinegar and Italian extra virgin olive oil on the plate, and I seasoned it with ground black pepper and salt. I then had this heaping seasonal salad for dinner with ice tea. I have not been going down by the waterfront recently, since we seem to have a lot of expert observers from the Spanish Armada working the waterfront. I guess they are trying to keep a close eye on Sagamore Hill in Oyster Bay, Long Island in case the republican Roosevelts are planning to invade Cuba again. It is my perspective that the Oyster Bay, Long Island police department is a quite formidable group of individuals having visited out there a number of times, so I would imagine they keep a close eye on the goings on from the south shore of Connecticut. CIO

Note: <888> 07/02/03 Wednesday 2:10 A.M.: I received email from <http://www.michelinman.com/> that it is time to rotate my tires, since in my profile I entered that I drive about 700 miles per month. However, since September 2, 2002 when I bought the tires on Labor Day at Sears in White Plains, New York, I have only driven about 4,400 miles in ten months or about 440 miles per month. I changed my profile to 450 miles per month. The Michelin site says that one should rotate one's tires every 6,000 to 8,000 miles, so it is not time to rotate my tires. However, the Michelin site says I should rotate my tires immediately based on 10 months and 450 miles per month. Thus I guess when I have the time, I should drive over to Sears in White Plains, New York and get it done for free, since free rotation is included in my tire service purchase. I have been to White Plains about once, since I bought the tires on Labor Day in 2002. White Plains, New York is always an adventure, since it seems like a busy city. Also it can be interesting browsing CompUSA, which I think I did around last Christmas. It is really not that far, but since I am not that familiar with White Plains, New York, one has to be careful not to spend too much money and mess up one's budget. Since the Hyundai is a little over four years old, I might also consider obtaining a new battery before this winter. Sears [www.sears.com](http://www.sears.com) shows one for \$60, but I am not sure if their top level battery for \$80 is available for my Hyundai. I can get the top level battery at

AutoZone in Stamford [www.autozone.com](http://www.autozone.com) for \$70, but then I would have to install it myself. Well, I am tired, so I will go to bed soon. CIO

Note: <888> 07/02/03 Wednesday 1:15 A.M.: Interesting historical reading [FBI - Freedom of Information Act - Barker-Karpis Gang](#) . CIO

Note: <888> 07/02/03 Tuesday 12:40 A.M.: Use this site to register at the Do Not Call to stop telemarketing calls <http://donotcall.gov/> . CIO

Note: <888> 07/02/03 Wednesday 12:20 A.M.: I had 11 Carr's crackers with homemade hummus and ice tea. CIO

Note: <888> 07/02/03 Wednesday 12:05 A.M.: I finished going through my email. CIO

Note: <888> 07/01/03 Tuesday 11:30 P.M.: I chatted with a friend for a while. I was searching the D terms in my Google list of search terms, and I was told that I spelled Dengue fever wrong. This page has information on Dengue fever [CDC Dengue Fever Home Page - CDC Division of Vector-Borne Infectious Diseases \(DVBID\)](#) which might be relevant with the increased mosquito population in this area with all the continual rain we have had. I once wandered in my notes if Angostura bitters might not be a natural tropical herbal recipe to help prevent Dengue fever, since it comes from Trinidad and Tobago. Still, since Washington D.C. was classified as a tropical zone in the British Foreign Office until World War II with the advent of air conditioning, I guess it is safe to assume we are still considered to be living in the tropics despite the fact it goes down to below zero degrees Fahrenheit occasionally in the winter. Well, if I see people walking around in Bombay, India khakis and pith helmets, I will know the tropical weather has arrived. Having visited and lived in tropical areas, I enjoy the warmer weather when it arrives. It is also easier on the arthritis. I was told by one fellow arthritis sufferer today whom had tried all the usual remedies that one can take a large box of yellow raisins and put them in a jar and fill it up with gin and let them soak a few days. Then one takes a spoonful of the gin and yellow raisins every day to help relieve arthritis pain. I was told by an arthritis sufferer from the Midwest of America that alfalfa works well too. CIO

Note: <888> 07/01/03 Tuesday 9:15 P.M.: I chatted with a friend. I took six leaves of red leaf lettuce, and I removed the stalk ends, and then I broke them up into two to three inch pieces, and I put them in the lettuce spinner. I spun the lettuce spinner underneath cold water rinsing off the leaves. I put them on a large dinner plate. I then took a six ounce can of Bumble Bee tiny shrimp, and I opened the lid. I left the lid on, and I rinsed them underneath cold water squeezing out the cold water a half dozen times. I then put them in a bowl, and I separated them with a fork, and I added them to the lettuce on the plate. I then rinsed off three plum tomatoes, and I cut off their tops. I cut them across about a quarter inch thick, and I spread them on the plate on top of the red leaf lettuce and tiny shrimp. I then added about a half

of a can of drained black pearl large pitted olives or about 20 olives. I then added about 20 tiny carrots which I rinsed off. I next peel and diced a half of a Bermuda red onion, and I added it. I then put five large tablespoons of the homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> evenly about the plate. I next sprinkled the salad with grated parmesan cheese. I next added Italian Balsamic vinegar and extra virgin olive oil. I then seasoned it with ground black pepper and salt. I had this large seasonal salad for dinner with ice tea. CIO

Note: <888> 07/01/03 Tuesday 7:55 P.M.: I was up at 1 P.M. today. I had breakfast of oatmeal, toast with raspberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the First Union Bank of Connecticut on Havemeyer Place, and I paid my rent. I then went by the Greenwich Post Office, and I obtained a money order for .90 cost of the money order to pay my GEICO automobile insurance. I then went by the Greenwich Town Hall, and I paid the property tax of \$33.31 on my 1999 Hyundai Accent. I then drove over to Old Greenwich to Off Center Hair Stylists, and I got my hair cut for \$18 plus \$5 tip for \$23 total. I then drove out to Tod's Point, and I sat out at the southwest parking area. I also sat out at the southeast parking area, and I used the water fountain and restroom. I then returned to downtown Greenwich, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I picked up some prescriptions for \$2 cost. I then went by the Greenwich Library. I next went by the Stop and Shop, and I bought a head of red leaf lettuce for \$1.49, seven cans of Musco family Black Pearls large pitted olives for .99 each, two Bermuda onions for .99 a pound for \$.98 both, a quart box of plum tomatoes \$2.99, and a 16 ounce bag of tiny baby carrots for \$2.49 for \$14.88 total. I then returned home, and I put away my purchases. I had a glass of ice tea. CIO

Note: <888> 07/01/03 Tuesday 4:10 A.M.: I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 07/01/03 Tuesday 3:55 A.M.: I finished my email. I installed the Microsoft Money Synchronization upgrade. I synchronized my MSN Money portfolio with Microsoft Money 2002. About 3:10 A.M. the electricity went off for ten minutes. I checked outside. I reset my VCR and Microwave oven, and I turned back on the air conditioner, and I turned off the DVD player which came on. I mailed a letter to a relative downstairs. CIO

Note: <888> 07/01/03 Tuesday 1:25 A.M.: I am just about finished going through my last week's email. I found these two volcano links <http://www.wovo.org> and <http://www.wovo.org/dir-contents.htm> . CIO

**Note: <888> 08/31/03 Sunday 4:50 P.M.: I will now shut down the computer, and I guess I will head off to bed early or I might read for a bit before going to bed. CIO**

**Note: <888> 08/31/03 Sunday 4:30 P.M.: I chatted with a relative. I mentioned I still have from my days at Polaroid five signed Inge Reetof 8"X10" color photographs mounted on 16"X20" matt board in frames without glass. I scanned the images and printed them out in black and white, and I will send them to the relative to see if they want them. They are in good to moderate condition. I have them in the false ceiling above the bed in the bedroom with a photograph of the Baker library at Dartmouth. I called back the relative to get their address. CIO**

**Note: <888> 08/31/03 Sunday 2:50 P.M.: I went outside briefly. CIO**

**Note: <888> 08/31/03 Sunday 2:20 P.M.: I chatted with a relative. I microwaved a 13 ounce Marie Callender's one-dish classics Grilled Chicken Alfredo Bake, chicken breast chunks with fettuccini, broccoli florets, carrots, and red peppers in a three cheese alfredo sauce, topped with seasoned bread crumbs. I had it to eat with iced tea. CIO**

Note: <888> 08/31/03 Sunday 1:50 P.M.: I went out, and I drove by the waterfront in central Greenwich. I then drove over to Tod's Point, and I took the 2.5 mile walk around Tod's Point, and I sat out at various locations. I enjoyed viewing Manhattan on a clear day. I then went by the ATM machine at Putnam Trust Bank of New York in Old Greenwich. I then went by CVS in Old Greenwich, and I bought two 35 fluid ounce bottles of Lysol Disinfectant Island Breeze All Purpose Cleaner for \$1.99 each bottle, a 28 load or 56 tablet box of Tide RapidAction Tabs 70 ounces for \$4.97, two boxes of four CVS 60 watt light bulbs for \$1.99 both boxes, two Colgate Wave medium tooth brushes one blue and one grey for \$1.47 each, and a four roll 24 exposure per roll package of CVS 35mm color print film ASA 400 for \$5.99 all plus \$1.19 tax for \$21.06 total. I did not get my car washed since it is suppose to rain quite a bit this week maybe from the Bermuda hurricane. I then returned to central Greenwich, and I sat out briefly. I then went to the Stop and Shop, and I bought a Marie Callender chicken tenders dinner for \$2.50 and a Marie Callender Chicken alfredo dinner for \$2.50, a 1.75 quart container of Edy's low fat caramel praline crunch frozen yogurt for \$1.99, six 4.25 ounce cans of S&S chopped olives for three for \$2 for \$4 all, two 28 ounce cans of Goya chick peas for \$1.09 each can, a 16 ounce bottle of Monari balsamic vinegar for \$2.50, a six ounce dry weight can of black pearl large pitted olives for .99, a bulb of garlic at \$2.99 a pound for .42, and a quart of plum tomatoes for \$2.99 for \$20.07 total. I then returned home, and I used my wire cart to bring up my purchases. I then had a glass of iced tea. I put away my purchases. CIO

Note: <888> 08/31/03 Sunday 8:20 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I made up a fresh batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> . This time I added 1/4 teaspoon of red cayenne pepper and for the olives I used two 4.25 ounce cans of California crushed black olives. I had the same summer salad as yesterday along with a glass of iced tea. I will now shut down the computer, and I will clean up, and then I will go out. CIO

Note: <888> 08/31/03 Sunday 6:25 A.M.: It looks like hurricane Fabian might be heading near Bermuda with winds of 125 miles per hour <http://www.nhc.noaa.gov/ftp/graphics/AT10/refresh/AL1003W5+GIF/310853W5.gif> according to <http://www.nhc.noaa.gov/index.shtml> . CIO

Note: <888> 08/31/03 Sunday 6:10 A.M.: I relaxed a bit, and I read a bit about the Dutch in Java and Krakatoa. CIO

Note: <888> 08/31/03 Sunday 3:00 A.M.: I cleaned the rollers on my Logitech cordless mouse. CIO

Note: <888> 08/31/03 Sunday 2:30 A.M.: I was up at 1 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, and supplements. I watched a bit of television. CIO

**Note: <888> 08/30/03 Saturday 6:05 P.M.: I will now shut down the computer. I will have about eight Wheatsworth crackers before going to bed. CIO**

**Note: <888> 08/30/03 Saturday 5:40 P.M.: I installed and ran the latest version of Lavasoft Ad-aware 6.0 and its latest scan file <http://www.lavasoft.nu/software/adaware/> . It cleaned up a lot on the system, and the system is much more responsive without all the spyware. I also ran Norton WinDoctor. CIO**

**Note: <888> 08/30/03 Saturday 4:35 P.M.: I updated the latest slightly improved version of the free Real Player Basic [www.real.com](http://www.real.com) . I am in the process of going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO**

**Note: <888> 08/30/03 Saturday 3:05 P.M.: I went out after the last message. I drove by the parking lot of Putnam Trust Bank of New York on Mason Street, but they had already closed. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Exxon gasoline station next to the Greenwich Library. I filled up the tank with \$4.75 of regular unleaded gasoline at \$2.059 a gallon for about 32 miles per gallon. I then went by the Stop and Shop, and I bought four half gallons of Tropicana grove stand premium pineapple orange juice with calcium for \$2.50 each half gallon, two quart jars of Stop and Shop strawberry preserves for \$1.89 each, three cans of California large pitted olives dry weight 6 ounces for .99 each, a box of Pepperidge Farm zesty Italian generous cut croutons for \$1.49, a 48 ounce box of Old Fashioned Quaker Oats for \$3.99, a bag of baby carrots at \$1.49 a pound for \$1.69, and two red Bermuda onions at .99 a pound for \$1.25 for \$25.17. I returned home. I used my grocery cart to bring my purchases upstairs. I put away my purchases. I had a glass of iced tea. I put \$10 on my laundry card. CIO**

**Note: <888> 08/30/03 Saturday 11:35 A.M.: I had the same summer salad as I have been eating recently, but instead of canned fish or beef in it, I put in 8 slices one inch sections of hearts of palm along with all the other usual ingredients. I had it with iced tea. I will now shut down the computer, and I will clean up, and then I will go out. CIO**

**Note: <888> 08/30/03 Saturday 10:50 A.M.: I finished the house cleaning and watering the plants. I chatted with a relative. CIO**

**Note: <888> 08/30/03 Saturday 8:35 A.M.: My guest just left. I will now start my house cleaning and watering the plants. I will put the computer on standby while I do my house cleaning. CIO**

**Note: <888> 08/30/03 Saturday 7:50 A.M.:** I read part of the beginning of the book on Krakatoa. My guest was up at 5:30 A.M.. We both had coffee. My guest had a bowl of oatmeal and orange juice. My guest is just about to leave shortly. CIO

**Note: <888> 08/30/03 Saturday 4:10 A.M.:** I went through my email. CIO

**Note: <888> 08/30/03 Saturday 3:20 A.M.:** I am microwaving a Marie Callender beef tips with mushroom sauce meal, which I will have with a glass of iced tea. CIO

**Note: <888> 08/30/03 Saturday 3:05 A.M.:** I fell asleep until 6 P.M. yesterday when a friend showed up to visit. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, and supplements. I cooked my friend a Stouffer's Lea Cuisine chicken and mushrooms dinner. We chatted for a while. About 8:30 P.M., we went out for a drive around town. We stopped by McDonalds where my friend got an ice cream. We drove around town again. We returned to my place, and about 10 P.M., we went to bed. I just go up. I am working on the computer with the small light on next to the Danish chair, so as not to disturb my friend asleep on the day bed. CIO

**Note: <888> 08/29/03 Friday 10:20 A.M.:** I watched a bit of television. I will now shut down the computer, and I will rest a bit before cleaning up and going out. CIO

**Note: <888> 08/29/03 Friday 9:25 A.M.:** I watched a bit of television. I had two scoops of the Ben and Jerry's Cherry Garcia low fat frozen yogurt finishing off the container. CIO

**Note: <888> 08/29/03 Friday 7:05 A.M.:** I will now put the computer on standby, and I will rest a bit. CIO

**Note: <888> 08/29/03 Friday 7:00 A.M.:** I took the remainder of the chilled baby spinach leaves and about six chilled spinach leaves that I peeled the stalks off of and I broke into two to three inch pieces, and I rinsed them off in the lettuce spinner underneath cold water. I spread them across a dinner plate. I then quartered lengthwise 8 chilled Green Giant 1/2 inch diameter baby carrots, and I spread them across the plate. I then sliced in 1/8 inch thickness a large chilled plum tomato, and I spread the slices across the plate. I then put three double tablespoons of the homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> across the plate in three even dabs. I then put eight chilled large pitted California olives across the plate including one each in a dab of hummus. I then sliced the remainder of the chilled eye round of beef into three 5/16 inch thick slices, and I cut the slices into 1/2 inch by one inch pieces, and I spread them around the plate. I then diced one quarter of a chilled red Bermuda onion, and I spread it across the plate. I spread about 15 Pepperidge Farm low fat large cut spicy Italian croutons around the plate. I then rinsed three medium to large chilled mushrooms, and I sliced them into 1/8 inch thick pieces which I spread around the plate. I then spread around a few tablespoons of the chilled Athenos herbal and garlic feta cheese. I then sprinkled a

**couple of tablespoons of the chilled Stop and Shop low fat parmesan cheese around the plate. I next spread around a couple of teaspoons of capers. I then added about 1.5 ounces of room temperature Monari balsamic vinegar and 1.5 ounces of room temperature Italian extra virgin olive oil. I seasoned the salad with ground black pepper and salt. I ate the salad with a glass of iced tea. CIO**

**End of Scott's Notes week of 08/29/03:**

**Note: <888> 08/29/03 Friday 4:50 A.M.: I will now send out my weekly notes. CIO**

**Note: <888> 08/29/03 Friday 4:45 A.M.: I was up at midnight. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, and supplements. In the period I was around Manhattan from 1973 to 1983 while I occasionally lived there, I would also have to occasionally eat. I will now list some of the places I use to dine and eat at. When I first arrived in Manhattan in 1973, I was on a low budget, so I would frequently cook a hamburger where I lived at the time. I also would go to the Old Dutch deli on third Avenue around 83rd street for a roast beef sandwich. I believe there was another deli just west of third Avenue on East 86th street. Near the Old Dutch deli there was also a Hungarian restaurant that would serve a plate of goulash for about \$3. When I was in the midtown area, I would frequently have a bacon cheeseburger at places like Daly's Daffodil and Daly's Dandelion or P.J. Clarke's. I would also occasionally have a croissant and coffee at the Citicorp plaza. I occasionally dined with friends at the Isle of Capri where we had fettuccini alfredo and across the street at Yellow Fingers where there were more bacon cheese burgers. I also would go to the A&P on second Avenue and about 52nd street for Dannon yogurt and the green grocer and delicatessen just south of there for liverwurst sandwiches. I would frequently dine on a full dinner at the cafeteria at the Metropolitan Museum of art. Occasionally I would use the cafeteria at Rockefeller University for lunch of an apple, yogurt, and coffee. I also frequently had bacon cheese burgers at Melons, Churchill's and another place similar to Melons about a block away I think called Allens. When I was in the Fifth Avenue area, it was always too expensive to eat. There was a Greek restaurant at 50th street and First Avenue, where I frequently would have breakfast of bacon and eggs and toast and coffee. A few times I went to the automat at 42nd street and third Avenue. I recall eating at Mortimer's a couple of times. I also shopped at a small Gristedes on East 49th street between first and second avenues. When I was downtown, I ate a lot of times at the Riviera cafe on seventh Avenue and the Buffalo Road House nearby for more bacon cheese burgers. I also dined a lot of times at the Spring Street restaurant in SoHo where I frequently had Dover sole. Whenever, I had bacon cheeseburgers, they usually came with home fries. When I lived briefly in Chelsea, I shopped at the A&P on 8th Avenue and west 20th street. I also enjoyed frequently having bacon cheese burgers at Pete's Tavern just south of Gramercy Park. On University Place, there use to be a souvlaki stand. There use to be some bars on the West Side highway near the meat warehouse district that served very good bacon cheese burgers too. I also use to have omelets at David's Potbelly on Christopher Street. I frequently had eggs Florentine at the Greenwich**



restaurant on Greenwich Avenue. I do not ever recall eating much pizza. When I lived at the upper West Side in the late 1970s and early 1980s, I shopped at Gristedes on West 72nd street and the Fairway green grocery on Broadway along with Zabars. At that time McDonalds had opened in Manhattan, so I would occasionally go to McDonalds at 70th street and Broadway. There was a similar restaurant to Pete's tavern one block away in Gramercy Park. I also would occasionally buy fresh bagels on 3rd Avenue and East 81st Street. When I was at the CBS broadcast center on West 10th Street for two months in 1973, I ate at their cafeteria. I occasionally would bring in food from my family's house in the suburbs. I only recall buying an apple at Balducci's a couple of times in Greenwich Village. I ate a numbers of times at the Old Dutch Tavern off Grove Street in Greenwich Village along with the Village Inn around Waverly Place. I recall having pork chops at the Old Dutch Tavern and Long Island or Peking Duck at the Village Inn. I also ate at a vegetarian restaurant "The Front Porch" just north of the Riviera Cafe and a few times at a Portuguese restaurant called "Down On the Farm" in the west village and the Pink Tea Cup south of Christopher Street just west of Seventh Avenue and a restaurant on Waverly Street just north of Christopher Street. I think I ate once at Pearls on Second Avenue in the East Village and Max's Kansas City near Gramercy Park and Feather's on Fifth Avenue near 8th Street. I might have had a bacon cheeseburger at Joe Allen's north of Time Square once. I recall eating in China town a couple of times and at a couple other restaurants in SoHo near the Spring Street cafe. I think I had tea and water kress sandwiches once at the Plaza Hotel. I once dined at the head table of the Opera Guild at the Metropolitan Opera. I also frequently ate at the Carnegie deli, and I enjoyed their strawberry short cake, and I recall eating at the Russian Tea room once. I ate a number of Times at the Mayfair restaurant on First Avenue and 52nd Street. Once I moved back to the country and I came off Nantucket, I recall eating once at a restaurant on East 58th Street called the Town House. I think I had hamburgers at Sporters on East 52nd Street a couple of times too. I also occasionally ate at the McDonalds on third Avenue and East 52nd street and the one in the West Village near 7th Avenue and Minetta Place. I recall eating at a number of other restaurants just once, but not very many. I think I ate once at the Sign of the Dove at Third Avenue and 65th street. I have eaten a few times at the Peking restaurant at 40th Street and Park Avenue. I never went into the Times Square area, which I thought was too dangerous. I did have ice cream at Schrafts on Fifth Avenue a few times. Thus although I now weight 205 pounds in Manhattan people did not eat as much, so when I lived there, I only weighed about 135 pounds. Once or twice I might have had slices of Pizza from Ray's down on Sixth Avenue and 9th street and Third Avenue and East 80th Street. I did eat at Trader Vics at the Plaza a few times. I recall having lunch with a relatives at the cafeterias at Davis Polk and Wardell and Cravath Swain and Moore down on Wall Street. I once went to a Taft Alumni dinner at the Union League Club on South Park Avenue in Manhattan. I recall dining at the Cafe Des Artists at West 68th Street and Central Park West. I remember a couple of small restaurants on Madison Avenue in the 60s and 70s where I had bacon cheese burgers or omelets. I recall there use to be a cafeteria at Madison Avenue at 70th Street where I ate occasionally. There was also a Gistedes

and delicatessen on West 72nd Street where I shopped regularly. I recall eating at the Chopping Block restaurant near Bloomingdales and a Italian restaurant near there that was popular. However, while in Manhattan, I recall always being hungry, and those are not really that many places in ten years that I was there frequently. As the economy improved in Manhattan we went from a staple of bacon cheese burgers to bacon blue cheese burgers and instead of hamburger buns, they came on Kaiser rolls, and instead of French fries, the home fries got larger and were peeled and were cooked in fresher oil. I also think I ate at Asti's on East 13th Street and the Texarkana restaurant on West 9th Street and 6th Avenue and the Elephant and Castle on Greenwich Street and the Boat House restaurant in Central Park East. And of course, one of the places I ate the most at that I almost forgot, because I ate there so many times in the early morning hours was the Brasserie in the Seagram's Building on Park Avenue around East 54th Street where I frequently had Eggs Benedict or Eggs Florentine with home fries that tasted like they were cooked in olive oil. I would occasionally have beer or wine with my meals and on weekends I might have a Bloody Mary. Pete's Tavern has a very good Bloody Mary. I most often would drink spritzers which are about two ounces of white wine with sparkling soda water occasionally on ice and a twist of lemon or lime. I also drank a lot of Perrier in Manhattan [www.perrier.com](http://www.perrier.com) . However, most of time after the meals, I would have a cup of coffee. I also used a Polish bakery at west 72nd street, a French bakery at 49th street and 2nd Avenue that had fresh croissants from Paris flown in on the Concorde, Zabars bakery, and another bakery on the east side of First Avenue between 54th street and 55th street, where I once saw John and Oko Lennon besides seeing them at Zabars and the Fairway green grocery all the time. I recall having a few sandwiches at and around Columbia University. I think I might have once had a hot dog at Nathans at Seventh Avenue and west 8th Street and another time at the Papaya stand at Broadway and 72nd Street. I recall going to the ice cream shop on Central Park south that is very famous a number of times, but I can not recall the name right now. There is an all night restaurant at about East 32nd Street and Lexington Avenue where the cabs go, where I might have had a late night breakfast a couple of times. I think I might have eaten at the visitors cafeteria at the United Nations a couple of times too. There is an all night coffee shop on 42nd Street at Grand Central Station where I ate a couple of times. I also use to eat frequently at Arthur Treacher's fish and chips on Third Avenue near East 62nd Street, and I think I ate nearby at a Lums frankfurter place a few times where they cooked hotdogs in beer. I believe I also dined once with friends at the El Morroco night club. I also bought late night or early morning sandwiches at the all night deli at around the west side of First Avenue and between 58th and 59th streets, and I recall buying snacks like Hagen Daz ice cream at a deli just south of Christopher Street on the west side of Seventh Avenue. I also went to about a half dozen dinner parties at people's private residences besides what I dined on where I was living, which frequently was very simple like clam sauce and noodles, scrambled eggs and toast, hamburgers, yogurt, or other simple fare. Thus I pretty much covered all of Manhattan on the east side south of 96th Street and on the west side south of Columbia University. However late at night in that period there was not much opened in the Wall Street area, however the foreign exchange traders

were always awake all night at the Citicorp complex, and they frequently could be seen dining in the wee hours of the morning at the Brasserie. I walked through the Waldorf Astoria many times, and I saw many heads of state coming and going there, but I do not recall dining there, but I did have drinks there a few times. I think I also would some times have a turkey croissant sandwich at the Citicorp Center plaza when not having a breakfast croissant and coffee earlier. Basically there are so many places to eat in midtown Manhattan on a 24 hour basis that one if they can afford it can always find a convenient dining establishment on a reasonable budget. However, one generally has to walk quite a bit to work up an appetite, and public transportation is not as frequent late at night and in the early morning hours. Usually I ordered the bacon cheeseburgers medium rare, and they usually came on a roll or a bun with Dijon mustard, ketchup, mayonnaise with lettuce, slices of tomato, onion, and a quarter of a kosher dill pickle along with the home fries and whatever beverage I felt like having at the time. Of course whenever I got back out to Greenwich, Connecticut on the return, the A&P now the Food Emporium was usually opened 24 hours, and my mother kept a lot of Stouffer's shrimp and lobster Newberg frozen packets with rice in the freezer. Of course the old White Diner, formerly the Colonial Diner, now the Glory Days diner is still opened 24 hours a day 365 days a year on the Boston Post Road across from the YMCA in Greenwich, so I can imagine how many New Yorkers have come out here over the years that have ended up there after their night's ventures in this area. CIO

Note: <888> 08/28/03 Thursday 5:50 P.M.: I chatted with a relative. I had a glass of iced tea. I will now shut down the computer, and I will head off to bed soon. I probably will have 8 Wheatsworth crackers before going to bed. CIO

Note: <888> 08/28/03 Thursday 4:55 P.M.: I went back out, and I drove down by the waterfront. I then made my 3 P.M. appointment. I next sat downtown for a while. I then went by the Greenwich Library, and I read the Greenwich Times and P.C. Magazine. I just now returned home. Despite the increased price of gasoline, it seems more people than ever are driving. I guess people will not start conserving energy until gasoline gets to \$5 to \$8 a gallon, then it will probably be like in Europe where people drive less. CIO

Note: <888> 08/28/03 Thursday 2:10 P.M.: I have a 3 P.M. appointment, so I will now go out. CIO

Note: <888> 08/28/03 Thursday 2:00 P.M.: I ate two tuna fish sandwiches and a glass of iced tea. CIO

Note: <888> 08/28/03 Thursday 1:30 P.M.: I had a cup of 50% Folger's regular instant and 50% Folger's decaffeinated instant coffee before going out. I went out, and I went by the Arnold Bread outlet, and I bought a loaf of fresh Arnold Branola bread for \$2.15 total. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. Everything is 50% off, and they also have a \$30 a bag sale for soft items. I bought a mahogany framed mirror

with curved top that has a small chip on one side which is about 16 inches by 27 inches for \$10 half price. It is an older mirror. I then drove down by the waterfront. I next went over to Tod's Point, and I walked the 2.5 mile walk around Tod's Point. It is a very nice days out there. I sat out at various locations. I then came back to central Greenwich, and I went to the Stop and Shop, and I bought a tub of Athenos garlic and herb feta cheese for \$3.24, a 10 ounce box of mushrooms for \$2.19, a four pack of four six ounce cans of Bubble Bee solid white albacore tuna for \$3.99 all four cans, a 10 ounce bag of fresh spinach for \$1.99 for \$11.41 total. I then returned home. I had a glass of iced tea. I hung the mahogany mirror on the wall to the left of the bathroom door. I took the larger mirror that was there, and I hung it on the bedroom door. The bird picture that was on the bedroom door, I hung on the back side of the bedroom door. I cleaned the mahogany mirror.

Note: <888> 08/28/03 Thursday 7:55 A.M.: I chatted with a friend. Art theft story [Telegraph | News | Castle gang snatches £25m Leonardo stolen from Historic Drumlanrig Castle and The Queensberry Estate Scotland](#) . I will now shut down the computer, and I will clean up, and I will go out. CIO

Note: <888> 08/28/03 Thursday 7:00 A.M.: I went through my email. I had two scoops of Ben and Jerry's Cherry Garcia low fat frozen yogurt. CIO

Note: <888> 08/28/03 Thursday 6:20 A.M.: I was up at 5:30 A.M.. I watched a bit of television. I noticed that the computer temperature when it is in Standby mode goes from 93 degrees Fahrenheit to 83 degrees Fahrenheit. I will now do some regular computer work. CIO

Note: <888> 08/28/03 Thursday 2:20 A.M.: I had the same summer salad as I have been eating recently along with a glass of iced tea. I will now put the computer on standby for a while, and I will rest for a while. CIO

Note: <888> 08/28/03 Thursday 1:10 A.M.: Of course in Nantucket [www.nantucket.net](http://www.nantucket.net) they have a lot of outdoor cafes in the summer, and I recall dining at one in June in Kennebunkport <http://www.geocities.com/mikelscott/137.htm> , when I was up there. Here locally in Greenwich, Connecticut on the bottom of Greenwich Avenue on the east side, they have a outdoor cafe at the Thataway Cafe, and I recall recently seeing people still smoking at the front tables at the entrance to the Thataway Cafe. Of course a great many of the private clubs in Greenwich also have outdoor terraces. I suppose if one were coming out of the Delamar five star Hotel <http://www.thedelamar.com/> down by the waterfront, one could smoke in the parking lot by the shoreline. However, one has to remember that I know from experience walking it for a couple of years before I had a car that the Steamboat Road area and the entire waterfront of Greenwich is inundated with large numbers of skunks. I use to see up to a half dozen skunks just walking up Steamboat Road including the one that lived in my yard. We also use to have a couple around my building here. I thus keep a couple

of quart cans of tomato juice around just in case I ever need them to remove the smell. CIO

Note: <888> 08/28/03 Thursday 1:00 A.M.: The one time in the last ten years, I went into Manhattan in February about a year and a half ago, we dined at the Boat House cafe on the east side of Central Park around the mid 70s. I recall that it looked like in the summer, they might have outdoor dining. I just had eight Wheatsworth crackers. CIO

Note: <888> 08/28/03 Thursday 12:50 A.M.: Today is the birthday of a former neighbor from Key West and Nantucket who never seemed to have made it to Greenwich, Connecticut except once, and he found it boring. Whatever, the case I remembered his birthday again, because the little old lady on Long Island said it was important to keep an eye on him, so I assume all these friends and associates are still doing that. Anyway I tried to install the Asus motherboard program, but it did not install because I do not have an Asus motherboard. However, the MDM motherboard stats programs works just fine. I put a shortcut for it in my "Test" folder on the Desktop. In remembering places in Greenwich Village last night where one can probably still smoke tobacco outside, I just remembered two other places. On Seventh Avenue just north of Christopher Street use to be the Rivera outdoor cafe and on Seventh Avenue just south of Christopher Street use to be the Buffalo Road House. Both had outdoor cafe areas, however they were quite noisy with all the traffic on Seventh Avenue. Since I have only been to Manhattan once since I was mugged with a friend on July 5, 1993 which is over ten years ago, I do not pretend to be an expert on Manhattan anymore. I do recall a number of uptown restaurants had outside patios in the backyards of their premises, so there might be some place uptown where one can still smoke a cigarette while having dinner or drinks. I suppose one could also take a cruise around Manhattan on one of the many excursion boats, and I guess one might be able to smoke on board the boats too. Since real estate is so expensive in Manhattan, and since it is cold there for over half the year, there are not a lot of outdoor cafes where one can smoke tobacco outdoors. Of course in the old days, there was the outdoor cafe at the Bethesda Fountain in Central Park. I suppose Manhattan is now full of people sneaking cigarettes outside of buildings in the fresh air. I was told by one part time Manhattan resident that one can still smoke tobacco at the United Nations Buildings, since it is a diplomatically international neutral zone not subject to the regulations of the City of New York. I guess one place, where one could sneak a cigarette outside would be at the east end of East 57th Street at the vest pocket park that use to be there that had the copy of the Medici boar. Having lived down the street from the Medici Palace when I lived in Firinze, Italia, and having seen the original Medici boar in the Florence Flea Market, I use to enjoy sneaking a cigarette next to the Manhattan replica. However, it can be cold there on mid winter nights. CIO

Note: <888> 08/27/03 Wednesday 11:20 P.M.: I looked at <http://www.betanews.com/releases.php3?num=100> , and I downloaded

<http://fileforum.betanews.com/detail.php3?fid=1053033598> , and I will now install it along with this one <http://fileforum.betanews.com/detail.php3?fid=929820238> . CIO

Note: <888> 08/27/03 Wednesday 10:55 P.M.: I rested for a while. CIO

Note: <888> 08/27/03 Wednesday 8:35 P.M.: I chatted with a relative this morning. I had about 20 Wheatsworth crackers before going to bed about 10:30 A.M.. I was up at 7 P.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, and supplements. CIO

Note: <888> 08/27/03 Wednesday 8:35 A.M.: Well, I went through my email earlier. I had ten Wheatsworth crackers before I went out. Well, not much is happening. I guess I will now shut down the computer, and I will go to bed soon. I received email from [www.llbean.com](http://www.llbean.com) about dog monogram tote bags they are now have available with a pictogram of your style dog and its name in their traditional coal bag tote bag L.L.Bean: Boat and Tote® Bag, Dog Breed . One of my history teachers at Greenwich Country Day use to carry his books in such a bag when everyone else was forced to buy leather briefcases. I guess he must have known something about the history of coal in this region as opposed to the more recent usage of oil and natural gas. I don't think were quite at the point yet, where we will be picking up coal from along the railroad tracks, but I once commented to a friend whom I thought should go to Harvard, that he should write on his application that he was the son of a coal miner, since John Harvard's father was a coal miner. I also having seen the statue many times in Harvard Yard thought the friend had an uncanny resemblance to John Harvard. Of course all the new worldwide travelers they seem to have collected at Harvard recently do not seem to have much respect for a lot of the history that went on there before them. Basically when I worked in Cambridge, Massachusetts for a couple of summers while at Polaroid, and while living in Boston while not at college in Illinois at Lake Forest College [www.lfc.edu](http://www.lfc.edu) , I learned quite a bit about Harvard students and their personnel. Basically they are all insecure that they are not quite as smart and brilliant as they pretend to be. Realistically, they are more connected than academics, since a great many of them once their trust funds run out seem to become accomplished carpenters which is a worthwhile skill in New England with all the trees. Whatever it is with Harvard, I have never tried to figure them out. One former friend of mine whom attended Harvard and whose father had a chair named for him at Harvard once asked me to accompany him to a meeting with the Director of Admissions at Harvard explaining that he felt insecure about going alone since apparently the Director of Admissions at Harvard at that time apparently was supposedly gay. Whatever the case knowing inbred academics, they tend to cover for each other, so I would imagine Harvard is more a private country club for some of the old guard elite, and if one attended such pre prep schools as Phesaton or Fay and such prep schools at Exeter and Andover, more than likely one would find their bills paid for at the Hasty Pudding Club. Whatever the case, the friend of mine dropped out of Harvard and became a recluse, and I continued working around a lot of Harvard and MIT people whom were so busy working, they quite frankly seemed sexually oblivious to the realities

outside of the academic world. Basically so many of them have had their heads in books for so many years that without accurate writers to write the books they would not be so well informed. The reason I keep writing is that at Lake Forest College, they kept saying "Publish or Perish", so I do not feel like Perishing, so I keep writing. I will now shut down the computer, and I will probably have some Wheatsworth crackers and ice tea before going to bed. CIO

Note: <888> 08/27/03 Wednesday 7:45 A.M.: I went down by the waterfront. There was a great blue heron down by the pier on Steamboat Road, which is a sure sign of tropical weather. I then went downtown, and I walked the entire length of Greenwich Avenue including the train station area. I sat out for a while at various locations. I then drove back down by the waterfront. I just now returned home. I left a message with a friend on his answering machine. I had a glass of iced tea. CIO

Note: <888> 08/27/03 Wednesday 5:15 A.M.: I will now go out for a little morning activity. CIO

Note: <888> 08/27/03 Wednesday 5:05 A.M.: One has the face the nature of the New York area besides being a travel destination for many tourists, it is also a travel hub. Thus with so many people coming through the New York area in their travels to other areas, they frequently are interrupted in their travels by the weather particularly in the winter, so many times they end up paying unexpected visits to the New York area, which due to the nature of New York can be a bit expensive, if one does not know about how to watch one's budget. I am now going to finish off the bowl of green partially seedless grapes and blueberries. CIO

Note: <888> 08/27/03 Wednesday 4:25 A.M.: I recall around February 1983, when I had a little money from a construction project that I had finished, I took my former roommate to dinner at the Lone Star Steak House Lonestar Steakhouse or Texarkana Restaurant on West 9th Street just East of Sixth Avenue in Greenwich Village, which apparently is not there anymore. We had a good dinner sitting on the second floor tier, and I recall looking at the party sitting on the main floor in front of the fireplace, and one of the party was Texas senator John Tower. I have been told by those in the know that near the meat warehouse district in Manhattan on West 14th Street is the Old Homestead Steak House <http://www.oldhomesteadsteakhouse.com/>, and having walked by it many times, one always sees lots of stretch limousines parked around it. I believe it is almost directly across the street from the Manhattan Salvation Army for those whom are less fortunate and can not afford a steak. Believe it or not in the west 20s of Manhattan west of the West Side Highway, they use to store all the buses and sanitation trucks for Manhattan, thus if one wants to keep one's local Manhattan neighborhood on the up and up, one has to be on good terms with the blue collar work force in Manhattan. It takes quite a lot of different people to keep the City going. I once was told that just to change a light bulb in an office building, one

might have to deal with more than a dozen different union contractors. That is why the City can tend to be very expensive. CIO

Note: <888> 08/27/03 Wednesday 3:25 A.M.: I just found this story about free courses at MIT [www.mit.edu](http://www.mit.edu) , and the story is at [Wired 11.09: MIT Everywhere](#) . CIO

Note: <888> 08/27/03 Wednesday 3:15 A.M.: The building alarm system went off a little while ago, but it was turned off shortly after it went off. I had a scoop of Ben and Jerry's chocolate fudge brownie low fat frozen yogurt and a scoop of Ben and Jerry's Cherry Garcia low fat frozen yogurt. CIO

Note: <888> 08/27/03 Wednesday 2:35 A.M.: One of the local fishermen asked me where to get a transponder on Monday evening. I recommended searching the internet. I also mentioned that if it were for older equipment that used vacuum tubes I was familiar with another place. Back around the early summer of 1974, I lived for a couple of months in the Chelsea area of Manhattan across the street from the Anglican Seminary on West 20th street in an unrestored brownstone on the third floor as I recall with the entire building covered with ivy, since it had not been renovated. I liked the neighborhood since one could easily park a car, which I sold the 1971 blue Volvo 240 four door sedan while I lived there, since there was not much energy in the area. I used the apartment video camera to record the foundation digging of the World Trade Center while they were digging the pilings. The apartment had a vintage about 1954 RCA television with a white mahogany cabinet. It did not work, so I checked out the vacuum tubes. As I recall, I knew the location of a television repair shop on West 9th Street between Greenwich Street and Seventh Avenue. It was across the street from the West Village fire house, and it was next to the Ninth Circle Steak House, which became a hippie hang out. I was able to find the old type of vacuum tubes which worked in the older RCA television, and when I left the apartment after about two months of living there, the television worked. I also recall that the Ninth Circle Steak House was a watering hole for a lot of hippie type rock stars, because it has a Juke Box with lots of Beatles and Beach Boy records. As I recall it was 3 records for a quarter, and a beer was .50 and a hard drink was a dollar. I use to drink little cans of orange juice there that cost about .65. Since there were lots of hippies there, and since Manhattan changes with the Four Seasons, in the warmer months there would be lots of people there visiting there from the tropics. I recall they had a back patio where people could sit outside and smoke, so as not to bother the customers inside. I guess with New York's new smoking laws, it is a more popular place. As I recall in the old days, the visitors from the West Indies did not know the difference between Virginia tobacco and native ingredients grown in the West Indies. However, the owner was a liberal from Vermont, and he did not seem to mind. I recall the West Village fire house across the street from it burned down a couple of times in the 1970s too. Anyway, it was a casual atmosphere with a cross section of people from the entertainment business trying to start off in the business. I recall their sign did not say the "Ninth Circle"



which is a take off from the book by Dante. Instead it had a sign with this configuration,

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Anyway, it was one of many watering holes in Greenwich Village, but because it catered to the younger generation, it was more of a college bar with cheaper drinks than the tourist places. I remember seeing people there that looked like Margaret Thatcher and Mao Tse Tung, so it drew a large cross section of people. One of the more popular regulars was named Sydney from the town of the same name in Australia. I recall the doorman seemed to know more than he pretended, and I use to see quite a few CBS personnel there. Whatever, the case since it had a country atmosphere, it was more of a down home crowd than some of the glittery places around town. I recall that the television repair shop in the basement next to it was frequently opened very late at night, and back around 1974, they had a large selection of vintage electronic appliances. However, not many people watched television in Manhattan, since there are so many other diversions going on in the city. I can remember before they built the World Trade Center, there use to be a lot of electronic shops down in the same area. In the old days, Canal Street was a particularly good area for searching out used nautical items. University Place had a lot of antique shops, and I remember one filled with lots of Viennese crystal chandeliers that looked like they needed dusting. Of course the area in Chelsea around West 24th Street was the wholesale flower district. Thus if one is trying to furnish an apartment or home in the New England suburbs, and you can not find it locally, plenty of stores seem to have similar items in Manhattan the surrounding boroughs at a higher price. CIO

Note: <888> 08/27/03 Wednesday 1:45 A.M.: I had two Stop and Shop caramel popcorn cakes. I also opened up the box of Nabisco Wheatworth crackers, but I did not have any. CIO

Note: <888> 08/27/03 Wednesday 1:05 A.M.: It looks like the price of oil and energy has been rising recently. Locally up north for those people whom heat their homes with oil, one can usually lock in the price of oil at the current price early in the season before the price might go up later in the season. However, if it went down, one would be paying a higher price. However, the nature of so many customers locking in the price of their oil at a lower price tends to drive up the price on the commodities futures market, thus causing the future price of oil to rise. It is one of the basic principles of economics and supply and demand. One can also stay warmer in a colder home during the winter by wearing long underwear or other thermal type garments. Generally if available, they are cheaper this time of year. One could go to Marshall's in Stamford, Connecticut or Norwalk, Connecticut or T.J. Maxx has two stores in Norwalk, where they might have some warmer winter clothes that are not marked up yet. I basically have plenty of winter clothing and being a cold weather person, I tend not to have to wear heavy winter clothing. I

hardly ever wear turtle necks underneath my sweaters, and I tend to wear a polar fleece lined winter coat shell on colder days. I was able to buy one from Marshall's made by Columbia Sportswear <http://www.columbia.com/> and I have also seen them discounted at Modells at the Port Chester, New York shopping center. It has been my experience with the local thrift shops that not many heavy winter coats ever show up for resale, since people in this area tend to hold on to them. Since I was once thinner many moons ago, I also have a selection of winter garments at a thinner weight, which I keep in reserve, should I have succeed in losing weight. I am presently 205 pounds, and my ambition is to lose another 25 pounds and to get down to 180 pounds. CIO

Note: <888> 08/27/03 Wednesday 12:40 A.M.: I had the same summer salad as the last few nights along with a glass of iced tea. It still feels a bit hot and sultry like tropical weather locally. One should probably study [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . Basically, the prediction was for a tropical hurricane weather season to be twice as bad as normally, but it does not seem to have developed yet. However, it seems to have been cooler this summer locally, and basically as the summer continues, the weather and the Atlantic ocean might warm up a bit more, which could mean increased tropical weather. Basically the Old Farmer's Almanac [The Old Farmer's Almanac - Weather Center](#) might have some useful weather information, if one studies it for one's area. Of course one could use the natural indicators if one were familiar with those indicators to help forecast the weather. I am advised locally we could use some rain. Whatever, the case I have been spending so much time inside locally this summer, I am not that attuned to the local weather as I have been past summers. Since I am keeping busy much of the time, I do not have the time to spend lots of time on a bench downtown observing the weather. The way I figure it, I will have to deal with it when it arrives no matter what, so I am thus use to a cooler environment having spent a great deal of the summer by the air conditioner. Hopefully once cooler weather arrives, I will not need to use as much electricity for heat. CIO

Note: <888> 08/26/03 Tuesday 11:30 P.M.: I went out, and I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I chatted with a couple of the regular fishermen. They told me about a web site about Long Island Sound <http://mysound.com/> , but it is just a music site. I found this link with lots of links on the waterfront <http://www.harborestuary.org/links.htm> , however I think the fisherman was tired, and he meant this web site <http://www.mysound.uconn.edu/> with this link to Greenwich Harbor [http://www.mysound.uconn.edu/wlisgw\\_stn.html](http://www.mysound.uconn.edu/wlisgw_stn.html) with Greenwich Harbor Weather Information [http://www.mysound.uconn.edu/wlisgw\\_wx.html](http://www.mysound.uconn.edu/wlisgw_wx.html) as opposed to his local weather information at the Indian Harbor Yacht Club <http://www.indianharboryc.com/weather1.htm> . I chatted about my theory that the volcanic eruption 120 years ago of Krakatoa might have been caused by increased sunspot solar activity heating up the earth's molten core with additional neutrons, which might have triggered the volcanic activity at the time. I then went back

downtown to sit outside for a while, but there was a skunk prowling around where I regularly sit, so I returned home. CIO

Note: <888> 08/26/03 Tuesday 8:25 P.M.: I tried call a few friends and relatives, but none of them were at home. I chatted with a friend. The sky is overcast, but Weather Pulse says it is just suppose to be cloudy, and it is not suppose to rain. I will shut down the computer, and I guess I will clean up, and I will go out. I also guess I am still on a night schedule, since I just got up. CIO

Note: <888> 08/26/03 Tuesday 8:00 P.M.: I was up at 5 P.M.. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I checked the mail. I rested some more until a short time ago. CIO

Note: <888> 08/26/03 Tuesday 5:45 A.M.: I finished off the bag of white corn chips. I will not being eating any more corn chips, since they are not low cholesterol. I looked at some of the sites at [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now shut down the computer. I will go to bed soon. I had two Stop and Shop caramel popcorn cakes. CIO

Note: <888> 08/26/03 Tuesday 4:20 A.M.: Of the four eruptions on Krakatoa during that eruption 120 years ago, it says the final fourth eruption was at 5:02 EDT our time that blew away the volcano. However, the third eruption blew out about 60% of the debris of the entire four eruptions. CIO

Note: <888> 08/26/03 Tuesday 3:55 A.M.: In my notes earlier yesterday, when I mentioned the Howard Johnson's motel in Greenwich, Cos Cob, Connecticut, if I am not mistaken, when money was tight back in the 1970s, they use to hold the annual reunion there of the survivors of the Titanic, so it does have a certain cliché amongst a certain select group of travelers. CIO

Note: <888> 08/26/03 Tuesday 3:45 A.M.: This web page [The Great Explosion of the Krakatau Volcano \("Krakatoa"\) of August 26, 1883, in Indonesia](#) says that Krakatoa's first eruption on August 26, 1883 at 17:07 Greenwich Mean Time GMT, which would be 12:07 P.M. EDT here today would be the 120th anniversary of the event. For local time in Indonesia one could look at [MapZones.com Live Time and Date](#) , but I have already figured out the difference. CIO

Note: <888> 08/26/03 Tuesday 3:15 A.M.: I just noticed from the cover jacket of Simon Winchester's book "Krakatoa, the Day the World Exploded, August 27, 1883" means that this Wednesday, but probably this Tuesday here August 26, 2003 today because of the International Date Line is the 120th anniversary of the eruption of "Krakatoa". Well anyone around when that happened would be up there in the years. I once use to chat with an elderly scholar, and she use to go on and on about the eruption of "Krakatoa" and how cold it was the following couple of winters, when there was a 10 foot snowfall in New York City, and it snowed in Connecticut in July. I do not recall if the elderly scholar was alive for the event, but

it was important enough with all that she knew, that it made an impression on me to remember it. The elderly scholar was the head trustee of Vassar College, a fixture in New York Society, a world traveler, a neighbor of Sagamore Hill, and probably one of the few people in the 1960s and 1970s that knew volcanology was important, when everyone else was focused on other affairs. Her godson that lived next to the United Nations had Edgar Cayse's complete collected works in his apartment, and he also had a valuable Renoir painting of Vesuvius erupting over Pompeii, and he happened to speak 12 different languages, and I was simply the visitor whom did not mind the cold weather and energy shortage back then, since out in Illinois in college the previous four years and during my tour of Europe the winter before, it had been very cold, and I happened to visit some volcanic locations in the Canary Islands at Lanzarote and around the Greek Isles, so I had some first hand knowledge of the historical volcanic activity in those locations. I recall in 1975, Martinique had an eruption, so the following year, when I showed up in Key West, and I saw Jacque Cousteau and quite a few other world experts, I just stuck to my knitting. Just because Jacque Cousteau was a bit tanned, does not mean he was a Cuban refugee, and just because French people like tanning, does not mean that they are Spanish. I have chatted with uncounted numbers of French Canadians over the years in French in this area who have been south to the tropics, only to come north to be mistaken for Latino travelers. Whatever, the case certain French groups might have a better overall perspective. Moreover, my friend with a unique last name who was the godson of the elderly scholar only has that same Dutch last name show up on in the internet in reference with Tahiti. Thus when one lives around the United Nations, there is generally more first handed information than just what is available in the local media, particularly back then before the internet was commonly available. CIO

Note: <888> 08/26/03 Tuesday 2:35 A.M.: I went through my email. I put the ice tea in the refrigerator to chill. CIO

Note: <888> 08/26/03 Tuesday 1:20 A.M.: This article [Yahoo! News - Cousin Drugs Interfere with Aspirin Heart Benefits](#), since when I wake up, I usually take a half of an aspirin with my morning orange juice along with vitamins and supplements. However, frequently if I have arthritis pain, I also take a CVS extra strength acetaminophen, which I guess I should not do at the same time. I also take a CVS extra strength acetaminophen before going to bed. CIO

Note: <888> 08/26/03 Tuesday 1:15 A.M.: I printed out in printer friendly format this past Saturday's New York Times article on Greenwich, Connecticut [A Town With a Little City at Its Heart](#). It was 5 pages long in printer friendly format. I used two first class stamps to mail it to a relative. I mailed in the mail room letter drop downstairs. CIO

Note: <888> 08/26/03 Tuesday 12:50 A.M.: I had the same style summer salad as the last few nights. I had it with a glass of iced tea. I am making up a batch of ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm). I am putting in one less bag of

**Bigelow tea and adding a bag of Salada green tea along with the other flavors in the recipe. CIO**

**Note: <888> 08/25/03 Monday 11:20 P.M.: I put away the fresh batch of laundry. CIO**

**Note: <888> 08/25/03 Monday 10:50 P.M.: I unpackaged the Glade plug-in with fan, and I installed the Hawaiian Breeze refill bottle. I installed it in the kitchen on the center kitchen counter power strip. I took the old Glade Plug-in device that I filled with Renuzit air freshener, and I plugged it into the 3 outlet adaptor behind the primary computer where the two power control panels are plugged into. I had to use a ground fault adaptor to have it stick out far enough to plug into the socket. CIO**

**Note: <888> 08/25/03 Monday 10:30 P.M.: I was up at 3:30 P.M.. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by the ATM machine at the Fleet Bank in Byram, and I used it for a dollar charge. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then went to downtown Greenwich, and I went by CVS, and I picked up a prescription for a dollar charge , and I bought two containers of Suave invisible deodorant for \$2.99 both plus .18 tax for \$4.17 total. I then bought a two pack of European Mystique shampoo and conditioner for \$1.29 both bottles less a .75 coupon for .54 plus .03 tax for .57 total. I then parked further down Greenwich Avenue, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I went by CVS again, and I bought on sale for half price a Glade Plug-in with fan and Hawaiian Breeze refill for \$3.99 and a 100 yards of CVS baking soda dental floss for \$1.99 less .75 coupon for \$5.23 plus .31 tax for \$5.54 total. I finished my walk. I then drove down by the waterfront for a while. I then went by the Greenwich Library, and I returned a book, and I checked out "Krakatoa" by Simon Winchester, which I had reserved. I then returned home. I started two loads of laundry, and I used fabric softener after 20 minutes of the wash cycle. I am now on the dry cycle with 25 minutes to go. I chatted with a friend and a relative. I also put clean linens on the bed. CIO**

**Note: <888> 08/25/03 Monday 6:20 A.M.: I am a bit tired, so I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 08/25/03 Monday 6:10 A.M.: I checked on the internet, and it says the Pierre Hotel is now owned by the Four Seasons Hotel chain <http://www.fourseasons.com> which use to be owned by the A&P heir Huntington Hartford or "Hunt" to his personal friends. I found their address for the Pierre Hotel, and it is 5th Avenue at 61st Street in Manhattan, New York, New York, 10001. Their telephone number is 212-838-8000. This web site has more information <http://the-pierre-hotel.visit-new-york-city.com/> . Their rooms start at about \$495 a night plus tax and gratuities. However, Fifth Avenue and 61st Street is**

a very busy location, and more than likely it would be a bit noisy, and more than likely one would be tempted to spend a bit of money in that very expensive location. I personally have always found that a cheaper location in Manhattan is the Westbury Hotel at 15 East 69th Street, and their rooms start at \$265 [The Westbury Hotel - New York City - Reviews of The Westbury Hotel](#) . If one does not need to be in the upper East side of Manhattan, the Howard Johnson's in Greenwich or Cos Cob, Connecticut starts at about \$100 a night, but [www.hojo.com](http://www.hojo.com) use to have a special \$69 a night plus tax rate for a limited number of rooms if one called their 800 number at 1-800-446-4656, and then one could enjoy the splendid ambience of suburban Greenwich, Connecticut. And if one were traveling by automobile, there is a quick change oil place almost across the street. However, it is next to Interstate 95, so it might be a bit noisy. One can get there easily from exits 4 or 5 off Interstate 95. CIO

Note: <888> 08/25/03 Monday 5:20 A.M.: It says here that J. Paul Getty once owned the Pierre Hotel in Manhattan. I wonder if the Getty family still owns it [Telegraph | News | Getty helped traitors sell oil to Hitler](#) . Of course the manager of the Pierre Hotel was once named Michael Scott, so I guess I have a relatively common name. I recall trying to visit the Getty Museum in Malibu on Labor Day in 1980, but it was closed for the holiday. There was a festive beach party on the beach though of about 50,000 surfer types. When I left the gates of the museum that day, I saw a friend from Manhattan walking down the sidewalk, but I did not want to bother the friend on his California excursion. I recall pointing the friend out to the friend that I was traveling with. Thus I have not visited either the old or the new Getty museums. I guess I never will, since it would be at my advanced age of 53 a bit too tiresome to travel all the way out to California just to look at some artwork. I have only made it into Manhattan once in about 10 years, so I guess I am becoming somewhat of a recluse. Still most anyone whom goes downtown here in Greenwich gets a chance to see me, so it is not like I am that much of a recluse. I am just keeping my lifestyle within limits and trying to live within my budget. Thus I do not think I would want to spend a bit of money just to go to Manhattan, since I see so many Manhattan types coming out here to visit for a breath of fresh air. CIO

Note: <888> 08/25/03 Monday 4:25 A.M.: It seems that it was a bit warm in the apartment at 79 degrees Fahrenheit, which was making me feel drowsy. I set the General Electric Profile 15,500 BTU air conditioner with remote control to 70 degrees Fahrenheit, low fan, no moving louvers, and no Energy Saver, so it will keep the apartment a bit cooler outside. It is 62 degrees Fahrenheit outside right now, and when it is cooler outside, the Energy Saver cuts off the air conditioner, and it actually gets warmer inside from the heat build up in the building. Of course in another few months, this will not be a problem. From about mid October to mid April in this area, it is cold enough that we need to use electric heat which we pay for. Thus since the building is not very well insulated, and since it can get down to below 20 degrees Fahrenheit in this area on cold days, we generally most of the time are colder in this building. Thus from being cold so much of the time, even when it is warmer like now, we tend to feel colder, since it is ingrained into our psyches.

Anyway, right now it is very nice out, and there is not much going on the internet, since I would imagine a lot of people are still away. I should do some reading, but instead I will look at some web sites that I normally do not have time to look at. It is cooling off fast in the apartment, but it is still 79 degrees according to the thermometers. CIO

Note: <888> 08/25/03 Monday 3:45 A.M.: I watched a bit of television. I had 20 Tostitos restaurant style white corn chips. I replaced a 40 watt light bulb in a wall lamp to the right of my primary computer. CIO

Note: <888> 08/25/03 Monday 2:05 A.M.: I reserved Simon Winchester's book on "Kracatoa" at the Greenwich Library <http://www.greenwich.lib.ct.us/>. I will try to remember to pick it up later on today. Basically as I get older with arthritis as the weather changes occasionally, I have a harder time adjusting it. However, usually once the new weather has set in, I adjust to it after a couple of weeks. CIO

Note: <888> 08/25/03 Monday 1:40 A.M.: I went through my email. I watched some television. I had the same summer salad as last night along with a glass of iced tea. CIO

Note: <888> 08/24/03 Sunday 11:50 P.M.: I had 20 Tostitos restaurant style white corn chips before going to bed. I was up at 4 P.M.. I chatted with a relative. I had breakfast of oatmeal, pineapple orange juice, vitamins, supplements, and coffee. I fell back to sleep until 8 P.M.. I watched some television. I had ten more corn chips. I cleaned up, and I went out. I sat downtown at two locations, and I drove around. I did not walk. I did drive by the waterfront. I returned home. I chatted with a relative. I clipped my finger nails. I remember, I once noticed on a Dixie Cup <http://www.gp.com/dixie/> about 20 years ago that it was made in Champaign, Illinois. I also found this web site that explains some of the history of Georgia Pacific [www.gp.com](http://www.gp.com) and its involvement <http://www.toiletpaperworld.com/tpw/encyclopedia/navigation/manufacturers.htm> as it is related to Dixie cups. This link shows the history of Scott Paper <http://www.scottbrand.com/> which was acquired by Kimberly-Clark <http://www.kimberly-clark.com/> which seems to be a larger company. I use to have friends think my family was involved in owning Scott paper, but since we were from Illinois, we were not that branch of the Scott family. I read about ten years ago, that the lady named Scott that Katherine Hepburn portrayed in the movie the "Philadelphia Story" was the owner of the Scott paper company. The story I read about ten years ago, said that she was cleaning out one of her mule's stalls, when she was in her 90s, and the mule kicked her and killed her. CIO

Note: <888> 08/24/03 Sunday 7:05 A.M.: I did some regular internet work. I went outside briefly. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 08/24/03 Sunday 5:25 A.M.: Right now, it is 49 degrees Fahrenheit outside, so it has cooled off quite a bit in this area. CIO

Note: <888> 08/24/03 Sunday 5:10 A.M.: A little while ago, I had two scoops of Ben and Jerry's chocolate fudge brownie low fat frozen yogurt. CIO

Note: <888> 08/24/03 Sunday 4:55 A.M.: Of course where my father Louis Dale Scott who died about 15 years ago was from was Champaign, Illinois <http://www.city.champaign.il.us/> , which is really not quite as big as a city, but it is a university <http://www.uiuc.edu/index.html> town and a railway town and a farming community. Thus since the National Center for Super Computing NCSA <http://www.ncsa.uiuc.edu/> is also located where NCSA Mosaic the first internet web browser was invented by Marc Andresen there, so there has been a bit of internet presence there from the very beginning about 35 years ago. However, the internet was started for supercollider physics at the nearby Fermi Laboratory <http://www.fnal.gov/> , so obviously the United States Government and other countries involved in the Supercollider Physics at <http://public.web.cern.ch/public/> in Switzerland which also was involved with the laboratory in Grenoble, France nearby and other European laboratories <http://www.scri.fsu.edu/~jac/Nuclear/labs/labs-eur.html> were involved in using the internet for supercollider physics research. Thus with European research money pouring into the projects, more than likely more French champagne and other wines became available in the scientific network, since many Europeans tend to drink wine. Thus with all this internet activity with one focus on Champaign, Illinois, there more than likely are a group of researchers that travel around various computer outposts of research. Since I live only about five miles south of IBM's world headquarters, I have more than likely seen most of the key players over these last 20 years. Thus if one has not been on the internet or if one has not been aware of the activity in this area, one would figure if those involved work and travel through this area, and since they tend to be highly paid researchers, more than likely they have brought along some of their creature comforts. Thus scientific research is a little more complex than America Online. I dare say when people do government research they have some sort of security, and they also have some sort of substantial budget. Not only do they work hard, more than likely they play hard too. Still, I have a feeling that with so many hundreds of millions of people on the internet, its purpose as it was originally designed has decentralized all the locations through out the internet world. Thus we are all grapes in the universal grape vine. On the champagne subject, there might have been some ruling in the past, that one could call it champagne if it were produced from champagne grapes. Since I have never been able to afford to be a wine connoisseur, I have not kept up on that subject matter. Well, I think it fairly safe to say that both the internet and champagne are here to stay. On the matter of Champaign, Illinois due to their location in the tornado belt, they do a great deal of super computing weather research for which they have received funding [http://ww2010.atmos.uiuc.edu/\(Gh\)/wx/home.rxml](http://ww2010.atmos.uiuc.edu/(Gh)/wx/home.rxml) , and since at the moment the speaker of the United States House of Representatives is <http://speaker.house.gov/> is



Dennis Hastert from Illinois, I would imagine the NCSA funding is fairly secure. However, they supposedly have T-900 <http://www.internet2.edu/> connections coming soon, if they do not already have them. Thus while I sit here reading the office technology news, a lot elsewhere is going on in the scientific community as it pertains to the internet. CIO

Note: <888> 08/24/03 Sunday 3:40 A.M.: A little while ago, I had ten Tostitos restaurant style white corn chips. CIO

Note: <888> 08/24/03 Sunday 3:25 A.M.: If after 25 years, one still feels like pursuing this case to the World Court at the Hague in the Netherlands, I am sure the French people will win. If you do not know what I am trying to explain, I am trying to explain from my reading and experience having traveled through France that only sparkling wine bottled in the Champagne region of France may be called Champagne. Even in France sparkling wine from outside the region of Champagne may not be called "Champagne". Any region like New York state or California labeling a bottle with the label of Champagne for sparkling wine from their region are violating international trade and patent protection laws for the brand name "Champagne". It has been decided many times around the world in many courts, but still in America, they insist upon the trademark infringement for marketing sparkling wine as Champagne. Whatever, the case more than likely I have neighbors nearby whom are more expert on the subject. I am just voicing an opinion from travel and reading reference. I do not pretend to be an international jurist, but I would imagine the only reason the French people do not continue to object is their great appreciation to the American people for their help in the two great Wars of this century. Not to mention quite a few French expatriates live in the Americas. Still it is like Canada Dry Club soda calling itself Canada Dry Perrier. CIO

Note: <888> 08/24/03 Sunday 2:50 A.M.: I got a catalog with lots of interesting souvenir items from the Ronald Reagan Foundation today <http://www.reaganfoundation.org/>. When I went out to California in the summer and fall of 1980 during the Reagan Bush campaign, I spent quite a bit of time around Santa Barbara, California at the camp ground near Ronald Reagan's ranch. As I recall in California paying for the mountain top camp ground sights was on the honor system, and it was \$3 per night. Since we hardly ever had that much money, we frequently would not pay. I recall staying near Ronald and Nancy Reagan's ranch near Solvang, California quite a number of times, and in the fall nearing election time it started to get cold, so we bought a sleeping bag for \$20 to open up in the car for cover. We also would camp on earlier trips out in the mountains east of San Juan Capistrano where there were several campgrounds up in the hills. As I recall the campground had toilets and hot water showers. They also had barbeque grills. We were so low on money, we would occasionally barrow some filet mignons from the local supermarkets. I think I owe the Albertsons in San Juan Capistrano about six filet mignons, but I have not found a cow yet that wants to surrender them. We did pay in Carmel, California about \$100 for a dinner of

two tornados which are the Spanish name for filet mignon. Since we did quite a bit of volunteer work out there observing, I figured we deserved to eat occasionally. However, about the last time I borrowed a package of two filet mignons in Santa Barbara, I think from the Safeway Store there, I was hauled into the calaboose, which had quite an interesting collection of people. I also while being apprehended broke a bottle of California, Champaign. Since I had given on an the same two trips an associate funds, I figured my credit was good in California. Since in my extensive touring around on five trips to California, I got the lay of the land, and I had seen quite a few cows and steers. Despite all the vegetarians I encountered, I figured somebody was eating a bit of beef. Basically when one drives out to California, one gets to driving so much in the trip across country, that when one arrives out there, it is hard to keep from stopping driving. I enjoyed driving up and down the coastal highway to see a bit of the ocean. However, I also drove through the Imperial Valley a number of times, plus the east west parts of my journey. I did venture into the interior to Belle Aire, California east of Malibu to see where the Howard Hughes set lived. It looked quite prosperous with lots of European style villas, but compared to Greenwich, Connecticut and other New England mansions I have seen, the houses looked to be a bit close together. I have heard of but not visited Hillsborough, California where William Randolph Hearst lives, and it is suppose to have more spacious real estate. I guess since the Scotts are an original Virginia family, we are probably related already to the Randolfs, so it would be like visiting one's second cousins. I did pass by San Simeon a number of times, but since they had a small replica of a Whaler's Village like Nantucket, and since I had already encountered a lot of Californians in Nantucket, I figured I already knew them from my network back east. I use to go to up to over 40 bars, pubs, and cabarets a night in Manhattan checking out the local night life with brief glimpses of the places. However, once the internet came along, I figured it was a better source of news. Still, when one lives close to such a large tourist area as Manhattan, when one takes off in any direction, more than likely people one encounters have already been here. I remember when I stayed in Chelsea a couple of months back in 1974 one of my roommates use to help throw parties at the Copa Cabana in Manhattan at the Pierre Hotel, and he once remarked the Reagans had been there. Of course the old Copa and the Pierre Hotel is still next to Governor Rockefeller's old triplex apartment complex, so more than likely Governor Rockefeller's political network had also frequented that location. I remember in the old days while at CBS, I use to go to the Oak Bar at the Plaza, and I would see members of Richard Nixon's staff there, because Richard Nixon like eating downstairs at Trader Vics, which I also enjoyed eating at many times in both New York and Chicago before I discovered the Pump Room at the Ambassador East Hotel in Chicago. Of course such fine dining and drinking can lead to lessening of one's finances, and thus one sooner or later can end up in the kitchen of a remote restaurant like the Languedoc in Nantucket trying to earn back some of the money that one has spent. However, once one learns to cook and shop, one tends to save on meals three times a day, or however often one eats. I remember a lot of people in Manhattan use to dine out all the time, and they never had any food in their apartments except Dannon yogurt and Hagen Daz ice cream and partially used liquor bottles. Thus although it seems Californians do not

eat much meat, they do produce wine, so they must consume wine. Moreover, since the grocery stores in California offer pretty much the same cross section of foods that we do on the east coast except fresh and more abundant produce, I think it is safe to assume that they are not all vegetarians. I remember the health food stores in California use to sell trail mix and corn chips in large wooden barrels. A Dutch second cousin of mine in San Luis Obispo once told me that he sees lots of Dutch tourists studying California farming techniques at Farm stands in his area. Basically I think it is generally accepted that most people eat universally, although in different climates and areas, they have different diets. I enjoyed seeing the Dutch Windmills on the Van De Kamps grocery chain in California. I also enjoyed seeing Carnation dairy products which I use to see down south. I was even amused to see what a large selling product Borax was having seen the Borax <http://www.borax.com/> mountain when I was traveling through the country. Even though one might not buy the Borax brand name in the east, it is a large enough company that their product is used in a great many other products that do not bear its name. I have not seen the 20 mule team around recently, but I remember there use to be somebody who was famous advertising Borax, so more than likely he owned stock in the company.

Note: <888> 08/24/03 Sunday 1:35 A.M.: I went through my email. I was emailed this web link <http://www.inkjetsmart.com/> which seems to have cheaper Epson ink cartridges than [www.3dayinkjet.com](http://www.3dayinkjet.com) . CIO

Note: <888> 08/24/03 Sunday 12:10 A.M.: I had 10 Tostitos super size white corn chips and some iced tea. CIO

Note: <888> 08/23/03 Saturday 11:45 P.M.: I had the same summer salad as last night, but this time I did not put in artichoke heart quarters. Since the new Green Giant baby carrots are a bit large about a half inch in diameter, I cut them in quarters lengthwise. I also only had one sliced plum tomato in the salad. I did slice three 5/16 inch thick slices of the cold eye round, and then I cut them into about half inch by one inch strips, and I added them to the summer salad. I had the salad with iced tea. CIO

Note: <888> 08/23/03 Saturday 10:50 P.M.: I went out after the last message. I saw a yearling deer behind the family units as I was exiting our complex. I then went downtown. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by CVS. I then went by the Exxon station next to the Greenwich Library, and I bought \$3.50 of regular unleaded gasoline at \$1.999 a gallon for about 26 miles per gallon. Gasoline seems to be going up in this area. I was told that regular unleaded gasoline in Biddeford, Maine is \$1.699 a gallon at the Getty station. I then went downtown, and I walked the entire length of Greenwich Avenue and also the train station area. For those of you with deep pockets whom do not worry about sunburn, there are a number of Bentley convertibles for sale at the dealership across from the train station including a cross section of Ferraris too. However, the property tax on them would be quite high, and they do not get good

gasoline mileage. However, I suppose there is a small market for them for a certain niche group. On my walk, I stopped by CVS, and I bought a CVS Clorox toilet tank tablet for \$1.99 and from the 50% off shelf, I bought a 60 ounce 60 uses bottle of Nice'n Fluffy Mountain Fresh Ultra Fabric softener for \$1.99 half price plus .24 tax for \$4.22 total. I then completed my walk. I next drove down by the waterfront. I then went by the Stop and Shop, and I bought a super size bag 20 ounces of Tostitos white corn chips for \$2.99, a 6 ounce bag of S&S baby spinach leaves \$1.99, a quart of Borden Realemon lemon juice \$2.75, and a red Bermuda onion that they charged a yellow onion price of .99 a pound for .79 for \$8.53 total. I then put my purchases in my Hyundai, and I sat outside the Stop and Shop briefly. I then remembered, I needed another item. I went back inside, and I bought a 40 bag package of Salada green tea for \$3.59 total. Green Tea is suppose to have lots of antioxidants, and it suppose to be healthy for you. I then returned home, and I put away my purchases. I opened the box of Salada green tea, and I put it on the kitchen sink shelf on top of the Bigelow tea. CIO

Note: <888> 08/23/03 Saturday 6:50 P.M.: I will now shut down the computer, and I will clean up, and I will go out for an evening stroll. CIO

Note: <888> 08/23/03 Saturday 6:50 P.M.: The electricity went off about 4:45 A.M. this morning for a little over an hour. I used my Slaymaker battery recharger light and flash lights. I checked outside and around the building. I went to bed about while it was still off. I was up about 3:30 P.M. this afternoon. I chatted with a relative. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I reset the clocks and the VCR clock. I did my house cleaning and watering the plants. I found a new 15 watt small base bulb to put in the Body Basics aroma light. I also emptied out the garbage and the waste baskets in the apartment. CIO

Note: <888> 08/23/03 Saturday 4:20 A.M.: I did some regular internet work. I will now shut down the computer, and I guess I will head off to bed soon. A little while ago, I had two scoops of Ben and Jerry's chocolate brownie low fat frozen yogurt. CIO

Note: <888> 08/23/03 Saturday 4:15 A.M.: What the New York Times article does not mention about downtown Greenwich is that although it is quite delightful, there is so much activity that it is quite a noisy area. If one likes peace and quiet on a low budget, certain other areas of town tend to be a bit more quiet, however then once again, one would not be able to walk everywhere, and one might need an automobile. However, when I lived at the Jenkins apartment complex at 700 Steamboat Road, it was fairly quiet except in the summer, when there is a bit of waterfront noise from the pleasure cruisers and the Island Beach Ferry. However, usually by about 9 P.M., downtown quiets down except for a few late night revelers, and the occasional youth trying out their skills on their skateboards on Greenwich Avenue. However, I guess as I get older my hearing might not be as good. Where I am presently living it is so quiet, it is like living out on the Great Plains of America,

where one can hear a freight train 50 miles away. However, that could be because I am frequently on a night schedule, and in the daytime when I am frequently asleep, I do not notice any noise. Also certain devices like the air conditioner and the air purifier, also tend to generate noise which cancels out other noise. Also the downtown area or Greenwich, Connecticut being between the Boston Post Road and Interstate 95, since it has quite a bit of traffic and since it is due east of New York City, there tends to be quite a bit of air pollution particularly when the highway is busy. However, realistically the air pollution goes all the way up to about 20 miles east of Hartford, Connecticut; so most everyone in the area is use to it whom can tolerate it. When I vacation further up north on the shore, I generally feel much better with the cleaner air than around here. However, since I am frequently on a night schedule, the air quality tends to be better at night. Thus if one is use to midtown Manhattan pollution, one would tend to find the air quality a bit fresher here, but it is not as fresh as in the real countryside. Of course the town does have quite a bit of essential services that one might not enjoy in the country. CIO

Note: <888> 08/23/03 Saturday 3:25 A.M.: I just discovered this interesting article about Greenwich, Connecticut in the New York Times [Greenwich, Connecticut, A Town With a Little City at Its Heart](#) . CIO

Note: <888> 08/23/03 Saturday 2:20 A.M.: I finished going through my email and the volcano reports. CIO

Note: <888> 08/23/03 Saturday 12:30 A.M.: I put the cooked seasoned eye round of beef in the refrigerator. CIO

Note: <888> 08/23/03 Saturday 12:15 A.M.: I went out after the last message. I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I went by the Food Emporium, and I bought an eye round roast at \$2.99 a pound for \$7.89, a pint of Ben and Jerry's low fat chocolate fudge brownie frozen yogurt and a pint of Ben and Jerry's Cherry Garcia low fat frozen yogurt for \$2 each for \$11.89 total. I think this week's sale items at the Food Emporium ended at midnight, and next weeks start up. I noticed the power was off at the Stop and Shop, the Exxon station, and the Audi dealership, but it seemed to be on elsewhere. I called up my answering machine for .50 charge to make sure the power was on here. I then returned home. I had a message from a relative. I took the eye round roast, and I put it on a baking rack in a baking pan. I then seasoned all sides with Old Bay Seasoning, garlic powder, celery salt, chicken and meat seasoning, Italian spices, oregano, basil, and Texas Best Barbeque sauce with mesquite flavor. I am cooking it in the Farberware convection oven at 350 degrees Fahrenheit for 45 minutes. Once it is done, I will refrigerate it in a Rubbermaid container to use later this week. I will slice it cold into about 1/4 inch thick slices and half inch wide strips, and I will use portions of it in my salads. I had a glass of iced tea when I returned, and I also left a message with a relative. CIO

**Note: <888> 08/22/03 Friday 8:45 P.M.:** I took enough chilled baby spinach leaves to cover a dinner plate with one thin layer, and I rinsed them off in cold water in the lettuce spinner. I then spread them across the dinner plate. I then spread about 10 chilled baby carrots over the plate. I next sliced two chilled plum tomatoes about 1/8th inch thick, and I spread the slices over the plate. I then put three double tablespoon chilled dabs of homemade hummus on the plate. I then put eight chilled black pitted California on the plate including one in each dab of hummus. I then put on a diced quarter of a chilled red Bermuda onion. I then added three 1/8th inch thick sliced chilled mushrooms which I had rinsed underneath cold water. I then added 12 Pepperidge Farm large cut low fat spicy Italian croutons. I next put on about two ounces of chilled Athenos garlic and herb feta cheese. I then open a six ounce can of crab, and I rinsed it underneath cold water with the lid on a half dozen time, and I then flaked it, and I put it on the salad. I then added eight chilled artichoke quarters. I next put on about an ounce of Stop and Shop low fat grated parmesan cheese. I then added about two teaspoons of chilled capers. I next put on about 1.5 ounce of Monari room temperature balsamic vinegar and about 1.5 ounces of room temperature extra virgin Italian olive oil. I then seasoned the salad with ground black pepper and salt. I had the salad for dinner. I also had a glass of iced tea. I will now shut down the computer, and I will clean up, and I will go out. It is suppose to be 77 degrees Fahrenheit outside, but it feels warmer. CIO

**Note: <888> 08/22/03 Friday 7:45 P.M.:** I took the nine medical degree frames with glass that I bought at the Greenwich Hospital Thrift shop for .25 each, and I put in pictures of family, friends, and associates. I left the old medical certificates in the frames behind the pictures. Quite a few of the frames were held together by small nails, so it took a while. I put clean sheets of paper in the frames to mount the pictures on. I hung all nine of the frames on Ook hooks and nails above my bedroom bed three frames over three frames over three frames. The look very presentable. I took the picture of Bermuda that was over my bed, and I hung it on the lower half of the bedroom door entrance side beneath the bird picture. I took the flower oil painting, and I hung it on the wall by the head of the day bed by the Parsons Lamp. I put the Venice print above the bedroom door entrance. The framed picture of the George W. Bush inaugural invitation from 2001 has a weak hanger, and I did not have room to display it, so I put it on top of Scott's Random notes print outs in the left hallway bookcase. This all took some time, but it all looks very presentable. CIO

**End of Scott's Notes week of 08/22/03:**

**Note: <888> 08/22/03 Friday 3:55 P.M.:** I had 15 Wheatsworth crackers before going to bed this morning. I was up at 2 P.M., when I had a telemarketing call. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I checked outside, and it is very hot and sultry. It is 90 degrees Fahrenheit outside right now, and there is a severe thunderstorm watch for the area just to the north of us. I do not plan to go out this afternoon. I plan to stay in my cool air conditioned apartment. I will now send out my weekly

notes. If one is downtown and needs to be the cool, the upstairs music level of the Greenwich Library Peterson wing is a lot cooler than the ground floor level. CIO

Note: <888> 08/22/03 Friday 3:40 A.M.: Well, I finished going through my email. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 08/22/03 Friday 3:15 A.M.: Well this is a very informative computer story <http://www.theregister.co.uk/content/7/32445.html> . CIO

Note: <888> 08/22/03 Friday 1:10 A.M.: I did some minor tweaking of the apartment. I am now updating the Red Hat Linux 9.0 partition on the Dell backup computer. I had a bowl of the green partially seedless grapes and blueberries. CIO

Note: <888> 08/22/03 Friday 12:05 A.M.: I cleaned up some old mailings on the HP LaserJet IID paper cartridge holders that had been sitting there some time. I ran Ad-aware <http://www.javasoftusa.com/software/adaware/> to clean up hidden cookies on my computer. CIO

Note: <888> 08/21/03 Thursday 11:05 P.M.: I did some minor straightening around the apartment. I have a lot of empty computer parts and electronics boxes in the television cabinet and in the left living room closet shelf that I could eventually throw out to make more room for storage. I also have a lot of 5.25 inch computer disks in the television cabinet. However, the television cabinet is hard to get to, since one has to lift up the Queen Anne chair from where it is placed between the day bed and the living room couch adjacent to the television cabinet, since it does not slide out. I did lift it out once recently to store some books behind it, when I freed up the kitchen entrance blue book case for pantry storage. CIO

Note: <888> 08/21/03 Thursday 10:15 P.M.: I put the medical diplomas underneath the left side of the bedroom bed, so the scrap paper and the bedroom window area is more easily available. One can also more easily disconnect the AMD backup computer LAN cable, if one wanted to use a laptop computer with a LAN cable in the bedroom. Unfortunately my old laptop computers will not work with a LAN cable. Thus as I have told many people over the years, if one does not waste one's time watching television, one can always find activity to keep one busy. My Microsoft Bellwether stock portfolio of about a 150 stocks has been doing well recently. It is down about 7% from the stock market high of two years ago, but it is at about \$1,180,000 from its original start about five years of a million dollars. I do not own the portfolio, I just use it for tracking the daily activity in the stock market. It is available for download to use with the Microsoft Internet Portfolio <http://moneycentral.msn.com/investor/home.asp> from <http://www.geocities.com/mikelscott/scopor01.zip> . The portfolio is not meant to outperform the stock market, but just to reflect its performance like the DOW Jones indicator. Thus as an indicator, one would only make money if the market went up, and one would lose money if the market went down. CIO

**Note: <888> 08/21/03 Thursday 9:50 P.M.:** I moved the Rubbermaid hamper with all the extra smaller pairs of pants from in front of the bedroom window to the hallway entrance by the head of the day bed. I put in an 8 watt night light bulb in the Body Basics aroma light on the left side of the bedroom desk, and it still has the rejuvenation aroma beads in it. I do not feel like spending the money on the 15 watt bulb it requires, since I never use it, and I have extra night light bulbs. I moved the Radio Shack 7 channel digital weather radio to on top of the Danish end table on the left side of the bedroom desk behind the laptop computers. It is plugged in, but I do not leave it turned on for alerts, since the alerts are two loud in my small apartment, and the other Radio Shack weather radio on the Dell backup computer in the living room is loud enough. I moved the Omron blood pressure tester monitor to the right side front of the bedroom desk, and it is connected to power. I dusted off the Dictaphone on the left bedroom night stand, and there is a Sony tape sitting on it. I thus have the space leading to the bedroom window open, so one can open the mahogany bureau drawers, and access the window area with spare light bulbs and scrap paper. I still have all the frames with medical diplomas from a retired Doctor to use for family photographs when I have the time to install them. CIO

**Note: <888> 08/21/03 Thursday 9:10 P.M.:** I checked my Plantronics DSP 500 audio settings, and they are fine. I also ran Norton WinDoctor, and it fixed one Microsoft Shared file setting. CIO

**Note: <888> 08/21/03 Thursday 8:50 P.M.:** I disconnected the brown speaker phone in the bedroom, and I cleaned it off as well as possible with some Ronson lighter fluid. It had quite a few stains on it. I reconnected it. I strung the emergency pull cord from behind the bedroom desk across the brass and glass table and down the right side of the bedroom desk, so it is available for use, if one remembers in the dark where it is. I should find a florescent patch to put on it. CIO

**Note: <888> 08/21/03 Thursday 8:05 P.M.:** I had the same summer salad that I have been eating recently. This time I added a six ounce can of solid white albacore tuna fish that I flaked. I also added three 1/8th thick sliced mushrooms and six artichoke heart quarters along with all the other usual ingredients that I mentioned on my past Friday notes. I also had a glass of iced tea. CIO

**Note: <888> 08/21/03 Thursday 7:10 P.M.:** I glued together the goose egg. It had broken apart when I accidentally knocked it about six months ago in pretty much the same places where I once repaired it before. There are some small white lines that show a bit. I put it on the center of the top shelf of the left hallway bookcase in front of the print of Alexandria, Virginia in front of some books. I have a bit of the glue still stuck on my fingers that I will have to gradually peel off over time. CIO

**Note: <888> 08/21/03 Thursday 6:40 P.M.:** I had two scoops of Edy's raspberry sorbet before going to bed this morning about 4 A.M.. I had a telemarketing call about 11 A.M.. I got up, and I had breakfast of oatmeal, toast with strawberry jam,



pineapple orange juice, vitamins, supplements, and coffee. I then went out, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I bought a black and gold West Point coffee mug for .25 and a white RadioShack Electronic Telephone Amplifier System for \$1.50 for \$1.75 total. Most everything at the Greenwich Hospital Thrift Shop is half price. I then made my 3 P.M. appointment. I next went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by the Greenwich Hardware store, and I bought two .28 bolt and molly assemblies and four .23 bolt and molly assemblies plus .09 tax for \$1.55 total. I then stopped by CVS, and I bought a two tube package of CVS super glue gel for \$1.97 plus .12 for \$2.09 total. I then finished my walk. I then returned home. I put the new white speaker phone on the dining room table to the left of the primary computer for easy access from the primary computer. I put the old brown one on the left side of the bedroom desk plugged into the modem telephone port on the AMD backup computer. I put the West Point coffee mug on the left center back of the bedroom desk with some blue pens in it. I use two of the .28 bolt and molly assemblies to resecure the top half of the towel rack in the kitchen to the right side front of the refrigerator. I used two of the .23 molly bolt assemblies to resecure the right brass hook on the entrance wall of the bedroom. I think I have already used molly assemblies on the left brass hook, since it seems secure. I put the spare two .23 molly bolt assemblies in my computer tool kit in the wicker rack behind the HP IID laser printer. When I have time I will use the CVS super glue gel to reassemble a broken painted green malachite color goose egg that I have on display on a shelf on the left bookcase in the hallway. CIO

Note: <888> 08/21/03 Thursday 3:05 A.M.: I had 20 Wheatsworth crackers. There is not much happening. Generally when the locals start getting ready for the new school season about the third week of August, it starts to get busier around here. However, generally during slower economic times, people do not bother returning for work until after Labor Day, since they are not making much money anyway. Still, the only reason the stock market seems to be going up is that the prime interest rate is still about 1% which is very low. This has the advantage of encouraging new construction with lower lending rates, but if only a few people have the money, it is really not much of an economic stimulus. Basically, the conventional wisdom of Milton Friedman <http://www-hoover.stanford.edu/bios/friedman.html> economics tend to hold true, which is more supply side economics than the more liberal viewpoint of John Maynard Keynes <http://www-gap.dcs.st-and.ac.uk/~history/Mathematicians/Keynes.html> which is more liberal economics based on more theory and statistics. In either case without investment capital, the general economy will not pick up and increase. However with such low yields, there is very little stimulus to risk investment capital in such speculative ventures. Anyway, the light is at the end of the tunnel, and I guess I will now shut down the computer, and I will go to bed soon. I have a 3 P.M. appointment today. CIO

Note: <888> 08/21/03 Thursday 1:50 A.M.: I had a bowl of green semi seedless grapes and blueberries. CIO

Note: <888> 08/21/03 Thursday 1:10 A.M.: For those of you whom remember the good old days of "Green Stamps" at the grocery store, they now have evolved to [http://www.greenpoints.com/account/act\\_default.asp](http://www.greenpoints.com/account/act_default.asp) , however at the rate the local economy is going, more than likely we will be looking forward to "ration coupons" in the near future as opposed to Green Stamps. Still the old time yankees seem to be surviving, and more than likely some of them planted their Victory Gardens this summer, so more than likely we will be still eating for the indefinite future. CIO

Note: <888> 08/21/03 Thursday 12:40 A.M.: Back in 1973 when I was working at Boodles restaurant in Greenwich, Connecticut the whole country ran out of oil. We were forced to seek refuge in Manhattan where local merchants seemed to have an ample supply of coal to heat their pied a terres. Well, one merchant family seems to have branched out into this activity <http://wmf.org/> using the funds from <http://www.kressfoundation.org/kress/index.html> . I am still trying to figure out if the last Kress Department store I saw in Key West, Florida is still in existence. However, it is rumored that the Kress Department store evolved into K-Mart. Whatever, the case when I drove back and forth across the country about five times, I saw quite a few K-mart department stores. I remember once buying a fuel filter for my old 1972 Subaru I bought in Nantucket at a Kress Department store near Lenox, Massachusetts when I was driving up to Williamstown, Massachusetts. However, it is not too hard to find the old Kress family estate in Long Island from Greenwich, Connecticut. All one has to do is sail south from the Indian Harbor Yacht Club, and more than likely one will be close to it. However, if you miss Long Island, one might indeed end up back down in Key West. Whatever the business seems to be today, the fast moving New Yorkers seemed to have forgotten their friends to the North in their world travels. I guess one could try to research other old information at the <http://www.library.yale.edu/beinecke/> , but I have been advised that New Haven, Connecticut is not as safe of an area as it once was. However, the Greenwich Hospital <http://www.greenhosp.org/> is affiliated with Yale New Haven medical center, so I would imagine there is some sort of communications between them and this community. CIO

Note: <888> 08/20/03 Wednesday 11:40 P.M.: Staples has a HP 3820 Staples Special Savings color inkjet printer on sale for \$69.98 with a \$30 mail-in rebate, so it eventually would be about \$39.98 for the new inkjet printer with the new ink cartridges. However, when one went to service it with new ink cartridges a pair of them one black and one color would be over \$50. Thus they are selling Inkjet printers the way Polaroid use to sell cameras, where they did not make money off the camera, but they made money off the film. Much could be said about the price of ink cartridges. [www.3dayinkjet.com](http://www.3dayinkjet.com) does not list cartridges for the HP 3820 printer, but they might sell a similar cartridge from another HP printer. One would have to look into it. Still, since I have two working Epson color inkjet printers with full ink cartridges, I do not think I need to invest in another printer. Not to

mention I have the HP LaserJet IID laser printer which has a fairly new HP 95A toner cartridge from HP. I also have the older HP LaserJet IIP laser printer and a spare HP 75A cartridge for it. The HP LaserJet IIP is hooked up to the AMD backup computer in the bedroom. However, it only feeds paper out from the lower level, and it tends to be wrinkled. Since I do not print out that much, I seem to have ample printing resources. CIO

Note: <888> 08/20/03 Wednesday 11:15 P.M.: I went out after the last message. I went downtown. I ran into an infrequent night walker, and we chatted briefly. I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I then went by the Stop and Shop, and I bought a five pound bag of S&S sugar for \$2.39, two six ounce cans of Chicken of the Sea crab meat for \$1.99 each can, a 8 ounce container of S&S fat free grated parmesan cheese \$3.99, a tub of Athenos garlic and herbs feta cheese \$3.23, a ten ounce box of fresh whole mushrooms \$2.19, a 8 ounce jar of Sclafani imported capers in vinegar \$3.29, a quart of fresh plum tomatoes \$2.99, a 4.25 ounce of McCormack whole black peppercorns \$2.69, a six ounce bag of S&S baby spinach leaves \$2, and a 16 ounce bag of baby carrots .99 for \$27.74 total. I then returned home. I had a glass of iced tea. I took out the two 12 packs of soda cans from the lower shelf in the refrigerator to make more room. I put the soda cans underneath the blue couch. I put away my purchases. CIO

Note: <888> 08/20/03 Wednesday 8:05 P.M.: I had the same summer salad that I have been eating recently. This time I put in a quarter of a diced red Bermuda onion and a tin of sardines that I chopped into pieces and seven artichoke heart quarters. I had the salad with a glass of ice tea. I will now clean up, and I will go out after that. CIO

Note: <888> 08/20/03 Wednesday 7:00 P.M.: I ran Symantec update. CIO

Note: <888> 08/20/03 Wednesday 6:45 P.M.: I installed two Windows Updates. SpeedFan says my computer is 93 degrees Fahrenheit. The outside temperature is 85 degrees Fahrenheit. The apartment temperature is 74 degrees Fahrenheit with the General Electric Profile 15,500 BTU air conditioner set at 70 degrees Fahrenheit, low fan, Energy Saver, no air circulating louvers, and no fresh air exhaust. Thus, I am cool and comfortable, so I might wait until the sun goes down before going out. CIO

Note: <888> 08/20/03 Wednesday 6:05 P.M.: I had three scoops of Edy's tropical fruit sorbet before going to bed about 4 A.M.. I was up at 1 P.M., and I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I checked my mail. I fell asleep again until about 6 P.M.. CIO

Note: <888> 08/20/03 Wednesday 2:50 A.M.: Meanwhile back at Scott's Byram spa as opposed to Forbes.com: World's Best Spas life goes on. I really do not have

much to do, and since it seems we have nicer weather this week, I will shut down the computer, and I will go to bed soon. CIO

Note: <888> 08/20/03 Wednesday 2:00 A.M.: Well using SpeedFan, I noticed my computer does run a bit warmer than one might think. Its basic computer temperature is 99 degrees Fahrenheit, which is good reason for using air conditioning in the summer. I also updated Nero 5.5 [www.nero.com](http://www.nero.com) with the latest update not the latest version which is not free. If one needs CD/R media I noticed that at Staples this offer is available this week <http://instorespecials.staples.com> which after rebate would be about \$5 for a 100 pack. At the moment, I have plenty, but I might get them to have. Staples' rebates generally come back very fast, if it is a Staples rebate and not the manufacturer's. CIO

Note: <888> 08/20/03 Wednesday 1:10 A.M.: I checked out [www.betanews.com](http://www.betanews.com) and these two programs caught my eye [FileForum | Program Detail - Weather1](#) and [FileForum | Program Detail - SpeedFan](#) . CIO

Note: <888> 08/19/03 Tuesday 11:55 P.M.: I went through my email except the volcano reports. I had a bowl of the blueberries and green partially seedless grapes. CIO

Note: <888> 08/19/03 Tuesday 10:45 P.M.: Before I made up my summer salad, I also made up a fresh batch of the homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> . I also used in the regular recipe two 4.25 ounce cans of S&S crushed California olives and 1/8th of a teaspoon of Red Cayenne pepper. CIO

Note: <888> 08/19/03 Tuesday 10:05 P.M.: I had the same summer salad with a six ounce can of flaked solid white albacore tuna fish along with a glass of iced tea. I chatted with a relative. CIO

Note: <888> 08/19/03 Tuesday 8:30 P.M.: I chatted with a relative. CIO

Note: <888> 08/19/03 Tuesday 7:30 P.M.: I had ten Wheatsworth crackers last night before going to bed. I was up at noon today. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I received in the mail my Symantec \$20 rebate from when I bought the Norton System Works 2003 and Norton Internet Security 2003 bundle for \$74.19 with tax at CompUSA in Norwalk back on December 30, 2002. I received the \$30 upgrade rebate in April, and I just got the \$20 rebate now, because of a delay in rebate qualification material, so the package only cost me \$24.19 after all this time. I went out, and I cashed the Symantec \$20 rebate at Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop, and everything is mostly 50% off. I bought a 23 inch by 19 inch antique one inch wide framing wood frame with glass and matting for \$2 and two 3 foot double RCA plugs for .25 each for \$2.50 total. I then drove down by the waterfront. I next walked the entire

length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought a container of Ajax cleaner for .99 and another 16 ounce bottle of Renuzit super odor neutralizer Orchard Garden for \$2.50 plus .21 tax for \$3.70 total. I then went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought two red Bermuda onions for \$1.49 a pound for \$1.95 a 28 ounce can of Goya chick peas for \$1.09 and a bulb of garlic at \$2.69 a pound for .48 for \$3.52 total. I then returned home. I had a glass of ice tea. I put the two RCA cords to the right of the stereo system. At my kitchen entrance on the lower right side of the entrance way, I have two prints of Martha's Vineyard that I bought about 14 years ago at the Darien boy scout tag sale for .50 each framed. One is of a Martha's Vineyard street scene with old shingled and clapboard houses. The other is of a small sail boat moored at a dock. The print of the sail boat fell off its hook, and the glass was cracked. I remounted the sail boat print in the glass frame that I bought today, and it looks very good with the matting and all. I have it hanging highest underneath the mirror with the street scene hanging down by the floor. I cleaned the frame and glass. I mounted the print evenly in the existing matting. I scotched taped it in. I used to screws attached to the frame seven inches down, and a piece of wire to provide a hanging device for the wall hook. Thus it all looks very good, but it is not very noticeable in its lower position in my apartment art collection. CIO

Note: <888> 08/19/03 Tuesday 2:35 A.M.: The email server is not working right now. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 08/19/03 Tuesday 2:25 A.M.: I had the same summer salad as I have been having for the last few weeks in the smaller size. I put a 6 ounce can of crab meat with it. I had it with iced tea. I installed the Epson C60 drivers on the two backup computers, and they both print out fine through the Siemens LAN port. For the time being, I have the Epson Stylus C60 as the default printer. I have the printer port box thus set to the second port for it. CIO

Note: <888> 08/19/03 Tuesday 1:10 A.M.: Before I went out after the last message, I took another empty Glade plug-in oil refill with its plug-in attachment, and I filled it with Renuzit. I put it on the bathroom wall socket. To make room for it on the bathroom wall socket, I moved the Coleman rechargeable flashlight to the center kitchen counter socket setup. When I went out, I went by Smokes for Less, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then went by the Arnold Bread outlet, and I bought a loaf of Arnold Branola bread for \$2.15 total. I then drove down by the waterfront. I next went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift Shop. I bought a Epson Stylus C60 printer for half price for \$7.50. Everything is mostly half price at the Greenwich Hospital Thrift shop. I then went downtown. I sat out briefly. I then made my 4 P.M. appointment. I next walked back to the center of town, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times. I next went by the Stop and Shop, and I bought nine 4.25 ounce cans of California chopped olives

for three for \$2 for \$6 all, a bag of S&S baby spinach leaves for \$2, and a jar of Goya Spanish capers for \$1.69 for \$9.69 total. I then returned home, and I put away my purchases. I had a glass of ice tea. I put the new Epson Stylus C60 printer on the living room desk to the left of the Dell backup computer. I plugged it in directly to the primary computer LPT1 port, and I tested it. I had to change parallel cables to a newer one with more pins. I installed the driver and the status monitor. I was able to get it working just fine. The status monitor showed it had a full color cartridge and a 1/4 full black cartridge. I took out the black cartridge, and I refilled it. It all seems to work just fine. I took it off the parallel port, and I connected it to the port switching box connected to my Siemens router port, so I can use it with any of the three online computers, but neither Epson Status monitor works on the Siemens router. I tried refilling the black ink cartridge on the Epson Stylus color 880 printer, but it would not work once installed. Also the color cartridge quit working when I removed it. I tried taping the bottoms of them a number of times to get them working, but neither would work. I chatted with a friend during this process. I tried a number of times to get the used Epson Stylus Color 880 cartridges to work by taping their bottom outlets a number of times with scotch tape and reinstalling them, but they did not work. The printer instructions say that if one removes the cartridge they will not work again when reinstalled, but the inkjet refill kit says taping their bottoms makes them work like new cartridges. Maybe both cartridges were just worn out. Anyway I had a new black and a new color cartridge in reserve that I had bought from [www.3dayinkjet.com](http://www.3dayinkjet.com) . I installed the two new cartridges, and the Epson Stylus Color 880 printer works just fine. I save the old cartridges in the new cartridge packaging. I have both Epson inkjets installed on the Siemens router port along with the HP LaserJet IID laser printer. One has to change the switch on the port box on the wicker rack to right on the wall to the right of the primary computer to change printers routed through the Siemens router. This all took some time. However, both inkjet printers are filled up with ink and running just fine. I noticed the Epson C60 inkjet cartridges at [www.3dayinkjet.com](http://www.3dayinkjet.com) are about \$15 apiece, which is more than the \$8 to \$10 for the Epson Stylus Color 880 cartridges. Well, I now have a backup inkjet printer. I will not order reserve cartridges for a while, until I see how both printers are functioning in use. CIO

Note: <888> 08/18/03 Monday 1:00 P.M.: I will now shut down the computer. I will clean up, and I will go out. I have a 4 P.M. appointment this afternoon. CIO

Note: <888> 08/18/03 Monday 12:35 P.M.: Before going to bed, I had 8 Wheatsworth crackers. I also had two scoops of Edy's Tropical Fruit sorbet. I was up at 11 A.M.. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I just checked my mail. I took the empty Glade plug-in scented oil refill in the kitchen, and I removed the lid with a table knife by prying it off. I then filled it with Renuzit, so hopefully this might a cheaper way than buying the Glade refills. CIO

**Note: <888> 08/18/03 Monday 12:40 A.M.: I finished going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now shut down the computer. I will go to bed soon. CIO**

**Note: <888> 08/17/03 Sunday 11:55 P.M.: I had nine Wheatsworth crackers. CIO**

**Note: <888> 08/17/03 Sunday 11:30 P.M.: I went through my email. I rinsed off the two pints of blueberries in a colander. I put them in a large yellow plastic bowl. I picked off the grapes off of about two pounds of green seedless grapes. I then mixed the grapes and blueberries together, and I put them all in a large Rubbermaid container in the refrigerator. I then had a bowl of the mixture. Quite a few of the green seedless grapes had seeds in them, so I had to eat the mixture more slowly. CIO**

**Note: <888> 08/17/03 Sunday 10:20 P.M.: I chatted with two relatives and three friends. Net2Phone Communications center with the Plantronics DSP 500 headset is working just fine. It sounds as good as a regular telephone. Amazon is selling it for \$59.94 down from \$150 [Amazon.com](http://Amazon.com): Used and New: Plantronics DSP-500 Digitally-Enhanced USB Gaming/Multimedia Stereo Headset and Software . Well, it is good to have my 2 cents a minute communications in the United States of America back up and running fine again. Of course one still has to have a computer and a cable modem which are additional expenses, so it is not exactly a cheap call. CIO**

**Note: <888> 08/17/03 Sunday 7:45 P.M.: I put away the laundry. I finished running the utilities on the primary computer. When I ran Norton Win Doctor, it fixed 18 multimedia file settings in the registry, so maybe that will improve my sound quality with Net2Phone. I put the YAP headset on the Dell backup computer which is also connected to a set of speakers. I have it set to the Sound Blaster AWE 32 sound card. However, it also has Plantronics Persona on it, so one could use the Plantronics DSP 500 headset on it too. I put another generic headset that I have on the AMD backup computer in the bedroom. I also have that connected to a pair of speakers too. I surfed the internet for a while on the Dell backup computer while the primary computer was running the utilities. I had the same summer salad that I have been eating for the last six weeks in a half size portion that I have been eating for the last two weeks. This time I added two 1/8 inch thick sliced plum tomatoes instead of one. I also put on 12 Pepperidge Farm large cut low fat spicy Italian croutons. I did not use artichoke hearts or capers which I am out of capers. I did put on it 7 sliced chunks of hearts of palm. I also used a flaked 6 ounce can of Bumble Bee solid white albacore tuna fish. I filled the dining table salt shaker with Morton low sodium salt. I filled the dining table pepper mill with McCormick whole black peppercorns, which I used up. I also put out the Ducros Le Moulin black peppercorn mill, which was on the spice rack. I had the salad with ice tea. CIO**

**Note: <888> 08/17/03 Sunday 4:50 P.M.:** I will now run Norton Speed Disk on the C: and D: drives. I will then run Norton Win Doctor on the system. I will then do a C: drive to D: drive backup. I will then run Norton Speed Disk. This should take about three hours of more that I will not be online. CIO

**Note: <888> 08/17/03 Sunday 4:40 P.M.:** I went out after the last message. I went by the Exxon gasoline station next to the Greenwich Library, and I bought \$6.50 of regular unleaded gasoline at \$1.919 a gallon for about 30 miles per gallon. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I went by CVS, and I bought a white large Djeep lighter for \$1.89, a liter bottle of CVS yellow mouth wash for \$1.99, and 16 ounce spray bottle of Renuzit super odor neutralizer Orchard Garden for \$2.50 plus .38 tax for \$6.76 total. I finished my walk. I then drove down by the waterfront. I then went by the Stop and Shop, and I bought two 35 ounce bottles of Lysol disinfectant all purpose cleaner Island Breeze for \$2.99 each, a 48 ounce container of Quaker Old Fashioned oats for \$3.99, two 96 ounce containers of Tropicana Premium orange juice with Calcium for \$2.48 each, a tub of Athenos garlic and herb feta cheese \$2.68, a 5.5 ounce box of Pepperidge Farm low fat large cut Spicy Italian croutons \$1.49, a quart jar of S&S strawberry preserves \$2.89, two pints of fresh blueberries .98 each, and a Marie Callender Chicken Parmesan dinner for \$2.99 plus .36 tax for \$27.30. I then returned home, and I used my grocery cart to bring up my purchases. I had a glass of ice tea. I started two loads of laundry, and I just put it the driers for a 60 minute cycle. I put clean linens on the bed in the bedroom. I will put the Renuzit on the toilet wicker shelf rack. I hear thunder and the NOAA weather warning is going off for foul weather in New Jersey west of us. CIO

**Note: <888> 08/17/03 Sunday 12:25 P.M.:** I was up at 11 A.M.. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I chatted with two relatives. Net2Phone Communications Center 1.60 seems to be working just fine. I will now shut down the computer, and I will clean up, and I will go out. CIO

**Note: <888> 08/16/03 Saturday 11:20 P.M.:** I am tired. I will now shut down the computer, and I will go to bed soon. CIO

**Note: <888> 08/16/03 Saturday 11:15 P.M.:** I updated the USB files back to the way they were before I tinkered with them, which seems to be the default settings. CIO

**Note: <888> 08/16/03 Saturday 11:00 P.M.:** I had the same summer salad as last night with a tin of sardines instead of tuna fish. I had the salad with ice tea. I updated my Speed Dial list with more telephone numbers that I can cut and paste in the Net2Phone Communications Center 1.60. I chatted with an AT&T 800 operator down in Dallas, Texas with the Net2Phone Communications Center 1.60 and the Plantronics DSP 500 headset, and the operator said my connection sounded just fine. CIO



**Note: <888> 08/16/03 Saturday 9:45 P.M.:** On the primary computer, I detached all my USB devices, and then I uninstalled my USB drivers. I then reinstalled a default group of USB drivers that come from Microsoft Windows XP Professional Edition instead of the Syntax USA VIA drivers. I then reinstalled the Plantronics USB DSP 500 headset. I next reattached my other USB devices. However, the Plantronics headset did not sound any clearer with Net2Phone. Then I remembered that I have been using the older version of Net2Phone 10.0 because it has the ability to keep a speed dial list. I also have the latest version of the Net2Phone Communications Center 1.60 on the computer. I was not able to test it out on anyone, but I called myself up, and I listened to it on the speaker phone, and it sounded a lot clearer. I put an icon on my desktop to my short list of phone numbers on my Columbia telephone speed dial list, so I can cut and the paste the numbers into the Net2Phone Communications Center 1.60 program. Maybe using the old version of Net2Phone 10.0 was the problem all along. I still have the Andrea Electronics microphone also connected to the Creative PCI Live MP3+ sound card too. One occasionally has to adjust the Andrea Electronics connection to the Creative PCI Live MP3+ soundcard, since it is a large plug that does not seem to fit in well even though I am using a Y adaptor on the microphone plug to facilitate a better connection. CIO

**Note: <888> 08/16/03 Saturday 7:35 P.M.:** I searched Google for information the Plantronics USB DSP 500 headset to no avail. I just finished cleaning my apartment in the usual manner and watering the plants. I just threw out the garbage. CIO

**Note: <888> 08/16/03 Saturday 4:20 P.M.:** I received a second email from [www.jab-tech.com](http://www.jab-tech.com) that they will not accept returns after 30 days. I will try to connect [www.plantronics.com](http://www.plantronics.com) on Monday, when they are open to see if they know how to fix the problem. There is no information on the internet about the DSP 500 headset. I took it out of the packaging, and I put it on my Dell backup computer. It does not work any better on the Dell backup computer either. Hopefully Plantronics can resolve the problem. I guess I should try to do my house cleaning now. CIO

**Note: <888> 08/16/03 Saturday 2:45 P.M.:** I heard back from [www.jab-tech.com](http://www.jab-tech.com) , and they emailed me back that they only cover the Plantronics DSP 500 headset for 30 days, and I received it on July 7, 2003. I emailed them back explaining the situation. CIO

**Note: <888> 08/16/03 Saturday 1:55 P.M.:** I chatted with a relative, and they told me with the Andrea Electronics headset, Net2Phone sounds just fine. I still have not heard back from [www.jab-tech.com](http://www.jab-tech.com) about returning the Plantronics DSP 500 headset. I turn off the microphone in the volume control panel, when I am not using it. I am just about ready to start house cleaning, and I will listen to FM 106.7 . CIO

Note: <888> 08/16/03 Saturday 1:40 P.M.: I listened the [www.kenradio.com](http://www.kenradio.com) new hourly weekly broadcast. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I looked at Microsoft's [www.betaplace.com](http://www.betaplace.com) . CIO

Note: <888> 08/16/03 Saturday 10:30 A.M.: I was up at 7:30 A.M.. I chatted with a friend on Net2Phone. We both agreed that the new Plantronics DSP 500 headset was not working properly. I tried tweaking and uninstalling and reinstalling it, but it still did not work properly. I finally reinstalled the Andrea Electronics headset into the Creative MP3+ Live sound card and the Panasonic RP HT96 headphones, and I tried calling my friend with Net2Phone again, and we both agreed it sounded a lot better. I filled out the form at [www.jab-tech.com](http://www.jab-tech.com) about returning the Plantronics DSP500 headset, and I am waiting to hear from them. I also chatted with a relative on Net2Phone, and the relative agreed the old Andrea Electronics headset sounded a lot better. I am not sure what the problem was with the Plantronics DSP500 headset, but I had thought it was internet speed causing the problems, and I guess it was the Plantronics DSP500 headset causing the problem all along. With the Plantronics DSP500 headset not installed, the speakers now work without having to change the settings. I put the Plantronics DSP500 headset in its original package, and once I receive the information from [www.jab-tech.com](http://www.jab-tech.com) I will pack it up in its original shipping box to return. CIO

Note: <888> 08/15/03 Friday 11:25 P.M.: I had ten Wheatsworth crackers. I went through my email. I did some other internet work. I will now shut down the computer. I will have two scoops of Edy's Mandarin orange sorbet and some ice tea. I will then head off to bed. CIO

Note: <888> 08/15/03 Friday 10:00 P.M.: I filled out the Columbia telephone rebate information. I mailed it in the mail room letter drop downstairs. I also made copies of the rebate information. CIO

Note: <888> 08/15/03 Friday 9:20 P.M.: Today when I went out, I saw a General Electric service truck going into Putnam Green across the street. I chatted with the driver, and he verified to me that with my General Electric service contract on my General Electric Profile 15,500 BTU 115 volt air conditioner with remote control that the service contract is for "In Home" service, and if I ever have any problems, they will take care of it, and I will not have to move it myself. I just ripped apart about ten chilled spinach leaves into 2 to 3 inch pieces, and I rinsed them off under cold water in the lettuce spinner. I then put them on a large dinner plate. I next spread around ten chilled baby carrots. I next sliced about 1/8th inch thick a chilled plum tomato, and I spread the slices around the plate. I then added three chilled double tablespoon of the homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> . I next put eight large chilled Stop and Shop California black pitted olives on the salad including one in each dab of hummus. I then added about 12 Italian style large cut Arnold croutons. I next diced a quarter of a chilled Vidalia onion, and I added it to the salad. I then opened

a chilled 6 ounce can of Bumble Bee solid white albacore tuna, and I rinsed it with the lid on underneath cold water a half dozen times squeezing the water out. I then flaked it in a bowl, and I added it to the salad. I then added about 2 ounces of Athenos garlic and herb feta cheese. I then added six chilled quartered artichoke hearts. I then sprinkled about one ounce of chilled Stop and Shop low fat grated parmesan cheese. I next added about two teaspoons of chilled Spanish capers. I then added about an ounce of Monari Italian balsamic vinegar and a ounce of Italian extra virgin olive oil. I finally seasoned the salad with salt and ground black pepper. I had the salad for dinner with ice tea. CIO

Note: <888> 08/15/03 Friday 8:15 P.M.: I put the lithium 3 volt #2025 battery with the other ones in the top left desk drawer in the living room. I installed the Columbia telephone on the left side of the bed in the bedroom as one faces it, where the other trim line spectra-phone was. I put a long headset cord on the Columbia telephone from the kitchen wall phone, which was an older AT&T wall mount phone. I put the trim line spectra-phone on the kitchen wall with a long headset cord that was on it. I put the old AT&T wall phone with the shorter headset cord underneath the right side of the day bed. I programmed the bedroom Columbia telephone, and I also programmed 12 speed dial numbers. I made up a Speed Dial list that I put by the Columbia telephone. CIO

Note: <888> 08/15/03 Friday 6:40 P.M.: I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I next drove down by the waterfront. I then drove up to Norwalk, Connecticut to CompUSA. I bought a Columbia Telecommunications Group, Inc. Big Button Speakerphone telephone with caller ID. It features 70 Memory Caller ID, Date and Time Stamp, English, Spanish, and French languages, Last Number Redial, Real Time Clock, Seperate Handset and Ringer Volume Control, Ringer on/off switch, 3 Lines Display. It was \$19.99 plus \$1.20 tax for \$21.19 total. It features a \$20 mail in rebate, so eventually it will be close to free except the tax. I then toured Wal-Mart. Wal-Mart sells the same size Bissell rug cleaning bottle that I paid \$22 for at the Greenwich Hardware Store for \$11. However, they did not have the Bissell Pet and Odor rug cleaner in a 48 ounce bottle, just a 128 ounce bottle, which was probably less that \$20. Thus if one has the time up to a half of day or more to go up to Norwalk, one can save money. However, if I had waited to shampoo the rugs, I would have probably been left with wet rugs and all the stuff off the floor when the power went off, which would have been a major inconvenience. Sometimes down here, we pay more money for convenience. I next went to Home Depot. They were sold out of the General Electric faucet water filters too. Each General Electric faucet filter filters 200 gallons of water, which is twice as much as comparable brands. I looked at the hallway throw rugs, and they were about 24 inches by 8 feet, and they ran from \$30 to \$100. I decided my blue carpet pieces are good enough, so I did not get one. I did buy a Duracell 3 volt lithium battery #2025 for \$1.18 plus .07 tax for \$1.25 total. I then returned to Greenwich. I drove around Tod's Point. I sat out briefly at the southeast beach area. I then went by the ATM machine at Putnam Trust Bank of

New York in Old Greenwich. I then went by the Mobil Express Car Wash in Old Greenwich, and I got the basic \$5 car wash. I towel dried my car afterwards. I shook out the driver's side floor mat. I then returned home, and I had a glass of ice tea. CIO

End of Scott's Notes week of 08/15/03:

Note: <888> 08/15/03 Friday 11:45 A.M.: I had a call from a friend at 7 A.M. this morning. I was up at 10 A.M.. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I watched the news on television. Channels 5 and 9 are still off the air, and channel 7 WABC has a lot of snow or interference. I will now send out my weekly notes. Then I will shut down the computer, and I will clean up, and I will go out. The apartment General Electric air conditioner is set at 70 degrees Fahrenheit, low fan, no circulation, Energy saver, and cool. The outside temperature is 81 degrees Fahrenheit, and inside the apartment it is 74 degrees Fahrenheit. The apartment is all put back together, and it is all back to normal again the way it was before the toilet tank flooded a week ago Friday. It is good to have the apartment back to normal again. I am leaving the two box fans going on low speed to circulate the air conditioned air in the apartment. One is at the apartment entrance, and the other is at the bedroom entrance. CIO

Note: <888> 08/15/03 Friday 2:50 A.M.: I will now shut down the computer, and I will go to bed. CIO

Note: <888> 08/15/03 Friday 2:35 A.M.: I finished sifting through my email. CIO

Note: <888> 08/15/03 Friday 2:15 A.M.: I checked outside and around the building, and it seems all right around here. Amtrak is suppose to be running south from New York City. Power has been restored to the south Bronx. There is suppose to be limited train commuter service today. CIO

Note: <888> 08/15/03 Friday 1:45 A.M.: I am microwaving a Stouffer's 13 5/8 ounce Lean Cuisine Chicken Fettuccini with broccoli for dinner, which I will have with ice tea. CIO

Note: <888> 08/15/03 Friday 1:30 A.M.: I noticed today that when the power was off here locally that Peabody's garage on Church Street just north of the YMCA was selling gasoline, so they must have a generator on their pumps. There were quite a few office workers whom were standing out on the streets in front of various restaurants and bars without power drinking various beverages. CIO

Note: <888> 08/15/03 Friday 1:25 A.M.: I am now watching CNN channel 70, and it says most of power has been restored to Long Island, New Jersey, and Westerchester. They are showing a picture of most of the Manhattan skyline which

is mostly blacked out. Local news stations have suggested that people take today off, but that might not be the case for essential personnel. CIO

Note: <888> 08/15/03 Friday 1:20 A.M.: WNBC and WABC channels 4 and 7 are off the air for local New York television, but channel 2 WCBS is on the air, and I am watching it. Also CNN on channel 70 is working. Apparently a lot of commuters are still stranded in Manhattan. I heard on the radio about an hour ago that automobiles are only allowed to leave Manhattan, no automobiles are allowed to enter Manhattan on the bridges and tunnels. It seems there has been partial restoration of power to Manhattan, and the radio said that about a third of New York state power has been restored. WCBS says that 300,000 customers in New York City are without power at the moment. Commuter train service from Connecticut to Manhattan is suppose to be limited today. I am having a glass of ice tea. CIO

Note: <888> 08/15/03 Friday 12:55 A.M.: The power came back on here in Byram, Greenwich, Connecticut at 12:15 A.M.. I went out after the last message, and I went by the Greenwich Hospital Thrift Shop. For 50 cents, I bought a six inch square tile with a picture of Cornelius Vanderbilt's beach house the Breakers in Newport, Rhode Island. I then drove down by the waterfront. I next walked the entire length of Greenwich Avenue. At 4:15 P.M., while I was sitting in front of the senior arts center, the power went off. I continued my walk, and I reminded the Greenwich Hardware store that they sell oil lamps and their supplies. I stood out for a while at the parking lot at Putnam Trust Bank of New York on Mason Street chatting with some employees. I was told all the power in the northeast was off. I returned back down Greenwich Avenue. I walked by the Greenwich train station, and the trains were not running, and there were lots of people waiting for buses. I then sat out for a while until 6 P.M.. I then drove over to the Greenwich Hospital, and they had emergency generation power. I had dinner at the Greenwich Hospital cafeteria of sautéed hot curry shrimp and noodles and seltzer water for \$4.50 total. I then returned back downtown, and I sat out to about 8 P.M.. I then returned home, and all my neighbors were sitting outside, since there was no power here too. I put the Newport, Rhode Island Breakers tile on the dining table. I went to bed until about 10 P.M., when a relative called. I used my small brass oil lamp with <http://www.lamplightfarms.com/> oil. I listened to my Radio Shack transistor radio. They said the power would be gradually coming on. I chatted with another relative a couple of times. I took out the Slaymaker Jump Start system, and it is has a light which I used instead of the oil lamp while listening to the radio. Just as I was about to rest some more, the power came on at 12:15 A.M.. I have to reset my VCR and a few clocks. I am watching channel 4 NBC television on local news. It seems that lots of New York still does not have power. I have the General Electric profile air conditioner going on high fan, moving louvers, 68 degrees Fahrenheit, and Energy saver to cool down the apartment. During the black out the temperature went to 80 degrees Fahrenheit in the apartment, but right now it is back down to 78 degrees Fahrenheit and on its way down. CIO

Note: <888> 08/14/03 Thursday 2:25 P.M.: I clipped my toe nails with a toe nail clipper before taking a shower. If one's toe nails are too long, it can interfere with walking. I went outside briefly after cleaning up. I will put the new batch of ice tea in the refrigerator to chill shortly. I will shut down the computer now, and I will be going out soon. My 3 P.M. appointment for today was cancelled. CIO

Note: <888> 08/14/03 Thursday 1:35 P.M.: Recently, I have been snacking on caramel popcorn cakes from the Stop and Shop not rice cakes. I put two more glass steins in the freezer for a total of six. I will now clean up. CIO

Note: <888> 08/14/03 Thursday 1:20 P.M.: It is interesting the Weather Pulse program <http://www.tropicdesigns.net/weatherpulse.html> and <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> says it is 84 degrees Fahrenheit in Greenwich, Connecticut right now, where as the <http://www.weatherbug.com/aws/index.asp> programs says it is 91 degrees Fahrenheit outside right now, however the Indian Harbor Yacht Club weather <http://www.indianharboryc.com/weather1.htm> does not even seem to work. I guess it is cooler by the water versus further in the interior. I was once up in Hanover, New Hampshire in August 1980, and it was 98 degrees Fahrenheit at night, and I remember it use to be hotter in New Canaan, Connecticut than down here by the shore. CIO

Note: <888> 08/14/03 Thursday 1:10 P.M.: I decided not to go out, since it is hot outside. It is now 91 degrees Fahrenheit. I chatted with a relative. I am in the process of making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . It has an hour to steep before I put it in the refrigerator. I will now have two caramel popcorn cakes with ice tea. I then will clean up. CIO

Note: <888> 08/14/03 Thursday 12:35 P.M.: I decided not to go out after the last message. Instead, I put all the items from on top of the furniture back in place, and I restored the apartment to the way it looked before the toilet flood last Friday. The carpets were dry enough to put everything back in place. It looks pretty much the same as it did before, except there is now blue carpet in the hallway. I also emptied the 8 ice trays in the refrigerator, and I put the ice in a triple layer plastic bag in the freezer. I filled the ice trays with fresh water. I have four chilled mugs in the freeze and a beer pitcher and a wine decanter in the freezer along with the other food. I turned the refrigerator up from 3 to 3.5, so it will be a bit colder. The apartment is still 70.5 degrees Fahrenheit, and I closed the external exhaust flap on the air conditioner, so it will stay cooler. I have the two box fans still going. One is at the apartment entrance and another is at the bedroom entrance. I do not think I will go to Tod's Point, since it is a bit too hot out today. Instead I will stay in the downtown area. I will shut down the computer now. I will have two caramel popcorn cakes and ice tea. I will then clean up, and I will go out. It is 92 degrees Fahrenheit outside right now. CIO

**Note: <888> 08/14/03 Thursday 11:35 A.M.:** I added a six pack of A&W diet root beer to the lower beverage drawer in the refrigerator where other beverages are stored. I also put in another liter bottle of Perrier. I still have from underneath the blue couch a 12 pack of Barq's root beer and a mixed 12 pack of diet Coke and diet Sprite that I put into the refrigerator right now, so hopefully it will be chilled in a little while for any cool beverage consumption that might be necessary. Since, it is a hot day, and I like hot weather, I thought I might clean up now. I then think I might gradually work my way over to Tod's Point, and I will take a slow walk around. I will bring along a diet Coke in a Kennebunkport foam rubber drink chiller. I have lots of thermoses in the apartment which I never use, which I keep underneath the dining room table. Presently they are filled with hurricane water from about three years ago. I will now shut down the computer, and I will clean up. CIO

**Note: <888> 08/14/03 Thursday 11:15 A.M.:** I used Microsoft Home Publisher 2000 to send out a birthday card to a relative as an email attachment. However, my system will not accept email attachments, and I suppose my relative's system might be the same. I do not recall setting it up that way, but I suppose it is good to have it setup that way. CIO

**Note: <888> 08/14/03 Thursday 10:55 A.M.:** I had two more caramel popcorn cakes before going to bed last night. I also shut down the computer after Norton Antivirus finished running without any problem about 2 A.M.. I was up at 8:30 A.M., and I put the items back on my bedroom bed, so the bedroom carpet could dry more thoroughly. I have a box fan blowing air in the bedroom. I put the kitchen items back on the floor. I will leave the living room items off the floor, and I will let the living room carpet continue to dry today. I have a box fan at the living room entrance to circulate the air. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I picked up the new front door pass card from the Greenwich Housing Authority official downstairs, and I turned in three old ones. I still have the air conditioner running at 66 degrees Fahrenheit and the current outdoors temperature is 90 degrees Fahrenheit, and it is 70 degrees Fahrenheit in the apartment. I guess this evening, once the apartment has dried out some more, I will put the items back on the floor, and I will return the apartment back to its former appearance. I will wait until Saturday when I do house cleaning to vacuum the apartment, when the carpet is even drier. CIO

**Note: <888> 08/14/03 Thursday 12:20 A.M.:** I have been watching the television program on CNN about British royalty. I finished running Norton Antivirus. I will now shut down the computer, and I will try to go to bed after eating a couple of caramel popcorn cakes. CIO

**Note: <888> 08/13/03 Wednesday 10:35 P.M.:** I am a bit tired. I will now quit using the computer. I just updated Norton Antivirus. I will run it while I am

asleep. I will now start putting away the items on the bedroom bed, and I guess I will watch a bit of television, and I will then go to bed soon after that. CIO

Note: <888> 08/13/03 Wednesday 10:25 P.M.: I chatted with two relatives. I threw out the Optimum online cable modem box and a box for an out of date cable modem that were damp. We have two large new tropical plants in the community room downstairs, which really are quite large. I hope they make it through the winter. The community room downstairs is air conditioned and seems comfortable. I moved the two box fans around to get other areas drier. Basically all the carpet is pretty much a lot drier, but it still has the dampness from when I shampooed the carpet earlier this evening. I have a box of 500 business envelopes that got damp on the outside, but I think the envelopes will hopefully be all right. Basically I will hopefully be busy tomorrow morning putting everything back in its place provided the fans finish drying off the carpets tonight while I am asleep. I will probably stay up until about midnight, so the bedroom carpet can dry a bit more, before I have to take all the items off the bed to sleep. CIO

Note: <888> 08/13/03 Wednesday 9:10 P.M.: I am microwaving a Maria Callender turkey breast with stuffing and mashed potatoes and vegetables dinner, which I will have with iced tea. I do not have room in the kitchen right now to make my usual salad, because various items off the floor are on the counter. I chatted with a friend on Net2Phone. I assume Net2Phone is not working well because the denial of service attacks against Microsoft caused by the W32 Blaster Worm are overwhelming the internet. CIO

Note: <888> 08/13/03 Wednesday 8:35 P.M.: If anyone is interested in the history of the blue wool carpet in my living room, this is it. About 13 years ago, about two years after I moved in here, I went to the last day of the Adopt a Dog tag sale up on Lake Avenue. I bought the carpet for half price on the last day for \$40. It had been sold by and donated by various local celebrities, and one of their names was on the carpet, since it had been freshly cleaned by the Schaffer Rug cleaners over in Stamford, Connecticut. Thus it has been a very good piece of carpet all these years. I never wear my shoes in the apartment hardly at all, so it still is in good shape. However, about three years ago, there was a similar size flood when the hot water tank in the neighboring apartment started leaking. CIO

Note: <888> 08/13/03 Wednesday 8:15 P.M.: It is 84 degrees Fahrenheit outside right now. I went out after the last message, and I went by the Greenwich Hospital Thrift Shop. I bought for \$3 a pair of Realistic Nova 10 Stereo headphones 8 ohms made in Japan. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. During my walk, I went by the Greenwich Hardware store, and I checked out the various cleaning supplies. I then went by the ATM machine next door at Putnam Trust Bank of New York. I then returned to the Greenwich Hardware store, and I bought for \$21.99 plus \$1.32 tax for \$23.31 total a 48 fluid ounce container of Bissell <http://www.bissell.com/> rug shampoo which contains Scotchgard by 3M in the burgundy bottle with new pet odor and soil



removal formula for carpets and upholstery, advanced formula deep cleans and resists dirt and stains and deep cleaning action removes tough odors, tracked in dirt, dander, and other soils. I then finished my walk, and I returned home. I had a glass of ice tea. I then put all the items in the bedroom, kitchen, and living room off the floor that could be taken easily off the carpeted area. I used my vintage pink Bissell rug shampooer to clean all the exposed carpets. I used four one gallon tanks of hot water. In each tank I used 6 ounces of the Bissell rug shampoo with it. I also cleaned the Dupont throw rug between the two couches by putting it in the hallway, and then leaving it to dry on the long green couch. I cleaned underneath the blue couch and underneath the day bed too. I moved the blue couch back into its normal position, and I also cleaned the area between the two couches where the green Dupont throw rug was. Thus I have all the exposed carpet areas freshly shampooed along with most of the areas that got wet. Hopefully, this will help remove some of the odor from the toilet flooding. When the toilet flooded last Friday, it was fresh water from the tank behind the bowl. There was no sewage in the flooding. I have the two fans back in position drying out the apartment. Right now I have one at the bedroom entrance and another at the apartment entrance. A lot of the areas are pretty much dry, and I will move the fans as I need to dry other areas. I will probably leave most the items off the floor that I have on the couches and beds except the bedroom bed tonight when I sleep, so the areas will more thoroughly dry. Thus the apartment is still quite a mess with all the items off the floor in disarray. Still, it seems to smell fresher. I thus have half of the Bissell rug shampoo left over for future use. I chatted with a friend. I also went outside briefly. I have the air conditioner at 66 degrees Fahrenheit, and it is 74 degrees Fahrenheit in the apartment. I have various edges of the carpet propped up with beverage bottles to help them dry a bit underneath. With all the cool damp air moving around the apartment, it feels like a summer breeze in Scotland. I put the Realistic headphones by the Queen Anne chair to be available to plug into the stereo to replace the defective ones that I had there. CIO

Note: <888> 08/13/03 Wednesday 3:10 P.M.: Well, there is not much more that I can do right now, but let the fans do their stuff. I guess I will clean up, and I will go out and enjoy the warmer weather. CIO

Note: <888> 08/13/03 Wednesday 2:50 P.M.: I put some updates on all three online computers. I put DirectX 9.0 B on all three computers. I installed the Java 2 virtual machine on the AMD backup computer in the bedroom. I installed the Blaster Worm update fix on the Dell backup computer. I moved the two fans for drying the carpet. I pulled out items from underneath the bedroom bed, and from underneath the day bed in the living room, and from underneath the blue couch and the Danish bar. I have these items off the floor. I moved the blue couch against the long green couch. I now have one fan blowing over the area where the blue couch was and underneath the Danish bar towards the day bed. I have the other fan blowing on the area around the end of the day bed and hallway entrance. Thus I am now drying some of the other wetter areas. The areas where I have been using the fan for the last couple of days in the living room walk through area and the bedroom

entrance and along side of the bed are a bit more dry, but they are still a bit damp to the touch. The building custodian gave me a new 12 inch circular florescent light, so I installed it in the hallway light fixture. It is 93 degrees Fahrenheit outside right now, and it is 73 degrees Fahrenheit in the apartment. I propped up some of the carpet edges and edges of the sofa with soda bottles, so the air circulates more evenly. I will now throw out a few wet boxes. I also had two caramel popcorn cakes with ice tea. CIO

Note: <888> 08/13/03 Wednesday 1:05 P.M.: News story says Blaster Worm attacks Windows Update on the 16th of every month

<http://www.vnunet.com/News/1142968> . CIO

Note: <888> 08/13/03 Wednesday 1:00 P.M.: Dvorak internet story

<http://www.pcmag.com/article2/0,4149,1216129,00.asp> about <http://www.caida.org/> . CIO

Note: <888> 08/13/03 Wednesday 12:50 P.M.: Microsoft TechNet Security Alert W32.Blaster.Worm . I had already installed the patch before the news story came out, so my machine should be all right. However, Windows Update is overwhelmed, and it is not working on my machine. CIO

Note: <888> 08/13/03 Wednesday 12:15 P.M.: I found this link for Japanese plumbing <http://www.toto.co.jp/index.htm> after reading this story about Japanese toilets <http://www.wired.com/news/technology/0,1282,59979,00.html> . Well, my old fashioned American toilet seems to be working better, and I guess I could spruce it up a bit by installing a new roll of Scott toilet paper. I have been trying to encourage the Saudi Arabians to buy toilet paper for years instead of using oiled rags, but I guess they do not have enough water for proper sewage in some regions of their desert oasis. CIO

Note: <888> 08/13/03 Wednesday 12:05 P.M.: I chatted with a relative. CIO

Note: <888> 08/13/03 Wednesday 11:55 A.M.: I checked my mail. I threw out the new Lasko box fan box in the dumpster. CIO

Note: <888> 08/13/03 Wednesday 11:30 A.M.: It is 88 degrees Fahrenheit outside, and I have my air conditioner at 68 degrees Fahrenheit right now, and it is 72 degrees Fahrenheit in the apartment right now. CIO

Note: <888> 08/13/03 Wednesday 11:25 A.M.: VMTU seems to speed up my cable modem connection in much the same way changing the registry settings suggested in [www.speedguide.net](http://www.speedguide.net) does. However, VMTU is in beta, and it does not seem to change the settings permanently. I thus went to [www.speedguide.net](http://www.speedguide.net), and I installed the Windows XP Professional registry tweaks and the advanced registry tweaks. At [CNET.com](http://CNET.com) - [Internet Services - Bandwidth Meter](http://CNET.com) , I am getting 1443 kbps using 212 area code and cable modem selection. CIO

Note: <888> 08/13/03 Wednesday 9:45 A.M.: Looks interesting  
<http://www.vmtu.com/> . CIO

Note: <888> 08/13/03 Wednesday 9:40 A.M.: IBM Takes Search to New Heights .  
CIO

Note: <888> 08/13/03 Wednesday 9:40 A.M.: BW Online | August 11, 2003 | Gates:  
"No Part of Tech Is Standing Still" . CIO

Note: <888> 08/13/03 Wednesday 9:15 A.M.: CNN volcano story CNN.com -  
Underwater volcano discovered in Aleutians - Aug. 12, 2003 . CIO

Note: <888> 08/13/03 Wednesday 9:00 A.M.: I had a rice cake before going to  
bed. I was up at 7:30 A.M.. I had breakfast of oatmeal, toast with strawberry jam,  
pineapple orange juice, vitamins, supplements, and coffee. I watched some morning  
business news. I moved the bedroom fan to dry the bedroom entrance as opposed to  
the area along side of the bed. I will now do some regular computer work. CIO

Note: <888> 08/12/03 Tuesday 10:10 P.M.: Well, I will now shut down the  
computer. I will go to bed soon, maybe after watching some television. CIO

Note: <888> 08/12/03 Tuesday 10:05 P.M.: I am a staunch republican, but this is  
sort of clever [http://www.dumbentia.com/parody\\_puppetmaster.html](http://www.dumbentia.com/parody_puppetmaster.html) . CIO

Note: <888> 08/12/03 Tuesday 9:55 P.M.: For anyone with the travel bug, the  
Queen Elizabeth II cruise ship is due to arrive in Manhattan on Sunday August 17,  
2003 for a return trip to Southampton, England  
<http://www.qe2.org.uk/itinerary.html> as opposed to the fishing village of the same  
name out on Long Island. I will have to keep a keen eye out for any Europeans  
whom might be arriving to or trying to escape from the Americas. It even sails to  
Lanzarote, the Canary Islands on December 30, 2003 before New Years Eve in  
Funchal, Madeira; so I guess the experienced travelers on board the ship as well as  
their personnel will be coming and going in our regions for another season. I believe  
they are planning to retire the ship in April, 2004 when the new Queen Mary is  
launched. CIO

Note: <888> 08/12/03 Tuesday 9:45 P.M.: I chatted with a friend. I had a hand  
full of white seedless grapes and a rice cake. I packed the dirt up around the roots  
on my two miniature potted palm plants, so the roots are not exposed. CIO

Note: <888> 08/12/03 Tuesday 8:30 P.M.: This satellite photo shows the effect of  
the Westerly winds that have caused the increased heat in north Africa and possibly  
caused the Atlantic tropical storm season for now to be less intense  
<http://www.nottingham.ac.uk/meteosat/DTOT.JPG> . CIO

**Note: <888> 08/12/03 Tuesday 8:00 P.M.: Microsoft has issue this security bulletin about a new XP worm Microsoft TechNet Security Bulletin W32.Blaster.worm . There is suppose to be a fix at Windows Update, but at the moment their servers are overwhelmed. I did run Norton Antivirus update. I checked my hallway light fixture, and it did not turn on, when I needed light for some minor rearranging in the bookcases. I removed the fixture cover, and it came on, so I put the cover back on. It is a size florescent light I do not have about ten inches. Anyway, the hallway light switch is blocked by the left bookcase. However, I have cut a hole in the backside of the bookcase for one to reach the switch by reaching into the left bookcase small center shelf above an Audubon bird book, and the switch is there. I enlarged it with a pair of pliers since it was slightly too lower after I removed the carpeting after the toilet overflowed. The opening has minor jagged edges, but at the moment the light is still working. Well, anyway the bookcases are dusted for the first time in a long time, since I did that when I moved them last Friday, but I did not dust the books. Well, the carpet seems to be drying faster with the fan in those areas where the fans are blowing. CIO**

**Note: <888> 08/12/03 Tuesday 7:05 P.M.: I had the same summer salad for dinner as last night, except I put a can of Beach Cliff sardines with it instead of the can of crab. I had it with a glass of ice tea. I finished off the old extra virgin olive oil, and I opened a new bottle of the Filippo Berrio <http://www.filippoberio.com/> extra virgin olive oil. I put about four ounces in a squeeze bottle for future salad use. I went outside briefly to throw out a tin. I found an old wok that I had given to a Chinese neighbor when he moved in several years ago. The neighbor recently departed this world, so I guess his relatives threw it out. I had bought it from a Japanese family for \$2 at a tag sale in Old Greenwich about 14 years ago. I cleaned it up, and I scoured it. I then rubbed it with some vegetable oil. I then hung it on my pot rack above the microwave oven to have handy for any sautéing I might do in the future. I use to make very good stews in it. CIO**

**Note: <888> 08/12/03 Tuesday 5:45 P.M.: I put the Mega eye glass repair kit on the dining room table next to the empty Dom Perignon bottle. I cleaned the cutting board, and I put it against the kitchen wall in front of the refrigerator with the other cutting boards and trays. I put the two spare 3 volt lithium batteries in the top left desk drawer in the living room with the other one and the old ones. I put the bent tip candelabra bulbs in the second large drawer down in the mahogany bureau in the bedroom. I pulled off the old toilet seat bumpers that had deteriorated and I unscrewed their rusted screws with a pliers. I then cleaned both areas. I then nail on with my upholstery hammer the two new bumpers. The two new bumpers are made of harder plastic instead of rubber, so the toilet seat tends to slide a little, but they should last longer. I took off the face plate from the wall plug behind my primary computer system that has both Belkin Surge Master ground fault control panels plugged into it for the primary computer as well as the Columbia 2.4 gigahertz cordless telephone. I installed the RCA Universal Surge Protector Plate, and its two small orange and green lights came on showing that it is working. I then replugged in the cords. Thus I have done a bit of creative maintenance today. CIO**

**Note: <888> 08/12/03 Tuesday 4:50 P.M.:** I went out after the last message, and I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. This week books are half price. They sold the Gateway computer that was for sale for \$35 with monitor. I bought a 2 foot by 1 foot hard wood carving board for \$2 that has different layers of wood in it. I noticed they had one of those brass Chinese bicycle oilers for a dollar that people use to mist plants. I chatted with a Westchester country red cross volunteer, and I was told the Westchester county Red Cross was not doing too well. I told the volunteer about the new Greenwich American Red Cross headquarters by exit 4 on the Connecticut turnpike I-95 at Indian Field Road, and it seems from the outside to be a spacious building. I next went downtown, and I walked the entire length of Greenwich Avenue. I stopped by the Greenwich Hardware store, and I bought two nail in toilet seat bumpers for .65 each plus .08 tax for \$1.38 total. I sat out at various locations. I spent .75 on parking. I then went by the Greenwich Library, and I read the Greenwich Times. I checked out a book. I next drove over to the Port Chester, New York A&P shopping center, and I went to the Vitamin Shoppe, and I bought a 100 capsule bottle of B-Complex 100 for \$11.37 total. I then went by Odd Job, and I bought an RCA Universal Surge Protector 330 Joules Smart Plate that one replaces the electrical socket plate with for \$3.99 plus .28 tax for \$4.27 total. I noticed Odd Job carries at lower prices a complete line of Roland tropical canned foods including the Roland smoked sardines that I pay \$1.19 for at the Stop and Shop in Greenwich for .50 a tin. I toured Linens and Things. I then went by the ATM machine at Bank of New York near Home Depot. I next went to Home Depot, and I bought two four packs of Philips 25 watt DuraMax long life bent tip frosted candelabra bulbs for \$2.49 each four pack, a Mega eye glass repair kit for \$1.99, and two Duracell 3 volt lithium batteries numbers 2025 and 2032 for \$1.18 each plus .65 New York tax for \$9.98 total. I will keep the lithium batteries for watch and computer cmos replacements. At \$1.18 they are cheaper than the \$2.99 at Radio Shack and the \$3.99 at CVS for the same size batteries. I noticed Home Depot was sold out of the small General Electric faucet filters, but they had the General Electric filtered water pitchers. I guess a lot of people are filtering their water. There are more advanced water filtration systems there at a higher price. I then returned home, and I had a glass of ice tea. CIO

**Note: <888> 08/12/03 Tuesday 10:55 A.M.:** On the General Electric Profile 15,500 BTU air conditioner with remote control, I have it now set at 70 degrees Fahrenheit, with high fan, no Energy saver, moving louvers, and I opened the exhaust fresh air vent. I am keeping the two box fans going on high, so hopefully the apartment rugs will dry out a bit more. Now they are just damp as opposed to wet. Hopefully by opening the exhaust fresh air vent, I will help get rid of the musty smell in the apartment. I will now clean up, and I will go out to enjoy a bit of the day. CIO

**Note: <888> 08/12/03 Tuesday 10:40 A.M.:** I went outside briefly. I chatted with two relatives. They told me that Net2Phone sounded the same as it always does. However, they said the clarity is not as good as the telephone. CIO

Note: <888> 08/12/03 Tuesday 9:55 A.M.: I took the US Robotics X2 Sportster external modem off of the Compaq laptop, and I put it back on the Dell backup computer. I connected the Compaq Laptop via its internal 14,400 modem, and I configured it. It works fine with Juno 1.49 for checking Juno email. Since the laptop does not have enough resources for me to install the more advanced newer Juno dialer for web browsing, there is no point in having it connected to a faster modem. If one had a dialup account with an internet service provider that used the Microsoft dialer, one would be able to use it with the Netscape web browser I have on it though. Then one would probably want to use a faster modem. CIO

Note: <888> 08/12/03 Tuesday 9:30 A.M.: I finished going through the last few days email. CIO

Note: <888> 08/12/03 Tuesday 8:50 A.M.: Microsoft Security update:  
<http://www.microsoft.com/technet/treeview/default.asp?url=/technet/security/bulletin/MS03-026.asp> . CIO

Note: <888> 08/12/03 Tuesday 8:35 A.M.: Windows Media bonus pack  
<http://www.microsoft.com/windows/windowsmedia/download/bonuspack.aspx> . CIO

Note: <888> 08/12/03 Tuesday 8:15 A.M.: I was up at 7 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I watched some of the morning business report on CNBC, and they said 14% of U.S. households have high speed internet access. I will now do some regular computer work. CIO

Note: <888> 08/11/03 Monday 9:30 P.M.: I chatted with a friend several times trying to adjust my Net2phone settings. I finally figured out at the time that the internet might be busy, because when I called myself up, it sounded fine. The friend also lives nearby in this busy area, so maybe when Net2phone goes through the internet to Norwalk and through the internet to Newark, New Jersey to Net2Phone and then into the central phone system, maybe there is a bit of internet traffic in the New York area. However, my friend is a bit hard of hearing, and he had been traveling today, and the friend is using a Siemens 2.4 gigahertz cordless telephone, so maybe there is a problem in the system. I can adjust over 50 sound setting on my audio setup on the computer, so hopefully I have it right now. It sounds fine when I call myself up and listen on the speaker phone. Well, I am tired, so I will shut down the computer, and I will watch some television before going to bed. CIO

Note: <888> 08/11/03 Monday 6:40 P.M.: I made up a batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> . In the recipe I used four large cloves of garlic instead of six medium cloves of garlic. I also put in a can of California black pitted olives, and I mixed the olive juice with the bean juice that I added, but not all the juice, just enough for the right consistency. I also added 1/8

of a teaspoon of Red Cayenne pepper to help reduce intestinal gas from the chick peas. I then had the same summer salad in the smaller size that I have been eating recently with three large doubles tablespoons of the homemade hummus, a chilled six ounce can of flaked crab meat, and six chilled quarters of artichoke hearts. I opened up another 13.5 ounce bag of Food Emporium hasslenut coffee beans, and I added them to the Braun coffee grinder, and I also put some in the jar that I keep on the left kitchen counter. I had the salad with a glass of ice tea. I have recently been trying to lose weight and reduce my cholesterol, so I have not been eating much meat. I did notice today at the Stop and Shop, they have nice eye round roasts for \$2.89 a pound, if one feels like having a little beef. I suppose once it gets cold, I will eat more meat. I guess with the warmer weather most people are not thinking about the upcoming winter, but anyone whom might be around here for the winter might study The Old Farmer's Almanac <http://www.almanac.com/index.php> to see what their prediction is for the upcoming winter. It is about the only source of long term weather forecasts on the internet. CIO

Note: <888> 08/11/03 Monday 5:00 P.M.: I checked the toilet and it seems to be working just fine with no leaks. I did a small bit of cleanup around it. I put in a new CVS Clorox toilet tank tablet in it. CIO

Note: <888> 08/11/03 Monday 4:50 P.M.: I received my General Electric service contract today for the General Electric Profile 15,500 BTU air conditioner with remote control. I paid \$73.09 for it, and it continues the policy I have in effect until September 11, 2003, and the new contract that I paid for runs from September 12, 2003 to September 12, 2004. I put it on my bedroom desk. I checked some settings on the Compaq Laptop and the AMD backup computer. I ran Windows Disk Defragmenter and Windows Disk Doctor on the laptop. I put my OEM logo on both computers with my email and telephone that I use with the Holland American picture like I have on the two computers in the living room.

Note: <888> 08/11/03 Monday 3:20 P.M.: I threw out the cardboard wrapper for the Kennebunkport Shipyard Ale Captains Collection 12 pack. I had a Stop and Shop caramel rice cake and some ice tea. CIO

Note: <888> 08/11/03 Monday 2:45 P.M.: I just noticed the cardboard container on the 12 pack of Kennebunkport <http://www.geocities.com/mikelscott/137.htm> Shipyard Ale, the Captain's Collection that I bought a year ago when I was up in Kennebunkport, Maine got wet, since it was underneath the yellow French reproduction chair at the apartment entrance. I took the bottles out, and I laid them on their side underneath the chair. I will throw out the cardboard. Once the two areas, I am drying are dry, I will have to try to dry the area underneath the blue couch adjacent to the furniture in the living room walkway. I guess I can move the blue couch over against the long green sofa. I do not have much room to move items around, since the apartment already has too much stuff. I also put a small piece of foam sponge underneath my primary Braun coffee grinder, so it does not vibrate and move around on the shelf when I use it for coffee. CIO

Note: <888> 08/11/03 Monday 2:25 P.M.: Last night before going to bed, I noticed the MSG light was blinking on the Columbia 2.4 Gigahertz cordless telephone I keep by my primary computer. I followed the instructions to press FUNC, 9, Edit, and Save, keys and then FUNC. However, this did not work, and I figured out when the "MSG delete" message comes on the LCD screen after Edit, one needs to scroll through the Calls button to remove the false messages, and then use Save and FUNC. I guess the modem on either the bedroom AMD computer or the Compaq Laptop US Robotics external modem causes the Columbia 2.4 gigahertz cordless telephone MSG light to come on. It has happened before. I do not have Caller ID or Messages from the phone company. I was up at 6:30 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I cleaned up, and I noticed the small 4 to 6 inch puddle was still developing at the right front of the toilet. When I was leaving, I told the building custodian about it. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift. I chatted with a computer techie there, and he has a web site <http://www.voxtango.net/> . We chatted tech for a while. He told me, one can make money selling items on Ebay. I spent quite a bit of time at the Hospital Thrift shop. I then went by Exxon next to the Greenwich Library, and I bought \$3.80 of regular unleaded at \$1.839 a gallon for 25 miles per gallon usage this week. I then drove down by the waterfront. I next went by Staples in Old Greenwich, and they have lot of back to school supplies on sale. I noticed they have lots of fancy new design printers mostly from HP too. I then went by downtown Old Greenwich, and the Rummage Room thrift shop is closed until September. I next went by CVS in Old Greenwich, and all of their summer supplies are half price on sale. I bought for half price a Lasko box fan for \$10.50 plus .63 tax for \$11.13 total. I then drove around Tod's Point. I sat out briefly at the southeast beach area. Not many people were there because of impending rain later on today. I then returned to central Greenwich, and I went by the Stop and Shop, and I bought a 16 ounce bottle of Molina balsamic vinegar for \$1.99, a quart of S&S yellow mouthwash for \$1.99, S&S medium black pitted California olives \$1.39, white seedless grapes for .79 a pound \$1.99, a Vidalia onion at \$1.49 a pound for \$1.13, and a container of Athena garlic and herb feta cheese \$3.29, and a 10 ounce bag of fresh spinach for \$1.99 for \$13.90 total. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I next returned home. The building custodian told me they had put a new wax ring on the wall exit to the pipe on the toilet, so the toilet leaking problem has been solved. I put the bath mats in front of the toilet which I wash weekly. Since I have another Lasko box fan, I put one at the living room entrance to the apartment blowing its air up the wet walk area toward the hallway and bathroom and another at the bedroom entrance blowing its air at the wet area along side the bed. I have them both on high, and I turned down the air conditioner to 68 degrees Fahrenheit, high speed, moving louvers, no Energy saver to help reduce the humidity in the apartment. Thus hopefully the rugs will dry out faster. A relative that had the roof leak used this method to dry out their place. CIO



**Note: <888> 08/10/03 Sunday 9:40 P.M.: I chatted with a relative. I will now shut down the computer, and I will go to bed soon, and maybe I will watch some television first. CIO**

**Note: <888> 08/10/03 Sunday 9:25 P.M.: I had the same summer salad as Friday night without the homemade hummus and with sliced baked boneless breast of chicken. I tried installing dialers on the Compaq laptop to dialup the Juno numbers in this area, but I had a problem with the modem being recognized. I shut down both computers in the bedroom. The carpet is still quite damp. I turned off the NOAA weather radio. CIO**

**Note: <888> 08/10/03 Sunday 7:30 P.M.: The install on the Compaq laptop computer of Juno 1.49 did not work, so I installed it on the AMD backup computer. I then copied the files to the Compaq laptop on floppy disks. I configured it on the AMD for USR X2, and then I had to reconfigure the modem on the Compaq laptop with the same setting for USR X2. When I tried it for sending and receiving mail, it worked just fine on the two Stamford, Connecticut number I had selected in the AMD setup. It seems to take a long time on my Compaq laptop computer to change numbers, and I have not tried it yet, although the dialing list is updated from the install on the AMD backup. I then made of a \*.zip file of Netscape 2.0, and I installed it on the Compaq laptop. However, although the Juno dialer 1.49 is suppose to work with Netscape 2.0, it does not automatically set it up. I will have to figure out how to set it up to dial Juno. Still I have made quite a bit of progress in getting the Compaq laptop set up. I also installed WinZip 8.0 on it. CIO**

**Note: <888> 08/10/03 Sunday 3:00 P.M.: Installed some of the Windows 95 updates on the Compaq Laptop that I had on floppy disks like the TCP/IP and Winsock 2.0 updates. I fiddled with the Network and Modem settings. I tried installing two more recent versions of Juno Free dialup. One was from the AMD backup computer that I copied on floppy disks. However, neither worked for lack of system resources. Once I got my Network setup properly and my U.S. Robotics external modem configuration, I was able to install Juno 1.49. I was able to connect to the 800 number and download the new list of telephone numbers. The Compaq laptop is now processing that list. I will have to uninstall the two versions of Juno that did not work to free up disk space. If the Compaq laptop processes the list of numbers which seems to be taking a while, I should be able to use Juno free dialup on the Compaq laptop. CIO**

**Note: <888> 08/10/03 Sunday 9:25 A.M.: I was up at 8 A.M. this morning. I am a bit arthritic this morning with the damp weather and the damp carpets. I am wearing my house slippers in the apartment to prevent damp feet. I turned the General Electric Profile 15,500 BTU air conditioner to 70 degrees Fahrenheit, with no Energy Saver, High Speed, with moving louvers, so hopefully the apartment will dry out sooner. There still appears to be a small four to six inch puddle developing at the right front of the toilet. I took up the bath mats in front of the toilet. I have a wash cloth on the bath tub rim to dry up the puddle which occurs whenever I flush.**

**I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I will now try to transfer Juno free dialup from the backup AMD computer to the Compaq laptop. CIO**

**Note: <888> 08/10/03 Sunday 12:40 A.M.: I am tired. I will now shut down the computer, and I will go to bed. CIO**

**Note: <888> 08/10/03 Sunday 12:30 A.M.: Juno 1.49 does not seem to work on the Compaq laptop, possibly because when it calls up Juno on the 800 number, it is not downloading any information from Juno, since it is no longer supported. The later versions are two large of a file for a floppy disk. I can try to copy my Juno files from the AMD backup in the bedroom and see if that works. I am microwaving a 14 ounce Stouffer's Lean Cuisine Dinnertime Selection Grilled Chicken and Penne Pasta, which I will have shortly for dinner. I noticed there is still a tiny about four to six inch puddle of water coming out of the right front base of the toilet like the wax ring might still be leaking. Apparently the toilet is fastened against the wall not the floor. Still, the new internal mechanisms seem to be functioning fine enough. I turned the air conditioner back to 72 degrees Fahrenheit and Energy Saver and Low Fan and No louver circulation. It was a bit cold in here. I will now eat, and I will have the meal with a glass of ice tea. CIO**

**Note: <888> 08/09/03 Saturday 10:45 P.M.: I was able to install an earlier version of Juno version 149 <http://www.oldversion.com/program.php?n=juno> . It dialed out, and downloaded a file, and now the hard drive is flashing. I also installed the U.S. Robotics external modem, so both modems are installed on the Compaq laptop. I have to wait for the computer to finish its installation or reinstall the Juno 149 dialer again selecting the U.S. Robotic external modem. CIO**

**Note: <888> 08/09/03 Saturday 8:35 P.M.: I put Windows 95 on the Compaq laptop, and it is running fine. I downloaded the driver for the video from HP Compaq, which is similar to the driver on Windows 95, but with it, the DOS Prompt screen opens, which it did not with the Windows 95 driver. Windows 95 recognized the Compaq 14,400 internal modem. I could also install the U.S. Robotics external modem for faster speeds. I am now running the Windows defragmentation program. It says it has 35 megs of disk space free. I removed the Windows 3.1 uninstall files and the Norton Utilities 7.0 because part of them did not work. I am defragmenting the drive because the Juno setup says, I have less than 5 megs of free space, which is not correct. I have the Norton Desktop for Windows that will probably work with it, which followed Norton Utilities 7.0. There are more bells and whistles with Windows 95. I have to remove Lotus Notes to free up disk space to install Windows 95. CIO**

**Note: <888> 08/09/03 Saturday 4:30 P.M.: I logged onto HP Compaq, and I downloaded an made Compaq diagnostics and setup disks for the Compaq system, but they do not boot, since I guess I made them with Windows XP, which does not have the same System Command Processor. Still most of the features work from**

the Compaq Laptop prompt. The Battery Power button now gives an indication of 2 hours 30 minutes charge. Standby does not work however, and I could not find a way to enable it in the CMOS, so perhaps it is an operating system feature. I put the two Compaq disks in the case with the other disks. I studied the HP Compaq site for more information, but I did not find that much. I guess from the information I saw it is about a 9 to 11 year old machine. Still the battery costs over \$130 today, the memory would cost \$60 and the AC adaptor is about \$120 not to mention the cases are probably worth about \$50. Thus as a portable computing device for \$10 for word processing, it is an exception value. I do not think one would want to try using it on the internet though. CIO

Note: <888> 08/09/03 Saturday 3:30 P.M.: The Compaq laptop computer seems to be taking a charge on its battery. I will leave it plugged in, so maybe the battery will become full charged. The Compaq battery utility says it has 2 hours and 45 minutes battery time, so if it is right, I would imagine it is nearly fully charged. I put "power.exe" in the autoexec.bat, and I changed some of the battery management settings. I also enabled hibernate on low battery which saves one's information and setup. I could install Window 95 on it, but although it would run more slowly than Windows 3.1, it would have Windows 95 power management features which are probably more advanced. It has a PS/2 port and two serial ports and a parallel port. It also has a modem, but I am not sure what speed it is. I will study HP Compaq's information on it. I had two Stop and Shop caramel rice cakes. CIO

Note: <888> 08/09/03 Saturday 2:55 P.M.: I made a Norton Rescue disk for the Compaq Laptop, which I put with some other disks that came with it. I ran some of the Norton Utilities on it. I then shut it down.

Note: <888> 08/09/03 Saturday 2:10 P.M.: I went out after the last message. I went by the Greenwich Hospital Thrift Shop. I toured the merchandise. I then went by Putnam Trust Bank of New York on Mason Street. I then returned to the Greenwich Hospital Thrift shop. Most of the merchandise is half price. Since I daily use my Braun coffee grinder which holds the coffee beans, I bought another one just like it in like new condition for \$10. I now have a backup Braun coffee grinder, which I use to have until, one of them got a small pebble in the coffee beans. The Braun coffee grinder new costs about \$45. I bought another glass bowl about 10 inches in diameter with cut glass and silver rim for \$3 which nearly matches one of my miniature potted palms bowls, so they now are both in matching bowls. Since no one had bought it I bought the old Compaq laptop computer for \$10 which came with a black carrying case. I thus spent \$23 total. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library. I then returned home. I put the glass bowl with the other miniature potted palm, so both of them on the window sill have matching glass bowls with silver rims to hold the clay pots. I put the pink flowered Chinese bowl on the long mahogany bureau in the living room with the covered Paul Revere silver plate bowl in it. I rearranged some of the candle sticks around it and the bric a brac. I did not have room for the

leather and glass ashtray, so I put it with the transistor radios in the top shelf of the blue kitchen bookcase. I put the Compaq Laptop LTE lite 4/25 E on top of the Acer Laptop on top of the Danish end table on the left side of the Danish desk in the bedroom. I checked it out, and it still works fine. It has a 486/25 Mhz processor with about seven inch LCD color screen. It has 8 megs of memory. It has a 118 meg hard drive. It is running Compaq DOS 5.0 and Windows 3.1. It has Microsoft WinWord 2.0 C on it. I am putting the Norton Utilities 7.0 on it. About 50 megs of disk space are free. It came with its AC power adaptor, and I assume the rechargeable battery probably does not work, but I have not tested it. However, it does not turn on without the AC adaptor. It came with a black Compaq case with carrying strap, and it fits into another smaller black internal case that has a New York Jets sticker on it. I put the case on top of the IBM selectric typewriter on top of the bedroom side board. The apartment smells a bit musty, but hopefully the carpet will dry out soon. I put the Braun coffee grinder next to the other one on the side shelf in the kitchen. The Compaq laptop starts up very quickly, and it has a track ball mouse on the right side of the LCD panel. Well, it should be good for word processing if I ever have to travel, and I have AC power. CIO

Note: <888> 08/09/03 Saturday 8:40 A.M.: I read some internet headlines. My Net2Phone account was credited with the \$25 money order I sent them this week, so I now have \$60.05 on the Net2Phone account. I will now shut down the computer. With the air conditioner set at 66 degrees Fahrenheit, the apartment is now 67 degrees Fahrenheit, so hopefully the air conditioner's dehumidifying will remove the moisture from the carpet faster. It sort of feels like winter in the apartment. I will now clean up, and I will go out. I put the cleaned bath mats back down in the bathroom. I will throw out the Slaymaker rechargeable jump start system box which got wet. I put the new backup Sony Handycam battery to the left of the Sony Handycam case in the bedroom window, since it will not fit in the case which has the charged battery and two tapes in it. CIO

Note: <888> 08/09/03 Saturday 7:55 A.M.: I was up at 4:30 A.M.. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I just finished my house cleaning and watering the plants. I did not vacuum the apartment, since about half of the open area in the apartment where the carpet is laid is still damp. I listened to the radio with my Emerson wireless headset while doing the cleaning. CIO

Note: <888> 08/08/03 Friday 7:05 P.M.: I went outside briefly. I will now shut down the computer, and I will go to bed directly. CIO

Note: <888> 08/08/03 Friday 6:50 P.M.: I took eight chilled spinach leaves, and I broke into two to three inch pieces, and I put them in the lettuce washer, and I rinsed them underneath cold water, and then I spread them across a dinner plate. I then put eight chilled baby carrots on the dinner plate. I then sliced 1/8 inch thick a chilled plum tomato, and I spread the slices across the dinner plate. I then added three double tablespoons of the chilled homemade hummus

<http://www.geocities.com/mikelscott/hummus.htm> , and I spread them across the dinner plate in three evenly spaced places. I then added eight chilled small pitted black California olives with three in the hummus, and the rest spread around the plate. Next I added a quarter of a chilled diced Vidalia onion. I then sliced on an angle diagonally 1/8 inch thick one of the chilled boneless chicken breasts that I cooked earlier this morning, and I cut the pieces in half, and I spread them over the plate. I next added a few tablespoons spread about of the chilled Athenos feta herbal and garlic feta cheese made in Wisconsin. I then added 14 Arnold large cut home-style garlic herb croutons. I next added a couple tablespoons of Stop and Shop chilled grated low fat parmesan cheese. I next added spreading them around a couple of teaspoons of chilled Spanish capers. I then added about an eighth of a cup of room temperature Molina balsamic vinegar and about an eighth of a cup of room temperature Italian extra virgin olive oil. I seasoned the salad with ground black pepper and salt. I had the salad with ice tea. It is a bit cold in the apartment with the air conditioner set at 66 degrees Fahrenheit, but I think keeping it going will help dry out the rugs. CIO

Note: <888> 08/08/03 Friday 5:45 P.M.: I had two remnants of the same type blue carpet underneath the bed in the bedroom. One was six foot length and the other was about four foot length. I cut them both to about 25 inches wide, and I laid them end to end in the hallway, so the bedroom bathroom hallway has the same type matching blue carpet as the bedroom and living room. However, the bedroom entrance and the living room walkway carpet will be damp for a while. I threw out some small pieces in the dumpster. I noticed my neighbor downstairs threw out all of his area rugs in the dumpster. CIO

Note: <888> 08/08/03 Friday 4:55 P.M.: I went out, and I went by the Valley Road post office to mail the envelope to the Greenwich Housing authority pertaining to the pass cards for the front door. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times. I next returned home. I put the Rubbermaid hamper at the end of the day bed in the bedroom by the window, so the area by the day bed dries out faster. I also put the Slaymaker jump start system box on top of the other Rubbermaid hamper in the bedroom, so that area by the bedroom door dries out too. I thought about putting dry towels on the carpet to soak up more moisture, but then I would just have a whole of wet towels, and the carpet would still be moist. I figure the water vacuum got out most of the water, and the remaining moisture will take some time to dry out. Occasionally the Hospital Thrift shop has reproduction oriental type rug runners, so I will keep my out for one of them in the future. The vacant hallway space outside of the bathroom door is 26 inches by 126 inches, so a two foot by ten foot runner would do just fine. I like having carpet in the apartment because during the winter the floors get awfully cold. I chatted with a relative. CIO

**Note: <888> 08/08/03 Friday 1:05 P.M.:** I put away the laundry. I left a blue hand towel by the yellow French reproduction chair at the apartment entrance, so one can dry their feet before putting on one's shoes. I had two Jif peanut butter sandwiches with ice tea. The living room carpet is a blue wool carpet, and since sheep get wet all the time, the dampness should not hurt the carpet. I think the bedroom carpet is a blue synthetic carpet that I got from a relative. I will now shut down the computer, and I will clean up, and I will go out. It is a bit cooler in the apartment trying to remove the dampness. I am not sure I will charge up the spare Sony Handycam battery, until I start using it a bit, since its lifetime wear starts when one first recharges it the first time. CIO

**Note: <888> 08/08/03 Friday 11:55 A.M.:** After a bit of work, the apartment is back in order. I tried to get the tenant that keeps the emergency key to give my the water vacuum, but he told me that he was not authorized to do it. I moved everything on the floor out of the bathroom and out of the hallway. I took towels, and I mopped up as much water as possible. I then emptied all the hallway bookcases, and I pulled out the two layers of white Chemstrand Acrylan carpet in the hallway and bathroom, and I threw them in the dumpster. About the time this was done the building custodian arrived at 8 A.M., and he gave me the water vacuum. I used it to suck up as much water as possible from the carpets in the bedroom entrance, and the living room wall through area. It probably sucked up about 20 gallons of water. Then the Housing Authority maintenance arrived to fix the toilet. The toilet tank mechanism was defective, and it had not cut off when flushed, and this caused it to overflow for 15 minutes to a half hour, until I discovered it, and I turned off the shut off valve. While the building maintenance personnel were fixing the toilet, I put back all the items in the hallway bookcases, which were quite a few items and lots of books. The building maintenance finished about 10:30 A.M., and they are now drying out the apartment downstairs. They put in an entire new mechanism in the inside of the toilet tank. I basically put the apartment back in order the way it was. There is no longer carpet in the bathroom and the hallway. The carpet was heavy white Chemstrand Acrylan carpet, and it was musty from when the hot water tank leaked about three years ago. Since the bookcases were sitting on the carpet, I had to move them to remove the wet carpet. The carpet in the bedroom entrance and the living room walk through area is still wet, but it should dry out in about two weeks. I turned the General Electric Profile 15,500 BTU air conditioner with remote control to 66 degrees Fahrenheit and no Energy Saver and moving vent louvers and high speed to hopefully increase the drying process faster. It will probably still take about two weeks for the carpet to dry out. Once it is dry, I have carpet cleaner that I can sprinkle on the carpet and vacuum off to remove the musty smell. I am on the dry cycle of two loads of laundry. I washed the towels and bath mats too that got wet. I have two of the bath mats hanging up to dry, since they can not go in the dryer. One speaker cord for one of the two book case speakers is a bit too short. I will have to lengthen it, so it is out of the way. I have about 35 minutes on the dry cycle on the laundry. I put fresh linens on the bed. The rechargeable spare battery for the Sony Handycam just

arrived. Well, I feel for my neighbor downstairs, since it seems he got a lot of the water. CIO

Note: <888> 08/08/03 Friday 6:00 A.M.: Well the worse just happened. I guess the toilet is defective. It has been overflowing for the last half hour from what I can tell. The entire bathroom, hallway, and living room area and bedroom entrance has water in it. I turned off the toilet. I called the Greenwich Housing Authority to let them know to get them to fix it and to bring a water vacuum. CIO

Note: <888> 08/08/03 Friday 5:20 A.M.: I put the baked chicken breasts in a Rubbermaid container in the refrigerator to cool. CIO

End of Scott's Notes week of 08/08/03:

Note: <888> 08/08/03 Friday 4:45 A.M.: I was up at 3:45 A.M.. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I am cooking two more halves of boneless chicken breasts the same way I did two days ago, and I will refrigerate them, and I will use them in summer salads. Remember this time of year, one should follow [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . I will now send out my weekly notes. CIO

Note: <888> 08/07/03 Thursday 5:40 P.M.: I am a bit tired. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 08/07/03 Thursday 5:35 P.M.: Forbes IBM news story [Forbes.com](http://Forbes.com): [IBM's Path From Invention To Income](#) . CIO

Note: <888> 08/07/03 Thursday 5:10 P.M.: I chatted with a relative. I have a form to mail to the Greenwich Housing Authority requesting a second pass card for the electronic front door, when they reissue the new pass cards next Thursday August 14. CUI

Note: <888> 08/07/03 Thursday 4:00 P.M.: I had the same summer salad as yesterday plus I added a couple of teaspoons of Spanish capers. I also had a glass of ice tea. CIO

Note: <888> 08/07/03 Thursday 3:25 P.M.: I went out after the last note. I went by the Greenwich Hospital Thrift shop. I bought nine glass framed medical degrees and other medical awards for .25 each for \$2.25 total. I will use the glass frames for displaying family pictures, once I have time to insert them. They had a Compaq 386 style laptop computer with 8 megs of memory running Windows 3.1 with a carrying case for \$10. I tested it, but I do not need it. The battery did not work, but it worked on AC power. I then drove down by the waterfront. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought a CVS Clorox toilet tank tablet for \$1.99 and three 16 ounce

cans of Swanson chicken broth for \$1.99 all three plus .12 tax for \$4.10 total. I then went by the Greenwich Library, and I read the Greenwich Times. I next went by the Stop and Shop, and I bought an Edy's 16 ounce raspberry sorbet for \$1.99 and a Edy's 16 ounce boysenberry sorbet for \$1.99, two package of S&S caramel rice cakes for \$1.69 each, a 32 ounce of S&S strawberry preserves, a 28 ounce can of Goya chick peas for .99, two 16 ounce wet cans of Roland Hearts of Palm for \$2.39 each, two 16 ounce wet cans of Cosmo quartered artichoke hearts for \$2.19 each, four 16 ounce wet 6 ounce dry weight cans of S&S California small black pitted olives for .99 each, four tins of Roland smoked sardines for \$1.39 each, a jar of Goya Spanish capers for \$1.69, a 16 ounce bag of baby carrots for \$1.99, and a quart of plum tomatoes for \$2.49 for \$36.09 total. I then returned home, and I put the nine frames in the bedroom window on top of the pile of scrap paper. I used my cart to bring up my groceries. I met my new neighbor who is a retired business computing professional from local universities. We chatted tech. I decide to make more room for canned food. I cleared out the top three shelves of books in the blue bookcase in the kitchen entrance, and I put the books on the lower bookcase shelves beneath the stereo system behind the Queen Anne chair. I also moved the books from behind the bedroom television and the speaker it sits on to the same location. I line up my current software behind the bedroom television that sits on a speaker. Thus one can see the white bureau mirror better. I put all my summer canned goods in the blue bookcase shelves at the kitchen entrance along with other food supplies and kitchen items and the portable radios. Thus I have a bit more room in my kitchen cabinets. I had a glass of ice tea. CIO

Note: <888> 08/07/03 Thursday 8:50 A.M.: The Weather Pulse weather forecast <http://www.tropicdesigns.net/weatherpulse.html> says it is suppose to be overcast until about 4 P.M. this afternoon, when we are suppose to have more thunderstorms. I had two Jif peanut butter sandwiches with ice tea. I will now shut down the computer, and I will clean up. I will then go out for some daytime activity. CIO

Note: <888> 08/07/03 Thursday 8:10 A.M.: I checked with the building custodian, and he said the wax ring toilet repair can probably wait until this Monday. There is a small 3 to 6 inch puddle whenever one flushes. I called the Greenwich Housing Authority at 203-869-1138 to report the problem to the answering service, and they said they would call me back. CIO

Note: <888> 08/07/03 Thursday 7:35 A.M.: For backup purposes, I was able to enable dialup networking on the Dell backup computer using the U.S. Robotics external modem and Juno Free Dialup [www.juno.com](http://www.juno.com) by following this procedure <http://support.microsoft.com/default.aspx?scid=kb;en-us;822122> to restore the Dialup Networking Capability. Thus all three computers have Dialup capabilities should the Cable Modem not work. However, they are all on the same telephone line, so realistically if the cable modem failed, one would only be able to use the dialup method on one computer at a time. CIO



**Note: <888> 08/07/03 Thursday 6:30 A.M.: I copied some updated files to both backup computers. CIO**

**Note: <888> 08/07/03 Thursday 5:50 A.M.: I finished going through my email. I also read the Volcano reports <http://www.volcano.si.edu/reports/> . Kliuchevskoi volcano on the Kamchatka peninsula is still on color code Orange <http://www.avo.alaska.edu/avo4/updates/kvertweekly.htm> . I read this in Yahoo News yesterday Yahoo! News - Czech Climber Dies on Russian Volcano on the same volcano. Obviously the mountain climbers are taking risks climbing this volcano, since it has a lot of active lateral vents. CIO**

**Note: <888> 08/07/03 Thursday 5:15 A.M.: The bath mats in front of the toilet had a small damp portion. I discovered that the wax ring on the toilet is leaking just a hair. I removed the bath mats. I will not call maintenance. I will keep an eye on it to see if it gets worse. CIO**

**Note: <888> 08/07/03 Thursday 4:55 A.M.: I rested some more until just now. CIO**

**Note: <888> 08/07/03 Thursday 2:50 A.M.: I had a call from a relative about 9 P.M.. The relative's 12 year old standard black poodle had died. I expressed my sympathies. Also today another relative is having a memorial service for her husband that passed away earlier this year. I was up at 2 A.M., and I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. CIO**

**Note: <888> 08/06/03 Wednesday 5:25 P.M.: The NOAA weather radio went off about fifteen minutes ago saying that some heavy rain is headed this way. I went outside and checked the skies, and they look ominous. I will now shut down the computer, and I guess I will either watch some television, or I will try to go to bed soon. CIO**

**Note: <888> 08/06/03 Wednesday 5:05 P.M.: I had the same half size summer salad that I have been having for the last few days. I also took one of the boneless breasts of chicken that I cooked earlier today and refrigerated. I sliced it on an a diagonal angle across about 1/8 inch thick, and I added it to the salad. I had the salad with a glass of ice tea. CIO**

**Note: <888> 08/06/03 Wednesday 4:10 P.M.: I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street. I then went downtown, and I went by the central Greenwich Post Office. I obtained three money orders at a cost of .90 each for \$2.70 total. I paid my Optimum Online cable modem bill and my Cablevision bill. I also sent a \$20 money order to a relative to pay them back for the Sony Handycam rechargeable battery they ordered for me. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I picked up a prescription at a dollar cost. I also spent a dollar parking**

downtown for two hours time at a quarter a half hour. I next drove down by the waterfront. I then went by the Greenwich Hospital Thrift Shop. All merchandise is still half price. I bought for a dollar two 18 inch high by about five inch diameter curved glass candle holder globes that are meant to be put over candle holders. They are good also in the wind, sort of like a old fashioned hurricane globes. I then went by the Greenwich Library, and I read the Greenwich Times. I next returned home, and I had a glass of ice tea. I put the glass candle globes over two candle sticks on the long mahogany bureau in the living room, and I put two candles in them, so I now have on the mahogany bureau fifteen brass candle sticks with seven with candles along with three miniature oil lamps and various other bric a brac. Of course it all eventually becomes a dusting nightmare. CIO

Note: <888> 08/06/03 Wednesday 12:20 P.M.: I received my Optimum Online and Cablevision bills in the mail. I will go out shortly and pay them. I finished the C: to D: drive backup on the AMD backup computer. I will now shut down the computer, and I will go out. CIO

Note: <888> 08/06/03 Wednesday 11:45 A.M.: I had nine Wheatsworth crackers. I chatted with a relative. I have been going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 08/06/03 Wednesday 10:55 A.M.: I went through my email. CIO

Note: <888> 08/06/03 Wednesday 10:40 A.M.: I cleaned up. I went outside briefly. I am still waiting for the mail to arrive, so I can pay my Cablevision and Optimum online bills, if they arrive today. I am on the third part of a four part backup on the AMD backup computer. CIO

Note: <888> 08/06/03 Wednesday 9:15 A.M.: I had a Jif peanut butter sandwich with a glass of ice tea. I will now clean up. CIO

Note: <888> 08/06/03 Wednesday 9:15 A.M.: I copied data files to the AMD backup computer. I also installed some minor programs. I can not get the Microsoft Reader to work on it. I reinstalled it a number of times, and I activated it, but it does not want to seem to work. It give an error message that it can not open the book. It also gives a "kernel32.dll" error message. I tried some fixes to no avail. I have a number of Ebooks on the AMD backup computer. I am now doing a four part backup of the C: drive to the D: drive. CIO

Note: <888> 08/06/03 Wednesday 6:15 A.M.: I turned off and unplugged the primary computer during some local thunderstorms. I finished defragmenting the C: drive on the AMD backup computer. I am now installing some data files on it from the primary computer. CIO

Note: <888> 08/06/03 Wednesday 5:35 A.M.: I hear thunder off in the distance. I am 93% complete on the AMD computer C: drive defragmentation. I replaced a 60

watt light bulb in the duck decoy lamp in the bedroom on top of the oak book case on top of the mahogany bureau. The duck decoy lamp has an antique clipper ship lamp shade. CIO

Note: <888> 08/06/03 Wednesday 5:10 A.M.: I put the two cooked halves of boneless chicken breasts in a Rubbermaid container in the refrigerator to chill to have ready for summer salads. The defragmentation on the C: drive on the AMD backup computer is 82% complete. I have data CD/RW information to copy to the drive, once defragmentation is complete. CIO

Note: <888> 08/06/03 Wednesday 4:35 A.M.: I was up at 3 A.M.. On the AMD backup computer, I had to quit running the Norton Speed Disk program which kept restarting since the system was still doing disk writes. I restarted the system in Safe Mode, and I am running the Windows Disk Defragmenter program which works in safe mode. It is 45% complete and running fine. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I watched some television. I took the package of boneless chicken breasts, and I cut them into four halves, and I rinsed them underneath cold water. I stored two halves in a Rubbermaid container in the refrigerator. I took a Pyrex pie disk and I added a few tablespoons of olive oil. I rubbed both sides of the two boneless chicken breast halves in the olive oil, and I put them in the dish. I added about one third of a cup of Rene Junot white wine and a couple of tablespoons of La Choy low sodium soy sauce. I seasoned the tops of the chicken with chicken and meat seasoning, celery salt, garlic powder, ground black pepper, Italian seasoning, Basil, and Oregano. I am cooking them in the Farberware convection oven at 350 degrees Fahrenheit for 35 minutes. I will then refrigerate them in a Rubbermaid container without the juices to use them in my summer salads for the next two days. I guess I will do the same with the other two halves in a couple of days. CIO

Note: <888> 08/05/03 Tuesday 8:20 P.M.: I watched the ABC evening news. I am optimizing the C: drive on the AMD backup computer. I will leave it running while I go to bed. I will now shut down the primary computer, and I will go to bed soon. CIO

Note: <888> 08/05/03 Tuesday 6:30 P.M.: The AMD backup computer in the bedroom has a PC Chips S571-LMR motherboard with an AMD 450 MHz KII processor running at 366 MHz. It has 264 megs of a memory, 8 and 6 gigabyte hard drives, a Logicode modem, a LAN card, an OptiPlex sound card, a Diamond Stealth 32 meg video card, a 2 USB port card, a Net2Phone headset, a generic pair of speakers, a 3.5 inch floppy, and a 5.25 inch 1.2 meg floppy. It is connected to my cable modem router with a 50 foot LAN cable. It has a 17 inch NEC MultiSync XP17 monitor. Also it has a standard Microsoft keyboard and Microsoft serial mouse. I have Windows ME running on it. It is connected to the HP LaserJet IIP Plus printer, and through the Siemens router it can work with the Epson Stylus Color 880 and HP LaserJet IID printers in the living room. It has its own control

panel. Thus it is a very reliable backup computer that I have configured. I went outside briefly. CIO

Note: <888> 08/05/03 Tuesday 6:00 P.M.: I have finished running the updates and configuring the AMD backup computer in the bedroom. I am running the system maintenance utilities on it now. For dinner, I microwaved a Stouffer's Lean Cuisine chicken and mushroom dinner, which I had with ice tea. CIO

Note: <888> 08/05/03 Tuesday 3:45 P.M.: I checked the AMD 366 MHz backup computer in the bedroom, and I installed the HP LaserJet IIP Plus driver on it. I found out that the CMOS battery was dead, so I removed the cover, and I took out the CMOS battery which was a Lithium CR2032. I cleaned up, and I went out about 10 A.M.. I went by Putnam Trust Bank of New York on Mason Street. I then went by First Union Bank of Connecticut on Havemeyer Place, and I paid my rent. They stamped the rent receipt with Wachovia Bank N.A. stamp. I then went by the central Greenwich Post office. I mail my State of Connecticut Social Services paper work. I obtained two money orders for .90 each to pay my Verizon telephone bill, and I also obtained a money order for \$25 to send to Net2Phone to charge up my account. Thus I will have about \$60 on my Net2Phone account shortly. I still have not received my Cablevision and Optimum Online bills. I then walked the entire length of Greenwich Avenue. I stopped by CVS, and I bought a 90 count bottle of Tums extra strength Wintergreen flavor tablets for \$2.99. I then drove down by the waterfront. I next went by the ELDC thrift shop. I then went by Radio Shack in Cos Cob. They have wireless door bell sets regularly \$50 for \$10 on the clearance table. However, I like the unit that I have that plays the "Blue Bells of Scotland". I bought a Lithium CR2032 battery for \$2.99, a 50 foot Category 5E Computer Network Cable with RJ-45 plugs for \$26.99, and a 12 foot Stereo Audio cable with two RCA plugs on each end for \$7.99 plus \$2.28 tax for \$40.25 total. I then went by the Greenwich Hospital Thrift Shop. They had a Gateway Pentium II computer with monitor for \$35. Also all merchandise is half price except for what is marked not half. They also have behind the counter two oil painting of a dog and a horse for \$300 apiece. I next went by the Food Emporium, and I bought two half gallons of Tropicana Pure Premium pineapple orange juice for \$2.50 each, a package of boneless breasts of chicken at \$1.99 a pound for \$5.01, and two different Stouffer's Lean Cuisine chicken style meals for \$2.66 each for \$14.79 total. I then returned home, and I put away my purchases. I had a glass of ice tea. I installed the CMOS battery in the AMD backup computer, and I put the cover back on it, and I set the CMOS bios settings. I then strung the 50 foot LAN cable through the false ceiling, so it came out by the router in the living room corner by the computers, and I connected it to the router. I had the other end come out by the white dresser mirror in the bedroom. It is not noticeable. I have about 15 foot extra length in the bedroom. I connected it to the AMD backup computer. One could also disconnect it from the AMD backup computer easily and use it on a laptop computer anywhere in the bedroom too. I turned on the cable modem and router. I booted the AMD backup computer, and it works just fine online at high speed. I am running the updates on it right now. The sound works fine on it. I turned off the Microphone to

the headset in the volume control panel. I need to install the Siemens router printer drivers, so the bedroom computer can print to the printers in the living room when online. I put the new 12 foot RCA Stereo Audio cable on the Orion television, so one can hook up the Sony Handycam. I put the RCA stereo cable back on the Stereo Technics turntable and connected it to the amplifier. Thus I have done a bit of electronics maintenance today. CIO

Note: <888> 08/05/03 Tuesday 8:55 A.M.: To use the Juno dialer on the Dell backup computer, I am having problems getting the Dial Up Networking to install. I will now shut down the computers, and I will clean up, and I will go out. CIO

Note: <888> 08/05/03 Tuesday 6:50 A.M.: The U.S. Robotics external modem installed on the Dell backup computer plug and play. I will install the Juno free dial up on it shortly. I had the same half size summer salad that I have been eating for the last few days, but this time I put on a quarter of a Vidalia onion in stead of red Bermuda onion, and I also added a tin of King Oscar sardines. I had it with a glass of ice tea. CIO

Note: <888> 08/05/03 Tuesday 5:50 A.M.: I disconnected the IBM Cyrix 233 MHz computer on top of the brass and glass table on top of the bedroom desk. I put it underneath the sideboard with the keyboard, mouse, and microphone that I had with the AMD 366 MHz. I put the AMD 366 MHz with 256 megs of memory and a 6 gigabyte hard drive in its same location on the brass and glass coffee table on top of the Danish bedroom desk. The AMD has the Logicode modem in it, and I connected it all up, so it is all set to go, since I have it already configured. I need to install the HP LaserJet IIP printer driver to it. I connected a pair of generic speakers to it that I had on the living room desk. I also used a Y splitter for the sound output, so I also have a microphone headset connected to it too. I used the Microsoft mouse and generic keyboard which has a touch pad that is not connected. I have it connected to the NEC 17E monitor. I installed a power control center underneath the monitor. I have it all connected to the power control center. I have the telephone line running through the power control center to ground fault it. I installed the U.S. Robotics external modem on the Dell backup computer. I will have to configure it in a while. Thus the work area between the primary and the backup computers in the living room is a little bit more open. I moved the Radio Shack digital alarm clock to on top of the AMD backup computer in the bedroom. If I get the 50 foot LAN cable, I can also have the AMD online with the cable modem. The AMD 366 computer is a very good computer, which I used until I upgraded to my current system around Christmas time this past year. CIO

Note: <888> 08/05/03 Tuesday 4:25 A.M.: I went through my email. CIO

Note: <888> 08/05/03 Tuesday 3:55 A.M.: Besides having Encarta 2002 which came with my Microsoft Works Suite 2002, I also have the IBM Worldbook Encyclopedia 1999. It works, but with Windows XP, I can not get it to go online.

However, I am probably not entitled to updates anymore. I guess it does not really matter, and it is not worth a call to tech support. CIO

Note: <888> 08/05/03 Tuesday 2:25 A.M.: Since I use Windows XP Professional, I ran "msconfig", and I tweaked a few items in the startup category that I do not need to start when I boot the computer. CIO

Note: <888> 08/05/03 Tuesday 1:45 A.M.: I received email from Symantec, and they said that I had received the \$30 upgrade rebate this past April, but they are resubmitting the information for the \$20 rebate which I have not received. They said it would take about four weeks for processing. CIO

Note: <888> 08/05/03 Tuesday 1:35 A.M.: I watched a bit of television until noon. I had 15 Wheatsworth crackers before going to bed shortly after noon. I was up at 10 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 1:15 A.M.. CIO

Note: <888> 08/04/03 Monday 9:05 A.M.: I will now shut down the computer. I will probably rest a while or watch television before going to bed. CIO

Note: <888> 08/04/03 Monday 8:45 A.M.: I am ordering from H.M. Computer [www.hmcomputer.com](http://www.hmcomputer.com) a 50 foot Lan cable [H.M. Computer 50 foot Lan cable Product Detail](#) for \$15 plus .90 Connecticut tax and .15 insurance and \$5.99 shipping via UPS for \$22.04 total. I printed out the order form, and I will mail it to them with a cover letter and a United States postal money order. It is raining out right now, so I probably will not be going out to the post office this morning. I just finished chatting with a friend. I will use the 50 foot LAN cable to run it from the router through the false ceiling to the bedroom, so I can have high speed internet access set up in the bedroom. However, I might not send in the H.M. Computer order, since Staples has a similar cable for \$24.99 [Staples 50 foot LAN cable SKU Level Online Catalog Page](#) . I am thinking of setting the AMD 366 MHz backup computer on the bedroom desk instead of having the IBM Cyrix 233 MHz in that location. CIO

Note: <888> 08/04/03 Monday 7:20 A.M.: I finished the paper work. I put the new batch of ice tea in the refrigerator. CIO

Note: <888> 08/04/03 Monday 6:25 A.M.: The Paperport 6.5 patch seems to have fixed the problem, so one can now print out from the Visioneer 4400 scanner Paperport 6.5 deluxe program to the printer without any problem. CIO

Note: <888> 08/04/03 Monday 6:15 A.M.: I am in the process of filling out some paper work for Connecticut social services. I was trying to make some copies of documents using my Visioneer 4400 scanner and the Scansoft Paperport 6.5 deluxe software. It has always printed out in the past, but this time it kept not printing, and I have to keep opening and closing the Web Page Capture setting to get it to

print. I just found this patch for the 6.5 version of the software ScanSoft - Support - Knowledge Base , which I will now install. CIO

Note: <888> 08/04/03 Monday 4:35 A.M.: I had the same half size summer salad as yesterday with a six ounce can of flaked solid white albacore tuna fish. I also had a glass of ice tea. I am making up a new batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . CIO

Note: <888> 08/04/03 Monday 3:30 A.M.: For local computer supplies from Hamden, Connecticut, try [www.hmcomputer.com](http://www.hmcomputer.com) . CIO

Note: <888> 08/04/03 Monday 3:05 A.M.: Catch sunrise at Gooch's Beach, Kennebunk, Maine [BeachCam On The Seaside Motor Inn and Cottages - Kennebunk Beach, Maine](http://www.geocities.com/mikelscott/137.htm) or for the more discriminating traveler <http://www.geocities.com/mikelscott/137.htm> . CIO

Note: <888> 08/04/03 Monday 2:40 A.M.: Astronaut training <http://www.liveduvalstreet.com/> . CIO

Note: <888> 08/04/03 Monday 2:25 A.M.: In my vitamins and supplements every day, I have been taking a regular aspirin which is too much. I took my pill cutter that I keep on the spice rack in the kitchen, and I cut 50 regular aspirin in half, and I put them in a pill bottle labeled "Half Aspirin". Thus I have 100 half aspirin ready to use for my normal routine of vitamins and supplements. CIO

Note: <888> 08/04/03 Monday 1:55 A.M.: I went through my email. CIO

Note: <888> 08/04/03 Monday 1:45 A.M.: This device [Welcome to Belkin - Hi-Speed USB 2.0 DVD Creator](#) would probably do the job, but it only works with Windows 2000 and Windows XP. However, for a \$10 used Sony Handycam, I am not going to spend \$100 for an adaptor, a couple of hundred dollars for increased hard drive space, and few hundred dollars for a DVD burner. I guess when we get a sunny day, and when I am on a day schedule, I could try using the camera though. Moreover, I can copy the Sony Handycam super 8 video to a standard videotape on my JVC videotape player with RCA inputs in front. Basically one is always "Window Shopping" on the internet, but with a limit budget and with realistic ideas about what one's actual usage might be, one can not buy all the toys and gizmos available for sale on the internet, particularly if one enjoys eating. CIO

Note: <888> 08/04/03 Monday 1:35 A.M.: I found this site listing Video Capture USB devices [USB Video Capture - Graphics and Sound - Everything USB and Video Capture Adapters at VideoCardGalaxy.com](#) . I guess I also could use a Video Capture card and remove my PCI modem card. I would use a video capture device for inputting from the Sony Handycam. At the moment, whether I will pursue that route of development is still up in the air, because even if had a video capture device,

it would mean having to install more hard drive space, which at the moment, I do not feel like upgrading. CIO

Note: <888> 08/04/03 Monday 12:15 A.M.: I found this Microsoft Windows XP networking update [FileForum | Program Detail - Advanced Networking Pack for Windows XP](#) . I will now install it. CIO

Note: <888> 08/04/03 Monday 12:05 A.M.: I had ten Wheatsworth crackers half way through my sleep cycle. I was up at 10 P.M. when the NOAA weather radio went off. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I watched some television until midnight. CIO

Note: <888> 08/03/03 Sunday 2:10 P.M.: I watched a two hour program on Admiral Bull Halsey on the History Channel. I had two scoops of Edy's raspberry sorbet. I chatted with a relative. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 08/03/03 Sunday 12:10 P.M.: For the Vero Beach, Florida people whom might be elsewhere, this is all the news that you are missing [http://www.tcpalm.com/tcp/press\\_journal](http://www.tcpalm.com/tcp/press_journal) . I have read in the Wall Street Journal that grapefruit juice can interfere with certain medications, so the local citrus industry in Indian River County are trying to come up with other uses for grapefruit. Apparently, Indian River county produces half the grapefruit in the world including the grapefruit that are served at the Waldorf Astoria Hotel in Manhattan. I guess they could research what properties of the grapefruit interfere with medications, and they could try to treat it, so those properties do not interfere. I have always enjoyed grapefruit juice, but I was advised not to drink it when I started taking Lipitor. Whatever the case with the higher values of real estate in Vero Beach, Florida, I would imagine the local economy is not solely dependant on the citrus industry. CIO

Note: <888> 08/03/03 Sunday 11:50 A.M.: I went outside briefly to throw out the Stouffer's container. CIO

Note: <888> 08/03/03 Sunday 11:30 A.M.: I microwaved a Stouffer's Lean Cuisine Dinnertime Selection Chicken Fettuccini with broccoli, and I had it for dinner with a glass of ice tea. CIO

Note: <888> 08/03/03 Sunday 11:05 A.M.: I went out after the last message. I walked the entire length of Greenwich Avenue. On the walk I sat out at various locations. I walked by and used the ATM machine at Putnam Trust Bank of New York on Mason Street. I also stopped by CVS on the way up and down Greenwich Avenue. On the way down Greenwich Avenue at CVS, I bought a 24 roll bundle of Kleenex Cottonelle toilet tissue for \$4.99 and buy one get one free of CVS extra strength non-aspirin 500 mg. solid gelcaps acetaminophen pain reliever and fever



reducer 400 count each bottle for \$15.33 both bottles less \$1.50 off bonus bucks coupon plus .30 tax for \$19.12 total. I did not go by the waterfront, since I figured there would be enough waterfront observers down there. I next went by the Food Emporium, and I bought four different types of 13.5 ounce Stouffer's Lean Cuisine chicken dinners for \$2.66 each, two tins of Beach Cliff sardines .99 each, four 6 ounce cans of Bumble Bee pink crab meat for \$1.99 each, and two four packs of six ounce cans of Bumble Bee solid white albacore tuna fish for \$3.56 each four pack, and a half gallon of Tropicana pure premium pineapple orange juice with calcium for \$2.50 for \$29.12 total. I then returned home, and I put away my purchases, and I had some ice tea. I am running the room air conditioner at 72 degrees Fahrenheit to keep the apartment a bit warmer. CIO

Note: <888> 08/03/03 Sunday 6:05 A.M.: I dumped out some garbage. I will now shut down the computer. I will either rest for spell, or I will clean up, and I will go out. CIO

Note: <888> 08/03/03 Sunday 5:50 A.M.: I washed the glass salad bowl that I keep on the dining room table. I dusted off the teak pineapple, I keep in the salad bowl and the two wooden Canadian goose salad server fork and spoon. CIO

Note: <888> 08/03/03 Sunday 5:45 A.M.: I made a half size portion of my usual summer salad. I took four leaves of chilled spinach, and I ripped them apart, and I put them in the lettuce spinner, and I rinsed them underneath cold water. I spread them across a dinner plate. I then put 8 chilled baby carrots on the plate. I then took one chilled plum tomato, and I cut it in 3/16th of an inch thick slices, and I spread it across the plate. I then added three chilled double tablespoons of homemade hummus. I then added 7 chilled California small pitted black olives, and I put one in each dab of hummus. I then diced one quarter of a chilled red Bermuda, and I put it on the plate. I then added 10 Arnold large size home-style garlic herb croutons. I next spread across about one ounce of chilled Athenos garlic and herb feta cheese. I then opened a chilled 8 ounce dry can of Roland hearts of palm. I used four inch length pieces, which I cut in half lengthwise, and I separated them, and I spread them over the salad. I sprinkled on the salad one ounce of chilled grated parmesan cheese. I then added one ounce of Molina Italian Balsamic vinegar and one ounce of Italian extra virgin olive oil. I seasoned the salad with ground black pepper and salt. It was a more normal size salad instead of a heaping big salad. I had it with a glass of ice tea. CIO

Note: <888> 08/03/03 Sunday 4:55 A.M.: I do not have any oven cleaner which also really smells, so I used some Pot Shot pot cleaner to clean the Farberware turbo convection oven on top of the refrigerator in the kitchen. I use the Farberware turbo convection over most of the time when baking. It is quite a bit cleaner now. I have a spare one in the bedroom closet with a spare Krups coffee espresso maker and a spare Cuisine Art food processor. CIO

Note: <888> 08/03/03 Sunday 4:10 A.M.: I washed the "Golf is for Birdies" ashtray that I keep on the backside of the toilet, and I dusted the bar of Texas soap, and the bar of Year 2000 soap, and the bar of Cologne, Germany soap that I keep in the golf ash tray. I also washed and dried the Silver plate facial tissue holder from India that I keep on the back side of the toilet. In an apartment with so much bric a brac as I have in the apartment, periodical dusting of long static items does seem to be a necessity. I went through my email. CIO

Note: <888> 08/03/03 Sunday 3:35 A.M.: Prince Charles finds a new home BBC NEWS | UK | Prince Charles moves into Clarence House . CIO

Note: <888> 08/03/03 Sunday 3:05 A.M.: I finished creating a free site for my friend at www.freesevers.com . His site is http://bolton.4t.com/ . I had to split the page into two parts, since the freesevers web site only permits file uploads of .25 meg or smaller, with a 12 meg limitation on total quantity. CIO

Note: <888> 08/03/03 Sunday 1:40 A.M.: I went to bed at noon yesterday. I had two scoops of Edy's Raspberry sorbet before going to bed. I had a call from a friend at 6 P.M., who is going to call back later this morning. The friend wants me to set up another free web site for his content. I was up at 11 P.M. this past evening. I had breakfast of oatmeal, toast with strawberry jam, orange pineapple juice, vitamins, supplements, and coffee. I started up the computer, and I uninstalled both copies of Microsoft Messenger that were running on the system, which tried to start simultaneously whenever I started the system. I then installed the latest version of Microsoft Messenger 6.0, and it starts just fine. I also found this site http://www.experts-exchange.com/Operating\_Systems/WinME/Q\_20418599.html which shows that when one is opening a second window, and it does not open to a full size, one can drag it to full size with the lower right hand corner drag button, and then one holds the CTRL button while clicking the upper right hand X icon to close the window. Then the secondary windows opens in full mode when one opens it again. CIO

Note: <888> 08/02/03 Saturday 9:45 A.M.: I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 08/02/03 Saturday 9:10 A.M.: I went back out after the last message. I drove down by the waterfront, and the regular fishermen are there. I noticed a yacht at the Delamar Hotel http://www.thedelamar.com/ called "My Way". About 15 years ago in Newport, Rhode Island; there was a yacht with the same name on the waterfront, and it was Frank Sinatra's http://www.franksinatra.com/ private yacht. I guess whomever owns that yacht on our waterfront had to downscale the size of the yacht to fit it into the Greenwich Harbor. Of course on a year round basis, Greenwich, Connecticut real estate http://www.geocities.com/mikelscott/gwreal.htm tends to be a more pricey affair than Newport, Rhode Island. However, I think there are more pricey locations in California, since the big money eventually seems to gravitate towards warmer

weather, unless one is a Scottish banker. I next walked lower Greenwich Avenue. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Exxon service station next to the Greenwich Library, and I bought \$4.50 of regular unleaded gasoline at \$1.779 a gallon for about 27 miles per the gallon. I forgot to reset my short trip odometer, which I do after I fill up the tank. I then went by the Stop and Shop, and I bought two half gallons of Tropicana Premium pineapple orange juice with calcium for \$2.99 each, a 5.5 box of Pepperidge Farm fat free spicy Italian generous cut croutons for \$1.49, a 8 ounce container of S&S low fat grated parmesan cheese \$3.29, a tub of Atheno Wisconsin made garlic and herbs feta cheese \$3.90, a package of Nabisco Wheatworth crackers \$1.79, a 10 ounce bag of fresh spinach \$1.50, and two Vidalia onions at \$1.49 a pound for \$2.22 for \$20.17 total. I bought the Vidalia onions since they tend to be milder than the Bermuda onions. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Light 100s for \$31 total. I just now returned home, and I had a glass of ice tea. I just took two Tums <http://www.tums.com> , since I had a bit of indigestion. CIO

Note: <888> 08/02/03 Saturday 6:30 A.M.: I will now go out for some morning activity. Remember, an excellent weather program is <http://www.tropicdesigns.net/weatherpulse.html> . CIO

Note: <888> 08/02/03 Saturday 6:25 A.M.: I finished going through the email. CIO

Note: <888> 08/02/03 Saturday 6:20 A.M.: Roughing it at sea Upstairs, Downstairs on the High Seas . CIO

Note: <888> 08/02/03 Saturday 5:55 A.M.: NextUp.com - WeatherAloud - The Power of Spoken Audio . CIO

Note: <888> 08/02/03 Saturday 5:45 A.M.: I studied the Boeing 7E7 web site. I finished off the other half of the summer salad along with a glass of ice tea. I am about 2/3 of the way going through my last few days email. I reset my General Electric Profile 15,500 BTU air conditioner with remote control to 72 degrees Fahrenheit, since it is a bit cool in here. CIO

Note: <888> 08/02/03 Saturday 5:05 A.M.: <http://www.newairplane.com/USA/> . CIO

Note: <888> 08/02/03 Saturday 4:50 A.M.: HollandSentinel.com -Last Beetle rolls off line 07/31/03 . CIO

Note: <888> 08/02/03 Saturday 4:40 A.M.: Interesting list at <http://tutorials.lockergnome.com/404.html> from <http://www.lockergnome.com/> . CIO

**Note: <888> 08/02/03 Saturday 4:25 A.M.:** When I bought the Symantec package of Internet Security 2003 and Norton System Works 2003, there were suppose to be two rebates of \$20 and the \$30 upgrade rebate. I did receive the \$20 rebate around April 1, 2003, but I was asked to resubmit information on the \$30 rebate around mid April, which I did. I still have not received the \$30 upgrade rebate, which I sent to Niagara Falls, New York, and which I am still waiting for. I called the Symantec 800 number 800-494-8825, and when I keyed in the information, they do not reference the second \$30 rebate. I guess I will have to call them up some time. I will now submit an inquiry at this form site <https://support.ece.com/forms/symantec/symanteccustomerservice.asp> . I just submitted the information. I still have a copy of my CompUSA sales receipt, but the rebate certification information has already been sent to Symantec. We use to have a top of executive of Symantec living in Greenwich, Connecticut who use to sell beta software at tags sales from his home, of course that was about ten years ago. This is the last rebate I have due. I have learned only Staples tends to have speedy rebates, so recently I have tried to use Staples rebates. CIO

**Note: <888> 08/02/03 Saturday 3:25 A.M.:** I looked at the television for a while, and as usual not much was on it. If I did not like watching the news, I do not think I would subscribe to Cablevision, since so much of the television quality in the early morning hours, when I might watch television is certainly lacking. This is one of the drawbacks of the suburbs, if one can not afford to play golf in the day time, or if one does not have a house to keep one busy, one is frequently left with a lack of recreational activity. Of course in the big City or even the suburbs, recreational activity costs money. Thus with an excellent library <http://www.greenwich.lib.ct.us/> in Greenwich, Connecticut, one can always read a book. However, at the moment, I have my usual internet activity to pursue, so I will not be practicing bookworm activity. CIO

**Note: <888> 08/02/03 Saturday 2:00 A.M.:** I went out after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. The usual group of young weekend revelers were at the Dome Restaurant, the Blue Cafe, the Sundown Saloon, and the Thataway Cafe. I guess they are not into working on the internet late at night. I have always noticed a lot of car dealers around the bars on weekends trying to sell automobiles. It seems a peculiar way to try to sell cars. I next drove down by the waterfront. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next went by the Food Emporium, but for some odd reason, they are not open this morning. I just now returned to my apartment, and I had a glass of ice tea. I guess I will go out at 7 A.M. when the stores are open or a little earlier. I have plenty of food in the apartment, but I like to keep stocked up. I guess it come from the old days in Greenwich and around the country and around the world when it was always feast or famine. Of course having worked in a number of professional restaurant kitchens, I have a vague idea about what it takes to manage a small home kitchen. Possibly the Food Emporium might be open at the Riverside shopping plaza, but I am not sure what their hours are. CIO

**Note: <888> 08/01/03 Friday 11:50 P.M.:** I made up a batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm>, and I also used in it a 1/8th of a teaspoon of red cayenne pepper and a six ounce dry weight can of California olives. I chatted with a relative. I then took about 8 large leaves of chilled spinach, and I ripped them apart, and I put them in the lettuce spinner, and I rinsed them underneath cold water. I spread them across a large dinner plate. I then added 20 chilled baby carrots. I next sliced in 3/16th inch thick slices two chilled plum tomatoes, and I spread them across the plate. I then put on five chilled double tablespoons of homemade hummus equally spaced. I then added 15 chilled black California olives including one in each dab of hummus. I then peeled and diced on half a chilled red Bermuda onion, and I spread it across the plate. I then spread across about 20 Arnold large garlic and herb croutons. I then opened a chilled 8 ounce can of Icy Point Alaska salmon, and I left the lid on, and I rinsed it underneath cold water squeezing out the water a half dozen times. I flaked the salmon in a bowl, picking through it looking for bones. I then spread it across the salad. I then added two ounces of chilled Athena Wisconsin made herbal and garlic feta cheese. I next added about two ounces of chilled grated parmesan cheese. I then added about two ounces of room temperature Molina balsamic vinegar and two ounces of Italian extra virgin olive oil. I seasoned the salad with salt and ground black pepper. I ate half the salad for dinner with ice tea. I covered the other half of the salad, and I refrigerated it for eating later. I will now clean up, and I guess I will go out. I put the Sony Handycam in its carrying case in the bedroom window, and I put its box on top of the speaker on top of the filing cabinet in the bedroom. CIO

**Note: <888> 08/01/03 Friday 10:25 P.M.:** I finished the house cleaning and watering the plants. I also cleaned the air conditioner and kitchen stove fan filters. I rehung the Martha's Vineyard pictures in the kitchen entrance. I knocked down the lower one of the sailboat, and it fell on the floor, and there is now a crack in the glass. I had to resecure the frame of the Martha's Vineyard street scene with some duct tape, so it is now more securely framed together. CIO

**Note: <888> 08/01/03 Friday 8:15 P.M.:** I had ten wheatsworth crackers before going to bed. I was up at noon, when a relative called to say they had ordered the battery <http://www.atbatt.com/getItem.cfm?ItemID=5326> for the Sony Handycam for me. I will send the relative a check for \$20, since there was \$5 postage. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, and supplements. I went back to bed until 6:45 P.M.. I had a cup of coffee, while I was some of the news. I chatted with two different relatives and a friend's relative. I will now do my house cleaning and watering the plants. CIO

**End of Scott's Notes week of 08/01/03:**

**Note: <888> 08/01/03 Friday 4:30 A.M.:** There is a close out on batteries for the Sony Handycam at <http://www.atbatt.com> with this special price

<http://www.atbatt.com/getItem.cfm?ItemID=5326> . I emailed a relative to have them order it for me. I have finished updating the backup Dell computer. I will now send out my weekly notes, and then I will shut down the computer, and I will go to bed. CIO

Note: <888> 08/01/03 Friday 3:50 A.M.: I have RCA video and sound inputs on the front of my JVC videotape machine which I have hardly ever used, so I can input from the Sony Handycam or reverse, if I want to transfer the Handycam video to regular size videotape. I guess if I had a video capture card or a video capture USB device, I could input content into my computer and burn it to CD/R disks. My free Geocities server does not have room for video files at 15 meg limitation. I guess when the weather is nice, I could practice making my own documentary of Greenwich, or I could sit out and videotape people coming and going at Starbucks on Greenwich Avenue. With the Zoom lens one can do wide angle or zoom shots. CIO

Note: <888> 08/01/03 Friday 3:35 A.M.: I installed the Lithium 2025 battery in the Sony Handycam. I set the date and time and reset the counter to zero. I removed the tape from the camera, since I do not think one should store the camera with the tape in it, because on VCRs it can cause the recording wheel to get out of round. However, to open the tape door, one needs to have power to the camera. I disconnected the full charged two hour battery, and I put it in the camera case compartment for it with two tapes, the instructions and the camera, and I closed the camera case, and I left it in front of the shipping box on the end of the day bed. I took a 15 white extension cord, and I plugged it into the power strip behind the long green sofa, and I left the socket end just below the TEAC DVD player adjacent to the Sony Handycam power adaptor and recharger which one leaves unplugged when turned off and not in use. I put the power adaptor beneath the TEAC DVD player shelf on the television cabinet, so it is easily available with the power adaptor instructions behind it. I left the RCA twin connecting cables plugged into the Orion television. I thus have the Sony Handycam all set for use at any time. It also has sound, and it seems to have very good quality video. I put the Elgin watch box on top of the green brick a brac box on top of the mahogany bureau in the bedroom. I also moved the Epson Style Color 880 printer information and CDrom from the bottom right night stand to on top of the other computer items to the right of the bedroom television.

Note: <888> 08/01/03 Friday 2:35 A.M.: I printed out my Microsoft Money 2002 monthly report, and I mailed a copy to a relative in the mail box drop downstairs. I also printed out 10 plain stock envelopes for that same relative. While working on other matters, I will be running the updates on the Dell backup computer on both partitions. CIO

Note: <888> 08/01/03 Friday 2:00 A.M.: I went out, and I stopped by the Shell station, but they do not carry Lithium batteries. I went by the Food Emporium, and they only carry two small Lithium batteries for cameras. I drove over to CVS at the

**Riverside Shopping plaza. On the way over there in the west bound lane on East Putnam Avenue, just east of the Gulf station in Cos Cob, there was a two car wreck. The police and a ambulance were there. One smaller black car was hit in the passenger side rear end, and it was still in the road. A brown Sport Utility vehicle had severe front end damage, and it had gone off the road in the right west bound lane, and it had crashed into a building just west of the Wicker shop. I proceeded to CVS, and I bought an Energizer 2025 lithium battery for \$3.99 plus .24 tax for \$4.23 total. On the way back by the traffic accident, there were four fire department vehicles there, and about a half dozen police officers. Three lanes are blocked off for the accident investigation. The ambulance had not departed yet, so hopefully no one was hurt. I have a \$1.50 CVS extra bucks slip that I forgot to use, and I will use it later. CIO**

**Note: <888> 08/01/03 Friday 12:40 A.M.: The 2 hour battery is fully charged. The Sony HandyCam works just fine inputing into the television too. To input it into the Orion television, one has to select from the Orion remote control "TV/AV". The video feed comes out in color. There was a brief part of the video showing someone having Thanksgiving dinner in 1993. I have recorded a few minutes on the tape, and it works well in low light. I have the one hour battery trying to recharge again. It said in the instructions, it might take a few times, if it still workable. I will now go out for the Lithium CR2025 battery. CIO**

**Note: <888> 09/30/03 Tuesday 10:15 P.M.: I was up at 8 P.M.. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I chatted with a relative in Kennebunkport, Maine and apparently the waves coming off Hurricane Juan which passed to the east of Maine were so large in Kennebunkport that they were breaking over the breakwater. The Kennebunk beach road was closed because of rocks washed up on the road. Parsons beach road was also flooded. Walker's Point is suppose to be all right since it was not a storm day just large waves. I then chatted with two other friends. I watched a bit of the CNN special about the British royals. CIO**

**Note: <888> 09/30/03 Tuesday 10:00 A.M.: I went back out, and I walked lower Greenwich Avenue. I chatted with a local about Greenwich events. I then drove down by the waterfront, and I chatted with another local about long term weather and past historical weather happenings. I then went by the Greenwich Hospital Thrift shop. I just now returned home. I will now shut down the computer, and I will go to bed. CIO**

**Note: <888> 09/30/03 Tuesday 7:25 A.M.: I read for a while. I had two peanut butter sandwiches and a glass of iced tea.**

**Note: <888> 09/30/03 Tuesday 5:50 A.M.: I ate a Quaker lightly salted rice cake. I think I will now read a bit more of Krakatoa. CIO**

**Note: <888> 09/30/03 Tuesday 5:30 A.M.: I went through my email. I watched a bit of television. I ate 20 smoked almonds. CIO**

**Note: <888> 09/30/03 Tuesday 4:45 A.M.: Forbes.com Walgreen versus CVS . CIO**

**Note: <888> 09/30/03 Tuesday 4:45 A.M.: I ate 15 smoked almonds, and I put the ice tea in the refrigerator. CIO**



**Note: <888> 09/30/03 Tuesday 4:25 A.M.:** I have a relative whom has had foot problems again recently, and I recommended to the relative to soak her feet in epsom salts and warm water. I noticed today in Walgreen's in Old Greenwich, they only had one container of epsom salts left. I suppose with all the walking people do in this area, it goes fast. I remembered that I had a container underneath the kitchen counter for a long time, so I got it out, and I opened it up. They come in half gallon type milk cartons. I used the end of a long stirring spoons to break up the espon salts into smaller pieces, since the powder had clumped together. It says on the carton that one can use two cups in a hot bath to relieve arthritis pain. I put it on the floor to the left of my bathroom sink to have easily available. CIO

**Note: <888> 09/30/03 Tuesday 4:00 A.M.:** I ate 15 smoked almonds. CIO

**Note: <888> 09/30/03 Tuesday 3:50 A.M.:** The LCD clock I have on my Hyundai dashboard attached with velcro malfunctions when the car gets too hot in the summer. Also, it appeared that the new battery that I installed while visiting Kennebunkport in the last week of June had worn out. I had a spare battery for it that I had bought at Home Depot in Port Chester about six weeks ago, so I decided to install it. It turned out that the battery I installed in Kennebunkport was good, it was the pressure contact inside where the battery makes contact was too far depressed, so I raised it up with a needle, and it now works fine. I set it to the correct time and date, and I installed it back in the Hyundai. I think that this time of year, it is cool enough that the LCD clock should not get too hot and quit working. CIO

**Note: <888> 09/30/03 Tuesday 3:00 A.M.:** I made the same summer salad with a mixture of spinach and pieces of Romaine Hearts and two 1/8th thick sliced plum tomatoes and a six ounce can of flaked solid white albacore tuna fish which I had with the other usual ingredients along with a glass of iced tea. I am making up a fresh batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) , and this time I am using one each of the five different types in the Twinings five mixture box, four Lipton Green tea, six Master Choice orange pekoe, and five Bigelow tea bags. CIO

**Note: <888> 09/30/03 Tuesday 1:55 A.M.:** I had three scoops of Edy's boysenberry sorbet before going to bed. I fell asleep about 10 A.M. this morning. I was up at 6 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 9 P.M.. I cleaned up, and I went out about 10:45 P.M.. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. It is 51 degrees Fahrenheit outside right now, so we are starting to get cool fall weather. I am worried it is going to be a colder winter. I next drove down by the waterfront. I then drove over to the new Walgreen's in Old Greenwich at the old Caldor's shopping plaza which is opened 24 hours a day. I bought two packages of Basic Ultra Lights 100s cigarettes for \$3.72 each, a blank Sony videotape for \$1.99, a replacement roll of 3M Magic tape scotch tape 3/4 inch width for \$1.99, a 9 ounce can of Walgreen's smoked almonds for \$2.99, and with the Walgreen's store circular coupon a six pack of

Walgreen Heavy Duty AAA and a six pack of Walgreen Heavy Duty AA batteries for \$1 each six pack for \$16.41 total plus .81 tax for \$17.22 total. I then drove over to the Food Emporium in central Greenwich, and I bought a 12 ounce package of Earthbound organic hearts of Romaine lettuce for \$3.99 total. I then returned home. I ate five almonds. I am not sure if the batteries are alkaline or just regular. It does not say. I had a glass of iced tea, and I put away my purchases. I will now install the new roll of Scotch tape in the my scotch tape dispenser on the bedroom desk. I put the almonds on the blue bookcase shelf, and I will put the blank Sony video tape with the other tapes to the left of the stereo system. CIO

Note: <888> 09/29/03 Monday 8:40 A.M.: Well, I have thought about going out, but I would imagine that on a nice Monday morning all the retired people would be out doing their errands, and I would be in the way. Moreover, I have been awake since 7 P.M. this past evening, so I do not feel like speeding up when I would rather be slowing down. It is the nature of a late night schedule that after a long night one tends to avoid the faster morning people whom are going about their appointed rounds. I think I will now shut down the computer, and I will relax a bit before going to bed. Well have a good day in Golf country, except I think the private clubs are still closed on Mondays in Greenwich. CIO

Note: <888> 09/29/03 Monday 7:30 A.M.: I did some internet research. Of course one has to remember when one reads information on the internet, it is just another writer's version of what may or may not be true. Since larger publishing organizations have legal liability since they have assets, it would seem to me that information posted by "Fly By Night" internet operators is subject to question, since they are not always fully briefed, and moreover the real people seem to have good memories of facts and circumstances as they relate to history and their own personal experiences. It is the nature of this area, we tend to get the real people showing up and even living here occasionally, so when any groups from the Circus or other theatrical groups try to impersonate the real people, frequently the friends and associates of the real people know the difference immediately. Basically since I do not live in a Hollywood reality, since I infrequently go to movies, and since I do not have much time to watch television which seems to reflect larger metropolitan areas, I tend to be curious why so many visitors linger in this area whom are not residents and whom are not working here unless they are up to mischief or some other sort of inquisitive activity. Basically, from what I know not much really happens in this area, except people read a lot in their spare time when they are not working on what ever happens to be their profession. It is the nature of this area, since there are so many professionals in the various fields on endeavor that their networks are far more extensive than the professional public media organizations which are generally advertising soap or other similar products. CIO

Note: <888> 09/29/03 Monday 5:30 A.M.: I also had two scoops of Edy's boysenberry sorbet. CIO

Note: <888> 09/29/03 Monday 5:10 A.M.: I went out, and I walked lower Greenwich Avenue. I then drove down by the waterfront. There is a nice sailboat lit up in the harbor. I guess it is some sailor heading south for the winter. I then returned home. I just finished microwaving a Stouffer's Lean Cuisine 8 1/8 ounce chicken fettuccini with lemon pepper dinner which I will now have with iced tea. CIO

Note: <888> 09/29/03 Monday 3:55 A.M.: I am charging up the old Compaq Laptop computer, its battery was down to 45%. I have three \$2 off coupons for CVS good on different weeks during the next month. I put them in my wallet to have available when they are good. They are \$2 off purchases over \$10. I updated Weather Pulse. Well, the weather is clear, so I think I will go out for some early morning fresh air. News on Hurricane Juan in Nova Scotia [http://novascotia.cbc.ca/regional/servlet/View?filename=ns\\_juanrain20030928](http://novascotia.cbc.ca/regional/servlet/View?filename=ns_juanrain20030928) . CIO

Note: <888> 09/29/03 Monday 3:20 A.M.: I finished going through my email. I had two Quaker lightly salted rice cakes with iced tea. Since I spend so much time reading off of the computer with email and the internet news, I have not had time to finish the book on Krakatoa, so I renewed it, and it is now due October 20, 2003. When I read material that I am interested in, I tend to read it slowly, unlike the speed reading I do on the internet. CIO

Note: <888> 09/29/03 Monday 2:55 A.M.: According to this article [Greenwich Time - Vital maintenance for highway span](#) they are going to be working on the I-95 Bridge between Connecticut and New York, so maybe construction backups will generate a little additional business for the local area. CIO

Note: <888> 09/29/03 Monday 2:45 A.M.: I finished going through the Smithsonian Volcanology Reports <http://www.volcano.si.edu/reports/> . There is mention in July of activity around Krakatoa or Krakatau as the natives prefer to call it. Of course the volcano on the Kamchatka peninsula in Russia seems to still be on orange alert too. For neutral volcanology sources <http://www.unige.ch/sciences/terre/> , not that there is anything such as a neutral volcano, since the results of their activity tend to go anywhere they please. CIO

Note: <888> 09/29/03 Monday 12:25 A.M.: I checked out my food cupboards and bookcase pantry, and with the food in the refrigerator and freezer, I have about a month's worth of food left along with a lot of coffee and tea and condiments, and of course the first of the month is on this Wednesday, so providing the Social Security administration was not wiped out by the hurricane, I am doing just fine. CIO

Note: <888> 09/28/03 Sunday 11:50 P.M.: Well, if one wants to learn from experience as it starts to get colder this time of year, the economic climate also tends to become more severe, so generally people begin to get ready to pull in their belts, since the prosperity in this area tends to be during the warmer months when there is

more activity. With the additional costs of heating one's environment when it gets colder along with the costs of other items which tend to stay static, one should not expect the economic climate to be improving much until next spring when the southern people bring a little extra money back up north. Since Canada is much poorer than we tend to be, more than likely if any of them come down this way, they will not be bringing any extra money. I thus figure once the southern people return south to their winter homes, the money tends to go south with them. I still have about 12 pounds of Carolina enriched white rice for leaner times, and I think I put on all the weight that I have been trying to lose by eating rice with the China Village microwave rice steamer that I bought at the Food Emporium for \$15 a couple of years ago. However, on Sunday night and early Monday morning both the Food Emporium and the Stop and Shop are closed, however if one has extra money the Glory Days diner across from the YMCA is usually open, but they tend to be expensive, and the Cumberland Farms on U.S. 1 or West Putnam Avenue on the Greenwich - Port Chester border is usually open, and they have a small amount of food items along with milk. CIO

Note: <888> 09/28/03 Sunday 11:35 P.M.: I had the same summer salad with a 6 ounce can of flaked crab meat and a glass of iced tea. CIO

Note: <888> 09/28/03 Sunday 10:40 P.M.: I had two Quaker lightly salted rice cakes this morning before going to bed about 6 A.M.. I was up at 3 P.M., and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I went back to bed until about 7 P.M.. I then cleaned up, and I went out, and I drove down by the waterfront. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by CVS on the walk, and I bought a Christmas Tree new car scent air freshener for \$1.25 plus .08 tax for \$1.33 total. When I completed my walk, I installed the Christmas Tree new car scent air freshener in the back driver's side of the Hyundai on a hook that is available. I then drove back down by the waterfront again. Since I had the additional expense this month of \$55 for replacing my driver's side orange front blinker lens when a customer of the Greenwich Hospital Thrift shop backed into me, I am shorter on my budget than normal, so I will wait until the first of the month to fill up my Hyundai at Exxon. I met the wife of the person who ran into my Hyundai on Thursday at the Greenwich Hospital Thrift Shop, and the person that backed into me in his black Jeep Cherokee said not to mention it, so I guess he does not want me to bring it up again. I guess I was fortunate that there was not more damage. I guess I could write a letter to the British consulate in Manhattan to see if he could help me receive redress of my grievances, but since I use to keep an eye on the two black Daimlers parked on East 49th Street in Turtle Bay around the corner from the British Consulate and in the neighborhood where Katherine Hepburn and Howard Hughes' townhouse is for sale at the moment for \$4.5 million, I suppose the British consulate would probably side with the British Citizen, and wonder why I am no longer walking around that neighborhood anymore and parking outside his residence on Mitchell Place that runs into East 49th Street off Beekman Place, but since the parking is now reserved for diplomats there and the parking on the north

side of the Franklin Delano Roosevelt post office building is now reserved for government employees, there is no free place I know of to park in Manhattan anymore that might be available. Also driving into Manhattan is too much wear and tear on one's car, since the roads frequently have huge pot holes and with all the traffic, one has to be very alert. Thus the old days of driving into Manhattan at 11 P.M. are over, since no one chooses to give me credit for the 42 years that I dealt with that area and the other places they also go to such as Key West and Nantucket and Long Island and Fairfield County. I guess I could send a bill to some institution like the Federal Government or the Morgan Bank and see if they are willing to pay for my effort at contributing to Manhattan, but I think it would be far simpler to let them all continue to come out here and walk around 20 to 40 miles a day and eat practically nothing and to be very cold, thus I am more comfortable in Greenwich, and since I never hear from anyone that I use to deal with in Manhattan, I will stay in touch with the last two old friends that I know of that are living there part time, and they can let any of my other friends know my web address and web log about what I am currently doing. I sincerely doubt the Manhattan people are really private, since by the nature of living in Manhattan, there is no privacy. More than likely I have seen a few people from Manhattan and elsewhere on Greenwich Avenue for the last 20 years, since I left Nantucket. CIO

Note: <888> 09/28/03 Sunday 4:35 A.M.: Well, there is not much happening on the computer, so I think I will read more about Krakatoa. I will now shut down the computer. CIO

Note: <888> 09/28/03 Sunday 4:15 A.M.: Learn more about the Presidents <http://www.kidsdomain.com/down/pc/presidentsp1.html> . CIO

Note: <888> 09/28/03 Sunday 4:10 A.M.: I looked at my email a bit, and I watched a bit more television. I guess I have to learn to stay focused on the computer on weekends, however it is the nature of the internet that not much happens on the internet on weekends, since people are not working. CIO

Note: <888> 09/28/03 Sunday 3:00 A.M.: I watched a little bit of the television. CIO

Note: <888> 09/28/03 Sunday 1:25 A.M.: I finished of the Tostitos bite size round corn chips. I was reviewing this page <http://www.wedgeworld.com/rum.htm> , and it says all the Coca Cola in the United States except Sacramento is now made with corn syrup instead of instead of sugar. Since with the Midwest of the United States having so much corn, I guess an enterprising Midwestern entrepreneur instead of wasting their time with the Caribbean and other sources of sugar syrup could start making rum with corn syrup. I am sure there would be a large demand for it, and it would keep the money in the United States instead of going south of the border. Thus we could have Old Chicago rum in much larger quantities than they are able to produce in the Caribbean or other warmer ports of call. One could imagine buying rum for the price of corn flakes. Thus there is still room for American

enterprise to expand and grow within its borders, and more than likely we would be able to export some Old Chicago corn syrup rum to other places in the world to earn foreign exchange to buy foreign items from abroad. Of course it might already exist, but the old timers might call it Corn Liquor. Keep a lid on it in case any revenuers are around. CIO

Note: <888> 09/28/03 Sunday 12:30 A.M.: I sent this message to Captain Morgan at [www.rum.com](http://www.rum.com)

"Captain Morgan was just a wimpy pirate that did not know how to make rum. He more than likely stole it from Bacardi, Meyers, and Mount Gay and other premium rum makers, but I am sure in a pinch Captain Morgan's rum would do just fine. I am from the Scott family that were the original Rum Runners in New Amsterdam and we once owned all of Long Island, until we found Jamaica was more profitable for business. I do not drink alcohol at the moment because I drive a car, but lots of people around me do. They kicked me out of Key West for good in 1982 for not drinking and being broke. I think Bacardi once made a rum called Anjoh that was about 150 proof or more. Of course plenty of people in the cold country to the north of me still enjoy a nip or two. I enjoy watching [www.liveduvalstreet.com](http://www.liveduvalstreet.com) , but those in the know, know that I always hung out at Captain's Tonys because they had a fire place when it was cold in Key West, besides Tony did not kick me out for not drinking.

Have a grog on me.

Mike"

Note: <888> 09/28/03 Sunday 12:15 A.M.: Pink livery vehicles for hire <http://www.liveduvalstreet.com/> . CIO

Note: <888> 09/27/03 Saturday 11:55 P.M.: One of the local fishermen told me this evening that the area south of Captain's Island is full of blue sharks <http://www.enchantedlearning.com/subjects/sharks/species/Blueshark.shtml> this time of year, and that today he lost 15 lines while fishing because the blue sharks bit off the lines with his tackle. I suppose the sharks migrate south this time of year, while they are heading south. I had the same summer salad for dinner with a flaked 6 ounce can of solid white albacore tuna fish along with a glass of iced tea. CIO

Note: <888> 09/27/03 Saturday 11:05 P.M.: I was up at 5 P.M. this past evening. I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I went outside briefly. I then cleaned up, and I drove downtown. I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next sat out briefly at the Greenwich Library. I then returned home. I chatted with a friend and a relative. CIO

**Note: <888> 09/27/03 Saturday 8:40 A.M.:** I went outside, and I put an umbrella back in the car. I chatted with a couple of neighbors. A friend called me up on the telephone, and we chatted. I will now shut down the computer. I will next have a bowl of small round corn chips and some ice tea. After that I will go to bed. CIO

**Note: <888> 09/27/03 Saturday 6:55 A.M.:** I had a Glade Plug-in with fan in the kitchen with Hawaiian Breeze scent, and I removed the Hawaiian Breeze scent, and I capped it with its top, and I put it back in the second left blue bureau drawer in the kitchen. I then filled an empty Glade plug-in refill with the remaining English Leather that I had in another bottle and the other half English Leather Cologne, and I put it in the Glade Plug-in with fan in the kitchen. I think one gets about 12 refills to an 8 ounce bottle, so it might actually cost a little over \$1.50 a refill, since the Glade oil scent plug-ins come about 3/4 full. This web site sells 8 ounces of English Leather Cologne for \$13.56

<http://everycomfort.com/fw.html?item=ENGLISH+LEATHER+by+Dana> , so it would be closer to a \$1.25 a refill. However, there are stronger scents if it does work, and one could chose ones own preference within one's own budget. I think Glade should just put a screw cap on the plug-in refill, and they should sell a quart bottle of scent for a few dollars, but then there would not be any profit. However, we will now have to see if it will work, or it is just the smell from pouring it. It seems like there is a strong scent of English Leather Cologne in the apartment. These other scents for men are available [Walmart.com](http://Walmart.com) - [Men's Scents](#) . CIO

**Note: <888> 09/27/03 Saturday 6:20 A.M.:** If one is looking for unusual scent oils, this place is near Greenwich, but I think one has to order <http://www.kicgroup.com/> . On the internet a 6.8 ounce bottle of English Leather Cologne costs about \$19, so it is about \$2.75 an ounce about the same price as the regular Glade Oil refill, so it is not cheaper, but is an equal cost alternative. I will see if it gradually is used up by the Glade Plug-in refill to see if it is working over time. CIO

**Note: <888> 09/27/03 Saturday 6:05 A.M.:** Of course when I drove through Long Beach, California a number of times back in 1978 to 1980 and originally in a Subaru which was originally designed by Howard Hughes, Long Beach was such an industrial looking neighborhood, I did not know where to go for the tourists sights, so I never have seen the Spruce Goose as I recall. However, while in Santa Barbara in the summer of 1980 while I was waiting for Ronald Reagan to be elected, I recalling flying into Santa Barbara airport from Monterey, California, and I recall seeing a very large plane called a Guppy, which was use to service the oil rigs off the coast of California. Speaking of which, while I was in Santa Barbara, California and that area, they used lemon oil to scent the air, so one would not smell the sulfur gases from the oil rigs. I tried using both lemon oil and Renuzit in my Glade Plug-In scented oil refills, and neither works. If one were a chemist, I suppose one could come up with a similar concoction to put in them. I thought about using a 50% mixture of lemon oil and 50% mixture of rubbing alcohol, but since they are plugged into wall outlets, that mixture might be a fire hazard. I guess one could try pure bleach in the oil refill, but I do not think that would work either, since it is

mostly water. I found this web site, but it did not help me

<http://www.mindfully.org/Sustainability/Alternative-Recipes-LA-Co.htm> .

However, I happened to have bought for \$5 about 5 years ago a eight ounce bottle of English Leather Cologne which I have not used except for once or twice. Since the Glade Oil refills cost about \$3 and \$2 on sale, and since I already have the English Leather Cologne, I took the Glade scent plug-in from behind the computer and from the bathroom, and I emptied them of the Renuzit which did not work, and I put the Renuzit back in the Renuzit bottle on the wicker shelf above the toilet. I then filled the two Glade oil refills with English Leather Cologne about one ounce to each refill each using a small perfume funnel that I cut the tip off of to pour more fluidly. I keep the perfume funnel on the lower level of the Danish bar for filling two ounce liquor bottles such as people use on airplanes from bigger liquor bottles which is an economy. I put one of the English Leather Glade plug-ins back in the bathroom to the left of the bathroom sink and the other one behind the long green sofa. I can smell the English Leather cologne, but I am not sure it is from funneling it and getting it on my hands or from the two Glade Plug-ins with English Leather working properly. CIO

Note: <888> 09/27/03 Saturday 5:10 A.M.: I printed out two pictures on in sepia and one in black and white 8 inches wide by 5.75 inches high of Howard Hughes and the Spruce Goose. I took the sepia print, and I put it in the Plexiglas frame from the left upper side of the bedroom wall as one enters the bedroom, and I hung it over the inside of my apartment entrance. I put the black and white photo in the picture album. The pictures that were in the Plexiglas frame before, I put in the album. Thus I now have a picture of another famous aviator beside Lindbergh in the apartment in keeping with my apartment's theme as a Pan AM or TWA or Frequent Flier VIP rest area. I will keep an eye out for a photo of the Wright Brothers or the Red Baron, but I do not want to use up to much ink on my printers, and at the moment I do not have extra frames or room. CIO

Note: <888> 09/27/03 Saturday 4:35 A.M.: If you ever wondered what happened to the Spruce Goose, here it is <http://www.sprucegoose.org/> . I remember when I traveled to Fort Lauderdale, Florida in the fall of 1976 and early 1977, I was near the Florida Branch of Hughes Medical <http://www.hhmi.org/> , and although I do not recall seeing Howard around, I saw a lot of people whom were affiliated with TWA, and I dealt with a secretive person that might have known Howard. However, the person I dealt with was 5 foot 10 inches tall, and Howard Hughes was suppose to be 6 foot 3 inches tall. I did have dealings in that period with someone that tall, but the person was not as old as Howard, but the person had a habit of surfacing in different locations with lots of secretive tall people. Of course if one wants to see a lot of tall people all one has to do is go up to Canada. Howard Hughes with the Spruce Goose <http://www.famousfoto.com/621.htm> . Of course one does not have to be Howard Hughes to make model airplanes, I use to assemble planes out of kits of molded plastic, and I also used balsa wood kits which actually flew a bit, and of course I once knew how to make paper airplanes. CIO



**Note: <888> 09/27/03 Saturday 3:20 A.M.: I am in the process of going through my email. I had two small bowls of round corn chips along with a glass of iced tea. CIO**

**Note: <888> 09/27/03 Saturday 2:00 A.M.: I had two six inch PS2 to Serial adaptor cables in my left top living room desk drawer. I took out one of them. I then moved the Queen Anne chair from in front of the stereo system, and I opened the TV chest doors. I took out two serial Kensington and one Microsoft serial mouse and one Compaq PS2 mouse. I also took out a yellow, a PC World, and a Citicorp mouse pad, and several mailing envelopes. I then put the Queen Anne chair back in place. To move it, I had to move a few other smaller items. I then installed the PS2 to serial adaptor on the HP backup computer along with the Microsoft serial mouse, and in between them I put the PC World mouse pad on top of another PC World mouse pad. I put both sideboard computer mice on the same mouse pad in between them. I put the other two mouse pads behind the oil filled radiator on the right side of the sideboard along with the mailing envelopes. I thus have the HP backup computer set to go, if one connected the NEC monitor from the IBM Cyrix computer adjacent to it. One could also have both of them online if one connected the LAN cable to either from the AMD backup computer which is also in the bedroom on the brass and glass table on top of the Danish desk. CIO**

**Note: <888> 09/27/03 Saturday 1:05 A.M.: I had the same summer salad with two 1/8 inch thick slices of two plum tomatoes and a flaked 7.5 ounce can of Icy Point Alaska salmon along with other usual ingredients along with a glass of iced tea. For the more fortunate people whom can afford to be on the internet, one can always send free advise to Bill Gates at <mailto:billg@microsoft.com> . He actually responded to my first two emails about seven years ago that pertained to volcanology and the radar imaging satellite that NASA was using at the time to x-ray the Kamchatka peninsula in Russia, and I suggested to him that they should also x-ray the Cascades Range near him in Redmond, Washington which also includes Mount Rainier about 40 miles from Bill's home. I did not know how to use PGP encryption at the time, so I was not able to decode the second message. I also sent him a real estate advertisement from Caldwell Brokers for a particularly expensive house for sale in Greenwich at the time. I guess since there are so many computer experts in this area because of IBM in nearby Armonk, New York, he did not need any further advise from me. Also since he has had legal problems despite his immense wealth, I suppose IBM is dealing with him when he comes into this area, which he obviously does occasionally since Manhattan would be his biggest software market. CIO**

**Note: <888> 09/27/03 Saturday 12:10 A.M.: I went out, and I went by the Stop and Shop, and I bought two half gallons of Tropicana Grovestand orange juice with calcium for \$2 each, a 43 ounce container of Clorox ultra concentrated bleach for \$1.99, a 28 ounce can of Goya chick peas for \$1.09, a quart of fresh plum tomatoes for \$2.99, a 15.5 ounce bag of Tostitos bite size corn chips for \$2.50, and a bulb of garlic at \$2.99 a pound for .51 for \$13.20 total. I then walked the entire length of**

Greenwich Avenue, and I sat out at various locations. I walked part of the way with a local who likes keeping an eye on the Christian Science Reading room <http://www.csmonitor.com/> since he is a Christian Scientist. I then drove down by the waterfront. I then went by the Food Emporium, and I bought two half gallons of Florida Natural orange juice with calcium for \$2 each for \$4 total. I then returned home, I put away my purchases, and I had a glass of iced tea. Bill Gates story [World's richest man's imprint on Africa | csmonitor.com](http://www.csmonitor.com) . CIO

Note: <888> 09/26/03 Friday 8:40 P.M.: I put a CVS Clorox toilet tablet in the toilet tank before going to bed. They are suppose to last four months, but since I flush more, they usually only last two months or less. I was up at 4:30 P.M.. I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I just finished my house cleaning and watering the plants. I will put the computer on standby, and I will go out after I clean up. I just finished chatting with a relative. CIO

Note: <888> 09/26/03 Friday 6:05 A.M.: I had two scoops of Edy's raspberry sorbet. I will now shut down the compute, and I will rest some more. CIO

End of Scott's Notes week of 09/26/03:

Note: <888> 09/26/03 Friday 5:25 A.M.: I went through my email. I will now send out my weekly notes. I will then shut down the computer, and I will try to rest some more. CIO

Note: <888> 09/26/03 Friday 5:10 A.M.: I finished running the updates and utilities on the Dell backup computer, and I also reorganized some of the icons and some of the start menu. I am running the Red Hat Linux 9.0 updates on the Linux partition on the Dell backup computer. I had two Stop and Shop caramel popcorn cakes with a glass of iced tea. CIO

Note: <888> 09/26/03 Friday 4:20 A.M.: I rehung the cleaned shower curtains, and I installed the clean bathtub mat. CIO

Note: <888> 09/26/03 Friday 4:00 A.M.: I am washing the bathtub bath mat, shower curtain and shower curtain liner with a couple of cups of bleach. One does NOT put rubber or plastic items like the bath mat or shower curtains in the dryer after washing. I am running the updates on the Dell backup computer along with RegSupreme, Ad-aware 6.0, Norton WinDoctor and Spybot. I will then run the Red Hat Linux 9.0 updates on the Linux partition on the Dell backup computer. CIO

Note: <888> 09/26/03 Friday 3:05 A.M.: I took the blue IBM selectric typewriter from the left side of the sideboard in the bedroom, and I put it underneath the left side of the day bed. I put the HP backup computer in the center of the bedroom side board to the left of the IBM Cyrix backup computer. I connected a PS2 keyboard to the HP backup computer. I connected a power cord to the HP backup

computer, but I do not have a PS2 mouse for it. I will look in the Greenwich Hospital Thrift shop for one. I do have a PS2 mouse on my Dell backup computer that I could use if I needed to run it. Thus I have the two computers on the sideboard next to the NEC monitor, and they both have LAN cards, so either of them could be used one at a time, if I disconnected the LAN cable from the AMD backup computer. I now have five desktop computers. Four of them are a bit old. I have four monitors, Three are 17 inch and one 19 inch. I have two old laptop computers also along with the two professional electric typewriters. Thus I have a bit of spare backup office equipment in my apartment. One of the few people whom have visited me over the years with his wife worked for Disaster Services in Manhattan after 911, and I have a picture of him with President Bush, so if God forbid another disaster happened, I might be somewhat prepared to lend him some assistance if he had to come out here to work in a disaster. I have also worked in a news bureau in the past, so I have a backup news bureau office too, since I also have three color televisions with cablevision along with eight telephones on one line in the apartment along with a Sony HandyCam and a stereo system with 15 speakers and two headphones along with the primary computer microphone headset. I also have an older laser printer and two inkjet printers. Thus I am a bit prepared, but as we all learned on August 14, 2003 none of this would work without electricity. I have a four port router on the cable modem, so two computers can be run in the living room that are adjacent to each other along with one in the bedroom and I also have a short LAN cable on the spare port. I also have two NOAA weather radios one that is plugged in the living room, and one that I am not using at the moment, since it is too loud. Now with the nature of the internet being everywhere, if more civilians did this, we could have an unlimited number of backup facilities, not to mention from my perspective there seems to be a lot of old used computer equipment around. CIO

Note: <888> 09/26/03 Friday 1:40 A.M.: I watched some television. I chatted with two relatives. I rested until just now. I put a new Glade Hawaiian Breeze oil refill plug-in in my Glade plug-in device in the kitchen. CIO

Note: <888> 09/25/03 Thursday 7:30 P.M.: I had the same summer salad as last night with a flaked 6 ounce can of solid white albacore tuna fish along with a glass of iced tea. CIO

Note: <888> 09/25/03 Thursday 6:45 P.M.: I was up at 1 P.M. today. I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop. I next drove down by the waterfront. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times. I then went by the Arnold Bread outlet, and I bought a 5.5 ounce box of Arnold homestyle zesty Italian larger cut croutons for .99, a fresh loaf of Arnold Healthnut bread for \$2.39 and a loaf of Arnold country classics wheat bread for \$2.39 less 10% senior discount of .58 for \$5.19 total. They were out of fresh

bread except for the two loaves that I bought, but they still have the older bread and the fresh English muffins. I then returned home, and I put away my purchases. I put the HP backup computer underneath the right side of the sideboard in the bedroom, and I reconnected the Dell backup computer in the living room. I had two calls from Microsoft today about a demonstration in New Jersey at a Hilton Hotel, where they will also give away some software, but it is too far for me to travel, since it is about 27 miles in lots of traffic to the location. CIO

Note: <888> 09/25/03 Thursday 6:45 A.M.: I watched some television. I had two scoops of Edy's chocolate swirl low fat frozen yogurt. I am done with Norton Speed Disk on the HP backup computer. For one's listening pleasure <http://www.audiobooksforfree.com/> . I am finished setting up the HP backup computer, and I will leave it connected for now. I shut it down. I will now shut down the primary computer, and I will go to bed soon. I have a 3 P.M. appointment today. CIO

Note: <888> 09/25/03 Thursday 5:45 A.M.: I finished configuring the HP backup computer. I ran Norton Win Doctor and Norton Disk Doctor on it. I am now doing a C: drive to D: drive in one part, since the C: drive contains about 2.8 gigabytes of information. I will then run Norton Speed Disk. I had seven Wheatworth crackers. I went through my email earlier, and I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 09/25/03 Thursday 2:55 A.M.: Crown Prince Frederik of Denmark engaged to marry Australian lawyer <http://www.timesonline.co.uk/> and Danish Royal Family web site <http://www.kongehuset.dk/> and [Kongehuset - Kongefamilien - H.K.H. Kronprinsen](http://www.kongehuset.dk/) and <http://hkhkronprinsen.dk/> . CIO

Note: <888> 09/25/03 Thursday 2:45 A.M.: I moved the Panasonic electric typewriter from beneath the ride side of the sideboard in the bedroom to underneath the ride side of the day bed in the bedroom. I am still configuring the HP backup computer. I will put it underneath the right side of the side board in the bedroom once I am done. CIO

Note: <888> 09/25/03 Thursday 1:10 A.M.: I listened to President Bush's speech at the United Nations this past Tuesday which was a most excellent speech [President Bush Addresses United Nations General Assembly](#) . CIO

Note: <888> 09/24/03 Wednesday 11:25 P.M.: I downloaded and installed the 30 day demo of [FileForum | Program Detail - RegSupreme](#) . I did a deep scan, and I removed 700 bad registry entries. I then ran Norton Win Doctor. I next ran Ad-aware 6.0, and then I ran Spybot. I thus have the system a bit cleaner running. I rebooted. I will now start configuring the HP computer. CIO

Note: <888> 09/24/03 Wednesday 10:45 P.M.: I was up at 3 P.M., and I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice,

vitamins, supplements, and coffee. I chatted with a relative. I received a prize in the mail. I was one of a thousand people to win from Microsoft a free copy of the \$30 book "Revival of the Fittest" by Donald N. Sull, which came in a box from the Harvard Business School. I will have to read it after I finish the book about Krakatoa. I rested some more until 9 P.M.. I watched a bit of television and as usual not much was on. I had the same summer salad with spinach, chopped sardines with their oil, and a few tablespoons of crumbled Danish blue cheese. I had the salad with a glass of iced tea. I will not be going out for a walk, since it is a bit damp and cool out. CIO

Note: <888> 09/24/03 Wednesday 9:35 A.M.: I finished the Windows updates on the HP computer. I shut it down. I had two scoops of Edy's chocolate swirl low fat frozen yogurt and a glass of iced tea. I will now shut down the primary computer, and I will go to bed soon. CIO

Note: <888> 09/24/03 Wednesday 8:05 A.M.: Before the HP XP installation, I tried installing three 32 meg PC 100 memory modules that I have, but they did not work in the HP, so it only has 128 meg. memory, but it seems to be working fine. The dual processor module is loaded, so both processors are working. It would still be a good machine for a server, if I were able to run a server with Optimum Online. CIO

Note: <888> 09/24/03 Wednesday 7:55 A.M.: The HP is up and running fine and is online. I am now configuring it a bit. I finished going through my email. CIO

Note: <888> 09/24/03 Wednesday 7:25 A.M.: Windows XP Professional is installing on the HP Vectra XU 6/200 server. I will not activate it, so it will be good for 30 days to try. I will configure it with other programs, and I will keep it for backup, since it is still a very good computer of quality manufacture, I would not like to see trashed. I am in the process of going through my email. CIO

Note: <888> 09/24/03 Wednesday 5:30 A.M.: I was able to remove the partitions by low level formatting the HP Server SCSI partitions, and I then booted my Windows ME disk, and I installed one 4 gigabyte partition for each of the two drives. I am now formatting the C: drive. Windows ME does not support dual processors, so I might installing temporarily Windows XP to see if it installs and runs. Of course I will not be able to use it since I can only use one copy. Still, it will give me something to do. CIO

Note: <888> 09/24/03 Wednesday 4:55 A.M.: Since IBM cut back in Vermont, the enterprising Vermonters have gone into other businesses  
<http://www.vermontcountrystore.com/> . CIO

Note: <888> 09/24/03 Wednesday 4:30 A.M.: It says low level formatting will take several minutes to several hours. One can not install Windows ME on the C: partition since it is FAT16. I guess I could try installing Windows 98 second edition

which I think would work on Fat16. However, I will first try low level formatting the first SCSI hard drive. However, I am not sure if there are any drives on it that I need or not. Of course I could always download the drivers again. It also has an Intel 10/100 LAN card and CD drive. It is quite a well built machine, although probably slower than my other four desktops. Since I do not have much to do, and it is towards the end of the month, it gives me something to do. I am beginning to feel less like Boo Radley and more like Max Headroom. The second drive is low level formatted, which took about an half hour, so I am now low level formatting the first drive. CIO

Note: <888> 09/24/03 Wednesday 4:00 A.M.: The HP Vectra XU 6/200 Pentium two server has two SCSI 4 gigabyte hard drive, four 32 meg. for 128 meg total memory, and two twin Pentium II 200 processors, and 2 megs of video memory and onboard sound. It boots fine, and it is running Windows NT server, but I do not have the password. I can not remove the partitions on the first SCSI drive using Fdisk, so I am doing a low level format from the SCSI utility on the 2nd SCSI drive and after it is complete, I will do a low level format on the first drive. I will then try booting my Windows ME disk and running Fdisk again. CIO

Note: <888> 09/24/03 Wednesday 2:20 A.M.: I went out, and I mailed the envelope at the Valley Road Post Office. I then walked lower Greenwich Avenue. I then drove by the train station office park dumpster at the lower level of the parking garage at the Greenwich Train station office park. I have been told in the past that I can take used computer equipment that the dump out there. I found an HP Vectra XU 6/200 Pentium II desktop server that came with its case keys. I put it in the car. They also have two 20 inch 1998 Sony Trinitron monitors there, but I have no room for them, and I do not know if they work. I then drove down by the waterfront. I then went by the Food Emporium, and I bought the last two 34 ounce bottles of Rienzi olive oil for \$4.29 each, a container of crumbled Danish blue cheese for \$4.67, a Bermuda red onion for .89 a pound .56, a box of Pepperidge Farm low fat zesty Italian generous cut croutons for \$1.49, a 16 ounce bag of baby carrots \$1.79, and a 10 ounce bag of Master Choice fresh spinach for \$2.49 for \$19.58 total. I then returned home, and I brought up the groceries and the server and a power supply that was discarded too. I will now check out the server. CIO

Note: <888> 09/24/03 Wednesday 12:20 A.M.: I put my laundry away. I went downstairs to the back entrance of the community room where there is a clothes rack, and I got six extra hangers to hang my clothes. I took one set of the photographs, and I have them ready to mail to relative. I will now go out and mail them at the Valley Road Post Office. CIO

Note: <888> 09/23/03 Tuesday 11:25 P.M.: When I returned home this evening, I found a tropical type of bark colored cricket on my computer monitor. I also have a couple of moths in the apartment. This could be interpreted as a sign from God that we still have impending hurricane activity this year, but tropical bugs and allergies

usually show up with hurricane winds such as came with Isabel. I flushed the bug down the toilet. CIO

Note: <888> 09/23/03 Tuesday 11:20 P.M.: I am on the dry cycle of the laundry with ten minutes to go. I had the same summer salad with a can of flaked solid white albacore tuna fish, and I am out of Athenos garlic and herb feta cheese, so I did not use it in the salad. I had the salad with a glass of iced tea. I also made up a fresh batch of homemade hummus

<http://www.geocities.com/mikelscott/hummus.htm> using a 1/4 teaspoon of Red Cayenne pepper and two 4.25 ounce cans of chopped black California olives along with the regular recipe. I read in P.C. Magazine this month in John Dvorak's article that the United States government considers Bill Gates a "National Security Threat", since he would not let the United States Government write back doors into his operating system which other countries would not like. I know IBM does business in every country in the world, and for some reason the United States government does not consider IBM a security threat.

Note: <888> 09/23/03 Tuesday 10:05 P.M.: I chatted with a friend. I started two loads of laundry. Earlier I put clean linens on my bed in the bedroom. CIO

Note: <888> 09/23/03 Tuesday 9:10 P.M.: I was up at noon today, and I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I went back to bed until 4:30 P.M.. I had two scoops of Edy's chocolate swirl low fat frozen yogurt. I went out, and I went by CVS on Greenwich Avenue, and I picked up my photographs of 24 double prints for \$9.14 plus .55 tax for \$9.69 total. The pictures came out just fine. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I next went by the Greenwich Library, and I read the Greenwich Times, and I read P.C. Magazine. I then returned home, and I had a glass of iced tea. CIO

Note: <888> 09/23/03 Tuesday 5:00 A.M.: Well, I am tired, so I will now shut down the computer, and I will go to bed. Needless to say, no one pays one for research that other wiser men and women already know. CIO

Note: <888> 09/23/03 Tuesday 4:35 A.M.: It may be a little known fact to recent arrivals in the United States of America that the United States is a democracy, but it is also a capitalist economy, so people thus own private property, and it is up to the owners of private property to maintain their premises as they may chose to do so and can afford to do so within the laws of the United States of America. Also there is a great deal of public property in America, and their are volumes of material on the rules and regulations that govern that property. Thus we are a somewhat structured society. Since I live on public property I observe the rules and regulations of my lease as it is explained to me and I have read it. However, the rules and regulations of the lease do not override my constitutional rights as they are explained in the constitution of the United States. Basically some of the newer arrivals to this country are not United States citizens, so they are governed by the

laws of visa entry and guest entry and must conduct themselves accordingly. As a disabled United States citizen, I am also protected by the Americans with Disabilities Act which has severe penalties for people whom violate it. I have lived peacefully in this community since 1961, and I have a great many friends and acquaintances most of whom chose to remain private, since as property owners, they feel secure within the community and many of them like my family have lived here for many centuries and indeed some of them are probably distant relatives. The nature of Greenwich is that we have always been hospitable to guests, but we also work very hard, so we do not always have the time to be out an about to be seen by every new arrival. Also over 50,000 non residents work in this town every day, so they obviously have a great deal of experience in dealing with visitors. Also the business community here and in neighboring communities have millions of stockholders, so the general public tends to keep a close eye on this area to make sure their investments are all right. As an economist I am aware the largest investors in the United States of America for close to 400 years are the English, so obviously we have strong relations with the British business community whom have invested heavily here. Moreover, a great many of the founding families in the prosperous United States of America business community received financing from the well funded Rothschild Bank in Europe for their numerous investments. Also since the Rothschilds are bankers, they have been lending money from other people. From my research, the original lender to the Rothschild bank was the Kaiser of Germany whom leant money to them at 1/4% interest and they in turn leant it out to wealthy United States business people at 1% interest, so thus the economy grew. Also today Greenwich Capital <http://www.gcm.com/> owned by the Royal Bank of Scotland <http://www.rbs.co.uk/> has financed trillions of dollars of United States government debt selling a great deal of it to the Japanese business community. Of course the Royal Bank of Scotland having been in business since 1699 has a far flung business network, and I have a feeling that a lot of the so call new arrivals are long term partners in their far flung enterprises. I guess much could be said of the other financial institutions represented here in town. It is the nature of economics and finance, there is not one super trillionaire whom owns it all, but it just represents the investments of millions if not billions of people whom have chosen to invest in the security of the United States of America economy as a hedge against more volatile conditions elsewhere. CIO

Note: <888> 09/23/03 Tuesday 3:50 A.M.: I searched the keyword "hurricane" in the text of my past Scott's Random notes, and I reviewed a lot of observations from past years. Recently with the sailboat race at the Indian Harbor Yacht Club, there has been no place to park on Steamboat Road for weather observation, so I only have been driving down there and turning around. I suppose I could drive over to Grass Island or Tod's Point, but I have a feeling the hurricane season is not over until the end of November which is what the old time Floridians say. Some more recent arrivals in Florida have to go down there earlier because the outdated tax laws in the state of Florida require that Florida residents reside in the state for six months and a day to maintain their legal Florida residency. I suppose some more practical minded individuals should look into this matter, since many seniors



although they love Florida might not want to return during hurricane activity to maintain their legal residency. Besides being a life long republican, I am also a member of [www.aarp.org](http://www.aarp.org) which has a substantial lobby for seniors. We tend to see the younger seniors up north in the summer. A lot of the older seniors tend to remain down south, where they are more comfortable, since their blood thins out, and they tend to be a bit chilly up north. I remember one senior I use to talk to in Florida in 1975, and he talked a lot about Claude Pepper, and the Florida "Gray Panthers". Since my father use to be the largest employer in Florida back in 1954 and 1955 when he was the assistant plant manager for Chemstrand in Pensacola, Florida, I would imagine we still have one or two friends down in Florida. However, certain relatives never received their pensions from Chemstrand after my father died, although a director of Monsanto lives here in Greenwich, Connecticut, but he is a very private individual whom everyone knows, and since he is very senior, I would not want to bother him. Still the last time I saw him about a year ago, he looked very fit exercise walking on Greenwich Avenue. I believe his family is also hurricane aware since they have a winter place in Jeckle Island, Georgia. A lot of his friends and associates seem to be involved with the Mews nursing home on Arch Street in the center of town. Since the old timers have been through the hurricane drill so many times, they tend to sit back and enjoy the fresh breezes and let the younger generation trim the trees. Whatever, the case I am not very good at debris clearing, but I suppose if one did not have electricity and were worried about hurricane activity, they could study and learn about the habits of various waterfront birds. With so many affluent people around the ocean anymore, there is always somebody out there at sea not worrying about the weather or trying to meet a schedule. I believe the Queen Elizabeth II <http://www.qe2.org.uk/itinerary.html> is due back in Manhattan on this Thursday September 25, 2003, so thus they are in the process of crossing from South Hampton, England. Of course there are many other vessels and cruise ships out there in the ocean all the time. I saw one interesting show on the weather channel during the Hurricane Isabel broadcasts, and that was about the hurricane that hit Palm Beach and Lake Okeechobee in 1928 as I recall, and it was called the "Forgotten Hurricane" and many thousands of people died because there was an 18 foot tidal surge in Palm Beach and the flooding was quite extensive in the Lake Okeechobee area. Thus I would say it would be safe to say there is not much high ground along the coast of Florida, and with all the millions of residents, they have to keep a close weather eye in case a severe storm develops again, which is very possible. I recall reading when Columbus first tried to establish a colony in the Bahamas his colony was wiped out by a hurricane, so maybe the Spanish have some historical information that they are not sharing with us. I see large numbers of Spanish up here like they are running away from tropical storm activity down south. I recall when I attended college at Lake Forest College [www.lfc.edu](http://www.lfc.edu) north of Chicago from 1968 to 1972, the second largest Cuban community in the United States was in Chicago after Miami and before Union, New Jersey. Thus there are large numbers of people up north, whom have chosen not to live in the tropical storm environments by their own choosing. CIO

**Note: <888> 09/23/03 Tuesday 1:15 A.M.: I had two scoops of Edy's fat free chocolate swirl frozen yogurt. I read a couple of years ago in the Greenwich Times that the town of Greenwich, Connecticut budgets \$4.5 million dollars a year for the Greenwich Library <http://www.greenwich.lib.ct.us/> which works out to close to \$14,000 a day to run the Greenwich Library. Also they use income from the Peterson grant, so possibly the daily budget of the Greenwich Library might be closer to \$20,000 a day which is quite a lot of money for even a prosperous town like Greenwich, Connecticut. Since the local town people and the library users from adjacent communities reflect a diverse group of people, I would imagine that the Greenwich library strives to present an even handed viewpoint of the community. Still, when one enters the Greenwich Library all that is displayed is democratic and liberal publishing, so thus there is no effort to present the more conservative or republican viewpoint. Since a great many tax payers in the town of Greenwich, Connecticut are Not liberal democrats, it would seem that if the library wants to continue to prosper off the charity of the tax payers and donors, they should try to reflect a more even handed viewpoint. Without the backing of the more conservative tax payers in the town, I would doubt that the Greenwich Library would even exist. Still, since a great many of the poorer general public tend to be of the democratic persuasion, I would imagine the democratic operatives in the Greenwich library are trying to encourage favor with their constituents. Still, it seems rather bizarre that the tax paying republican majority in this town has to pay for the democratic party education and propaganda. I am just reflecting a personal viewpoint. On the hurricane weather front <http://www.geocities.com/mikelscott/weather.htm> , I have been on the internet for about seven years or more as I recall. I have studied the weather patterns in tropical weather, and it seems each year recently that the tropical storms are pushing further north up the eastern seaboard of the United States of America. If this trend should continue and if the ocean water which was colder this season should warm up more in the next year or two, it is conceivable and even most likely that the New Jersey, New York, Long Island, and New England areas could see increased hurricane activity in the next year or two. I am not sure how aware the local population is of this fact, but the recent trend seems to be holding true. I would imagine the former democratic administration knew this, so possibly since they were not prepared to deal with hurricane weather in the Washington D.C. area, they let the republicans win whom were more experienced in dealing with hurricane weather from their experiences in Houston, Texas. It is just a theory, but we all know there is inside information that is different from the public relations machine. CIO**

**Note: <888> 09/22/03 Monday 11:40 P.M.: I chatted with a relative. I chatted with a friend. I chatted with a relative. I watched some United States television, since that is all we tend to get in this area. It seems a bit violent for children's entertainment but such is life. CIO**

**Note: <888> 09/22/03 Monday 8:15 P.M.: I had a call at 9 A.M. this morning, but they hung up because I was tired. I was up at 12:30 P.M., and I had breakfast of**

oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I went by the Greenwich Hospital Thrift shop. I then walked lower Greenwich Avenue. I then made my 4 P.M. appointment. I then walked upper Greenwich Avenue. I then drove down by the waterfront. I then went by the Greenwich Library, but I did not read the Greenwich Times newspaper, because the library was virtually empty, so I did not feel inclined to read. I then returned home, and I had a glass of iced tea. I then had the same summer salad as before with chopped sardines and the sardine oil too. I then had a 50% Folger's decaffeinated instant and 50% Folger's regular instant coffee. CIO

Note: <888> 09/22/03 Monday 4:20 A.M.: Well, I am a bit tired, so I will have a half dozen Wheatsworth crackers, and I will go to bed soon. CIO

Note: <888> 09/22/03 Monday 4:00 A.M.: The cable modem is out. Also the cable television was not working for a while, but it is now working. I was trying to research French Franc notes which supposedly have been replaced by the Euro. There was just a banging sound in the building. The reason I was trying to research the French note is that on my last trip to France about 12 years ago for the winter Olympics in Albertville, France most people just used Franc Notes up to about 500 Franc denomination which would be about \$100 U.S.. However, after the Albertville, France winter Olympics, when I returned to Paris, I visited a discothèque behind the Paris opera where a lot of the media people were gathering after the Olympics, and I noticed someone that looked like a well known United States citizen from a supposedly wealthy family. What caught my eye was that the individual was holding a large stack about four inches thick of about 6 inch by 12 inch 50,000 Franc notes, which would supposedly be a lot of money. I would imagine that such notes would be mostly be used for government transfers like bonds. The individual was using them for bar money. However, the individual might not have been a look-alike since lots of the real people show up at the Winter Olympics, and there was plenty of money being spent there. Why the individual needed to carry so much cash instead of electronic currency such as credit cards is beyond me. I was able to read before the internet went out that a company called Forbes printed Francs for the French after World War II, and they are located in Massachusetts. However, since the 50,000 French franc notes looked authentic, I would imagine the individual in question was trying to conceal his financial activities. However, so many media people were there, it was an open secret. Since at a three foot distance the notes looked authentic, I would imagine the individual was preparing to pay a lot of cash expenses or the individual was planning to purchase goods or services. Since the French are well known for avoiding taxes and even hoarding gold, I would imagine that something was amiss. Needless to say since it was a media group of people with many Americans, it could have been some sort of staged activity, and since the United States citizen in question was of part French descent more than likely other people in France would look like the same individual or even in Europe. Generally the real people whom are wealthy do not

carry cash, they have other individuals handle those details for them. Even here in America, an individual can transfer a trillion dollars cash on the money wire network located on the west side of Manhattan in midtown for less than the cost of a postage stamp providing someone has that type of real money. Whether it was funny money or the real item, I am sure the French and Interpol more than likely sorted it out, since with the overwhelming security in Paris at the time and at the Winter Olympics, and since the French are well know for sifting and sorting, more than likely they came to the same conclusion that I came to, which is generally large amounts of cash are generally flashed for some sort of dope deal which people do not want to be traced. However, since I know how thorough French security and Interpol are, more than likely the person was truly stupid and out to lunch. I called Optimum Online tech support, and they reset my cable modem, and it is all working just fine now. CIO

Note: <888> 09/22/03 Monday 1:25 A.M.: It says in the Russian fish story that the Loch Ness monster is a <http://www.prehistory.com/plesiosa.htm> , so maybe since Scotland is up in the far north country, maybe when it gets bored with being bothered by tourists, it swims over to Russia for a little privacy. Since I have haunted the shores of America all of these years, maybe it is has come over to spy on me, and maybe it is keeping away giant sleeping sharks, which I did not know existed. Thus the Russians like the Spanish know news that the American news since it is orientated towards Sports and Politics does not cover. Of course when one lives near the ocean, it is always interesting to know whom one's neighbors are in the sea. Still giant squids and 180 foot long sleeping sharks might explain why the ocean is still a mysterious place, and more than likely the United States Navy has heard similar fish stories, but they have not published them as much. I would imagine since my nautical travel has been limited to about a dozen trips on the Island Beach ferry, a couple of trips on the Staten Island Ferry, a boat to and from Piraeus, Greece to Crete, a ferry to and from Hydra <http://hydra-island.com/> in Greece, and many trips from Woods Hole and Hyannis to Nantucket and Martha's Vineyard, I am not a well traveled sailor. Of course having an interest in the ocean, I have read many stories and heard similar rumors over the years, and of course I have seen many simulations in movies. Of course I have occasionally sailed on pleasure boats in my younger years, and I am more of an experienced wharf rat than I am a sailor. There was a new volcano program on the National Geographic special this past evening that I missed. I recall when I visited Hydra in Greece, it was a very rocky shore that cut my bare feet, when I was trying to find a sandy beach, and possibly Hydra is of volcanic origin too. I remember a lot of the rocks were black pumice. A Greek friend of mine was always suggesting to me in Nantucket that I should visit Santorini <http://www.travel-to-santorini.com/> , which is suppose to be the lost continent of Atlantis, which Greek philosophers talked about so much. CIO

Note: <888> 09/22/03 Monday 12:40 A.M.: Fish story Researchers Uncover Mystery of the Mariana Trench - PRAVDA.Ru , and if one wants to read the Russian News in English <http://english.pravda.ru/> . Of course since I am very poor,

and since the communists have all become capitalists in Russia, I guess I will now ever be able to afford to visit Russia. In Greenwich, Connecticut we always have lots of Russians visiting particularly in the colder time of year. I usually see lots of Russians walking around on Sunday evening. Having worked Manhattan for a decade in my younger generation, they are well use to seeing me, and they are wondering why I never visited, but I guess since they have their own networks, they do not visit the same places that I visit. Still, I have a look that is common in Russia and other northern countries, and I suppose I am confused with other look-alikes. However, I do have 53 years experience in the good old United States of America, so it would seem to me, my viewpoint would differ from Hollywood and the Public Relations Information that is published. I remember when I returned from the Winter Olympics in Albertville, France 12 years ago give or take, it seemed that the Russian television media was in Kennedy airport at the arrivals terminal, and they seemed keen on photographing me for some unknown reason, although when I was at the Winter Olympics in Albertville, France nobody paid any attention to me, since I was speaking French, and people must have assumed that I was French, until I returned to the United States of America. However, to no great surprise of Americans, the further north one goes in the northeast, more people speak French, since it is the general language in French speaking Canada, and lots of French speaking Canadians tend to travel south in this area in colder months. Thus as all the cheap motels use to post signs along the beach in Florida in the old days, "Nous Parlons Francais Ici, un peu". CIO

Note: <888> 09/21/03 Sunday 11:40 P.M.: I was chatting with a distant relative tonight whose family also owns railroads, and I mentioned that railroads usually own coal mining and timber operations due to the nature of running a railroad in the old days. I reminded the distant relative not to sell one's coal stocks since coal is ultimately what we can rely on for energy here in America. I recall a retired coal miner use to live in the apartment building where I am presently living, and I remembered that the head of the coal miners union then use to show up to visit us, and at that time the electricity for heat in our building was included in the rent, and we were always warm and comfortable the first ten years we were here. CIO

Note: <888> 09/21/03 Sunday 11:25 P.M.: Tim Berners-Lee broadcast tomorrow <http://www.w3.org/News/2003#item153> . Basically, the reason not that many people left the hurricane region is most people have their money tied up with their mortgages on their homes, so they prefer not to abandon their homes for travel despite the situation that finally did occur. This is much the same situation that occurred with the Queen Mum of England whom did not abandon the palace in World War II, but instead took up target practice. CIO

Note: <888> 09/21/03 Sunday 11:15 P.M.: I have some good news to report. I have lost a bit more weight on my summer salad diet, and I am down to 202 pounds. However, this does not seem to be too significant of a amount of weight after I saw lots of people in Maine weighing 200 to 500 pounds or more including the women. Thus I guess one could make money in Maine by starting a Weight Watchers clinic,

but I have a feeling in cold climates people like to have a little bit more extra body fat to stay warm or fight off bears in the woods. However, most of the immediate group in Kennebunkport were a lot thinner and leaner Yankee types whom watch their weight. Of course some people in northern resorts go south for the winter, so they do not need as much body fat. I suppose elsewhere in America people tend to be very heavy too. I recall going to Jone's Beach on July 4, 1974, and I was one of the thinnest people there at about 140 pounds and six feet tall, when the other 2 million people there tended to be a lot heavier, so I guess there are still a lot of heavy people out there in America in the Hinterlands whom because they are so rotund do not tend to travel easily, so they stay home near their ice boxes providing they have electricity. For the people in the Washington D.C. area whom do not have electricity, there are lots of good foods that come out of cans, and they tend not to perish as fast. CIO

Note: <888> 09/21/03 Sunday 10:55 P.M.: I chatted with a friend. I took about seven leaves of hearts of Romaine lettuce, and I broke them into two to three inch pieces, and I rinsed them underneath cold water in the lettuce spinner, and I spread them across a dinner plate. I then sliced into quarters lengthwise eight chilled baby carrots, and I spread the pieces across the plate. I then sliced one chilled plum tomato into 1/8 inch thick slices, and I spread it across the plate. I then added three chilled large double tablespoons of homemade hummus across the plate in three equally spaced dabs. I then put eight chilled pitted black olives on the plate including one in each dab of hummus. I then diced a quarter of a chilled Bermuda red onion, and I spread it across the plate. I then opened a chilled six ounce can of solid white albacore tuna fish, and I rinsed it underneath cold water a half dozen times with its lid on squeezing out the water. I then flaked it in a bowl, and I spread it across the salad. I then spread across the plate 15 generous cut low fat Pepperidge Farm Caesar croutons. I then spread across three tablespoons of chilled Athenos herbal and garlic feta cheese across the plate. I then spread across the plate two tablespoons of Master Choice grated parmesan and Romano cheese across the plate. I then added about 1.5 ounces of room temperature Monari balsamic vinegar and 1.5 ounces of room temperature Italian extra virgin olive across the plate. I then seasoned the salad with ground black pepper and a small amount of salt. One should not use too much salt as one gets older because it can cause one to lose one's hearing. I had the salad for dinner with iced tea. I then chatted with a relative. I next chatted with the same friend. I then chatted with another friend. I left a message with another relative. I chatted briefly with another relative. CIO

Note: <888> 09/21/03 Sunday 8:15 P.M.: I went out after the last message, and I went by the Exxon gasoline station next to the Greenwich Library, and I bought \$8.25 of regular unleaded gasoline at \$1.949 a gallon for about 40 miles per a gallon. I then went by the Greenwich Library, and I read the Greenwich Times. I then went by CVS on Greenwich Avenue, and I dropped of a roll of film to be developed of 24 prints double 4 inch prints. The prints will be ready Tuesday afternoon after 3 P.M.. I then returned back to my apartment briefly. I then went back to CVS on Greenwich Avenue, and I bought two bottles buy one get one free of

CVS Glucosamine Chondroitin double strength 180 caplets to a bottle sodium 95 mg., Glucosamine Hydrochloride 1,500 mg., and Chondroitin Sulfate 1,200 mg. for \$39.99 for both bottles. I also bought from the half price shelf Okinawa Pure Coral Calcium minerals plus vitamins and magnesium 60 tablets for half price for \$4.99 plus .30 tax for \$5.29 total. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I next drove down by the waterfront. I then went to the Food Emporium, and I bought two red Bermuda onions for .89 a pound for .68 and .62 and a 8 ounce containers of Master Choice grated parmesan and Romano cheese for \$3.79 plus a 13.5 ounce Stouffer's lean cuisine chicken Florentine dinner for \$2.39 for \$7.48 total. I then returned home, and I had a glass of iced tea, and I put away my purchases. With the 100 tablet bottle of Chondroitin Sulfate Glucosamine double strength that I bought a Wal-Mart recently, I now have 458 capsules of it, which I only take once a day instead of three times, so I now have a year's supply or more. CIO

Note: <888> 09/21/03 Sunday 2:55 P.M.: I put two new pictures in the gold picture frame behind the long green sofa, and I put the old pictures in the photo album. One does not have to be Sherlock Holmes to know that Virginia occasionally floods from tropical storms. All the old time families know that the eastern half of Virginia is traditionally called the "Tide Water Region of Virginia" which would tend to lead one to believe that it would flood. Also there is an interesting landmark in the Isle of Wight, Virginia county Historic St. Luke's Church where hurricane Isabel struck. <http://www.co.isle-of-wight.va.us/> is not working either. I believe since my branch of the Scott family has historical roots in that location from when we first settled in Virginia, our karma must have known about the potential threat to that area where Hurricane Isabel struck. Also Smithfield Hams [www.smithfieldhams.com](http://www.smithfieldhams.com), which is not working at this time come from that area. I remember after the hurricane in North Carolina a few years ago, I got a bad Smithfield Ham from that area, so one has to keep an eye out for people dumping Smithfield Hams. For tourist information into that flood torn region, there is <http://www.smithfield-virginia.com/>, which does work. I guess one would have to keep an eye out with flooding in case any old grave sites had their occupants surface to the surface in the flooding. It would be like releasing the Ghost of Flanders in this area. I suppose Virginia has its old ghosts too. I will now shut down the computer, and I will clean up, and I will go out. I will first have two scoops of Edy's low fat Vanilla Chocolate Swirl frozen yogurt. CIO

Note: <888> 09/21/03 Sunday 2:20 P.M.: I was up at 9:30 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I fell back to sleep until a short while ago. I watered my plants. I do not need to do house cleaning, since I was not home this week. When I returned yesterday afternoon, the microwave oven clock was off and the TEAC DVD player was on. This usually happens when the power goes off, however the other clocks were working just fine. Thus while I was away, there must have been a very quick power spike, which caused the problem. I also found the second hand or an alarm time hand to a clock on my sofa, which I put on the ink

pen plate to the left of the computer. It must have gotten there when I placed the duffel bag on the sofa before leaving for Maine on this past Tuesday. CIO

Note: <888> 09/21/03 Sunday 1:15 A.M.: I did some regular computer work. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 09/21/03 Sunday 1:05 A.M.: George Washington's last tree hurt by hurricane Isabel [BBC NEWS | Americas | Massive clean-up after hurricane](#) . CIO

Note: <888> 09/21/03 Sunday 12:35 A.M.: I filled out some paper work. I have about 600 miles before I need an oil change on the Hyundai. I found a \$3 off coupon for Oil Star in the coupons that I am regularly sent. I will put it in my glove compartment to have available. I have a nice print about 5 inches by 7 inches of Alexandria, Virginia behind my painted goose egg in the left hallway bookcase. Apparently they had about six feet of flood water there. I found this story about the after effects of Hurricane Isabel [Thousands Still Without Power in Region \(washingtonpost.com\)](#) . CIO

Note: <888> 09/20/03 Saturday 11:35 P.M.: I installed the Microsoft Windows XP updates. CIO

Note: <888> 09/20/03 Saturday 11:10 P.M.: I went through the last five days email. CIO

Note: <888> 09/20/03 Saturday 10:15 P.M.: I chatted with two relatives. I chatted with a friend. I previewed on my television the 20 minutes of video I shot up in Maine, and it came out just fine. I should have shot some video of downtown Kennebunkport, but with the movie production going on, I did not think I should be shooting video, since they might have objected. Well, I will try to use up the remaining 40 minutes on the videotape taking video around Greenwich. CIO

End of Scott's Notes week of 09/20/03:

Note: <888> 09/20/03 Saturday 8:20 P.M.: I was up this past Tuesday morning at 8 A.M.. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I cleaned up, and then I loaded the car. I brought up to Kennebunkport <http://www.geocities.com/mikelscott/137.htm> the duck decoy lamp and the Bermuda water color print. I left here at 10:30 A.M., and I drove up King Street to Interstate 684 East to I-84 East. I took a rest stop at the Danbury, Connecticut welcome center and rest area. I then headed east on I-84, and I took another rest stop at the rest area in Southington, Connecticut. I then continued east past Hartford, and I rested again at Vernon, Connecticut. I then got on the Massachusetts turnpike, and I stopped at the rest area. I filled up the car with regular unleaded gasoline at the Exxon pumps there for \$1.799 a gallon for \$6.55 total or about 43 miles per gallon. I then got off at the next exit paying a .50 toll, and I took I-290 east to I-495 east, and I stopped at the rest area around Lowell,



Massachusetts. I then continued to I-95 North, and I paid a \$2 toll at the New Hampshire turnpike, and I stopped at the rest area just after the toll. I then paid a \$1.50 toll at the Maine Turnpike, and I continued north to Wells, Maine, where I exited. I then drove into Kennebunkport, and I arrived at my relative's house at 4:30 P.M. for about a six hour journey or 275 miles total from door to door. I was happy to see my relative. I unpacked, and we chatted for a while. We then drove over to the Kennebunk Beach, and we watched the ocean. We then drove to the Maine Diner in Wells, and I had a lobster roll with potato salad and ice tea for dinner. Lobster rolls in Maine are now \$12 to \$13. Apparently the ocean water was colder in Maine this past summer, so there were less lobsters available to harvest. We then went to the Wells, Maine Amtrak railroad station, and we met a relative arriving via airport limousine from Manchester, New Hampshire airport. We then returned to Kennebunkport, Maine. We had coffee at the grocery store in Kennebunkport. We all chatted the rest of the evening. The next morning, I had breakfast of Cheerios, toast with jam, orange juice, vitamins, supplements, and coffee. I then used a ladder, a bucket, and plastic gloves, and I cleaned out the gutters on the front and rear of the house. I also cleaned the first parts of the side gutters, where I could reach them. I also swept off the deck. We had lunch of crabmeat and shrimp salad outside on the deck. We then went downtown, and we walked around. They were in the process of filming the movie with Paul Newman called "Enterprise Falls", and lots of people with "Enterprise Falls" identifications were walking around. We drove over to the Kennebunk Beach for a while. We then drove over to Cape Porpoise, and we drove out to the point, and we had coffee at the caterers, and went to Bradbury's grocery store. We returned back to my relative's house, and we chatted. We had dinner of a shrimp, scallop, and seafood Newburg on seasoned rice. We chatted later in the evening. The new morning I had breakfast of Cheerios, orange juice, vitamins, supplements, and coffee. I took out two air conditioning units in the house, and I put them on plastic on the floor in front of their window locations. I washed a front porch light fixture, and I put in a new 75 watt light bulb. I framed a picture. I adjusted the float in the powder room toilet. My visiting relative and myself drove over to Biddeford Pool to visit some friends of hers. They own the Lobster Pool, and we chatted about Maine. We then toured downtown Kennebunkport, Maine, and there were about 300 people lined up across from the Post Office trying to be extras in the movie. We then returned back to my relative's house. We had a cocktail party that evening with friends of my relatives. My relatives and I went to Wayfarer restaurant in Cape Porpoise, and we met the friends from Biddeford Pond, and we all had dinner and wine that the friends brought. I had baked haddock with rice and a few ounces of California chardonnay. We said good bye to my relative's friends, and we returned back to my relative's house. We chatted for a while. The next morning, I had breakfast of Cheerios, toast, orange juice, vitamins, supplements, and coffee. I drove with my relatives around Kennebunkport and over to downtown Biddeford, where my relative did an errand. We then went to Shaw's supermarket and then to Wal-Mart. We then drove by New England College, and we had lunch on the waterfront in Saco, Maine at Buffleheads. I had a baked chicken sandwich with home fries and slaw and ice tea. We then drove back to my relative's house, and I put a new

lockable door handle on an inside basement door. The door handle had already been acquired by my relative. I also washed off the basement humidifier air filter. I wound and set the antique grandfather's clock. We had dinner of seasoned baked halibut and ratitue. We chatted through out the evening. This morning, I was up at 8 A.M., and I had breakfast of cheerios, English muffin, orange juice, vitamins, supplements, and coffee. I loaded the car. I said goodbye to my relatives. I then went to the Kennebunk Big Apple Mobil gasoline station, and I bought \$7.25 of regular unleaded gasoline at \$1.739 a gallon for about 38 miles per gallon. I then drove out towards the Maine turnpike in Wells. I stopped for a break at the Amtrak station opposite the Wells entrance to the Maine turnpike. I then headed south on the Maine Turnpike, and I paid a \$1.50 toll. There was no toll going south in New Hampshire on the New Hampshire turnpike. I stopped at the Massachusetts Welcome center on I-95 south for a rest. I then took I-495 west. I rested at the Lowell rest area. I then took I-290 west to the Massachusetts turnpike west, and I rested at the rest area on the Massachusetts turnpike. I bought at the Exxon station there \$6.60 of regular unleaded at \$1.799 a gallon for about 40 miles per gallon. I got off at the next exit for I-84 west paying a .50 toll. On I-84 west, I stopped at the Connecticut welcome center and rest area. I then traveled west on I-84 through Hartford and Waterbury. I got off I-84 west at Watertown, and I followed the signs on the off road to I-84 West, and I took a break in a parking area there by the entrance to I-84. I then drove west on I-84 west through Danbury. I noticed a nice Hilton Hotel in Danbury near I-84. I then drove to I-684 west, and I rested at the Katonah rest area. I then exited I-684 west at Exit 2, and I drove by Westchester County airport, and I drove south on King Street to Greenwich, and south on Weaver Street back to where I live. Once again it was six hours and at 275 miles door to door. I had a chilled diet A&W root beer in a frosted mug. I unloaded my car. I made and ate the same summer salad with flaked solid white albacore tuna fish and iced tea. I am in the process of making up a fresh batch of iced tea using 8 Master Choice tea, 4 Lipton green tea, one each of the five different types of Twinings tea in the five variety pack, and four Bigelow tea on a variation of my recipe at [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I put away my clothes. I finished a roll of film in Kennebunkport that I have to have developed, and I also took about 20 minutes of Sony HandyCam video 8. I put the ice tea in the refrigerator. I had a most enjoyable visit with my relatives. I will now send out my weekly notes a day late. CIO

Note: <888> 09/15/03 Monday 10:00 P.M.: I went through my email. I will now shut down the computer. I will not being posting any more notes until I get back from Kennebunkport, Maine, probably around this Saturday afternoon. I will read briefly before going to bed. CIO

Note: <888> 09/15/03 Monday 9:50 P.M.: I chatted with two relatives and a friend. I will probably being getting up tomorrow morning at 7 A.M. and leaving here for Kennebunkport, Maine about 9 A.M.. CIO

**Note: <888> 09/15/03 Monday 9:10 P.M.:** On of our local friends when I returned to Greenwich 20 years ago off of Nantucket retired to Figure Eight Island, North Carolina [Figure Eight Island/index1](#) and [Figure Eight Realty - Sales and Rentals](#) . I suppose if they have not already done so, they should close down the Mobil gasoline station and get off the island as soon as possible. Possibly they still have a home to return to in Greenwich. Anyway, if they retired there, more than likely other people from Greenwich also retired there too. "Je me souviene", which is French for "I Remember". One should still keep track of [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . CIO

**Note: <888> 09/15/03 Monday 9:00 P.M.:** I installed the [www.weather.com](http://www.weather.com) desktop weather program on my computer. I went outside briefly. CIO

**Note: <888> 09/15/03 Monday 8:00 P.M.:** I had the same summer salad for dinner as last night along with a glass of iced tea. There is program starting now on the Weather Channel about a dangerous hurricane in the past. CIO

**Note: <888> 09/15/03 Monday 7:10 P.M.:** I finished packing except my toiletries. CIO

**Note: <888> 09/15/03 Monday 6:15 P.M.:** I am charging up the rechargeable battery for the Sony Handycam which I will take with me along with the charging apparatus and my other regular camera. CIO

**Note: <888> 09/15/03 Monday 5:55 P.M.:** I read until 3 A.M.. I was up at 1 P.M.. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then went by the Greenwich Hospital Thrift Shop. I then drove down by the waterfront. I then walked the lower section of Greenwich Avenue. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then returned home. I took the water color painting of Hamilton, Bermuda harbor off the bedroom door, and I set it by the apartment entrance to take up to Kennebunkport, Maine tomorrow <http://www.geocities.com/mikelscott/137.htm> . I hung the George W. Bush inaugural invitation in its place. I also took the antique duck decoy lamp off the oak bookcase on top of the mahogany bureau. It has a clipper ship lamp shade. I dusted it, and I will also take it up to Kennebunkport, Maine tomorrow. I put the pineapple lamp from the right side of the backup computer on the brass and glass table on top of the Danish table on top of the bedroom desk up where the decoy lamp was, and I put a 100 watt light bulb in it. I will also take up my luggage. I looked at the weather, and it is suppose to be clear here tomorrow, but it might rain around Massachusetts up to Maine. The weather forecast says it will rain here and Maine on Friday, so I will probably drive down on Saturday. Hurricane Isabel is still on the same track as last night due to make land fall in North Carolina on Thursday at 2 P.M.

**<http://www.nhc.noaa.gov/ftp/graphics/AT13/refresh/AL1303W5+GIF/152058W5.gif>**  
as it is tracking at the moment. CIO

**Note: <888> 09/15/03 Monday 1:25 A.M.:** I went through my email. I will now read a while before going to bed. CIO

**Note: <888> 09/15/03 Monday 12:55 A.M.:** This map would show the potential effected area Maryland Map , and I believe there is a tunnel that could flood that goes under the Delaware Bay on Interstate 95, but however Interstate 95 runs on the northwest side of the Chesapeake Bay towards Washington D.C., so more than likely it would be hard driving during Hurricane Isabel, if it came ashore at that location. There are a lot of poultry farms in that location along the waterfront in Maryland and Delaware, so maybe that is why the Purdue chicken was on sale at the Food Emporium, if they are trying to unload their stocks. Poultry farms tend to be messy at the best of times, I am not sure how they would fare in a hurricane. Also the Carolinas has a lot of pork farms along their shores. CIO

**Note: <888> 09/15/03 Monday 12:35 A.M.:** Well, if one does not trust super computers, one could check the indigenous water fowl of the Chesapeake Bay like the ducks to see if they are staying or to see if they have flown out of the area, which also might be a good indicator. CIO

**Note: <888> 09/15/03 Monday 12:30 A.M.:** What little I know about the Chesapeake Bay tunnel bridge <http://www.cbdt.com/> , it might be a good place to put a news truck to monitor hurricane Isabel, however it might be dangerous. The Chesapeake Bay bridge and tunnel does have tunnels, and I believe a small island in between them. However, tunnels could flood. Also during the summer and probably during this time of year a lot of the boats and yachts from Florida might be moored in the Chesapeake Bay area hoping to avoid hurricane activity further south. Also the United States Navy has a tremendous amount of ships in Newport News, Virginia including the mothballed fleet which would not be sea worthy. Traditionally the United States Navy when threatened in an area puts all of its prepared ships out to sea to ride out a hurricane. It is early enough, they might be able to sail out of harms way. However, if the hurricane should change course which it could to a more easterly direction, more than likely those same ships would be threatened at sea, which they might not be in port. Thus it is six of one and a half a dozen of another whether to put the ships out to sea or not. I would dare say in the next couple of days, they might know more, but it might be too late then to put out to sea a safe distance. I suppose they should at least be prepared to put out to sea in case the hurricane does indeed come their way. Of course if the hurricane tracked further east, it would effect the New Jersey shoreline and Long Island, New York, so it will need to be watched very closely. For the present tracking <http://www.nhc.noaa.gov/ftp/graphics/AT13/refresh/AL1303W5+GIF/152058W5.gif> and for more in depth analysis <http://www.geocities.com/mikelscott/weather.htm> . The United States Navy is suppose to have a super computer in Monterey, California with the most state of the art weather forecasting, so possibly they might

know more than the National Hurricane Center

<http://www.nhc.noaa.gov/index.shtml> . However, this story says the NOAA weather computer is one of the fastest computers New Weather & Climate Supercomputer Helps Advance NOAA Weather Service Forecasts . CIO

Note: <888> 09/14/03 Sunday 11:55 P.M.: I chatted with a relative. The friend I chatted with in Manhattan said that they had heard of renewed volcanic activity in Yellowstone National Park on New York talk radio, but I have not read any internet reports on the subject. As far as I know there has not been any volcanic activity in Yellowstone park in about a quarter of a million years besides the geyser activity such as Old Faithful <http://www.nps.gov/yell/technical/geology/> and <http://volcanoes.usgs.gov/yvo/> . CIO

Note: <888> 09/14/03 Sunday 11:40 P.M.: I had the same summer salad with sliced baked barbequed boneless chicken breast slices, and I used Romaine Hearts of lettuce instead of spinach. I chatted with a relative. I watched the weather channel while eating dinner. CIO

Note: <888> 09/14/03 Sunday 10:30 P.M.: I went out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by the ATM machine on Greenwich Avenue and Putnam Trust Bank of New York. I then went to CVS on Greenwich Avenue, and I bought two packages of Arm and Hammer baking soda for .99 both, two Glade Plug-in oil refills Hawaiian Breeze scent for \$1.99 each, from the half price shelf two Right Guard Active Sport antiperspirant deodorant sticks for \$1.49 each, and also from the half price shelf a 60 tablet bottle of Okinawa pure Coral Calcium marine grade minerals plus vitamins and magnesium for \$4.99, and eight tins of Beach Cliff sardines in Soy Oil for two for .99 plus .72 tax for \$17.62 total. I completed my walk. I then drove down by the waterfront. I next used the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Stop and Shop, and I bought a tub of Athenos garlic and herb feta cheese for \$2.70, a package of Mother's egg noodles for .50, a 12 ounce package of organic romaine lettuce hearts for \$2.49, a 8 ounce Stouffer's lean cuisine chicken alfredo dinner .99, three 4.25 ounce cans of Stop and Shop chopped olives for \$2 all, and a 28 ounce can of Goya chick peas for \$1.09 for \$9.77 total. I then returned home. I put away my purchases. I chatted with a friend and two relatives. Right now Hurricane Isabel is tracking up the east coast to make Land Fall around 2 P.M. on Thursday around Virginia Beach, Virginia which would mean more than likely the outer banks of North Carolina, Virginia Beach, Virginia, Newport News, Virginia, possibly Washington D.C., and track up the Chesapeake Bay wiping out Maryland and Delaware and heading over Pittsburg, Pennsylvania towards Lake Erie <http://www.geocities.com/mikelscott/weather.htm> . Thus one should continue to track the storm. Of course a lot of flooding will occur from such a large violent slow moving hurricane in the areas it passes over besides the wind. CIO

**Note: <888> 09/14/03 Sunday 5:55 P.M.:** I read a bit. I rested a bit. I read some more. I chatted with a friend who has just returned to Manhattan. I will now have two scoops of Edy's low fat vanilla chocolate swirl frozen yogurt. I will clean up, and I will go out. CIO

**Note: <888> 09/14/03 Sunday 2:00 P.M.:** I was up until 6 A.M. reading. I had a call from a friend at noon. There is a Home Show at the Wilton High School today. I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. CIO

**Note: <888> 09/14/03 Sunday 3:45 A.M.:** I think I will now shut down the computer, and I will read a while before going to bed. CIO

**Note: <888> 09/14/03 Sunday 3:15 A.M.:** The dinner was most enjoyable to eat, although I am a little full. CIO

**Note: <888> 09/14/03 Sunday 2:30 A.M.:** I made up a batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> . This time with the regular recipe, I used two 4.25 ounce cans of chopped olives, 1/4 teaspoon of Red Cayenne pepper, and a half of a cup of lemon juice. I put away the laundry. I will now make the same summer salad that I have been making with the cold sliced chicken sliced on an angle and a diagonal 1/4 inch thick slices and then cut the slices into thirds, and I will have it with a glass of iced tea. CIO

**Note: <888> 09/14/03 Sunday 1:30 A.M.:** I went to bed at about 6 A.M.. I was up at 1 P.M., and I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I then went back to bed, and a friend called about 5 P.M.. The friend told me that he would not be able to lend me his Buick station wagon, so I will be driving my Hyundai up to Kennebunkport, Maine on Tuesday. I will thus not be bringing up the day bed. I slept until about 6 P.M.. I chatted with a relative. I had two scoops of low fat caramel and praline frozen yogurt. I did my house cleaning and watering the plants. I cleaned up, and I went out. I went by the Exxon station next to the Greenwich Library, and I bought \$6.65 of regular unleaded gasoline at \$1.999 a gallon for about 30 miles per gallon. I then went by the Stop and Shop, and I bought a quart of plum tomatoes for \$2.99 and a 15.5 ounce bag of Tostitos small round corn chips for \$2.50 for \$5.49 total. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I next went by the Food Emporium, and I bought a package of three halves of Purdue boneless breasts of chicken for \$2.99 a pound for \$5.41 and a 19 ounce bottle of Texas Best Barbeque sauce mesquite flavor for \$3.19 for \$8.60 total. I then returned home. I had a glass of iced tea. I started two loads of laundry, and I have about 20 minutes to go on the dry cycle. I put clean linens on the bed in the bedroom. I rinsed underneath cold water and dried with a paper towel the three Purdue halves of boneless breast of chicken. I put about four tablespoons of extra virgin olive oil in the Pyrex pie dish, and I rubbed the chicken

breasts in them. I then poured on about a third of a cup of Rene Junot white wine and about 1/8th of a cup of La Choy low sodium soy sauce, and I seasoned both sides with Old Bay Seasoning, ground black pepper, celery salt, chicken and meat seasoning, garlic powder, oregano, Italian spices, and basil. I then spread on the tops sides of the chicken Texas Best barbeque sauce with Mesquite flavor, and I am cooking the breasts in the Farberware convection oven at 350 degrees Fahrenheit for 35 minutes. I will put one of them in the freezer to chill for 45 minutes and then slice it into quarter inch diagonal angle slices and then cut the slices into thirds and put it with my same summer salad, and I will refrigerate the other two in a Rubbermaid container. CIO

Note: <888> 09/13/03 Saturday 4:25 A.M.: Well, I will now shut down the computer, and I will read a while before going to bed. CIO

Note: <888> 09/13/03 Saturday 3:50 A.M.: I am now microwaving a Stouffer's 16 ounce Home-style beef pot roast dinner, which I will have shortly with a glass of iced tea. CIO

Note: <888> 09/13/03 Saturday 3:30 A.M.: Speaking of the Food Emporium, it is part of the A&P Food Company <http://www.aptea.com/company/company.htm> and [www.aptea.com](http://www.aptea.com) , however there is not much mention about Huntington Hartford anymore, so I do not know if he is still associated with the company ownership or not. However, he is suppose to be still alive having been born in 1911, which would make him about 92 years old. This article says his family sold 53% to the Haub family of Germany in 1979 <http://www.cio.com/archive/021501/erp.html> for \$125 million. Of course back in 1979, that was a lot of money, so maybe he invested wisely, and possibly the family still might have stock in A&P. From the New York press in the old days, it said that Hunt had been married five times with children from each of his five marriages, so more than likely he has heirs. Since from what I also read that he was Lord Hartford of England's heir, possibly he has assumed an English lordship and is living in some baronial family manor in England. Of course since he was involved in other properties like Paradise Island at one time, he more than likely would not want to live in cold damp England at his age. The last report I remember reading about him in the New York press about five years ago was that he was seen pushing a shopping cart through Greenwich Village. However, coming from one of New York's long time premier merchant families, he probably knows New York better than just about anyone, and he used to have other properties like the Four Seasons Restaurant the Art Gallery at Columbus Circle, so more than likely he is still living at his old digs on the East side of Manhattan nearby where I use to park my vehicle as well as where other prominent Manhattanites also lived, and more than likely he trusts New York hospitals which surround that area. Thus since he is in his 90s, he could have older children that people do not pay much attention to. Whatever, the case I dare say he is still eating. This is an interesting link to some of his associates <http://www.namebase.org/main2/Huntington-Hartford.html> , so just because the new employees of the Food Emporium do not seem to know whom he is, long time A&P customers surely remember him. There

do not seem to be any pictures of him on the internet, so I guess he is now more private, but I am sure one could look at the old New York Press photos in magazines and newspapers in the archives in libraries, and one would see a familiar face from the good old days gone by, when America liked to eat a lot. CIO

Note: <888> 09/13/03 Saturday 2:50 A.M.: I went out, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I noticed at the top of Greenwich Avenue in front of the entrance to the United States Trust Company that one of the sprinkler heads is broken, and the water is gushing out all over the sidewalk payment at the entrance to the building. I did not see anyone around to tell about. I drove down by the waterfront. The wind is still out of the northeast. I stopped by the ATM machine at Putnam Trust Bank of New York. I went by the Food Emporium, but the store is presently closed for waxing the floors, however once they finish waxing the floors later, they might be opened.

Note: <888> 09/13/03 Saturday 1:00 A.M.: Well, I did not wake up until 5 P.M. this past evening, so I think I will go out and pull a little night time duty. I will put the computer on standby. CIO

Note: <888> 09/13/03 Saturday 12:50 A.M.: Well this graphic shows where Hurricane Isabel is tracking towards the east coast of the United States <http://www.nhc.noaa.gov/ftp/graphics/AT13/refresh/AL1303W5+GIF/130258W5.gif>, and if it keeps on track on the same rate, it should make landfall next Friday, about the time I plan to drive down from Kennebunkport, Maine <http://www.geocities.com/mikelscott/137.htm>, unless I change my plans and stay longer. At that point it might still be clear driving from Kennebunkport to Greenwich. I will not have the internet there, so I will have to check the television weather. Of course from what I know, there is nothing that says that the hurricane could not change course in either direction in a week's time or sooner and make landfall elsewhere, so if I were in Florida or Georgia, I would most definitely keep a "Weather Eye". CIO

Note: <888> 09/13/03 Saturday 12:25 A.M.: Well for the more mobile affluent groups whom might be in jeopardy, Chicago, Illinois is suppose to have lots of Hotel Rooms, and this time of year, the weather is a bit chilly, but still comfortable. However, one should be forewarned, it is the nature of this capitol of the Midwest, that Chicago people tend to be tall and fat, so they generally do not like being pushed around by know it alls, however they tend to accept American Wampum when offered, and more than likely since they have all visited the potentially affected regions, they would tend to be somewhat hospitable. However, one should not be lulled into a false sense of security in Chicago and extend one's stay, unless one can afford a very cold winter, which can also be expensive. I guess, since most of the affected people along the shore line can not afford to travel since a lot of them are elderly retirees, more than likely they will just weather out the storm. There are other alternatives like fall foliage tours of Vermont and New England or even venturing up to Toronto or Montreal, Canada, but more than likely one would need



a sweater and a jacket, but the dollar is suppose to be stronger there. Areas like the southwestern United States, more than likely are not expensive yet either. Of course Greenwich, Connecticut is always opened for business

<http://www.geocities.com/mikelscott/greenw.htm> however, it tends to be an expensive town, and it will probably raining here too. The cheapest lodging I know of in Greenwich, Connecticut is Howard Johnson's

<http://www.hojo.com/HowardJohnson/control/home> in Cos Cob, which I was once told on their 800 telephone number 1-800-406-1411 is suppose to have a few rooms for the cheaper rate of \$69 a night plus tax, instead of a \$100 plus tax. There are also other equally cheap motels in neighboring towns, if one searches the travel and hotel web sites. I noticed in one of the Greenwich Avenue stores tonight, they are displaying full length down coats which use to be very popular during the winter of 1982 when it was down to minus 24 degrees below zero Fahrenheit here, and I suppose that means they are expecting a colder winter here too. I think stores like Marshall's in Stamford and Norwalk, Connecticut and T.J. Maxx's in Norwalk at two locations more than likely might have them more cheaply. Basically they are just full length parkas stuffed with duck down feathers or whatever modern substitute that they use now. I suppose some thrift shops might still have some hanging around too or maybe in the back of someone's closet. CIO

Note: <888> 09/12/03 Friday 11:55 P.M.: A slow moving hurricane like Hurricane Isabel usually carries a lot of water, so even if it did not directly make land fall, at one's location, more than likely the surrounding rain clouds would carry a lot of rain, which would produce a lot of rain fall. Even an area like Port Chester, New York which I am adjacent to could have flooding which has happened before. A lot of rain on the interior of the country tends to overflow the watersheds particularly since they are already saturated, and one can see a lot of flooding in more remote areas away from the ocean on the Eastern side of the Appalachian Mountain chain. Still, with so many people living in that region, not all of them can evacuate, so one has to make the decision as to what one's odds are on the road versus staying at home. I do know that there is now a conference center that hold about 500 people at Biltmore House and Gardens <http://www.biltmore.com/>, and I do know it is up in the mountains, but I do not know if it is near a stream or river that might flood. CIO

Note: <888> 09/12/03 Friday 11:40 P.M.: Well, there is a relative of the Scott's from an equally old Virginia family who lives in retirement within spitting distance of the National Hurricane Center in Coral Gables, Florida <http://www.nhc.noaa.gov/index.shtml>, and since he is a retired United States Army officer who graduated from the United States Military Academy at West Point, New York <http://www.usma.edu/>, he would have more historical familiarity with the situation, since his family home overlooks Washington D.C. from the south shore of the Potomac River across from Washington D.C., he might know more, since his famous relative was involved in flood control projects and levy building on the Mississippi River, more than likely they know something about the Washington D.C. flood control projects. However, I have a feeling if he moved from his

retirement home, most of south Florida would follow with him, which might not be advisable. I can not give you his name, but most everyone in the know knows whom it is, and more than likely, if he did move at the present moment, he would not be inclined to visit Virginia, since at this juncture, it is too late, but one could consider sand bagging, which generally does not work too well. The American Red Cross <http://www.redcross.org/home/> reserve fund is down below \$1.5 million dollars, so there is not much they will be able to do if a disaster does occur. Still, they do have experience. CIO

Note: <888> 09/12/03 Friday 11:20 P.M.: Well, since the Scott's are one of Virginia's earliest families, I would imagine someone in the Scott family would know something of the region's history. I have not had much time to visit Virginia over the years. I have heard a rumor recently that the area where Washington D.C. is located is a flood plain, and if a lot of rain falls in the area to the west, a lot of water can come rushing down the Potomac River, which is named for an Indian not a Scott. Anyway the rumor is that the only thing Bill Clinton left at the White House when he departed was Franklin D. Roosevelt's hip wader boots, which he kept handy. Of course, one could also invest in rubber Zodiac boats to get around if it flooded. However, since that is a tropical area, if it flooded, more than likely a lot of reptiles would be coming out of the ground. I do not know how far north alligators and crocodiles go, and I do not know if they swim away during severe storms or not. CIO

Note: <888> 09/12/03 Friday 11:10 P.M.: Well, the good news is that September 18, 2003 is the last quarter moon, so the tides should not be too extreme, but the surf more than likely will be a bit rough. If the winds of Hurricane Isabel keep up at 160 miles per hour, it is extremely dangerous, and it will remain a category five hurricane. As I have said many times before when sea water is driven by hurricane winds, it is denser than cement. Sailors take warning. CIO

Note: <888> 09/12/03 Friday 11:00 P.M.: I put two new Polaroid AA alkaline batteries in the Panasonic remote control for the 13 inch Panasonic television in the kitchen. I rinsed about a dozen chilled spinach leaves in the salad spinner underneath cold water, and I spread them across a large dinner plate. I then quartered lengthwise 8 chilled baby carrots, and I spread them across the plate. I then took a chilled plum tomato and I sliced it into 1/8th inch thick slices, and I spread it across the plate. I then put three chilled double tablespoon dabs of chilled homemade hummus, and I spread it across the plate. I then put eight chilled black pitted olives, and I spread them across the plate including one in each dab of hummus. I then spread across the salad a quarter of a diced chilled Bermuda red onion. I then spread across the plates a third of a cup of chilled rinsed sliced mushrooms that I rinsed. I then opened the lid of a chilled 6 ounce can of solid white albacore tuna fish, and I rinsed it underneath cold water squeezing the water out about a half dozen times with the lid. I then flaked it in a bowl with a fork, and I spread it across the salad. I then spread across the salad about 20 Pepperidge Farm generous cut Zesty Italian croutons. I next spread across about three tablespoons of

Athenos garlic and herb feta cheese. I then spread across about two tablespoons of chilled Master Choice grated parmesan and Romano cheese. I then spread over it about 2 ounces of room temperature Monari balsamic vinegar and about 2 ounces of room temperature Italian extra virgin olive oil. I seasoned it with ground black pepper and salt. I had the salad for dinner with a glass of iced tea. I watched the weather channel about Hurricane Isabel while making the salad and eating it. The Weather Channel made one mistake by saying that the hurricane might go out to sea, when the National Hurricane Center shows it tracking towards the Carolinas [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) , of course I would still recommend to people there to prepare for it making landfall. One could always use one's frequent flier miles to go elsewhere, if one felt insecure down in the Carolinas. Technically, it could track a bit northward and even hit Virginia and Washinton D.C. to verify the old British status of Washington D.C. that it is a tropical climate before they discovered air conditioning. More than likely, the hurricane will bring up some warmer weather too . CIO

Note: <888> 09/12/03 Friday 9:35 P.M.: I went out after the last message, and I went by the Greenwich Library, and I read the Greenwich Times. I then drove down by the waterfront, but there was no room to park, since the Indian Harbor Yacht Club employees were using all the parking spaces down there, where a party was going on. Thus I did not have much of a chance to observe the weather front. The wind right now is out of the northeast, so maybe we have a northeastern storm coming in. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. While on my walk, I stopped by CVS, and I paid a dollar to pick up a prescription. I also bought four cans of Star-Kist solid white albacore tuna fish for .88 a can for \$3.52 total. I then completed my walk. I just now returned home, and I had a glass of iced tea. CIO

End of Scott's Notes week of 09/12/03:

Note: <888> 09/12/03 Friday 6:20 P.M.: I rested until 4:30 P.M., when I chatted with a relative. I had two scoops of Edy's low fat praline and caramel frozen yogurt along with a glass of iced tea. I chatted with my relative again. If I get the station wagon to take up to Maine next Tuesday, I will take the day bed in it, and the bolster pillow on the day bed, and its two large throw pillows. Either way with my Hyundai or the station wagon, I will bring up the Bermuda print and a old decoy duck lamp with clipper ship shade that I have in the bedroom on top of the book case on top of the mahogany bureau. I tried calling the name that the person gave me whom ran into me at the Greenwich Hospital Thrift shop this past Tuesday, and it turned out to be a wrong name. Thus, since I did not get a traffic report since the police did not show up, since the People's Bank was being robbed at that time, and since I did not get the person's license plate, I do not have anyway of having the person repay me for the \$55.12 cost of the replacement blinker lens housing that I got at Norwalk Hyundai. Thus next time if anything happens like it again, I will have to get the person's license plate number and hope the Greenwich police show up. It was a dark green jeep Wagoner station wagon, and the person driving it was

a dark skinned British fellow whose wife was from Barbados. Since we have international contacts, and since the person might be using an alias, we will have to keep an eye out. Maybe the person is a real British spy. Of course so many British come and go in this area, he could be just one of the many coming and going. However, the person told me he lived by the Byram veterans club, but I do not feel like prowling through that neighborhood looking for that person. However, I have very good contacts with the Byram veterans, so I will check with them. However, the person since he was English could be back in England already or could be on his way to Barbados or other commonwealth ports. Well whatever, the case at the moment, I am out \$55.12, but when I stayed in old Paradise Island in the Bahamas, which might be brushed by Hurricane Isabel  
<http://www.geocities.com/mikelscott/weather.htm> , it was for a few days in January 1978, it was all for free, so I am still ahead of the deal with the British. I will now send out my weekly notes. CIO

Note: <888> 09/12/03 Friday 2:15 P.M.: I will now shut down the computer, and I will get ready to go out. CIO

Note: <888> 09/12/03 Friday 2:10 P.M.: I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I was thinking about waxing my car, but it is overcast, and hurricane Isabel might be heading up the Atlantic Coast, so we will probably get more rain  
<http://www.geocities.com/mikelscott/weather.htm> . CIO

Note: <888> 09/12/03 Friday 1:00 P.M.: I had ten Wheatsworth crackers. I am listening to <http://www.powerfmradio.com/listen.htm> to the radio station from the Canary Islands. For the weather in Lanzarote try [http://www.powerfmradio.com/weather/weather\\_lanzarote.htm](http://www.powerfmradio.com/weather/weather_lanzarote.htm) . One can request songs at <http://www.powerfmradio.com/request.htm> . CIO

Note: <888> 09/12/03 Friday 12:05 A.M.: I made up a list of items, I am considering hauling up to Maine. I renewed the book on Krakatoa, and it is now due on October 3, 2003. I am a bit tired, so I will read a bit, and then I will go to bed. I will now have two scoops of Edy's low fat praline and caramel frozen yogurt before I read. CIO

Note: <888> 09/11/03 Thursday 10:35 P.M.: I chatted with two relatives a couple of times and a friend. I will still be driving up myself on this Tuesday morning to Kennebunkport, Maine <http://www.geocities.com/mikelscott/137.htm> , however I might be driving a friend's station wagon up, if his insurance allows another driver. Then I would take up the day bed. If not I will drive up my Hyundai, and I would take the day bed up at a later time, maybe later in the fall, when the friend had time to go up. CIO

Note: <888> 09/11/03 Thursday 9:40 P.M.: I had the same summer salad with tuna fish and a glass of iced tea. I chatted with a friend. CIO

Note: <888> 09/11/03 Thursday 8:35 P.M.: I was up about 11 A.M. today. I had breakfast of oatmeal, toast with strawberry jam, pineapple orange juice, vitamins, supplements, and coffee. I went back to bed until about 2:45 P.M., and I then cleaned up, and I went out. I made my 3 P.M. appointment. I then went by the Greenwich Hospital Thrift shop. I noticed they have a 1995 HP laser printer there for \$35, if anyone needs one. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I ran into a local who had just picked up a very nice copy of a picture of the World Trade Center taken in 1993 with St. Paul's Church in between the twin towers. I suggested that she show it to the Greenwich Times. I showed her where their office was, and then I completed my walk. I then drove down by the waterfront, and the usual fishermen were there. I then went by the Greenwich Library, and I read the Greenwich Times. I then returned home, and I received a call from a friend, and he can not drive me up to Kennebunkport next week, so I am not exactly sure what my plans are now. CIO

Note: <888> 09/10/03 Wednesday 11:25 P.M.: Well, I will now have a couple of scoops of Edy's low fat praline and caramel frozen yogurt. I will now shut down the computer, and I will read a bit before going to bed. I also ran the Microsoft updates on the computer. CIO

Note: <888> 09/10/03 Wednesday 11:25 P.M.: Well, I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I still think it is a shame that a great news organization like the Times of London <http://www.timesonline.co.uk/> does not provide its internet content for free. How can we modest people living out in the hinterlands of the English speaking world know what is going on in the broader aspect of the English speaking tradition without being permitted a chance to glimpse the content of the Times of London. I guess the British are becoming more private, and if one wants to know what the English are reading in England, one has to reimburse the Times for the opportunity, so truly the "Free Press" is not free anymore, not to mention high speed internet connections also cost quite a bit of money. Well, I guess one could always read [www.lemonde.fr](http://www.lemonde.fr) translated into English Translated version of <http://www.lemonde.fr/> for a viewpoint on what is happening on the other side of the pond to learn how to live longer in Okinawa, Japan Monde.fr: Eat goyas and you will live more than one hundred years! . I hear tell some old Scottish people live to a ripe old age on mutton and scotch whisky. CIO

Note: <888> 09/10/03 Wednesday 10:20 P.M.: The old broken blinker for the Hyundai and its parts I put in the new blinker box in the hatchback area of the Hyundai. CIO

Note: <888> 09/10/03 Wednesday 10:15 P.M.: Milestones Edward Teller, father of H-bomb, dies - SEPT 11, 2003 . CIO

Note: <888> 09/10/03 Wednesday 9:45 P.M.: I chatted with a friend. I went through my email. CIO

**Note: <888> 09/10/03 Wednesday 8:50 P.M.: I chatted with a relative. I went outside, and I put the black luggage cart in the back of the Hyundai. CIO**

**Note: <888> 09/10/03 Wednesday 7:40 P.M.: I had the same summer salad with a six ounce can of flaked solid white albacore tuna fish along with a glass of iced tea. CIO**

**Note: <888> 09/10/03 Wednesday 6:40 P.M.: I was up a little after 11 A.M. when the weekly test of the NOAA weather radio went off. I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I called Norwalk Hyundai at 203-846-8810, and they told me they had the driver's side front blinker lens housing for my 1999 Hyundai Accent. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then sat out briefly at Bruce Park. I then drove up to Norwalk Hyundai, and I bought the blinkers lens housing for the driver's side front part # HYU 9230522250 for \$52 plus \$3.12 tax for \$55.12 total. The regular service manager told me they are moving down to a locations next to Bonjournos in Stamford this December. The parts manager was from nearby in Greenwich. Norwalk Hyundai is a owned by a dealership network that has several dealerships in Greenwich. I next toured CompUSA, but nothing was on sale. I then went to Wal\*Mart , and I bought a 120 tablet bottle of Spring Valley Glucosamine 500 mg. and Chondroitin 400 mg. double strength for \$17.84 and a bottle of NuFinish the once a year car polish for \$4.74 plus .28 tax for \$22.86 total. I noticed Wal\*Mart is selling a Compaq desktop computer with 17 inch monitor for \$500. Also Wal\*Mart sells a car battery for my Hyundai for \$40 when I need one. Sears sells one for the Hyundai for \$60 to \$70, and Norwalk Hyundai sells one for \$80. However, in batteries, one tends to get what one pays for in terms off usage, and although the Wal\*Mart battery is an excellent value at \$40, it only has a two year warranty. I might consider it when I need a battery, and of course I would have to install it myself. I next returned home. I took out the broken blinker housing on the Hyundai, and I removed the broken plastic support bracket that was held on with a Phillips screw, and I installed the new blinker assembly which came with a new electrical fitting and new orange bulb, and I fastened it with the Phillips screw. It is also secured by two plug-in mounts. I also pulled out the bumper a little bit to align it with the blinker housing. I tested the blinker and its parking light, and they work just fine, and it looks just fine. When I get a clear cooler day, I will take my Hyundai to the Old Greenwich Car Wash, and then I will bring it back to my apartment building, and I will wax it with the NuFinish car polish. I will contact the person whom ran into me yesterday tomorrow about paying for the replacement blinker housing. CIO**

**Note: <888> 09/10/03 Wednesday 4:05 A.M.: Well, I am tired, so I will now shut down the computer, and I will go to bed. For the latest information on yesterday's events in Greenwich, Connecticut try <http://www.greenwichtime.com/> . CIO**

Note: <888> 09/10/03 Wednesday 3:45 A.M.: According to this web site <http://www.housefabric.com/categorysubview.asp?CategorySubID=194&CategoryID=97> silk damask goes for \$30 for a one yard by 54 inch piece or \$60 for two yards which would be 27 square feet. Thus if my three damask pillows if they are damask are two foot by two foot with two sides time three pillows, I have 24 square feet of damask cloth in them, so I have about \$60 value of cloth on my damask pillows plus the cost of the stuffing inside of them and making them. Thus I got an excellent value at the Greenwich Hospital Thrift shop without having to search all over the nation. Of course if one made the pillows one would not be able to get six 2 foot by 2 foot sections out of a two yard by 4.5 foot piece and one would actually need three yards to make them with left over cloth, so it would cost \$90 in fabric plus the makings. However, I am not that good on material, so I am not exactly sure it is damask or not. I remember, I once was moving a friend's godmother from her modest three room waterfront cottage on 40 acres in Oyster Bay, Long Island to a modest house by the fire station in Locust Valley, Long Island nearby on a few very cold February nights in 1975, and while moving his godmother, he found a box full of damask material of vintage age, and he thought it was very valuable, so he brought it to her attention, and she seemed to think it was just waste cloth. Also the main house on the property in Oyster Bay had burned down around 1926, and since it was more of a summer house, they never bothered rebuilding, so it was a park like setting in a rather opulent area. One could imagine individuals like the Duke and Duchess of Windsor having enjoyed that location on visits. Also the Duke of Windsor is supposed to have been born on June 23, 1894, so more than likely if he is still alive, he is at one of those locations where they do not bother older people. I bring this point up, since the Duke of Windsor supposedly died in the late spring of 1972 ON THIS DAY June 5 1972 Duke of Windsor laid to rest , but around October 1973, while I was standing on the court yard of St. Bartholomew's Church Saint Bartholomew's Church - Manhattan - 50th St. at Park Avenue, NY NY in Manhattan viewing the Waldorf Towers, I recognized him going into the Waldorf Towers, so more than likely it was him, since only he would have access to his apartment at the Waldorf Towers, unless he had a relative that looked like him at the time. Also the friends on Long Island also attended St. Barts. Thus either it was him or a ghost. If he were alive today, he would thus be 109 years old, which is conceivable, since thin people tend to live longer. Thus I always remembered that damask was not too common or inexpensive. I think they use to use it for the drapery material in the old royal palaces too, since it is a heavier material, and it kept out the drafts on cold nights. Also the lady's home in Locust Valley was near a small pub I think called Sporters where the local youth would gather on cold nights after skating at the Winter Club, so it definitely was a Nordic group of people, and possibly Dutch since a number of them were always wearing orange parkas. I remember that they use to sell Norwegian Ringness beer in Oyster Bay as well as in North Salem, New York at the delicatessen by I-684 at around exit 6 near the sons of Oslo meeting house or just east of the Horse and Hounds pub. Now that the rich and famous can afford to travel to the tropics, they do not seem to worry about keeping their homes up north warm and comfortable in the winter. I suppose since the Harriman family that helped get the Bushs started in business, and since the

Harrimans were well known for having a house in Barbados amongst other places, more than likely the Bushs will turn off the heat sooner of later in the White House to go to warmer locations, and the Harriman's more than likely will not heat Arden House, since for the cost of heating Arden House, they can be very comfortable in the tropics. Whatever, the case the old time northern people whom have to weather the colder winters are use to spending the warmer summer months getting ready for the colder winters. Thus when I lived in Key West, I saw lots of people with large homes up north, whom had modest size houses in a warmer climate where they were more comfortable. Since nobody ever looks me up when they visit Greenwich except a few people from further north of me during the colder months, I guess my apartment here is more of a place for cold weather people, because in the winter, it can be very cold in my apartment, since I only spend about a dollar a day on average for electric heat to stay warm above the other electricity costs, and the apartment tends to be a bit cool and drafty, although the temperature inside is usually between 68 degrees Fahrenheit and 72 degrees Fahrenheit, it always seems colder. Of course on colder days, which we occasionally get here, the heat can be \$2 to \$4 a day. On my electricity bill which averages \$91 a month on a yearly basis, I think the most I have paid on the coldest winter months is \$240 for particularly cold months, which would mean about \$5 a day on electric heat to keep it at the regular temperature of 68 degrees Fahrenheit to 72 degrees Fahrenheit. Thus with electricity going up 10% in this area, and with what looks like a colder winter coming, I will have additional costs for electric heat, which I will have to cover. I have solved part of the problem by keeping a warm comforter on my bed in the winter. I also run an electric fan on the window shelf in the living room to circulate the heat away from the window wall and into the room instead of letting it all rise into the false ceiling area. I also tend to wear sweat pants to stay warmer with a jersey shirt, and I keep long underwear for the colder days. CIO

Note: <888> 09/10/03 Wednesday 2:05 A.M.: I always keep forgetting that I have Hypoglycemia <http://www.hypoglycemia.org/>, so I need to watch my diet. I guess I should read up more on the subject. Recently for the last 11 years, I have not drunk alcohol except a couple of times. However, when I wake up, I put two teaspoons of sugar in my coffee and two teaspoons of sugar on my oatmeal, and I also have a 12 ounce glass of orange juice which has fructose. Thus I am probably getting too much sugar in my first meal of the day, which tends to make me tired. CIO

Note: <888> 09/10/03 Wednesday 1:45 A.M.: This could be handy for commuting from the North Shore of Long Island to the South Shore of Connecticut for those of you whom can not afford the toll or the time to go back and forth across the great divide [Forbes.com](http://Forbes.com): [A Car That Runs On Water](#). Of course, one would need to use the boat ramp at Grass Island here in Greenwich to get the car out of the water. CIO

Note: <888> 09/10/03 Wednesday 12:25 A.M.: I went out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. The fire on the uppermost east block of Greenwich Avenue in the old building complex that use to



be a livery stable started in the upper parts of the building. The building is owned by Sutton real estate. From the outside, it is hard to tell whether the building can be restored or not, since I am not aware of the damage inside. From the outside, it pretty much looks the same. The fire and electrical departments were still there. As I was departing the bench by the veterans monument, the skunk was just approaching the area. I believe the skunk lives in a hole behind the veterans monument. I next drove down by the waterfront, and it was high tide during a full moon in the beginning of the fall season, which usually means higher tides than normal. However, the tide chart shows it is just a normal tide <http://www.maineharbors.com/ct/sepgrw03.htm> . The tide was about 2.5 feet from the top of the pier at the end of Steamboat Road. The conventional wisdom of the old timers whom watch that area is that when the pier is flooded, the tide is also overflowing into the streets of Manhattan. I am not sure if that is still correct with the newer breakwaters in Manhattan. I stopped and chatted with some regular fishermen at the Royal Bank of Scotland. I next went to the Food Emporium, and I bought two 1.75 quart containers of Edy's low fat frozen yogurt vanilla chocolate swirl and vanilla black cherry swirl at buy one get one free price of \$5.49 both, two half gallons of Florida Natural orange juice with calcium for \$1.89 each, and two Stouffer's 16 ounce dinner style hearty portion pot roast meals for \$1.80 each for \$14.34 total. I then returned home, and I had a three scoops of Edy's low fat frozen yogurt praline and caramel flavor. I have had three crank fax phone calls this evening, and when I dial \*69, they say that the number can not be identified that method, so it is some prankster that is able to shield their telephone number. This has been a constant irritation to people in this building over the years, and the telephone company never seems to have been able to resolve the problem. My theory is that like in the spring when the so called travelers come up north from Murphy, North Carolina and cause havoc in this area as they swindle their way up north, they might be back on their return journey south up to the same tricks. The FBI keeps a close tab on this well known group of con artists and swindlers, and I have a feeling more and more of them are being apprehended in their travels with modern surveillance techniques. CIO

Note: <888> 09/09/03 Tuesday 9:20 P.M.: I chatted with a friend. I will now dress a little bit more warmly, and I will go down and check out the remains of the day. CIO

Note: <888> 09/09/03 Tuesday 8:50 P.M.: I had the same summer salad with a six ounce can of flaked crab meat along with a glass of iced tea. Before dinner, I also chatted with a friend. CIO

Note: <888> 09/09/03 Tuesday 7:10 P.M.: I had 20 Wheatsworth crackers before going to bed this morning. I was up at 11 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I fell back to sleep until 2:30 P.M.. I cleaned up, and I went out about 3:30 P.M.. I went by Putnam Trust Bank of New York on Mason Street. I then went to the Greenwich Hospital Thrift Shop. As I was entering the parking area, and I was

at a stand still, a patron backed in the driver's side front of my car, and broke the driver's side orange blinker light. We called the police, but the police did not respond. I was able to straightened up the head beam light, and the broken blinker light lens had come out of its housing. I was able to reinstall the broken blinker lens assembly, and it looks all right, but I will have to replace it when I have time to get a replacement part. A slight edge of the housing around the blinker lens assembly is bent in about a quarter of an inch. Still, it looks all right for now. This all took about a half hour. The person that ran into me was from England and Barbados, and he offered to pay for the damage, but I could see that he was in a rush, so I let him go for goodwill between the British and the Americans. He was buying a bicycle for his grandson. We discussed British American affairs for a while. I went into the Greenwich Hospital Thrift shop, and I bought three 2 foot by 2 foot stuffed beige damask pillows for \$7.50 each for \$22.50. I departed the Greenwich Hospital Thrift shop about 4:35 P.M., and I quickly learned why the Greenwich Police had not responded, although after 15 minutes we had cancelled the call. At the top of Greenwich Avenue in the store and apartment complex across from Marx Brother's where the delicatessen is there had been a major three alarm fire this morning. No one was hurt, but the fire department trucks and the hazardous waste trucks were still on the scene. The building complex looked badly damaged. I went down to the center of Greenwich Avenue, and I parked, and I went for my usual walk. I walked lower Greenwich Avenue, and there were a large number of police cars at People's Bank at the bottom of Greenwich Avenue on the west side had just been robbed. It looks like the were starting their investigation. I decided not to complete my walk because of the karma of the day, but I guess I was fortunate to have gotten into the small traffic accident at the Greenwich Hospital Thrift shop, or I could have been easily walking by the People Bank, when they were robbed. I next went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Stop and Shop, and I bought a 10 ounce box of sliced fresh mushrooms for \$1.50, a bag of baby carrots for \$1.50, Athenos garlic and herb feta cheese for \$3.87, and a 10 ounce bag of fresh spinach for \$1.50 for \$8.37 total. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then returned home, and I sewed up a small two inch opening on the seem of one of the throw pillows. I then put them on either end and the center of the long green couch with the two small darker green pillows in between. I put the large beige flowered pillow on top of the other two pillows on the day bed. I had a glass of iced tea. I will check with Norwalk Hyundai tomorrow what the replacement cost is for the lens on my 1999 Hyundai accent passenger side blinker lens. It just snaps in without nuts or bolts. CIO

Note: <888> 09/09/03 Tuesday 1:10 A.M.: I went through my email. I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now shut down the computer. I guess I will either read or go to bed soon. CIO

Note: <888> 09/09/03 Tuesday 12:30 A.M.: I finished off the bag of corn chips with a glass of iced tea. I also had a Stop and Shop caramel popcorn cake. CIO

Note: <888> 09/08/03 Monday 11:25 P.M.: I had the same summer salad with a six ounce can of flaked white solid white albacore tuna fish and a glass of iced tea. I chatted with a friend and two relatives. I finished running the updates on the IBM Cyrix backup computer. I have previously set it up to work with the U.S. Robotics external modem, which at the moment is connected to the Dell backup. I also installed the Siemens LAN printer driver, and I set it up for the three printers in the living room, which it will work with, if it is connected to the LAN cable. I tried installing the Hard Disk monitoring program on it, but it does not work on it. I am running Norton Speed Disk on it now. I chatted with a jogger outside the Hospital Thrift shop about arthritis today. The jogger claimed that Hyaluronic Acid works very well for his arthritis. I searched it at Goggle, and I came up with story on it by ABC news yesterday [ABCNEWS.com](http://ABCNEWS.com) : PrimeTime: Japanese Fountain of Youth . I also found a couple of sites which sell it for about \$30 for month's supply at 3 pills a day or about a dollar a day. Arthritis Research & Therapy Abstract Intra-articular hyaluronan (hyaluronic acid) and hylans for the treatment of osteoarthritis: mechanisms of action . There are these sites which sell it Synthovial 7 - Hyaluronic Acid and Ultimate H.A. (Hyaluronic Acid) Formula by Purity Products - 90 Capsules from this search Google Search: hyaluronic acid . Well, I will have to look into it. I am not sure if the VitaminShoppe carries it. Their web site has to back order it. On the IBM Cyrix backup computer, I put the keyboard on top of the monitor, and I put the mouse on top of the CPU. I have reconnected the AMD backup computer to the LAN cable. CIO

Note: <888> 09/08/03 Monday 7:35 P.M.: I was up at 9:30 A.M. today. I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I went back to sleep until 1 P.M.. I then cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. They had the fall merchandise on display and lots of people were shopping the new items. I bought for \$20 a like new Dell 17 inch color monitor model 1028L. It was made about four years ago. I then drove down by the waterfront. I next walked lower Greenwich Avenue. I made my 4 P.M. appointment. I then walked upper Greenwich Avenue. I then returned home. I installed the Dell 1028L monitor with my backup Dell computer. The Windows drivers installed plug and pray, and I also installed the Linux driver for the monitor. I also ran the Red Hat Linux 9.0 updates. I took the Royal 17 inch monitor, and I put it with my AMD backup computer on the brass and glass coffee table on top of the Danish desk in the bedroom. Its drivers also installed plug and play. I moved the Panasonic electric typewriter below the side board in the bedroom. I then put the Nec XP17 17 inch monitor on the right side of the sideboard. I connected the IBM Cyrix 233 MHz backup computer to the left of the Nec Monitor in the center of the sideboard. I connected a power strip with ground fault interrupter to the left of the IBM Cyrix backup computer. I put the keyboard on top of the CPU, and I have the mouse pad and the mouse on top of the monitor. It has a Lan card, but no telephone modem. I installed the Nec XP17 driver on it. I connected the LAN cable from the AMD backup to the IBM backup, and I am running the updates on the IBM backup right now. The IBM Cyrix 233 Mhz, I

believe has 128 megs of memory, and a six gigabyte hard drive. It uses on board video and sound. I do not have speakers or a microphone installed on it. I just have it set up in reserve. I will configure it to work with the Siemens routers for the printers. I adjusted all three of the monitors' settings. The new Dell 1028L monitor goes up to 100 MHz, but I just have it set at 85 Mhz. CIO

Note: <888> 09/08/03 Monday 12:15 A.M.: I will now shut down the computer. I will read a while before going to bed. CIO

Note: <888> 09/08/03 Monday 12:05 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I had a bowl of white corn chips and a glass of iced tea. CIO

Note: <888> 09/07/03 Sunday 10:30 P.M.: I took about 7 ounces of water, and I heated it in my microwave pottery cup with a sail boat on it by pressing the "beverage" button on the microwave. I then put 1.5 teaspoons of sugar in another cup and a Salada green tea bag, and I poured the water over it. I am letting it steep for three minutes. I will then put in about about 1.5 ounces of lemon juice, and I will have a warm cup of green tea for a change. Well, I guess I can pretend I am in "Jolly Old England" on a cool evening. CIO

Note: <888> 09/07/03 Sunday 10:20 P.M.: Cup of tea Tea Time - Move over, gourmet coffee. Make room for artisanal loose leaf tea. . CIO

Note: <888> 09/07/03 Sunday 9:50 P.M.: I had four ounces of white corn chips and a glass of iced tea. CIO

Note: <888> 09/07/03 Sunday 9:30 P.M.: I finished the C: drive to the D: drive backup in seven parts. I also ran the utilities. While doing this, I had dinner of the same summer salad with flaked solid white albacore tuna fish and a glass of iced tea. I also watched President Bush's speech on television. CIO

Note: <888> 09/07/03 Sunday 6:30 P.M.: I went out after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS on my walk, and I bought four 6 ounce cans of Star Kist solid white albacore tuna fish for .88 a can and a 26 ounce spray bottle of Windex original glass cleaner for \$2.50 plus .15 tax for \$6.17 total. I then completed my walk. I then drove down by the waterfront. I next went by the Stop and Shop, and I bought a 13.5 ounce bag of Frito-Lay Tostitos 100% white corn restaurant style chips for \$2.50. I then returned home. I have quite a bit of food, cleaning supplies, toiletries, and paper products stocked up in my apartment, which I buy when they are on sale to save money. I will now run Norton Disk Doctor. I will then run Norton WinDoctor. I then will do a C: drive to D: drive backup. I then will run Norton SpeedDisk. CIO

Note: <888> 09/07/03 Sunday 3:05 P.M.: I read a bit. I rested a bit. I chatted with a relative. I had two scoops of Edy's low fat frozen yogurt caramel and praline flavor. I will now shut down the computer, and I will clean up. I will then go out. It is rumored that it is a nice day. CIO

Note: <888> 09/07/03 Sunday 1:40 P.M.: I was up at 8 A.M., and I went back to sleep. I had a call from a friend at about 10 A.M.. I finally woke up at noon. I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I watched some news. CIO

Note: <888> 09/07/03 Sunday 1:40 A.M.: I will now shut down the computer. I will go to bed soon. I will have a couple of Stop and Shop caramel popcorn cakes and some iced tea. CIO

Note: <888> 09/07/03 Sunday 1:30 A.M.: I finished going through my email. CIO

Note: <888> 09/07/03 Sunday 1:20 A.M.: The Dalai Lama Begins 16-Day U.S. Tour -- Beliefnet.com . CIO

Note: <888> 09/07/03 Sunday 1:00 A.M.: I installed Fresh UI: Free tweaking tool. Configure and optimize your Windows system (Windows XP, 2000, Me, 98, 95, NT). I used it to change two settings. I set the Level 2 cache to 256, and I enabled UDMA. The system rebooted all right, but I do not notice any differences at the moment. CIO

Note: <888> 09/07/03 Sunday 12:20 A.M.: I ran Spybot, and it removed more spyware. I also selected the "immune" option in Spybot. CIO

Note: <888> 09/06/03 Saturday 11:45 P.M.: I am about to install and run Spybot - Search & Destroy - Download.com - Free downloads, shareware, and more. . CIO

Note: <888> 09/06/03 Saturday 11:35 P.M.: More tunes Story: How to turn your PC into a super radio - ZDNet . CIO

Note: <888> 09/06/03 Saturday 10:50 P.M.: Well that fixed the problem. I now get the default Internet Explorer MSN search page when I enter a nonexistent URL. I also removed the C:\Programs\IncrediFind\ folder. Well, it took a while to figure out, but as usual with a little bit of patience and searching, one can usually resolve problems on systems using the internet. CIO

Note: <888> 09/06/03 Saturday 10:45 P.M.: I found this page about Internet Explorer hijacking http://www.spywareinfo.com/articles/hijacked/ . I downloaded and installed "HijackThis" linked from the page. In running it, I found this entry for Internet Explorer ".02-BHO:NavErrRedir Class ..... C:\Programs\IncrediFind\BHO\BHO.dll". I will now select it for removal, and see if that fixes the www.sirsearch.com redirection problem. One should NOT remove

all the "HijackThis" entries, since they are part of the Internet Explorer configuration. CIO

Note: <888> 09/06/03 Saturday 10:05 P.M.: I chatted with another friend. CIO

Note: <888> 09/06/03 Saturday 9:25 P.M.: The fireworks from Playland in nearby Rye, New York seem louder tonight. CIO

Note: <888> 09/06/03 Saturday 9:15 P.M.: I created a weather folder on my desktop, and I put the five weather program icons in the weather folder. CIO

Note: <888> 09/06/03 Saturday 9:05 P.M.: I installed Registry Mechanic <http://www.winguides.com/regmech/> , and it found 600 registry problems, but it will not fix them since it is just a demo. I then installed System Mechanic <http://www.iolo.com/sm/> 30 day demo, and it fixed about 200 registry entries, and it cleaned up a lot of hard disk space of useless files. It freed up about 65 megs of space. I ran Norton WinDoctor. I made a backup with System Restore, and then I erased all my system restore backups except the most recent. One can do this by right clicking on the C: icon, and selecting properties where there is disk cleanup tool. However, it normally takes a while, but there is a registry entry one can change to make it work faster [Brian Livingston Disk Cleanup Tip](#) . I have about 3 gigabytes of free space available on the C: drive. CIO

Note: <888> 09/06/03 Saturday 7:45 P.M.: Other side of the planet books in English <http://home.freeuk.com/russica4/> .

Note: <888> 09/06/03 Saturday 7:20 P.M.: I chatted with two different friends and two relatives. I watched some of the evening news while I made the same summer salad that I have been eating recently. I also made up a fresh batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> . This time in the homemade hummus, I used two 4.25 ounce cans of crushed olives and 1/8th teaspoon of Old Bay seasoning, and 1/4 teaspoon of red cayenne pepper along with all of the other usual ingredients. On the salad, I used a can of chopped Roland sardines along with the sardine oil for the fish in the salad. I had the salad with a glass of iced tea. CIO

Note: <888> 09/06/03 Saturday 5:10 P.M.: I went out after the last message. I went by the Arnold bakery outlet, and I bought a loaf of Freihofer's 100% wheat bread for \$1.29 less senior discount of .13 for \$1.16 total. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times. I then went by Exxon, and I bought \$7.35 of regular unleaded gasoline at \$2.059 a gallon for 26 miles per gallon. I just now returned home, and I had a glass of iced tea. CIO

**Note: <888> 09/06/03 Saturday 2:05 P.M.: I had two peanut butter sandwiches and a glass of iced tea. I will now turn off the music. I will shut down the computer. I will clean up, and I will go out. CIO**

**Note: <888> 09/06/03 Saturday 1:30 P.M.: I am now listening to "American Pie". I remember when I was in Bermuda in the spring of 1968, the song by Otis Redding, "The Dark of the Bay" was very popular. I have a few DVDs that I burned with vintage Beatles and Elvis music along with a few other songs. I keep them by my TEAC DVD player underneath the Orion television. One has to press VCR on the amplifier to enable the TEAC audio. I also have the same songs on my primary and Dell backup computers for listening enjoyment. I have the Plantronics DSP 500 headsets audio drivers loaded instead of the Creative Live MP3+ drivers, but it is easy to switch between them with the "Sounds and Audio Devices" icon I have on my desktop in case one wanted to listen with the computer speakers setup. I normally do not listen to much music, except on Saturday when I do my house cleaning, so I do not disturb my neighbors. CIO**

**Note: <888> 09/06/03 Saturday 1:10 P.M.: I was up at 8 P.M., and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I just finished my house cleaning and watering the plants. I have been listening to some vintage Elvis and Beach Boys music while doing my house cleaning. CIO**

**Note: <888> 09/05/03 Friday 10:45 P.M.: I chatted with a relative. I watched the news on Bermuda. I am a bit tired, so I will shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 09/05/03 Friday 9:30 P.M.: I chatted with a relative. I took about ten chilled spinach leaves, and I broke them into two to three inch pieces, and I rinsed them underneath cold water in the lettuce spinner, and I spread them on a dinner plate. I then took eight chilled baby carrots, and I split them lengthwise into quarters, and I spread them across the plate. I then sliced into 1/8 thick slices a chilled plum tomato, and I put it on the plate. I then put three double tablespoon dabs of the homemade chilled hummus <http://www.geocities.com/mikelscott/hummus.htm> on the plate. I then put eight chilled pitted California black olives on the plate including one in each dab of hummus. I then put a quarter of a diced chilled red Bermuda onion on the plate. I then added about 20 Arnold regular seasoned cheese and garlic croutons to the plate. I then thin sliced into 1/8 inch thick slices three chilled mushrooms, and I spread them across the plate. I then rinsed a six ounce can of chilled pink crab meat, and I drained it with the lid on several times. I then flaked it, and I put it on the salad. I then added about three tablespoons of the chilled Athenos grated herb and garlic feta cheese. I then added about two tablespoons of the chilled Stop and Shop low fat grated parmesan cheese. I next added about 1.5 ounces of the room temperature Monari balsamic vinegar and about 1.5 ounces of the room temperature Italian extra virgin olive oil. I seasoned the salad with ground black**

pepper and salt, and I had it for dinner with a glass of iced tea. I adjusted my Nvidia video card color settings. CIO

End of Scott's Notes week of 09/05/03:

Note: <888> 09/05/03 Friday 6:55 P.M.: Well, I analyzed the web site redirect problem, and it looks like it did not come from CNN, but it first showed up when the CNN Fortune web site was not working, and I was redirected to [www.sirsearch.com](http://www.sirsearch.com). Somehow a few days ago, I logged onto a web site or installed a program that added the Sir Search toolbar to my web browser beneath the Google tool bar. I am not sure how it got there exactly, but it might have come from a redirected download that I installed. Anyway, once it installed it changed my default web browser "DNSERROR" search page from <http://search.msn.com> to [www.sirsearch.com](http://www.sirsearch.com). I removed the Sir Search Tool Bar, and I also removed the spyware it includes with Ad-aware 6.0 [www.javasoftusa.com](http://www.javasoftusa.com). However, it still left the SirSearch page being redirected by euniverse.com coming up instead of <http://search.msn.com> for "DNSERROR". Well, I tried to fix this by reinstalling Internet Explorer 6.0 SP1, but it will download, but it will not install on my computer for some reason, and I get a Windows XP compatibility error on installation. After trying to install it a number of times I gave up. I reinstalled the Nvidia Media center again and updated the video card driver with the recommended Microsoft driver. Well, anyway this all took some time, and the system is basically running fine. I finished off the Danish cookies about five of them. I also had two Stop and Shop caramel popcorn cakes. Thus I now do not think the Time Warner AOL CNN Fortune was responsible for the redirection, but its sight just showed the effect when their site did not work. The SirSearch toolbar had already appeared on my computer before this error. Although, the SirSearch toolbar looks interesting, it has a lot of spyware attached to it, so I would not recommend it. I can not find out or figure out how to return Internet Explorer to return the default <http://search.msn.com> web page for a "dnserror". I do think euniverse is up to mischief. I will now send out my weekly notes. CIO

Note: <888> 09/05/03 Friday 2:45 P.M.:

<http://lists.insecure.org/lists/microsoft/2003/Jul-Sep/0004.html> information on cross scripting problem. CIO

Note: <888> 09/05/03 Friday 2:45 P.M.: I was up at 8 P.M. today, and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I went back to bed until 1 P.M.. I had two scoops of Edy's low fat frozen yogurt caramel and praline flavor. I studied the Internet Explorer problem which now does not redirect "dnserror" errors to <http://search.msn.com>, but instead redirects to a "euniverse.com" Url and then to a "sirsearch.com" url. I found this web page which might have some information on the problem, but not the fix [http://www.scip.ch/publikationen/advisories/2003-01-msn\\_search\\_cross\\_site\\_scripting/scip\\_advisory\\_2003-01\\_msn\\_search\\_cross\\_site\\_scripting.txt](http://www.scip.ch/publikationen/advisories/2003-01-msn_search_cross_site_scripting/scip_advisory_2003-01_msn_search_cross_site_scripting.txt). I tried deleting my cookies and running



Ad-aware. However, the problem still persists. Basically, I can not find any reference to the problem at Microsoft's web site. Possibly CNN was the victim of a hoax, but since it seems CNN would control its web page content, possibly they inserted the script into their web page to redirect traffic away from <http://search.msn.com> to "euniverse.com" and to "sirsearch.com", which would imply an AOL Time Warner CNN Fortune collusion on the script included in their web site. When it happened the link from CNN to the Fortune article would not work. CIO

Note: <888> 09/04/03 Thursday 11:35 P.M.: Well, I am done with my evening's work. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 09/04/03 Thursday 11:15 P.M.: Here are weather links to Hamilton, Bermuda <http://www.bbc.co.uk/weather/5day.shtml?world=6251&links> and <http://www.weather.bm/>. Somehow, when I tried to log onto [www.fortune.com](http://www.fortune.com) I got a cookie or some other bug in my web browser, and this page now comes up <http://www.sirsearch.com/>. It was actually a CNN web page linked to a Fortune article on young people <http://www.fortune.com/fortune/40under40/richest> whom seem to have money. Whatever, the case it still pops up occasionally in my web browser instead of the usual page for non existent web sites, which I think should be investigated by CNN about the web site operator it directs traffic too. I have not read any stories about it. Particularly it comes up for non existent web addresses. A whois search at [www.netsol.com](http://www.netsol.com) does not tell me anything about the web site operator. It also seems CNN got around to looking around up north and noticed the hurricane heading towards Bermuda <http://www.cnn.com/2003/WEATHER/09/04/hurricane.fabian/index.html>. CIO

Note: <888> 09/04/03 Thursday 10:10 P.M.: This is a good link to the current situation in Bermuda vis a vie Hurricane Fabian <http://www.ssd.noaa.gov/PS/TROP/DATA/RT/watl-vis-loop.html>. CIO

Note: <888> 09/04/03 Thursday 10:00 P.M.: According to this link <http://www.sharkoil.bm/satellite>, it might be to late to leave Bermuda, since the NOAA satellite photo shows Hurricane Fabian approaching Bermuda. I guess one could study my tropical weather page [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) for more information.

Note: <888> 09/04/03 Thursday 9:40 P.M.: I chatted with a relative. I had the same summer salad as I have been eating recently with a 6 ounce can of flaked white solid white albacore tuna fish. I noticed at <http://www.nhc.noaa.gov/ftp/graphics/AT10/refresh/AL1003W5+GIF/042253W5.gif> that Hurricane Fabian is suppose to pass over Bermuda with 125 mile per hour winds on Friday evening. I suppose it is a rough sea out there. If someone wanted to leave Bermuda whom has already not done so, there use to be some veteran retired pilots around here whom could probably do the job. It is less than an hour to Bermuda by private jet to pick up any old fishermen who do not want to weather

the storm. I have a feeling this is a very intense storm, since it looks like it will pass directly over Bermuda. There is probably more information on Bermuda's current situation at <http://www.bermuda.com> . Bermuda originally got very popular when one of Queen Victoria's daughters married a wealthy Canadian, and it was too cold in Canada, so she spent most of her time in Bermuda. I suppose various relations to Queen Victoria still visit Bermuda and keep homes there. I believe also wealthy United States families like the Rockefellers, Forbes, Perots, and many other more private families have homes there. More than likely there are some "Old Guard" British or Commonwealth retirees there. Of course a lot of the British commonwealth people have sea faring experience, so they are not afraid to weather out the storm. Still, today with modern transportation, it would probably still not be too difficult to get anyone off the island, if they should chose to do so. I will keep a keen eye out in this area in case I see anyone that looks like relatives of Queen Victoria having escaped Bermuda. However, owing to the world situation of political unrest more than likely more private people have other areas to escape too and probably would not want to come to this area, since it might rain here too. Of course there are probably some people on vacation there, and there are probably some native residents of Bermuda whom might feel uncomfortable. I use to know a man here that wore a red and white checkered shirt to symbolize his affiliation with the International Red Cross, so maybe he would know more. It seems very calm and peaceful here locally, since the children are returning to school. Well, anyway I guess one could study the Bermuda web site to see what is exactly the situation there. I remember the British and the United States Navies use to maintain bases in Bermuda, so more than likely the military might have some sort of capabilities. I also recall knowing people whom sailed in yachting races to Bermuda. Whatever, the case maybe they are choosing to enjoy the fall weather in Mackinac Island <http://www.mackinac.com/> where Henry Ford's family use to enjoy summer vacations. However, since the economy is tight, more than likely people are just sitting home and reading a book and weathering out the storm. Of course, when I lived in the Florida Keys, I was constantly reminded by the locals that sea water when driven by hurricane winds is denser than cement, so maybe Bermuda might have a problem. It is hard to tell. Still, it is not very busy here, so maybe they might want to visit here. CIO

Note: <888> 09/04/03 Thursday 7:50 P.M.: I installed Ad-Aware from [www.lavasoftusa.com](http://www.lavasoftusa.com) on the AMD backup computer in the bedroom. I am running it now. I will update Ad-aware on the Dell backup, and I will run it. CIO

Note: <888> 09/04/03 Thursday 7:30 P.M.: I installed PanteraSoft HDD Health on the two backup computers and their hard drives are fine. I had to reboot the AMD backup computer in the bedroom to get it to work. The C: drive on the AMD backup computer does not have that many boots. However, the D: drive on the primary computer, and the D: drive on the Dell backup and the C: and D: drives on the AMD backup have about 400,000 to 500,000 minutes. The C: drive on the Dell Backup has over a million minutes. However, the C: drive on the primary computer has only about 50,000 minutes and about 650 boots. However, although the D: drive

on the backup computer has a bit of usage, it has only been used as a backup drive, which means every two weeks to a month, I make a backup on it, so it does not actually have that much usage, other than being turned on. I think all of my drives are Maxtor. CIO

Note: <888> 09/04/03 Thursday 6:40 P.M.: I went out after the last message, and I made my 3 P.M. appointment. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times. I next read P.C. Magazine. I found this web site <http://www.panterasoft.com/> that has a free hard disk monitoring program that lets one know if their hard disk is close to failing and lots of other information on one's hard drives. I installed it on my primary computer, and both hard drives are fine. I will shortly install it on the two backup computers. CIO

Note: <888> 09/04/03 Thursday 2:30 P.M.: I will now go back out. CIO

Note: <888> 09/04/03 Thursday 1:50 P.M.: I went out, and I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop, but they are closed until this Monday when they put out their new display of merchandise. I then drove down by the waterfront. The great heron was down by the waterfront. I could not tell whether it was blue, grey, or brown, but it is taking refuge here. I then went by the Food Emporium, and I bought four 36 ounce bags of Eight O'clock Hazelnut coffee beans for \$4.99 each bag, a 8 ounce jar of America's Choice low fat peanut butter for .99, a 40 bag box of Lipton green tea \$3.29, two packages of low fat Quaker rice cakes lightly salted for \$2.19 each, McCormick ground cumin \$4.19 1.5 ounces, McCormick ground coriander 1.25 ounces \$3.99, a eight ounce container of Master Choice grated parmesan and Romano cheese \$3.79, a 100 bag package of America's Choice tea bags \$2.19, a 6 ounce package of Arnold Cheese and garlic regular cut croutons .99, a 100 count box of Militta naturally brown unbleached #4 coffee filters for \$3.99, two red Bermuda onions at .99 a pound \$1.39, a bulb of loose garlic at \$2.99 a pound for .63, plus .24 tax \$50.08 total. I then went by the Stop and Shop, and I bought a 10 package box of 10 one quart packages of S&S dry milk for \$6.99, a 1.75 quart container of Edy's low fat praline and caramel frozen yogurt for \$1.99, a box of Twinings five bags per package of five different types of tea 25 total for \$3.19, two six ounce cans of Star-Kist solid white albacore tuna fish .78 each, and two 18 ounce jars of Jif low fat peanut butter for .78 each for \$15.29 total. I then returned home, and I put away my purchases. I had two peanut butter sandwiches with a glass of iced tea. I will now have a cup of coffee. I also have two 13 ounce bags of Eight O'clock hazelnut coffee beans I bought a couple of months ago. I should have enough coffee to last me almost through the winter, unless a lot of people show up visiting drinking coffee. I will now have a cup of coffee the way I make it when I wake up. When I have my first cup of coffee of the day, I put in about 10 ounces of water or the carafe mostly full into the black Krups espresso cappuccino machine and I fill the coffee holder with ground Eight O'clock hazelnut coffee from the

Braun coffee grinder, and I brew a cup of coffee in the carafe which I have with 1.5 teaspoons of sugar and milk.

Note: <888> 09/04/03 Thursday 10:00 A.M.: Well, I will now put the ice tea in the refrigerator. I will shut down the computer, and I will go out shortly. I have a 3 P.M. appointment today. CIO

Note: <888> 09/04/03 Thursday 9:50 A.M.: I cleaned up. CIO

Note: <888> 09/04/03 Thursday 9:45 A.M.: According to this <http://www.qe2.org.uk/itinerary.html> , the Queen Elizabeth II cruise ship is out there in the middle of the Atlantic Ocean ahead of hurricane Fabian <http://www.geocities.com/mikelscott/weather.htm> , so they more than likely are all right. They are not due back here until September 25, so one has to watch the hurricane season, and see how it relates to their travels to see if they might be in any danger. CIO

Note: <888> 09/04/03 Thursday 9:10 A.M.: I have only been to Bermuda once in the spring of 1968 for three weeks during spring break. I flew to Bermuda on a British Overseas Airways 707 jet that I was the only passenger on, so I felt like a VIP. However, on the return I took a crowded Pan AM 707 jet. I bought four colorful wool sweaters in Bermuda that trip at Trimingham's for about \$20 apiece. I still might have one of them that is a bit small. A relative lived in Bermuda a number of winters. The relative knew several United States consulates to Bermuda. I knew an architect and also a designer in Manhattan and the architect also lives in Greenwich, and they built a nice house in Bermuda for a prominent American whom shall remain nameless. I recall seeing sketches of the house, and it looked like a simple two room cabana type of arrangement. Since Bermuda is so small, people tend to down size their living accommodations, and since Bermuda is an island, a lot of the goods and services have to be imported to the island. I try to help their foreign exchange rate by buying red Bermuda onions. The government of Bermuda still has a law suit with Texas for growing red onions that they call Bermuda onions. In the British commonwealth network that is connected with Greenwich, we frequently get a lot of visitors from Bermuda. Also a number of people tend to have island fever, and they occasionally leave the island and enjoy living here, since we are near the ocean on the calmer waters of Long Island sound on the south shore of Connecticut. I recall when I was in Bermuda, we stayed in the Glyndon Guest house in the center of the island half way from Hamilton to Elbow Beach. We use to enjoy watching the rugby matches and sitting on the field sidelines drinking Heineken beer. We rented mopeds to tour the island. We held "High Tea" cocktail parties every afternoon, where we would entertain a couple of hundred guests on a BYOB, "Bring Your Own Booze" basis. I do not think I ever made it St. George's. I also had a standing golf date at the Country Club every day, which I never seemed to make. Basically the night life was a little busy in Bermuda. One had to wear a coat and tie to gain admission into the Elbow Beach hotel dining room, and since the girls staying there never ate, they would frequently invite guys there to eat their

meals which were included in their hotel packages. We rented our mopeds from the Elbow Beach hotel, and we would use the beach facilities at Elbow Beach. As I recall we started every afternoon a bit hung over, and we would gather all the partially used liquor bottles from around the guest house, and we would combine them all together, and we would mix the liquor with orange juice in a large vat to make a concoction we called "Passion Punch", which we started our days with. We also ate a lot of ham and Swiss cheese sandwiches on the native bread, since there was a small store near the rugby field that sold those items. One friend seemed to end up his night every night by driving his moped off the end of the Hamilton harbor pier. In that period when we were all networked in the prep school network of schools, we use to buy fake Bermuda draft cards and driver's licenses which we used to gain admission into local bars and pubs in Manhattan and elsewhere we traveled where we were under aged. Thus when I was younger I used a lot of Bermuda identification in my journeys. I believe now Bermuda has the second largest worldwide reinsurance company as a business there. CIO

Note: <888> 09/04/03 Thursday 8:35 A.M.: I put away the laundry. I had a message on my answering machine from a friend. I put \$5 on my laundry card. I am now making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . Apparently the fire alarm went off in the building early this morning, and the fire department responded. I can not hear the fire alarm bell in my apartment when I am asleep in the bedroom, but I do keep two smoke detectors in my apartment besides the building the system alarm. CIO

Note: <888> 09/04/03 Thursday 7:30 A.M.: I was up at 6 A.M.. I started two loads of laundry. I put clean linens on the bed. I have 20 minutes to go on the dry cycle. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. CIO

Note: <888> 09/03/03 Wednesday 7:50 P.M.: I am tired. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 09/03/03 Wednesday 7:40 P.M.: One can find relevant hurricane information for Bermuda at [www.bermuda.com](http://www.bermuda.com) . CIO

Note: <888> 09/03/03 Wednesday 6:55 P.M.: I had the same summer salad, and this time I added a tin of Roland sardines that I chopped including the oil. I had the salad with a glass of iced tea. CIO

Note: <888> 09/03/03 Wednesday 5:50 P.M.: I installed the Microsoft Office security updates and one Windows XP security update. The Microsoft Office Security updates require the installation disks as usual, which is probably a pain for people whom travel and are online. CIO

Note: <888> 09/03/03 Wednesday 5:25 P.M.: I went by the Arnold Bread outlet, and I bought a loaf of Healthnut bread for .99 less 10% senior discount of .10 for .89

total. I then drove down by the waterfront in central Greenwich. I next went by the Greenwich Hospital Thrift shop. I bought eight spoons, two serving spoons, and two ice tea spoons for .25 each for \$3 total. I then went downtown, and I walked the entire length of Greenwich Avenue. I was a bit slower today on a rainy day, and I spent a dollar for two hours parking. I stopped by CVS on my walk, and I bought buy one get one free of four packs of CVS 100 watt light bulbs for \$1.99 both packs plus .12 tax for \$2.11 total. I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times. I next went by the Stop and Shop, and I bought a container of Athenos garlic and herb feta cheese for \$3.80, two 18 ounce containers of Quaker old fashioned oatmeal for .99 each, a Marie Callender beef tips dinner for \$2.50 and a Marie Callender Chicken parmesan dinner for \$2.50, a 10 ounce box of mushrooms for \$1.99, a 28 ounce can of Goya chick peas for \$1.09, and a 10 ounce bag of fresh spinach for \$1.99 for \$15.85 total. I then returned home, and I put away my purchases. I washed the spoons, and I put them in the kitchen silverware and utility drawer in the center kitchen counter area. I put the light bulbs with the other light bulbs in the bedroom window. According to the Stop and Shop printout, by using my Stop and Shop savings card, I have saved \$337.66 year to date. CIO

Note: <888> 09/03/03 Wednesday 11:50 A.M.: I checked the mail earlier, and it has not arrived yet. I had two scoops of Edy's low fat praline and caramel frozen yogurt and a glass of iced tea. I went through my email earlier too. I will now shut down the computer, and I will clean up. I will then go out to do some errands. CIO

Note: <888> 09/03/03 Wednesday 11:35 A.M.: On Monday September 15, I will take apart the day bed, and I will put it out in the hallway with its box spring and mattress. A friend is coming down to spend the night that night, and I will put it in his Buick Roadmaster station wagon. That Monday, I will put the two stacked Danish end tables on the left side of the wall where the day bed was, and I will put the mahogany bureau on the center of the same living room wall, and I will put the antique reproduction French chair on the right side of that wall. I will then slide back the blue corduroy couch, so it is about five feet apart from the long green sofa. I will put the two brass and glass end tables on either side of the corduroy couch, and I will put the four foot by two foot brass and glass coffee table between the two couches. That means I will have to store elsewhere the items stored underneath the day bed along with the items like the AMD backup computer on the brass and glass coffee table on the Danish Desk in the bedroom. It will probably take a good part of that Monday to do it. My friend with the Buick station wagon will spend the night, and we will leave Tuesday morning September 16 to drive up to Kennebunkport, Maine to visit a relative, and we will put the day bed in the basement of the relative's house. I will also take up the bolster pillow and two large throw pillows, and the Bermuda water color print. My friend and I will stay up in Kennebunkport, until we drive back down on Friday, September 19. I will also get a chance to visit with another relative whom will be visiting there at the same time. I guess I will either put the AMD backup computer on the Danish desk in the bedroom or on the bedroom sideboard. I should have room to store some of the

bulkier items underneath the bedroom bed. Since I have so many bric a brac items on the items that I will be moving, it will take some time to move it all. I am not sure where I will put the second Rubbermaid storage hamper and the magazine rack with all the magazines on it. Thus once I get into the process, I will have to do some creative rearranging to make the apartment more presentable. Still without the daybed, the apartment living room should look a bit more spacious and less cramped. CIO

Note: <888> 09/03/03 Wednesday 11:05 A.M.: The NOAA weather radio test from Upton, New York went off at 11:03 A.M., so I guess Long Island and Rockefeller Center are still there. CIO

Note: <888> 09/03/03 Wednesday 10:55 A.M.: I still have the NVidia control panel installed, but I installed the latest Windows XP driver update for it. I also tweaked the settings, so the video should be a bit better. CIO

Note: <888> 09/03/03 Wednesday 9:50 A.M.: I sifted through my email. CIO

Note: <888> 09/03/03 Wednesday 9:40 A.M.: I was able to update the RedHat 9.0 partition on the Dell backup computer. I had to go to <http://rhn.redhat.com/> to download and install two updated files for the RedHat network automatic updates to work. CIO

Note: <888> 09/03/03 Wednesday 8:45 A.M.: I was up at 7 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, and supplements. I watched some morning television. Well not much is happening. I will do some regular computer work. CIO

Note: <888> 09/03/03 Wednesday 12:20 A.M.: I installed these hurricane weather programs linked from [Story: Want to track tropical storms? Here's how to do it on your PC - ZDNet](#) . However, the Eye of the Storm Screen Saver is not linked anymore, but it is available for download from <http://www.starstonesoftware.com/downloads.htm> along with the Eye of the Storm demo. Thus I have three hurricane programs and a hurricane screen saver on the computer. I also found this updated download for the NVidia Media center for my Mad Dog Prowler MX 440-SE 4x 64 meg AGP video card [http://www.nvidia.com/object/winxp-2k\\_45.23.html](http://www.nvidia.com/object/winxp-2k_45.23.html) which I installed. I set some of the settings with it. The system video seems a bit more responsive with the new NVidia settings. I will now shut down the computer, and I will go to bed soon. I probably will eat about eight wheatsworth crackers. CIO

Note: <888> 09/02/03 Tuesday 10:05 P.M.: I chatted with a relative and two friends. I noticed today when I was out at the southeast beach area at Tod's Point that I saw the most sea gulls about 300 to 500 sitting on the shore that I have seen there in twenty years including a lot of the old grey sea gulls. I have a feeling that they are all taking refuge here from hurricane Fabian out at sea. I guess one should

keep a close eye on [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . Of course if one were in Europe, the same hurricane weather front when it crosses the Atlantic ocean could effect Europe too. CIO CIO

Note: <888> 09/02/03 Tuesday 8:55 P.M.: I installed updates on the two backup computers. At this early hour in the day, I can not run the updates on the Red Hat 9.0 partition on the Dell backup computer. I guess they are busy out there in Linux land. I microwaved a Marie Callender chicken tenders dinner, which I had for dinner along with iced tea. CIO

Note: <888> 09/02/03 Tuesday 7:35 P.M.: I went out, and I put the black luggage cart in the back hatchback area of the Hyundai underneath a blue towel. I now have it available to use for hauling any heavy items to and from the car, and I can always bring it up inside to use for inside. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the central Greenwich Post Office, and I obtained three money orders at .90 cost apiece to pay my Verison telephone bill, Optimum Online cable modem, and my Cablevision bills. I then drove down by the waterfront. I next went over to Old Greenwich to the "Hair Cut Place", and I got my hair cut for \$18 cost plus \$5 tip for \$23 total. Since I only get my hair cut every two months, I give a generous tip, since it usually is a bit longer after two months. I then walked over to the Rummage Room thrift shop, and they had just opened their beginning of the season today, so they had lots of inventory and lots of customers. I then drove around Tod's Point, and I stood out briefly at the southeast beach area. There were lots of sea gulls on the beach, so I guess they know we have inclement weather in this area. I next used the ATM machine at Putnam Trust Bank of New York in Old Greenwich. I next went by Staples, and I bought a Stockwell Office Products package of three clamp binders with clear folders for \$5.99 and a 500 sheet package of HP LaserJet paper for \$8.49 plus .87 tax for \$15.35 total. I recommended to the staff that they should sell paper safes, so one can keep their paper dry in this humid area which is important for laser printers. On my older HP LaserJet IID printer, it is important to keep the paper dry and not let too much humidity get into it. I could not find a container to keep the paper dry in. I use a card board paper box to keep the open paper in. I bought the last package of HP LaserJet paper that had free inside 10 sheets of HP LasetJet premium choice laser paper plus a \$5 rebate coupon. However, I will not open it up probably until the first of the year, when I next print out my "Scott's Notes". I keep my spare paper wrapped in sealed plastic bags to keep it drier. I next returned back to my place, but before going inside I remembered another errand. I went over to the ATM machine at the Fleet Bank in Byram, and I used it for a dollar charge. I then went to Smokes for Less nearby, and I bought a carton of Seneca Ultra Lights 100s cigarettes for \$31 total. I then returned home. I put the clip binders with my Scott's Notes printouts on the left hallway bookcase shelf. I keep my computer paper underneath the EpsonStylus Color 880 printer table. I put the new HP LaserJet paper unopened in the paper cardboard box, and sealed it in a plastic bag. I now have the HP LaserJet paper unopened. About 150 sheets of the same HP LaserJet paper in the HP LaserJet IID printer. I also have about 450 sheet of premium



quality legal type paper that is sort of beige. I think it is rag paper. I also have an unopened package of 500 sheets of IBM inkjet paper and about 250 sheets of IBM inkjet paper in an opened package and in my inkjet printers. Thus I am stocked up on paper. I also have about four boxes of IBM premium envelopes and two boxes CVS generic envelopes and a box of Staples 500 count envelopes that got slightly wet when it flooded. I keep the Staples envelopes underneath the blue couch. I think I also have some packages of pin feeder envelopes that I never used. I had a glass of iced tea when I returned. CIO

Note: <888> 09/02/03 Tuesday 1:35 P.M.: I had my usual summer salad. I did not put capers or hearts of palm with it. However, I did put in a flaked chilled six ounce can of Bumble Bee solid white albacore tuna fish with it. I had the salad with a glass of iced tea. I will now go out and pay some more bills. I am going to put my black luggage cart in the Hyundai to have available in case I need to move something heavy into the car. I turned off the air conditioner since it is a bit damp and cold out. It is presently 58 degrees Fahrenheit. CIO

Note: <888> 09/02/03 Tuesday 12:45 P.M.: I went out, and I went by Putnam Trust Bank of New York on Mason Street. I then went by the Wachovia Bank on Benedict Place, and I paid my rent. I then went by the central Greenwich Post Office, and I mailed two letters. I obtained a money order at .90 cost to pay my AT&T phone bill. I also bought 20 USA flag stamps at .37 each for \$7.40. I then went by the Merry Go Round Mews thrift shop. I then stood out briefly in the rain. I do not usually walk on rainy days, since it is hard on my arthritis. I then drove down by the waterfront. I then went by the Greenwich Hospital Thrift Shop. Everything is 50% off, and there is a \$20 a bag sale for clothing and soft goods. I then went by the Greenwich Library, and I read the Greenwich Times and Smart Computing magazine. I then returned home. I prepared my Cablevision, Optimum Online, and Verizon bills to pay, which I will pay after lunch. CIO

Note: <888> 09/02/03 Tuesday 8:45 A.M.: I read some. I rested some more. I watched some television. I had two scoops of Edy's low fat caramel and pralines frozen yogurt. I will now shut down the computer, and I will clean up, and I will go out. CIO

Note: <888> 09/02/03 Tuesday 5:30 A.M.: I went through my email. CIO

Note: <888> 09/02/03 Tuesday 5:10 A.M.: I read and went to bed about 5 P.M.. I had a telephone call from a friend about 8 P.M.. I was up at 4 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I watched some of the morning news. CIO

Note: <888> 09/01/03 Monday 2:40 P.M.: Well, if one is interested in tropical weather disturbances, one can study my Tropical Weather web page [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . I had two scoops of the Edy's low fat caramel and praline frozen yogurt. Well, not much is going on today because it is

raining, and it is a holiday. Since I do not watch much television, the television is not too much of a distraction for me. In the old days during rainy days in Manhattan, an enjoyable past time was going to the Metropolitan Museum of Art <http://www.metmuseum.org/> , especially on cold rainy days. I probably miss not having it available of all the activities in Manhattan that I no longer enjoy while living the quiet life in the suburbs. I use to not have very much money when I lived in Manhattan, and in the ten years from 1973 to 1983, the entry fee for the Metropolitan Museum was just a suggested donation, so instead of paying the full donation price, I would give them a nickel. I spent so much time at the Metropolitan Museum, I felt like a volunteer floor walker, and I knew the art collection so well, I actually spent more time watching the visitors and people watching. Since I had done a minor in the fine arts in college and since I had been to museums in Florence, Italy, Greece, and Turkey at the time along with the Art Institute in Chicago, Illinois <http://www.artic.edu/> , I knew a little bit more about art than your average visitor. Back in those days, the Metropolitan Museum was not very busy except on weekends, so I frequently would have the galleries to myself to explore. I visited it again a year and a half ago, and it did not seem to have changed too much. In the old days, one could smoke a cigarette in the Engelhard court yard adjacent to the early American furniture gallery. I suppose with so many people moving out to the suburbs, whom once lived in Manhattan, we are left to our own devices culturally. I noticed unfortunately last week that the art supply store on Greenwich Avenue next to CVS was going out of business. However there is a Michael's Art supply store at the Port Chester, New York shopping center and another one at the Ridgeway shopping center in Stamford next to Marshall's. Thus if one has the time and the budget for art supplies, one could try to produce one's own art in the suburbs. I have seen a number of people painting landscapes on dry days at Tod's Point. I suppose one could also look at the Greenwich Library Flinn art gallery <http://www.greenwich.lib.ct.us/> and <http://www.flinngallery.com/> . The library also has a large collection of opera CDs for music lovers. The Bruce Museum <http://brucemuseum.com/> is also a handy community resource. Thus for Culture Vultures, we have ample diversion in this town, not to mention in a town with so many professionals, a lot of people read for enjoyment and self fulfillment. Whatever, the case I think I am doing better living in the suburbs than I would be at my age walking around a lot of traffic in Manhattan. Since I moved back to Greenwich 20 years ago, I have managed to make it to the Louvre <http://www.louvre.fr/> in Paris, Reich Museum in Amsterdam for the Rembrandt exhibit, and the art museum in Innsbruck, Austria, yet I have only been back to the Metropolitan Museum twice, and I have been to the Bruce Museum about three times. I guess since I have a comfortable apartment, I do not feel compelled to spend so much time walking around museums. Thus instead of spending my spare money on art supplies to become an artist, instead 11 years ago I started investing in computer equipment, and over the 15 years I have been in my present apartment, I have invested in upgrading it too. My private art collection in the apartment is limited and very modest. I do have a small copy of Rembrandt's Polish Rider, and the original is at the Frick Museum in Manhattan <http://www.frick.org/> which I have visited about twice in 20 years. Thus although art can be stimulating, it costs

too much money to go to Manhattan, and I prefer to invest the funds in my own existence out here in the suburbs. Well, I will now shut down the computer, and I will read a bit before going to bed. CIO

Note: <888> 09/01/03 Monday 1:25 P.M.: I chatted with two relatives. This shows the Atlantic satellite weather photo [NRL Monterey Satellite Photos](#) . CIO

Note: <888> 09/01/03 Monday 12:50 P.M.: I read a bit. I rested. I watched some television. I had eight Wheatsworth crackers. CIO

Note: <888> 09/01/03 Monday 10:35 A.M.: I watched television while having my cappuccino. I will now put the computer on standby and do some reading. CIO

Note: <888> 09/01/03 Monday 9:50 A.M.: I had my same summer salad, but this time I put in two 1/8th inch thick sliced chilled plum tomatoes, five sliced one inch hearts of palm chunks, and a flaked can of pink crab meat. I just threw out some garbage. It is raining outside, and since I do not have any place inside to go to at the moment, I will stay here for now. I will now make a cappuccino with Italian espresso beans and frothed milk and sugar and cinnamon with my Braun cappuccino machine, and I will sit down and sip it afterwards. Thus I am at my own deluxe version of Starbucks in Byram, Greenwich, Connecticut. CIO

Note: <888> 09/01/03 Monday 8:30 A.M.: I went through my email. CIO

Note: <888> 09/01/03 Monday 6:55 A.M.: I printed out the last four months of "Scott's Notes" in Times PostScript font on the HP LaserJet IID printer. I put the printout in two Oxford Clip binders, and it runs from pages 2283 to 2581. I put the two new binders on the right side of the group of 20 binders with my printouts in the left hallway bookcase on the third shelf from the bottom. Thus the right binder is the most recent, and the left binder is the beginning. The HP LaserJet IID laser printer prints out fast in postscript font, but one has to make sure one fans the paper, so it feeds evenly, and it does not get paper jams. Usually when the paper is fresh with less humidity, it feed more evenly. I have about 150 sheets of HP LaserJet paper left and one Oxford clip binder. I need to go to Staples and get more of each. I always use the HP LaserJet paper, since it is designed for the HP LaserJet IID printer. I dusted off the feed plate inside the printer. Despite a number of paper jams, where I refanned the paper, it still seems to work perfectly well. I would say the cartridge in it has printed out about 700 pages, so it still has at least 2,000 pages to go. I rezipped my compressed file of the two Microsoft Word 2002 documents that compromise my notes, and it is available for download from [Scott's Notes from June 1997 through December 2002, 2939 Kbytes](#) ["http://www.geocities.com/mike2scott2003/mlsnote1.zip"](http://www.geocities.com/mike2scott2003/mlsnote1.zip) contains "mlsnote1.doc" pages 1 -1582 and "mlsnote2.doc" January 2002 through August, 2003 pages 1583 - 2456 . I moved some old folders on the same shelf as the printout folders to the top of the bookcase on top of some books along with the George W. Bush framed inaugural invitation. Thus I freed up area on the printout bookcase shelf, and I also

opened up the area where the hallway light switch inside the same bookcase in the narrower shelf area is located. CIO

Note: <888> 09/01/03 Monday 4:30 A.M.: I had two Stop and Shop caramel popcorn cakes before going to bed. I was up at 2:30 A.M.. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I watched a bit of television. I read a bit of "Krakatoa" by Simon Winchester. I will now print out my last four months of my "Scott's Notes". CIO

End of Scott's Notes week of 10/31/03:

Note: <888> 10/31/03 Friday 10:20 P.M.: I ate a low fat Jif peanut butter sandwich and a Quaker low fat white cheddar cheese corn cake with a glass of iced tea. I put together an envelope to mail to a relative. I will now send out my weekly notes. CIO

Note: <888> 10/31/03 Friday 9:50 P.M.: I put away the laundry. I am in the process of making up a batch of ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . This time, I used one each of the five different Twinings teas in the five type package, eight America's Choice orange pekoe tea bags, four Salada green tea bags, and three Bigelow orange pekoe tea bags for a total of 20 tea bags in the mixture. I chatted with a friend. I ate about two dozen sugarless jelly beans. CIO

Note: <888> 10/31/03 Friday 8:45 P.M.: I went out after the last message. I went by the Arnold Bread outlet in Byram, and I bought a loaf of Arnold 12 grain bread for .99 and two 5.5 ounce boxes of Arnold Homestyle Zesty Italian larger cut croutons for .99 each box less 10% senior discount of .30 for \$2.67 total. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift shop, and I bought a "C" enterprises 14 foot RJ 45 LAN cable for \$2 in its package. I then went by CVS, and I bought a eight roll package of Scott paper towels for \$4.99 and a 14 ounce bag of Starburst sugarless jelly beans for \$2.49 plus .45 tax for \$7.93 total. On my receipt I got \$4 bonus bucks, so I bought two 12 ounce cans of lightly salted mixed nuts less than 50% peanuts for \$1.99 each can and another 14 ounce bag of Starburst sugarless jelly beans for \$2.49 less the \$4 bonus bucks coupon for \$2.47 total. I then drove down to central Greenwich Avenue, and I went to the central Greenwich Post Office, and I obtained a money order at .90 cost to pay my GEICO automobile insurance payment. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. On the way down Greenwich Avenue, I stopped by the Greenwich Hardware store, and I bought from the 70% off rack a Master Mechanic 43 piece homeowner's tool kit regularly \$14.99 for \$4.50 plus .27 tax for \$4.77 total. It contains a pair of pliers, a set of 6 small Allen or L wrenches, five jewelers screw drivers, a handle ratchet driver with 18 small sockets and 11 bit drivers and a zippered case. Once I completed my walk, I drove down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times. I next went to the Stop and Shop, and I

bought a four pack of four six ounce cans of Bumble Bee solid white albacore tuna fish for \$4.59 for the four pack, four 10 ounce bars of Stop and Shop Vermont extra sharp cheddar cheese for \$1.50 each bar, a package of Quaker low fat white cheddar cheese corn cakes for \$2.19, four six ounce dry cans of California medium black pitted olives for .99 each can, a pint of Monari balsamic vinegar for \$1.99, 10 ounces of fresh spinach for \$1.50, a 16 ounce bag of baby carrots for \$1.69, a quart of plum tomatoes for \$2.99, and a bar of President low fat feta cheese for \$2.82 for \$27.73 total. I then returned home, and I had a glass of iced tea. I put one of the bags of jelly beans in the Steuben like dish on the right side of the living room mahogany bureau next to the Nantucket ash tray. I then started two loads of laundry, and I have 5 minutes to go on the dry cycle. I put clean linens on the bed in the bedroom. I also put \$5 on my laundry card. I put the new tool kit underneath my computer tool kit on the wicker rack to the left of the primary computer. I disconnected the blue 7 foot LAN cable from the router, and I plugged in the 14 foot LAN cable, and I strung it out part way along the copper French restaurant sculpture, so it is available from the left side of the green couch or the dining room table to use with a laptop should anyone ever need to use one. I put the blue 7 foot LAN cable in the package, and I put it on top of the envelope boxes to the right of the primary computer CPU.

Note: <888> 10/31/03 Friday 1:25 P.M.: I made and ate the same salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm), which I had with a glass of iced tea. I will now shut down the computer, and I will clean up, and I will go out soon. CIO

Note: <888> 10/31/03 Friday 12:10 P.M.: Happy Halloween. I was up at 6 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I went back to sleep until shortly before noon. I checked the mail. CIO

Note: <888> 10/30/03 Thursday 10:05 P.M.: I chatted with another relative. I just received this email notification from Weather Bug NOAA alert "The Housatonic River with be at near flood stage tonight from the Massachusetts border South to Stevenson, Connecticut". I guess I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 10/30/03 Thursday 9:05 P.M.: I ate two more low fat white cheddar cheese corn cakes, and I chatted with a relative. CIO

Note: <888> 10/30/03 Thursday 6:45 P.M.: I relaxed a bit. Last night before going to bed, I ate a Quaker low fat white cheddar corn cake, and I just ate another one. CIO

Note: <888> 10/30/03 Thursday 5:20 P.M.: I went out after the last message. I drove down by the waterfront. I then made my 3 P.M. appointment. I next sat out downtown for a while. I then returned home, and I had a glass of iced tea. CIO

**Note: <888> 10/30/03 Thursday 1:35 P.M.:** Well, I went after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I used the bathroom at the senior arts center, which I regularly do since I occasionally have to go to the bathroom when I am downtown, and I do not always mention it in my notes. I drove down by the waterfront, and somebody had broken a Heineken beer bottle down there, and another local waterfront observer picked it up, and threw it in the trash can. I then went by the Greenwich Hospital thrift shop, and it was not too busy since it is towards the end of the month, and not many people have money. I then went by the Greenwich Library, and I read the Greenwich Times. I next returned home, and I had a glass of iced tea. I then went made up a fresh batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> , and then I used some of it in my regular fresh salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I had the salad with a glass of iced tea. I guess since it is a nice day, I will go back out and enjoy the weather. I believe today is somebody's birthday whom prefers to remain inconspicuous. CIO

**Note: <888> 10/30/03 Thursday 7:50 A.M.:** I ate two bowls of wheat thins with a glass of iced tea. I chatted with a friend. I guess I will now shut down the computer, and I will go out after I clean up. I have a 3 P.M. appointment today. CIO

**Note: <888> 10/30/03 Thursday 7:05 A.M.:** Speaking of Exxon [Yahoo! News - Wall Street Seen Flat Ahead of Exxon, GDP](#) . CIO

**Note: <888> 10/30/03 Thursday 6:55 A.M.:** There was an interesting story from Greenwich Village in 1973 and the Harriman political network. About that same time where the old Astor residence was at Astor place in Greenwich Village, there was an old hotel that was used for artist's lofts. Apparently the old hotel in its heyday was the location where the Union Pacific railroad charter was signed. Well, about 1973, from all the vibrations from subway traffic and street traffic at that location, the hotel simply collapse in upon itself much to the chagrin of the old guard establishment in Manhattan. Since long term residents and investors in the town of Greenwich, Connecticut not to be confused with Greenwich Village in Manhattan know a lot more about the history and development of the town, more than likely also since the town of Greenwich, Connecticut area wise is the size of Washington D.C., there is a lot that goes on in this town that the house wives shopping on Greenwich Avenue never seem to take notice of. Beside the town infrastructure, the residents also have a lot of housing stock and both the residents and the town have a lot of vehicles all of which take quite a bit of maintenance, not to mention the other businesses and community organizations. I would assume some item like the dam at the Greenwich reservoir also costs money to maintain, and thus when one looks at the Greenwich Times, which no longer seems to publish the town budget anymore, one does not really know where all the money goes anymore. I think in the case of the Connecticut American water company, it is now owned by a British water company, so they are in fact one of the largest land owners in town, although it is the nature of reservoir property, it can not be developed,

since it is generally assumed the town will continue to consume water unless some Arab buys up the town and starts selling it by the liter instead of the large amounts that we seem to consume. Locally I am getting weather alerts the various Connecticut river basins are at flood stage up steam. CIO

Note: <888> 10/30/03 Thursday 6:00 A.M.: I went through my email. When I was down on the waterfront on Steamboat Road the other day, I reminded a group of people driving a big red Cadillac Escalade [www.cadillac.com](http://www.cadillac.com) that the waterside area of the parking area around the pier in the southeast corner is in danger of collapse, and they just laughed at me, and thought I was kidding. Having observed the waterfront for most of my life and having observed that location from all sides for 20 years or more besides the time I lived here before, I have observed that as the wave and tide action hits the parking area foundation of masonry stone, it has undermined the stone work over the years. When one adds the continual freezing and thawing in the winter, more than likely in the next ten years or sooner it will collapse, although to the untrained eye it looks secure. Much could be said of the town of Greenwich, since we have so many fancy paint jobs and other attractive cosmetic details that are readily apparent, but how safe are the integral foundations of our over all infrastructure. One can remember slightly over 20 years ago when the Mianus River bridge collapsed, so what has happened once in the past, similar events can happen in the future. Thus capital maintenance will probably continue to take up the lion's share of the town budget, since we are an older town, and maintenance tends to cost money. Maybe to increase the traffic flow for local business, we should extend the pier on the end of Steamboat Road over to Long Island, so more people can enjoy our side of the Great Divide better know as Long Island Sound. CIO

Note: <888> 10/30/03 Thursday 5:25 A.M.: Well locally the local political election is heating up. I guess it must be a close election. I always encourage people to vote republican since most of the time Greenwich is a republican town, except for when large numbers of republicans are away on other business. I suppose they could vote absentee ballot. Thus when the republicans are busy elsewhere the democrats try to move in and profiteer. Since one of the more established families in town is republican affiliated with the Exxon oil corporation, I have always considered Greenwich to be an Exxon company town, so what is good for Exxon is good for Greenwich, Connecticut. Of course since the town of Greenwich is quite established and since established businesses always have predators trying to undermine their business, the established majority in the republican party in town tends to keep track of whom supports their republican politics or not. Thus if one works for such an established group or one of their many business affiliates, and if one voted or supported the other democratic party, one more than likely would find themselves no longer employed by the republican establishment, and one would only be left with the alternative of seeking employment elsewhere in whatever minor fields the democratic party seems to earn their income from. Having researched both groups extensively, the republicans seem to be far more successful in business, so they can afford to live here. Since the position of First Selectman only pays about \$40,000 a

year, people try to get the job, so they can control the town agencies such as the police force and town municipal contracting which is probably quite lucrative for the sub contractors the town employs. Also the town of Greenwich has a quite large retirement fund, so various individuals and groups fight to control it. Thus there is real money at stake, and the republicans seem to be more conservative at managing money and keeping a close fiduciary eye on the financial budgets and funds. A great many of the democrats only seem to be capable of throwing interesting cocktail parties, but whether they actually have fiduciary responsibility is still up to question. In my extensive research, a number of them were involved with fiduciary mismanagement that preceded the 1929 stock market crash, and they actually managed to profiteer and escape prosecution because of their elected political positions. I think the world is a bit smarter today, and although there are a lot more investors out there today, individuals whom have suspect track records of fiduciary misconduct should be questioned no matter what their current public relations are. However, more than likely since they are semi public individuals, other parties of unknown repute and unknown political connections could more than likely be pulling their political strings. In my simple research a lot of the established money people in America got their start by barrowing the money from the Rothschild Bank in Europe whom in turn barrowed money from the Kaiser of Germany, so it would be safe to say they are German agents of financial influence. However, like wise other agents were able to barrow money from the House of Morgan, and more than likely both parties were in collusion in terms of domestic and international finances. There is real money in this town and in the United States, and there are real investors from all around the world, and how they invest in the political spectrum of matters frequently determines how their investments perform and whether they will continue their investments. Thus although some of the local foreigners do not vote in local elections, they are certainly involved in the financial affairs of the town and the area in general. More than likely off shore financial institutions are also pulling some strings. CIO

Note: <888> 10/30/03 Thursday 4:05 A.M.: I had a call from a friend about 9 P.M., but I did not answer the telephone because I was tired. I was up at 3 A.M.. I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I watched some television briefly. CIO

Note: <888> 10/29/03 Wednesday 4:35 P.M.: I will now shut down the computer. I will go to bed soon. I enjoyed a quiet day inside for a change. CIO

Note: <888> 10/29/03 Wednesday 4:10 P.M.: When I was chatting with a local yesterday down on the waterfront on Steamboat Road, I told the other person what another local had told me, which was that in February 1982, when it was 24 degrees Fahrenheit below zero here, Greenwich Harbor was frozen all the way out to Island Beach, not Long Island which would be another ice age. Of course in the good old days at Lake Forest College [www.lfc.edu](http://www.lfc.edu) where it is a bit colder, the shore of Lake Michigan would freeze out a bit further and would look a bit like the artic. I had one roommate whom claimed to be a White Russian prince whose family had



escaped from the Bolshevik revolution, and it was that same roommate that I visited in St. Thomas in the fall of 1972. I recall he went to Beloit college, and I think his father attended Yale college, so his family was known back east. Of course, like a lot of people at Lake Forest in that neck of the woods, there were a lot of cold weather people. I think Lake Forest College must have had some Finnish people, since the architecture of the gymnasium was laminated hard wood beams, and it had a about a dozen Finnish sauna baths. It was more of a Nordic college such as St. Olav's college in Minnesota, which is a bit colder. Thus when I got the chance to visit Europe in the winter of 1972, it was considerably warmer, more like the Manhattan area. Of course in a colder climate, one tends to do a bit more studious since one spends more time inside reading and writing in the colder temperatures. However, sooner or later, one has to go out for a walk or to see if the car starts. I recall on some of the colder days, we did enjoy a nip or two of alcohol. I use to carry a flask to the outdoor hockey games at the outdoor skating rink at the Winter Club. I also helped the student volunteers build the new indoor ice rink by helping level the freezing pipes with Lincoln pennies. I recently wondered if the steel pipes and the copper Lincoln pennies and the welding material might have created some sort of catalytic effect over time. Still, the rink pipes were suppose to be level, so when they froze the ice it was a uniform density. As I recall they poured cement over the pipes to create a base which after it set they added the water for the ice. I actually missed the old days of standing on the snow banks outside nipping from my flask while I watched my friends fight it out at the skating rink in a typical game of ice hockey. Actually Lake Forest College was good enough at ice hockey that they actually played Notre Dame in their league. Of course over the years, as I became involved with other activities after I moved away from the Boston area, I lost interest in ice hockey, but I certainly spent enough time out in the cold weather. I only ice skated a few times in my life. I think I originally ice skated on the pond at Baldwin Farms here in Greenwich, a couple times at the Taft School in Watertown, Connecticut, once at Lake Forest College, once at the Omni Rink in Atlanta, Georgia, and as I recall the last time I ice skated was at Rockefeller Center before I went to Norway in the winter of 1983. I did occasionally take a couple friends over to the local ice rink in my back yard, but I do not recall ever skating there. Still, if one has a pair of strong legs and a bit of coordination, it is not too difficult. Also once at Lake Forest College, I jumped through a hole in the ice in Lake Michigan, and I briefly splashed around in the water before climbing out which can be very dangerous, since one can quickly go into shock. Of course most all the years up north, when ever I went outside I usually had wet hair from showering to clean up, so I frequently would have frozen hair in the winter which quickly freeze dried. I have never really worn a winter cap, except on the coldest days. I have visited a number of mountain resorts over the years, and if one is from up north, they really are not much colder, but they frequently are a lot more expensive. CIO

Note: <888> 10/29/03 Wednesday 3:35 P.M.: It was reported in the Greenwich Times last week that Tod's Point beach will still require auto permits for entry until December 1, but any visitors walking or riding bicycles will now be allowed entry free. Of course, I believe starting December 1, it is open to the general public in

vehicles and of course the dog walkers. Of course any people coming out on the train from the city to Old Greenwich to walk to the beach, I would say it is about a two mile walk from the train station to the beach, and then another three miles around the park perimeter, and then it would be another two miles back to the train station, so it would be basically about a seven mile excursion. Of course the sidewalks only run about 60% of the way, and the last 40% of the way to the entrance is a rather narrow road, so one would have to be traffic cautious. Of course November and December are suppose to run 4 degrees colder than normal with increased snow fall according to [www.almanac.com](http://www.almanac.com) , so I am not sure how much beach traffic there will actually be, except for a few Canadians and Nordic people thinking this is the tropics and maybe the stray wolf. CIO

Note: <888> 10/29/03 Wednesday 3:20 P.M.: I went through my email. CIO

Note: <888> 10/29/03 Wednesday 3:10 P.M.: I did not rest. I chatted with a relative. For my last meal of the day, I had the same salad as usual [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I just chatted with a friend. CIO

Note: <888> 10/29/03 Wednesday 12:40 P.M.: I gave a copy of the November and December Greenwich tide charts to a neighbor. I put the other copy in the back seat of the Hyundai. I guess I will now put the computer back on standby and rest a bit. CIO

Note: <888> 10/29/03 Wednesday 11:55 A.M.: I rested a bit. I finished off the container containing three scoops Edy's low fat strawberry swirl frozen yogurt. I do not drink liquor except for a little bit of wine occasionally, but I do keep it around for entertainment purposes, which means it never gets used, and it is kept in reserve for special occasions and colder weather like Red Cross emergency supplies. I know when people come from warmer climates into colder climates, they frequently need an alcoholic drink to feel warmer, which is not really the case, because one actually is still just as cold. However, for those of you whom do not drive automobiles are use mechanized equipment, and still feel free to use and consume alcoholic beverages, I noticed a bargain the other day. Across the street from Smokes for Less in Byram on the north side of the street on the corner, I noticed in the liquor store window a sign advertising Captain Morgan 1.75 liter bottles of Puerto Rican rum for \$21.95. I checked with VarMax liquor pantry across the border on U.S. 1 in Port Chester, New York at 1-914-937-4930, and they sell the same bottle for \$28.95 thus it is pretty good deal on the Buyrum side. A few years ago, I noticed because of the tax structure between New York and Connecticut, wine is cheaper in New York and hard liquor is cheaper in Connecticut. Since it is suppose to downpour rain soon, I am staying inside because with my arthritis, I am not very good in rainy weather. CIO

Note: <888> 10/29/03 Wednesday 10:15 A.M.: Well, I chatted with a relative. I had three 1/4 inch by 1.5 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese along with some iced tea. I will now put the computer on standby, and I will

rest a bit. The rain showers are suppose to lighten up about 3 P.M. this afternoon and be become mostly cloudy around 6 P.M. this evening. CIO

Note: <888> 10/29/03 Wednesday 8:55 A.M.: Basically one can not do much of anything in the United States without money except read and walk. Local families here in Greenwich became successful in politics because they allied themselves with more private families whom seem to have money because they were successful in the private enterprise system in the United States of America and International Business. The Bush family a small few of whom remain locally were involved in business with the Harriman family of railroad fame whom also went into politics. However, in book on W. Averill Harriman, it says the Harriman's primary responsibility was taking care of business matters that the Rockefellers did not want to get involved with. When a couple of friends of mine were able to afford to spend a few thousand dollars to take me along with them to former President Bush's inaugural, I saw how many tens of thousands of people spend that kind of money to attend such events. I guess one of the people whom spent the most money was Happy Rockefeller former vice president Nelson Rockefeller's second wife whom was sitting up on the platform at the inaugural with the Bush family. My two friends whom I attended the inaugural with were not too enthusiastic, since for some odd reason they did not feel comfortable in the large crowds, so we simply had lunch in the basement of the Old Dutch Inn now the Thomas Jefferson Inn, and we watched the event on a small television enjoying cocktails with lunch instead of actually standing out in the cold January weather at the actual event. Since both of the friends were extremely cold weather people, I found it amusing they did not want to stand out in the cold, but we had a good time anyway. That same day, we did visit Connecticut representative Christopher Shay's office, and I was enthused to see the statue of Abraham Lincoln in his office while we were sitting there. I do recall Chris walked into his office, and tried to figure out whom we were, and what we were doing there, but there were so many other guests in the building, that he did not object. Thus when on vacation in Washington D.C. one can occasionally relax instead of being swept up in the fast pace of U.S. government business. I was amused that whomever was also staying at the Dutch Inn at the time that there was a limousine in the basement garage that only fit lower size vehicles that had Washington D.C. license plate number "1", which apparently belongs to a private party in the city and not the President. Since Washington D.C. is basically a southern town during the colder weather which frequently occurs when I happen to visit, they seem to drink alcohol to stay warm. Of course, on a cold winter's day after standing out in the cold for a good part of the day, I suppose people need to have a "Pick Me Up" to get their systems going again from the bone chilling cold outside during the January month in Washington D.C.. Locally here the Greenwich Times says Barbara Bush visited again yesterday Greenwich Time - Bush tours Greenwich Red Cross building , and I recall seeing a lot of people whom I had not seen in a while, but I just thought simply they were out trying to get out the vote for our upcoming local election, since I had seen a great many of them around other political events. CIO

**Note: <888> 10/29/03 Wednesday 8:20 A.M.: I ate three bowls of triscuits along with a glass of iced tea. CIO**

**Note: <888> 10/29/03 Wednesday 7:15 A.M.: I changed the font in my notes to 10 point, but I am not sure what it was coming up as, since I had my web browser font set to larger viewed font. I also cleaned up spaces in the text of the current note. CIO**

**Note: <888> 10/29/03 Wednesday 6:35 A.M.: On my first trip to California in October of 1978, I had first hand experience with the Santa Anna winds and the California brush fires which tend to happen when ever the brush builds up too much and in the dry spells with the Santa Anna winds, the brush catches fire and burns over, which is part of the natural cycle of the area. I heard in the news reports out here that the chaparral has not burned at Camp Pendleton in 20 years, so thus it has been a disaster waiting to happen for a long time. At one particular time, while we were driving from the San Diego area up to the Santa Cruz area, the fires back then were coming right down to the coast road in Malibu. I guess that is why Ronald Reagan use to spend so much time clearing brush on his ranch in Santa Barbara having known about the fire threats from too much brush. At the time the Getty Museum was in danger of catching on fire in Malibu, so there was some concern in the art world. I guess 12 years ago Laguna had similar brush fires. Since the Las Angeles area has significantly built up more in 25 years since then, I would imagine a lot of the newer areas are in areas which were more forested and had more brush. Still, it is part of the natural Californian ecological cycle, and once the brush has burned over, it tends to be safer for a renewed period of time. Thus the old time Californians whom are familiar with these events tend to live in adobe buildings with tile roofs which tend to be more fire proof, and they do not plant a lot of landscaping near the buildings which can dry out and become a fire hazard. One of the oldest buildings in California still standing is the mission church in Santa Barbara, and even when I was there 25 years ago, I thought they had too much landscaping around the building. Of course shade trees to provide a certain level of comfort on hot California days. I will now read some of the news stories on the internet. CIO**

**Note: <888> 10/29/03 Wednesday 6:10 A.M.: For many years, I have been walking around Greenwich Avenue in the rain with an umbrella from a Mount Baldy golf course that I bought at the ELDC thrift shop for about \$3. I always thought Mount Baldy was up in the mountains of Vermont. Apparently it out in the Angeles National Forest and is presently part of the fires on the west coast, and Mount Baldy is currently on fire too. Their web [www.mtbaldy.com](http://www.mtbaldy.com) does not work. Since I found a Mount Baldy umbrella here, I suppose it is evidence that people from the west coast of America have infiltrated the Greenwich, Connecticut community and the surrounding area. I suppose some of them originally came here with the original Reagan group in 1980. Well, I still have the Mount Baldy umbrella in the back of the Hyundai. They might try cloud seeding in California to make it rain, but that only works if one has clouds with moisture in them. CIO**

**Note: <888> 10/29/03 Wednesday 5:50 A.M.: I went through my email. CIO**

**Note: <888> 10/29/03 Wednesday 5:40 A.M.: I received email that my Minolta Laser Printer \$70 rebate is eligible and being processed. CIO**

**Note: <888> 10/29/03 Wednesday 5:00 A.M.: I was up at 3:30 A.M. this morning. I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. Yesterday I saw a part time resident who also lives down in Coral Gables, Florida in the winter where the National Hurricane Center is, so one should remember to check [www.geocities.com/mikelscott/weather.htm](http://www.geocities.com/mikelscott/weather.htm) . For the colder time of year up north, when Florida is not threatened by tropical weather, there is also in Coral Gables, Florida the Biltmore Hotel <http://www.biltmorehotel.com/> one of those Vanderbilt Hotels that have been restored for the traveling public. If one were driving down south, one could also check out [www.biltmore.com](http://www.biltmore.com) one of those Vanderbilt homes that now accept paying guests in Asheville, North Carolina. Of course locally here in Greenwich, Connecticut the Vanderbilts were involved in the founding of the Greenwich Country Club, 1-203-869-1000, but alas that is still a private club, but they have held many community events there over the years. About 11 years ago, I helped organize a party for the United States ski team there which I did not attend, since I was not invited, but I hear tell, it was quite festive. Of course the Vanderbilts seemed to have been able to also afford homes in Manhattan, Shelburne, Vermont, Newport, Rhode Island, Palm Beach Florida, and they also are related to Winston Churchill's family the Duke of Marlboro and Consuela Vanderbilt's family in Spain were one of the largest landowning families in Spain, and I think they also had a place called the Eagles Nest out on Long Island, so there is quite a bit of heritage behind that old Steamboat family or whatever business they happen to be involved with today. Possibly since they were in the railroad business in the westward expansion of the United States, they might be involved with the Wells Fargo Bank or Bank of America and probably also involved with some New York financial institutions which shall remain nameless, since they are too numerous to list at the moment. For republicans whom are staunch Ronald Reagan supporters, I also found this link <http://www.boycottcbs.com/> for the people against CBS for trying to publish anti Reagan propaganda. Since CBS is the mouth piece for the Jewish left wing socialist conspiracy, I do not think with all the different media organizations anymore, anyone takes CBS seriously anymore, and more than likely people will just dump their CBS or Sumner Redstone Viacom stock. C.B.S. must be really hurting if they are actually trying to attack the Reagan legacy. Recently, I have been watching Fox News since it is suppose to be conservative, but I actually find it too liberal. Ultimately if the voter gets fed up with what they see on the cable television networks, they can quit spending their \$50 a month on cablevision, and they can donate the same money to whatever republican or conservative political party they might chose to do so, or if they were truly conservative, they would just save it in a conservative bank for a rainy day fund. Then they could read conservative books or other education literature, which we actually pay more money to support here in Greenwich than the televised media that is so prevalent. CIO**

**Note: <888> 10/28/03 Tuesday 7:40 P.M.: I will now shut down the computer. I will go to bed soon. CIO**

**Note: <888> 10/28/03 Tuesday 7:20 P.M.: I chatted with a relative. CIO**

**Note: <888> 10/28/03 Tuesday 6:50 P.M.: I have had two no answer phone calls in the last half hour. CIO**

**Note: <888> 10/28/03 Tuesday 6:25 P.M.: I enjoyed the dinner. I printed out two copies of the November and December 2003 Greenwich, Connecticut tide charts <http://www.maineharbors.com/ct/tidectw.htm> . I will leave one on top of the dining table laser printer and another in the back seat of the Hyundai. CIO**

**Note: <888> 10/28/03 Tuesday 5:50 P.M.: I am baking in the Farberware convection oven at 400 degrees Fahrenheit six Stop and Shop frozen fish cakes and 16 frozen America's Choice onion rings and 16 America's Choice mini potato pancakes or tater tots for 10 minutes on each of two sides for 20 minutes total. I mixed three tablespoons of chilled horseradish with a half cup chilled Heinz ketchup, which I will use for a seasoning with the cooked items. I will have it all with a glass of iced tea. CIO**

**Note: <888> 10/28/03 Tuesday 5:15 P.M.: I went out, and I went by the Greenwich Hospital Thrift Shop. I then drove down by the waterfront. I next drove over to Old Greenwich to Tod's Point, and I took the 2.5 mile walk around Tod's Point. I then stopped by the Old Greenwich First Congregational Church Rummage Room Thrift Shop. I bought a pair of small framed tortoise sunglasses with plastic lens and tortoise and brass frames for \$2 and a grey EMS glasses case for .50 plus .15 tax for \$2.65. The pair of sunglasses are imitations of the stylist sunglasses that the old guard types such as Commodore Vanderbilt and Joe Kennedy Senior wore in Palm Beach, Florida in the old days. Many old time celebrities were photographed in similar types of sunglasses. They are sort of studious looking. I next sat out for a while in downtown Old Greenwich. I noticed they have a shop there that sells Church vestments for the clergy and other church attendees. I then returned to central Greenwich, and I went by the Merry Go Round Mews thrift shop, and I bought an eight inch steel with wood handle wire strainer for \$1. I put it on my pot rack with the six inch strainer and the plastic strainer. I then sat out for a while. I next went by the Greenwich Hardware store, and I bought four 5/8 inch flat sheet metal washers for .13 each plus .03 tax for .55 total. I then walked back down Greenwich Avenue, and I then walked back up to the top with another local walker. We stopped by CVS. I then departed at the top of Greenwich Avenue from the other walker, and I returned down to my car, since the meter was due to run out soon. I sat out briefly. I then went down by the waterfront. I gave the set of tide charts in my Hyundai good through December 2003 to a former neighbor. I chatted with a local from Florida. I then went by the Greenwich Library, and I read the Greenwich Times. I next went by the Stop and Shop, and I bought a 10 ounce box of mushrooms for \$2.19, and I made a mistake and only paid them \$2.19 when they**

are suppose to be \$2.29. I then returned home. I received a Christmas gift via United Parcel Service from a relative along with some hand towels. I put the Christmas gift unopened on top of my old laptop computers in the bedroom. I took one of the 5/8 inch sheet metal washers, and I opened up the AMD backup computer in the bedroom, and I used it to more securely fasten the Diamond Stealth video card in it. Since some times PCI cards do not always line up with the case, the 5/8 inch sheet metal washers tend to bridge the gap and secure them more evenly, and they have a smaller hole unlike regular washers, so the computer case screw does not go through it. I left the other three 5/8 inch sheet metal washers inside my computer tool kit, which I keep on the wicker rack to the left of the primary computer. I put the new pair of sunglasses on the HP LaserJet IID laser printer on the dining room table with the other sunglasses. I also have some other glasses in the bedroom on the mahogany bureau to the left of the Lindbergh radio. CIO

Note: <888> 10/28/03 Tuesday 8:30 A.M.: I made and ate the same salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) , which I had with a glass of iced tea. I will now shut down the computer, and I will clean up. I will then go out. CIO

Note: <888> 10/28/03 Tuesday 7:15 A.M.: The audio quality on the Apple Itunes is very good. I just noticed this today [The Advocate - Stamford officials hope Wal-Mart will bolster downtown](#) . CIO

Note: <888> 10/28/03 Tuesday 6:40 A.M.: I just downloaded, and I will now install <http://www.apple.com/itunes/download/> . CIO

Note: <888> 10/28/03 Tuesday 6:15 A.M.: I am just finishing running the updates on the Dell backup computer. CIO

Note: <888> 10/28/03 Tuesday 5:50 A.M.: I went through my email. CIO

Note: <888> 10/28/03 Tuesday 5:25 A.M.: I got email that the Ronald Reagan library is all right, and the fire did not hurt it. CIO

Note: <888> 10/28/03 Tuesday 5:20 A.M.: Of the three Glade Plug-in refills that I refilled, the only one that went down was the one in the kitchen that happened to be 50% English Leather cologne and 50% English leather after shave. Since English leather after shave seems to have more alcohol in it. I refilled all three Glade refills with 50% English leather cologne and 25% of 70% isopropyl rubbing alcohol until each Glade refill was 75% to 80% full leaving air at the top, since they seem to need a bit of air in the container for them to work effectively. I put the tops on, and I shook the refills to mix the solution. I put all three in the Glade plug-in holders, so hopefully they will work now. I guess one could use English leather after shave filled to about 75%, but since I do not have any, I tried it this way. I will let you know in the future notes, if it works and if the refills go down. At least I know the refill with 50% English leather cologne and 50% English leather after shave did work. Of course the one that did work had not been permitted to dry out before

refill, so possibly the two that did not work had dried out, and thus they did not work. It would seem though that once they were remoistened with fragrance that they would work again. CIO

Note: <888> 10/28/03 Tuesday 4:40 A.M.: I ate a bowl of Edy's low fat strawberry swirl frozen yogurt before going to bed about 3:15 P.M.. I had a telephone call from a friend about 9 P.M.. I was up at 12:30 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I went back to bed until 4:15 A.M., when I just got up now. CIO

Note: <888> 10/27/03 Monday 2:45 P.M.: I will now shut down the computer. I guess I will go to bed soon. CIO

Note: <888> 10/27/03 Monday 2:40 P.M.: Gates trots out Longhorn CNET News.com . CIO

Note: <888> 10/27/03 Monday 2:25 P.M.: Oyster Bay, Long Island Masonic Hall Burns Down . CIO

Note: <888> 10/27/03 Monday 1:30 P.M.: For Bush family information and memorabilia George H.W. Bush Museum Store and George Bush Presidential Library and Museum . Apparently the Ronald Reagan Library is in danger of catching on fire Ronald Reagan Presidential Foundation & Library and Reagan Library and Museum and <http://www.cnn.com/2003/US/West/10/27/california.wildfire/index.html> . CIO

Note: <888> 10/27/03 Monday 12:15 P.M.: I watched the transfer of the International Space Station on NASA TV <http://spaceflight.nasa.gov/realdata/nasatv/> . CIO

Note: <888> 10/27/03 Monday 11:20 A.M.: I updated [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 10/27/03 Monday 10:10 A.M.: I finished going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I went outside briefly. At the moment, it is not raining. I am making a cup of coffee, which I will drink shortly. CIO

Note: <888> 10/27/03 Monday 9:10 A.M.: I chatted with a friend about 6:45 A.M.. I finally got up about 8:45 A.M.. I ate two bowls of tricults along with some iced tea. CIO

Note: <888> 10/27/03 Monday 5:50 A.M.: I did a test send email message with the key words in the subject and text, and the message was deleted before it was received. However, some email with the same key words still gets through, so they



must use some sort of way of beating the Rules setting in Outlook Express. I will now put the computer on standby, and I will rest for a little while. CIO

Note: <888> 10/27/03 Monday 5:35 A.M.: I made and ate the same salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) as usual. This time I put Vermont extra sharp cheddar cheese in it for the cheddar cheese part along with all the other usual ingredients. I had the salad with a glass of iced tea. CIO

Note: <888> 10/27/03 Monday 4:35 A.M.: I went through my email. In the spam blocker and email rules feature of Outlook Express, I had marked a number of key words in my email to delete, but it was not working, so I entered the same keywords with lower caps, caps, and first letter cap. I also changed my Kensington Wireless mouse to channel 2. CIO

Note: <888> 10/27/03 Monday 3:35 A.M.: I installed and selected the defaults for [PCWorld.com](http://PCWorld.com) - [CacheMan v5.50](http://CacheMan v5.50) and I also installed and ran [PCWorld.com](http://PCWorld.com) - [RegClean v4.1a](http://RegClean v4.1a) . CIO

Note: <888> 10/27/03 Monday 2:45 A.M.: Since I am not using the Microsoft Internet Pro keyboard on my primary system anymore, I removed the Microsoft Intellitype 2.1 keyboard drivers. I still have the Kensington wireless keyboard drivers on my primary computer. CIO

Note: <888> 10/27/03 Monday 2:45 A.M.: I ran Norton Win Doctor. I also ran Ad-aware and Spybot. CIO

Note: <888> 10/27/03 Monday 2:25 A.M.: The Kensington Wireless mouse seemed to be a bit sluggish. I tried uninstalling the Microsoft Intellipoint driver which seems to have been version 2.1, and then I installed version 5.0. For the Kensington wireless mouse, I selected Wireless Optical Mouse 2.0. However, it still did not work better. I then changed both the sending station and Kensington wireless mouse to channel 2 and the mouse disappeared on the screen. However, when I changed both the sending station and Kensington wireless mouse back to channel 1 again, the Kensington mouse started working properly again. Well, at least it is not sluggish anymore. CIO

Note: <888> 10/27/03 Monday 1:40 A.M.: According to Weather Pulse, we will have rain in Greenwich, Connecticut until this Tuesday morning, so one might as well do a little bit of computer work. CIO

Note: <888> 10/27/03 Monday 1:30 A.M.: According to this [www.kbb.com](http://www.kbb.com) my 1999 Hyundai Accent L with 38,000 miles in good condition as a private party is still worth \$2,750 , so it has held its value for a year. However, they seem to be more in demand, since [www.bargainnews.com](http://www.bargainnews.com) lists them now for considerably more. Of course, with new Michelin tires and dealership maintenance, I have put in close to \$1,000 into the car since I have owned it for 14 months and driven it for 6,000 miles,

not to mention about \$700 a year in insurance coverage from [www.geico.com](http://www.geico.com) . I have collision and comprehensive on the Hyundai along with liability and towing. CIO

Note: <888> 10/27/03 Monday 1:10 A.M.: I have seen quite few Mini Coopers in this area, and their license plate frames have a web address that does not come up on the internet search engines. They used to have a dealership on U.S. 1 the Boston Post Road on the Stamford and Darien, Connecticut border. It is strange there is no Mini web site that lists all of their dealerships in the U.S.A., just [www.miniusa.com](http://www.miniusa.com) that does not tell one anything much at all. Of course they cost close to \$20,000; so they are not cheap. CIO

Note: <888> 10/27/03 Monday 12:20 A.M.: While studying <http://www.21club.com/> , I found this link <http://www.opentable.com/home.asp> for your dining pleasure. It says an A La Carte meal at the 21 Club is \$51 per person plus tip and probably drinks too are additional. However, for tourists in Manhattan, I always found the cafeteria at the Metropolitan Museum <http://www.metmuseum.org/> was very reasonable, but I am not sure if it is there anymore. A friend told me, they had turned it back into a sculpture gallery. I think the same friend said they have a new dining facility on the basement or ground or street level floor now. CIO

Note: <888> 10/26/03 Sunday 11:30 P.M.: I had a telephone call from a friend about 9:00 P.M.. We chatted for a while. I was up at 10:30 P.M., and I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. CIO

Note: <888> 10/26/03 Sunday 2:15 P.M.: I did some routine computer work. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 10/26/03 Sunday 1:40 P.M.: I had two 3/8th inch by 1.5 inch by 1.75 inch pieces of Vermont extra sharp cheddar cheese along with a glass of iced tea. CIO

Note: <888> 10/26/03 Sunday 11:40 A.M.: I went through some more email. I had two bowls of Wheat Thins. CIO

Note: <888> 10/26/03 Sunday 9:35 A.M.: I went out, and I mailed the letter at the central Greenwich Post Office. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next sat outside at the Greenwich Library. I then went by the Exxon gasoline station next to the Greenwich Library, and I bought \$5.47 or regular unleaded gasoline at \$1.859 a gallon for 25 miles per gallon. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I next returned home, and I drank some iced tea. CIO

**Note: <888> 10/26/03 Sunday 6:15 A.M.:** I made and ate the same salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . This time I forgot the artichoke heart quarters, and for the cheddar cheese, I used Vermont extra sharp cheddar cheese along with all of the other regular ingredients. I had the salad with iced tea. I will now shut down the computer. I will clean up and go out for some morning activity. It is warmer this morning, since it is 61 degrees Fahrenheit right now. I guess Florida fans showing up for the World Series that the Florida Marlins won temporarily brought up this warmer weather. Remember, the Old Farmer's Almanac [www.almanac.com](http://www.almanac.com) says that it is suppose to be a colder November and December with more snow than normal, so one should be prepared for colder weather soon. CIO

**Note: <888> 10/26/03 Sunday 5:15 A.M.:** I went through my email. I printed out the information on the Minolta QMS PagePro 1250W laser printer from this article <http://www.pcworld.com/reviews/article/0,aid,112472,00.asp> , and I also included a copy of the rebate information, all of which I put with the manual print out that I have on top of the scanner on top of my primary computer CPU. CIO

**Note: <888> 10/26/03 Sunday 4:35 A.M.:** I wrote a letter to a relative, and I have it all set to mail. CIO

**Note: <888> 10/26/03 Sunday 3:00 A.M.:** I just noticed that the 6 foot Belkin Pro Series USB 2 F3U133-06 cable that I bought at Walgreen's for \$17.99 plus tax is \$21.99 plus tax at CompUSA and \$20.99 plus tax at Staples and \$9.99 at Amazon. Thus one can save money by ordering Belkin cables over the internet, but then one has to pay shipping and handling, and if one is in a rush, one does not want to wait for shipping. I have always maintained the most profitable items in the computer stores are the Belkin accessory items. CIO

**Note: <888> 10/26/03 Sunday 2:25 A.M.:** Daylight savings time has ended, so one falls back this morning from 3 A.M. to 2 A.M.. Of course most computers do it automatically. I had calls from a friend yesterday afternoon from 1 P.M. to 1:30 P.M., and the friend was testing his Cingular cell phone, which seemed to be going off line around the reservoirs in Weston, Connecticut, but works fine on the Redding, Connecticut and Bethel, Connecticut border. I had another call from a relative about 9:15 P.M.. I was up at 12:30 A.M. this morning, and I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, and supplements. I watched a bit of television and rested until now. It is a bit warmer this morning at 59 degrees Fahrenheit. I set back all my clocks and watches. I still have to adjust the Hyundai dashboard clock. Locally, it is suppose to be cloudy this morning and rainy this afternoon, so I guess I will go out at first light at 6:18 EST <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> . CIO

Note: <888> 10/25/03 Saturday 12:05 P.M.: I ate a bowl of wheat thins, which I had with some iced tea. I did some regular computer work. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 10/25/03 Saturday 10:55 A.M.: I went out, and I walked the lower section of Greenwich Avenue, and I sat out at various locations. I then went down by the waterfront. I next went by the Greenwich Hospital Thrift Shop. I then went by the Greenwich Library, and I read the Greenwich Times. I next went by the Stop and Shop, and I bought a 10 ounce bag of fresh spinach for \$1.50 and two red Bermuda onions at \$1.29 a pound for \$1.20 for \$2.70 total. I then returned home, and I had a glass of iced tea. I then vacuumed the apartment. CIO

Note: <888> 10/25/03 Saturday 7:50 A.M.: I will now put the computer on standby, and I will go back outside. CIO

Note: <888> 10/25/03 Saturday 7:30 A.M.: I finished reading the Minolta laser printer manual. I ate a bowl of wheat thins with some iced tea. It is 31 degrees Fahrenheit outside, and it is about 72 degrees Fahrenheit inside, although as usual it is a bit drafty. I just recalled when I was active in the young republicans at Lake Forest College, after I graduated I tried briefly campaigning for Richard Nixon on the streets of Chicago during his fall 1972 campaign, but I was intercepted by a democrat, and we drove down to Jacksonville, Florida and from there I visited a roommate from college at St. Thomas, the Virgin Islands, and I then returned to living downtown in Chicago for a few months, and then I returned home to Boston, and after the first of the year in 1973, I moved in with my sister and her fiancée to the upper east side of Manhattan, and it was quite difficult dealing with all the democrats in Manhattan on a limited budget, so I moved back home to Greenwich around July, 1973, when my parents moved down here from Boston. Thus I learned very quickly that this area tends to be a bit warmer than Chicago, which basically has ten months of winter and two months of summer. Basically, somebody that I knew went to quite a few republican events, but since I was on a limited budget, I could not afford to go to them. I did learn when one heads down south and into the Caribbean, there tend to be more democrats. I suppose I could have returned back to my paternal grandparents hometown in Champaign, Illinois where down state republicans tend to rule, but I had majored in Economics, so I initially wanted to go into business and finance. However, around May through July of 1973, I worked briefly at the Columbia Broadcast Company's CBS's broadcast center on West 57th Street as a clerk typist, so this peaked my interest in keeping a keener eye on the news. I learned while there, by 7 A.M. in the morning, the C.B.S. news stand sold out of the New York Times, so as Walter Cronkite use to say, a half hour C.B.S. news broadcast use to be only two and a half columns of the New York Times. I kept up my interest in the news by going into Manhattan regularly about 11 P.M. to pick up a copy of the New York Times at the news stand at East 54th Street and 2nd Avenue where it first came out. Well, once I started traveling a bit, I would still try to keep up with the news, and in Nantucket, Key West, and around the New York area, I would try to read the New York Times until about seven years ago when I

got on the internet. Thus once I had mastered computers and their operating systems and programs, I went back to reading the news, but with more focus on technology. Thus I have changed with the times, but reading the stories on the internet, I do not get the in depth coverage that I use to get out of the printed media. Still, I am instantly aware of what is covered compared to the days when I did not even have a television or when I subscribed to the Economist magazine, and its news was two to three weeks old. I use to read the New York Times in the Key West and the Nantucket libraries, and I did read it in the Greenwich Library, until I got on the internet. One of the regular fishermen in this area in the summer use to deliver, the New York Times in this area, and he gradually took up more fishing and the internet, when fewer and fewer people subscribed and bought the printed edition. Still, with access to the Greenwich Library, I have more than enough ample reading material. I think this Sunday morning, we fall back an hour from 3 A.M. to 2 A.M. ending daylight savings time, so it will be lighter earlier in the morning. The sun is up, so maybe I will go out in a little while and check out the morning activity. CIO

Note: <888> 10/25/03 Saturday 5:05 A.M.: I will now study the manual for the Minolta QMS PagePro 1250W laser printer <http://www.minolta-qms.com/products/monochrome/pp1250W/index.asp> . CIO

Note: <888> 10/25/03 Saturday 4:40 A.M.: I had the same salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) along with a glass of iced tea. As you can see, I made up a salad page, and I slightly modified the homemade hummus [www.geocities.com/mikelscott/hummus.htm](http://www.geocities.com/mikelscott/hummus.htm) page. I printed out two copies of the two recipes, one of which I will put on the kitchen cork board. CIO

Note: <888> 10/25/03 Saturday 3:00 A.M.: I finished going through my email. CIO

Note: <888> 10/25/03 Saturday 2:55 A.M.: Microsoft Money contest <http://www.microsoft.com/insider/balance/entries/> . CIO

Note: <888> 10/25/03 Saturday 2:40 A.M.: I finished my house cleaning except for vacuuming. I had some iced tea. CIO

Note: <888> 10/25/03 Saturday 12:50 A.M.: I went out, and I went by the Stop and Shop, and I bought a six ounce can dry of black California medium pitted olives for \$1.39. I then went downtown, and I walked the entire length of Greenwich Avenue. I also walked the train station area, and I sat out at various locations. I then drove down by the waterfront. I then stopped by the office plaza at the train station dumpster area at the lower southeast parking area. They have now dumped there three computer monitors. I retrieved a steel keyboard drawer, four power cables, and a ten foot parallel port cable for a parallel printer. I then returned home. I put the keyboard drawer underneath the left backup IBM Cyrix monitor on the left side of the bedroom sideboard. I also put the mouse pad with mice on the right side of

the keyboard drawer. However, the keyboard is too thick, and it does not fit in the drawer, so I left it on top of the monitor. However, one could put the keyboard on the extended drawer, once it was opened, but not close it with it. I put the parallel cable and power cables in the black plastic box underneath the right side of the bedroom desk. I will now eat two Quaker low fat butter flavored popcorn cakes with a glass of iced tea. I will then start my house cleaning and watering the plants. I will not do the vacuuming until later in the morning when my neighbors are awake. This will take about two hours and fifteen minutes to do. CIO

End of Scott's Notes week of 10/24/03:

Note: <888> 10/24/03 Friday 9:35 P.M.: I chatted with a relative. I will now send out my weekly notes. I will then put the computer on standby. I will then clean up and go out for a walk. CIO

Note: <888> 10/24/03 Friday 9:00 P.M.: I woke up at 7:30 P.M.. I had a call today from a former neighbor at 1 P.M., and the neighbor wanted me to drive him somewhere to get help for taking his boat out of the water. However, since I am on a later schedule, I was not able to help out. I also turned the living room thermostat up to 76 degrees Fahrenheit, and it is now 72 degrees Fahrenheit in the living room part of the apartment. I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. CIO

Note: <888> 10/24/03 Friday 9:15 A.M.: I finished going through my email. I think I might rest a bit, so I will put the computer back on standby. CIO

Note: <888> 10/24/03 Friday 8:25 A.M.: I am in the process of going through my email. I chatted with a friend. I ate the same salad as I have been regularly eating, and I had it with a glass of iced tea. I put away the ice tea in the refrigerator. It is sad to find out that Madame Chiang Kai-shek a long time friend of the United States of America and a resident of East End Avenue in Manhattan, New York has passed away at age 105 Madame Chiang, 105, Chinese Leader's Widow, Dies . However, there is nothing about it in <http://www.taiwanheadlines.gov.tw/> , which seems unusual. I suppose they will bury her with her husband at the Chiang Kai-shek Pagoda <http://www.orientalarchitecture.com/taipei/shekmemorialindex.htm> or home <http://taipeitimes.com/News/local/archives/2000/07/17/44049> . Madame Chiang Kai-shek passing away marks the end of an era, and she is probably the last of the old guard officials that organized the resistance in World War II. I guess since so much of the internet technology comes from her homeland, more than likely her people would like some time off to pay their last respects. CIO

Note: <888> 10/24/03 Friday 6:20 A.M.: I made my bed. Earlier, I charged up the Slaymaker million watt rechargeable lantern. I now keep it on the left most computer monitor on the bedroom sideboard to have it near the charging transformer. CIO

**Note: <888> 10/24/03 Friday 6:05 A.M.:** I resorted and refolded the sweaters and other items in the sweater closet in the hallway. I also refolded the polo and other shirts that are too small on the top closet shelf in the bedroom closet. I refamiliarized myself with my winter and colder weather outer gear in the right living room closet, and I have quite a sufficient amount of it. CIO

**Note: <888> 10/24/03 Friday 5:20 A.M.:** Of course I still have two pairs of blue jeans that still fit. I am now starting to make up another batch of iced tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . This time I am using one bag each of the five types of Twinings tea in the five different type package, eight Master Choice tea bags, four Salad green tea bags, and three Bigelow orange pekoe tea bags four 20 different types of tea bags with the usual mixture of other ingredients. CIO

**Note: <888> 10/24/03 Friday 5:00 A.M.:** I think most all of the pairs of shoes are about size American 9 1/2 C, but some might be size 9 C that have stretched out a bit. One pair that have never been worn are in the bedroom are a pair of medium brown custom made English dress tie shoes that were made in England, and I bought them about 14 years ago for about \$20 in the Greenwich Hospital Thrift shop, and I would dare say today, they would cost over 200 English pounds sterling if one had them custom made in England, but when I found them they happened to fit me. Of course since I have put on so much weight in recent years, although in the last six months, I have lost 25 pounds, and I am currently about 200 pounds, until I lose about another 20 pounds, most of my more formal country preppy clothes will not fit me, but I do have a black charcoal grey pin stripe Swedish double breasted suit and a Ralph Lauren Polo blazer that fit me at the present weight, but I am not sure if I have any dark trousers or corduroys that fit me at the present weight, but I do have plenty of shirts and khakis that do fit me at the present weight. Of course, my sweaters might be a bit tight, but I have a couple of polar fleece pullovers that do fit with a great many flannel shirts that also fit. Still at the moment, I am at my belly button 44 inches and a slightly lower, I am 42 inches around the waist, so I dare say I have a ways to go, until I fit into my waist 32 to 36 inch clothing, thus although I have lost 25 pounds in six months, none of it seems to have come off my waist. However, I do seem to fit into waist 40 inch clothing now. I do have a number of pairs of casual summer linen and cotton slacks that do fit me, and one never knows what one will find in one's closets that one has forgotten about that might fit. CIO

**Note: <888> 10/24/03 Friday 4:30 A.M.:** I wiped with a damp cloth and saddle soaped and brushed with the dark shoe brush 18 pairs of the darker shoes, and I wiped with a damp cloth and saddle soaped and buffed with a dry cloth 9 pairs of the white or light shoes for 27 pairs of shoes that I conditioned, which I do on an annual basis usually before winter when the conditions are damper to protect them in the damper weather. I also have two pairs of house slippers, espadrilles, canvas sneakers, and flip flops for more casual use, which do not require cleaning, thus I have 33 pairs of shoes. On of the dark pair of shoes is a pair of Alpine snow boots one shoe with a faulty side zipper which come in handy for snow. I have a great

many pairs of walking shoes and sneakers along with dress shoes and dock shoes and casual shoes and a new pair of Bass Clark dock shoes that I have never worn, so I am well prepared in the shoe department, but I frequently wear the same shoes all the time, because in the rush to get dressed, I frequently forget to rotate the shoes that I wear, and the few pairs that I frequently wear are quite comfortable, and a number of pairs of shoes that have not been broken in tend to be uncomfortable, so I will have to try to rotate the shoes that I wear more often. CIO

Note: <888> 10/24/03 Friday 2:40 A.M.: Well, I have three dozen or more pairs of good quality shoes that I will now wipe with a damp cloth, and then clean and polish with Kiwi saddle soap which should take the better part of two hours. I apply the saddle soap with a damp cloth and after it is dried in fifteen minutes to a half hour, I buff them with a shoe brush. Well, I will put the computer on standby, while I get to work on the shoes. CIO

Note: <888> 10/24/03 Friday 2:30 A.M.: Of course the town motto of the town of Greenwich is "frugality and fortune" which when translated into the English speaking language mean "Penny Thrifty and Pound Foolish". I suppose some people are so thrifty, they do not have any garbage, and thus they do not need to throw out anything. However, having known some people whom have been hired to work for people organizing their lives, they frequently end up throwing out a lot of items that are hazards in the household environment. Thus if one does not watch the liberal television medium too much, one can always find ways to keep busy around one's own household and environment, until one happens to stumble across more instructive media on the television receiver. Of course some people have to learn from experience, so thus some people do not know where to even begin. Even on the computer, I spend so much time reading and writing on it that I frequently forget other equally important household routines. Well, it 36 degrees Fahrenheit outside, and I seem to be up for the day, so I can either work on the computer or try to figure out other ways to keep busy in the morning. I use to write a relative a letter every week or two, but since I chat with that relative regularly now, I have not been writing much in the last ten months. I noticed today when I was in the Merry Go Round mews thrift shop, which is one of those typical New England colonial farm houses, it was very warm and comfortable, unlike the drafty environment that I have become accustomed to living in currently. Of course a cooler environment is suppose to be healthier. Of course since it is towards the end of the month, I am lower on disposable income, so I will have to figure out ways to keep busy without spending too much money, which is much the case at the end of every month. However, if one happens to still have funds available, one frequently finds more bargain items in the thrift shops at the end of the month, when the general public tends to be less affluent. CIO

Note: <888> 10/24/03 Friday 1:45 A.M.: I was up at 12:30 A.M.. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I was just remembering some simple facts about the Lake Forest College [www.lfc.edu](http://www.lfc.edu) young republicans group while I attended Lake Forest



College. It only consisted of seven people, and we only met for a small cocktail party about once or twice a year. We did not keep minutes or records, we would just have informal discussions. In terms of security, we were sort of secret group like the Skull and Bones club at Yale. Although there were seven members, every member only knew the name of two other members, so no one member of the Lake Forest College young republicans knew more than two members or for that matter all of the other members. Of course each member could organize sub chapters of the club, and I recall that one of the members that I knew held a lot of subchapter young republican activities. The other member I knew was friends of the Howard Hughes group, since Howard Hughes attended his sister's wedding. He supposedly died about 17 years ago, but like anyone knows with Howard Hughes network, he could be living in seclusion somewhere not wanting to be bothered. Of course before attending Lake Forest College I was active in republican functions such as stuffing envelopes and attending meetings. The local republicans here in Greenwich do not think I am very important, since I did not attend a Ivy League college, but having attended a prep school named after the Taft family of President Taft fame, more than likely there were a couple of republicans there whom I do not want to bother, since it would be considered a departure of school decorum to mention their names. In other words, we try not to name drop. I do recall knowing all of the members of the Lake Forest College republican group from other school functions, which might have surprised other members. I vaguely recall two brothers were also in the group. Of course since we frequently had guests at the functions, not all of them were regulars. I recall once one of the twin brother's of a primary member showed up at a republican function, and it created quite a bit of confusion, since he tended to be more of a playboy when his brother was more of a scholar. Whatever, the case since the Midwestern people work so hard on the east coast supporting the people on the east coast of privilege whom seem not to have to work, frequently the Midwestern republicans do not have time or inclination to organize any functions in this area, but I am sure they are informally networked. I recall in the 1978 period when the Bush family were becoming more active in politics, everyone in Kennebunkport whom lived there had Kennebunkport dump stickers on their cars, so on Saturday morning they would get together at the dump and talk politics, and frequently the guy that was elected was the one that attended the most Saturday morning dump meetings regularly. However, here locally I am usually doing my house cleaning on Saturday, and I do not generally need to go to the dump, since we have a dumpster outside of our building. I do know of one conservative old guard gentleman in Old Greenwich whom still takes his garbage to the dump on Saturday mornings with a little trailer that his grandson built for him. Maybe his grandson will go into politics some day. Of course it is the nature of a dump with all the debris and dangerous items around, one could more than likely end up with a flat tire, and not end up going anywhere until one obtained some sort of assistance. CIO

Note: <888> 10/23/03 Thursday 5:05 P.M.: I had 15 triscuts earlier. I went back out, and I went downtown. I went by the Merry Go Round Mews thrift shop, and all of their clothes are half price. I then went by the Greenwich Hospital Thrift shop, and it was quite busy. All of their art work and books are half price. I next

made my 3 P.M. appointment. I then returned home. I had a glass of iced tea and ten triscuts and thirty wheat thins. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 10/23/03 Thursday 1:25 P.M.: Well, it is a brisk 41 degrees Fahrenheit outside right now, but since it is a clear dry day, I think I should go back out and enjoy it. I will now shut down the computer, and I will go back out to the great outdoors of commerce. CIO

Note: <888> 10/23/03 Thursday 12:50 P.M.: This article on the new anti spam legislation [FOXNews.com - Politics - Senate Votes for Tough Spam Limits](#) . I get about 50 to 100 spam email messages a day, which are quite an annoyance, and although my internet service provider [www.optonline.net](#) tries to block spam that many still get through. I also set up my Microsoft Outlook Express Email program to filter out the spam by keywords in the text of the messages, and it does not work, so obviously the spammers have figured out how to bypass that system. I do not consider my weekly notes spam, since I only send them to 17 individuals, and I actually work quite hard to produce them, and anyone whom wants me to remove them from the list, I will cheerfully oblige. I just keep the log of my notes, since it was useful when there were a lot of technical problems in the old days. Now it is more a commentary of my every day ordinary existence in a rather spectacular suburb by American standards on the working side of town to prove that although I do not hold a steady job, I have always managed to keep busy. Thus it is my own way of volunteering on my limited budget on my hours, which frequently are nocturnal. Although, I might recommend bargains I find, I am personally not selling any products or services on the internet, and since I have a limited inventory of items in my apartment, I am not trying to sell anything on Ebay either, since anyone can find the same general merchandise in thrift shops and tag sales in their own locations without having to send it around the world and increase the revenues of the United States Post Office, United Parcel Service, and Federal Express. Possibly if one tried to gain access to the high security area nearby me called the Holly Hill waste disposal center, one might find a larger variety of items, but I think one needs a residence disposal permit to gain access, and I am personally afraid of going there because I really do not want to bring any more items into my apartment. The HP 133 Mhz computer sold today at the Greenwich Hospital Thrift shop for \$10, but I bet there are better ones at the dump, but they might be missing parts, since frequently people salvage parts out of old computers before throwing them away. One odd item for sale at the Greenwich Hospital Thrift shop today was a Microsoft wireless keyboard for \$15 and a Microsoft Wireless mouse for \$10, but the ground station for both items combined was not marked, so it is hard to see how one could buy one or the other items. Since last week, I got my new Kensington wireless keyboard and mouse for \$10 both, I told the fellow looking at them to go to Staples, so hopefully he found a better deal. Of course the Greenwich Hospital Thrift shop has paid staff along with volunteers and they also have to pay about \$8,000 a month rent, so they have to keep their prices a bit higher than flea markets and tag sales and less expensive thrift shops. Still over time, I have found a large

variety of items there without having to drive all over tar nation which can also be expensive in the search for bargains. CIO

Note: <888> 10/23/03 Thursday 12:25 P.M.: I watched a bit of television. I heated in the microwave in a microwave proof container the contents of a 18.5 ounce can of Progresso New England clam chowder, which I had for a midday meal with a glass of iced tea. I have a 3 P.M. appointment this afternoon. CIO

Note: <888> 10/23/03 Thursday 11:40 A.M.: I went out after the last message. I sat outside downtown for a while. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift shop. I then drove down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times, P.C. World magazine, and P.C. Magazine. I then went by the Food Emporium, and I bought a 13 ounce box of Nabisco Triscuits for \$2.50, two eight ounce containers of Stop and Shop fat free grated parmesan cheese for \$2.49 each, a 17 ounce Boston Market home style chicken and noodles meal for \$2.99, a 16 ounce bag of Stop and Shop baby carrots for \$1.99, and a quart jar of Smuckers strawberry jam for \$2.99 for \$15.45 total. I then went by the Arnold Bread outlet, and I bought two 5.5 ounce boxes of Arnold regular size garlic and herb croutons for .99 each, and a loaf of Arnold 100% Natural Whole Wheat bread for .99 less 10% senior discount of .30 for \$2.67 total. I next returned home, and I had a glass of ice tea. CIO

Note: <888> 10/23/03 Thursday 7:55 A.M.: I sent out some email. I chatted with a friend. I will now go out for some cooler morning activity. I will shut down the computer. CIO

Note: <888> 10/23/03 Thursday 5:20 A.M.: I finished going through my email. CIO

Note: <888> 10/23/03 Thursday 4:55 A.M.: This concept Wired News: It Came From Beneath the Sea was mentioned in Simon Winchester's book on Krakatoa. CIO

Note: <888> 10/23/03 Thursday 3:55 A.M.: I made and ate the same salad as last night. I am making a cup of cappuccino which I will drink shortly. I opened up a 36 ounce bag of Food Emporium hazelnut coffee, which I use to fill the Braun coffee grinder and two and a half mason jars which I keep underneath the left side of the dining room table. I also have three more 36 ounce bags of Food Emporium hazelnut coffee which I bought when they were on sale about 6 weeks ago. I think I paid about \$4.99 a bag for them on sale, about \$3 off. I make the cappuccino by putting about 10 ounces or a full beaker of water in the water part of the right Braun cappuccino espresso machine. I also have an older model Braun on the left. I fill the coffee holder with about 1/4th ground Italian espresso beans and 3/4th of ground Food Emporium hazelnut. I heat the water, until the green light comes on. Then I run about a half of beaker of coffee into the beaker, and then I froth about

four ounces of cold milk on the side in the metal frothing pitcher, then I finish running the coffee into the beaker to fill the beaker. I heat the cup on top while making the coffee. I then add about two teaspoons of sugar to the cup. I fill the cup with the coffee from the beaker. I then add the frothed milk and lightly sprinkle the top with cinnamon, and stir it all lightly. I will now have it. One has to remember to clean the frothing attachment every time with water after use, so it does not build up pressure if it is clogged. CIO

Note: <888> 10/23/03 Thursday 2:20 A.M.: I ate about ten tricuits before going to bed. I was up at 5 P.M., and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I fell back to sleep until about 8:30 P.M.. I watched the Barbara Bush special on CNN from 9 P.M. to 10 P.M. about her new book "Reflections". I chatted with a friend. I chatted with a relative. Since it is 34 degrees Fahrenheit outside right now, I turned on the electric heat in the living room, and I set the thermostat at 74 degrees Fahrenheit, which generally keep the apartment at 70 degrees Fahrenheit. I just now put the Lasko box fan in front of the air conditioner, and I set it on low speed to blow the heat away from the outside wall window area into the room, which also saves about \$20 a month in electricity bills and makes the apartment more evenly heated. I generally do not turn the heat on the bedroom, until it gets colder. I moved the model of Buckingham Palace from in front of the air conditioner to the left in front of my paternal grandparents' pictures. I moved the blue round Swedish glass globe to the left of the two miniature palms on the window sill. I put the Texas steer horn to the right of the fan and to left of the Queen Elizabeth II coronation picture. I put the brass framed picture of relatives on top of the Dell backup computer CPU. I took the blue summer blanket off the bed in the bedroom, and I put on the heavier light blue electric blanket which I do not use the electric feature on because one of the controls is defective. I still have on the orange bed spread, and I took out the heavy comforter, and I folded it up on the end of the bed, with the light blue summer blanket and the orange and light orange afghan. I do not turn on the heat in the bathroom ever, since the electric heater uses a lot of electricity for the amount of heat that one gets. I do leave the bathroom door open, so the heat flows in from the living room. If it ever gets extremely cold which it does occasionally, I have the two oil filled DeLonghi radiators and two grounded orange extension cords that I can use to connect them up. I keep the DeLonghi oil filled radiators stored underneath the sideboard in the bedroom. I ate a Quaker low fat buttered flavored popcorn cake with iced tea. I cleaned up, and I went out. I wore a cap to keep warmer. I took my four snow brushes from the rear hatchback area of the Hyundai, and I put them on the floor of the back seat to have them readily available. I also keep a towel there for removing moisture from the windows, when I can not see. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. There is a 17 inch Dell computer monitor in the dumpster area hidden in the back corner area in the southeast lower section of the lower level train station parking area. It does not have its power cord, and I do not need it. I then went by the Food Emporium, but they are closed at the moment, but the staff seems to be there, maybe they are on break. I just now

returned home, and I had a glass of iced tea. The outside window wall thermometer now reads 70 degrees Fahrenheit and the Barometer thermometer by the hallway reads 72 degrees Fahrenheit, so my usual heating setup seems to be working. Last night, I also adjusted the Nvidia color setting on my display, so the colors look a little bit more even and brighter. CIO

Note: <888> 10/22/03 Wednesday 7:50 A.M.: Well, I am a bit tired, so I guess I will shut down the computer, and I will go to bed soon. Have a good day. CIO

Note: <888> 10/22/03 Wednesday 7:20 A.M.: I chatted with the same friend again. CIO

Note: <888> 10/22/03 Wednesday 7:00 A.M.: I went through my email. I did some regular computer work. I relaxed a bit. I just chatted with a friend. CIO

Note: <888> 10/22/03 Wednesday 2:55 A.M.: I changed my Windows settings from Best Performance to Let Windows Decide, so the system looks a bit more jazzy, and since I have an AMD XP Athlon 2000 Processor with 768 megs of memory, I guess my primary system is speedy enough to handle the enhanced settings. I ate 30 triscuits. When I chatted with a friend today, I mentioned something that had crossed my mind recently concerning the terrorism threat in this area. The three Ben Laden pronouncements in the last five months have threatened the next time, the terrorism will be a 100 times worse. However, I frequently do things by second sight or intuition, and in the last news story on the last pronouncement about a week ago, they said his video was 31 minutes long which seems curious, since the Arabs started the concept of mathematics and tend to be precise, more than likely they could have made the videotape an even 30 minutes instead of 31 minutes unless it was a way of sending a hidden message that something would happen on the 31st day which could be a week from this Friday or New Years Eve somewhere in the supposedly threatened areas. Since the date 911 seemed chosen by design maybe 31 minutes would mean the 31st day. I am not an expert, but I have no intension of being in Times Square on New Years Eve. CIO

Note: <888> 10/22/03 Wednesday 1:20 A.M.: I ate the same salad as last night, and I had it with a glass of iced tea. This evening when I started my walk about 9 P.M., as I was about to cross the street from the west side of Greenwich Avenue at Arch Street east towards the Senior Center, I stopped like I usually do and waited for any traffic to come to a complete stop at the Stop sign. However, I was fortunate that I stopped since a blond lady in a 10 year old grey Volvo with New York License plate starting in "AG" came down Greenwich Avenue at about 30 miles per hour and did not stop at the stop sign and continue on through the intersection. Thus I would have been in some duress, if I had assumed the driver would stop. I would generally recommend from my 20 years of walking on Greenwich Avenue that pedestrians wait for the traffic to pass by or come to a complete stop before attempting to cross at any of the intersections with just Stop signs, which people frequently do not see

them at night. I have had similar experiences two times before in 20 years. I sent out this email to various parties, the text of which follows.

October 22, 2003

To numerous parties:

As a resident of Greenwich, Connecticut on and off since 1961, and continually since 1983, I have seen Greenwich Avenue change much for the better. I have regularly walked Greenwich Avenue for the last 20 years mostly for exercise walks. Thus I have a bit more experience around Greenwich Avenue than the average resident, although I no longer live in the vicinity anymore.

Tonight once again, for about the third time in 20 years, I was almost run down by a vehicle which did not stop at the stop sign coming down Greenwich Avenue at Arch Street.

I agree with the town policy that having the traffic officers in the daytime is useful for additional security, however once they are gone the local residents and walkers on Greenwich Avenue are left with an increasingly dangerous situation as the area becomes rapidly more and more commercial and the back country area also has more traffic coming down Greenwich Avenue along with the large number of drivers whom are not familiar with the area.

I would recommend keeping the traffic officers in the daytime, but once they finish in the evening, there should be stop lights and pedestrian stop and go lights to control the traffic flow and of course on Sundays too.

I know of one individual whom is near sighted that has been hit four times. Also there are a great many elderly people whom live in the downtown area, along with increasingly large numbers of visitors and shoppers.

Since Connecticut is supposed to be the insurance state, it would seem that at this point of the town of Greenwich, Connecticut's development, we have become derelict in not installing traffic lights and pedestrian walk and do not walk lights on Greenwich Avenue, which could be activated once the usual traffic officers finish their shifts. The younger generation seems fast and swift enough that it is not too much of a problem for them.

I am expressing my opinion based on 20 years of walking and observing on Greenwich Avenue.

Sincerely Yours,

Michael Louis Scott  
71 Vinci Drive  
Apt. # 206  
Greenwich, Connecticut  
06830-2902  
U.S.A.  
203-531-6754

Michael Louis Scott  
<mailto:mikescot@optonline.net>  
<http://www.geocities.com/mikelscott/>  
Greenwich, Connecticut U.S.A.

End of email: CIO

Note: <888> 10/21/03 Tuesday 11:25 P.M.: I had a call from a friend at 2:30 P.M. this afternoon. I then had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I fell back to sleep until 8 P.M.. I ate two Quaker low fat buttered flavored popcorn cakes. I then cleaned up, and I went out. I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I then went by the Stop and Shop, and I bought two 14 ounce boxes of Nabisco Wheat Thins for \$2.50 each, and two 14 ounce boxes of Nabisco Tricots for \$2.50 each, two four packs of six ounce cans of Chicken of the Sea solid white albacore tuna fish for \$2.99 each, a quart jar of Smucker's strawberry jam for \$2.99 for \$18.97 total. I then returned home, and I had a glass of iced tea. CIO

Note: <888> 10/21/03 Tuesday 8:05 A.M.: Well, I will shut down the computer shortly. I will eat two low fat butter flavored popcorn cakes along with drinking some iced tea. I will then go to bed soon. CIO

Note: <888> 10/21/03 Tuesday 6:10 A.M.: I was also sent this link  
<http://www.microsoft.com/presspass/events/officesystemlaunch/>. CIO

Note: <888> 10/21/03 Tuesday 5:35 A.M.: Earlier, when I got back from the grocery store and my walk, I ate two Quaker low fat buttered flavored popcorn cakes along with a glass of iced tea. Of course in the old days, I recall knowing someone that grew popcorn, so popcorn use to be a lot cheaper. Of course, I broke two teeth about a year and a half ago munching on nuts or popcorn, so I quit eating popcorn and nuts regularly, and hopefully it will help me lose some weight too. I like the Quaker popcorn cakes, since they do not have the hulls in them, which are easier on the teeth. One of these days, I will have to make it to a dental clinic or dentist that can service my teeth under my current medical plan. Of course that probably would require me to get back on a day time schedule. I suppose with up to

a million people working at night in the New York area, they could open a centralized area for night time people to use various services and such, but I am not sure there would be much profit in it. One could just imagine driving into Manhattan at 3 A.M. to get one's car service or to have a medical appointment or some other service that night time people are not always able to find, unless they go back on a day time schedule. Of course, if one were not careful, one might be attended by the janitor or whomever happened to be around. I once called up the White House in the early morning hours about seven years ago when the President was away, and I chatted with a fellow with a distinct African accent, and I asked him where he was from, and he told me he was from Uganda, so I guess even in D.C. when the Chief of State goes out of town, other people show up and take over. It seems rather curious they can not get full time help from the United States to keep an eye on the place, when the rest of them are away traveling. I guess like the business world, the modern government is "Laptops Up Up and Away". Since they changed the flight path for Westchester County airport now that former president Clinton is out of office, one does hear the airline traffic as much, so one can not tell from this location whether there is busy aircraft traffic in the area or not. I guess the Microsoft people are use to it, since a lot of them live at the end of the Boeing runway beneath the Boeing flight path. I have a theory a lot of the younger engineers at Microsoft are the children of Boeing executives, just like some of the engineers at IBM might be the children of General Electric executives. Well who knows, all we get from this perspective is the public relations. I received this invitation again [Microsoft Invitation POPstick.com - Face Your Customer](#) from Microsoft inviting me to a presentation they are offering in the New York metropolitan area, but alas I do not travel easily around the New York metropolitan area in the day time anymore or even at night anymore. It would seem more economical with high speed internet connections that they could have the presentation over the internet and be a little eco friendly, but I guess since the Microsoft engineers will travel all the way across country, they feel we should be able to show up for their presentation. I recently chatted with a fellow on Greenwich Avenue that had the same look as Al Gore, and he was wearing a red Microsoft TechNet polo shirt. Since he avoided me after I approached him as a customer, I guess Microsoft tends to want to control the environment when they deal with their customers. However, since I live in IBM's backyard, I have to go by the usual protocols and procedures our local business community has established over the years, so I would imagine in this particular situation, I could be like Ronald Reagan and delicate authority. If I had attended, I could have worn my Microsoft Windows XP T-shirt they gave me last time. Alas, I gave my IBM T-shirt to one of IBM's original stockholders whom probably found it amusing. CIO

Note: <888> 10/21/03 Tuesday 4:15 A.M.: I went through a recent pile of weekly local newspapers and periodical literature, and I sorted out the supermarket fliers and weekly newspapers, and I organized the recent periodicals that I will keep. I threw out the supermarket fliers and the weekly newspapers, which I do not read all the time, since the Greenwich Times frequently carries the same news. CIO



**Note: <888> 10/21/03 Tuesday 3:20 A.M.:** Back in the period from 1968 to 1972, I use to run the Lake Forest College [www.lfc.edu](http://www.lfc.edu) Young Republicans, which consisted of about seven like minded individuals whom would throw cocktail parties for like minded individuals and discuss politics. We were a modest social gathering whom were staunch Richard Nixon supporters attending the college and some of us worked modest jobs in the community. Suddenly the Lake Forest College young republicans became more influential when one wealthy individual named W. Clement Stone <http://www.combined.com/about/business/history.asp> and <http://www.suntimes.com/output/savage/cst-fin-terry021.html> whom ran Combined Insurance <http://www.combined.com/> attended one of our small gatherings with some conservative older ladies. I thought he was a billionaire, but he actually sold a billion dollars worth of insurance in a five year period at that time, so for that time he was a well known business man. If W. Clement Stone is alive today, he would be about 101 years old turning 102 around May 2, 2004 and would be regarded as an old guard conservative. Unfortunately this article says W. Clement Stone died September 4, 2002, so unfortunately, he is no longer with us <http://ourworld.compuserve.com/homepages/CarolASThompson/Stone.htm> . I guess the Reuters news service does not cover much Midwestern news. CIO

**Note: <888> 10/21/03 Tuesday 2:50 A.M.:** I went through my email. CIO

**Note: <888> 10/21/03 Tuesday 2:20 A.M.:** I went out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I drove down by the waterfront. I then went by the Food Emporium, and I bought a half gallon of Florida Natural orange juice for \$1.99. I just now returned home. As usual Monday nights are pretty quiet. CIO

**Note: <888> 10/20/03 Monday 11:15 P.M.:** I made and ate the same salad as I have been eating recently, and this time I put a six ounce can of solid white albacore tuna fish and four quarters of artichoke hearts along with all the other usual ingredients. I had the salad with iced tea. I did not get my walk in today, and since I am use to cooler weather, I will go out shortly for a walk. CIO

**Note: <888> 10/20/03 Monday 10:15 P.M.:** I chatted with a friend and a relative. CIO

**Note: <888> 10/20/03 Monday 8:50 P.M.:** I put away the laundry. On the day bed, I use for a mattress pad a fitted flannel sheet, which I left on unwashed since it should be cleaned. I then put on two clean fitted cotton sheets, the top one with a blue and white flower pattern. I then put on a clean top sheet of a regular yellow and white flower pattern. Then I put on a summer weight light blue blanket. Then I put on the thick heavy medium bright green silk damask comforter that a friend gave me. Next I put on the white and brown wool patterned Mexican poncho that my parents bought me while visiting Mexico about 37 years ago. I then put at the foot of the day bed, a folded white summer weight blanket and on top of that the folded blue and grey afghan a relative knitted for me. At the head of the bed, I put

two older feather pillows with clean pillow cases, and on top of those, I put the four foot long beige and rose round bolster pillow, the two 2 foot square large burgundy and blue Navaho pattern throw pillows with the gold and green and beige linen 2 foot by 2 foot large throw pillow on top of those. Thus the day bed is made up with clean linens should I have a guest or new it to use it for myself, if I had guests using the full size bed in the bedroom. I have friends in Manhattan, I have offered hospitality too, if they should become uncomfortable in their current Manhattan residence due to any emergency. I occasionally also have friends whom use the day bed. I took the black comforter from the end of the day bed, and I spread it out lengthwise along the back of the long green sofa for winter comfort in the colder winter. I took the light patterned black and white checked comforter from the end of the day bed, and I spread it across the back side of the blue sofa for winter comfort on cold days. CIO

Note: <888> 10/20/03 Monday 7:35 P.M.: I put the new WaterPik on the left side of the bathroom sink where the old one like it was. I left on the red tip, and I have the blue tip in the reserve slot. I also have a green tip on the left bathroom toothbrush holder. I cleaned the old WaterPik with an old toothbrush which I keep in the left top bedroom mahogany bureau drawer and Ronson lighter fluid, paper towels and Lysol Island Breeze disinfectant, and dishwashing detergent and hot water. I did not submerge it in water though. The used WaterPik looks like new, and it still has the user red Pik in it. I put it in the box that the new WaterPik came in, and I put it on the right side of the second drawer from the bottom of the mahogany bureau in the bedroom. I also have an older WaterPik for four missing some Piks on the right side of the lowest drawer of the Mahogany bureau in the bedroom. Of course the used WaterPik is a bit noisier, since it has been used about four to five years. Also, since I once a fixed the oldest WaterPik, I know the tubes inside can collect a scum film from the water over time. I thus use a couple of ounces of yellow mouthwash with the water every day in my WaterPik to keep it cleaner inside over time, but it is good for cleaning the gums and the teeth. CIO

Note: <888> 10/20/03 Monday 6:55 P.M.: I was up at 8 A.M., when a relative called who was back home from Europe. Apparently Europe was very expensive. The relative had dinner at the Royal Automobile Club in London along with seeing the other sights in London and Paris. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I went back to sleep until 1:30 P.M.. I ate two Quaker low fat butter flavored popcorn cakes along with a glass of iced tea. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I bought a new four year old model like I already have that I present use two person WaterPik for \$12.50 orignally \$40 new at Walgreens. I will put the new WaterPik in my bathroom, and I will clean and save the current one. They were just putting out a HP 133 MHz computer for \$10, which I did not need. I next made my 4 P.M. appointment. I then walked the center area of Greenwich Avenue. I then went by the Stop and Shop, and I bought a package of Quaker low fat cheddar flavored popcorn cakes for \$2.19, a 10 ounce box of mushrooms for \$1.72, a quart of

plum tomatoes for \$2.99, a package of President low fat feta cheese at \$4.69 a pound for \$2.42, 10 ounces of fresh spinach for \$1.50, and two Bermuda red onions at \$1.29 a pound for \$1.72 for \$12.54 total. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then returned home. Before, I left I put clean linens on my bed in the bedroom. I am now doing two loads of laundry including washing the sheets from the day bed in the living room. I have 50 minutes on the day cycle. I had a glass of iced tea. CIO

Note: <888888> 10/20/03 Monday 12:45 A.M.: I will now shut down the computer. I will go to bed soon. CIO

Note: <888888> 10/20/03 Monday 12:35 A.M.: I went through my email. CIO

Note: <888888> 10/20/03 Monday 12:25 A.M.: I fell asleep until just now. I ate a few handfuls of jelly beans. CIO

Note: <888888> 10/19/03 Sunday 10:05 P.M.: I was up at 1 P.M. today when a friend called. The friend came down to visit an hour later. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. My guest and I went out, and we drove down by the waterfront. We then drove over to Tod's Point in Old Greenwich and we drove around Tod's Point. We then walked around Tod's Point for the 2.5 miles around. We then sat out briefly downtown. We then returned back to my apartment. My guest had just bought new Cingular Wireless <http://www.cingular.com/> cell phone service, and he had a new Nokia <http://www.nokia.com/> cell phone which came with the service for \$40 for 800 minutes a month including free weekend time and free weekdays after 9 P.M.. Apparently Cingular has better and clearer coverage because they use satellites for their coverage. My guest had a cappuccino. We chatted a while. For dinner we each had the same salad as the last few nights, but this time between the two salads, I split a six ounce can of solid white albacore tuna fish, a six ounce can of pink crab meat, and a tin of sardines, and each salad had seven artichoke heart quarters. We had the salad with iced tea. From 8 P.M. to 9 P.M., we watched the special on CNN on George Herbert Walker Bush's military experiences during World War II. My guest left about a half hour ago. CIO

Note: <888888> 10/19/03 Sunday 7:15 A.M.: I will now shut down the computer, and I will go to bed soon. The cruise ship the Queen Elizabeth II arrives in Manhattan today after visiting Newport, Rhode Island yesterday <http://www.qe2.org.uk/itinerary.html> for any of you wharf rats in Manhattan. CIO

Note: <888888> 10/19/03 Sunday 6:45 A.M.: I photo enhanced and enlarged the Reagan's and Bush's picture, and I printed out a copy in black and white, which I put in my photo album, and I printed out another copy in color, which I put in a clear plastic frame, and I put it above the kitchen entrance to the left of the brass marlin. Thus I have another picture of a famous pilot in the apartment. CIO

Note: <888888> 10/19/03 Sunday 6:00 A.M.: Academy of Achievement George Herbert Walker Bush and Academy of Achievement Photo Credit Reagans and Bushs 1980 . CIO

Note: <888888> 10/19/03 Sunday 5:40 A.M.: Old computer problem Greenwich Time - Garbage in, garbage out: It's not easy -- or cheap -- to trash an old computer ? CIO

Note: <888888> 10/19/03 Sunday 5:05 A.M.: I ate 10 jelly beans. I also have two Swiss flag on top of my primary computer monitor to reflect the origins of the World Wide Web as we know it today <http://www.w3.org/> .

Note: <888888> 10/19/03 Sunday 4:40 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . This story says President Bush is going to England to meet the Queen in November Telegraph | News | No palace parade for Bush as Blair gets cold feet . For any old guard republicans whom remember whom started this republican political movement in the recent decades, one might want to shop at <http://www.reaganfoundation.org/store/> . I should have gone to the thrift shops in Santa Barbara, California when I was out there during the fall from 1978 to 1980 and looked for some collectables. However, at the time I was on a limited budget, and I only recall buying a sleeping bag which came in handy up in the mountains by Hidden Valley near the Danish town of Solvagne, California which is known for Split Pea Soup. Speaking of Ronald Reagan, I still have only read about a third of his book, and I am presently one chapter into Billy Baldwin's autobiography. Well, now that it is cold, I guess I will not being seeing the occasional California license plate around here. I suppose if one want to keep up with a well networked group of Californians, one could study <http://www.hourofpower.org> . When I met Robert Schuller about 17 years ago at the Stamford Town Mall at a book signing, he prayed for me, and life has been getting better, so I guess if I ever get ahead in the world, I could try sending him a few dollars or prayers, but at the moment, I am still involved with a lot of expenses in maintenance, since my life has become more complicated. It is certainly not like living in the Great Outdoors or when I had a simple six foot by ten foot basement room in Nantucket up the street from Billy Baldwin with a bunk bed made out of a few two by fours and one chest of drawers and a old TV with nothing on it, but "No Time for Sergeants" and "Our Miss Brooks". Thus life seems to have become more complex even on my present low budget status in Greenwich. Although I pay \$46 a month for the Cablevision Optimum package, I usually only watch it while having my breakfast coffee. I tend not to watch too much television, thus I figure out other ways to keep busy with minor chores. CIO

Note: <888888> 10/19/03 Sunday 3:40 A.M.: I went through my email. I tried to setting up some rules in the email to eliminate some of the spam. I also blocked some email addresses of spam senders, which is probably not effective since they change their email addresses all the time. I also used the remove option in some of the email that had that option. I will see if the spam decreases. I finished off the 9

ounce can of Walgreen's smoke almonds, and I also ate 20 jelly beans, so I guess I had a late night feeding frenzy. CIO

Note: <888888> 10/19/03 Sunday 1:45 A.M.: I ate 25 smoked almonds. CIO

Note: <888888> 10/19/03 Sunday 1:20 A.M.: Well, it has been about 6,000 miles since I had the new Michelin tires installed on my Hyundai a year ago on Labor Day. I have the original receipts and a copy of them. I will put the copy in the glove compartment, but I might already have one set there. I will need it to show to Sears for the free tire rotation which one is suppose to do every 7,000 miles according to Michelin [www.michelin.com](http://www.michelin.com), which would be in about another thousand miles. I tested my battery the other day by starting the Hyundai with the lights turned on, and the battery still seems very strong. Since the battery is original about four and a half years old, and since new batteries are suppose to last 4 to 5 years, and since the most wear and tear on a battery is running them when they are hot, and since I have not driven that much in hot weather, my battery could easily last another year, so I will not be replacing the battery any time soon, unless I should end up needing one. I still have the Slaymaker Jump Start system fully charged ready to jump start my car should I need to do so. I noticed that since I looked at it about six months ago, the Sear battery recommended for my 1999 Hyundai Accent has gone up in price from \$60 to \$100 for their new International Battery model [Batteries at sears.com](http://Batteries.at.sears.com). Autozone [www.autozone.com](http://www.autozone.com) sells them for my car from \$70 to \$30 depending on how long one wants them to last, and Wal-Mart had one supposedly for my Hyundai for \$40, but it did not seem to be the same size. Thus I figure since Sears is pretty much everywhere in the USA, I will go to them in about a year when I need a new battery and in about two months, when I need my tires rotated, I will head over to the Sears Automotive Service Center in White Plains, New York. When I had my new tires put on a year ago Labor Day, the technician did not put one of the hub caps on properly, so when it fell off and rolled on to the sidewalk across the street from the Galleria just before the White Plains, New York public library, I had to park and go retrieve it across busy traffic. I was lucky a neighboring driver told me it had come off. I now have two spare hub caps similar that I bought in the Darien, Connecticut thrift shop in case I ever need them. Thus when one has one's tires serviced, one should double check one's hub caps are properly seated. Also, when I got the new tires, they did not put on long valve stems, which is a slightly extra cost. It never made sense to me why the shorter valve stems are even used if they are too short. I think I could buy screw on adaptors to make them more easily accessible, but I am not sure if they would affect the tire balance or not. I guess when I get my \$70 rebate on the Minolta laser printer in December around Christmas time, I could go to Sears in White Plains, New York to get my tires rotated and maybe have them check out my Hyundai battery. CIO

Note: <888888> 10/19/03 Sunday 12:15 A.M.: I ate five more jelly beans. I will try to keep from consuming them too fast. In the old days when the automobile race from the garage on East 54th Street in Manhattan to Malibu that was parodied in

the movie the Cannonball Race, they used to the code word "gumball" to signal the race would be on, by deductive reasoning the real code word must have been "Jelly Bean". Well, anyway I plugged the Minolta PagePro 1250W laser printer USB 2 cord into the Microsoft Internet Keyboard on the Dell backup computer, which keyboard has two USB 1.1 ports in back. It did not work initially since I had the keyboard USB cable plugged into the LAN slot instead of the second USB slot. It worked plug and play, and I installed the Minolta drivers and status monitor. I also ran some updates on the Dell backup computer. Basically the USB 2 cable just reaches the Dell keyboard USB ports, if one slides the keyboard to the far left of the keyboard drawer. Thus the Dell backup computer is now setup for the Minolta laser printer, but I will leave it plugged into the primary computer unless needed on the backup computer. I also put the Dell backup computer Ezonics USB camera on top of the monitor to the right a little bit between the Swedish and Danish flags which also are to the right of the Canadian, Scottish, and Norwegian flags on the monitor to show our cold weather outlet on the world. Of course, I still keep the good old USA flag flying in two locations in the apartment as well as two Union Jacks and a Dutch flag and a French flag. I have a Saudi Arabian Flag that I keep stored in the living room mahogany bureau drawer, which I bought for \$10 at the Greenwich Hardware store from the 75% off rack, but I never display it too much, since this winter climate is not really hospitable to Saudis, but they did use to fly the Saudi flag at the Waldorf Astoria in Manhattan in the old days, since I guess it was warmer there for them. CIO

Note: <888888> 10/18/03 Saturday 11:20 P.M.: I made the same fall salad that I have been eating since the end of June. I first took 12 fresh chilled spinach leaves, and I ripped them into two to three inch pieces, and I put them in the lettuce spinner, and I rinsed them underneath cold water. I then spread them across a dinner plate. I next sliced lengthwise into quarters eight chilled baby carrots, and I spread them across the plate. I then sliced into 1/8th inch thick slices a chilled plum tomato, and I spread the slices across the plate. I used a serrated knife for slicing the plum tomatoes, since it seems to work better. For the other items, I just use a standard chef's knife. I then put three double tablespoon dabs of the chilled homemade hummus on the plate in three evenly spaced locations. I then put eight black chilled pitted California olives evenly spaced across the plate including one each in each dab of hummus. I next diced a quarter of a chilled red Bermuda onion, and I spread the pieces across the plates. I then sliced into 1/8 inch thick slices four chilled medium washed in cold water mushrooms, and I spread them across the plate. I then added about 20 Pepperidge Farm fat free generous cut Spicy Italian croutons. I then opened a chilled six ounce can of solid white albacore tuna fish, and I rinsed it with its lid on underneath cold water squeezing out the water about a half dozen times. I then flaked it with a fork into small pieces about 1/8th inch to 1/3 inch in a bowl, and I spread it across the salad. I then added six chilled artichoke heart quarters evenly spaced. I next sliced with the cheese slicer from a chilled bar of Kraft Cracker barrel 2% low fat extra sharp cheddar cheese four 1/4 inch by 1.75 inch by 1.25 inch pieces, which I then sliced into 1/4 inch wide strips, and I spread them across the salad. I then cut from a bar of chilled President feta

cheese two 1/4 inch by 1 inch by 4 four inch pieces, which I broke into 1/4 inch or smaller chunks with the cheese slicer, and I spread the pieces across the salad. I then spread around about two tablespoons of chilled Stop and Sharp low fat grated parmesan cheese topping. I next spread across the salad about 1.75 ounces of room temperature Italian balsamic vinegar and about 1.75 ounces of Italian olive oil. I then seasoned the salad with ground black pepper and salt. I had the salad for dinner with iced tea. After dinner, I opened the 14 ounce bag of Starburst sugar free jelly beans, and I put them in the Steuben like bowl with the silver rim just to the left of the Nantucket ashtray on the far right front of the living room mahogany bureau. I ate three of the jelly beans. I forget which colors. CIO

Note: <888888> 10/18/03 Saturday 10:00 P.M.: I went out after the last message. I went to the Exxon gasoline station next to the Greenwich Library, and I bought \$7.15 of regular unleaded gasoline at \$1.879 a gallon for about 25 miles per gallon usage. If anyone happens to be Royal Dutch Shell customers, I noticed the Texaco station on East Putnam Avenue at Sherwood Place across from the shopping center next to the YMCA is now a Shell station. I think the Exxon station and that station are owned by the same owners. I next went downtown, and I walked the entire length of Greenwich Avenue including the train station area. I sat out at various locations. I stopped by CVS, and I bought eight six ounce cans of Star Kist solid white albacore tuna fish at .88 a can and a 14 ounce bag of Starburst sugar free jelly beans for \$1.99 plus .12 tax for \$9.15 total. After I completed my walk, I drove down by the waterfront. I then went by the Stop and Shop, and I bought two packages of 100 each of Salada orange pekoe tea bags for \$1.99 each box, a 28 ounce can of Goya chick peas for \$1.09, a 10 ounce bar of Kraft Cracker barrel 2% low fat extra sharp cheddar cheese for \$2, and two boxes of fives types of Twinings tea bags each box containing 25 bags total for \$2.69 each box for \$12.45 total. I then returned home. I put the Salada tea bags on my right living room closet shelf and all the other items in their usual places. I had a glass of iced tea along with four Walgreen's smoked almonds. CIO

Note: <888888> 10/18/03 Saturday 6:35 P.M.: I filled out the Staples Rebate information on the Minolta 1250W laser printer for the \$70 mail in rebate. I have it all set to mail with the needed information. I also made two copies of the rebate information, which I placed on my laptops by the bedroom desk. It says it takes about eight weeks, but Staples rebates are generally very quick. I also filled out the Staples Business Rewards Services form, and I have the card in my wallet. I also registered the Minolta 1250W laser printer online. The new Minolta 1250W laser printer works quite fast even with graphics. It is like I have been living in the dark ages as far as printing for quite a while. I put the Minolta laser printer box in the false ceiling above the bedroom bed. I will now shut down the computer, and I will have to two Quaker low fat butter flavored popcorn cakes with iced tea. I will then clean up, and I will go out. CIO

Note: <888888> 10/18/03 Saturday 5:45 P.M.: I was up at 2:30 P.M., and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins,

supplements, and coffee. I just finished my house cleaning and watering the plants. I also cleaned the stove fan filter and the area underneath it, since it all gets dirty when I smoke cigarettes by the stove with the stove fan on for ventilation. CIO

End of Scott's Notes week of 10/18/03:

Note: <888888> 10/18/03 Saturday 7:35 A.M.: I will now send out my weekly notes. I will then shut down the computer, and I will go to bed. CIO

Note: <888888> 10/18/03 Saturday 7:15 A.M.: I chatted with a friend. I left the IEEE 1284 non bidirectional parallel cable attached to the parallel port on the primary computer to have handy should I ever need it. I am microwaving a Marie Callender 13.6 ounce Beef Tips in mushroom sauce dinner, which I will have shortly with iced tea. CIO

Note: <888888> 10/18/03 Saturday 6:55 A.M.: I went out, and I drove to Walgreen's in Old Greenwich. They have a number of computer supplies on the left wall as one enters the store. They had a 10 foot USB 1.1 cable for \$17.99, but I bought the Belkin 6 foot USB 2 cable for \$17.99 and a 9 ounce can of Walgreen's smoked almonds for \$2.99 plus \$1.08 tax for \$22.06 total. I then returned home. I started up both computer and the Minolta PagePro 1250W laser printer, and then I connected the USB 2.0 cable to the printer and the front USB 2 port. The printer is not USB 2.0, but I figured it might be handy to have a USB 2 cable for the USB 2 port. The printer was recognized plug and play, and I installed the drivers from the CD. I then ran the CD program to install the drivers again including the Status monitor. The status monitor showed the printer was online. Just to be sure, I rebooted the computer, and the printer was still online. I printed a test page, and it all seems to work just fine. The page count on the printer is 128. The USB 2 cable is just long enough to reach the keyboard USB port on the Dell backup computer, and of course one could also use it for a device such as a camera. My Epson Color Stylus 880 printer is also USB, so technically I could use it with it too, but I will keep it on the Siemens port for now. Walgreen's did sell a bidirectional IEEE 1284 parallel cable too for the same price, but the USB 2 works just fine. I will fill out the rebate paper work and register the printer later on today after I wake up and after I do my house keeping. I will wait until then also to send out my weekly notes. CIO

Note: <888888> 10/18/03 Saturday 5:10 A.M.: When I rebooted the computer, the Minolta PagePro 1250W laser printer driver would not load. I tired uninstalling and reinstalling it a number of times. I also tried configuring the Ports in the CMOS and in the Hardware Port Device Properties. Although I have the LPT1 port working with EPP and ECP with an IRQ and DMA selected, the printer still would not work. I could get it working by changing ports and then changing back to LPT1, and it would work, which is not a practical solution. I think the problem is that although I have a fairly new parallel cable with IEEE 1284, it might not be a compliant type B connector. Thus I need to use a USB cable. I uninstalled the Minolta Laser Printer software. While, I had it working, I printed out the 110 page



manual which I put in an Oxford Clip binder. I will now shut down the computer and disconnect the parallel cable. I will then go out, and I will check Walgreen's and CVS to see if they have a USB cable. I will have a couple of Quaker low fat butter flavored popcorn cakes with ice tea before I go out. CIO

Note: <888888> 10/17/03 Friday 11:00 P.M.: I had two Quaker low fat buttered flavored popcorn cakes this morning before going to bed about 1 A.M.. I was up at noon, and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then drove over to the Oil Star oil change place in Riverside. I had my oil and oil filter changed along with their other service. I was charged \$31.95 for the basic service and \$3.25 for the Castrol GTX 10W30 oil plus .97 disposal charge plus \$2.10 tax less a \$3 coupon for \$37.02 total. They also replaced my drain plug which had been over tightened the last time last spring it was serviced at Hyundai. I then went by the Greenwich Hospital Thrift shop. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove over to Staples in Old Greenwich. I bought the Minolta PagePro 1250W affordable personal laser printer <http://www.minolta-gms.com/products/monochrome/pp1250W/index.asp> for \$159.98 plus \$9.60 tax for \$169.58 total. They credited the points to a Staples card that I will fill out the form for and mail in. More importantly the Minolta laser printer has a \$70 mail in rebate from Minolta, so it will eventually cost me \$99.58 once I receive the rebate back. I returned home, and I had a glass of iced tea. I then moved the Epson C60 printer which is out of ink to the bedroom window. I put the Epson Color Stylus 880 printer on two stacks of four books to the left of the Dell back computer facing away from the left side of the desk. By having it on the books, I can have it more securely placed. I then turned the table around 90 degrees where the Epson 880 printer was, and I left the printer stand on it. I unpacked the Minolta PagePro 1250W laser printer, and I placed it on the table to the right of the primary computer with its face facing towards the Dell backup computer, with its left side switch within easy reach from the primary computer. I connected the power cords for both printers to the power strip on the floor in between both printers underneath the table in between the two facing each other. I stacked up the spare IBM inkjet paper and the legal quality paper underneath the table containing the Minolta laser printer. I opened a new package of HP LaserJet paper that I had bought a couple of months ago. I put HP LaserJet paper in the Minolta laser printer. It takes up to 150 sheets, and one is not suppose to refill it, until it runs out of paper. Then one refills it. I have it set to feed the paper faced down, so it will stack them in order. It holds about 100 sheets of printed paper. I put the spare HP LaserJet paper in a box in a plastic bag to keep it dry on the dark oak table in between the two printers. I put my four inches of used paper with various printouts over the years in the space underneath the printer stand underneath the Minolta laser printer. I plug the up to date parallel cable like the instructions says it requires into the Minolta laser printer and the primary computer ECP parallel

port. The Minolta laser printer also works with a USB cable, but I happened to think parallel might be faster, and I do not have a USB cable. I turned on the Minolta laser printer with the switch on its left side within easy reach of the primary computer. I booted the primary computer, and Windows XP recognized it plug and play, and I installed the CDrom with the drivers, and they installed properly. I am using the LPT1 port on the primary computer, since I could not get the Minolta laser printer to work with the Siemens printer ports on the LAN cable, and also the Minolta laser printer status monitor only works with the LPT ports. I printed out a couple of test pages, and it works just fine. It takes about 20 seconds to power up, and it will power down if left unused while turned on from which it takes about 7 seconds to resume. The printouts were virtually instantaneous. I still have the HP LaserJet IID and the Epson Stylus Color 880 printers on the Siemens printer ports, so they will also work from the other computers, and all three printers work from the primary computer. This took a bit of time because I fiddled with the Siemens printer port for a while before deciding to use the primary computer ECP parallel port for the Minolta laser printer. The Minolta PagePro 1250W printer comes with a half full toner cartridge good for 1500 pages. A new cartridge good for about 3000 pages costs about \$80, and I mentioned last night that the drum needs to be replaced at a cost of \$100 about every 20,000 pages. Of course at my rate of usage, it will be some time before I reach either of those needs. I will thus be able to print out more and faster, and I will be able to use all the Windows fonts and rapid printing of graphics. I will save the Epson Stylus Color 880 inkjet printer which is much more expensive to operate for more special uses. The Minolta PagePro 1250W laser printer came with a multi language setup guide, but I will have to print out the manual when I have time [http://www.minolta-gms.com/support/current\\_printers/pp1250w\\_sup.htm#GB](http://www.minolta-gms.com/support/current_printers/pp1250w_sup.htm#GB) . I have the latest drivers. I still need to register it online, and I need to prepare the rebate information to send in along with the new Staples point card request. CIO

Note: <888888> 10/16/03 Thursday 11:40 P.M.: Well, I am a bit tired this evening, since I only had about six hours sleep last night and this morning. I will now shut down the computer, and I guess I will watch some television briefly before going to bed. CIO

Note: <888888> 10/16/03 Thursday 10:20 P.M.: I had the same summer salad as last night along with a glass of iced tea. Before the meal, I chatted with a relative, and I just finished chatting with a friend. CIO

Note: <888888> 10/16/03 Thursday 8:15 P.M.: I had two Quaker low fat butter flavored popcorn cakes before going to bed. I was up at 11 A.M. this morning, when I had a telephone call from a relative. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I watched President Bush's speech from California on television. I cleaned up, and I went out. I went by the Arnold Bread outlet, and I bought a loaf of Arnold Multigrain bread for \$1.59 less 10% senior discount of .16 for \$1.43 total. I then went by the Greenwich Hospital Thrift shop. I made my 3 P.M. appointment. I had the follow

up appointment with an intern at the Greenwich Hospital for my cholesterol. My cholesterol is back to normal with the Lipitor, so the intern wants me to stay on the Lipitor. He recommended me to quit taking the Niacimide in my daily supplements, which I will do. I will have a follow up blood test in 6 weeks, and then I will see the intern again a few days after that. I next walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times. I returned home, and I received in the mail my annual renter's rebate which will come in handy for expenses. For some odd reason, I thought today was Prince Charles' birthday, but he was born November 14, 1948. I stumbled across this web site which seems to have to do with him and his family <http://www.teamhighgrove.com/> , but I am not sure it is royally sanctioned. I studied the Minolta 1250 W laser printer which is on sale locally at Staples Staples Special Savings Minolta 1250W laser printer \$160 less another \$70 mail in rebate for \$160 less a \$70 mail in rebate <http://www.minolta-qms.com/products/monochrome/pp1250W/index.asp> . It is both parallel port and USB connected. It comes with a half full toner cartridge good for about 1,500 pages. A new cartridge for 3000 pages costs about \$80, and every 20,000 pages one need to replace the drum for about \$100, so it costs to operate. This article recommends it <http://www.pcworld.com/reviews/article/0,aid,112472,00.asp> . However since after the rebate with tax it would only be about \$100, but I am not sure how fast Minolta rebates arrive. Thus since I have the HP LaserJet IID laser printer, which is heavy duty with a fairly new laser cartridge in it, and since I do not actually print out that much except my Scott's Notes every four months, I guess I do not need a new laser printer, and I think I will save the money from my renter's rebate, although I might consider a new Hyundai car battery at Sears when I get my Michelin tires rotated for free at Sears in White Plains, New York in about another thousand miles. I also need to have my oil and filter changed in about 150 miles at Oil Star. CIO

Note: <888888> 10/16/03 Thursday 2:50 A.M.: I put the ice tea in the refrigerator. I will now shut down the computer, and I will do some reading before going to bed. I have a 3 P.M. and 3:30 P.M. appointment today at the same location. CIO

Note: <888888> 10/16/03 Thursday 2:30 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888888> 10/16/03 Thursday 2:15 A.M.: Internet Public Library <http://www.ipl.org/> . CIO

Note: <888888> 10/16/03 Thursday 2:10 A.M.: PC Magazine: Top 100 Web Sites . CIO

Note: <888888> 10/16/03 Thursday 1:35 A.M.: Connecticut emissions testing begins again <http://www.ctemissions.com/> . I am do to have my Hyundai tested

starting January 4, 2004. I guess I will take it to Greenwich Exxon next to the library where I get my gasoline regularly. CIO

Note: <888888> 10/16/03 Thursday 1:10 A.M.: I finished going through my email. CIO

Note: <888888> 10/16/03 Thursday 12:40 A.M.: I made up a batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> . This time I used the regular ingredients along with two 4.25 ounce cans of crushed California black olives, 1/4 teaspoon of Red Cayenne pepper, 1/4 teaspoon of Old Bay seasoning, and instead of 1/8 teaspoon of garlic powder, ground black pepper, and celery salt, I used 1/4 teaspoon of each. For dinner I had the same summer salad with a can of flaked solid white albacore tuna fish, along with 6 artichoke heart quarters, and instead of Vermont extra sharp cheddar cheese, I used 2% low fat cheddar cheese along with all the other regular ingredients. I am making up a fresh batch of iced tea <http://www.geocities.com/mikelscott/icetea.htm> , and this time I am using one each of the five different types of Twinings five type package of tea, 6 Master Choice tea bags, five Salada green tea bags and four Bigelow orange pekoe tea bag along with the other usual ingredients. I am just about done with the updates on the backup computers. CIO

Note: <888888> 10/15/03 Wednesday 10:35 P.M.: I run the updates on the primary and the Dell backup computers and the AMD backup computer. I am in the process of running the updates on the HP backup computer, and then I will run them on the IBM Cryix backup computer. I washed my Icelandic white and brown knit cap with CVS cold water wool washing shampoo, and I rinsed it out, and I hung it out in the shower stall to dry. CIO

Note: <888888> 10/15/03 Wednesday 9:35 P.M.: I was up at 5 P.M. this evening. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. While, on my walk, I stopped by CVS on Greenwich Avenue, and I picked up a prescription at a dollar cost. I completed my walk. I then drove down by the waterfront. I then drove over to CVS at the Riverside shopping center, and I bought two 1.5 liter bottles of CVS yellow antiseptic mouth wash for \$4.19 each and a 16 ounce container of CVS cold water wool wash for \$1.99 less a \$2 CVS store coupon plus .50 tax for \$8.87 total. I then went by the Greenwich Library, and I read the Greenwich Times, and I returned the book on Krakatoa. I then went by the Food Emporium, and I bought three half gallons of Tropicana pineapple orange juice with calcium for \$2.50 each for \$7.50 total. I just now returned home, and I put away my purchases. CIO

**Note: <888888> 10/15/03 Wednesday 8:40 A.M.: I adjusted the color settings on my Vibra web cam. I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888888> 10/15/03 Wednesday 7:55 A.M.: I installed the Kensington 6.0.2 mouse driver for Windows XP, and it uninstalled the Logitech cordless mouse driver. I then installed the Kensington cordless mouse driver that came with the mouse, and it still does not resume mouse activity from standby. However, one can put it back in standby with key strokes and then resume immediately and the mouse works. I decided to install the Microsoft <http://www.microsoft.com/hardware/mouseandkeyboard/downloads/default.aspx> Microsoft IntelliPoint driver, and I set up the Kensington Wireless mouse for the Microsoft Wireless Optical Mouse 2.0, and it all works just fine in resuming from standby. I would assume Microsoft has better mouse drivers than the Kensington 6.0.2 download, so I will use the Microsoft driver. However, I can not use the menu scroll box item which I did not use anyway, but I have it setup to scroll, and I can not set the frequency which is not a problem since the mouse runs fine. I also ran the updates on the Dell backup computer. CIO**

**Note: <888888> 10/15/03 Wednesday 5:55 A.M.: I was able to resolve the mouse error when resuming from standby mode for the Kensington cordless mouse. I tried updating the driver, and it installed the old Logitech PS/2 mouse driver. Although, I do not have the menu items in the mouse center wheel options now, which I did not use, the mouse and cursor now works when resuming from standby. I also do not have the settings option to choose the frequency, but the Kensington cordless mouse seems to be working better. The mouse driver update selected it as the better driver. CIO**

**Note: <888888> 10/15/03 Wednesday 5:15 A.M.: I finished reading "Krakatoa, The Day the World Exploded August 27, 1883" by Simon Winchester. I ate two Quaker low fat pop corn cakes with butter flavor, which I had with iced tea. I changed a few CMOS settings. The mouse cursor still does not work when the computer resumes from Standby, so one has to reboot. CIO**

**Note: <888888> 10/15/03 Wednesday 12:35 A.M.: I ate a dish of three scoops of Edy's low fat strawberry swirl frozen yogurt. I will now do some reading. CIO**

**Note: <888888> 10/15/03 Wednesday 12:05 A.M.: I watched a bit of television. I ate three Quaker low fat butter flavored popcorn cakes. CIO**

**Note: <888888> 10/14/03 Tuesday 10:20 P.M.: I chatted with a relative. I noticed last night when I went out and mailed the mailing envelope, I went down by the waterfront afterwards. I noticed a large brown heron, which some times means tropical storm activity is about to happen. Thus, although the tropical storm season is not too active at the moment, there are two small tropical disturbances right now, so keep an eye out on <http://www.geocities.com/mikelscott/weather.htm> . CIO**

**Note: <888888> 10/14/03 Tuesday 9:40 P.M.:** I had the same summer salad as I have been eating regularly with a six ounce can of flaked tuna fish and eight quarters of artichoke hearts along with all the other usual ingredients. I had the salad with iced tea. I also drank a 50% Folgers' decaffeinated instant and 50% Folgers' regular instant coffee. I watched some television. I chatted with a friend.  
CIO

**Note: <888888> 10/14/03 Tuesday 8:00 P.M.:** I had three scoops of Edy's low fat strawberry swirl frozen yogurt before going to bed this morning. I was up at 2 P.M., and I had breakfast of oatmeal, toast with strawberry preserves, vitamins, supplements, and coffee. I fell back to sleep until 5 P.M.. I ate two Quaker low fat butter flavored popcorn cakes with a glass of iced tea. I cleaned up, and I went out. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by CVS on Greenwich Avenue, and I picked up a prescription for a dollar cost. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought a package of Quaker low fat buttered flavor popcorn cakes for \$2.19, a 28 ounce can of Goya chick peas for \$1.09, two 10 ounce bars of Kraft Cracker Barrel 2% low fat sharp cheddar cheese for \$2 each, three 4.25 ounce cans of Stop and Shop crushed black California olives for \$2 all, a package of President low fat feta cheese at \$4.69 a pound for \$2.82, a 5 ounce box of Pepperidge Farm fat free Caesar croutons for \$1.49, a 10 ounce package of Stop and Shop baby carrots for \$1.50, 10 ounce bag of fresh S&S spinach for \$1.99, a 10 ounce box of fresh mushrooms for \$2.29 for \$19.37 total. I then returned home, and I put away my purchases, and I drank some iced tea. I have lost about 25 pounds on my summer salad diet with canned fish such as tuna fish, and I am now down to about 200 pounds, so I plan to keep on the diet. I exchanged the full Glade Plug-in refill with English Leather cologne from the bathroom to the kitchen Glade holder, and I put the half filled one in the bathroom. I guess since the kitchen Glade plug-in has a small fan, it uses up the scent faster. CIO

**Note: <888888> 10/14/03 Tuesday 5:10 A.M.:** I worked a bit on editing my volcano favorites. I will now shut down the computer, and I will go to bed soon.  
CIO

**Note: <888888> 10/14/03 Tuesday 3:45 A.M.:** I finished going through my email and the volcano reports. CIO

**Note: <888888> 10/14/03 Tuesday 2:50 A.M.:** I went out, and I mailed the envelope at the Valley Road Post Office. I then sat out downtown briefly. I then drove by the waterfront. I next returned home. I put the Kensington cordless keyboard and cordless mouse box underneath the left front of the day bed on top of the IBM typewriter. When I brought the computer out of Standby the mouse cursor did not work, so I had to reboot. I put it in Standby again, and the mouse cursor worked when I brought it out from Standby. CIO

**Note: <888888> 10/14/03 Tuesday 1:35 A.M.: I did some regular computer work. I put a mailing envelope together to mail. I will go out and mail it shortly. CIO**

**Note: <888888> 10/13/03 Monday 11:40 P.M.: I had the same summer salad as last night with a six ounce can of flaked solid white albacore tuna fish, but I did not add the artichoke heart quarters. I had the salad with iced tea. CIO**

**Note: <888888> 10/13/03 Monday 10:40 P.M.: I put four scarves on the rack behind the entry door to the apartment along with a pair of tan brown leather gloves and my Icelandic brown and white knit ski cap that I bought for \$40 in Toronto, Canada 20 years ago, when I was up there before I moved back to Greenwich. I also put two salmon colored hand towels out, one each to put on the primary computer keyboard and the Dell backup computer keyboard when not in use to keep them a bit cleaner. On the right brass hook as one enters the bedroom, I put two long underwear tops and three long underwear bottoms to have available for when it gets colder soon. CIO**

**Note: <888888> 10/13/03 Monday 10:20 P.M.: I installed the software and drivers for the Logitech cordless mouse and the Microsoft Internet Pro Keyboard on the Dell backup computer. I put a thin book on skiing with a yellow mouse pad on top of it on the right top most desk drawer to the right side of the Dell computer, so one can easily switch the Logitech cordless mouse from side to side. CIO**

**Note: <888888> 10/13/03 Monday 9:50 P.M.: I went out, and I went by the ATM machine at the Bank of New York in Port Chester, New York. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then drove over to Tod's Point in old Greenwich, and I walked out to the southwest picnic area. I then stood out for a while at the southeast beach area. I then went by Staples, and I bought the Kensington Wireless Keyboard and Wireless Mouse combination package for \$9.94 plus .60 tax for \$10.54 total. I next walked the entire length of Greenwich Avenue. I sat out at various locations. During the walk, I stopped by Zen stationary, and I bought for a dollar a scratch card number 28 Tee Time Tripler, but I did not win. I then drove down by the waterfront. I then returned home. I had a glass of iced tea. I then installed the Kensington Wireless Keyboard and Wireless Mouse on the primary computer, and I installed the software for it. It all seems to work just fine. I installed the Logitech wireless mouse on the Dell backup computer, and I also installed the Microsoft Internet Pro Keyboard with USB ports on the Dell backup computer. I put the Microsoft PS/2 keyboard with the HP backup computer along with the Microsoft PS/2 scroll mouse. CIO**

**Note: <888888> 10/13/03 Monday 3:05 P.M.: I rested some more. If one looks at [www.staples.com](http://www.staples.com) at their current circular, they have a number of good deals including some free items after rebates. I will now have two Quaker low salt low fat rice cakes with iced tea. I will shut down the computer, and I will clean up. I will then go out. CIO**

**Note: <888888> 10/13/03 Monday 1:05 P.M.: Well, I was up at noon. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I guess since I have invested in Microsoft software, I will continue to use it, although both Microsoft and IBM do not seem to like republicans. I guess it is the socialist nature of the computer and software industry that most computer and software personnel tend to be liberal socialists. I have a feeling the traditional land and property owning class are a bit more conservative. Obviously they all seem to have a separate liberal agenda, and I suppose much might be the same with AOL. Basically I do not watch much television either, since it seems to be too liberal and too far out in left field. Basically the republicans must be doing something right, if the democrats are making such a big stink. I have a feeling the individuals whom own the telecommunications lines that the internet functions on tend to be a bit more conservative. It is the nature of private property ownership that people have the right to manage it any way they see fit within the local ordinances of a given community as they are determined by the voting public. CIO**

**Note: <888888> 10/13/03 Monday 1:45 A.M.: I went through my email. I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888888> 10/13/03 Monday 12:20 A.M.: Wired News: Open Access? Not Anytime Soon . CIO**

**Note: <888888> 10/13/03 Monday 12:20 A.M.: BW Online | October 8, 2003 | So Much for Michael Powell's Net Vision . CIO**

**Note: <888888> 10/13/03 Monday 12:10 A.M.: I subscribed to some free computer magazines at <http://www.freebizmag.com/> . CIO**

**Note: <888888> 10/12/03 Sunday 11:30 P.M.: I chatted with Optimum Online technical support about my recent communications with Microsoft and about the fact that they sent me a virus as a email attachment. I suggested that maybe somebody is spoofing Microsoft's email server address. CIO**

**Note: <888888> 10/12/03 Sunday 10:45 P.M.: The day before I received email from Microsoft Security using a Microsoft email address from an individual whom used to work for the Taiwan government, I received email from another Microsoft address that contained a virus that the Optimum Online email program intercepted and deleted. Since I consider myself a loyal United States of America citizen, I will let the citizens of the United States of America make up their minds on Taiwan and China. Personally when I am on the internet, I keep the two small Swiss flags flying on my primary computer monitor, since when publishing to the world, it is better to be neutral. From what I know about computers, a lot of the computer parts are assembled by the Taiwanese from Chinese parts, so they must have some sort of communications and contacts. I do know that Ming whom I use to deal with in more expensive computer parts was from Taiwan**



[http://hmcomputer.techgather.com/cgi-bin/shopzone30.cgi/st\\_index.html](http://hmcomputer.techgather.com/cgi-bin/shopzone30.cgi/st_index.html) and he sold parts in Hamden, Connecticut just north of New Haven, Connecticut. However, locally here in Greenwich, Connecticut; for about two decades Prescott Bush the brother of former President Bush the father of the current President has been involved in public relations with China and involved in building a country club there. He recently opened the new Greenwich, Connecticut American Red Cross headquarters here. I personally once met the head of the International Red Cross from Geneva, Switzerland in Athens, Greece in April, 1972 while traveling with an Anglo American citizen. I personally can not tell the Taiwanese from the Chinese, so I just take them on face value whenever I deal with them. However, generally the Taiwanese have more money, and they are more self assured, where the more traditional mainland Chinese tend to be more reserved and less westernized. Whatever, the case I do not think the Taiwan government is running Microsoft, but they certainly have a lot of influence over inexpensive computer systems and other electronic parts. I chatted with a Swiss citizen today who occasionally reads my computer notes, but he did not give me any advise, but I do know the same Chinese or Taiwanese or Asian computer parts here are considerably more expensive in Switzerland. It would seem to me that whomever is sending me email messages from Microsoft does not know about the volumes of information and legal laws in the United States of America Federal Communications systems operations that govern individuals and corporations doing business in the United States of America. It would seem to me off hand that Microsoft or agents unknown to them whom might be spoofing their email address are trying to get me to drop Optimum Online cable modem access and to subscribe to Microsoft MSN internet access, which is impossible since the high speed Cablevision cable only carriers Optimum Online as far as I know. This would be considered an unfair competitive practice, and it could lead into more antitrust legal action by the United States of America government against Microsoft if this was indeed the case. Since Microsoft sends me a lot of email, I would assume it would be legally accepted that one would expect them to hear back from me, since generally communications is two way. Maybe they should be more precise in their communications redirecting inquiries to one email address to another email address. Basically since I have purchased their product, and I am an enthusiastic user, they should possibly be more precise as to what their concerns are. About three weeks ago, I had three telephone calls from Microsoft in one day wanting me to visit a presentation in New Jersey, and since I am officially a Microsoft OEM, I think they should be more precise in their communications as to what their interests are visa a vie myself. Originally about 12 years ago, when I was going to pubs in White Plains, New York trying to make contacts with IBM personnel, a good friend of mine whom I went with regularly was given a videotape made by the Seattle, Washington chamber of commerce trying to promote their area, and thus although I still live in Armonk, New York's backyard, I have kept a close eye on Microsoft's development and used their products that I could afford regularly, and I do not recall ever being negative. However, I know Bill Gates and Paul Allen are both liberal democrats as are the Watson family of IBM, but I do not intend to change my republican politics which I favor in voting, and I will remind any democratic computer people that republicans frequently have

political influence, and they can use that influence in determining whom the United States Government buys its products and services from. Thus at the moment, I am more monkey in the middle for no other reason than there must be a problem somewhere as it relates to computers and software that I am unaware of. Maybe we should go back to carrier pigeons since the birds tend not to talk back. CIO

Note: <888888> 10/12/03 Sunday 9:45 P.M.: Well for those of you whom do not have any friends or contacts to email, one can always try this list of Lonely Hearts [http://www.addresses.com/celebrity\\_email.php](http://www.addresses.com/celebrity_email.php) . I had the same summer salad as last night with flaked tuna fish and a glass of iced tea. I chatted with a friend. CIO

Note: <888888> 10/12/03 Sunday 8:15 P.M.: I went out, and I went by the Exxon gasoline station next to the Greenwich Library, and I bought \$7 of regular unleaded gasoline at \$1.899 a gallon for about 22 miles per gallon. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by briefly at CVS. I drove down by the waterfront. I then went by the Stop and Shop, and I bought two 16.9 ounce bottles of Monari Italian balsamic vinegar for \$1.99 a bottle and a 34 ounce bottle of Italice extra virgin Spanish olive oil for \$4.99 and a bulb of garlic at \$2.69 a pound for .40 for \$9.37 total. I then returned home, and I had a glass of iced tea. CIO

Note: <888888> 10/12/03 Sunday 4:15 P.M.: I did some regular computer work. I ate two Quaker low salt low fat rice cakes, which I had with a glass of iced tea. I will now shut down the computer, and I will clean up, and I will go out afterwards. CIO

Note: <888888> 10/12/03 Sunday 3:25 P.M.: I was up at 11:30 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I just finished my house cleaning and watering the plants. The TEAC DVD player for some reason would not turn on by its switch, but it turns on with the remote control. I listened to some vintage music while doing my house cleaning. CIO

Note: <888888> 10/12/03 Sunday 12:25 A.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888888> 10/11/03 Saturday 11:50 P.M.: I did two loads of laundry. I put clean linens on the bedroom bed. I had the same summer salad as last night, but this time I put chopped sardines with the oil in it instead of tuna. I had the salad with a glass of iced tea. CIO

Note: <888888> 10/11/03 Saturday 9:10 P.M.: I was up at 11 A.M. this morning. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I sat downtown for a while. I then parked my Hyundai opposite the Delamar Hotel on Steamboat Road, and I walked over to the Greenwich Train station outbound platform from New York,

and I met my two guests coming out to visit at 2:40 P.M., when the train arrived late by 11 minutes. We then walked over to the Arts in the Park festival at the Bruce Museum. We got in for free, because one of my guests had a museum pass good for free entrance to all the museums in the world including accompanying guests. We toured the art work, and then we toured the Bruce Museum <http://www.brucemuseum.org/> which had an exhibit of John Fitzgerald Kennedy memorabilia including Andrew Wyeth's portrait for JFK. They also still have the collection of minerals and rocks which to someone interested in geology would be very interesting. I did not see any gyroscopes for sale in the museum store. We then walked over to Maneros and ordered two steak sandwiches with onion rings and cheese. While our order was being readied, one of my guests and I looked at the lobby of the Delamar Hotel <http://www.thedelamar.com/>. We then ate our steak sandwiches on the harbor side steps of the Royal Bank of Scotland <http://www.rbs.co.uk/> of Greenwich Capital <http://www.gcm.com/>. My guests treated me to a steak sandwich. We then drove over to Old Greenwich to Tod's Point, and we walked the 2.5 mile walk around Tod's Point. We then returned to downtown Greenwich, and my guests returned to Manhattan on the 7:12 P.M. train to Manhattan. I then returned home, and I had a glass of iced tea. I chatted with a friend whom wanted to come out and visit, but I explained that I was tired, so the friend said he would visit some other time. CIO

Note: <888888> 10/10/03 Friday 11:40 P.M.: I chatted with a friend. I watched some television. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888888> 10/10/03 Friday 9:45 P.M.: I chatted with an in law. CIO

Note: <888888> 10/10/03 Friday 8:45 P.M.: I chatted with a friend. My friends are coming out on the train at 2:29 P.M. tomorrow afternoon to visit. I took about ten chilled spinach leaves, and I ripped them into two to three inch parts, and I rinsed them in the salad spinner underneath cold water, and I put them on a dinner plate. Then I quartered lengthwise eight chilled baby carrots, and I spread them across the plate. I then sliced into 1/8 inch thick slices two chilled Roma plum tomatoes, and I spread them across the plate. I then added three double tablespoons of homemade chilled hummus <http://www.geocities.com/mikelscott/hummus.htm> to the plate. I then added eight chilled black pitted California olives including one in each dab of hummus. I then diced one quarter of a chilled red Bermuda onion, and I added it to the plate. I then added about 15 Arnold Zesty Italian Homestyle larger size croutons. I then opened a six ounce can of chilled solid white albacore tuna fish, and I left the lid on, and I rinsed it a half dozen times underneath cold water squeezing out the water, and then I flaked it in a bowl, and I added it to the salad plate. I then added three chilled 1/8th inch thick sliced mushrooms. I next took four 1/4 inch by 1.75 inch by 1.5 inch slices of chilled Vermont extra sharp cheddar cheese, and I sliced them into 1/4 inch thick strips, and I spread them across the plate. I then added six chilled artichoke heart quarters. I next took two 1/4 inch by four inch by one inch strips of President chilled feta cheese, and I chopped them into small quarter inch pieces, and I spread

them across the salad plate. I then spread across about two tablespoons of Stop and Shop low fat parmesan cheese. I next added about 1.5 ounces of Italian Balsamic vinegar and about 1.5 ounces of Italian olive oil, and I seasoned the salad with salt and ground black pepper. I had the salad for dinner with iced tea. CIO

Note: <888888> 10/10/03 Friday 7:15 P.M.: I went out after the last message, and I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went to the Presbyterian Church tag sale which is also on tomorrow too. I bought a extra large J. Crew 100% cotton made in Portugal grey blue and white checked flannel shirt for \$4. I also bought a Chinese blue and light blue eight inch high vase for \$2 and a seven inch high Steuben type vase with a dove imprinted on it slightly chipped on the back inside for \$2. I then drove down by the waterfront. I next walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times. I then returned home. I will put the two new vases on the power control panel on the living room window shelf that also holds the lamp with the Victorian type lamp shade. CIO

Note: <888888> 10/10/03 Friday 2:40 P.M.: I ate a Stouffer's Lean Cuisine chicken Florentine dinner, which I had with a glass of iced tea. I will now shut down the computer, and I will clean up and go out. Today and tomorrow they have the tag sale at the Presbyterian Church at the top of Greenwich Avenue until 4 P.M.. CIO

End of Scott's Notes week of 10/10/03:

Note: <888888> 10/10/03 Friday 1:30 P.M.: I received email from [billg@microsoft.com](mailto:billg@microsoft.com), [carlmo@microsoft.com](mailto:carlmo@microsoft.com) and [privacy@microsoft.com](mailto:privacy@microsoft.com) asking that they be deleted from my email address book, so I have deleted them from my email address book. They will not be receiving any email from me anymore. I will now send out my weekly notes. CIO

Note: <888888> 10/10/03 Friday 1:20 P.M.: I was up at 7 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I went back to sleep until 11:30 A.M.. I worked a bit on my email. CIO

Note: <888888> 10/09/03 Thursday 10:10 P.M.: Well, I relaxed a bit. I had a Quaker lightly salted rice cake and some iced tea. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888888> 10/09/03 Thursday 8:50 P.M.: I chatted with a friend. I chatted with a relative. I received email that my Net2Phone account was charged up with the \$25 money order that I sent them last week, so I now have \$57.70 credit on my Net2Phone account. CIO

**Note: <888888> 10/09/03 Thursday 6:55 P.M.: I was up at 9:30 A.M. this morning. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I then cleaned up, and I went out. I went by the Greenwich Hospital Thrift shop. I then went downtown, and I went by the Merry Go Round mews thrift shop, and I toured the shop. I then walked the entire length of Greenwich Avenue, and I sat out briefly at various locations. I stopped by Saks Fifth Avenue, and I looked at the store's interior. Since Federated Department stores is a Canadian Business, I guess Saks Fifth Avenue is now a Canadian Business along with other businesses like Brooks Brothers. After I completed my walk, I drove down by the waterfront. I then made my 3 P.M. appointment. I then toured the Greenwich Hospital Thrift shop again. I then went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought two half gallons of fresh Tropicana orange juice with calcium for \$2.50 each half gallon, a 10 ounce box of fresh mushrooms for \$2.19, four 14.5 ounce wet weight cans of Rienzi artichoke hearts for \$1.50 each, a 28 ounce can of Goya chick peas for \$1.09, two 10 ounce bars of Sargento Vermont extra sharp cheddar cheese for \$2 each, a 10 ounce bag of fresh spinach for \$1.50, Roma plum tomatoes at .99 a pound for \$2.79, two Bermuda red onions at \$1.29 a pound for .85 and .84, a bar of President low fat feta cheese at \$4.69 a pound for \$2.69, three 4.25 ounce cans of Stop and Shop chopped crushed black California olives for \$2 all for \$28.95 all. I then returned home, and I put away my purchases. I had the usual summer salad, but this time I did not add tuna fish, but I did add three sliced mushrooms and six artichoke heart quarters. I had the salad with a glass of iced tea. CIO**

**Note: <888888> 10/09/03 Thursday 12:55 A.M.: Well, I did a little bit of regular computer work. I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888888> 10/08/03 Wednesday 11:25 P.M.: According to email I received today from Carl Mountain [carlmo@microsoft.com](mailto:carlmo@microsoft.com) at Microsoft, he is now working as a security analyst at Microsoft according to his web site at <http://www.mountaingroup.net/> and [http://www.bodyguardnetwork.com/carl\\_mountain.htm](http://www.bodyguardnetwork.com/carl_mountain.htm) and <http://www.onlocationsecurity.com/cm.htm> , so he must be professional in his field. Out of respect for privacy, I will not include my reply to him and his employer. However, since the news reports that Bill was up in Montreal, Canada; they must have touched based with all those tall Canadian security people whom I have not seen in close to 20 years. Basically, as I have said before, spending too much money on security when diplomacy does not work seems to be pointless. Basically, since Bill's family was involved with Boeing, I would imagine his father has a far more extensive network than Bill. Needless to say, if one wants to work with the Wright Brother's invention these days, more than likely one will have to come to Fairfield County, Connecticut for General Electric aircraft engines, unless they are still using the ones with rubber bands made of balsa wood. Of course, if I am not mistaken, I believe Air Bus in Europe might still be using Rolls Royce aircraft engines. CIO**

Note: <888888> 10/08/03 Wednesday 9:30 P.M.: Wine Story TCPalm: Food & Dining . CIO

Note: <888888> 10/08/03 Wednesday 9:15 P.M.: Well even though the next few days might be warm, if one is in New England and looks at this <http://www.almanac.com/weather/region1.php> , one should expect much colder and wintry conditions in November and December from the friendly folks at <http://www.almanac.com/>. Of course since we are on the edge of Region 2 <http://www.almanac.com/weather/region2.php> , more than likely it applies. It basically seems like what we are usually use to. I have seen people from colder areas arriving in this area to spend the winter. CIO

Note: <888888> 10/08/03 Wednesday 8:05 P.M.: I chatted with another relative. I am baking in the Farberware convection oven a box of six America's Choice frozen fish filets, 14 America's Choice mini frozen potato pancakes, and 14 America's Choice frozen onion rings for 12 minutes on each side for 24 minutes total at 425 degrees Fahrenheit. I also put three tablespoons of horse radish with a third of a cup of ketchup, which I mixed together, which I will use to season the meal, which I will have with iced tea. I had a bag of ice in the freezer that I keep for the summer that I melted in the sink. I still have ice trays in the freezer. CIO

Note: <888888> 10/08/03 Wednesday 7:20 P.M.: I chatted with a relative. I found an extra piece of Plexiglas that was in my right living room closet, and it was the width of the left opening to the left of my air conditioner and about four inches less the height, so I used duct tape, and I taped it over the piece of Plexiglas already installed, and there is a slight air gap, which should provide better insulation in the winter, plus the Styrofoam is over the Plexiglas. CIO

Note: <888888> 10/08/03 Wednesday 6:10 P.M.: There are two volcanoes on the Kamchatka Peninsula in Russia on ORANGE alert which means in the volcanology terminology that they will erupt <http://www.volcano.si.edu/reports/usgs/> . This would more than likely mean a colder winter in the Northern Hemisphere, and it would also effect airline traffic from the Western Hemisphere to Asia that flies near the path of potential volcanic eruption. I sorted through my email. CIO

Note: <888> 10/08/03 Wednesday 3:50 P.M.: The Greenwich Times mentions this web site <http://www.mari-cha4.com/> in this story Greenwich Time - Greenwich man nears record in trans-Atlantic sailing trip . CIO

Note: <888> 10/08/03 Wednesday 3:40 P.M.: I threw out some garbage. I emptied out the floor level of the three closets in my living room, and I used two cups of Clorox Ultra concentrated bleach and about a gallon of hot water in a pail, and I washed the mold off the walls in up to a three foot level in all three of the closets and the floors. There was a light dusting of mold in the two left closets up to about 18 inches. I then put all the items back on the closet floors. The bedroom closet seems to be all right. I guess the mold came from the boxes in the left two closets getting

wet when the apartment flooded, and since the boxes took longer to dry, there was some mold. There does not seem to be mold underneath the carpet, since I dried it thoroughly, and I used Bissell pet odor deodorizing shampoo on the rugs when I cleaned them after they dried. CIO

Note: <888> 10/08/03 Wednesday 2:05 P.M.: I was up at 6:30 A.M.. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I dropped off the eighth plate at the Greenwich Hospital thrift shop for the china service that I gave them yesterday. They had already sold it, so maybe the buyer will show up again to fetch it. I then drove downtown, and I sat out for a while. I next went down by the waterfront. I then drove over to Old Greenwich, and I went to CVS, and I bought a 32 ounce container of CVS drain cleaner for \$2.99, two 35 ounce containers of Lysol Island Breeze All Purpose Cleaner for two for \$4.99, two 14 ounce containers of Ajax Bleach cleaner for 2 for .99, a CVS bleach toilet bowl cleaner tablet for \$1.99, and two 6.4 ounce Colgate fluoride toothpastes winterfresh gel for .99 less a \$2 CVS coupon from the mail for \$10.94 plus .66 tax for \$11.60 total. The CVS mail circular coupons for \$2 off each week of October are only good at the Riverside and the Old Greenwich stores. I then used the ATM machine at Putnam Trust Bank of New York in Old Greenwich. I then went by the Old Greenwich Rummage room thrift shop. I next went out to Tod's Point, and I took the 2.5 mile walk around Tod's Point, and I sat out at various locations. I then returned home. I made up a fresh batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> , and this time I used 1/4 teaspoon of red cayenne pepper, and 1/4 teaspoon of Old Bay Seasoning, along with two 4.25 ounce cans of crushed California black olives along with all the other regular ingredients. For lunch I had the same summer salad as yesterday along with a glass of iced tea. CIO

Note: <888> 10/07/03 Tuesday 8:55 P.M.: I chatted with a friend. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 10/07/03 Tuesday 7:55 P.M.: News about Penguins [Top Story - ANTARCTIC PENGUINS THRIVE IN OCEAN "OASES" - October 07, 2003](#) . CIO

Note: <888> 10/07/03 Tuesday 7:50 P.M.: I put the ice tea in the refrigerator. CIO

Note: <888> 10/07/03 Tuesday 7:25 P.M.: Actually the set of china that I have never used is 12 place setting of dinner plates, salad plates, cups, and saucers which is Churchill china made in Staffordshire, England. I had the same summer salad as the last few nights, but this time I did not add hearts of romaine leave. I had it with a glass of iced tea. CIO

Note: <888> 10/07/03 Tuesday 6:30 P.M.: I went out, and I stopped by the Greenwich Hospital Thrift Shop. I gave them about 40 shopping bags. I also gave

them the box of the Cordella Collection of Hand Decorated Stoneware china made in Japan. It contained a set seven dinner plates, eight salad plates, eight saucers, and eight cups. I bought them when they were a promotion item at the Grand Union about 12 years ago, and I have had them stored for about three years, after I quit using them. They are a very nice flower pattern, but I got tired of looking at the plates, and I really do not have room to store them. I have two other sets of china including one that I have never used. I still have one plate that I forgot to give them, which I will give them tomorrow. They are microwave proof which my present set of orange striped Dalton from Japan is not. I also have the old China New England pattern which I have never used, which was also a promotion item at either the Stop and Shop or Grand Union, I forget. I probably should not have given them away, but since no relatives ever stop by to see what other spare items I might have, I just gave them to the Hospital Thrift shop. I next drove down by the waterfront. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times and P.C. World magazine. I then returned home. I am making up a fresh batch of iced tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I used one each of each of the five types of Twinings five type box of tea bags, four Salada green tea bags, six Master Choice orange pekoe tea bags, and four Bigelow tea bags. It has an hour or more to steep before I dilute it. I checked out Billy Baldwin's autobiography, which I will try to read. CIO

Note: <888> 10/07/03 Tuesday 2:05 P.M.: I did a bit of house keeping. I threw out all the electronic and computer boxes from my left living room closet shelf. I am going to donate a box of old dishes to the Greenwich Hospital Thrift shop along with a shopping bag full of shopping bags. I took out all the manuals, warranties, and various electronic parts from the boxes, and I put them in a plastic bag underneath the right front of the bedroom bed. I put a number of spare kitchen appliances such as the Hamilton Beach juicer, the Krups steamer, the Welbilt bread machine, and the Hamilton Beach blender on the left closet shelf along with some computer disks in plastic cases. I found my beach bag with beach towels that had been missing for about 14 months, and I put it on the same shelf on top of the kitchen appliances. I also threw out two pairs of old shoes, but I rediscovered about two dozen or more almost new pairs of shoes. I lined the shoes up on the floor of both closets without anything but shoes on top of them, so they are handy for fetching to use. I put an orange 25 foot extension cord on the left closet top shelf too, and I have another one like it underneath right side of the day bed. I found an old General Electric iron and a new Black and Decker iron that I have never used. I also have an ironing board on the right side in the right living room closet. I left the Simac pasta machine with its bag of parts for it on the right side of the floor of the left living room closet. I have a suit case with a suit case in it on the right side of the floor of the living room closet with some plastic sheeting on top of them, and also on the right side of the left closet, I have my snow shovel, which is actually a square tipped spade or coal shovel. I will now clean up, and I will go out after I clean up. CIO



**Note: <888> 10/07/03 Tuesday 12:05 P.M.: I am microwaving a Marie Callender chicken parmesan dinner which I will have with iced tea. CIO**

**Note: <888> 10/07/03 Tuesday 11:30 A.M.: I ran the updates on all four backup computers, and I also installed this update <http://www.microsoft.com/technet/treeview/default.asp?url=/technet/security/bulletin/MS03-040.asp> on all four backup computers. The CD drive on the IBM Cyrux backup computer is an older 24X CD drive, and it does not work for my newer data CDs, but it does work for software installation. I took off the old duct tape off the Plexiglas in the opening to the left of the air conditioner, and I put new duct tape along the edges to seal the Plexiglas against drafts in the winter. I also have pieces of Styrofoam placed over the Plexiglas opening to add a little bit of insulation. I guess, I could get a piece of plywood cut to size for the opening that might be a tighter fit, but since I have already sealed up the Plexiglas edges with new duct tape, I guess it is set for the winter. The duct tape needs to be replaced once a year, since it deteriorates. I once took the air conditioner out for the winter, and it was not any warmer in the apartment, and my heating bill was the same. Since I have the General Electric Profile 15,500 BTU air conditioner which is a larger unit with support brackets, and since it weighs about 85 pounds, I leave the air conditioner in during the winter, since it would be a rather cumbersome procedure to remove it every year. One basically would have to slide the unit out from its case, and then one would have to remove the case and the outside brackets, and then one would have to reinstall the unit in its case and put it in the storage area. The interior of the air conditioner has insulation to prevent cold air from coming in during the winter, so if the edges around it are sealed, it tends to be all right to keep in year round in this climate. I also cleaned the air filter on the air conditioner, and I also cleaned the external filter on the Honeywell air purifier. I cleaned both filters by rinsing them with soapy water. I used the Gonzo dry sponge to clean all five computer monitors. CIO**

**Note: <888> 10/07/03 Tuesday 8:05 A.M.: I was up at 7 A.M. this morning. It is a bit nippy this morning at 36 degrees Fahrenheit. I guess Nanook of the North is visiting us earlier this year. Well usually during the third week of October, we get a bit of Indian summer where it warms up a bit. I generally do not turn the heat on until November, and at the moment it is 64 degrees Fahrenheit in the apartment. One can usually buy inexpensive long underwear at CVS if they have stocked it already. The Presbyterian Church at the top of Greenwich Avenue is having their annual tag sale this Friday and Saturday, and they usually have very reasonable prices. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. It looks to be another cool day. They high today is suppose to be 60 degrees Fahrenheit, but it is suppose to warm up a little bit the next few days. I guess one should use this nice weather to get ready for another long cold winter. CIO**

**Note: <888> 10/06/03 Monday 9:20 P.M.: I chatted with a relative and a friend. I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 10/06/03 Monday 7:20 P.M.:** I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I next went by CVS, and I bought a 24 roll package of Charmin soft toilet paper for \$4.49 plus .27 tax for \$4.76 total. I then went by the Greenwich Hardware store, and from the 70% off rack, I bought a Gonzo dry sponge computer screen cleaner for \$1.20, and a package of three OOK 20 pound picture hangers for \$2.49, and a package of four OOK 10 pound hangers for \$2.49 plus .37 tax for \$6.55 total. I then walked the entire length of Greenwich Avenue including the train station area. I next made my 4 P.M. appointment. I then drove down by the waterfront. I then went by the Arnold Bread outlet, and I bought a loaf of Arnold Healthy Classics Healthy Multi-Grain bread for .99 and a 5.5 ounce box of Arnold Homestyle Zesty Italian croutons for .99 less 10% senior discount of .20 for \$1.78 total. I then went by the Smokes for Less outlet in Byram, and I bought a carton of Seneca Ultra Lights 100s cigarettes for \$31 total. I then returned home, and I made and ate the same summer salad as the last couple of days, and I had it with a glass of iced tea. Somehow I spent an extra \$3.81, which I can not account for. CIO

**Note: <888> 10/06/03 Monday 12:20 P.M.:** I read a bit. I rested a bit. I ate three Quaker low fat lightly salted rice cakes, and I had two scoops Edy's low fat strawberry swirl frozen yogurt and some iced tea. I checked the mail. I watched President Bush's press conference with the President of Kenya, and they are going to throw their fourth state dinner at the White House, since President Bush became president. The other three were for the heads of state of Mexico, Poland, and the Philippines, so I guess the White House will be a little bit more festive tonight. Well, I guess I will clean up, and I will go out. I have a 4 P.M. appointment. It is 46 degrees Fahrenheit outside, so I guess fall is with us, but we usually get an Indian Summer toward the end of October, when it warms up a bit, before it finally gets cold. I have a half sister my father's oldest daughter by his first marriage who has a PHD degree in nursing from New York University whom set up a number of hospitals and clinics for the World Health Service including a number of them in Kenya and Jordan. CIO

**Note: <888> 10/06/03 Monday 8:55 A.M.:** I think I will read a bit. CIO

**Note: <888> 10/06/03 Monday 8:35 A.M.:** I was up at 7 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. While looking at some morning television, I noticed that Steve Forbes [www.forbes.com](http://www.forbes.com) has his own show on CNBC in the morning. A friend told me that Donald Trump finished building apartment blocks on the upper west side where I use to live, and that Trump's new apartments block the view of the Hudson River for the older apartment buildings that use to be there. I have seen stories that they want to build high rises in the meat packing district too. Whatever, the case judging by the local real estate activity in Fairfield County, it is just as busy out here, but a friend tells me the Greenwich Real Estate <http://www.geocities.com/mikelscott/gwreal.htm> is slow, because they have over

priced themselves out of the market, but there still seems to be a large number of people either living here or hanging out here, so I guess the simpler village people of the hamlet of Greenwich, Connecticut will manage to survive. With all the golf courses, maybe they are making extra money from all the golf balls in the ponds, which was one of my original businesses before I branched out into a Kool Aid stand. I guess, since I have been awake so many night over these past 35 or more years, I might know about business activity at night, since a lot of the people I have dealt with seem to be awake at night. In the old days in New York, there use to be a million people awake at night to service the City, so like Citibank which is now CitiGroup <http://www.citigroup.com/citigroup/homepage/> use to say, "The City Never Sleeps". Well, I use to end my nights in Manhattan by having a meal at the Brasserie in the basement of the Seagram's Building next to the CitiGroup Plaza, and I believe it was with them, that I had one of the first ATM cards in Manhattan back in 1973, but for lack of funds, I let it elapse, when I was hanging out around business operatives of the Morgan bank. I guess instead of spending money and going out today, I could hang around my home office apartment, and pretend like I am doing business. Still, since I like outside activity, I might get out sooner or later. I think I also had an account at the Chemical Bank near Carnegie Hall when I worked at the CBS broadcast center too. CIO

Note: <888> 10/05/03 Sunday 10:00 P.M.: I ate a peanut butter sandwich with a glass of iced tea. There have been a couple of tiger stories recently [Yahoo! News - Magician Roy Horn Gives Thumbs Up After Mauling](#) and [Police Subdue a Tiger in Harlem Apartment](#) , so I guess one should not forget one of the original internet links I use to advertise <http://www.savethetiger.org/> . I guess with so many wealthy eccentric people in the world, some of them probably keep big cats for pets, and they could even be in this area. Who knows with the tiger being a symbol of Exxon, maybe they even keep them around North Tarrytown, New York. I once knew somebody who kept a baby lion in their house in Fort Lauderdale, Florida back in 1976, and I warned him, it might be trouble in the future. The person wanted to make talking pictures, and he fancied himself like Louis B. Mayer, so whatever the case, I will keep a keen eye out for any unusual wildlife. Of course this time of year the Mountain Lions or the Cougars or other migratory cats could be heading south down the ridges just to the north of us. I suppose with coyotes in this area, we might even get the occasional gray wolf or mixed breed. I suppose if one keeps a dog, and it barks, it usually means that something has come to the attention of its senses, which are frequently better than man's. I have had fairly could luck with wildlife most of my life, but I generally do not take chances. I just chatted with a friend. I just finished chatting with two other friends. I will now shut down the computer, and I will go to bed directly. CIO

Note: <888> 10/05/03 Sunday 8:10 P.M.: I went through my email. I installed the "Q828750" update for Internet Explorer <http://www.microsoft.com/technet/treeview/default.asp?url=/technet/security/bulletin/MS03-040.asp> . CIO

**Note: <888> 10/05/03 Sunday 7:20 P.M.: I chatted with two relatives and a friend.  
CIO**

**Note: <888> 10/05/03 Sunday 5:45 P.M.: I went back out, and I stopped by the Exxon gasoline station next to the Greenwich Library, and I bought \$3.01 of regular unleaded gasoline at \$1.899 a gallon for about 32 miles per gallon. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. On my walk, I stopped by CVS, and I bought two seven ounce Gillette Series shaving gel for sensitive skin with a free .85 ounce Gillette series after shave gel sensitive skin for \$1.49 each, buy one get one free of four light bulb packages of General Electric extra soft white 40 watt light bulbs for \$2.99 for both packages, two 14 ounce containers of Ajax with bleach cleaner for two for .99, and three six ounce cans of Bumble Bee solid white albacore tuna fish in water for .99 each plus .42 tax for \$10.35 total. I then completed my walk. I then went down by the waterfront, and there were only two fishermen, but the Greenwich Times headlines was that the bluefish are running in large numbers, because the bunker are coming in close to shore. I then went by the Greenwich Library, and I read the Sunday Greenwich Times. I then returned home, and I drank a glass of iced tea.  
CIO**

**Note: <888> 10/05/03 Sunday 2:15 P.M.: I ate the same summer salad as yesterday along with a glass of iced tea. I will now shut down the computer, and I will go out.  
CIO**

**Note: <888> 10/05/03 Sunday 1:20 P.M.: I rotated my summer shirts with my winter shirts, so the winter shirts are in the center left of the bedroom closet, and the summer shirts are in the far left out of the way. I went out, and I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove over to the Express Car Wash in Old Greenwich, and I got my car washed for \$5. I did not towel dry it, and I drove back directly to my apartment. I then waxed my Hyundai with Nu Finish car wax. I used up about 60% of a container. I then buffed the car with a towel. I then used Turtle Wax Extreme 2001 Protectant to clean and preserve the interior vinyl. I next vacuumed the car with my old Electrolux vacuum which I connected out the side door with an extension cord, and I pulled the car up to the side door to reach the vacuum. I then used glass cleaner to clean the windows inside and out. I then buffed with a paper towel the dried Turtle Wax Extreme 2001 Protectant . Thus the car looks quite nice, and it is ready for another winter season. I came upstairs, and I had a glass of iced tea, and I chatted with a relative. CIO**

**Note: <888> 10/05/03 Sunday 9:00 A.M.: I finished running the utilities and programs mentioned in the previous note, and I also ran Norton Anti Virus on the C: and D: drives. I did some minor system configuration on the Dell backup computer. I ate a Quaker low fat low salt rice cake which I had with some iced tea. I showered and cleaned up. I will now shut down the computer, and I will go out.  
CIO**

**Note: <888> 10/05/03 Sunday 5:35 A.M.: I was up at 4:30 A.M.. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I will now run Ad-aware 6.0, Norton Win Doctor, Norton Disk Doctor, and then I will do a C: drive to D: drive backup in seven parts. I will then run Norton Speed Disk on the C: drive. CIO**

**Note: <888> 10/04/03 Saturday 6:55 P.M.: I ate a 10 ounce can of cashew nuts, which I had with a glass of iced tea. I will now shut down the computer, and I will relax a bit before going to bed. CIO**

**Note: <888> 10/04/03 Saturday 5:50 P.M.: I finished the updates and the monitor configurations on the four backup computers. I put the Microsoft serial mouse on the backup IBM Cyrix computer, and I put the Compaq PS2 mouse on the HP backup computer. CIO**

**Note: <888> 10/04/03 Saturday 4:40 P.M.: I took three chilled hearts of Romaine lettuce leaves, and I ripped them into smaller 2 to 3 inch pieces, and I broke about eight chilled spinach leaves into two to three inch pieces, and I placed them all in the lettuce spinner, and I rinsed them underneath cold water. I then put them on a dinner plate. I then sliced ten chilled baby cut carrots length wise into quarters, and I spread them across the plate. I then sliced one regular chilled plum tomato into 1/8th inch slices, and I spread them across the plate. I then put three double tablespoons of chilled homemade hummus equally spaced across the plate. I then added eight chilled medium black pitted olives across the plate including one in each dab of hummus. I then diced one quarter of a chilled Bermuda red onion, and I spread the pieces across the plate. I then added about 20 regular Pepperidge Farm garlic and onion croutons across the plate. I then opened a chilled six ounce can of solid white albacore tuna fish, and I left the lid on, and I rinsed it underneath cold water a half dozen times squeezing out the water, and then I flaked it with a fork in a bowl. I then spread it across the salad. I then sliced three 1/4 inch by 1.5 inch by 1.75 inch slices of chilled Swiss cheese, and I cut them into quarter inch wide lengths, and I spread them across the salad. I then added about three tablespoons of chilled crumbled feta cheese. I then added about two tablespoons of chilled low fat grated parmesan cheese, and I spread it across the plate. I then added about 1.5 ounces of Italian balsamic vinegar and about 1.5 ounces of Italian olive oil, and I spread it around the salad. I seasoned the salad with salt and ground black pepper. I had the salad for dinner with iced tea. CIO**

**Note: <888> 10/04/03 Saturday 3:10 P.M.: I had two Quaker low fat lightly salted rice cakes before I went out. I went out after the last message. I went by the Greenwich Hospital Thrift shop, and all merchandise was half price. I bought a Dell 17 inch E770s monitor for \$10. It was manufactured in 2000. I then went downtown, and I went by CVS, and I bought a 52 tablet box of Tide tablets for \$4.99, a CVS Clorox bleach toilet tank tablet for \$1.99, a 10 ounce can of Gold Emblem cashews for \$2.49, a can of Gillette series moisturizer shave gel with a small container of after shave conditioner for \$2.39, and a package of 10 CVS twin**

shaving razors with two free razors for \$3.69 plus .78 tax for \$16.33 total. I then walked lower Greenwich Avenue. It was starting to rain, so I did not walk anymore. I then went by Stop and Shop, and I bought a package of Quaker low fat popcorn cakes for \$2.19, two eight ounce containers of Stop and Shop low fat grated parmesan cheese for \$2.49 each, a box of Pepperidge Farm onion and garlic regular size croutons for \$1.49, a 16.9 ounce bottle of Modenaceti Balsamic vinegar of Modena, Italy \$2.99, a 6 ounce can dry of Stop and Shop black pitted jumbo California olives for \$1.39, three 4.25 ounce cans of California chopped black olives for \$2 all, a package of President feta cheese at \$4.69 a pound \$2.32, a 28 ounce can of Goya chick peas for \$1.09, two package of four 6 ounce cans of Star Kist solid white albacore tuna fish in water for \$3.99 each four pack, 10 ounces of fresh spinach for \$1.99 for \$28.42 total. I then returned home. I put away my groceries, and I had a glass of iced tea. I put the new Dell 17 inch E770s monitor with the Dell backup computer in the living room, and I configured it. I then put the Dell D 1028 L monitor with the AMD backup computer in the bedroom, and I am now running updates on it. I put the two DeLonghi oil filled radiators on the floor back side of the bedroom side board. Then on the floor front side center, I put the HP with IBM Cyrix CPUs stacked on top of it, and I connected them up using the Royal 17 inch monitor for the IBM Cyrix and the NEC 17 inch monitor for the HP backup computers. I have them connected up, and I have about 10 inch space between the two monitors on the sideboard with the Royal monitor on the left in which space, I put a double layer mouse pad with the two mice on them. I still have to configure the two CPUs for their respective monitors. One can easily disconnect the LAN cable from the back of the AMD backup computer and plug it into the back of either of the two CPUs underneath the sideboard, if one wanted to use either of them. I have the keyboards sitting on top of the monitors. I will run updates and configure the monitors shortly. I put the Compaq laptop computer case and another tan case underneath the left side of the bed along with some used mailing envelopes that can be reused with labels and some extra mouse pads. I have the two waste baskets in front of the mahogany bureau. CIO

Note: <888> 10/04/03 Saturday 10:30 A.M.: I was up at 6 A.M.. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I did my house cleaning and watering the plants. I just finished showering and cleaning up. I just installed some Windows updates. I also ran Norton update. I will now shut down the computer, and I will go out. CIO

Note: <888> 10/03/03 Friday 10:35 P.M.: I am tired. I will now shut down the computer, and I will go to bed soon. CIO

End of Scott's Notes week of 10/03/03:

Note: <888> 10/03/03 Friday 9:50 P.M.: I put away the laundry. I had the same summer salad as last night along with a few tablespoons of crumbled feta cheese along with all the other usual ingredients. I had the salad with iced tea. I will now send out my weekly notes. CIO

**Note: <888> 10/03/03 Friday 8:20 P.M.:** I called Northeast Utilities before going out, and I had them put my electricity back on the budget average plan again, and they told me my monthly average should be about \$95 a month. I tend to keep the apartment a bit cooler in the winter, but I seem to get use to it. I went out after the last message, and I went by Putnam Trust Bank of New York on Mason Street. I then went downtown, and I went to the central Greenwich Post Office. I obtained two money orders at .90 cost each to pay my Verizon and my Northeast Utilities bills. I also bought twenty 37 cent antique automobile stamps for \$7.40, since they were back ordered on USA flag stamps. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by the Greenwich Hardware store, and I bought a white electrical face plate for .99 plus .07 tax for \$1.06 total. I paid an extra penny by mistake. When I have to go to the bathroom, I use the men's room on the ground floor of the Senior Arts center, and when it is closed, I use Starbucks, and if they are both closed Thataways is usually open late, and if everything is closed, there is always the Glory Days diner across from the YMCA, or number 1 in the Greenwich Common behind a tree. I use to use the bathroom late at night at the Old Showboat or Greenwich Harbor Inn, but since the new Delamar five star hotel is very plush, I do not think they would want me coming in their late at night to use the facilities. Of course late at night, I can usually make it back home in about five minutes, if I am near the car. After I finished my walk, I went down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times. I next went by the Stop and Shop, and I bought five pounds of S&S sugar for \$1.79, a 28 ounce can of Goya chick peas for \$1.09, a 10 package of quart packs of S&S dry milk for \$6.99, a quart of S&S lemon juice for \$1.99, a 8 ounce container of S&S low fat grated parmesan cheese for \$2.49, a quart of S&S strawberry preserves for \$2, three four packs of six ounce cans of Star Kist solid white albacore tuna fish in water for \$3.99 each four pack, two Bermuda red onions for at \$1.29 a pound for \$2.19, a 16 ounce bag of baby cut carrots for \$1.69, a package of President plain feta cheese at \$4.69 a pound \$2.56, three 4.25 ounce cans of Stop and Shop chopped black California olives for \$2 all, a five ounce bottle of House of Tsang pure sesame seed oil \$2.99, a 16.9 ounce bottle of Modenaceti Balsamic vinegar of Modena, Italy \$2.99 for \$42.74 total. I then returned home, and I use my cart to bring up the groceries. I put away the groceries. I had a glass of iced tea. I started two loads of laundry, and I am on the dry cycle with 25 minutes to go. I put the electrical socket face plate on the center socket in the kitchen. I put clean linens on the bed in the bedroom. I also washed my yellow Gortex wind breaker, which I have now drying over the bath tub. It is nice not having the beeping sound in the apartment. I put the General Electric microwave manual on the small shelf on the left side of the left hallway bookcase with the other manuals and instructions. CIO

**Note: <888> 10/03/03 Friday 3:10 P.M.:** I emptied out the extra water in the Chinese bowl on the dining room table that holds the large golden pathos plant. I thought about the beeping sound. I took the wall telephone off the wall in the kitchen, and it still continued. I hung the spoon rack above the wall phone in the kitchen higher, so the telephone comes off the receiver easier. I put the wall phone

back on the wall. I took the General Electric microwave oven out of the kitchen, and I put it in the bathroom with the bathroom door closed, but the beeping sound continued in the kitchen. I cleaned out the DeLonghi toaster oven. I put the bug zapper in the bathroom, but the beeping noise continued in the kitchen. I put the General Electric sensor microwave back on the blue bureau in the kitchen, after cleaning the bureau. I reconnected it to the power, but the beeping sound continued. I finally remembered that about a year and nine months ago, when I put two new smoke detectors in the apartment, I put the old ones in the blue bureau. I opened up the right top door on the blue bureau, and I took out all the various items. I found two smoke detectors, and one of them still had its old battery in it, and it was beeping to show the battery was worn down. I took the battery out, and the beeping sound was finally ended. I guess I should have thought about it sooner, but as one gets older, one becomes more forgetful. I found an old General Electric food processor in the side cabinet of the blue bureau, and I will put it out by the dumpster when I go out. I have two CuisineArt food processors, so I do not need it. It is dirty, so I do not think the Greenwich Hospital Thrift shop would want it. I will now shut down the computer, and I will clean up, and I will go out. CIO

Note: <888> 10/03/03 Friday 1:55 P.M.: I turned off all the power in the apartment with the circuit breakers behind the mirror in the living room to the left of the left closet. Still the beeping noise persisted. I had lunch of two peanut butter sandwiches with iced tea and a 50% Folger's decaffeinated instant and a 50% Folger's instant coffee. I read the General Electric sensor microwave oven manual, and there is nothing about a beeping noise. I do not think the beeping noise is coming from the microwave oven. However, I unplugged it at the wall socket to leave it off for a longer time to see if it resets itself. Whatever, the case at the moment I can not figure it out. I will now shut down the computer, and I will clean up, and I will go out. CIO

Note: <888> 10/03/03 Friday 12:40 P.M.: I finished printing out the General Electric sensor microwave oven manual, and I put it in a clip binder. I left it out on the blue sofa for now. I took the non ground four plug adaptor off the left most kitchen counter plugs, and I put on a face plate from the center counter plugs, and I then put on a three grounded plug adaptor onto the left most plugs. I then plugged in the plugs including the grounded extension cord that plugs into the General Electric sensor microwave oven. There is still a beeping noise in the kitchen, and I am not sure where it is coming from, it does not seem to be coming from the General Electric sensor microwave oven, so perhaps it is coming from elsewhere. I put the IBM six plug grounded adaptor back on the center kitchen plugs without a face plate. I will have to get another face plate. I am just finishing up the paper work. CIO

Note: <888> 10/03/03 Friday 11:55 A.M.: I had to reinstall the Adobe Acrobat Reader 6.0. I am printing out on the HP LaserJet IID laser printer the 40 page General Electric sensor microwave oven manual, since I can not find my original



manual. I got two other bills ready to pay. I am doing some other paper work.  
CIO

Note: <888> 10/03/03 Friday 11:25 A.M.: I went downstairs, and I checked the mail. I had the building custodian come up to my apartment kitchen and check the beeping sound. We unplugged everything, and we could not figure out where it was coming from. I decided to check with General Electric 800-626-2000 about the Sensor Microwave Oven, and they said to unplug it for 30 minutes, and it will reset itself when plugged in again. I thus have it unplugged now. CIO

Note: <888> 10/03/03 Friday 10:00 A.M.: I had a call from a friend about 9 P.M.. I was up at 7 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I went back to bed until about 9 A.M.. I finished off the can of cashew nuts. There is an annoying irritation in the apartment kitchen. A beeping sound goes off about every minute for a second. I unplugged the microwave oven and the bug zapper, but it still makes the sound, and I can not figure out where it is coming from. There is a toaster oven and telephone in the same location. I have had the same noise before, but this time it is more persistent. CIO

Note: <888> 10/02/03 Thursday 8:30 P.M.: I chatted with a relative. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 10/02/03 Thursday 7:45 P.M.: I relaxed a bit. I am just about ready to eat a 16 ounce Stouffer's Home-style hearty beef pot roast dinner, which I will have with iced tea. CIO

Note: <888> 10/02/03 Thursday 6:50 P.M.: I have a folding wicker chair in the bedroom. I opened it up, and I set it beside the bath tub. I put the bath mat down on the floor of the bath tub. I put in about a half cup of Epsom salts in the Rubbermaid basin, and I filled it close to the top with hot water. I sat in the chair, and I soaked my feet for about fifteen minutes, until the water was no longer hot. I then emptied out the basin, and I rinsed it off. I put it on top of the bathroom garbage can. I stood in the bath tub, and I rinsed my feet underneath the faucet, and I towel dried my feet, and after I got out of the tub, I put the bath mat suction cups up over the side of the bath tub. I did this in my shorts, so my pants would not get wet. Thus my feet feel a bit more comfortable. I left the folding chair folded in the bathroom. CIO

Note: <888> 10/02/03 Thursday 6:10 P.M.: I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street about 1:40 P.M.. I then went downtown to the central Greenwich Post Office, and I obtained two money orders at .90 cost each to pay my Cablevision and Optimum Online Bills. I mailed them, and I also mailed a letter. I said hello to a local business person. I parked at that time at the Board of Education Parking lot at about 1:55 P.M., and I departed the parking spot about 2:20 P.M.. I drove up Mason Street to the Greenwich

Hospital for my appointment. I then made my 3 P.M. appointment about 2:35 P.M.. I next went by the Greenwich Hospital Thrift shop. I then went back by Putnam Trust Bank of New York at 3:20 P.M., and they were closed for the rest of the day because of technical difficulties Greenwich Time - Bank robber strikes again. I asked some of their personnel what the problem was, but they would not tell me. I used the ATM machine outside instead. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by the Greenwich Hardware store, and I bought a Rubbermaid Smart Solutions Dish Pan 15.25 quarts 15.3 inches by 13 inches by 9.125 inches in a milky plastic with handles and with a plug at the bottom for \$7.99 plus .48 tax for \$8.47 total. I next used the ATM machine next door at Putnam Trust Bank of New York on Greenwich Avenue. I then completed my walk. I next drove down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times. I then returned home. I had a glass of iced tea. I put the Rubbermaid basin in the bathroom to have available for soaking my feet in hot water, which I will do with about a half of a cup of Epsom salts and putting the basin in the bath tub, so it does not splash. I will now do it for about fifteen minutes. I also put \$10 on my laundry card. CIO

Note: <888> 10/02/03 Thursday 1:25 P.M.: I made and ate the same summer salad as yesterday, which I had with a glass of iced tea. I will now put the computer on standby. I will go out. I have a 3 P.M. appointment. CIO

Note: <888> 10/02/03 Thursday 12:35 P.M.: I went back out, and I went by the Vitamin Shoppe in Port Chester, New York. I exchanged the Vitamin B-2 for a 100 tablet bottle of Vitamin B-12 500 mcg for the equal price of \$4.77. I then went over to Odd Job Trading, and I bought a 64.6 ounce container of Bissell glass cleaner for \$1.79, four blank RCA videotapes for .99 each, three My Helper 3 outlet wall plug converters with ground for \$1.19 each, and a package of two outlet adapters ground to regular .99, and a 1.41 ounce container of Encore parsley flakes for \$1.50 plus .72 tax for \$12.53 total. I then returned home. I will put the glass cleaner underneath the kitchen sink with the other cleaning supplies, and I will put the blank videotapes by the stereo system, and I will put the plug adaptors in the top mahogany bureau drawers in the bedroom. CIO

Note: <888> 10/02/03 Thursday 11:05 A.M.: I tried to fix a zipped on a pair of white Farah slacks that I had bought at Wal-Mart, but I did not succeed, so I put them in the blue laundry hamper by the end of the day bed that I have the other pairs of slacks that are too small for me. I then cleaned up, and I went out. I went by the ATM machine at Bank of New York in Port Chester, New York. I then went by the Vitamin Shoppe at the Port Chester, New York shopping center. I bought a bottle of 100 tablets of Vitamin C-500 complex for \$4.77, 100 Capsules of B-Complex 100 for \$11.37, 100 capsules of E-400 iu for \$9.57, 100 capsules of Garlic 500 for \$5.37, a 100 Capsule of Niacinamide 500 mg. \$4.77, a 100 capsules of no iron multivitamins one daily for \$12.57, and by mistake 100 capsules of B-2 100 mg. instead of B-12 for \$4.77 less \$5 store discount coupon for \$48.16 total. I guess I will

have to go back and exchange the B-2 for B-12. I will now shut down the computer, and I will go out again. CIO

Note: <888> 10/02/03 Thursday 8:55 A.M.: I watched some television. I ate a peanut butter sandwich, and I drank a glass of iced tea and a cup of coffee. I will now put the computer on standby, and I will clean up, and I will go out. CIO

Note: <888> 10/02/03 Thursday 8:05 A.M.: The system is back up and running fine. I had reinstall MSN 7.0 from the Windows XP Professional disks. The MSN 9 beta will not run on my computer, perhaps one needs MSN 8 to get it to work, and I am not going to pay Microsoft for using MSN, since I already bought MSN 7.0 with Windows XP. Well, the system seems to be running just fine, so one has to be careful about RegSupreme which seems to remove a registry entry that keeps the system from starting. I finished off the can of smoked Almonds, and I ate about 20 cashews. CIO

Note: <888> 10/02/03 Thursday 7:25 A.M.: After the last message when I rebooted, the system did not work again, so I did a reboot with F8 and I started Safe Mode again selecting to do a System Restore from the backup yesterday morning, and after doing the System Restore the computer booted properly. I guess the problem is not with the Microsoft Beta MSN 9 at [www.betanews.com](http://www.betanews.com), but it must be with a registry entry removed by RegSupreme. It seems strange since before it removed over 600 registry errors, and now after running the system a few days, it removes a registry setting that causes the computer not to work. Well, the computer is running just fine after a second reboot. CIO

Note: <888> 10/02/03 Thursday 6:50 A.M.: I ran RegSupreme, Ad-aware 6.0, Live Update, and Norton WinDoctor, and System Restore Backup. CIO

Note: <888> 10/02/03 Thursday 6:35 A.M.: I went to [www.betanews.com](http://www.betanews.com), and I found the Microsoft Beta for MSN 9.0. I tried installing it, and it totally corrupted my system, and the computer would not start. I did a F8 safe boot, and I selected the option for System Restore, and I restore the last System backup that worked from yesterday morning. I rebooted after restoring the system, and the system is back up and running fine. It was the first time that I ever had to use System Restore, and I am glad that it works, and it sure saved my butt this time. I reinstalled MSN that came with Windows XP Professional, so now the system is up and running fine again. CIO

Note: <888> 10/02/03 Thursday 5:10 A.M.: I ran RegSupreme, Ad-aware 6.0, and SpyBot. CIO

Note: <888> 10/02/03 Thursday 4:30 A.M.: I went through my email. CIO

Note: <888> 10/02/03 Thursday 3:45 A.M.: I chatted with a couple of relatives recently, and they told me that prescriptions and pharmaceuticals tend to be

cheaper at Costco [www.costco.com](http://www.costco.com) than other chain drug stores. However, one would have to pay a \$45 annual membership at Costco. CIO

Note: <888> 10/02/03 Thursday 3:35 A.M.: I had a call at 9 A.M.. I was up at 1:30 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I rested briefly. I made up a list of vitamins and supplements I have to get at the VitaminShoppe. I will now do some regular computer work. CIO

Note: <888> 10/01/03 Wednesday 7:30 P.M.: I am a bit tired, so I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 10/01/03 Wednesday 6:40 P.M.: I ate one scoop of Edy's Boysenberry sorbet finishing off the carton, and I also ate one Quaker lightly salted rice cake, and a glass of iced tea. CIO

Note: <888> 10/01/03 Wednesday 6:05 P.M.: I found another partially opened container of Woolworth epsom salts underneath the kitchen sink, which I put on the floor by the bathroom sink. I now have about 14 pounds of epsom salts. I took my cleaning bucket from underneath the sink, and I put in about a half cup of epsom salts, and I filled it in the bath tub with hot water. I then soaked my feet and ankles in the bucket of hot water and epsom salts for about 15 minutes, and then I dried my feet, and I poured the mixture down the drain. My feet feel much better, although I am a bit tired. I left the bucket by the bathroom trash can to have available for soaking my feet until I get a larger soaking type container. The container of Woolworth epsom salts the same size I just bought only cost \$1.99 about ten years ago, so epsom salts have not gone up too much in price in the last ten years unlike everything else. CIO

Note: <888> 10/01/03 Wednesday 5:30 P.M.: I went back out after the last message. I went downtown, and I parked in central Greenwich. I then walked over to the Wachovia Bank of North America on Benedict Place, and I paid my rent. I then walked up Greenwich Avenue. I stopped by CVS, and I bought two half gallon four pound containers of epsom salts for \$2.69 each container for \$5.38 total. I then walked up Greenwich Avenue. At the top of Greenwich Avenue, I ran into another regular walker, so we walked down Greenwich Avenue, and we stopped at J. Crew and Grannicks Pharmacy. I put the epsom salts in my car, and then we walked back up Greenwich Avenue to the Greenwich Hospital where the other walker's car was parked. The other walker drove me down Greenwich Avenue back to my car. I then sat out for a while. I used \$1.50 parking downtown today, which was an expensive parking day. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the Greenwich Times. I then went by the Exxon gasoline station, and I bought \$8 of regular unleaded gasoline at \$1.939 a gallon for about 28 miles per gallon. I next went by the Stop and Shop looking for a plastic Rubbermaid type large soaking bowl that one could soak one's feet in, but they did not have one. I then went by Val's Liquor, and I bought a 10 ounce bottle of

**Angostura Bitters for \$9.30 total with tax. I then returned home, and I had a glass of iced tea. I put the epsom salts on the floor by the bathroom sink. CIO**

**Note: <888> 10/01/03 Wednesday 1:10 P.M.: I will now put the computer on standby, and I will go back out. CIO**

**Note: <888> 10/01/03 Wednesday 12:50 P.M.: I am microwaving a 13.25 ounce Stouffer's Lean Cuisine Chicken Florentine meal, which I will eat shortly with a glass of iced tea. CIO**

**Note: <888> 10/01/03 Wednesday 12:35 P.M.: I went out, and I went by Putnam Trust Bank of New York on Mason Street. I then went downtown to the central Greenwich Post Office, and I obtained two money orders at .90 each to pay my GEICO automobile insurance, and I also sent in \$25 to add to my Net2Phone account. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and bought two Harvest Accents cooking mitts in a green fruit pattern for \$1.99 each, but they only charged me for one. I also bought buy one get one free of CVS 20 bag 13 gallon handle top large kitchen bags for \$2.99 both boxes, and a 10 ounce can of Gold Emblem cashews for \$2.49 for \$7.47 plus .30 tax for \$7.77 total. I then completed my walk. I next drove down by the waterfront. I then went by the Greenwich Hospital Thrift shop, and I bought a 18 inch high about 6 inches to 4 inches in diameter tapered stein with a relief pattern that is sort of renaissance looking for \$5. I then went by the Arnold Bread outlet, and I bought a loaf of Arnold Bakery light 100% whole wheat low in fat 40 calories per slice for .99 less senior discount of .10 for .89 total. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I returned home, and I had a glass of iced tea. I just chatted with a relative. I put the new stein on the right top side of the bookcase in the living room with the other big stein on the left side, and I moved the smaller capped stein to the left of the television on the window shelf. I will hang the new cooking mitts on the refrigerator door, and I guess I will store the old ones with the holes somewhere else like the blue bureau drawers in the kitchen. CIO**

**Note: <888> 10/01/03 Wednesday 8:05 A.M.: I got a couple of bills ready to pay. I will now shut down the computer, and I will clean up. I will then go out. CIO**

**Note: <888> 10/01/03 Wednesday 7:45 A.M.: I uninstalled and reinstalled the Microsoft Journal Viewer and the Adobe Reader 6.0. The Adobe Reader is now working properly, and I read Epson's tech support files, and it seems the Epson Stylus C60 is either out of ink or it has some sort of paper jam that I can not seem to fix. The last time I recall using it was to print out a test page, and several pages fed at one time, which I cleared. CIO**

**Note: <888> 10/01/03 Wednesday 6:55 A.M.: My Epson Stylus C60 printer that I bought for \$7.50 at the Greenwich Hospital Thrift shop, and which worked, but I only used it a few times, now does not seem to be working. The green and red lights**

are both on. It seems to have ink, but the cartridges have electronic information contacts, so maybe they are giving error messages to the printer. I printed out 3 Net2Phone check paying forms and envelopes to have ready in the future. CIO

Note: <888> 10/01/03 Wednesday 5:45 A.M.: I checked my mail, and I received a fund raising letter from the Greenwich Hospital <http://www.greenhosp.org/> which is a very good institution. I can not afford to give any money to the Greenwich Hospital, but I try to volunteer in my own way. I made up a fresh batch of homemade hummus [www.geocities.com/mikelscott/hummus.htm](http://www.geocities.com/mikelscott/hummus.htm) . This time I used two 4.25 ounce cans of chopped black California olives, 1/2 teaspoon of red cayenne pepper, 1/4 teaspoon of Old Bay Seasoning, and 4 ounces of lemon juice along with the other usual ingredients. I made the same summer salad which I had with a tin of chopped sardines along with the oil, two 1/8 inch thick sliced plum tomatoes, and five 1.75 inch by 1.25 inch by 1/4 inch slices of Swiss cheese which I cut each slice into five smaller lengthwise slices along with all the other usual ingredients and a glass of iced tea. CIO

Note: <888> 10/01/03 Wednesday 4:30 A.M.: If I were making up an airline food parcel, I think I would include a can or a jar of nuts, two peanut butter sandwiches, since peanut butter tends not to go bad, a piece of fruit such as an apple or a pear, since oranges tend to be messy, and a bottle of non sparkling water since sparkling water can be messy with pressure changes. One would also include a couple of napkins or moist towelette packages. One could vary the sandwiches with different types of nut butters such as sesame seed butter cashew butter or whole wheat bread. I guess one could include some snack packages of different types of crackers or granola bars, but I would recommend against cheese, since most countries do not like one to bring cheese into their borders without inspection. I guess one could also have a after meal mint or other such sweet. Of course if one were flying a higher rate airline, they might include the food, but from what I hear about low cost air travel anymore, some of them are cut to the bones. Of course one could always include a book or a paperback novel for reading. CIO

Note: <888> 10/01/03 Wednesday 4:00 A.M.: Of course I enjoy standing in line to obtain money orders at the central Greenwich, Connecticut post office to pay my bills, since I know if there is any problem, the investigative resources of the United States government tend to be far more extensive than the central banking system, however I pay a 90 cent charge for each money order, where online bill pay at Bank of America would be free, if one managed the account properly. However, if one's computer broke down, one would have a problem paying bills. At the moment, I seem to know how to manage a computer, and I seem to be able to afford to maintain one with four backup computers in reserve. CIO

Note: <888> 10/01/03 Wednesday 3:55 A.M.: I think the reason they use different types of toilet paper in Europe is that in Europe they have much older sewer systems, and the paper they use is compatible with their older sewer systems, whereas here in the United States of America, we are suppose to have more modern

sewer systems, so we use a different type of toilet paper. I think United States of America toilet paper tends to clog European sewer systems, so they tend not to use it there and maybe vice a versa. CIO

Note: <888> 10/01/03 Wednesday 3:40 A.M.: I ate 25 smoked almonds. CIO

Note: <888> 10/01/03 Wednesday 3:15 A.M.: Last night I saw a Bank of America <http://www.bankofamerica.com/> office in Riverside next to exit 5 of the Interstate 95. Their web site does not mention it, but if it were a commercial regular banking office, I might consider opening a small account there, so I could use their online banking services which are suppose to be free <http://www.bankofamerica.com/onlinebanking/> . From what I know of Bank of America and Wells Fargo <http://www.wellsfargo.com/> they are west coast of the United States of America banks which probably were started by the old railroad families which were involved in the westward expansion of America. CIO

Note: <888> 10/01/03 Wednesday 3:00 A.M.: Debate in Greenwich continues as to what to do with Greenwich Time - School board wants a park kids can use . They originally when they acquired the land about 10 years ago planned to build low cost housing for elderly and disabled people in that location and that was part of the agreement of the State of Connecticut giving the town the property for free, but they seem to have dropped the plan. I guess in the winter, it would be too cold of a location with it opened to the winds off of Long Island sound, and also it tends to be a noisy location with Interstate I-95 running near by. Recently in town politics, there does not seem to be any debate about what the town of Greenwich does. We are suppose to have a representative town meeting type of government, but the Greenwich Times never covers the debate progress, but instead they just occasionally print the outcome of the results of the town meeting. Thus Greenwich is not truly a representative town government anymore, it is just a corporate town carrying out company business policy. I think they should carry out the original plan for the Cos Cob power plant sight to build low cost affordable housing for seniors and elderly and disabled individuals which was the state of Connecticut's original intention in giving the property to the town of Greenwich in the first place. CIO

Note: <888> 10/01/03 Wednesday 2:40 A.M.: Article about the filming of the movie "Empire Falls" in Kennebunkport while I was there a couple of weeks ago For movie extras, it's lights, camera, but little action and what they're doing now Movie officials alter schedule for town businesses , and when I was there two weeks ago, they told me that they would also be once again filming more modern scenes in Kennebunkport in October. I finished going through my email. CIO

Note: <888> 10/01/03 Wednesday 2:15 A.M.: I ate 20 smoked almonds. In the old days on the Chemstrand company airplanes in the south eastern United States, they use to only serve beverages and Planters nuts. Occasionally they would have boxed lunches. When I moved up north, and I got around to traveling on public airlines,

they had meals like Stouffer's lean cuisine meals. When the airlines began to experience financial problems, they went back to only serving nuts usually Blue Diamond California smoked almonds with beverages. Since I have not been on a plane or a jet in about 12 years, but since I keep track with the media, I think they are now serving box lunches with a few extras which one pays extra for now, so if one does not want to pay extra for food, I guess one could bring an apple or a package of granola bars or one's own boxed lunch or lunch box, but they might consider it extra carry on luggage, which they would charge for. I think they still give away free toilet paper in the transportation business, so one does not usually have to bring it, but the five times that I have been to Europe, the toilet paper was sort of like waxed paper. CIO

Note: <888> 10/01/03 Wednesday 1:35 A.M.: I rested some more until 1 A.M., and then I watched a bit of television. I had two Quaker lightly salted rice cakes with some iced tea. CIO

Note: <888> 11/30/03 Sunday 9:00 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . Instead of tuna fish, I use two 1/4 inch thick slices of the medium rare top round roast beef that I cut into half inch by two inch strips. I did not use a sliced plum tomato because I was out of them. I had the salad with iced tea. I will now shut down the computer, and I will clean up and go out. CIO

End of Scott's Notes week of 11/30/03:

Note: <888> 11/30/03 Sunday 7:25 P.M.: I just ran Ad-aware 6.0, and it removed 20 tracking devices since yesterday, so in my normal routine, I get that many tracking devices on my system. I left the settings on the television monitor, where the icons and text are a bit fuzzy, but the video media is clear enough. I chatted with a relative. The relative said that I might receive their broken computer, which I could try to fix. I will now send out my weekly notes two weeks late. CIO

Note: <888> 11/30/03 Sunday 6:30 P.M.: I just ran Norton System Works 2003 copy of Norton Win Doctor, and it repaired 26 problems, mostly do to with Active X and Microsoft shared files all relating to Symantec files. Still, all the programs seem to be functioning, and the Outlook Express email and the Norton Anti Spam 2004 are all functioning fine. CIO

Note: <888> 11/30/03 Sunday 6:05 P.M.: I tried reinstalling Outlook Express with the "IEsetup" program for Internet Explorer, and I kept getting messages, the download was not "XP" compatible. I tried uninstalling Outlook Express and Internet Explorer from the Add/Remove programs for Windows, but although it said they were removed, the programs were still on my computer. I tried disconnecting the Siemens router, and I still had the same problem with the email. I finally tried the Outlook Express email program on the Dell backup computer, and it was able to send and received email. I finally determined the Norton Systems



Works 2003 and the Norton Firewall 2003 were somehow swallowing up my email when I sent it out, but it showed in Outlook Express that it had been sent. I uninstalled Norton Systems Works 2003 and Norton Firewall 2003, and the Outlook Express email program finally worked sending out email. I sent myself email to verify this. I deleted the remains of the Norton programs in the "C:\program files" directory, and I suddenly remembered that Symantec also installs programs in the "C:\program files\common files" directory in the "Symantec Shared" folder. I tried to delete this folder, but it would not delete, so I did a safe boot, and I was able to delete it. Normally when I buy software, I make a copy of the CD, and I use that CD to install the software keeping the original software CD in mint condition as a master CD. I happened to have the copy of the Symantec Norton Internet Security 2004 Professional software that I returned yesterday. Out of curiosity, I tried installing it, and it installed without any problems. Thus the Windows XP protected "Symantec Shared" folder with its old files in the "C:\program files\common files" was preventing its installation. Well, after three days, I solved that problem, but the software was only on sale on Friday and Saturday. Since it was basically free software with the rebates, I hope Staples and Symantec will not mind if I keep it installed on my computer. If product activation disables it some time in the future, I will buy it when it is on sale again or uninstall it. Since it was free software after the rebates, and since I worked continually on the problem for three days during the Thanksgiving Holiday weekend, I do not feel like I have taken advantage of the system, although the software sure did take advantage of my system. I then installed Norton System Works 2003 without installing Norton Antivirus 2003, since Norton Internet Security 2004 Professional installed Norton Anti Virus 2004. I thus basically have the same features as I had before in the 2004 version, but I also have Norton Anti Spam 2004 which came with Internet Security 2004 Professional. The Outlook Express email program works just fine, but I will have to resend my "Scott's Notes" again since they never went out. I first will do some system tweaks before I send them out. CIO

Note: <888> 11/30/03 Sunday 1:30 P.M.: I chatted with Optimum Online tech support, and we determined that my outgoing messages were not going out. I think I will have to reinstall Outlook Express. CIO

Note: <888> 11/30/03 Sunday 12:50 P.M.: I called the local number for Optimum Online in Greenwich, Connecticut 348-9211, and I have a 15 minute wait for tech support. CIO

Note: <888> 11/30/03 Sunday 12:40 P.M.: I was up at 8 A.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed until noon. My Optimum mail server does not seem to be forwarding mail that I send to myself. I will try calling them up now. CIO

Note: <888> 11/29/03 Saturday 11:30 P.M.: Well, I ate a Quaker low fat white cheddar cheese flavored corn cake. If one is curious about the Quaker Oats company <http://www.quakeroats.com/> which is owned by Pepsi

<http://www.pepsi.com/home.php> a local company that also owns Tropicana <http://www.tropicana.com/> , I can only say that Quaker Oats is a Midwestern company, and when I attended Lake Forest College [www.lfc.edu](http://www.lfc.edu) in Lake Forest, Illinois from 1968 to 1972, Quaker Oats was considered a Chicago company. There were a large cross section of Midwestern business types living in the Lake Forest area. One of the more profitable companies there was McDonald's <http://www.mcdonalds.com/> in nearby Oakbrook, Illinois. Of course the list of Midwestern businesses is too numerous to mention here, but it surprising that one never hear much about them. Of course [www.sears.com](http://www.sears.com) is also a Midwestern business as is <http://www.walmart.com/> , so basically Midwestern business is well represented in this area, especially if one drives a [www.gm.com](http://www.gm.com) or [www.ford.com](http://www.ford.com) or <http://www.chrysler.com/> all of which seem to be numerous in this area. Thus, one could basically say, I am just publishing the farm report from this area. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/29/03 Saturday 11:05 P.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I listened to President Bush's [www.whitehouse.gov](http://www.whitehouse.gov) weekly radio address. He mentioned this web site for volunteers <http://usafreedomcorps.gov/> . Of course it is the nature of living in the U.S.A. one generally needs money to pay expenses, so some people would prefer to be paid for their efforts, so they can meet their bills. Of course some people have surplus funds, so they occasionally volunteer. There are suppose to be 8,500 volunteers in Greenwich, Connecticut U.S.A., so they probably indeed help keep the town going. CIO

Note: <888> 11/29/03 Saturday 10:20 P.M.: I chatted with a relative. CIO

Note: <888> 11/29/03 Saturday 9:50 P.M.: I went through my email. CIO

Note: <888> 11/29/03 Saturday 8:55 P.M.: I sent out my notes, but the copy to myself which usually come back to me instantly, did not come back after a half hour. I guess Optimum's server is a bit slow. CIO

Note: <888> 11/29/03 Saturday 8:30 P.M.: I received about a hundred spam email without the spam protection. Of course, I am pretty quick at scrolling and deleting. I downloaded and install the 30 day demo of this spam program [http://www.spamoff.com/item\\_15.html](http://www.spamoff.com/item_15.html) . I emailed this spaghetti tomato sauce recipe to a email that I received inquiring about Aunt Millie's spaghetti sauce.

Text follow:

Here in the New York area, Aunt Millie's spaghetti sauce is carried by the local Stop and Shop food chain, which is a part of Ahold <http://www.ahold.nl/> in the Netherlands. Recently, it was a dollar

a jar, when it usually is twice as much. Also here in Greenwich, Connecticut Lever Brothers owns Ragu.

Of course I personally when I have the time make my own sauce, which is much richer. I use canned two 28 ounce cans of plum tomatoes and one 12 ounce can of tomato paste, a pound of ground beef browned in a few tablespoons of olive oil, a large chopped onion, 6 to 8 gloves of chopped garlic, a large chopped green pepper, a quarter cup of wine, several tablespoons of olive oil, and dashes of garlic powder, celery salt, Old Bay Seasoning, ground black pepper, chicken and meat seasoning, Italian spices, oregano, basil, cloves, bay leaves. I bring the mixture to a boil bubbling over medium high heat, and then I simmer it on low for an hour. I usually eat half with pasta for a few days, and the other half I freeze in a Rubbermaid container while it is still hot.

One can add dashes of Tabasco sauce, soy sauce, sesame oil, or Worcestershire sauce.

Recently I have been on a low cholesterol diet, so I have not eaten much pasta and tomato sauce.

Enjoy,

Mike

I will now send out my weekly email. CIO

Note: <888> 11/29/03 Saturday 6:50 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . This time I cut two 1/4 inch thick slices of cold medium rare eye round beef, and I cut them into half inch by two inch strips which I added to the salad instead of tuna fish. I had the salad with iced tea. CIO

Note: <888> 11/29/03 Saturday 5:50 P.M.: I finished house cleaning and watering the plants. I listened to [Germany\\_n-tv.de](http://Germany_n-tv.de) , which is a very professional broadcast, but unfortunately I do not know German. Since I do not own a credit card, I can not subscribe to the Real Media content on the internet. I think for the price that Optimum charges for high speed cable modem service, they should include the Real Media content. CIO

Note: <888> 11/29/03 Saturday 3:35 P.M.: I went out after the last message. I went by Staples in Old Greenwich, and although they do not normally let people return opened software, they let me return the Norton 2004 Internet Security Professional, when I explained the problems with it. They refunded me \$69.94 plus

**\$4.20 tax for \$74.14 total. I looked at the McAfee Anti Spam 2004 for \$40 less a \$10 mail in rebate, but I think I might try to install Eudora Email first which has anti spam features and is free. I then went by Radio Shack at the Riverside shopping plaza, and I bought a Gold Series package of two RCA phono plug female couplers for \$3.99 both and a three foot Gold Series Y adapter audio cable with one 1/8th inch stereo plug to two RCA phono male plugs for \$5.99 plus .60 tax for \$10.58 total. I then drove through town, and I returned home. I chatted with a relative. I removed the 1/8th inch phone plug from the computer sound card primary outlet with the Y splitter which I connected to the new Y adapter audio cable with stereo phono plug to which I connected the two phono plug couplers which I connected to the audio cable leading to the audio inputs on the Orion television. I now have the Orion television playing the computer output in stereo. I put the phone Y adapter audio cable in the left top desk drawer. I tweaked the video settings on the television monitor. The video and audio feeds are quite good, but it is not a high resolution monitor for web browsing. I also finished running Norton Anti Virus 2003 complete system scan on the primary computer while I was out. I will now do my house cleaning. CIO**

**Note: <888> 11/29/03 Saturday 12:35 P.M.: I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I will now run Norton Anti Virus 2003 on my computer. I will clean up and go out now too. CIO**

**Note: <888> 11/29/03 Saturday 11:55 A.M.: I tried reinstalling Norton Anti Spam 2004, and it would not install. I basically feel the Norton 2004 Internet Security Professional is too buggy, and after breakfast, I will return it today. I found quite a few web sites that report the same problem. CIO**

**Note: <888> 11/29/03 Saturday 10:30 A.M.: I woke up, when I just had a telephone call from a relative. I will now research Norton AntiSpam 2004 to see if there is something I can do with it to permit installing Norton 2004 Internet Security Professional. CIO**

**Note: <888> 11/29/03 Saturday 4:45 A.M.: I ate two 5/16 inch thick slices of cold eye round beef with Lea and Perrins Worcestershire sauce and horseradish along with half of the remaining steamed rice from yesterday with La Choy low sodium soy sauce and a glass of iced tea. I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 11/29/03 Saturday 3:35 A.M.: I have been working since the last message trying to install Norton 2004 Internet Security Professional. Originally, it installed without any problems, but when I rebooted there were startup file errors. I then uninstalled the program along with the other Norton programs. However, when I went to reinstall it, I got a "System Error message 'Privacy Control Feature: DRM\_IntegratorCategoryHook' ". I tried reinstalling it a number of times with Norton System Works 2003 installed and without it. I also tried removing all the Symantec registry entries. This did not permit it to install, but when I reinstalled**

finally the old version of Norton System Works 2003 and Norton Firewall 2003, the updates file was renewed again, so they have a year to go. I am think maybe that the fact the Norton AntiSpam 2004 had expired when I uninstalled it after having it on the computer when I installed Norton 2004 Internet Security Professional might have caused a conflict, because when I try to reinstall it, it fails at the same point. I think it might be a problem with "Product Activation" since DRM stands for "Digital Rights Management". I did not call Symantec yet, but I will later on today when I wake up. This all took a lot of time tinkering, and I am very tired. I also setup the cable box and the television on the Radio Shack remote control, but I have not succeeded with the other items. I have not eaten yet. Well, I pretty much have the system back to way it was before I tried installing the Norton 2004 Internet Security Professional. CIO

Note: <888> 11/28/03 Friday 4:10 P.M.: I went out after the last message. I went by Putnam Trust Bank of New York on Mason Street. I then drove over to the Riverside Shopping plaza, and I went to Radio Shack, and I bought a Radio Shack Five in One Universal Remote Control for \$5, a Goldseries 1/8 inch mono phone plug to dual RCA phono jack Y-cable for \$2.99, a Goldseries three headphone cable adapter 1/8" stereo plug to three 1/8" stereo jacks \$6.99, and a 24 foot dual RCA A/V cable for \$9.49 plus \$1.47 tax for \$25.94 total. I then went to Staples, and I bought the Norton Internet Security Professional edition 2004 on sale for \$20 off for \$69.99 plus it has a \$40 Symantec rebate and a \$30 Symantec upgrade rebate, so once I get the rebates in a few months, it will be free. It contains all of these features [http://www.symantec.com/sabu/nis/nis\\_pr/index.html](http://www.symantec.com/sabu/nis/nis_pr/index.html) . I also bought 60 sheets of Christmas stationery with holly design on the paper for \$4.99, and a three pack of Staples clamp binders for \$5.99 plus \$4.86 tax \$85.78 total. I then drove back downtown, and I went to the central Greenwich Post Office, and I obtained a money order at .90 cost to pay my GEICO automobile insurance, which I mailed. I then drove down by the waterfront. I next parked again, and I checked out Charles Stuttig lock smiths, but they were closed. I was looking for a computer case lock. I then went by Entree computer, and they do not carry a computer case lock either. I then returned home. I had a glass of iced tea. I have connected to my primary sound card audio out connector a dual Y splitter to the new three Y splitter. I put two of the speaker systems on the three Y splitter, and I connected from the first two Y splitter the 1/8" mono plug to dual RCA phono jack, and then I connected the it to the 24 foot dual RCA A/V cable, which I plugged into the dual front audio ports on the Orion television. When I booted the computer, I noticed that I had disconnected the television video cable from the computer, so I shut down and reconnected it, and booted up. I reinstalled the NVIDIA drivers again, and I tweaked the settings. In Clone mode with the Creative Live MP3+ sound card enabled on the computer, the sound plays through on to the Orion television just fine for internet viewing of media content with quieter sound than the computer speakers, so as not to disturb my neighbor downstairs. I tweaked the video settings on both monitor and television. The television video is fine, but the text on the screen seems a bit fuzzy. I guess I might improved the video quality in the future by installing a gold cable, when I can afford it. I also changed on my primary

computer monitor to default 125% fonts, and I changed the screen resolution to 1024 X 768. The computer monitor seems a lot sharper with those settings. I basically made the display fonts larger, and then I changed the resolution setting to a sharper picture which reduces the display icons, but with the combination of both, it looks the same but sharper. I might see in the future if there is a stereo 1/8" plug to dual RCA phono jack Y cable, so the television would get a stereo feed. Still it sounds fine. I will now install Norton Internet Security Professional 2004. I will then fill out the rebate information. CIO

Note: <888> 11/28/03 Friday 10:05 A.M.: I will now shut down the computer, and I will clean up and go out. CIO

Note: <888> 11/28/03 Friday 9:55 A.M.: I was up at 8 A.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I watched a bit of television. Staples today and tomorrow only has Norton Internet Security Professional 2004 on sale for \$20 off from \$90, plus there is a \$40 Staples mail in rebate and \$30 upgrader mail in rebate, so after rebates, it is basically free. I think I will go out and get it in a little while. CIO

Note: <888> 11/27/03 Thursday 10:15 P.M.: I did some regular computer work. I ran Norton Win Doctor, Ad-aware 6.0, and SpyBot. I ate two Quaker low fat white cheddar cheese flavored corn cakes with ice tea. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/27/03 Thursday 7:40 P.M.: If you happen to be in the Constitution state better known as Connecticut, a little ways to the east of Greenwich, Connecticut is H.M. Computer [www.hmcomputer.com](http://www.hmcomputer.com). I use to buy items from them at the computer fairs many moons ago. They seem to have moved to a new location <http://hmcomputer.techgather.com/location.html> in Middletown, Connecticut near Wesleyan University <http://www.wesleyan.edu/>. Ming who use to run the shop was always very professional and knowledgeable. They seem to have a larger inventory on their web site. They also carry top quality merchandise. I still have two of my older computers that I bought from him still running as backup computers. I noticed they sell H.M. Computer Online Store Norton Anti Virus 2004 for \$19. I plan to buy Norton Internet Security 2004 Norton Internet Security when I can afford it. It runs about \$70, but I can upgrade for \$40. It has the features I need. However, my current Norton Software is good until the end of the year 2003, so I will not be getting it right away. However, this article in P.C. Magazine makes me question the decision Norton Antivirus: Activation is Seriously Broken. CIO

Note: <888> 11/27/03 Thursday 6:45 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm). However, this time instead of tuna fish, I cut two 1/4 inch thick slices of the top round roast, and then I cut them into half inch wide strips about two inches long, and I used them on the salad along with gorgonzola cheese and all of the other usual ingredients. I had the salad with a glass of iced tea. CIO

**Note: <888> 11/27/03 Thursday 5:25 P.M.:** I went out after the last message, and I drove down by the waterfront. I then drove over to Tod's Point, and I took the 2.5 mile walk around Tod's Point. I then drove back along the waterfront back to the waterfront in central Greenwich. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove back down by the waterfront. I next returned home, and I chatted with a neighbor. I just drank some iced tea. CIO

**Note: <888> 11/27/03 Thursday 12:55 P.M.:** Dinner was delicious. I put the rest of the beef and rice in Rubbermaid containers in the refrigerator to chill. I chatted with a relative who is getting her broken Dell computer [www.dell.com](http://www.dell.com) replaced under the warranty. I will now go out and enjoy the day. CIO

**Note: <888> 11/27/03 Thursday 12:10 P.M.:** I took the three pound of U.S.D.A. prime top round beef roast, and I put it on a baking rack in a baking pan, and I seasoned it on all sides with Old Bay Seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian spices, basil, oregano, and Texas Best Mesquite barbeque sauce, and I am baking it in the Farberware convection oven at 325 degrees Fahrenheit for 45 minutes. I also took a cup of Carolina rice, and I rinsed it in warm water in a steel bowl, and I drained it in a metal strainer, and I put it in the China Village rice steamer, and I added 14 ounces of water, and three tablespoons of olive oil and a tablespoon of sesame oil, and I then put the inner and outer lids on it, and I will steam it in the General Electric microwave for 11 minutes, and let it stand for five minutes before serving. I also removed the last inch of the ends of about a third of a pound of asparagus, and I cut them on an angle at 1.5 inch lengths, and I will put them on a steamer rack in the Revere pot with about a half of a cup of water in the pot, and I will bring it to a boil on high on the burner in five minutes, and I will steam them another ten minutes, and I will have them with a little olive oil on them. Thus I will have three 3/8 inch thick slices of the beef, half of the cooked rice, and the asparagus along with iced tea for my Thanksgiving dinner. I have 17 minutes to go on the beef, and I generally let it still five minutes before carving. CIO

**Note: <888> 11/27/03 Thursday 11:30 A.M.:** I cleaned up. I broke the orange ceramic soap dish in the shower, so I put the soap on the built in shower soap dish, and I threw away the broken soap dish. I chatted with a neighbor outside. It is a nice day about 48 degrees Fahrenheit right now. I will now start cooking my Thanksgiving meal. CIO

**Note: <888> 11/27/03 Thursday 10:35 A.M.:** I noticed on our local television that [www.hooters.com](http://www.hooters.com), which is famous for spam fax messages has now gone into the airline business <http://www.hootersair.com/>. I once visited my father north of Tampa, Florida about 15 years ago, and he took us out to eat at a Hooters near Tampa. I guess they have expanded their business appeal. I noticed a local neighbor is always wearing sweat clothes that say Hooters. Well, I guess it has a little broader appeal. On my second to the last return flight from California in 1980, I recall flying Sabena airlines from Las Angeles to New York, and the whole

jet was full of nuns, so I guess Hooters Air would appeal to the younger generation. I just chatted with a relative on their cell phone whom is driving through the area on their way up to Boston. They should be getting on I-684 east just about now. CIO

Note: <888> 11/27/03 Thursday 10:05 A.M.: Happy Thanksgiving. I was up at 7 A.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed until 9 A.M.. I chatted with two relatives. The reason, I got the top round beef roast yesterday for \$2.99 a pound off a dollar a pound is normally I get the little Butterball precooked white turkey breasts, but the Food Mart did not carry them. However, if one needs one, they are available at the Stop and Shop. I will probably start cooking my Thanksgiving meal at noon today, and I will eat it about 1 P.M.. CIO

Note: <888> 11/26/03 Wednesday 8:40 P.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/26/03 Wednesday 8:10 P.M.: I went back out, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought buy one get one free of 19 ounce Progresso traditional chicken noodle soup for \$2.59 both. I then completed my walk. I drove down by the waterfront, and I just now returned home, and I had a glass of iced tea. CIO

Note: <888> 11/26/03 Wednesday 5:25 P.M.: I made up a fresh batch of homemade hummus [www.geocities.com/mikelscott/hummus.htm](http://www.geocities.com/mikelscott/hummus.htm) . I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I had the salad with iced tea. I will now go back downtown. CIO

Note: <888> 11/26/03 Wednesday 4:05 P.M.: I went out, and I went by the Greenwich Hospital Thrift shop, but they closed at 2 P.M.. I then went by Porricelli's Food Mart, and I bought a package of Quaker low fat white cheddar cheese flavored corn cakes for \$2.19, a top U.S.D.A. choice round roast at \$2.99 a pound for \$8.70, two ten ounce bars of Kraft Cracker Barrel Vermont extra sharp cheddar cheese for \$2.50 each, a one liter bottle of Sclafani pure olive oil for \$3.99, a 10 ounce bag of fresh spinach for \$2.50, a red Bermuda onion at \$1.29 a pound for .81, and fresh asparagus at \$1.89 a pound for \$1.89 for \$25.08 total. I then drove through town, and I stopped by the Arnold Bread outlet, and I bought a box of Arnold garlic and herbs larger cut croutons for .99 and a loaf of Arnold Branola oat bread for \$1.59 less 10% senior discount of .26 for \$2.32 total. I then returned home, and I put away my purchases, and I drank some iced tea. CIO

Note: <888> 11/26/03 Wednesday 1:55 P.M.: I just got my mail. I now will go out for some daytime activity. CIO



**Note: <888> 11/26/03 Wednesday 1:10 P.M.: I sat outside for a while. I chatted with a neighbor. I ate two Quaker low fat white cheddar flavored corn cakes with some iced tea. CIO**

**Note: <888> 11/26/03 Wednesday 12:05 P.M.: I am still waiting for the mail to come. I turned the living room thermostat down to 76 degrees Fahrenheit from 78 degrees Fahrenheit. I guess I will continue the procedure of turning it up to 78 degrees Fahrenheit in the night time when it is colder and back down to 76 degrees Fahrenheit in the day time when it is warmer, and that should keep the apartment temperature between 72 degrees and 74 degrees Fahrenheit. I will now clean up. CIO**

**Note: <888> 11/26/03 Wednesday 11:35 A.M.: I finished going through my email. CIO**

**Note: <888> 11/26/03 Wednesday 11:25 A.M.: [HollandSentinel.com -Judge halts water bottling operation 11/26/03](#). CIO**

**Note: <888> 11/26/03 Wednesday 10:45 A.M.: I ate breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. More than likely on the day before Thanksgiving a lot of the fat corporate types will be taking the day off, so if one happens to go downtown, be sure to keep an eye out not to bump into any overweight types whom might be walking around trying to lose weight. It is something that most of the casual observers of downtown Greenwich, Connecticut do not realize is that with all the wealthy corporate people living here, there are amongst the tax paying community some physically very large individuals whom one does not see downtown very often, but since a lot of their children are over 200 pounds, one can imagine their fathers and possibly their mothers are much larger. The next thing we will probably see is Queen Kamaimai walking around downtown, trying to figure out where her turkey is. Basically amongst some of the larger more rotund people in the community, they do not seem to worry about their weight or their cholesterol. Recently, when I was buying a loaf of bread at the Arnold bread store outlet, I noticed somebody waiting for a bus outside of the Armstrong public housing project whom must have weighed over 800 pounds, so with all the discount pastries next door, they must get quite large over there. For my part, I am still trying to lose weight and lower my cholesterol. The first computer person I met in this area, when I first bought a personal computer 12 years ago, also weighed about 800 pounds, so if anyone needs personal computer security, they can look him up, but they will probably have to pay to feed him too which might be expensive. Of course by midwestern United States standards, they would not be exceptionally large, since there are so many large people in the midwest, not much of the food ever makes it out to the coasts. CIO**

**Note: <888> 11/26/03 Wednesday 8:45 A.M.: Well, I am awake. I guess I am back on a daytime schedule. CIO**

Note: <888> 11/26/03 Wednesday 6:45 A.M.: I will now rest some more. It is 28 degrees Fahrenheit outside right now, so it is quite cold at the moment. However, <http://www.wunderground.com/cgi-bin/findweather/getForecast?query=06830> says it will be going up to 50 degrees Fahrenheit today. I will now put the computer on standby and rest. CIO

Note: <888> 11/26/03 Wednesday 6:25 A.M.: The Defcon Notebook Computer Security System 1 security device that I have attached to my primary computer also has a motion detector, which I have not activated, but if the cable were cut, there would be a 95 db alarm siren, which would probably draw attention, since it is quite loud. I have the cable wrapped around the coffee table leg in between each of the two levels, so it can not be slid off. Of course someone with a lot of time which prowlers usually do not have could saw off the coffee table leg. Also at the moment since I do not have a case cover lock, one could pilfer the inside contents of the primary computer. However, I also tend to have vigilant neighbors. I could checked with the local locksmith Charles Stuttig on Greenwich Avenue to see if they have such a device such as <http://www.directron.com/1320380.html> for \$4. However, technically one could pry it off. CIO

Note: <888> 11/26/03 Wednesday 5:30 A.M.: For additional security details <http://www.fas.org/nuke/guide/> available from <http://www.fas.org/> as opposed to <http://www.defcon.org> . It is my considered opinion that the real people are a little bit more secure than what the Hollywood illusion is, so I would advise people to not to try to mess with their system, or you might end up picking strawberries in Watsonville, California or some other similar chain gang recreational activity. CIO

Note: <888> 11/26/03 Wednesday 5:05 A.M.: Well, I guess you are curious to know what my new more advanced security system is on the computer. Well, a couple of years ago, I bought for \$3 at the Greenwich Hospital Thrift shop, a Defcon Notebook Computer Security System 1 [http://www.targus.com/us/product\\_details.asp?sku=PA400U](http://www.targus.com/us/product_details.asp?sku=PA400U) , not to be confused with <http://www.fas.org/nuke/guide/usa/c3i/defcon.htm> . It has a retractable metal cable with a combination lock and sounds an alarm if the cable is cut. The cable is not too heavy, but I was able to open up an a one quarter inch diameter opening in the back of the primary computer case around the onboard sound plugins, and with the case top removed, I strung the metal cable through the top of the case and out the opening that I was able to make. I then closed the case cover, and I fed out enough cable to string it around the coffee table leg of of the coffee that the computer rests on, and then I locked it with the combination lock. The Defcon box says it is not meant to deter professionals just amateurs. Still, one would still have access to the inside of the case, so maybe I should try to find a case lock with a key, that screws in where one of the bolts go, and then turns neutrally when the locking device is in its locked position. Still the cable on the Defcon security device seems strong enough, but it is not as strong as Krypton bicycle lock, but a Krypton bicycle lock cable would not fit through the case opening. Still, since I already owned the device, it did not cost me anything, and now I have a bit more additional computer

security. However, as I have said before, I feel the apartment is haunted by the "Ghost of Flanders", so ultimately the apartment and its computer equipment is protected by the Ghost of Flanders. I guess we could make up a label and put it outside on the door saying "Protected by the Ghost of Flanders Security", but it might confuse the neighbors. CIO

Note: <888> 11/26/03 Wednesday 4:35 A.M.: I just woke up from my rest. I slept a bit more than normal for a nap. I guess I was tired. I put the ice tea in the refrigerator. CIO

Note: <888> 11/25/03 Tuesday 10:15 P.M.: I will now put the computer on standby, and I will rest a bit. CIO

Note: <888> 11/25/03 Tuesday 10:10 P.M.: I chatted with a relative. I am making up a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . This time I am using one each of the five type pack of Twinings tea, nine America's Choice orange pekoe tea bags, four Salad green tea bags, and two Bigelow orange pekoe tea bags in the mixture. CIO

Note: <888> 11/25/03 Tuesday 9:30 P.M.: I turned the living room thermostat up to 78 degrees Fahrenheit, so it should be about 74 degrees Fahrenheit in the apartment soon. The difference between 72 degrees Fahrenheit in the apartment and 74 degrees Fahrenheit in the apartment takes the chill out of the apartment, and one feels a bit more comfortable. I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) , which I had with a glass of iced tea. This time instead of feta cheese, I put in a little bit of gorgonzola cheese. CIO

Note: <888> 11/25/03 Tuesday 8:25 P.M.: I went out after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I then went by the Greenwich Library, and I read P.C. World magazine. I then went by the Stop and Shop, and I bought twelve 14.50 ounce to 15.25 ounce cans of Green Giant vegetables for .33 each, three of corn, three of cut green beans, three of sweet peas, and three of French green beans, a 16 ounce bag of baby carrots for \$1.69, and a package of Quaker low fat white cheddar flavored corn cakes for \$2.19 for \$7.88 total. I then returned home, and I put away my purchases, and I drank a glass of iced tea. On my Stop and Shop card, it says I have year to date savings of \$464.47. Thus it pays to buy the sale items and use one's Stop and Shop card. CIO

Note: <888> 11/25/03 Tuesday 4:35 P.M.: I put away the laundry. I lowered the living room thermostat to 76 degrees Fahrenheit this morning, and presently it is about 74 degrees Fahrenheit in the apartment. I will now shut down the computer, and I will go downtown for the remains of the day. CIO

Note: <888> 11/25/03 Tuesday 4:10 P.M.: I cleaned up, and I went through my email. I have two minutes until the laundry is dry and then I will put it away. CIO

**Note: <888> 11/25/03 Tuesday 3:25 P.M.: I have 50 minutes on the dry cycle. I will now clean up. CIO**

**Note: <888> 11/25/03 Tuesday 3:05 P.M.: I finished off the can of mixed nuts when I woke up briefly. I was up at 10 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed until 2 P.M.. I ate two Quaker low fat white cheddar cheese flavored corn cakes with iced tea. I just started two loads of laundry. I also put clean linens on the bed in the bedroom. CIO**

**Note: <888> 11/25/03 Tuesday 2:10 A.M.: I shut down the computer, after the last message, and I happened to notice the switch to turn the scanner on was still turned on. I last used the scanner two days ago. However, when I used the scanner two days ago, it had to warm up, so it was not already turned on. I checked the plug on the back of the control panel, and for some unknown reason, the scanner plug had been changed from the switchable plug to the plug that is always turned on. Since I did not do this, and since the scanner was not in this condition two days ago, it is ample evidence along with other minor occurrences to show that some individual or parties unknown have trespassed in my apartment and tampered with my computer equipment. Since it is not valuable equipment compared to what else might be in the area, it does not make any sense. What really bothers me is the fact that if someone has gained access to my computer, they can gain access to my personal information or use information to bother other friends and associates. Moreover, it means that the same individuals could have tampered with my food and drink or other items in the apartment. Basically I consider it an invasion of privacy, and I am curious why any of my neighbors have not notified me that someone has gained access to my apartment. I have seen minor evidence of intrusion in the past, and occurrences on the computer that I thought might have been from a hacker. Since I am on a limited budget, there is not much else that I can do, but try to be more vigilant. I have instituted a minor new security procedure, but once when I put a motion detector program on the computer camera, someone disabled it. The new security procedure shall remain nameless, but it is all that I can afford to implement. Still whatever, the case I will have to check with my neighbors to see if they have seen evidence of someone coming or going in my apartment. Basically it shows a level of sophistication on the part of the intruder to indicate the intruder is not an amateur. I will now shut down the computer, and I will go to bed. CIO**

**Note: <888> 11/24/03 Monday 11:45 P.M.: Word to the wise, when you are fishing down by the waterfront in such locations as Steamboat Road. The Russian consulate to the United Nations has a residence across Long Island Sound in Glen Cove, Long Island, and since before World War II, they have had eavesdropping equipment installed there to listen to conversations along the waterfront including the south shore of Connecticut. I would imagine with the more modern technology today and with all the Russians around here, they are still listening in on other people's conversations including their wireless telephone calls. Thus I generally only talk about the weather and matters in general public knowledge such as what is**

in the media, when I chat with other people. Frankly, since I read the news all the time, I am better informed, but it is all basically public relations, and I do not know anymore than what anyone else would know whom reads a lot. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 11/24/03 Monday 11:25 P.M.: The Old Farmer's Almanac - Best Fishing Days, 2003 . CIO

Note: <888> 11/24/03 Monday 11:15 P.M.: I went through www.geocities.com/mikelscott/scotwork.htm . If you ever go down to Florida, remember to behave yourself TCPalm: Local News Beware Taser Guns . CIO

Note: <888> 11/24/03 Monday 8:35 P.M.: I finished going through my email. CIO

Note: <888> 11/24/03 Monday 7:15 P.M.: I made and ate my usual salad www.geocities.com/mikelscott/salad.htm . I had the salad with Vermont extra sharp cheddar cheese for the cheddar portion, and for the crumbled cheese portion, I used both President low fat feta cheese and gorgonzola cheese. I had the salad with a glass of iced tea. After that I had a cappuccino. I make my cappuccino with one third ground Italian espresso beans and two thirds ground Food Emporium hazelnut coffee beans. I watched some news on television, and then I watched the ABC evening news. I turned the living room thermostat from 77 degrees Fahrenheit to 78 degrees Fahrenheit, so it will be about 74 degrees Fahrenheit in the living room area in the apartment, which should take a bit of the chill and dampness out of the air. I do not turn on the heat in the bathroom, but instead I leave the bathroom door opened. I will not turn on the heat in the bedroom, until it gets much colder. CIO

Note: <888> 11/24/03 Monday 4:40 P.M.: I went out, and I went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then went by the Exxon gasoline station next to the Greenwich Library, and I bought \$5 of regular unleaded gasoline at \$1.799 a gallon for about 26 miles per gallon. I then went by the Greenwich Hospital Thrift Shop. I next went by Putnam Trust Bank of New York on Mason Street. I then went down by the waterfront. I next walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times and P.C. Magazine. I just now returned home. I drank some iced tea, and I ate a handful of mixed nuts. I turned the living room thermostat up from 76 degrees Fahrenheit to 77 degrees Fahrenheit, so it is now about 73 degrees Fahrenheit in the apartment living room. CIO

Note: <888> 11/24/03 Monday 11:40 A.M.: I was awake at 6:30 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I watched a bit of television. I went back to sleep until 11 A.M.. I checked my mail, and I received a copy of "CRN, Computer Reseller News". I will now eat two Quaker low fat white cheddar flavored corn cakes with

iced tea. I will shut down the computer, and I will clean up. I will then go downtown to see what is going on in the commercial world of Greenwich, Connecticut. Obviously no one is interested in computers on Greenwich Avenue, since it is mostly clothes and accessory shops, but when one can afford the parking rate of 25 cents a half hour, it tends to be an enjoyable walk. Of course, I will probably pursue other items in my normal routine too. CIO

Note: <888> 11/23/03 Sunday 9:35 P.M.: I woke up at 3 P.M., and I ate a half of a 10 ounce can of mixed nuts. I woke up again at 4 P.M., and I received a call from a friend coming over to visit. I cleaned up, and my guest arrived at 4:45 P.M.. We drove down by the waterfront. We then returned to my apartment, and my guest had a cappuccino, and I had an iced tea. We chatted until now, when my guest left about 10 minutes ago. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 11/23/03 Sunday 2:05 P.M.: I ran Norton Win Doctor, Ad-aware 6.0, and Spybot. I microwaved and ate a Stouffer's 12.5 ounce lean cuisine chicken with mushrooms dinner, which I ate with a glass of iced tea. I will now put the computer on standby, and I will take a nap. CIO

Note: <888> 11/23/03 Sunday 1:20 P.M.: I logged back on in Guest mode, and a lot of the programs do not work in Guest mode, since I did not install them in Guest mode, but simply copied their icons to the All Users folder. Guest mode seems quite a bit slower than the primary logon mode, and I set its interface to be simpler, so it is a bit faster. I am back in primary mode. Still the system is basically running just fine. CIO

Note: <888> 11/23/03 Sunday 12:30 P.M.: I ate two bowls of sourdough pretzels with some iced tea. On my primary computer with Windows XP, I logged onto the computer in Guest mode, and it installed the same NVIDIA setting in the Guest desktop with an earlier version of NVIDIA from what I could tell. The Administrative privileges prevent me from installing the most recent version, but it did install clone mode on the television, and both Windows Media player and the Real Player work in both monitor and television. When I relogged onto my primary logon domain desktop, both Windows Media Player and the Real Player also worked on both monitor and television. In Guest logon, the system does prevent one from making major system changes. However, there are a number of settings and program startup items, I have not installed in guest mode. CIO

Note: <888> 11/23/03 Sunday 11:35 A.M.: I practiced using my interactive television setup with the computer. One can not only make the web browser easier to read off the television screen by selecting larger fonts in the Internet Explorer view option, but in Windows XP one can use the Control Panel to select "Accessibility Options" and select a number of items for High Contrast to make the program easier to view. However, most programs might not work with those features. Since I am using a homebrew driver for XP for the X10 remote control

wireless mouse, it is not as fast moving the cursor across the screen as in the vendor supplied Windows 98 drivers and setup. Also one needs to have a familiarity with the programs to know where various icons are for enlarging and changing the setup off the screen of the television. More than likely one would not want an alien visitor using one's remote wireless mouse on one's television in clone mode, since anything one did to the system on the television such as system changes or even worse formatting would effect the host computer too. Thus the system if it were used in a public atmosphere would have to have the Windows XP security setting installed to prevent changing the host computer settings much the same way the library computers are set up. I know one can do this in Windows XP, but I have never really studied the thousands of different settings that one can control. Maybe logging on in "Guest" mode would offer enough security settings from changing the primary host computer setup. Media web site I found <http://www.countingdown.com/> . CIO

Note: <888> 11/23/03 Sunday 9:50 A.M.: I watched Tomorrow Today | Deutsche Welle on the television with the Real Player in full mode. For some reason the Real Player in Clone mode seems to play on both monitor and television at the same time. However, the Windows Media player only plays on one screen at a time in clone mode. I was able to listen to the broadcast on the television comfortably without disturbing my neighbor downstairs, but connecting together the audio cable feed cables to the right of the primary computer hanging over the orange and gold mirror. I set the computer audio to the Creative Live MP3+ audio setting, and the cable inputs into my stereo amplifier, which I set on "CD" to play the audio feed. I turned off the external stereo speakers with the amplifier switch, and the pair of older Realistic NOVA 40 stereo headphones that I have connected to the amplifier are on a long enough cable hanging from the center desk drawer that they reach over to the blue sofa for comfortable viewing and listening enjoyment. Of course as I mentioned yesterday, when I have the funds, I will set up the audio feed directly from the computer into the Orion television. I listened to the program on Tomorrow Today about "Nano-particles with the battle with brain tumours" Nano-particles in the Battle with Brain Tumours | Tomorrow Today | Deutsche Welle | 13.11.2003 , and they gave this web link <http://www.magforce.de/> with more specific research links on the project. This is the type of activity I think the internet should be use for, instead of all the crap that seems to be out there in the communications media. Excuse my French. On a lesser note, the small screw came out of my ear piece on the right side of my reading glasses, so I wore my other reading glasses, and I reinstalled it tightening it with the small eye glass screw driver, I keep on the dining room table. I also have a backup eye glass screw driver in the same location that I have not opened yet. CIO

Note: <888> 11/23/03 Sunday 8:30 A.M.: I was up at 6 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I watched a bit of television, but there is not much on Sunday morning but soap commercials. In looking at Internet television broadcasts, one of the most professional broadcasts that I have found is <http://www.dw-world.de/> Deutsche

Welle from Cologne, Germany. They have a video broadcast in several different languages, and they seem to have a most professional and technical broadcasting setup. I have only looked at it briefly, but it seems better than some of the content that I get on my local cablevision television set here. CIO

Note: <888> 11/22/03 Saturday 11:10 P.M.: I went through part of my email. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/22/03 Saturday 10:45 P.M.: It is my theory when I lived with a friend at the abandoned Casa Marina in Key West, Florida <http://www.casamarinakeywest.com/> in the winter of 1978 while it was being refurbished, there were about 200 stray cats on the property, and I have thought many times, that one of the stray cats might have been a Mountain Lion cub or panther cub that nobody paid any attention to. However, this page says they only live about 12 years <http://www.montrose.net/wildlife/Kids/largemammals.htm> , so it is probably not around anymore, but if one were there once, more than likely others would show up sooner or later. I always thought the Florida Grey Panther <http://www.angelfire.com/fl2/evergladesanimals/panther.html> and <http://www.lowryparkzoo.com/safari/florida/panther/> picked up stray cats around the state of Florida and secretly dropped them off for safe keeping at the Casa Marina when it was abandoned. Well, the only fully grown Florida Grey Panther that I actually saw while in Florida was around February 1979 around sunrise next to the Polo Fields in Boca Raton, Florida, when I was sleeping my yellow Subaru, and I woke up. I was traveling with a friend, so the friend also saw the big cat. CIO

Note: <888> 11/22/03 Saturday 10:20 P.M.: I had to reinstall the Visioneer 4400 USB scanner driver from the CD, since the download one has a different interface. For some odd reason a 5500 driver was on the computer and the twain 32 driver was not working. I used the Visioneer [www.visioneer.com](http://www.visioneer.com) instructions for the procedure. I scanned this image of a local friendly feline that one might encounter in the woods in this area in areas like the Audubon sanctuary. It is better known as a Mountain Lion <http://www.geocities.com/mike2scott2003/mtlion.jpg> and <http://www.mountainlion.org/> , and they supposedly can travel over a 100 miles a day. In some of my outdoors experiences, I might have encountered one, but I do not actually recall seeing one. The picture, I posted is from the November 2003 World Wildlife Fund calendar [www.wwf.org](http://www.wwf.org) . More useful information <http://www.dfg.ca.gov/lion/> . CIO

Note: <888> 11/22/03 Saturday 8:55 P.M.: I uploaded a alligator, crocodile, caiman reference page at [www.geocities.com/mike2scott2003/gator001.htm](http://www.geocities.com/mike2scott2003/gator001.htm) . It is also my belief that sharks and killer whales also eat people off the beaches the way they do walrus and seals. CIO

Note: <888> 11/22/03 Saturday 8:40 P.M.: I chatted briefly with a relative. I chatted with a friend. I ate a bowl of sourdough pretzels with some iced tea. I chatted more with the same relative. The relative I chatted with down south told me



the island near Jacksonville, Florida is probably Amelia Island, Georgia <http://www.ameliaindlandliving.com/> , not to be mistaken with <http://www.seaisland.com/> or Jekyll Island, Georgia <http://www.jekyllisland.com/> or Little St. Simons Island <http://www.littlestsimonsisland.com/> or St. Simons Island <http://www.gacoast.com/navigator/ssi.html> or Cumberland Island <http://www.gacoast.com/navigator/ssi.html> or Hot Springs, Georgia <http://www.ohwy.com/ga/h/hotsprin.htm> or Tybee Island, Georgia <http://www.tybee.com/> or any of the other barrier islands off the Georgia coast [www.gacoast.com](http://www.gacoast.com) , which although they look nice from the ocean side, more than likely they are full of alligators and crocodiles on the inland side. Speaking of which at the home furnishings store on Greenwich Avenue just north of the movie theatre, they have in their window two Empire style chairs covered in either alligator or crocodile or caiman hide. If one were taking a nature walk in any of the Carolina, Georgia, Florida or other southern island nature preserves, one should remember what the man from Australia told me down on the wharf on Steamboat Road two summers ago, which is that a crocodile and maybe a alligator can jump twenty feet up in the air, so be careful if you happen to wearing your crocodile or alligator shoes, belt, purse, or golf bag. CIO

Note: <888> 11/22/03 Saturday 6:15 P.M.: I microwaved in a microwave proof cooking container that I keep on top of the General Electric microwave oven a 18.6 ounce can of Campbell's Chunky soup that eats like a meal now heartier with more chicken Classic Chicken Noodle soup, which I put in the bowl after microwaving with a personal package of Burry Long Island Oyster crackers made with 100% vegetable oil distributed by Maplehurst Foodservice of Brownsburg, Indiana 46112. I am not sure where I got them, but they were in my bookcase pantry at my Kitchen entrance. I might have picked them up when I ate at the Wayfarer restaurant in Cape Porpoise, Maine this summer. While down by the waterfront this afternoon, I was told by a local waterfront individual that he liked visiting Atlantic City, Florida which is near Jacksonville, Florida. I have never heard of it, but I told the individual about another place called Anastasia Island, Florida [http://ctct.essortment.com/anastasiaindland\\_odk.htm](http://ctct.essortment.com/anastasiaindland_odk.htm) which someone told me about a couple of years ago, and it supposedly is undeveloped with no fast food restaurants or modern types of services, and it is supposedly the last unspoiled part of Florida. When the person mentioned Jacksonville, Florida, I mentioned that it is cold there in the winter, but I suppose as one gets older, and does not spend that much time outside, it would have other attractions like the Mayo Clinic southern branch which is in Jacksonville <http://www.mayoclinic.org/jacksonville/> , which I suppose why a lot of older people prefer it to the warmer beach environment of southern Florida. Of course Fort Lauderdale, Florida does have the Cleveland Clinic southern branch <http://www.clevelandclinic.org/florida/> , so I suppose if one were down south, it would be six of one half of a dozen of another. Of course the Florida Hospital Network <http://www.flhosp.org/> is suppose to be quite good. I have been told in the Orlando, Florida area, there is a hospital that supposedly has some of the latest NASA medicine, but I only can find <http://spaceresearch.nasa.gov/> . Of course if one does not mind the cold weather, it is rumored the New York and New England

areas are suppose to have very good medicine, but at my younger age of 53, I have not had a lot of intensive medical treatment like surgery until this past February, when I had the groin hernia operation. I guess there are so many people in the world, there are a lot of people whom know something about medicine, but despite the fact that I still smoke tobacco, I think a good brisk walk every day also helps out. CIO

Note: <888> 11/22/03 Saturday 4:50 P.M.: I went out after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront, and I also went by Grass Island. I then went by the Greenwich Library. I then went by the Stop and Shop, and I bought a red Bermuda onion at \$1.29 a pound for .99 and a 10 ounce box of fresh mushrooms for \$2.29 for \$3.28 total. I then returned home, and I drank some iced tea. CIO

Note: <888> 11/22/03 Saturday 12:30 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm), which I had with a glass of iced tea. I am out of broccoli, so I did not put broccoli in the salad. I also used a 50% combination of America's Choice extra sharp cheddar cheese and 50% combination of Vermont extra sharp cheddar cheese along with all of the other usual ingredients. It is a nice day, and although I was up early, it is suppose to be up to 60 degrees Fahrenheit today, so I think I will go back out and enjoy the day. CIO

Note: <888> 11/22/03 Saturday 11:35 A.M.: I tried uploading my notes after the last message, but Yahoo Geocities is normally down for maintenance on Saturday morning from 6 A.M. to 7 A.M. Eastern Standard Time which would be the slow time 3 A.M. to 4 A.M. Pacific Standard Time when it is slow on the west coast. I went out, and I drove down by the waterfront. I noticed somebody had thrown two wreaths of flowers in the water. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then went by the Greenwich Hospital Thrift Shop. I next drove back down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times and Newsweek Magazine. I then returned home. My neighbor downstairs underneath the roof adjacent to my apartment told me that she could hear my computer speakers yesterday morning, so I will have to remember not to play the computer speakers during the early morning hours and late at night. I have two sets of head phones attached to the computer for each of the two different types of computer sound systems. One is for the Plantronics headset and the other is Panasonic head phones for when the Sound Blaster Live PCI MP3+ sound card is enabled. I generally do not play the computer speakers, but I was testing the media player on my television yesterday. When I have the money, I will get a cable to run from the computer sound card to the television to carry the audio content on the television with the media players, and I will also have to get a small plug Y cable splitter for the sound card and a adaptor for male small stereo plug to double RCA female plugs, so I can have the correct audio content on the apartment television. It should cost about \$20 to do so, then I will be able to listen to sound off the television with the media player,

and since the television is on the other side of the room, the downstairs neighbor should not be able to hear it. I generally do not listen to much audio content, except for when I do house cleaning on Saturdays. I also do not usually watch television much except for when I first wake up and just before I go to bed. Obviously this building has some sound deficiencies. I vacuumed the apartment when I returned home. I drank some iced tea. I just chatted with a relative. CIO

Note: <888> 11/22/03 Saturday 6:35 A.M.: I went to bed at 5 P.M. last night, and I was up at 3:30 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I am now taking 500 mg. of Niacinamide in the morning along with my other vitamins and supplements. I did my house cleaning watering the plants. I still have to vacuum later on this morning, when I will not disturb my neighbors. I will now clean up, and I will go out. I will shut down the computer when I go out. CIO

End of Scott's Notes week of 11/21/03:

Note: <888> 11/21/03 Friday 4:35 P.M.: I listened to some media broadcasts. I worked a bit on [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now send out my weekly notes. I will then shut down the computer. I will relax for a while, and I guess I will go to bed earlier. CIO

Note: <888> 11/21/03 Friday 3:35 P.M.: I rested a bit. I watched some television. I had two bowls of sourdough pretzels with some iced tea. CIO

Note: <888> 11/21/03 Friday 1:30 P.M.: I will now put the computer on Standby, and I will take a nap. CIO

Note: <888> 11/21/03 Friday 1:25 P.M.: I made an ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) , which I had with a glass of iced tea. I added the Bloomberg TV link "Bloomberg TV 300 baud link, right click and open in new window to play in full screen Windows Media Player <http://www.bloomberg.com/streams/video/LiveBTV300.asxx> " to [www.geocities.com/mikelscott/nettv.htm](http://www.geocities.com/mikelscott/nettv.htm) . CIO

Note: <888> 11/21/03 Friday 12:10 P.M.: I set the television monitor setting, so they are clearer. I guess I could also try adjusting the settings on the television, which I might do later. I put Max10 in the startup folder. For internet web browsing off the television, if one sets the Internet Explorer View font to the largest font, one has an easier viewer experience, but still one would probably need a higher resolution television or larger than my 24 inch Orion television. CIO

Note: <888> 11/21/03 Friday 11:40 A.M.: I finished going through my email. CIO

Note: <888> 11/21/03 Friday 11:05 A.M.: I ate a Quaker low fat white cheddar flavored corn cake with some iced tea. I set some NVIDIA settings off the lower

right NVIDIA icon. Basically to switch video feeds from the computer monitor to the television monitor, one needs to have the Orion television remote set its TV/AV switch for Aux2. Thus one will see the cloned image of the primary computer desktop on the television monitor. Once one has started a Windows Media or Real Audio feed on the primary computer, one can switch the feed to work on the television monitor by right clicking on the yellow NVIDIA icon on the lower right side of the desktop and selecting "nView Display mode" and then from the right of that "Clone" and then from the right of that "TV + Analog Display" to enable the media player to work on the television or "Analog Display + TV" to return it to the primary computer monitor. One is given 15 seconds to save the setting, which one does if one wants to keep it, and of course one can always use the same method to switch it back. Of course one can always disable clone, and simply move the players back and forth, but controlling them from the primary computer in clone mode is easier. CIO

Note: <888> 11/21/03 Friday 10:20 A.M.: With the cloned setting enabled with the NVIDIA icon on the lower right side of the screen, the Windows Media feed only plays on one of the screens and the other screen media feed is blank, but one can switch it back and forth to work on the computer monitor or the television monitor, and also now the Real Audio player also works on the television monitor or the computer monitor, but only one at a time. I just chatted with a relative. CIO

Note: <888> 11/21/03 Friday 9:50 A.M.: Good News, I installed [http://www.nvidia.com/object/winxp\\_2k\\_52.16.html](http://www.nvidia.com/object/winxp_2k_52.16.html) for my Mad Dog Prowler AGP 4X 64 meg video card <http://www.mdmm.com/products/graphics/mx440agp-se.asp> and the new NVIDIA program has a Clone feature, so the exact content on the computer monitor now shows up on the television monitor, so one does not have to move the content back and forth between monitors, so it is exactly the same on both computer monitor and television screen. I set up some of the programs other settings. Of course the reception is not as clear as on the computer monitor, but for the Windows Media Player, it would be more that adequate. Thus we truly have a multimedia experience available. Both the regular Kensington Wireless Mouse and the X10 Wireless Remote Control Mouse work just fine in synchronized harmony. Thus I truly have high speed WEB TV. CIO

Note: <888> 11/21/03 Friday 9:10 A.M.: In the Windows Media Player on the television monitor there are still the same two small icons in the lower right quarter of the Media Player. The lower right most icon will maximize the Media Player for full television screen full viewing or smaller size, so one can move the Media Player between both screens for closing or viewing. Also with my Mad Dog Prowler Multimedia [www.mdmm.com](http://www.mdmm.com) AGP 4X 64 meg video card <http://www.mdmm.com/products/graphics/mx440agp-se.asp> with the S video television video out monitor plug, with the NVIDIA program [http://www.nvidia.com/object/winxp\\_2k\\_52.16.html](http://www.nvidia.com/object/winxp_2k_52.16.html) that works with it available from [www.nvidia.com](http://www.nvidia.com) one can adjust the monitor view area, so one can make sure the entire Window is available for interactive use. I had to make the television

Window smaller, so the scroll bar on the right was available. Also one can control the flicker rate. CIO

Note: <888> 11/21/03 Friday 8:35 A.M.: I sent this message to Microsoft at [Microsoft.Com Product Feedback](#) , message follows: In Windows XP Professional with my Windows Media Player, I am able to use it on my television monitor with the Mad Dog 32 Meg 4X AGP card which has a S3 video plug that I connect to the larger 25 inch color television. I also am able to to use the mouse on the television with the X10 [www.x10.com](http://www.x10.com) wireless remote control mouse, which has a program available for it for XP at <http://max10.sourceforge.net> that works with XP. I can watch full screen Windows Media content and use the mouse and even have a Web TV environment with Internet Explorer. This might be a greater trend in the future, so it might be nice to have an optional view preference for television for Windows Media player and maybe Internet Explorer with larger icons and a television friendly interface. I post my web log including tech notes at [www.geocities.com/mikelscott/note02.htm](http://www.geocities.com/mikelscott/note02.htm) . I am able to watch items like the [www.bloomberg.com](http://www.bloomberg.com) TV in full screen off the internet on the television and of course the Windows Media content.

Note: <888> 11/21/03 Friday 8:20 A.M.: I updated <http://www.geocities.com/mikelscott/nettv.htm> . I am listening to Bloomberg TV [www.bloomberg.com](http://www.bloomberg.com) on the monitor television, which one can do by right clicking on the 300 baud Bloomberg link on this page <http://www.broadcast-live.com/business/index.html> and instead of using the Bloomberg media player which is smaller one can select "Open New Window", and then the Bloomberg feed plays in a full media player display, which one can put on the television monitor easily in full display. CIO

Note: <888> 11/21/03 Friday 7:35 A.M.: I am listening to some of the Windows Media programs content. CIO

Note: <888> 11/21/03 Friday 6:20 A.M.: I was up at 5 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. CIO

Note: <888> 11/20/03 Thursday 9:00 P.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/20/03 Thursday 8:45 P.M.: I raised the living room thermostat from 76 degrees Fahrenheit to 78 degrees Fahrenheit, so it will continue to be about 74 degrees Fahrenheit in the apartment while it is colder outside. Presently, it is 40 degrees Fahrenheit outside. I just chatted with a relative. CIO

Note: <888> 11/20/03 Thursday 7:50 P.M.: I am microwaving a 13.25 ounce Stouffer's Lean Cuisine Chicken Florentine dinner, which I will have for dinner with a glass of iced tea. CIO

**Note: <888> 11/20/03 Thursday 7:35 P.M.:** I went out after the last message. I drove down by the waterfront. I tried to go by the Greenwich Hospital Thrift shop, but their parking lot was too busy. I made my appointment at the outpatient clinic at the Greenwich Hospital for the follow up on my cholesterol count. My current cholesterol count is Total 164 (good) versus 140 in June, TG 228 (watch) versus 179 in June, LDL 75 (still good) versus 69 in June, and HDL (improved) 43 versus 35 in June. Thus my count is up a bit. It might be from not eating low fat cheddar cheese and low fat grated parmesan cheese in my salads. I have to get a follow up test in two weeks and see the Doctor after the first of the year. I guess I need to watch my snacks too. The Doctor recommended that I think about quitting smoking and start to try to get down from a pack a day to a half a pack a day, so I can try to go back on the patch again. After lunch I weighed 212 pounds on the hospital scale with my shoes on. I also got my flu shot for the season. I also made my 3 P.M. appointment. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought six packs of Royal gelatin two in strawberry, two in cheery, and two in orange for .19 each for \$1.14 total. After my walk, I went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought a 10 ounce package of fresh Stop and Shop spinach for \$1.99. I then returned home, and I drank some iced tea. CIO

**Note: <888> 11/20/03 Thursday 12:50 P.M.:** I put the X10 Wireless Mouse Remote on the right side of the right brass and glass coffee table between the two couches with the instructions underneath it. Basically to use the setup, one has to turn on the cable box with the cable remote and turn on the television with the same remote and then one uses the Orion remote to switch to Aux2 with the TV/AV switch. Then with the primary computer turned on, one enables with the Sounds and Devices icon the Creative Live MP3+ sound card and turns on the sound, then one starts a video feed in the Windows Media player and slides it to the right over to the television monitor and control the mouse on the television monitor with X10 Wireless Mouse remote or I guess one could leave the Windows Media Player open on the television monitor and one could also slide over the web browser to select Windows Media content, or once can select Windows Media content with the World TV program or from the [www.geocities.com/mikelscott/nettv.htm](http://www.geocities.com/mikelscott/nettv.htm) list. One has to return the Windows Media program and web browser to the primary monitor and close them, so when one reopens them, they do not open on the television monitor which is not always on. One then reenables the Plantronics headset sound with the Sounds and Devices program. I made an ate the same salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) as yesterday, which I had with a glass of iced tea. I will now shut down the computer, and I will clean up and go out. CIO

**Note: <888> 11/20/03 Thursday 11:35 A.M.:** I have a 3 P.M. and a 3:30 P.M. appointment this afternoon at the same location, which I will show up for at 2:30 P.M.. For Christmas gifts try <http://www.cathedralgifts.com/> or for this calendar <http://www.cathedralgifts.com/20hoofpoca.html> or try <http://www.reaganfoundation.org/store/> or better yet one of our local Greenwich Thrift shops <http://www.geocities.com/mikelscott/thrift.htm> . CIO

Note: <888> 11/20/03 Thursday 10:55 A.M.: I adjusted the color settings on my computer web cam. CIO

Note: <888> 11/20/03 Thursday 10:25 A.M.: I printed out two copies of [www.geocities.com/mikelscott/rock.jpg](http://www.geocities.com/mikelscott/rock.jpg) , and I put one in a Plexiglas frame, and I hung it to the left side of the Lindbergh print underneath the left Parsons lamp above the left side of the day bed. I put the other copy in my photograph album. CIO

Note: <888> 11/20/03 Thursday 9:55 A.M.: Wouldn't you really like to buy a Cadillac <http://www.royal.gov.uk/output/Page2746.asp> and [www.cadillac.com](http://www.cadillac.com) ? CIO

Note: <888> 11/20/03 Thursday 9:40 A.M.: I ran the cleaning utility on my Epson Stylus 880 color printer, so it has better quality. When one does not use it very often, one has to remember to run the cleaning program three to five times once a month. I printed out two copies of the picture of Queen Elizabeth II and George W. and Laura Bush in formal attire <http://www.royal.gov.uk/output/Page2751.asp> in about 4 inch by 6 inch format. I put one copy in a clear Plexiglas frame, and I hung it above the right Parsons lamp above the day bed, so it is easily visible. I put the other copy in my photograph album. CIO

Note: <888> 11/20/03 Thursday 8:40 A.M.: Pictures of President Bush's visit with Queen Elizabeth II <http://www.royal.gov.uk/output/Page2739.asp> . CIO

Note: <888> 11/20/03 Thursday 8:10 A.M.: News Speech given by The Queen at the American State Banquet at <http://www.royal.gov.uk/> . CIO

Note: <888> 11/20/03 Thursday 8:05 A.M.: I went to bed after the last message. I had a call from a relative after at 11:30 P.M.. I was awake at 6:45 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I listened to President Bush's and Prime Minister Blair's press conference. I took from the two Parsons lamps above the day bed the two hundred watt bulbs, and I replaced them with 40 watt bulbs, so there is less glare. Thus there is now 540 watts of light in the living room on a regular basis. CIO

Note: <888> 11/19/03 Wednesday 10:40 P.M.: I turned the living room thermostat down to 76 degrees Fahrenheit, so it should be about 73 degrees in the apartment. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 11/19/03 Wednesday 10:30 P.M.: I went through my email. CIO

Note: <888> 11/19/03 Wednesday 10:00 P.M.: The heat from the Parsons lamp on the right side of the day bed was causing the thermometer, barometer, hygrometer to read too warm, so I moved it to the right side of the sweater closet in the hallway, so hopefully it will now show the correct apartment temperature. CIO

**Note: <888> 11/19/03 Wednesday 9:50 P.M.: I can not get the X10 Wireless Remote Control to work with my other electronic devices, so I will continue to use their current remote controls. I shut down the media player. I just chatted with a friend. CIO**

**Note: <888> 11/19/03 Wednesday 9:00 P.M.: I am microwaving a Stouffer's Lean Cuisine 13.5 ounce lean cuisine dinner, which I will eat with iced tea. I am listening to Canadian television <http://www.cpac.ca/> on my television through the internet with the Windows Media player. CIO**

**Note: <888> 11/19/03 Wednesday 8:30 P.M.: Basically at the moment only the mouse features work on the television of the X10 Wireless Remote Control, but one can set it up for other features. I will now use it with the Windows Media Player to watch some video feeds. Of course web browsing with it off the television is a bit fuzzy, since the television is not as sharp as the monitor, but the video feed in Windows Media is sharp enough. CIO**

**Note: <888> 11/19/03 Wednesday 8:00 P.M.: I plugged the X10 Wireless Mouse Control base into my primary computer serial port, and Windows XP plug and play recognized it as a second serial mouse on Com 1. I installed the software from <http://max10.sourceforge.net> and the X10 Wireless Mouse Control is working just fine. One can slide the web browser over to the second monitor and web surf off the living room television with the remote control. Also my regular Kensington wireless mouse on the PS2 port works just fine with the same cursor. Well, I guess I now have high speed web TV. CIO**

**Note: <888> 11/19/03 Wednesday 7:35 P.M.: I found this web site which might help me to get the X10 Wireless Mouse Remote working on my primary computer <http://max10.sourceforge.net> . CIO**

**Note: <888> 11/19/03 Wednesday 7:20 P.M.: The X10 Wireless Mouse Remote works fine on the AMD backup computer in the bedroom. It would have been nice if it had worked on the primary computer, and then one could have used it to control the mouse activity on the television monitor when watching internet video. Maybe they will update the drive in the future to XP, but it generally takes the Chinese forever to get around to minor details. CIO**

**Note: <888> 11/19/03 Wednesday 5:55 P.M.: I was awoken by a telephone call inviting me to the Microsoft presentation in Branford, Connecticut at the Hyatt Hotel on December 2, 2003; which I told the caller I would be unable to attend, since I generally do not drive that far. I will now install the Wireless Mouse Remote Control on the bedroom AMD backup computer. CIO**

**Note: <888> 11/19/03 Wednesday 1:35 P.M.: I made and ate the same salad as yesterday [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I had the salad with a glass of iced tea. I will now put the computer on Standby, and I will take a nap. CIO**



**Note: <888> 11/19/03 Wednesday 12:35 P.M.:** I went out after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. I stood out at various locations. I then drove down by the waterfront. I then went by the Greenwich Hospital Thrift shop, and I waited for a half hour with a few other early birds for them to open the Christmas display presentation. They have a most festive arrangement of items. I bought a unused X-10 [www.x10.com](http://www.x10.com) and [http://www.x10.com/products/x10\\_mk19a.htm](http://www.x10.com/products/x10_mk19a.htm) Wireless Mouse Remote Control for \$5. I then went by the Greenwich Library, and I read the Greenwich Times and Smart Computing. I then returned home, and I had a glass of iced tea. I put out my Christmas decorations. I put the pine cone wreath on the outside of the front door, and I put the two foot decorated artificial tree on the pink rice bowl on the long living room mahogany bureau, and I moved the Revere bowl to on top of the Nantucket ashtray. I tried setting up the X-10 wireless remote control on the primary computer, and the mouse pass through works on the PS2 port, but it does not work on the serial port. Also its drivers are older, so it will not work on a Windows XP machine. After lunch I will connect it to the AMD backup computer in the bedroom to see if it works. Basically it lets one control one's mouse with a remote control along with other computer functions, but since its drivers are only Windows 98, it will not work on an XP machine.

**Note: <888> 11/19/03 Wednesday 6:00 A.M.:** I turned off popup blocker in Norton Internet Security Firewall 2003, so that "javascript:popup" pictures will work in Internet Explorer. Of course I will now get the pop up ads too. I will now shut down the computer, and I will clean up, and I will go out soon. CIO

**Note: <888> 11/19/03 Wednesday 5:05 A.M.:** I was up at 4 A.M. today. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. Be sure to remember that today at 8:30 A.M., the Greenwich Hospital Thrift shop is opening their annual Christmas preview sale. I will try to get there at 8 A.M. early, so I can find a parking space. I do not intend to buy anything, since I am on a limited budget, but I will keep an eye out for any cheap bargains. I am sure the "Shop Till You Drop Crowd" will be there in full force. CIO

**Note: <888> 11/18/03 Tuesday 9:45 P.M.:** I will now shut down the computer. I will go to bed soon. CIO

**Note: <888> 11/18/03 Tuesday 9:40 P.M.:** I chatted with two friends. CIO

**Note: <888> 11/18/03 Tuesday 7:55 P.M.:** Of course if one already owns Norton 2003 product, one can get upgrade rebates instantly from this download link [http://nct.symantecstore.com/0001/upgrade\\_center.html](http://nct.symantecstore.com/0001/upgrade_center.html) . Of course one would not have the cardboard box or the original CD either, but it would be a considerable savings without waiting. However, this past year while waiting four to eight months for Symantec rebates, I believe not only did I get the \$30 upgrade rebates in the mail, but I also got an extra \$20 off the dual purchase package at a discount price,

so the \$80 dual package of Norton System Works 2003 and Norton Internet Security 2003 had a \$30 upgrade rebate and a \$20 additional rebate, so the dual package only cost me \$30 and tax after waiting. However, the Norton list price on both of them in the 2004 versions is \$70 each with \$30 rebates each, so online they are both \$80 together without anymore rebates, and I was able to get them both for \$30 after rebates and waiting. CIO

Note: <888> 11/18/03 Tuesday 7:45 P.M.: EmailProtect seemed too complicated to use, so I put Norton Anti Spam 2004 <http://nct.symantecstore.com/fulfill/0001.114> back on my computer, and it seems easier to use, and it seems effective at stopping spam once one has blocked the email addresses which is easier and more interactive. Remember, if trying to download the demo download, Optimum Online seems to block the Norton Email address, so use your Hotmail account address which only dumps it in the junk email box, but one can retrieve the download link from that. It is sort of curious that both Microsoft and Optimum block the email address as much as they profess to be against spam. I will look around the holiday time to see if there are any promotions offering it at a discount. At the moment and probably even after I pay my bills in December, I will not be able to afford it. Of course at the first of the year, I also need to renew Norton System Tools 2003 and Norton Internet Security 2003 to the 2004 versions, so maybe they will offer another rebate promotion at that time including Norton Anti Spam 2004. CIO

Note: <888> 11/18/03 Tuesday 6:30 P.M.: I am just about ready to install EmailProtect 14 day demo ContentWatch Trialware which is recommended by <http://www.spamfilterreview.com/>

Note: <888> 11/18/03 Tuesday 6:20 P.M.: I installed one Windows XP update, and I was able to also get the Windows XP Client Rights Management update to install by first uninstalling the old version, and then the new version successfully installed. CIO

Note: <888> 11/18/03 Tuesday 5:15 P.M.: Unfortunately SpamBayes only works with Outlook, it does not work with Outlook Express. Since I only had about a week's usage left with the Norton AntiSpam 2004 program, I will leave it uninstalled. There is rumor that the next version of Outlook Express due out next August with the SP2 update for Windows XP might have better anti spam features. I will keep a look out for rebates on antispam programs. There are a number of ones available for \$20, but at the moment, I do not feel like buying one, but I will research it more in December. CIO

Note: <888> 11/18/03 Tuesday 4:30 P.M.: I went outside, and I put the tide charts on the back seat of the car. I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . This time I also used eight 1.5 inch sprigs of broccoli, America's Choice extra sharp cheddar cheese, and President low fat feta cheese, and regular Kraft grated parmesan cheese. I also made up a fresh batch of

[www.geocities.com/mikelscott/hummus.htm](http://www.geocities.com/mikelscott/hummus.htm) ,and I also added a teaspoon of Italian spices. I had the salad with a glass of iced tea. CIO

Note: <888> 11/18/03 Tuesday 2:40 P.M.: I printed out a set of November 2003 through April 2004 tide charts for the Greenwich, Connecticut harbor <http://www.maineharbors.com/ct/tidectw.htm> , which I will put in the back seat of the Hyundai right now. CIO

Note: <888> 11/18/03 Tuesday 2:35 P.M.: I went out after the last message. I chatted briefly with a neighbor. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I went by CVS, and I bought buy one get one free of four packs of CVS 100 watt light bulbs for \$1.99 both four packs, and a 18.5 ounce can of Campbell's New England clam chowder for \$2.39 less a .75 off discount coupon I got in the mail plus .07 tax for \$3.70 total. I then completed my walk. I noticed lots of people were out raking leaves. I drove down by the waterfront, and I chatted with one of the regular fishermen, whom I have not seen in a while. I gave him the set of November and December 2003 Greenwich Tide charts that I had in my car, so I will have to print out another set. I then went by the Greenwich Library, and I read the Greenwich Times and P.C. World magazine. I found this article about a free SpamBays Outlook Express mail blocker for free [PCWorld.com - SpamBayes Outlook Addin v0.8](http://www.pcworld.com) , so I will try it out, after I uninstall the Norton AntiSpam 2004 software demo. I next made my 11:30 A.M. appointment to apply for energy assistance, which I provided all the necessary paper work for, and I was told in about a month and a half, I would receive the grant notification letter. I then drove back down by the waterfront again. I then went by the Arnold Bread store outlet, and I bought a loaf of Arnold Soft 100% whole wheat bread for \$1.29 less 10% senior discount of .13 for \$1.16 total. I then returned home, and I had a glass of iced tea. I organized my light bulb packages by wattage in the bedroom window, so I now have them stacked by wattage. I took three of the CVS 100 watt light bulbs, and I put them in the three living room window shelf lamps, and I put a fourth 100 watt light bulb in the left parsons lamps, and the right parsons lamp already had a 100 light bulb in it, and I turned on both parsons lamps too above the day bed, so when one turns on the living room wall switch there is now an additional 380 watts of lights coming on. In the living room I have eight 15 watt sconce candleabra light bulbs, five 100 watt light bulb fixtures, and a 40 watt bulb in the fixture by the computers for a grand total of 660 watts of light that now come on when one turns on the living room wall light switch, so the apartment now looks brighter and more cheerful. I also have a 40 watt bulb in the lamp on the Danish Bar, so if one turned that on in the center of the room, there would be 700 watts of light in the room, however the Danish bar light being in the center of the room would have too much glare with a 100 watt bulb. In the bedroom window shelf, I have in reserve 30 new sixty watt bulbs, 20 new forty watt bulbs, 4 used forty watt bulbs, and 12 new hundred watt bulbs. Also in the mahogany bureau drawers in the bedroom, I also have lots of other types of bulbs. I also think I have some round sconce bulbs in my sweater closet. CIO

**Note: <888> 11/18/03 Tuesday 6:30 A.M.:** I went through my email. I will now shut down the computer, and I will clean up, and I will go downtown for a walk, when one does not have to pay quarters to park. I have read that truly wealthy people are extraordinarily frugal, and that people like Queen Elizabeth II walks around Buckingham Palace at night turning off lights, so maybe the President of the United States of America can help her turn off some of the lights when he visits for the next few days. I once read that when Franklin Delano Roosevelt was a young traveler in England before his political days, he use to help cut the grass at the Bloomsbury Estate of Lord Astor. I suppose other notable people from around the world have held such interesting jobs in England. I once was told by a friend whose grandfather was a next door neighbor of Richard Nixon's in Key Biscayne, Florida that he use to help shovel the horse manure for Queen Elizabeth at one of her country estates. I once read that the household budget for Buckingham Palace is not too large, and they regularly advertise in the Times of London <http://www.timesonline.co.uk/> for low paid palace staff. I also once read that one of the young palace wine Stewarts was drinking too much of the palace wine and beverage reserves, so they had to discharge him. CIO

**Note: <888> 11/18/03 Tuesday 5:40 A.M.:** I went back to bed after the last message. I woke up about 2 P.M., and I ate a half of a 12 ounce can of mixed nuts, and I went back to bed. I woke up again, about 4 A.M., and I finished off the 12 ounce can of mixed nuts. I am finally awake now. I did watch some small bit of the Turner movie channel from 11 P.M. until now, and they are showing some good old classic movies like Lawrence of Arabia, South Pacific, and Hawaii. However, since this is generally a colder climate, they should save Dr. Zivago until it gets much colder. I will now do some regular computer work. I guess the President of the United States by now is over in Jolly Old England, so I guess one can read the reports on his activity in the British Press at <http://news.bbc.co.uk/> and <http://www.telegraph.co.uk/> and <http://www.whitehouse.gov/news/> . CIO

**Note: <888> 11/18/03 Tuesday 12:10 A.M.:** I was awake at 11 P.M., which is a good time for the New Amsterdam Dutch night watch to wake up. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I watched a bit of television. CIO

**Note: <888> 11/17/03 Monday 2:30 P.M.:** My 4 P.M. appointment just cancelled, so I will now shut down the computer, and I will go to bed. CIO

**Note: <888> 11/17/03 Monday 1:35 P.M.:** I will now put the computer on standby and take a short nap. I have a 4 P.M. appointment this afternoon. CIO

**Note: <888> 11/17/03 Monday 1:00 P.M.:** I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . This time I used President low fat feta cheese instead of gorgonzola cheese, I also added eight 1.5 inch sprigs of broccoli. I had the salad with a glass of iced tea. CIO

**Note: <888> 11/17/03 Monday 12:05 P.M.: I picked up my mail downstairs. I put the ice tea in the refrigerator. CIO**

**Note: <888> 11/17/03 Monday 11:25 A.M.: If one wants to track the stock market with Scott's bellwether stock index in Microsoft Investor Portfolio <http://moneycentral.msn.com/investor/home.asp> , one can download the investor file from <http://www.geocities.com/mikelscott/scopor01.zip> and import it into the portfolio. I have said the index portfolio is a bellwether portfolio, which means it is suppose to mirror the stock market performance, it is not meant to out perform the stock market, thus I would not recommend buying or selling it, if one were an investor. CIO**

**Note: <888> 11/17/03 Monday 11:05 A.M.: I finished going through my email. CIO**

**Note: <888> 11/17/03 Monday 10:45 A.M.: I am in the process of making a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I just finished a cup of cappuccino. CIO**

**Note: <888> 11/17/03 Monday 9:50 A.M.: I went downtown after the last message. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I stopped by CVS on Greenwich Avenue, and I bought a 2.8 ounce can of French's original French Fried onion rings for .99 plus .06 tax for \$1.05. However, I only had on me a \$1.04 at the time, so I only paid them \$1.04. I mentioned that I did not think they were suppose to charge tax on food in Connecticut. The grocery stores do not charge tax on food in Connecticut. CVS has charged me tax on other food items over the past. I completed my walk. I then drove down by the waterfront. I then went by Putnam Trust Bank of New York on Mason street. I then returned home. I just had a glass of iced tea. The French's French fried onion rings has their green bean casserole recipe on the can which one makes with the onion rings. CIO**

**Note: <888> 11/17/03 Monday 6:45 A.M.: Well on the more frugal side of town where we get up in the morning occasionally before the Cosmo Di Medici Frescobaldi roosters, I think I will clean up, and I will go out for a morning walk downtown, so I do not have to feed a quarter or 25 cents a half hour to the parking meter, which one has to do after 9 A.M. six days a week. CIO**

**Note: <888> 11/17/03 Monday 6:35 A.M.: I was up at 3:45 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I watched a bit of television. I opened a package from a relative that I received on Veterans day via UPS, which I was told it would be all right to open. I received two extra large Kirkland Signature cashmere V-neck sweaters. One is Navy Blue and the other is grey. I cleaned up some of the paper work on my dining room table and on my bedroom desk. The Greenwich Country Day School <http://www.gcds.net> , one of the schools I attended when younger has its own web**

site now. One of the last great estates is presently on the real estate market in Greenwich, Connecticut <http://www.greenwichcountryestate.com/> .CIO

Note: <888> 11/17/03 Monday 12:05 A.M.: I watched on the living room television, the Bill Gates' Microsoft presentation from Comdex. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/16/03 Sunday 10:05 P.M.: Bill Gates' key note address is just starting at Comdex  
<http://www.microsoft.com/presspass/events/comdex/keynote.asp> . CIO

Note: <888> 11/16/03 Sunday 9:55 P.M.: I ate two bowls of sourdough pretzels. I put a CVS Clorox bleach toilet tank tablet in the toilet tank water reservoir behind the bowl. CIO

Note: <888> 11/16/03 Sunday 9:05 P.M.: I listened to a bit of [www.kenradio.com](http://www.kenradio.com) . There is a list of video and audio web links at this link  
[http://www.kenradio.com/modules.php?name=Web\\_Links](http://www.kenradio.com/modules.php?name=Web_Links) . CIO

Note: <888> 11/16/03 Sunday 8:00 P.M.: I was awoken by a relative calling at 5 P.M.. I watched a bit of television. I chatted with another relative. I microwaved a 18.5 ounce can of Progresso New England clam chowder in a microwave proof cooking container which I keep on top of the microwave oven. I ate the soup along with a glass of iced tea. CIO

Note: <888> 11/16/03 Sunday 12:05 P.M.: I finished updating the Red Hat Linux 9.0 partition on the Dell backup computer. It is all running fine, but it looks better on the monitor with the Diamond Stealth 32 meg PCI video card in it. I chatted with a relative. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/16/03 Sunday 11:25 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I ate a Quaker low fat white cheddar flavored corn cake with some iced tea.

Note: <888> 11/16/03 Sunday 10:50 A.M.: The Dell backup computer is still in the process of installing the Red Hat Linux 9.0 updates. CIO

Note: <888> 11/16/03 Sunday 10:00 A.M.: After my coffee, I finished installing Red Hat Linux 9.0 full install with all languages on the Dell Dimension V350 computer with 384 megs of memory. However, it would not boot. I finally changed the CMOS setting for "Plug and Play Aware Software" to negative, and it booted just fine in Linux. However, it would not go online for the updates, and I remembered that I had to download and install this fix  
<https://rhn.redhat.com/errata/RHSA-2003-267.html#Red%20Hat%20Linux%209> . Also when one installs the fix, one has to install all three files at the same time to get

it to work. I am now installing the updates. About 7 A.M. I chatted with a friend.  
CIO

Note: <888> 11/16/03 Sunday 5:20 A.M.: I went through my email. The Norton Anti Spam 2004 program deleted correctly about 75% of my email as spam, so it does work well. I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) , which I also added about eight 1.5 inch springs of broccoli florets. I had the salad with a glass of iced tea. I am just about to drink a cup of 50% Folgers's instant and 50% Folgers's decaffeinated instant coffee. CIO

Note: <888> 11/16/03 Sunday 4:00 A.M.: University of North Carolina digital library <http://www.ibiblio.org/> . CIO

Note: <888> 11/16/03 Sunday 3:30 A.M.: I have been doing some system maintenance on the Dell backup computer in the living room and the AMD backup computer in the bedroom. From the AMD backup computer, I took out the Diamond Stealth 32 meg PCI card. I enabled the onboard VGA, and I connected the onboard VGA cable. I also installed a new CMOS 2032 battery in the AMD backup computer. Plug and play recognized the onboard video, and it is all working just fine. I ran the updates on the AMD backup computer. I then set the Dell backup computer CMOS to PCI video boot disabling the onboard AGP video, and I installed the Diamond Stealth 32 meg PCI video card. It works just fine, and plug and play installed the right drivers in the Windows partition. However, the Red Hat Linux 9.0 partition would not boot, and I tried changing the video driver by booting the CD and running upgrade, but it still would not boot. I am able to boot the system with the Red Hat Linux 9.0 cd, so I am now doing a complete new installation of the Red Hat Linux 9.0 partition with all the languages and all the programs on the three CDs. I finished eating the jar of Planters dry roasted peanuts along with drinking some iced tea. CIO

Note: <888> 11/15/03 Saturday 11:30 P.M.: I went to bed after the last message. I had a call from a friend about 3 P.M.. I was up at 9 P.M.. I chatted with a relative. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I watched a bit of television. I took 51 CVS aspirins, and I cut them in half with my pill cutter, so I now have 101 half aspirins to take one half when I wake up each day, which would be the same as a baby aspirin which are suppose to be good for the heart. CIO

Note: <888> 11/15/03 Saturday 2:00 P.M.: I ate a bowl of peanuts. I relaxed a bit. In the old days in Key West in the period I visited regularly from 1976 to 1982, I spent quite a bit of time in the sun during the winter. When I came north in the spring or summer, I was colder up north, and I was darkly tanned, so frequently my friends up north did not recognize me. Of course for me a dark tan is not really that dark. It was about what one would get from a two or three week vacation in the Caribbean. Since during the winter in the Key West, it can be a bit cool, so it was

not always beach weather. I recall many 50 degree days around the beach chatting with Canadians, so it was more of a resort for colder weather people, and it was not really a resort for people looking for tropical weather in the winter. I was advised by the Head of Dermatology from Columbia University the last time I was in Key West in 1982, that I should not spend much time in the sun anymore. I have tried to listen to his advise since then. I have had only one small melanoma taken off my back about four years ago. Well, I am tired, so I will shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/15/03 Saturday 12:55 P.M.: For anyone whom is interested in where their money is going or whom is getting what from the United States of America government, one can try <http://w3.access.gpo.gov/usbudget/index.html> . CIO

Note: <888> 11/15/03 Saturday 12:50 P.M.: I went outside briefly, and I checked the mail. I got the AOL 9.0 disk with two free months, but as usual, I will not be using it. I unzipped and uploaded Download Scott's Internet Directory "scott008.zip" 2.21 megs and open "scotlist.htm" in web browser . I have not worked on it much in the last two years, but with Google out there, it is probably not needed anymore. Still, it might be handy if one did not know what to search for. Of course in my directory, there are a lot of "Dot Goners". CIO

Note: <888> 11/15/03 Saturday 11:50 A.M.: I went out after the last message. I chatted with a neighbor. I went by the Exxon gasoline station next to the Greenwich Library, and I put in \$4.51 of regular unleaded gasoline at \$1.839 a gallon for about 24 miles per gallon. I then went by the Stop and Shop, and I bought two red Bermuda onions at \$1.29 a pound for \$1.47 total. I then drove down by the waterfront. I went to the Greenwich Hospital Laboratory at a little before 8 A.M., and I had blood drawn to test my cholesterol count. I then went by the Greenwich Hospital Thrift shop, but I was too early, so I went downtown, and then I went by the Putnam Trust Bank of New York, but I was too early, and then I returned to the Greenwich Hospital Thrift shop at opening at 8:30 A.M.. Everything today is half price, and they are opened until 1 P.M. today. They will be closed on Monday and Tuesday next week, and then they will be reopening on Wednesday for their Christmas display of merchandise. I bought a book for .50 called "The Kingdom of Saudi Arabia" by Stacey International. They had the same book in the Revised Edition for \$1.50, but I could not afford it. I then went by Putnam Trust Bank of New York on Mason Street at opening at 9 A.M.. I then drove back downtown by the waterfront. I next went by the Greenwich Library, and I read the Greenwich Times. I then went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then returned home. I had a glass of ice tea. I then microwaved and ate a 12.5 ounce Stouffer's Lean Cuisine chicken Tuscan dinner which I had with a glass of iced tea. I also ate a bowl of peanuts. I vacuumed the apartment. I will put the Saudi Arabian book in my right hallway book case on the center shelf. I am not yet flying the Saudi Arabian flag yet, but I will have to see what the cost of my next electricity bill is with the living room



thermostat turned up to 78 degrees Fahrenheit and the living room temperature at 74 degrees Fahrenheit. Still at the moment I am comfortable inside. I have met many people from Saudi Arabia over the years, but the most interesting one was Izi whom spent all of his free time on a prayer rug at Louis' Patio in Key West. I once saw him come north to Manhattan, and he was surrounded by about 50,000 people, but down in Key West, he mostly kept to himself and the wind and the sand and the waves. Coming from his part of the world, he thought Key West was cold, and I told him about Tobago. Of course when I got down to Fort Lauderdale, Florida in September 1976, I weighed 190 pounds, but by the time I left Key West, Florida around April 1977, I weighed about 125 pounds living on a low budget diet of oranges, orange juice, peanut butter, yogurt, and not much else but the occasional avocado or bowl of oat meal. However, I am not sure living on sunshine is the proper way to lose weight, and today in Key West, they would probably arrest one for living off the beach. Of course when I first showed up there, everyone was dirt poor, so they were more hospitable. I wonder how they all managed to make so much money. They still have the two foot by three black framed glass enclosed map of Guadeloupe to Trinidad for sale in the Greenwich Hospital Thrift shop for \$40.  
CIO

Note: <888> 11/15/03 Saturday 6:45 A.M.: I improved the look of [www.geocities.com/mikelscott/scotlist.htm](http://www.geocities.com/mikelscott/scotlist.htm) . I hope to work on the volcano directory some time in the future when I get a bit more time. I will now shut down the computer, and I will go out. I think the Greenwich Hospital laboratory opens at 8 A.M. on Saturday, so I will be there slightly before hand to get my cholesterol count checked. I am a bit hungry, but I will eat something when I return. CIO

Note: <888> 11/15/03 Saturday 6:00 A.M.: I went through my email. The Norton Anti Spam 2004 <http://nct.symantecstore.com/fulfill/0001.114> works pretty well once one sets it up delete recurring spam email addresses. At the moment it is moving most of the spam into the spam folder which is about half of my email. CIO

Note: <888> 11/15/03 Saturday 5:35 A.M.: Weather Audio <http://www.weather.com/multimedia/audio/national.html> . CIO

Note: <888> 11/15/03 Saturday 5:30 A.M.: I reinstalled the Sun Java applet <http://java.sun.com> . I also enabled the Microsoft VM Java console in Internet Explorer settings. However, it seems the Forbes [www.forbes.com](http://www.forbes.com) web site might have errors in its web page code to start some of its display programs since certain links start with "javascript:popit" which does not seem to work, at least on my machine. I am going through my email. CIO

Note: <888> 11/15/03 Saturday 4:45 A.M.: Greenwich, Connecticut has two gated communities in this list [http://www.forbes.com/2003/11/13/cx\\_bs\\_1114homeslide\\_11.html?thisSpeed=6000](http://www.forbes.com/2003/11/13/cx_bs_1114homeslide_11.html?thisSpeed=6000) .  
CIO

**Note: <888> 11/15/03 Saturday 4:10 A.M.:** I went out after the last message. I dropped off a book at the Greenwich Library book drop, which I only had time to read one chapter of. I walked the entire length of Greenwich Avenue and the train station area. I sat out at various locations. I then drove down by the waterfront. I noticed in the underground parking lot at the Greenwich train station, somebody left an old server by one of the entrance doors. I next went by the Food Emporium, and I bought a 14.5 ounce container of Cerulean Seas fine sea salt for \$1.19, a 10 ounce package of Master Choice fresh spinach for \$1.99, a 16 package of Master Choice baby carrots for \$1.79, plum tomatoes at \$1.99 a pound for \$3.94, a 10 ounce box of fresh mushrooms for \$2.29, a 5 pound bag of America's Choice sugar \$2.39 for \$13.59 total. I then returned home, and I put away my purchases, and I had a glass of iced tea. CIO

**Note: <888> 11/15/03 Saturday 1:50 A.M.:** I put away the laundry. I will now put the computer on standby, and I will go out for some fresh air. CIO

**Note: <888> 11/15/03 Saturday 1:20 A.M.:** I cleaned up. I made up a Net TV and Audio page [www.geocities.com/mikelscott/nettv.htm](http://www.geocities.com/mikelscott/nettv.htm) . CIO

**Note: <888> 11/15/03 Saturday 12:40 A.M.:** I have 40 minutes on the dry cycle of the laundry. I will now clean up. CIO

**Note: <888> 11/15/03 Saturday 12:15 A.M.:** I ate two Quaker low fat white cheddar cheese flavored corn cakes and a bowl of peanuts this morning when I woke up briefly. I was up at 4 P.M., when I had a telephone call from a friend whom said he would not be visiting. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed until 8 P.M.. I watched a bit of television. I ate a Marie Callendar beef tips and mushroom dinner, which I had with iced tea. I then had a cup of cappuccino. I then did my house cleaning and watering the plants. I will vacuum in the morning when I will not disturb my neighbors. I am now on the wash cycle of two loads of laundry. I put clean linens on the bed in the bedroom. I can not eat anymore until after this morning at 8 A.M., when I get my blood tested at the Greenwich Hospital Laboratory for my cholesterol count. CIO

**End of Scott's Notes week of 11/14/03:**

**Note: <888> 11/14/03 Friday 3:15 A.M.:** I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now send out my weekly notes. I will then shut down the computer, and I will go to bed. CIO

**Note: <888> 11/14/03 Friday 2:40 A.M.:** I ate two bowls of corn chips with iced tea. CIO

**Note: <888> 11/14/03 Friday 2:05 A.M.:** More web television <http://wwitv.com/portal.htm> and <http://www.broadcast-live.com/> and

<http://www.vtuner.com/> and <http://www.etown.edu/vl/radio.html> and <http://www.comfm.com/> and <http://www.whitehouse.gov/news/> . CIO

Note: <888> 11/13/03 Thursday 11:20 P.M.: I went through my email. Computer bargain eMachine T2482 AMD Athlon XP 2400+ 256MB 80GB DVDCDRW Combo Windows XP Home Refurbished Desktop PC RB-T2482 at TigerDirect.com . CIO

Note: <888> 11/13/03 Thursday 9:55 P.M.: I had my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I had it with chunks of a medium size avocado along with a glass of iced tea. I watched some of [www.novatv.nl](http://www.novatv.nl) using the World TV program with Windows Media player on my television. This link says Crown Prince Willem-Alexander and Princess Maxima are expecting their first child in January 2004 [Christine's Royalty.net - News](http://Christine's.Royalty.net) . I chatted with a relative. CIO

Note: <888> 11/13/03 Thursday 7:15 P.M.: I ate a couple bowls of corn chips when I woke up during the morning. I was finally up at 1 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I made my 3 P.M. appointment. I went by the Greenwich Hospital Thrift shop. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then drove down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times. I then returned home. I looked through several areas of the apartment looking for something I seem to have hidden from myself. I turned the living room thermostat back up to 78 degrees Fahrenheit, so it should be about 74 degrees Fahrenheit in the apartment. CIO

Note: <888> 11/13/03 Thursday 6:00 A.M.: I will now shut down the computer. I will go to bed soon. I have a 3 P.M. appointment today. CIO

Note: <888> 11/13/03 Thursday 5:25 A.M.: I am just about ready to eat a Stouffer's Lean Cuisine 13.75 ounce Chicken Florentine dinner with iced tea. I just read that Greenwich has another bank robbery yesterday [Greenwich Time - Another bank robbed: Police: Heist at Patriot not tied to recent theft string](#) . This seems to be about the fifth bank robbery locally in about as many months. It would seem to me that with such a crime spree going on that they should assign Federal Marshals to patrol the town until the recent crime wave is brought to a halt. I've seen it done before. CIO

Note: <888> 11/13/03 Thursday 5:10 A.M.: On the primary computer with Windows XP Professional, the Windows Update feature will not install "Security Update for Windows XP (KB810217)", although I believe I installed it already from the download [Download details: Security Update for Windows XP: KB810217](#) . Also it will not install "Update for Windows Rights Client Management 1.0". I will now worry about it for now. I did install the Works Suite 2002 updates. I also installed updates on the second partition on Dell backup computer, and I just

finished installing the updates on the Redhat Linux 9.0 partition on the Dell backup computer. CIO

Note: <888> 11/13/03 Thursday 2:00 A.M.: I installed the three updates from the Microsoft Security bulletin for Windows XP Microsoft TechNet Microsoft Windows Security Bulletin for November 2003 and one from <http://www.microsoft.com/technet/security/bulletin/MS02-050.asp> . I also received a notification of a Microsoft presentation in New Haven, Connecticut around December 2, 2003 <http://www.technetbriefings.com/> and Microsoft TechNet Events which because I do not drive long distances except for vacation, I will not be able to attend. I can not post the specific link since it has my invitation code string. I also went to <http://nct.symantecstore.com/fulfill/0001.114> and I downloaded the free 30 day trial of Norton Anti Spam 2004. However to download it, one has to enter one's email, and they email one back, and for some odd reason, Optimum Online did not deliver the email but blocked it, so I entered my Hotmail email address, and the reply showed up in my Junk email on the Hotmail account, so I was able to click on the download link and install Norton Anti Spam 2004, which says it is only good for 15 days. It seems to work, but one has to mark each spam email as spam, and it keeps a list of junk email senders, but since junk email senders change their addresses all the time, it might not really work. I will have to evaluate it. It has a feature where one can block all but the email addresses in one's email address book, which is not very practical since I get lots of email newsletters for which I do not have addresses for. Still, I will use it for the 15 days, but I will probably not buy it for \$40. I also turned my living room thermostat to 76 degrees Fahrenheit, so it is about 72 degrees Fahrenheit in the apartment. CIO

Note: <888> 11/12/03 Wednesday 11:05 P.M.: I ate four bowls of Tostitos restaurant style corn chips with some iced tea. It is too early for my primary salad. I received in the mail today, a Gillette Mach3 Turbo razor [www.mach3.com](http://www.mach3.com) with a blade. Gillette for years has been like inkjet manufacturers and Polaroid camera manufactures in that they sell their product cheaply and earn money on the refills. Before I use it, I will have to see if a package of 10 Mach3 refills cost more than \$4 which is what I pay for 10 generic throwaway razors at CVS. This links shows the Mach3 cartridge refills are considerably more expensive CVS Online Pharmacy Store Gillette Mach3 Turbo . I suppose it would give a better shave though. CIO

Note: <888> 11/12/03 Wednesday 10:05 P.M.: I was up at 4 P.M.. I had one crank fax call earlier in the day. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed until 6:30 P.M.. I watched the ABC evening news. I ate two Quaker low fat white cheddar flavored corn cakes with iced tea. I cleaned up, and I went out by the Greenwich Library. I read the Greenwich Times and part of P.C. World Magazine. I then drove down by the waterfront. At the lower southeast train station dumpster area, they have lots of cranberry and steel desk chairs in the dumpster. I found a black IBM USB keyboard that I retrieved. I then walked lower Greenwich Avenue. I returned home, and I had a glass of iced tea. I put the black IBM USB keyboard on top of the

Epson C62 printer in the bedroom window. When I booted my computer the NOAA weather warning was on alert for Weather Bug saying tomorrow Thursday from noon until midnight, there would be high wind warnings for the area. CIO

Note: <888> 11/12/03 Wednesday 2:35 A.M.: I ate a bowl of sourdough pretzels. I will now shut down the computer, and I will go to bed soon or maybe watch a bit of television. CIO

Note: <888> 11/12/03 Wednesday 2:35 A.M.: [DontPardonBigTobacco.org - Take Action!](#). CIO

Note: <888> 11/12/03 Wednesday 1:50 A.M.: The person on the left side of of the picture of Bremer looks familiar [Yahoo! News - Top Stories Photos - AP Bremer 11/12/03](#). CIO

Note: <888> 11/12/03 Wednesday 1:10 A.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) in which I also added half inch chunks of a medium avocado. I had the salad with iced tea. CIO

Note: <888> 11/11/03 Tuesday 11:45 P.M.: I went out, and I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by CVS on Greenwich Avenue. I picked up a prescription at a \$1.50 cost. I also bought a two pack of General Electric 40 watt appliance bulbs for \$3.69 plus .22 tax for \$3.91 total for \$5.41 grand total. I looked at other items on sale in the store, and I bought a 6 ounce box of Kraft stove top stuffing for .99, two boxes of Kraft Deluxe macaroni and cheese original recipe for \$2.99 both, and a 16 ounce jar of Planter's Dry Roasted Peanuts for \$1.99 for \$5.97 total. I then parked in the center of downtown like I usually do, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with a customer coming out of the new restaurant on the center east side of Greenwich Avenue where the Dome restaurant use to be, and the customer told me the new restaurant is called "Gaya". I then drove down by the waterfront. I then went by the Stop and Shop, and I bought a 5 pound bag of Della [www.dellarice.com](http://www.dellarice.com) Gourmet Japanese style sushi rice from Brinkley, Arkansas for \$3.99, a quart jar of Polaner strawberry preserves for \$2.99 and a bag of UTZ unsalted sourdough pretzels for \$1.59 for \$8.57 total. I noticed the same package of General Electric appliance bulbs was \$2.99 at the Stop and Shop. I then returned home, and I put away my purchases. I put a new General Electric 40 watt appliance bulb in the refrigerator, and I will put the other one in the mahogany bureau drawer in the bedroom where I keep various other bulbs. I drank some iced tea. CIO

Note: <888> 11/11/03 Tuesday 7:15 P.M.: I will now shut down the computer, and I will get ready to go out. CIO

Note: <888> 11/11/03 Tuesday 7:10 P.M.: I got my energy assistance paper work filled out for next Tuesday morning when I have an appointment to submit it. I also

filled out the Energy Protection form which I will mail when I go out in a little while. Just after I filled out the energy form, I opened my refrigerator door, and my refrigerator 40 watt appliance bulb burned out, so I need to buy another one, when I go out this evening. If it is not one thing it is always another expense. CIO

Note: <888> 11/11/03 Tuesday 6:10 P.M.: I went to bed after the last message. I woke up a little bit later, and I ate a bowl of sourdough pretzels. I had three crank fax calls come in on my answering machine. I just do not answer it after the first call, so the fax caller gets the answering machine, and hopefully will terminate the annoying fax calls. Earlier in the afternoon, I received a package from a relative via United Parcel Service. I was up at 4 P.M., and I had breakfast of oatmeal, toast with strawberry jam, vitamins, supplements, and coffee. I chatted with a relative. I have some paper work to do for my Energy Assistance application, which I do next week. CIO

Note: <888> 11/11/03 Tuesday 6:20 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I ate two Quaker low fat white cheddar cheese flavored corn cakes with some iced tea. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/11/03 Tuesday 4:20 A.M.: [MSN Learning & Research - 100 Years of Flight](#) . I went through my email. CIO

Note: <888> 11/11/03 Tuesday 3:15 A.M.: I ate a Quaker low fat white cheddar cheese flavored corn cake. I looked at the Ramada Carnival Cruise \$1,600 travel voucher, and it said on the fine print that on the three day cruise to the Bahamas and South Florida, they would try to sell the free recipient a retirement home. Since I obviously can not afford a retirement home, I will not be pursuing it. CIO

Note: <888> 11/11/03 Tuesday 2:35 A.M.: Since I have focused on Computer technology for the last 12 years, I have not read that much other information. I do recall reading about seven years ago that W. Averill Harriman's <http://www.trumanlibrary.org/oralhist/harriman.htm> old railroad the Union Pacific railroad [www.up.com](http://www.up.com) had remaining in full working order somewhere out in Arkansas two of the old quite large steam locomotives that were used for hauling the large coals trains of over 500 coal cars or more. However, I mentioned that I did not think a lot of the current railroad bridges could currently support such heavy loads of freight. Of course somewhere out there in the hinterlands someone would know whether or not that was the case. Of course the track bed would have to be in good working order too. Recently since we have enjoyed so much nuclear power from aging nuclear power plants, I am not sure how much of the old coal delivery system would be available. Although we supposedly have 400 years of coal reserves in the United States of America, it is expensive to transport and burn cleanly. Besides the traditional coal mines, I think there are also open pit coal mines which can be an environmental problem after their useful mining life is expired. I once reminded a friend that John Harvard the founder of Harvard College was the son of

a coal miner. Besides Albert Gore in democratic politics recently in the United States of America being the son of a coal mining union executive whom went into politics, also Herbert Hoover was a coal mining engineer in China. Besides West Virginia and Western Pennsylvania having coal mining facilities, I believe there is coal mining activity in Alabama, Tennessee, Colorado, and maybe Minnesota. The Roosevelt family of New York State established one of its original fortunes in the coal mining business in upstate New York too, but I am not sure it is still in existence. CIO

Note: <888> 11/11/03 Tuesday 2:15 A.M.: Earlier after dinner, I made a 50% Folgers's instant and 50% Folgers's instant decaffeinated coffee, which I drank. I noticed one of the regular Greenwich Library patrons today was reading a book on railroads. I mentioned to the regular patron that according to my research the State of Illinois has about 50,000 miles of railroad tracks mostly for bringing in the grain harvest. I also mentioned that Grand Central Station in Manhattan is owned by a Ohio Insurance Company, and it is leased to the Metropolitan Transit Authority on a 125 year lease. Since my grandfather on my father's side was in the railroad business, I have tried to learn a little bit about railroads over the years, but mostly for the last 20 years, it has been just walking around the commuter railroad here in Greenwich, Connecticut. Of course in the days in Florida, there were Florida East Coast Railroad people around. I know other railroad families. Of course it costs money to travel even on a railroad, so on my limited budget over the great many years since I graduated from college 31 years ago, I have not experience much rail travel. However, while in Spain around March of 1972, I took a high speed express train from Madrid to Pisa, which was quite an enjoyable ride, but not many people were on the train, since it was expensive even by Spanish standards. I vaguely recall paying a surplus over my U-rail pass for regular train travel of about \$60. Of course in those days with the U-rail pass, I rode the train so much sleeping on the train at night and exploring cities in the day time that I got a little tired of train travel, since it seemed a lot like work. I generally do not go out of this area, since it is such an expensive area, that I tend to keep my own appointed limited rounds, so as not to go over budget. Of course in earlier years, I rode the local railroad quite a bit, but I usually drove into Manhattan, since it was cheaper late at night if one came out before rush hour in the morning. Believe it or not at this hour, one can make it from here to the east side of Manhattan in midtown in about 25 minutes, but then one has to deal with parking and what one might encounter on the streets of Manhattan or any of its watering holes. Since during the cold weather at night and the early morning hours, there is not too much outdoor activity at night in Manhattan, it is generally just a cold walk around town, which I can do out here far more simply. I also reminded the local library user that during the oil shortage in the early to mid 1970s, there were coal trains that ran underneath the Hudson River through the Pennsylvania Station railroad network underground to the East Side of Manhattan south of the United Nations to keep the Consolidated Edison Plant running there with plenty of fuel. As I recall there is a large underground steam network in Manhattan that the east side midtown power plant services, so quite a few people whom I knew in Manhattan in that period were warm and comfortable

because of coal generate steam heat while the people in the suburbs without oil were learning how to chop wood. I dare say in that period I saw one or two coal miners or railroad people walking about the City, since they would have been making money then. CIO

Note: <888> 11/11/03 Tuesday 1:10 A.M.: With all the publicity the British Prince Of Wales Prince Charles seems to get, I think people should remember that this Friday November 14 is his 55th birthday having been born on that date in 1948. His official web site is <http://www.princeofwales.gov.uk/> . Of course his family having ruled England for 800 years or more would probably have a few enemies particularly amongst the Communist leaning socialist press barons that seem to rule Fleet Street. Having never set foot in the United Kingdom, I have a feeling that like any established authority they have their limits as to what is permitted to be printed and conjectured. Basically, I do not get involved in such matters, and since the British are the largest investors in terms of stockholder equity in the United States of America, I would not want to do or say anything that would alienate them or their investment portfolios. Basically there are very devious forces in the world always trying to undermine the status quo and as the various groups lobby for more influence, they frequently try to do so by undermining established groups. Such radical groups usually are not paid much heed, since they frequently do not have the longevity in their campaigns. Thus I would dare say the established British old guard and the British monarchy will continue in their timeless procession of pageantry and ceremony. Frequently, if one is curious about such matters, one can research the other royal houses in the world, and one soon begins to realize that they are all closely networked through long associations through out history. Thus the low paid workers of the fleet street press and other similar ventures are generally out of their league when they try to undermine and over throw authority or pomp and circumstance just simply to generate more income for their poison pin press. We recently had similar problems here in America with a television network trying to profiteer off the Ronald Regan legacy. Basically as I have said before, if the communications media gets to be too tawdry, one can always sell one's stocks or portfolios in such fleet of foot ventures or one can simply not pay money to the cablevision provider and be content to read a more interesting book and save the money in a conservative bank for a rainy day. Since I have always been a news follower, I tend to keep it all in perspective. Most people are private and really do not want any association with the printed or televised press. Ultimately the real authority can simply turn off the electricity on the whole affair. CIO

Note: <888> 11/10/03 Monday 11:55 P.M.: I ate a bowl of Utz sourdough pretzels before going to bed. I was up at 2 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed until 4 P.M.. I ate another bowl of sourdough pretzels. I then cleaned up, and I went out. I went by Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31 total. I then drove downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various places. I stopped by CVS, and I bought a gallon of Splash antifreeze windshield washer for \$1.49 plus .09 tax for



**\$1.58 total. I completed my walk. I put the gallon of windshield washer in the back passenger side corner of the hatchback area. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought three half gallons of Tropicana Premium orange juice with calcium for \$2 each for \$6 total. I then returned home. I put away my purchases. I brought inside the yellow made in China solar powered flash light from the hatch back area of the car, but it did not work. I was going to try to replace the batteries, and then I noticed it had warped from sitting in the hot sun in the hatch back area of the Hyundai. I had originally bought it from the 70% off rack at the Greenwich Hardware store for about \$10. I put it on the floor behind the apartment door just to have for spare parts in case I ever have time to fiddle with it. Technically in an extended power emergency, one could try to get it working, but I am not sure how damaged it is or the solar cells. I chatted with a friend for about an hour and a half. I turned up the living room thermostat to 78 degrees Fahrenheit from 76 degrees Fahrenheit, so it is now about 74 degrees Fahrenheit in the apartment, but it is still a bit cool and drafty. I do not turn on the heat in the bathroom, and until it gets very cold, I do not turn on the heat in the bedroom. Of course the box fan set on low on the living room window shelf above the electric radiators blows the heat around the apartment, so it is more evenly heated instead of having it all go into the false ceiling, however it does create its own minor draft. I ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) which I had with chunks of a medium avocado in it along with a glass of iced tea. I received today from Carnival Cruise a promotion for a free three day \$1,600 cruise around south Florida. It says to call an 800 number, but I think there is some sort of catch to it. I will have to read it more closely. CIO**

**Note: <888> 11/10/03 Monday 5:30 A.M.: I did a little computer work through out the morning. I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 11/10/03 Monday 5:10 A.M.: The soup was delicious. CIO**

**Note: <888> 11/10/03 Monday 5:00 A.M.: I changed some of the cmos settings on my computer. I took a 10.75 ounce can of Campbell's chicken with rice soup, and I put it in my microwave proof plastic pot, and I put one fourth of the Campbell's soup can of Rene Junot White wine and a half can of water in it along with a half teaspoon of parsley, a pinch of Old Bay Seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, and Italian spices. I heated it covered with its lid in the microwave on reheat. I put the heated soup in one of the large cobalt blue soup bowls, and I added 12 Arnold large cut Zesty Italian croutons and a two teaspoons of grated parmesan cheese. I will now eat it with a glass of ice tea. CIO**

**Note: <888> 11/10/03 Monday 3:15 A.M.: I went out, and I had to scrape the frost off the car. I then mailed the letter at the Valley Road post office. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I also walked the train station area. While walking up Greenwich**

Avenue, I noticed a CVS shopping cart at the Greenwich Post Office plaza, so I rolled it back up to CVS on my way up Greenwich Avenue. After my walk, I drove down by the waterfront. I then stopped by the ATM machine at Putnam Trust Bank of New York on Mason Street. I just now returned home. CIO

Note: <888> 11/10/03 Monday 1:00 A.M.: I wrote a letter to a relative. I will go out and mail it shortly. CIO

Note: <888> 11/09/03 Sunday 11:55 P.M.: I went through my email. CIO

Note: <888> 11/09/03 Sunday 11:05 P.M.: I made and ate the usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I also added half inch chunks from a medium avocado. I had the salad with a glass of iced tea. I put away the new batch of iced tea in the refrigerator. I organized the left top kitchen cupboard, so the new Campbell's soup is in back on the lower shelf, and the older Progresso soup is up front. All of my soups are less than nine months old. I also have noodles, coffee filters, new dishes, and new silver ware in that cupboard. I also put four cans of the new Campbell's soup in the right cabinet above the stove along with the new Mueller's noodles along with the lettuce spinner and all the plastic shopping bags. I organized the food in the bookcase at the kitchen entrance, so it is stacked together by type. CIO

Note: <888> 11/09/03 Sunday 9:40 P.M.: I chatted with a relative. CIO

Note: <888> 11/09/03 Sunday 9:05 P.M.: I ate two Quaker low fat white cheddar flavored corn cakes before going to bed. I was up at 1:30 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed until 4 P.M.. I ate two Quaker low fat white cheddar flavored corn cakes with some iced tea. I cleaned up, and I went out. I went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS walking up Greenwich Avenue, and I bought two 16 ounce packages of Mueller's thin spaghetti noodles for .99 both. I then used the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went back by CVS, and I bought from the 75% off rack two 13 inch by 6.5 inch triple relish trays in the same plum outside and medium green inside as the coffee mugs for \$3.50 both, two 10.75 ounce cans of Campbell's chicken noodle soup for .50 each and two 10.75 ounce cans of Campbell's tomato soup for .50 each, two 16 ounce boxes of Mueller's thin spaghetti noodles for .99 both, eight six ounce cans of Bumble Bee solid white albacore tuna fish for .99 a can plus .21 tax for \$14.62 total. I then completed my walk. I drove down by the waterfront. I then went by the Stop and Shop, and I bought two 26 ounce jars of Aunt Millie's traditional spaghetti tomato sauce for \$2.49 both, and two 18.5 ounce cans of Progresso Rich and Hearty creamy chicken with wild rice soup for \$2.49 both and a bulb of garlic at \$2.69 a pound for .43 for \$5.41 total. I then returned home, and I put away my purchases. I took off the labels off the garnish trays, and I washed and dried them, and I put them on top of the other serving platters on the Danish bar with the two cobalt blue

soup bowls on top of them, and I put the wooden cheese tray in between the two Danish tables that are stacked on top of each other to form the Danish bar. I was told by a local walker this evening that is retired from the liquor business that the liquor store at the Pathmark shopping center by Home Depot in Port Chester, New York is suppose to be one of the least expensive in the area. I am making up a fresh batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I am using one each of the five different types of Twinings tea in the five variety package, four Salada green tea, eight America's Choice orange pekoe tea bags, and three Bigelow orange pekoe tea bags. CIO

Note: <888> 11/09/03 Sunday 1:50 A.M.: BBC NEWS Health Cup of cocoa may keep doctor away . I will now shut down the computer. I will go to bed soon. CIO

Note: <888> 11/09/03 Sunday 1:15 A.M.: I went through my email. CIO

Note: <888> 11/08/03 Saturday 11:55 P.M.: I ate a cereal bowl of corn chips. CIO

Note: <888> 11/08/03 Saturday 11:05 P.M.: I chatted with a relative. CIO

Note: <888> 11/08/03 Saturday 10:10 P.M.: I made up a fresh batch of homemade hummus <http://www.geocities.com/mikelscott/hummus.htm> . This time I changed the recipe to a half teaspoon of cumin and a half teaspoon of ground coriander. I then made up my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . This time I also added half inch chunks from a medium peeled avocado. I had the salad with a glass of iced tea. I chatted with a relative. CIO

Note: <888> 11/08/03 Saturday 8:30 P.M.: I went out, and I drove down by the waterfront. It was a beautiful almost full harvest moon. When I came in at 7:30 P.M., it was half blocked by the lunar eclipse. I guess if one were a druid one would be somewhat perplexed. After driving down by the waterfront, I went downtown, and I walked the entire length of Greenwich Avenue. I mailed the new Greenwich Post free subscription post card at the central Greenwich Post office. I sat out at various locations. I stopped by CVS, and from the Halloween 75% off rack, I bought six 16 ounce coffee mugs for \$1 each, three are medium green with plum color insides and three are plum color with medium green insides plus .36 tax for \$6.36 total. After I completed my walk, I went by the Exxon service station, and I filled up with \$6.50 of regular unleaded gasoline at \$1.839 a gallon for about 23 miles per gallon. I then went by the Stop and Shop, and I bought a 20 ounce bag of Frito Lay Tostitos Restaurant Style corn chips for \$2.99, from the older vegetable rack, I bought a package of five medium to small avocados for \$1.15 all, a 26 ounce jar of Ragu vegetable primavera sauce for \$1.67, broccoli crowns at .79 a pound \$1.11, a 28 ounce can of Goya chick peas \$1.09, a six ounce can dry of Stop and Shop pitted black California olives for .99, a 8 ounce container of Kraft crated parmesan cheese for \$2.99, a 10 ounce bag of fresh spinach for \$1.50 for \$13.49 total. I then returned home. I put away my purchases. I removed the price tags from the bottom of the new coffee mugs with a dinner knife and then I scoured the

remains off with a steel wire scouring pad, and then I washed and dried them. I took off the six old coffee mugs from the steel coffee mug rack on the top of the Danish bar, and I put the new coffee mugs there. I put the old coffee mugs on the floor underneath the Danish bar. Two of the old coffee mugs are Putnam Trust \$500 million assets mugs, two are Fresh Fields mugs, and two are Tracks mugs. I took the left most old Braun cappuccino espresso machine, and I put it in a bag with its metal frothing cup and attachments, and I put it on the lower level of the bedroom closet on top of the backup Farberware convection oven. I took out of the bedroom closet the white Krups drip coffee, espresso and cappuccino machine, and I put it on the left side of the kitchen entry bookcase to have it available for making bigger pots of coffee. I put the carafe from the newer Braun espresso cappuccino machine with the Krups unit, but one can switch them back and forth depending on which unit one is using. I broke the carafe that came with the newer Braun about a year ago, so I am using the other carafe. I noticed during my walk this evening the new restaurant is opened where the old Dome restaurant once was located on the middle of Greenwich Avenue, but I have not seen the new name posted yet. CIO

Note: <888> 11/08/03 Saturday 4:15 P.M.: I was up at noon. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I checked the mail. I received a post card to renew the free subscription to the Greenwich Post which I will fill out shortly. I just finished my house cleaning and watering the plants. I will now have two Quaker low fat white cheddar cheese flavored corn cakes with some iced tea. I will shut down the computer, and I will clean up, and I will go out. It is about 40 degrees Fahrenheit, so I will have to dress more warmly. CIO

Note: <888> 11/08/03 Saturday 12:25 A.M.: I did a little bit of regular computer work. Nothing much seems to be going on at the moment on the internet, and I suppose when I have more time, I will look at it more carefully. CIO

Note: <888> 11/07/03 Friday 11:40 P.M.: <http://www.britishpathe.com/> for British Film Archives. CIO

Note: <888> 11/07/03 Friday 11:00 P.M.: I finished going through my email. CIO

Note: <888> 11/07/03 Friday 10:35 P.M.: I had three cereal bowls of corn chips along with a glass of iced tea. I chatted with a relative. I am in the process of going through my email. CIO

End of Scott's Notes week of 11/07/03:

Note: <888> 11/07/03 Friday 8:10 P.M.: I had my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) along with a glass of iced tea. I put away the laundry. I will now send out my weekly notes. CIO

Note: <888> 11/07/03 Friday 6:25 P.M.: I was up at noon, and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I then went out, and I went by the Arnold Bread outlet, and I bought a 5.5 ounce box of Arnold Zesty Italian larger cut croutons for .99, and a 5.5 ounce box of Arnold Garlic and Herb larger cut croutons for .99, and a loaf of Branola 12 grain bread for .99 less 10% senior discount of .30 for \$2.67 total. I then went by the Greenwich Hospital outpatient clinic, and I can get my flu shot when I have a follow up there later on in the month for my cholesterol count. I then went by the Greenwich Hospital Thrift shop. I next went down by the waterfront. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times and P.C. Magazine. I then returned home, and I had a glass of iced tea. I am now on the wash cycle of two loads of laundry. Also before I went out today, I put fresh linens on the bed in the bedroom. CIO

Note: <888> 11/07/03 Friday 12:35 A.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/06/03 Thursday 11:55 P.M.: Farewell to a great whisky ambassador : Whisky Magazine : Whisky News . CIO

Note: <888> 11/06/03 Thursday 10:55 P.M.: I chatted with a friend. I made up my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) , but this time I used a tin of sardines that I chopped along with its oil in the salad instead of flaked tuna fish. I had the salad with a glass of iced tea. I chatted with a relative. CIO

Note: <888> 11/06/03 Thursday 8:50 P.M.: Spanish cultural note: Mealtimes: Mealtimes in Spain are later than elsewhere in Europe, and later still in Madrid. Lunch starts around 2 or 2:30 (closer to 3 in Madrid), dinner between 8 and 10 (9 and 11 in Madrid). I chatted with one of the Brazilian painters working on the old Dome restaurant on Greenwich Avenue, and he told me the new name which sounded like "Goya" which means it might be a new Spanish restaurant. Since Spanish restaurants tend to serve meals later, we might now have fine dining later at night in Greenwich, but I am not sure there is the demand for it, but there seems to be a lot of Hispanic people in the area. We already have a restaurant just west of Greenwich Avenue on West Putnam Avenue called Barcelona, where I once visited in Spain. CIO

Note: <888> 11/06/03 Thursday 8:15 P.M.: I went through my email. CIO

Note: <888> 11/06/03 Thursday 7:30 P.M.: I watched the ABC evening news. They said that 13% of United States of America jobs are involved in manufacturing and 80% are in the Service Economy. I have a hobby of assembling old computers from old computer systems and parts, I wonder where that puts me. I just remembered I have not set foot in the Hyatt Hotel in Old Greenwich <http://greenwich.hyatt.com/property/index.jhtml> , since they put in the new

international expensive charge money machine replacing the Bank of New York money machine, so I have not had an excuse to visit it in quite a while. I guess the Hyatt Hotel is sort of like Chicago, Illinois where it comes from. It something that people tend to forget about. Well, I suppose compared to some of the new more fancy hotels, the Hyatt today might seem a bit antiquated, but I suppose it still has some regular guests, and for all I know some people still might enjoy its ambience. Although my apartment is sort of like a deluxe suite in the Carlyle Hotel <http://www.thecarlyle.com/> in Manhattan, unfortunately I can not afford the electricity to make it as warm and comfortable, so it usually tends to be a bit damp and chilly in the colder months, sort of like a Bed and Breakfast up in Scotland. Well, I have done my best to maintain a respectable presence here in Greenwich, Connecticut and the New York area where our family has lived for close to 400 years, but alas since I do not seem to drink any alcohol anymore, no one seems to want to enjoy old fashioned frugal thrifty Scottish hospitality. I guess the Red Cross is short on blood too, since the Greenwich Red Cross <http://www.ctredcross.org/greenwich/> had their blood mobile at Putnam Trust Bank of New York on Mason Street yesterday trying to collect blood from any heavier people whom might be able to spare a pint. Of course with all of the older people and medical institutions in the area, more than likely they always need a steady supply of blood. Since I tend to be anemic, I do not donate blood. CIO

Note: <888> 11/06/03 Thursday 6:10 P.M.: I made and drank a cappuccino with 50% Italian espresso beans and 50% Food Emporium hazelnut coffee beans. I put about 4 ounces of frothed milk with it and I sprinkled cinnamon on the frothed milk on top of the cappuccino. CIO

Note: <888> 11/06/03 Thursday 5:00 P.M.: I ate three cereal bowls of corn chips along with a glass of iced tea. CIO

Note: <888> 11/06/03 Thursday 4:20 P.M.: I was up at about 11:30 A.M. this morning. I had breakfast of oatmeal, toast with strawberry preserves, orange juice, vitamins, supplements, and coffee. I went out about 1 P.M.. I stopped by Putnam Trust Bank of New York on Mason Street. I then went by the central Greenwich Post Office. I obtained two money orders at .90 cost each to pay my Cablevision and Optimum Online bills. I then drove down by the waterfront. I then went by the Greenwich Hospital Thrift Shop. I next made my 3 P.M. appointment. I have to remember to set up an appointment with the Greenwich Hospital outpatient clinic to get my flu shot. I just now returned home, and I had a glass of iced tea. CIO

Note: <888> 11/06/03 Thursday 12:45 A.M.: Well, I am a bit tired, so I will shut down the computer, and I will go to bed soon. I ate three cereal bowls of corn chips. CIO

Note: <888> 11/06/03 Thursday 12:30 A.M.: I went through my email. CIO

Note: <888> 11/05/03 Wednesday 11:00 P.M.:

>**Subject: Wishing you many blessings!**

>**Date: Wed, 05 Nov 2003 11:00 P.M. EDT**

>

>**This is what the Dalai Lama has to say on the millennium, which began  
>1/1/03. All it takes is a few seconds to read and think about. The mantra  
>must leave your hands within 96 hours. You will get a very pleasant  
>surprise. This is true even if you are not superstitious.**

>

>

>

>**Instructions for Life**

>

>**1. Take into account that great love and great achievements involve great  
>risk.**

>

>**2. When you lose, don't lose the lesson.**

>

>**3. Follow the three R's: Respect for self, respect for others and  
>responsibility for all your actions.**

>

>**4. Remember that not getting what you want is sometimes a wonderful stroke  
>of luck.**

>

>**5. Learn the rules so you know how to break them properly.**

>

>**6. Don't let a little dispute injure a friendship.**

>

>**7. When you realize you've made a mistake, take immediate steps to correct  
>it.**

>

>**8. Spend some time alone every day.**

>

>**9. Open your arms to change, but don't let go of your values.**

>

>**10. Remember that silence is sometimes the best answer.**

>

>**11. Live a good, honorable life. Then when you get older and think back,  
>you'll be able to enjoy it a second time.**

>

>**12. A loving atmosphere in your home is the foundation for your life.**

>

>**13. In disagreements with loved ones, deal only with the current  
>situation. Don't bring up the past.**

>

>**14. Share your knowledge. It's a way to achieve immortality.**

>

- >15. Be gentle with the earth.
- >
- >16. Once a year, go some place you've never been before.
- >
- >17. Remember that the best relationship is one in which your love for each other exceeds your need for each other.
- >
- >18. Judge your success by what you had to give up in order to get it.
- >
- >19. Approach love and cooking with reckless abandon.
- >
- >
- >
- >The mantra must leave your hands within 96 hours. You will get a very pleasant surprise (this is true even if you are not superstitious) if you send it to:
- >
- >
- >
- >0-4 people: Your life will improve slightly.
- >
- >
- >
- >5-9 people: Your life will improve to your liking.
- >
- >
- >
- >9-14 people: You will have at least 5 surprises in the next 3 weeks.
- >
- >
- >
- >15 people and above: Your life will improve drastically and everything you ever dreamed of will begin to take shape.
- >
- >

Note: <888> 11/05/03 Wednesday 10:20 P.M.: I chatted with a friend. I had the usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) , but this time I added about eight 1.5 inch in diameter fresh broccoli florets. I had the salad with ice tea. I chatted with a relative. I chatted with the same friend. CIO

Note: <888> 11/05/03 Wednesday 7:40 P.M.: I went out, and I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop. I then toured the ELDC thrift shop. They have lots of items that I have not seen before. I checked out their dumpster in their parking lot, and I found a tin powdered sugar shaker in a plastic bag. I next went downtown, and I walked



the entire length of Greenwich Avenue. I sat out at various locations. I stopped by CVS, and I bought two more Harvest Accents Serving platters 10 inches by 14 inches 100% ceramic dishwasher safe and microwave safe for \$2.49 each plus .30 tax for \$5.28 total. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought a 12 ounce box of Ronzoni garlic fettuccini for .99, a 25 ounce jar of Stop and Shop chunky apple sauce for .99, Stella gorgonzola cheese at \$5.49 a pound for \$3.56, a Super Size 20 ounce bag of Frito Lay Tostitos Restaurant Style corn chips for \$2.99, two buy one get one free of Campbell's 10.75 ounce cans of Cream of Mushroom soup for \$1.19 both, buy one get one free of Green Giant 15 ounce cans of Green peas for .99 both, a 10 ounce box of fresh mushrooms for \$1.99, two bulbs of garlic at \$2.69 a pound for .78, and broccoli crowns at .79 a pound for \$1.07 for \$14.56 total. I then returned home, and I drank a glass of ice tea. I put away my purchases, and I washed the two new platters. I put the new ones with the other two on the Danish Bar. I took the wooden cheese tray out from underneath them, and I put it on top for convenience. I took out the aluminum fish broiling tray, and I put it in the top lower center cabinet shelf in the kitchen on top of the soup pot. Thus the stacked trays and platters on the Danish Bar are a little better balanced. I put the powder sugar shaker on the top sink shelf behind the cream pitcher. I chatted with a friend. CIO

Note: <888> 11/05/03 Wednesday 1:55 P.M.: I will now shut down the computer, and I will clean up, and I will go out soon. CIO

Note: <888> 11/05/03 Wednesday 1:40 P.M.: I finished off the sugarless jelly beans a little while ago. I just ate two Quaker low fat white cheddar cheese corn cakes with a glass of iced tea. I checked the status of my \$20 Columbia big button telephone rebate at [www.wheremyrebate.com](http://www.wheremyrebate.com), and I also called them at 1-800-390-2344 for the New Rochelle, New York CompUSA Rebate number. They told me that it has been approved and should be mailed about November 17. I happened to notice that a neighbor with a similar name also comes up on the search. CIO

Note: <888> 11/05/03 Wednesday 12:50 P.M.: Southern cooking TCPalm: Tg Pb Entertainment Southern Cooking Florida Fish Fry . CIO

Note: <888> 11/05/03 Wednesday 12:40 P.M.: I took a nap until now. I checked my mail, and I did not receive my Cablevision or Optimum Online bills yet. I did receive an invitation to join <http://www.frick.org/> which would be \$60 to \$10,000 depending on which membership I took out. Since I am basically cheap, and since I have some minor artwork in my well decorated apartment, I will make my apartment the Frick East collection in case any Frick members come out to this neck of the woods and ever want to visit. Of course, Helen Clay Frick use to have a home in Bedford, New York, and her property is now called the Westmoreland Sanctuary and is opened to the general public, so I would imagine we already have some of her friends out in this neck of the woods. I recall the last time I was at the Frick Museum with a few friends whom were patrons of the Frick Museum that as I

was looking through the front window out onto Fifth Avenue from the front parlor, I noticed that one of the large urns was slightly cracked at its base, so maybe they need to do some preventive maintenance, since all the vibration from traffic on Fifth Avenue is possibly causing the weakening of the foundations of the building. Possibly they should make Fifth Avenue a pedestrian thorough fare and exclude vehicular traffic from it all together. CIO

Note: <888> 11/05/03 Wednesday 9:25 A.M.: I was up at 7 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I installed on the primary and Dell backup computers the Microsoft Encarta Interactive World Atlas 2000. I also made a copy of its data CD, which I put in a jewel case which I labeled. I put it in top slot of my CD rack to the left of the primary computer. CIO

Note: <888> 11/04/03 Tuesday 11:35 P.M.: I watched a bit of television. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 11/04/03 Tuesday 10:00 P.M.: I chatted with two relatives, one twice. The Greenwich, Connecticut radio station at 1490 AM reports that the republican candidate for First Selectman of the Town of Greenwich, Connecticut has probably won by about 700 votes over the democratic incumbent. I snacked on about 20 sugarless jelly beans. CIO

Note: <888> 11/04/03 Tuesday 8:30 P.M.: I ate about 20 sugarless jelly beans. I made and ate the usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . This time for the cheddar cheese portion, I used a combination of extra sharp cheddar cheese and Vermont extra sharp cheddar cheese. I also used crumbled gorgonzola cheese instead of feta cheese. I had the salad with a glass of iced tea. CIO

Note: <888> 11/04/03 Tuesday 7:20 P.M.: I threw out the boxes the china came in. I posted on my web site [Michael Louis Scott's Bouillabaisse Recipe from Joy of Cooking](#) . CIO

Note: <888> 11/04/03 Tuesday 6:50 P.M.: I went out after the last message. I went by the New Lebanon school in Byram, and I voted. I noticed that the Greenwich republicans did not have a candidate running for tax accessor which seems strange they did not. I then drove downtown to Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop, and I bought for \$3 an unopened Microsoft Encarta International World Atlas 2000 for \$3 and a box of 30 3M 8.5 inches by 11 inches Post-It signs for ink jet and laser printers Y2030 for \$3 for \$6 total. I then went downtown, and I went to the central Greenwich Post Office, and I obtained two money orders at a cost of .90 each to pay my Verizon telephone and Northeast Utilities electricity bills. I am now paying the monthly average on my electricity bill. I then went by the Merry Go Round Mews thrift shop, and I bought two 11 inch diameter heavy hand made Cobalt blue soup bowls for \$4 each and .48 tax for \$8.48 total. I then walked the entire length of Greenwich

Avenue. I stopped by the Greenwich Hardware store. I went by CVS, and they have the Harvest Accents china dishes made in China on sale for half price. I bought two boxes of four salad bowls for \$2.99 each box and a matching creamer and sugar bowl for \$1.99 both and a matching salt and pepper shaker for \$1.99 both plus .60 tax for \$10.56 total. I sat out at various locations on my walk. I then drove down by the waterfront. I next went by the Greenwich Library, but the Greenwich Times was not available. I then went by the Stop and Shop, and I bought a 10 quart package box of Stop and Shop dried milk for \$6.99, a 13.25 ounce Lean Cuisine Chicken Florentine dinner for \$2.50, a package of Quaker low fat white cheddar cheese corn cakes for \$2.19, two eight ounce containers of Kraft grated parmesan cheese for \$2.99 each, two 34 ounce bottles of Italia Premium Spanish extra virgin olive oil for \$4.99 each, a pint of Monari Italian balsamic vinegar for \$1.99, two six ounce cans dried of medium black pitted California olives for .99 each, two Mitsubishi Three Diamond six ounce cans of crab meat for \$1.99 each, two Bermuda red onions at \$1.29 a pound for \$2.01, a 14 ounce bag of UTZ of Hanover sourdough pretzels for \$1.59, buy one get one free of Campbell's 10.5 ounce cans of Chicken with rice soup \$1.29 both for \$40.48 total. I then returned home. I used the wire cart to bring up my purchases. I put away the groceries. I had a glass of iced tea. I washed and dried the new China dishes and the two Cobalt blue soup bowls. I put the new china bowls with the with the other new china dishes on the top shelf of the right most kitchen cabinet along with the salt and pepper shakers. I took the silver plate Revere bowl and a glass bowl on the Danish bar, and I put them inside the pink Chinese tureen bowl with the covered silver plate Revere bowl on top of those. I took the two new Harvest Accents serving dishes that I bought on Saturday from the same top kitchen cabinet shelf, and I put them on top of the trays in the middle level of the Danish bar with the two Cobalt blue soup bowls on top of them. I took from the stack of serving trays on the Danish bar, the heavy brass serving tray which looks a bit like gold, and I put the new china sugar pot and creamer on the brass tray, and I put it to the right of the serving trays on the middle level of the Danish bar. CIO

Note: <888> 11/04/03 Tuesday 11:40 A.M.: Happy Election Day, be sure to get out and vote. I was up at 9 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I got a new General Electric 12 inch 32 watt round florescent light from the building custodian, and I put it in the fixture above the bathroom toilet. I gave the old one to the building custodian to throw away. I received my Northeast Utilities bill, and photocopied it three copies with the scanner and the laser printer to have for my energy assistance application, when I apply for it. I will prepare a couple of bills to pay. I will shut down the computer, and I will go out and vote and pay the Verizon and Northeast utilities bill. I still have not received my Cablevision and Optimum Online bills. CIO

Note: <888> 11/04/03 Tuesday 12:35 A.M.: I went through part of [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/04/03 Tuesday 12:25 A.M.: I ate about 40 sugarless jelly beans. I installed

<http://www.musicmatch.com/download/free/?OS=pc&MODE=input&DID=&OEM=MMD> . CIO

Note: <888> 11/03/03 Monday 11:10 P.M.: I went through my email. CIO

Note: <888> 11/03/03 Monday 10:35 P.M.: I chatted with two relatives. The free mini magnetic stapler, I got for free at Staples last Saturday, I loaded with the staples that came with it, and I put it in the center desk drawer in the living room which the Dell backup computer sits on. CIO

Note: <888> 11/03/03 Monday 8:40 P.M.: I made and ate the same salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) , but this time I use gorgonzola cheese instead of feta cheese. I had the salad with a glass of iced tea. CIO

Note: <888> 11/03/03 Monday 7:40 P.M.: I was up at 6:30 A.M. this morning. I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I went back to bed until 10 A.M.. I ate two Quaker low fat white cheddar cheese flavor corn cakes along with a glass of iced tea. I took off the yellow patterned throw fabric on the French sitting chair at the apartment entrance, and I put one of the dark green with petit point red flower pattern fabric throws on the French chair at the apartment entrance. I put the yellow throw in the clear plastic surefit package on the bedroom closet shelf with the rest of the dark green fabric I use to use on the green sofa. I cleaned up, and I went out about 1 P.M.. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift Shop. I then went by the Wachovia Bank on Havemeyer Place, and I paid my rent. I then drove down by the waterfront, and I got out there for a while. I then went downtown, and I parked in central Greenwich. Today, I spent \$1.25 parking downtown. I walked up Greenwich Avenue with another local walker, and we walked East with a rest at the outdoor tables at the Organic Food Store where Fresh fields use to be, and then we walked as far as Christ Church, and then we returned and rested at the same outdoor tables, and then we walked down Mason Street back west on East Elm Street to Greenwich Avenue. I said good bye to the local walker at Arch Street, and then I walked the lower part of Greenwich Avenue. I then sat out for a while. I made my 4 P.M. appointment. I then returned to my Hyundai at the same location. I then went to the Food Emporium, and I bought four half gallons of fresh Florida Natural orange juice with calcium for \$1.99 each, two 42 ounce containers of Quaker old fashioned oatmeal for \$3.99 each, four Lean Cuisine dinners at 40% off for \$2.39 each, two boxes of America's Choice six fish fillets for \$2.19 each, two boxes of America's Choice of six fish cakes each for \$1.99 each box, a 18 ounce bag of America's Choice frozen onion rings for \$1.79, a chunk of Stella Gorgonzola cheese at \$5.99 a pound for \$4.55, a Colombo vanilla yogurt for .99, two 8 ounce bars of America's Choice extra sharp cheddar cheese for \$1.89 each for \$44.97 total. I think on the Lean Cuisine meals, I got chicken Florentine, Grilled Chicken

with mushrooms, chicken Tuscan, and chicken fettuccini and each is about 13.5 ounces. I then drove over to Smokes for Less in Byram, and I bought a carton of Seneca Ultra Lights 100s for \$31. I then walked across the street to Madison liquors, and Captain Morgan rum there is \$22.95 for a 1.75 liter bottle plus tax. I did not have enough money to get it, so I used the ATM machine at the Fleet Bank at \$1.25 charge. Out of curiosity I checked the East Port Chester Wine and Liquor store by the Port Chester bridge which is on the Connecticut side, and I noticed that Captain Morgan rum was the same price. Since I only use rum in fruit cocktails, and since I have a full 1.75 liter bottle of Mount Gay rum, I decided not get to the Captain Morgan. However, occasionally I drink a vodka with various mixers and so do a couple friends of mine, and I remembered I have about a half 1.75 liter bottle of Smirnoff 80 proof in the old handle bottle. I could not find it, and then I noticed it was right in front of me by the cashier. I bought the Smirnoff 1.75 liter 80 proof triple distilled premium vodka from 21 Brands for \$19.99 plus \$1.21 tax for \$21.20 total. The new Smirnoff vodka bottle is round, it does not have a handle on it, which makes it harder to pour. I then returned home, and I put away my purchases. I took the Perrier bottle out of the silver stag bottle holder on the Danish bar, and I put it underneath the green French chair by the bar, and I put in the silver stag holder a regular size bottle of French 1998 Domaine Chiroulet white gascony wine that I happened to have around. I had a telephone call reminding me to get out and vote republican tomorrow in the local election, which I will certainly do. When I changed my World Wildlife Fund [www.wwf.org](http://www.wwf.org) calendar to November it has a picture of a Mountain Lion. One has to remember that the mountain lion and other cold weather cats occasionally migrate through the ridge areas of this area. CIO

Note: <888> 11/02/03 Sunday 9:25 P.M.: I just ate the other half of the ten ounce can of mixed nuts. I also finished off the bowl of sugarless jelly beans along with a glass of iced tea. Earlier today before I went out, I put another \$10 on my MacRay laundry card, so I now have \$19.85 on the laundry card. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/02/03 Sunday 8:25 P.M.: I chatted with two different friends. I will now change the Orion television back to regular mode. I will leave the 24 foot video cable plugged into the computer and Orion television. CIO

Note: <888> 11/02/03 Sunday 6:50 P.M.: I went out, and I went by Radio Shack in Cos Cob. They did not have a 24 foot RCA plug cable, but the more expensive gold cables or plugging shorter cables together. I then drove downtown, and I sat out briefly. I then drove down by the waterfront. I then went by Radio Shack at the Riverside Shopping Center. They did not have on display, but downstairs off display, they had a Radio Shack 24 foot Dual Audio and Video Cable, which I bought for \$9.49 plus .57 tax for \$10.06. It is a double cable. I then went out to Tod's Point, and I sat out at the southeast picnic area briefly. I did not walk, because it looked like it was going to rain. I then returned home. I plugged in the yellow plug on the RCA cable into the video plug on my primary computer setup. I

plugged the other end of the yellow plug into the front video input on the Orion 24 inch television. I set it with the Orion remote control TV/AV switch to "AUX2" with the television on. I then started the primary computer, and it recognized the plugged in television as a default monitor and the second video device, which Windows XP has the capability to do with the Mad Dog Prowler 4X 64 meg PCI video card. I adjusted the video monitor Orion television on the computer by right clicking on the desktop for "Properties" and selecting "Settings" at 1024 X 768 pixels, 32 bit, and I check to extend my Windows Desktop onto the second monitor. The video comes up fine on the Orion television monitor, however, it is a bit blurry for web browsing, and the Kensington Wireless Mouse and Keyboard do not have the range to work from the sofa, but have to be closer to the computer. However, using the World TV video program <http://www.netfor2.com/WorldTV.html> and Windows Media Player as its player one can watch video broadcasts such as NASA TV <http://spaceflight.nasa.gov/realdata/nasatv/>. I am currently listening to Canadian television. I can move the Real Player media player to the monitor screen, but it does not play, where as the Windows Media Player works just fine. One basically starts a video program in the Windows Media player, and then with the mouse slide it over to the monitor television screen, and then if one can see the icons or commands across the room, one can enlarge it to full screen viewing which takes up the whole screen and is quite good viewing. I enabled the sound from the speakers, and I currently have it also playing through the stereo amplifier which when selected to "CD" with the speaker lead wire connected from the computer at the orange framed mirror to the right of the primary computer works just fine. I guess one could also display web browser content on the video monitor too, but it is hard to see the screen across the room, and the wireless devices do not have the range to be closer. I ran the 24 foot audio video RCA plug cable in front of the long green sofa on the floor, hidden slightly underneath. CIO

Note: <888> 11/02/03 Sunday 12:55 P.M.: I made and ate the usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm). I had the salad with a glass of iced tea. I will now shut down the computer, and I will clean up and go out. CIO

Note: <888> 11/02/03 Sunday 11:55 A.M.: Since the Kensington Wireless Mouse and Kensington Wireless keyboards supposedly have an eight foot range, one technically might be able to surf the internet off the Orion television monitor from the living room sofas and one could also enable the computer speakers for sound, so one would have multimedia entertainment from the internet, and of course I still have the cable from the Creative Live MP3+ sound card that one can connect at the orange frame mirror to the right of the primary computer which inputs into the stereo amplifier when set to phonograph, so one could have multimedia sound from the internet too. Of course the Teac DVD player inputs into the stereo amplifier when set on TV/VCR2 or VCR1 for playing DVD audio disks. Thus although I do not use the system as such very much, it is basically all set up. CIO

Note: <888> 11/02/03 Sunday 11:40 A.M.: Later on today at Radio Shack in Cos Cob, I will get a 24 foot RCA plug cable for \$6.49 24-Foot Standard Audio/Video

**Cable with RCA plugs to plug into my primary computer MAD Dog 64 meg AGP 4 video card which has an RCA video plug, and I will run it into the front video plug on the living room Orion 24 inch color television, so one can see internet content from the primary computer on the 24 inch Orion television. I do not think I will use it much, but it is worth a try. It might be handy for demonstration purposes, and of course one could have sound from the computer. One has to change the Orion television with the Orion remote control button "TV/AV" to "AUX1" for video input from a plugged in audio device such as the TEAC DVD player, Sony Handy Cam or from the primary computer Mad Dog video card. CIO**

**Note: <888> 11/02/03 Sunday 11:20 A.M.: On the primary computer, I ran Ad-aware 6.0, SpyBot, Norton Win Doctor, System Restore Backup, Norton Disk Doctor, Norton Clean Sweep Fast and Safe Cleanup and Disk Cleanup on the C: drive including removing all the Norton System Backups except the most recent backup. I have 2.4 gigabytes of free space on the C: drive. I then did a C: drive to D: drive backup in seven different parts. I next ran Norton Speed Disk on the C: drive. On the Dell backup computer, I worked with [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) while doing all of this. I ate about two dozen sugarless jelly beans. CIO**

**Note: <888> 11/02/03 Sunday 8:50 A.M.: According to this page [http://legacy.cablevision.com/customer/content/service/cmig/06\\_activate.html](http://legacy.cablevision.com/customer/content/service/cmig/06_activate.html) , one has to activate one's particular cable modem, so my backup cable modem should work if I activated it, which I will not since I am using the primary cable modem that I have activated. I was up at 6:30 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I watched a bit of television. I will now run the computer maintenance utilities and do a C: drive to D: drive backup. CIO**

**Note: <888> 11/01/03 Saturday 10:30 P.M.: I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 11/01/03 Saturday 10:15 P.M.: After dinner, I ate a couple of dozen sugarless jelly beans. I went through my email. CIO**

**Note: <888> 11/01/03 Saturday 9:50 P.M.: I threw out the china boxes. I chatted with a relative. I put the six foot blue LAN cable on the backup cable modem, but neither IBM Cyrix or HP backup computer went online, although they log on. I have a feeling that I have to register it to have it work, and that would cost twice as much. Thus I will keep it for a backup cable modem. I left the blue LAN cable on it. I put the 12 foot grey LAN cable that came with the backup cable modem in a cable modem package, and I put it to the right of the primary computer. I just finished microwaving a Boston Market 17 ounce chicken and noodles dinner, which I will now have with a glass of iced tea. CIO**

**Note: <888> 11/01/03 Saturday 8:50 P.M.: I went out after the last message. I went by the Wachovia Bank of Havemeyer Place, but they were closed. I went by the Wachovia Bank at Lafayette Place, but they do not accept rent payments there. I went by the Greenwich Hospital Thrift Shop, and I bought three packages of monitor cables with PS2 extension cords for mice and keyboard for \$1 each package, and a Motorola Surfboard SB3100 docsis cable modem for \$5 for \$8 total. I then went by CVS on Greenwich Avenue, and I bought a 10 ounce can of mixed lightly salted nuts for \$1.99. I then drove over to Off Center Hair Stylists in Old Greenwich, and I had my hair cut for \$18 plus \$5 tip for \$23 total. I then went by CVS in Old Greenwich and from the 50% off table, I bought Four Star made in China china. I bought two packages of Harvest Accent design of four dinner plates 10.5 inches diameter with apple, grapes, pear and leaves design in off white for \$2.99 each package of four, three packages of four salad plates 7.5 inches diameter with various similar designs for \$2.99 each package, and two serving platters in the same design 10 inches by 14 inches for \$2.49 each, and in the same design a 3.5 inch wide gravy boat for \$1.99. They all are dishwasher and microwave safe. The total price was \$21.92 plus \$1.20 tax less a \$2 off CVS coupon for \$21.12 total. I walked by the Old Greenwich Rummage room, but they close at 1 P.M. on Saturday. I then went out to Tod's Point. I ate half of the can of mixed nuts in the southeast picnic area. I then took the 2.5 mile walk around Tod's Point. I sat out briefly at the southwest picnic area before completing my walk. I then went by Staples and I bought two 500 sheet package of Staples laser printer paper 102 bright 24 LB. for \$4.50 each plus .54 tax for \$9.54 total. They gave me a free mini magnetic stapler. I then returned to downtown Greenwich, and I sat out briefly. I next drove down by the waterfront. I then went by Exxon, and I bought \$4.75 or regular unleaded gasoline at \$1.859 a gallon for 30 miles per gallon. I next returned home. I brought up my purchases with my wire cart. I had a glass of iced tea. I then took from the kitchen entrance bookcase lower shelf, the set of American Academic encyclopedias, and I put them with book ends underneath the yellow French sitting chair at the apartment entrance along side the Danish bar. I had the steel book ends on top of the right hallway bookcase. I wiped the bottom bookcase shelf. I put the new Staples laser paper underneath the Minolta laser printer table. I took out the stored food items from the right kitchen cabinet top shelf, and I put them in the lower bookcase shelf. I wiped the shelf. I opened up the new dishes, and I washed and dried them. I then stacked them all in the top shelf of the right cabinet in the kitchen to have them easily available. I put the three cable packages on top of the DeLonghi oil filled radiators underneath the bedroom sideboard. I took a cable splitter, and I put it on the cable leading into the bedroom television, and I connected the television with a short cable and the Motorola Surfboard SB3100 cable modem with a 12 foot cable. I connected the cable modem to the power strip between the two monitors. The cable modem came with a LAN cable which I connected to the cable modem and the IBM Cyrix backup computer. All four green lights come on the cable modem, and when I boot the orange activity light comes on, and it logs on like it is online, but it does not go online. I tried "WINIPCFG.exe" to release and renew the I.P. address, but it does not seem to want to go online. I know the system works. When I installed my primary cable modem, I had to register it**



with the Optimum Online software, so maybe if I ever wanted to do that, it might work. I am leaving it on not connected to the computer to see if it activates. I might try it with another backup computer. I do not really need it going, I just bought it for backup for my primary computer. I put the cable modem box underneath the right side of the day bed. I will now throw out the boxes the china came in. CIO

Note: <888> 11/01/03 Saturday 10:25 A.M.: I was up at 7 A.M., and I had breakfast of oatmeal, toast with strawberry preserves, pineapple orange juice, vitamins, supplements, and coffee. I did my house cleaning and watering the plants. I chatted with a friend. I will now have a Quaker low fat white cheddar corn cake with some ice tea. I will now shut down the computer. I just chatted with a relative who is traveling south today. I will clean up and go out soon. CIO

Note: <888> 11/01/03 Saturday 1:25 A.M.: I went through a bit of [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 11/01/03 Saturday 1:05 A.M.: I updated Microsoft Messenger to 6.1 <http://messenger.msn.com/Download/> , but it now says it is busy. I wonder if it is a different server. CIO

Note: <888> 11/01/03 Saturday 12:55 A.M.: I took the artichoke hearts out of my salad recipe [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) , since they are now more expensive. CIO

Note: <888> 11/01/03 Saturday 12:30 A.M.: For a food company that you might not recognize try [www.conagrafoods.com](http://www.conagrafoods.com) , and I am sure you will recognize their brands. CIO

Note: <888> 11/01/03 Saturday 12:10 A.M.: I put the ice tea away in the refrigerator. I finished going through my email. I ate about a half dozen jelly beans. CIO

Note: <888> 12/31/03 Wednesday 11:45 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . This time instead of the spinach, I used the Dole Tuscany salad mix and instead of the tuna fish, I used the rest of the Butterball boneless smoked cooked turkey breast which I cut into half inch my two inch by 1/4 inch slices. Of course I used all of the other usual ingredients. I had the salad with a glass of iced tea. CIO

Note: <888> 12/31/03 Wednesday 10:40 P.M.: I went out after the last message. I went by CVS on Greenwich Avenue, but they were closed. I then drove down by the waterfront. I then drove over to the open all night CVS at the Riverside Shopping Plaza, and they have lots of Christmas merchandise on sale for 50% to 75% off. I bought a Talon ice scraper made by Hopkins Mfg. Corp from Emporia, Kansas with push-pull scraping action for \$2.99. It is about a foot long, and I put on the

driver's side rear seat floor area with my other ice scrapers. I also bought three Dover York made in China gift packages. I bought the Dover and York Glove Box organizer which includes a note pad, pen, tire gauge, flashlight, multifunction tool - bottle opener, pliers, screwdriver, and knife with a vinyl storage case for \$3.25, a Dover and York 3 in 1 weather center with an Analog quartz clock, Analog thermometer, and Analog hygrometer with Mahogany finish for \$3.75, and a Dover York 4 inch by 6 inch by 2.5 inch table box with Photo Frame in Mahogany finish with a storage drawer for \$3.75, and a box of Hallmark Christmas Cards with 18 cards and 19 envelopes for \$2.49 plus .97 tax for \$17.20 total. All the items were 75% off except the ice scraper. I then went by the Food Emporium at the Riverside shopping center, and I bought two buy one get one free of Dole Tuscany 8 ounce bags of salad field greens containing a salad blend which includes Romaine, Endive, Carrots, and Radicchio and are triple washed for \$3.49 both bags. They have a number of Anne Page fruit cakes in the front display case, but they are not yet on sale, but they might be soon. I checked out Radio Shack, but they were already closed. I then went downtown in central Greenwich, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I used the bathroom at Starbucks. It was not too busy downtown. I next drove down by the waterfront. I then used the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Exxon gasoline and service station next to the Greenwich Library, and I filled up my Hyundai with \$4.50 of regular unleaded gasoline at \$1.839 a gallon for about 21 miles per gallon driving usage. I then noticed both the Food Emporium and the Stop and Shop grocery stores were closed. I then returned home. I put the display box with sliding drawer on the left front of my bedroom desk, and in the small sliding drawer, I put my three Swiss Army knives that I possess that I used to keep in my bedroom night stand. In its display frame, I put a picture of myself and a relative. I put the weather center on the wall underneath the French cafe sculpture to the right of my primary computer and to the right of the wall lamp and to the left of the orange and gold frame mirror. I put one AA Polaroid alkaline battery in the quartz clock to get it going, and I set the time. I put two Walgreen's heavy duty AA batteries in the glove box organizer flash light, and I will put in my Hyundai glove box. It has clear plastic slide pouches for displaying one's automobile registration and automobile insurance certificates. It is a handy little device. CVS was almost sold out of the Dove and York items at the Riverside shopping center, but they did have three display boxes left. I will now drink some iced tea. CIO

Note: <888> 12/31/03 Wednesday 5:25 P.M.: I ate most of the remainder of the bag of Lays K.C. Masterpiece barbeque potato chips this morning before finally falling asleep. I had a call from a friend about 7 A.M.. I was up at 2 P.M., and I went out without cleaning up. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Wachovia Bank on Benedict Place, and I paid my rent. I then went by the central Greenwich Post Office, and I obtained a money order at .90 cost to pay my GEICO automobile insurance payment. That is the final of four payments in my six month billing cycle. I will not have GEICO insurance payments in February and March, and I will resume them again in April 2004. I also bought

20 U.S.A. flag stamps at .37 cost each for \$7.40. I then returned home. I ate breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I chatted with a relative. I will now shut down the computer, and I will clean up, and I will go out. CIO

Note: <888> 12/31/03 Wednesday 2:05 A.M.: I finished off the last piece of pumpkin pie. I also ate a mandarin orange. I drank some iced tea. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/31/03 Wednesday 1:40 A.M.: I wonder if these Hyundais are left or right hand drive Bermuda Hyundai <http://bermuda.hyundai-motor.com> . The Queen Elizabeth II was in Lanzarote yesterday, and they are spending New Years Eve in Madeira <http://www.qe2.org.uk/itinerary.html> . CIO

Note: <888> 12/31/03 Wednesday 1:20 A.M.: Tea information TCPalm: Health & Wellness Tea Information . CIO

Note: <888> 12/31/03 Wednesday 12:40 A.M.: Forget somebody's birthday His Highness the Aga Khan's 67th Birthday ? CIO

Note: <888> 12/31/03 Wednesday 12:05 A.M.: I was up at 2 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I put clean linens on the bed in the bedroom. I cleaned up, and I went out. I went by the ATM machine at Putnam Trust Bank of New York at Mason Street. I then went by the Greenwich Hospital Thrift Shop. Everything is still half price. I then drove down by the waterfront. I then went by Radio Shack in Cos Cob, and I bought a 3 foot Goldseries coaxial cable #15-1541 Radio Shack 3-Ft. Gold-Series Video Hookup Cable #15-1541 for \$8.99 plus a Radio Shack 377 Watch and Calculator silver-oxide battery #23-204 RadioShack Model 377 1.55V/26mAh Silver-Oxide Battery 1-Pack for \$2.99 plus .72 tax for \$12.70 total. I then 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 CVS on the way up Greenwich Avenue, and all the made in China Dover York gift boxes in the front of the store were still 50% off, along with various other discounts on the Christmas merchandise. I noticed after I left CVS, that a Christmas wreath had fallen on to the sidewalk in front of the Peoples Bank from its second story position, so I hung it on the railing in front of the Peoples Bank. I then completed my walk, and I drove back by CVS, and they had reduced the made in China Dover York Christmas gift boxes to 75% off. I bought a Dover York 4 inch by 6 inch by 2.5 inch table box with Photo Frame in Mahogany finish with a storage drawer for \$3.75 and a Dover York wood remote control holder with two compartments for \$2.49 plus .37 tax for \$6.61 total. I then went by the Greenwich Library, and I read the Greenwich Times. I returned a DVD video disk, and I paid a day late dollar fine on the item. I then returned home, and I started two loads of laundry. I drank some iced tea. I then install the Radio Shack goldseries 3 foot coaxial cable from the living room wall cable plug to the goldseries four way cable splitter. I put the cable that I put there

last night back on the Proscan television in the bedroom. I put the unused original cable in the bottom area of the hallway sweater closet along with the old original four way splitter. I keep two sets of small jeweler screw drivers in the yellow plastic tool box on the floor of my hallway sweater closet. I used a 1.8 mm screw driver with a bit of persistence to pop off the back of my Benrus waterproof watch with the blue dial rim, and I replaced the battery using the 1.8 mm screw driver to pry out the old battery and install the new Radio Shack 377 battery. With a bit of persistence and being sure to line up the groove on the case cover with the watch adjustment rod, I was able to snap the case cover back on the watch. It was running slowly today like it was running out of power. I opened up the small table box, and I mounted its tilted back frame with a family picture of two relatives, and I placed it on the center front of the mahogany bureau in the living room. I had to move the largest candle stick from there to the right rear corner of the Danish bar. I put the silver finish Greek Parthenon box on top of the mahogany finish box, and when it is opened the cover tilts back at the same angle as the frame on the table box. I put my five regular watches in the drawer, so I do not have to leave them out all the time. The three I do not wear as much, I pulled out the stems on them, so they do not run, and that will save the watch battery life. I put the remote control box on the TEAC DVD player, with most of the remote controls fitting in it except for a few of the smaller ones. I still leave the television remotes on the brass and glass coffee table and the near side long green couch arm. I put away my laundry. On <http://webservices.cnet.com/Bandwidth/>, I am getting 1878 kbps, which is about the same as last night, so the speed has not increased that much with the gold cable, but of course at this time of night, the internet is busier. I chatted with a relative. I had my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm), but I was out of spinach, so I used two sliced plum tomatoes and for the cheddar cheese portion, I used Vermont extra sharp cheddar cheese. I had the salad with iced tea. I broke the pourable spout that I use on my the balsamic vinegar, so I am now putting the vinegar in a plastic squeeze bottle with a cork for its stopper. I make the cork by poking a cone shaped hole in the side of the cork with a knife and cork screw, and I use the cork so the squeeze bottle is not opened to the air. CIO

Note: <888> 12/30/03 Tuesday 6:10 A.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/30/03 Tuesday 5:55 A.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm). This time, instead of tuna fish, I used two 1/4 inch thick slices of the Butterball cooked smoked turkey breast, which I cut into 1/2 inch by 2 inch strips, and for the cheddar cheese portion, I used a 50% - 50% combination of America's Choice cheddar cheese and Sargento Vermont extra sharp cheddar cheese. I ate the salad with a glass of iced tea. CIO

Note: <888> 12/30/03 Tuesday 4:40 A.M.: I have been busy, so I have not had a chance to file a note yet today. I was up at 1 P.M. yesterday. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up, and I went out. I went by Smokes for Less in Byram, and I

bought a carton of Senaca Ultra Lights 100s for \$31. I then went by Putnam Trust Bank of New York on Mason Street, and I cashed the \$20 rebate check on my Columbia big button telephone that I keep next to my bedroom bed on the left side night stand. Since the Columbia big button telephone only cost \$20 plus tax at CompUSA, it only cost the tax after waiting four months for the \$20 rebate. I then went by the Greenwich Hospital Thrift shop, and everything was half price. I bought a Dell Trinitron D1025 TM 17 inch color monitor for \$15. It has a manufacturer's date of 1998. I then made my 4 P.M. appointment. I next walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by the Greenwich Hardware store and CVS, and I used the bathroom at the senior center. I then drove down by the waterfront. I then went by Radio Shack in Cos Cob. They had a gold cable four way splitter for \$8.99, but they did not have a one foot gold cable, just a 3 foot gold cable for \$8.99. I was low on funds, so I decided to check out Radio Shack in Old Greenwich to see if they had the cheaper \$3.99 gold cable. They did not, but I noticed their gold cable four way splitter was \$15.99, but it said bidirectional. I then went by Staples, and I toured their clearance shelf area. They have several routers discounted. I then returned to Radio Shack in Cos Cob, and they told me with a cable modem, I should use the Goldseries bi-directional 5-1100MHz 4 Way Splitter, and they only had the aluminum plated one for \$14.99. I then returned to Radio Shack in Old Greenwich at the Riverside Shopping plaza, and I bought the Goldseries bi-directional 5-1100MHz 4-Way Splitter Radio Shack Goldseries 4-Way Bi-Directional Cable Splitter 5-1100MHz #15-2583 for \$15.99 plus .96 tax for \$16.95 total. I did not have enough funds to get a 3 foot gold cable at the time for \$8.99. I then went by the Greenwich Library, and I chatted with a local individual about the weather. I then returned home. I installed the gold 4 way splitter on the living room cable jack with a regular 3 foot cable that I took off my bedroom television. I moved the cablevision 18 inch cable that had been in my apartment since I moved in 15 years ago from the splitter in the bedroom to the bedroom Proscan television. I checked the primary computer which has a 12 foot gold cable from the gold four way splitter to the cable modem, and on this test page <http://webservices.cnet.com/Bandwidth/>, I get 1920 Kbps at this time. It seems quite a bit faster with the gold bi-directional splitter. Apparently regular television splitters can burn out, and they are not meant to be used for bi-directional cable modem use. I then installed the Dell Trinitron 17 inch monitor on my primary backup Dell computer adjacent to my primary computer. It works just fine. I set both the color temperature to 5000 on both computer monitors from 9200 in the monitor settings. The other Dell monitor I had on the Dell backup computer was plugged into the onboard 2X AGP port instead of the Diamond Stealth 32 meg PCI card port, so it now has much better video using the Diamond Stealth 32 meg PCI port. I uninstalled the onboard AGP 2X driver. I then took the two 64 meg memory chips from my IBM Cyrix backup computer and the LAN card and the two port USB card, and I put them all in the HP Kayak XA computer along with one of the existing 32 meg memory chips, so it now has 160 megs of memory. I found out the 1995 NEC 17 inch monitor which was attached to the HP Vectra XU computer no longer worked, so I unplugged it, and I just threw it out at the dumpster. I then put the Royal 17 inch monitor with the HP Vectra XU CPU along with the generic

PS/2 keyboard and Compaq PS/2 mouse. I put four Japanese lacquer and grass cloth coasters underneath the bedroom sideboard to raise it up a quarter of an inch. I then put the HP Kayak XA CPU on top of the HP Vectra XU CPU underneath the sideboard with just enough clearance. I put the Dell E770 monitor that I previously had in the living room on the Dell backup computer on the left side of the bedroom sideboard connected to the HP Vectra XU CPU. I put two 32 meg memory chips in the IBM Cyrix CPU which no longer has a LAN or USB card. I put it on top of the Danish end table on the left side of the bedroom desk. I took the case cover off the HP 13 inch monitor, and I used two bread bag plastic sealing tabs to pry up the VGA connector, so it now makes solid contact to the mother board, and that monitor now works, and I connected it to the IBM Cyrix computer placing the monitor on top of it. Since it is an older slower computer, it is more a novelty to remember the old days. Still I have key board and mouse on it. I always could take the LAN card out of the HP Kayak XA and put it back in the IBM, but with only 64 megs of memory going online with it would be tedious. Of course this all was not as simple as it all sounded, but what I have reported is basically the net results of my evening and morning work. All of the computer systems are connected and functioning properly. On an interesting side note, when I was returning this evening back up my building driveway about 8:30 P.M., I happened to see ring tailed red fox, which is only the third one that I have seen in Greenwich in the 20 years I have been living here since I returned from Nantucket and other travels. I have not eaten since breakfast, so I might start on that now. I heard on the news here at 10 A.M. yesterday morning, which would be 7 A.M. in Seattle, Washington it was 9 degrees Fahrenheit there. By 8 A.M. their time, it was 40 degrees Fahrenheit. It seems they must have had a cold wind blow in upon them. CIO

Note: <888> 12/29/03 Monday 1:10 A.M.: I ate two soup bowl of Lays K.C. Masterpiece barbeque potato chips and two mandarin oranges which are similar to tangerines, and I also drank some iced tea. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/29/03 Monday 12:45 A.M.: I finished going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 12/29/03 Monday 12:35 A.M.: [EE Times - Global scientific research net starts operation](#) . CIO

Note: <888> 12/29/03 Monday 12:20 A.M.: My computer system with a new upgrade installed of Windows XP and also with Windows XP SP2 beta on it seems to be running fine so far. I have had a sluggish mouse once, which I fixed by reinstalling the Microsoft Mouse driver. I found this article about the Windows XP SP2 beta that explains its new features very well [XP Service Pack 2: Last Stop Till 'Longhorn'](#) . CIO

Note: <888> 12/29/03 Monday 12:05 A.M.: [InfoWorld: Warning: Exploding batteries: December 19, 2003: By Ephraim Schwartz: Wireless](#) . CIO

**Note: <888> 12/28/03 Sunday 11:45 P.M.:** I set the HP Kayak XA computer on the left side of the Danish end table on the left side of the bedroom desk. I put the HP 15 inch monitor on top of it. I connected a generic PS/2 keyboard that I had stored underneath the day bed. I also connected an older Compaq PS/2 mouse. The serial mouse with a PS/2 adaptor would not work. I moved the six foot power strip to the right side of the HP computer, and I plugged it into a 3 foot power strip on the right side of the bedroom desk. I used one of the dollar monitor cables that I bought at the Greenwich Hospital Thrift shop to connect the CPU to the monitor. However, the monitor jack was loose, and it did not work unless forced upwards. I used a piece of extension cord wire fastened around the back of the HP monitor to secure the monitor jack in an upwards position. I connected the HP Kayak XA computer to the bedroom LAN cable, and it all works and boots properly going on line. One has to push on the LAN cable hard when installing it to the HP Kayak XA computer to make a secure connection. I did not hook up headphones or speakers to it. I then shut it down, and I reconnected the bedroom LAN cable to the AMD backup computer. I just ate a piece of pumpkin pie, which I had with iced tea. CIO

**Note: <888> 12/28/03 Sunday 10:20 P.M.:** I finished configuring the HP Kayak XA computer. I will now move it into the bedroom, and I will set it up on the Danish end table to the left side of the AMD backup computer. CIO

**Note: <888> 12/28/03 Sunday 7:55 P.M.:** I am running utilities on the HP Kayak XA computer. I still have some more files to put on it. I made and ate my Christmas dinner again. I cut two 3/8 inch thick slices of the Butterball boneless coked smoked turkey breast, which I heated on reheat in the microwave on a microwave proof plate with a plastic microwave cover with the remains of the stuffing and mushroom gravy. I also had the meal with steamed fresh quartered lengthwise broccoli stalks and broccoli crowns along with a glass of iced tea. I have been going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

**Note: <888> 12/28/03 Sunday 6:00 P.M.:** I went through my email. CIO

**Note: <888> 12/28/03 Sunday 5:35 P.M.:** I had a telephone call from a relative at 10:30 A.M. this morning. I was up at 2:30 P.M.. I ate breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I am in the process of installing programs and files on the HP Kayak XA computer. I brought up the HP monitor from the car, and I cleaned it up. I took the two old laptop computers off the Danish side table on the bedroom desk to the left of the AMD backup computer. I will setup the HP Kayak XA computer there once I have finished configuring it. I will put the two old laptops in their cases and store them underneath the sideboard. I watched a bit of television while installing the programs. CIO

**Note: <888> 12/28/03 Sunday 8:00 A.M.:** I finished installing the updates on the HP Kayak XA. I shut it down, but I left it hooked up for now. I looked at some

email and news. I will now shut down the primary computer, and I will go to bed soon. CIO

Note: <888> 12/28/03 Sunday 7:15 A.M.: I put the HP Kayak case cover back on. I put the broken HP Kayak XA case lock in the second drawer from the top on the left side of my living room desk. I installed the HP video drivers on it. I then updated the CMOS and the SCSI Rom. The other drivers were newer from Windows ME. When I updated the CMOS, Windows ME also updated the audio drivers. I have to use my Compaq laptop Windows 95 boot disk, which does not load memory to install the CMOS and SCSI Rom. I am now running the Updates. It is a nice machine although a bit dated. I will now eat a piece of pumpkin pie and a mandarin orange with some iced tea. CIO

Note: <888> 12/28/03 Sunday 3:45 A.M.: The HP Kayak XA is running fine. It looks like one of the SCSI cable connectors was making contact with the case, so I moved it. That caused the C: drive not to work, but it all seems to be working now. At the moment I have the case cover off. I am now installing Windows ME again. CIO

Note: <888> 12/28/03 Sunday 3:20 A.M.: I put the case cover on the HP system. I did not install the broken lock. The replacement floppy drive button does not protrude from the case far enough, so one has to use a device such as a small screw driver to use the eject button. However, floppy disks fit in it fine enough. I am now installing a copy of the Windows Me operating system on the HP system. I want to see which devices it recognize. Since I will not be using it, but keeping it in reserve for emergency use, I do not feel I am using an extra copy of the system. However, should I for lack of storage space need to get rid of it, I guess I could put Red Hat Linux 9.0 on it, but that might be more difficult right now, since I do not know if it would recognize the different devices on it. I just got a disk write error message on the C: drive of the HP Kayak. CIO

Note: <888> 12/28/03 Sunday 1:45 A.M.: It took a while, but I got the HP Kayak XA6/300MT work station going. It recognized the three 32 meg memory chips I put in, so it has 96 megs of memory. I tried to Fdisk the partitions with my Windows ME boot disk, but the floppy drive would not work. I fiddled with the cables. I finally determined the HP floppy drive was defective. I happened to have a spare floppy drive, and once I got the cables figured out, it worked. I also had to install an IDE cable for the CDrom drive. I checked the CMOS settings. I booted the Windows ME boot disk, and I used Fdisk to remove the partitions, and I created one large 4 gigabyte C: partition. I just formatted the drive, and it is 4,329.25 megabytes. I will now put the case top back on it, and try to install the broken lock. I have to secure the CDrom drive and the floppy drive with the case screws. I might then try to install an operating system. The system has a 300 MHz Pentium II processor, with 96 megs. of memory, onboard VGA, sound, dual USB ports, PS/2 keyboard and mouse. It has a 4 gigabyte Qunatum SCSI hard drive with SCSI hard drive controller. It has a LAN 10/100 port on the SCSI controller, and it also has a 3



LAN port Siemens Network card. It is a very well built machine, although a bit vintage. I have the HP 15 inch monitor to go with it down in the car. I have an IBM PS/2 keyboard with USB ports, and I have serial mice and a PS/2 to serial adaptor to use the serial mouse, and I think I also have a VGA monitor cable. I will try to configure a whole system out of it, which might take a little bit of time. CIO

Note: <888> 12/27/03 Saturday 10:15 P.M.: I just remembered, I have three 32 meg. memory chips, I will try to test the HP with those to see if it boots. CIO

Note: <888> 12/27/03 Saturday 10:05 P.M.: I went out after the last message. I went by the Food Emporium, and I bought buy one get one free of two Lays 11.5 ounce KC Masterpiece Barbeque potato chips for \$2.99 both, a 5.5 ounce box of Pepperidge Farm fat free Zesty Italian croutons .99, a half gallon of Florida Natural orange juice with calcium for \$2.50, and a five pound box of [www.sunkist.com](http://www.sunkist.com) Satsuma Mandarin oranges from Sherman Oaks, California for \$1.49 for \$7.97 total. I then went by the Exxon gasoline station next to the Greenwich Library, and I bought \$5.60 of regular unleaded gasoline at \$1.799 a gallon for about 30 miles per gallon. I then walked the entire length of Greenwich Avenue, and I sat out at various locations. I went by CVS, and I bought a Dover and York made in China Home and Auto Tool Set for \$6.49 plus .39 tax for \$6.88 total. It contains one 6" slip joint pliers, one ratchet screwdriver handle, ten screw bits, 1/4" driver adapter, nine sockets, tire gauge, two electrical circuit testers, utility knife, electrical tape, a flashlight that uses two AA batteries not included, 22 four inch cable ties, and a zipper storage case. I put it on the left wicker shelf with my other computer tool kits. After my walk, I sat out for a while. I then drove down by the waterfront. I stopped by the train station office park dumpster area, and I found a discarded HP CPU and HP 15 inch monitor. I put them in my car. I then drove down by the waterfront. I enjoyed looking at the stars. I chatted with some visitors. I then returned home. I put away my purchases. The HP CPU is a HP Kayak XA6/300MT desktop workstation. I left the HP monitor in the car. The HP case was locked, but I was able to pry off the case around the lock tongue. I then broke the lock apart, so it will not interfere with replacing the case cover. I might be able to reinstall the lock without the locking guides, so it turns freely. I inspected the machine, and it is missing its memory, but the memory in my Dell or AMD backup computers probably would work. It has a hard drive and cards. It seems to be a well built machine with a Pentium II 300 to 500 MHz processor in it. I will try to get it going with parts from my other backup computers. I probably will use the two 128 meg memory chips from my AMD backup computer to try to get it going. I drank some iced tea. I just chatted with a relative. My relative threw out a good laptop computer in the packaging material she received with other items. CIO

Note: <888> 12/27/03 Saturday 5:00 P.M.: I heated a 18.5 ounce can of Progresso Creamy Chicken and Wild Rice soup, which I put 22 Arnold large cut croutons in, and I ate it with a glass of iced tea. I will now shut down the computer, and I will clean up, and I will go out. CIO

Note: <888> 12/27/03 Saturday 4:25 P.M.: I was up at 10 A.M. when a relative called. I ate breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. went back to bed until noon. I received in the mail my \$20 rebate check for the Columbia big button telephone that I bought a CompUSA in August for \$20, so it finally has not cost me anything. I keep the Columbia big button telephone by my left night stand in the bedroom, and I frequently use it when people call me when I am asleep. I just finished my house cleaning and watering the plants. I listened to stereo amplifier radio system 106.7 FM when I did my house cleaning with the Emerson wireless headphones that work with Radio Shack rechargeable nickel cadmium batteries. I keep the charger by my TEAC DVD player beneath the Orion television in the living room, and I used the fully charged pair which are in the Emerson wireless headphones, and I am charging up the other pair, which should be fully charged by 11 P.M.. Circuitcity sells a Sony Rechargeable 900 MHz wireless headphone set [circuitcity.com](http://circuitcity.com) - **SONY MDRRF915RK - Sony Wireless Headphone** which automatically recharges when one puts it back in the cradle, so one does not have to change the rechargeable batteries. They were right in the front of the store, the last time I was there, and they are about \$80 plus tax. CIO

Note: <888> 12/27/03 Saturday 12:45 A.M.: I did a little bit of regular computer work. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/27/03 Saturday 12:20 A.M.: I just happened to notice this link in my Favorites **Eliminate Geese and Ducks for Good!** for any people whom own cottages on the waterfront and whom are bothered by waterfowl. Of course in the old days, we did not have such problems, because the local hunters seemed to enjoy eating the waterfowl, so the birds tended to stay away from inhabited areas. CIO

Note: <888> 12/27/03 Saturday 12:15 A.M.: I scratched off the dollar "In Between" scratch card that I bought at Zyn stationary on Christmas Eve, and I did not win anything, so much for gambling. I am still probably ahead, because the first time I played a Quick Pik lottery number about 20 years ago, I won \$42. CIO

Note: <888> 12/26/03 Friday 11:55 P.M.: I read some internet news. I earlier ate a piece of pumpkin pie, and I also finished off the can of salt free cashew nuts. CIO

Note: <888> 12/26/03 Friday 11:20 P.M.: I ran Ad-aware 6.0 with the latest updates. I ran Norton Win Doctor. I next ran Norton Clean Sweep Fast and Safe Cleanup. Then in Internet Explorer, I ran Delete Files and Clear History. I next from System restore did a System Backup. Then from the C: drive icon, I ran Disk CleanUp, including deleting all the System Restore backups except the most recent backup. I now have 2.74 gigabytes of free space on the 20 gigabyte C: drive with the 20 gigabyte D: drive for backups. I then ran Norton Disk Doctor on the C: and D: drive, but I did not run Surface Scan. I then did a C: drive to D: drive backup in seven parts. I next ran Norton Speed Disk on the C: drive. Thus in a week, I have updated my computer CMOS, reinstalled Windows XP as a Upgrade, installed

Windows XP SP2 beta, configured the system back to the way it looked before I started the maintenance, and then performed my monthly maintenance routine. The computer seems to be running in top shape, and I suppose I have not missed too much technology news since many people were on Holiday. I watched a bit of television while running the utilities. CIO

Note: <888> 12/26/03 Friday 7:45 P.M.: I went through my email. I will now run some utilities and do a C: drive to D: drive backup. CIO

Note: <888> 12/26/03 Friday 7:05 P.M.: I chatted with a friend. The friend is back from Vermont. The heavy snow was not actually in Stowe, Vermont, but in the mountains about 20 miles northeast of Stowe, they have had about two feet of snow in the last 24 hours in the area around Johnson, Vermont. I recalled that back in the summer of 1968 or 1969, when I use to drive up to Vermont from Weston, Massachusetts on weekends, and I would visit with friends around St. Johnsbury, Vermont whom had a commune on a dairy farm, where they made hatch cover coffee tables from Liberty Ship hatch covers, I once drove through Johnson, Vermont, and just south of the center of Johnson, Vermont on the west side of the road, I saw a running stream, so I went swimming in the cool mountain waters on a hot day. Of course another time, when I was in that area, we drove over to a mountain on the Vermont - New Hampshire border, and a group of my friends climbed the back side of the mountain up some rough terrain, and when we got to the to of the mountain, there was a disothèque that had burned down from being hit by lightning, but there was a road down the less steep side of the mountain to return back down the mountain. Of course when one is young and skinny it is not too hard to scramble around. CIO

Note: <888> 12/26/03 Friday 6:25 P.M.: I bought the Styrofoam that I used to cover the General Electric air conditioner last year at Home Depot. I think it comes in a package of five or six 1 inch by 13.5 inch by 4 foot sheets of white Styrofoam for about \$8. There is this story about the new Queen Mary II [BBC NEWS In Depth Photo Gallery In pictures: Queen Mary 2 arrives](#) . There is also this sad story [Queen Elizabeth's dog killed by daughter's terrier](#) . I use to walk a roommate's White German Shepard and Doberman Pincher when I lived in Manhattan up until the cold spell of minus 24 degrees Fahrenheit around January 21, 1982 after Mount St. Helens erupted which caused it to be cold. The Doberman Pincher use to make people around me nervous, but the White German Shepard was a very gentil dog, and I use to walk it like a Seeing Eye Dog in Manhattan and let it lead me around town, and with its natural instincts it would frequently lead me away from trouble and took me on very pleasant walks. I walked the White Shepard through Central Park one night in December 1980, and I stopped in at the Waldorf Astoria the night Ronald Reagan first arrived in Manhattan after getting elected and before he was inaugurated President, and since my roommate's father lived in Santa Barbara, the secret service around Ronald Reagan were happy to see the White Shepard, and they took pictures of it with a Polaroid camera. However, on returning back through Central Park as I was passing by the Dakota apartment building, John

Lennon had been shot since I had walked by the same location earlier, so although John Lennon was a common face in the neighborhood, I decided I should move out of Manhattan, and I eventually moved out of Manhattan around January 21, 1982, 13 months later, when my roommate's son moved back into the apartment with her. I believe the summer in between those two events was the only summer I spent the whole summer in Manhattan. Although I did live in Manhattan in from January 1973 to July 1973, when I moved back to Greenwich, Connecticut when my family moved back here again from Weston, Massachusetts, where we had all lived when we were employed at Polaroid. Of course until I quit going into Manhattan about 10 and a half years ago, when I was mugged on July 4, 1993, I use to visit the city regularly. I think I have only been back in New York City twice since then. One time was in February 2002, when I toured the museums with friends, and the other time was when I cross the George Washington Bridge to drop a friend off at Newark airport. I recall once going into Manhattan another time in February when it was below zero degrees Fahrenheit, but I can not recall if that time was before or after the crime incident. Basically, I am not quick enough to deal with Manhattan anymore not to mention it is too expensive for me in old New York City anymore. I use to know quite a few people in Manhattan, but nobody seems to contact me from there anymore, since they seem to think I live way out in the boon docks in Connecticut, when in fact late at night it is only about a 25 minute drive to midtown Manhattan, when there is no traffic. CIO

End of Scott's Notes week of 12/26/03:

Note: <888> 12/26/03 Friday 5:05 P.M.: I sliced three 1/4 inch thick to 3/8 inch thick slices of the smoked cooked boneless Butterball turkey breast, and I put them on a microwave proof plate, and I put one third of the mushroom gravy mixture that I made yesterday, and put on the same plate one third of the Kraft Stovetop stuffing mixture that I made yesterday, and I put the microwave cover on the plate, and I reheated it in the General Electric microwave oven on reheat. I also steamed in a Revere copper pot with lid and vegetable steamer insert, about 1/4th of a bunch of broccoli, which takes about fifteen minutes to bring to boil and steam over the electric burner turned on initially to high and then reduced to medium high to steam the broccoli. I also put one third of the 16 ounce can of chilled Ocean Spray cranberry gel in a bowl, and I put a little bit of olive oil on the steamed broccoli, and I had all of these items for dinner with iced tea. I will now send out my weekly notes. CIO

Note: <888> 12/26/03 Friday 3:55 P.M.: I was awake at 7:30 A.M. when a friend called. It is snowing another foot of snow around Stowe, Vermont. They have had eight feet of snow this winter, and on Christmas Eve there was three feet of snow on the ground, but they lost a foot of snow when it rained, so after this snow storm, they are back to three feet of snow on the ground. I ate breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went out for my 10 A.M. medical appointment at the Greenwich Hospital outpatient clinic, but they made a mistake when they told me the time, and it was at 9:30 A.M., so

they rescheduled me for January 8, 2004. I then went by the Greenwich Hospital Thrift shop, but they were closed today. I next drove down by the waterfront. I then drove up to Norwalk, Connecticut, and I went to CompUSA. I bought a [www.belkin.com](http://www.belkin.com) Belkin Anti-Static wristband for \$7.99 plus .48 tax \$8.47 total. I then toured the store some more, and I bought a 4.5 inch diameter black plastic frame 3X Magnifier lens with light made in China for \$3.99 plus .24 tax for \$4.23 total and for a grand total at CompUSA of \$12.70. I then went by Wal-Mart, and I bought two eight packs of 100 watt soft white light bulbs for \$1.34 each eight pack plus .16 tax for \$2.84 total. I then returned to Greenwich, Connecticut. I walked the entire length of Greenwich Avenue, and I sat out at various locations. I stopped by CVS, and I bought a four pack of Duracell Coppertop C batteries for \$3.99 plus .24 tax for \$4.23 total. I then completed my walk. I next returned home. I chatted with some neighbors. When I went out, I reset the ground fault interrupter on the Christmas lights plug outside the building, so now that it is dry again, they will work. I took out two 13.5 inch by 4 foot by 1 inch sheets of Styrofoam, I had behind my window curtains in the living room, and I put each of the two sheets side by side vertically, so they cover the front of the General Electric Profile air conditioner, and I used grey Duct tape to secure them to the sides of the air conditioner. I unplugged the air conditioner from its heavy extension cord which is plugged into the air conditioner plug. I moved the air conditioner remote control to on top of the TEAC DVD player. I had a two pack of CVS C alkaline batteries that were slightly used, so I put the two C batteries in the 3X magnifying lens, and I tightened its light bulb, and I put it back in its plastic shipping sleeve, and I put it on the back side of the blue living room couch next to where I keep the magazines. I took out the Belkin grounding strap from its packaging, and I fastened the clip cable to the Velcro strap, and I placed it in between the primacy computer monitor stand and the primary computer CPU behind the Andrea Electronics headset, so it is handy and available for use. One basically fastens it around one's wrist and clips the cable clip to the CPU case on metal, so one is grounded to prevent static electric shock from damaging computer components when working on the system. I will put the four pack of C Duracell batteries in the second down left side kitchen bureau drawer, where I keep my spare batteries. I will put the two eight packs of 100 watt light bulbs on the left side of my bedroom window, where I keep my spare light bulbs. I have a large supply of spare light bulbs, but since now I am using more 100 watt light bulbs, I figured I could use some more. I drank some iced tea. CIO

Note: <888> 12/26/03 Friday 12:20 A.M.: Happy Boxing day, a Holiday in Canada and the United Kingdom. I have an early morning medical appointment this morning for follow up on my cholesterol test, so I will now shut down the computer, and I will go to bed. CIO

Note: <888> 12/25/03 Thursday 11:40 P.M.: I ate a hand full of salt free cashews, and I also eight about a one sixth piece of the pumpkin pie, and I also drank some iced tea. CIO

**Note: <888> 12/25/03 Thursday 10:50 P.M.:** My Kensington wireless mouse was acting a little sluggish, so I reinstalled the Microsoft Mouse driver that I use it with it, and it is now running just fine. As far as I can tell the Windows XP SP2 beta seems to be working just fine. CIO

**Note: <888> 12/25/03 Thursday 9:50 P.M.:** I watched and listened to Queen Elizabeth II's Christmas 2003 Broadcast <http://news.bbc.co.uk/> . It was a very encouraging broadcast, I pray all of her people in the field are able to see and listen to it. CIO

**Note: <888> 12/25/03 Thursday 9:35 P.M.:** I chatted with a relative. CIO

**Note: <888> 12/25/03 Thursday 9:05 P.M.:** I chatted with a couple of friends. I took the pumpkin pie out of the oven, and I will now let it cool for two hours on a wire rack. It is slightly over done, since the I should have cooked it 45 minutes to 50 minutes maybe, but maybe it is done just right inside.

**Note: <888> 12/25/03 Thursday 7:50 P.M.:** I was reading Yahoo! News - Bush Spends Quiet Christmas at Camp David , and it reminded me that I had a Mrs. Smith's hearty two pound five ounce frozen pumpkin pie in the freezer. I am now cooking it in the Farberware convection oven at 400 degrees Fahrenheit for 55 to 60 minutes, until the top is browned. In a regular oven, one cooks it 60 to 75 minutes. Of course one has to allow the pie to cool two hours after cooking before eating. CIO

**Note: <888> 12/25/03 Thursday 7:05 P.M.:** Basically at today's local prices one portion or one fifth of the Butterball boneless smoked turkey cost \$1.50, a quarter of a head of broccoli cost about .40, the single portion 3.5 ounces of the Franco American mushroom gravy mixture with 2/3 ounce of Swanson's chicken broth and 1.75 ounces of sliced fresh mushrooms costs about .85, one third portion of Kraft six ounce box of stove top stuffing with four ounces of the Swanson's chicken broth cost .75, one portion or one third of a 16 ounce can of Ocean Spray cranberry sauce costs about .35 plus six tablespoons of olive oil cost about a quarter, and a glass of my homemade ice tea costs about .05, so at today's local prices, my entire Christmas meal with the cost of the energy for cooking it which would be about .10, so it is basically about a \$4 meal, of course there were other expenses like gasoline to grocery shop, and of course I have the know how to cook quickly and inexpensively, which if one went to some local eatery would be a little bit more expensive. Of course in the old days, which many of us remember when restaurants bought in whole sale quantities and labor was not too expensive along with rent and utilities and other expenses, this probably would have been a dollar blue plate special. CIO

**Note: <888> 12/25/03 Thursday 6:40 P.M.:** I chatted with a friend. I made and ate my Christmas dinner. I heated three 1/4 inch to 3/8 inch thick slices of the Butterball cooked and smoked boneless turkey breast, which I heated in the microwave oven on a microwave proof plate for two minutes on reheat with a

microwave cover on it. I had it with Kraft Stove Top stuffing mix chicken flavored. I use a six ounce box of the Kraft stuffing mix, and I boiled 12 ounces of Swanson's chicken broth to which I added four tablespoons of olive oil, and once it was boiling, I turned off the heat, and I added the stuffing mix, and I let it stand unheated for five minutes. I ate about a third of the stuffing mix. I also had mushroom gravy, which I used a 10.5 ounce can of Franco American mushroom gravy to which I added the remaining two ounces of Swanson's chicken broth along with a half of a 10 ounce box of fresh mushrooms which I sliced. I heated it until boiling, and then I simmered it over medium for ten minutes. I had about a third of the mushroom gravy on the turkey slices. I also had steamed broccoli along with quartered lengthwise broccoli stalks, which I have left over from broccoli crown pieces I use in my salads. I seasoned the broccoli with a small bit of olive oil. I also had a third of a 16 ounce can of Ocean Spray cranberry sauce. I ate all of this for my Christmas dinner with iced tea.

Note: <888> 12/25/03 Thursday 5:10 P.M.: Merry Christmas. I received a telephone call from a friend this morning about 7 A.M.. I was up at 11 A.M.. I ate breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I opened a couple of Christmas presents from a relative. I received a book "100 Years of the American Auto" by the auto editors of Consumer Guide published by Publications International, Ltd., and I also received a yellow extra large 100% cotton polo shirt made by Ralph Lauren. I chatted with three relatives. I cleaned up, and I went out. I went downtown, and I walked the entire length of Greenwich Avenue including the train station area. I stopped by CVS, which was opened until 3 P.M., and I bought a made in China miniature computer keyboard vacuum cleaner by Dover York for \$4.99 plus .30 tax for \$5.29 total. I then completed my walk. I sat out at various locations. I drove down by the waterfront. I then returned home. I noticed that the Versailles restaurant next to Starbucks was opened. Starbucks is closed as is most everything else besides the movie theatre across from Richards. I drank some iced tea. I put four Walgreen's AA heavy batteries in the miniature computer keyboard and electronics vacuum cleaner, and I attached the dust bag and vacuum brush and extension wand. However, the cap on the battery compartment does not stay on properly, so I used a blue broccoli rubber band to fasten it length wise the length of the miniature vacuum to keep the battery cap on. I also used another blue broccoli rubber band to fasten the smaller attachment to the body of the miniature vacuum. They had various gift boxes of various items in the front of CVS. I then vacuumed my keyboard and the surrounding area and the front vents of the primary computer case which was dusty. One can clean off the vacuum brush by using the suction to clean it off from the wand. I then opened my primary computer case, and I VERY CAREFULLY vacuumed the case fan and the CPU fan removing built up dust from their housing. I also used a cotton swab like a Que tip ear cleaner to clean further down and inside the two fan housings. I also vacuumed the vents on both sides of the power supply. Some dust fell on the motherboard which seemed to be dust free, so I used the brush attachment VERY CAREFULLY to vacuum those areas of the motherboard where the dust fell down on it. When I opened the computer case, I

wore my rubber sole house slippers and I was sure to ground myself on the power supply before I worked on the cleaning procedure. I inspected the inside of the computer, I then put the case cover back on. The lower of the two case cover bolts is a bit hard to install because of the Devcon security steel cable that runs through the chassis top underneath the case cover. I left the miniature vacuum on the left side on the keyboard drawer of the Dell backup computer. Basically even though one might have a clean computer area, because of static electricity one can get a dust build up on the plastic housings of the computer fans. One probably should also wear a grounding bracelet attached to the computer case when working on the inside to avoid the chance of static electricity discharge causing damage to the delicate circuits in the computer system motherboard and other parts. I always keep forgetting to buy one when I am at CompUSA. They usually are about \$5, which could save a lot of other expense, if properly worn. I also used a flash light to see what I was doing. I ate a handful of salt free cashew nuts with some iced tea.  
CIO

Note: <888> 12/25/03 Thursday 3:40 A.M.: Merry Christmas. I have been busy. I tried installing the Windows XP SP2 beta after the last message, and it failed at the point of backing up the registry again. I then decided to reinstall Windows XP original installation. I have a copy of it on my hard drive, so I ran the Windows XP installation program under windows, and I chose the option to "Upgrade". The installation ran fine, and it prompted me for two drivers, which I could not find, so I ignored them and installed them later. While it was installing, I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) , which I had with iced tea. After Windows XP reinstalled without any problems except that the video NVIDIA video drivers were not loaded. I did not install the video driver right away, instead I tried and successfully installed Windows XP SP2 beta without any problems. I then run the Windows Updates on it, and I installed the updates. I did not install Windows XP SP1 update before the Windows XP SP2 beta update. I chatted with a relative around midnight. I then installed the Syntax motherboard VGA, IDE, and USB drivers from the Syntax Motherboard cdrom. I then installed the NVIDIA video driver, and it all worked fine. I reset the video settings to the same way they were before. On the USB drivers after installation, I had to run Update drivers to get the correct drivers installed that were already on the system. All the programs on the desktop seem to work just fine, and the system configuration is basically the way it was before. I did uninstall the The Weather Channel desktop applet, and I had to reinstall Weather Bug. I ran Norton Win Doctor, and it fixed about 50 problems. I ran Ad-aware 6.0 and SpyBot. I also updated the Zinio Reader. The computer is a lot faster and more responsive with the Windows XP reinstallation and the Windows XP SP2 beta installation. The Windows XP SP2 beta firewall also runs just fine with Norton Internet Security 2004 program firewall, which it did not do with the original version of the Windows XP program firewall. I also installed this tweak so disk cleanup works faster [InfoWorld: Speed cleaning: February 28, 2003: By Brian Livingston: Platforms](#) . Well, the computer is basically running just great. I will now shut down the computer, and I will go to bed soon. Merry Christmas. CIO



**Note: <888> 12/24/03 Wednesday 9:00 P.M.:** I uninstalled 16 Windows XP Hot fixes and 19 Windows XP SP2 Hot fixes and 5 Windows Media additional programs. This took a while, because after almost each uninstallation, I had to reboot. The computer is still running fine. I will now try to install the Windows XP SP2 beta. CIO

**Note: <888> 12/24/03 Wednesday 6:35 P.M.:** Earlier today, when I came out of the Stop and Shop, I gave a dollar to the Salvation Army volunteer tending the kettle. I went out after the last message, and 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 two 2 packs of buy one get one free two pack of CVS alkaline D batteries for \$2.99 all four batteries and a 10 ounce can of no salt cashews for \$2.49 plus .18 tax for \$5.67 total. After I completed my walk, I stopped by Zyn stationary and for a dollar I bought a number 25 "In-Between" scratch card, which I will scratch off to see if I won on Christmas Day. I next drove down by the waterfront. I then returned home. I drank some iced tea, and I ate a couple of handfuls of cashews. It looks like it has quit raining here. CIO

**Note: <888> 12/24/03 Wednesday 3:30 P.M.:** I heated a 18 ounce can of Progresso New England clam chowder, which I ate with about 15 Arnold croutons, and I enjoyed it with a glass of sugarless ice tea. The tea actually tastes better without sugar, and one can taste the different blends of tea that I use. I received a telephone call changing my medical appointment for the Cholesterol test follow up from after the first of the year to this Friday morning, so I will stay on a daytime schedule. I will now shut down the computer, and I will go out soon. CIO

**Note: <888> 12/24/03 Wednesday 3:05 P.M.:** I ate a Quaker low fat white cheddar cheese flavored corn cake before going to bed this past morning. I was up at 9 A.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I checked the mail, and my \$30 upgrade rebate check from Symantec on Norton Internet Security 2004 arrived today. It only took about four weeks for it to be processed. I then cleaned up, and I went out. I went by Putnam Trust Bank of New York on Mason Street. I then went by the Greenwich Hospital Thrift shop, and I bought a 12 inch by 15 inch wooden framed antique print of bay schooner with the print about nine inches by 5.5 inches for \$3. I then drove down by the waterfront, and with the rain storm, the white caps or large waves were on Long Island Sound, and the waves were breaking over the breakwater on Steamboat Road. Possibly there might be flooding in Old Greenwich or Riverside. I then went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought a quart jar of S&S strawberry jam for \$2.99, a quart of S&S lemon juice for \$1.99, a 1.5 ounce jar of McCormick ground cumin spice for \$3.94, a 1.25 jar of McCormick ground coriander seed spice for \$3.84, a Butterball cooked smoked boneless turkey breast at \$3.99 a pound for \$7.54, a bunch of broccoli at .89 a pound for \$1.59, a bulb of garlic at \$2.59 a pound for .49, two 10.5 ounce cans of Franco American mushroom gravy for \$1.19 a can, and a 10 ounce box of fresh mushrooms for \$2.19 for \$26.95

total. I did not get a grocery receipt, so some of the prices are approximate, but the total is correct. I then returned home, and I drank some iced tea. I hung the bay schooner print on the upper right wall to the right of the bathroom toilet above the Great Seal of the United States with the other ships pictures in the bathroom. CIO

Note: <888> 12/24/03 Wednesday 12:35 A.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/24/03 Wednesday 12:20 A.M.: I keep a small cardboard gift box in my left top mahogany bureau drawer in the bedroom. In it, I keep my sewing kit. I used it to sew up the places in the inside lining of the Harris Tweed jacket that were ripped. Since there were a number of torn places in the lining this took a bit of time, but it is all repaired now. The wool outside of the jacket is still in very good shape. Frequently with dry cleaning the interior lining of sports jacket deteriorate, while the outer wool of the jacket stays in very good shape. In England and Scotland, they do not dry clean their woolen goods as much, so they last longer, however on a rainy day, they can smell a bit ripe, when the built up body odor is release when they become damp. I also put the ice tea away in the refrigerator. CIO

Note: <888> 12/23/03 Tuesday 9:25 P.M.: I am making up a batch of iced tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I am using eight America's Choice orange pekoe tea bags, two Bigelow orange pekoe tea bags, five Lipton green tea bags, and one each of the five pack of five different types of Twinings tea bags, and I am not using sugar. CIO

Note: <888> 12/23/03 Tuesday 8:55 P.M.: I chatted with a relative and a friend. CIO

Note: <888> 12/23/03 Tuesday 8:05 P.M.: The rough wool rug or throw had a dry cleaner's tag on it, so it looks like it had been cleaned before it was donated to the Rummage Room thrift shop. I made up a fresh batch of hummus [www.geocities.com/mikelscott/hummus.htm](http://www.geocities.com/mikelscott/hummus.htm) . This time for the olives, I used a 6.5 ounce dry can of California medium black pitted olives, and beside all of the other usual ingredients, I also used a 1/4 teaspoon of Hungarian paprika. I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I had the salad with iced tea. I put a AA Polaroid alkaline battery in the little clock, and I set its time, and I used the magnetic clip to hang it on the freezer door of the refrigerator. CIO

Note: <888> 12/23/03 Tuesday 6:30 P.M.: I went out after the last message. I went by the Arnold Bread store outlet on Old Track Road in Chicahomy, and I bought a loaf of Arnold Classic oatmeal nut bread for .99 less 10% senior discount of .10 for .89 total. I then went by Putnam Trust Bank of New York on Mason Street. I next drove down by the waterfront. I then went over to Old Greenwich to the Mobil Express car wash, and I had my Hyundai washed for \$5. I then towel dried the left over moisture after the car wash, and I shook out the driver's side car floor mat. I next went by the Old Greenwich Rummage Room thrift shop, and everything was

half price. I bought a nine foot by five foot rough wool blanket or rug of wool with a pattern of figures of birds, ducks, and flowers in white background with lime green, blue, orange, and yellow figures. It could be Finnish, Navaho, or Mexican. It cost me \$7.50. I also bought a pair of Nautica Stewart plaid cotton draw string pajama bottoms extra large made in Cambodia for \$1.50, a Sportswear extra large cotton shirt made in Cambodia dark navy blue with tiny white thread stripes for \$2, a Stanley Blacker sports jacket from Richard's Harris Tweed 100% Scottish wool tailored in the U.S.A. from cloth dyed, spun, hand-woven, and finished in the Outer Hebrides of Scotland in a brownish olive and white herringbone about 44 large size with slightly torn lining around the inside pocket and around the inside collar for "as is" for \$4, and a Hart Schaffner and Marx from Richard's wool sports jacket in finely spun brown, blue, orange, and beige wool cloth about 44 large for \$12.50 for \$28.95 total. I then drove out to Tod's Point, and I sat out briefly at the southwest parking area, and I walked out a bit towards the south. I also sat out for a while at the southeast parking area. I then returned to central Greenwich. I walked the entire length of Greenwich Avenue. I sat out at various locations. I stopped by the Greenwich Hardware store, and from the 70% off rack in the front of the upstairs of the store, I bought a Thermor magnetic clip-memo quartz clock #4257 made in China for \$3.60 plus .22 tax for \$3.82 total. I then completed my walk. I then returned home. I put the new wool rug or blanket on top of my day bed on top of the similar black, brown, and beige Mexican rough wool rug or blanket. The day bed is now more colorful. I will hang the two new sports jackets in my left living room closet. They are large enough on me that I can wear them with an average sweater for that old guard tweedy appearance that I use to wear before I became too hefty to fit in most of my current wardrobe. I will put the small quartz clock with the magnetic clip on my kitchen refrigerator. In the summer when it is hot in the Hyundai, I might try to use it with Velcro for a dashboard clock when the LCD clock quits working when it gets too hot in the car. I will hang the pajama bottoms with my other sleeping gear on the hook by the left side of the bedroom closet. I drank some iced tea when I returned home. CIO

Note: <888> 12/23/03 Tuesday 11:10 A.M.: I checked the mail. I will now clean up, and I will go out. I will now shut down the computer. CIO

Note: <888> 12/23/03 Tuesday 10:50 A.M.: I was up at 8 A.M., when a friend called. The friend said they are suppose to get two feet of snow in the mountains of Vermont during Christmas time. I tried to do a system restore to before I did the C: drive optimization yesterday, however it would not work, so I will leave the Computer System with the Windows XP SP1A service pack update installed. However, I am not sure whether the later updates are still installed or not. I ran Norton Win Doctor. I ate breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I listened to the BBC and VOA broadcasts on my television off the internet [www.geocities.com/mikelscott/nettv.htm](http://www.geocities.com/mikelscott/nettv.htm) . To listen to internet broadcasts off my television, one has to enable the Creative MP3+ sound card with sounds and devices and then one uses the Orion television remote control to select "TV/AV" for "AUX2". Then the television has a mirror image of the

computer desktop, so if one enlarges a video feed off the internet in Real Player or the Windows Media player, one gets a full screen moving picture with video and audio on the 25 inch Orion television in my living room. The computer system is running fine. If one turned on the wireless remote control mouse sending unit on top of the monitor with the switch on its left side, one can also use the Wireless remote control mouse unit to control the mouse cursor on the television. However, since the Orion television is not high resolution the video feeds are fine, but it is not that clear for high speed web browsing. CIO

Note: <888> 12/23/03 Tuesday 12:30 A.M.: I installed the full download version of the Windows XP SP1A Service Pack <http://www.microsoft.com/windowsxp/pro/downloads/servicepacks/sp1/sp1lang.asp>. I then tried installing the Windows XP SP2 beta, but it stopped again during backing up the registry. I tried disabling items in the Hardware profile, but this did not work either. I have the system back to where it was before I began trying to install the beta. I watched a bit of television while the beta was trying to install. I ate 10 Wheatsworth crackers. I will now shut down the computer, and I will go to bed soon. I guess I will give up on trying to install the Windows XP SP2 beta, since there is not much information to research on it at this point. CIO

Note: <888> 12/22/03 Monday 9:00 P.M.: I went through my email. CIO

Note: <888> 12/22/03 Monday 8:15 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm). I had the salad with iced tea. I will now do some regular computer work. CIO

Note: <888> 12/22/03 Monday 7:05 P.M.: I went out after the last message. I went by the Greenwich Hospital Thrift shop. I then went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I then drove down by the waterfront. I next went by the Greenwich Library, and I read the Greenwich Times. I renew my library card, and they gave me a new card. I checked out a DVD video disk. I just now returned home, and I drank some iced tea. Norton Speed Disk finished running on the primary computer. I have about 3 gigabyte of disk space left on the C: drive. Since I can not afford any expensive computer software, I do not really need anymore hard drive space. CIO

Note: <888> 12/22/03 Monday 3:45 P.M.: I ate another 10 Wheatsworth crackers after the last message. I then went to bed. I was up this morning at 6 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I spent the rest of the day until now trying to install Windows XP SP2 beta. I tried various ways by uninstalling Norton Internet Security 2004 and Norton System Works 2003 and NVIDIA and disabling the System startup files. In all cases the installation froze at the point of backing up the Registry. I did find out the file "iis.inf" was missing from the C:\Windows\Inf directory, but restoring that file from backup did not help with the installation. That file is used for the Add Remove - Windows Features applet. I reinstalled the

programs that I uninstalled. I ate lunch at 1 P.M. of a half of a 16 ounce box of Mueller's thin spaghetti noodles boiled for eight minutes and then drained and on top of them I added a half of a heated jar of Aunt Millie's regular tomato sauce with some grated Stop and Shop low fat parmesan cheese. I had the lunch with iced tea. I just finished my last attempt at the installation of Windows XP SP2 beta. I cleaned up the downloads and the installation files off my system. I did a backup with System restore. I used Disk Cleanup on the C: drive. I ran Norton Win Doctor. I cleaned myself up. I will go out shortly. I will first run Norton Disk Doctor before going out, and while I am out, I will run Norton Speed Disk. Basically the computer is running fine, and it is back to the way it was before I tried the installation of Windows XP beta SP2. CIO

Note: <888> 12/21/03 Sunday 9:40 P.M.: I rested a bit and watched television. I ate about 10 Wheatsworth crackers. I fiddled with the computer a bit. I will now shut down the computer, and I will go to bed. CIO

Note: <888> 12/21/03 Sunday 5:25 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I ate it with iced tea. I will now shut down the computer, and I will rest for a while. CIO

Note: <888> 12/21/03 Sunday 3:45 P.M.: I found this web site with the current Windows XP SP2 beta release on it [Windows XP Service Pack 2 beta download from China](#) . I downloaded it, and I tried installing it on my primary computer. It downloaded the new files, but when it was in the process of running, it quit running when it was trying to backup a "oem12.inf" file. I found an entry for it in the registry, so I deleted it and rebooted. I tried running it again, and this time it quit running in the process of backing up the registry not the "oem12.inf" file. Whenever, I cancelled the installation, the primary computer system remained the same. I must have some individual setting on my primary computer that keeps it from installing. Just to be safe, I did a System Restore to yesterday, and then I did a System Restore backup, and then I used Disk Cleanup on the C: drive cleaning up the earlier except the last System Restore backup, so I still have three gigabytes of free disk space on my primary computer C: drive. I ran similar updates on the Dell backup computer and HP backup computer, and they are running just fine. I guess I really should not install betas on my primary computer anyway. CIO

Note: <888> 12/21/03 Sunday 10:00 A.M.: I chatted with a relative. CIO

Note: <888> 12/21/03 Sunday 9:10 A.M.: I was up at 7 A.M. when a friend called. We chatted for about an hour. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. CIO

Note: <888> 12/20/03 Saturday 11:00 P.M.: I chatted with a relative. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/20/03 Saturday 10:20 P.M.: I went through my email. CIO

Note: <888> 12/20/03 Saturday 10:10 P.M.: Snow story Forbes.com: Parent Trapp  
 . CIO

Note: <888> 12/20/03 Saturday 8:55 P.M.: I chatted with a relative. CIO

Note: <888> 12/20/03 Saturday 8:20 P.M.: ABCNEWS.com : Specter of Flu  
 Outbreak Haunts Doctors , World Health Organization WHO Influenza Pandemic  
 Preparedness Plan , and Center for Disease Control CDC NVPO: Pandemic  
 Influenza - Preparing for the Next Pandemic . If you feel weak, one should not go  
 out in the cold and risk getting the flu. CIO

Note: <888> 12/20/03 Saturday 8:00 P.M.: I boiled a half of a 16 ounce package of  
 Stop and Shop thin spaghetti noodles for 8 minutes with just a small bit of salt and  
 olive oil in the water. I reheated in the microwave oven in one of the microwave  
 proof plastic cooking pots with a lid a half of a 26 ounce jar or 13 ounces of Aunt  
 Millie's traditional spaghetti tomato sauce, and I put it on the drained spaghetti  
 noodles, which I drained with a colander, and I added a thin layer of Kraft crated  
 parmesan cheese. I had it all for dinner with a glass of iced tea. CIO

Note: <888> 12/20/03 Saturday 6:50 P.M.: I went out after the last message. I went  
 by Smokes for Less in Byram, and I bought a carton of Senaca Ultra Lights 100s for  
 \$31 total. I then went by the Exxon gasoline station next to the Greenwich Station,  
 and I bought \$3.90 of regular unleaded gasoline at \$1.799 a gallon for 24 miles per  
 gallon. I then went downtown, and I walked the entire length of Greenwich  
 Avenue. I sat out at various locations. I noticed the Christmas lights on the north  
 side of the veterans monument across the street from the senior center are now  
 working. I stopped by CVS on my walk, and I bought four six ounce cans of  
 Bumble Bee solid white albacore tuna fish for .99 a can and a 12 ounce spray can of  
 CVS antibacterial disinfectant spray similar to Lysol spray disinfectant but cheaper  
 for \$2.49 plus .15 tax for \$6.60 total. I then drove down by the waterfront. I next  
 sat out for a while at the Greenwich Library. I then went by the Stop and Shop, and  
 I bought two half gallons of Tropicana pure premium orange juice with calcium for  
 \$2 each, two 29 ounce cans of Goya chick peas for \$1.09 each, two cans of Stop and  
 Shop dry weight 6.5 ounces of California black pitted olives for .99 each, two ten  
 ounce bars of Kraft Cracker Barrel 2% low fat extra sharp cheese for \$1.99 each,  
 Stella blue cheese at \$6.29 a pound for \$4.06, a 34 ounce bottle of Italice extra virgin  
 premium Spanish olive oil for \$4.99, 10 ounces of fresh spinach for \$1.99, plum  
 tomatoes at \$1.99 a pound for \$3.90, a 10 ounce box of mushrooms for \$1.99, a  
 bunch of broccoli at .88 a pound for \$1.01, two red Bermuda onions at \$1.29 a  
 pound for \$1.38, a bulb of garlic at \$2.69 a pound for .35, and a 16 ounce bag of  
 baby carrots for \$1.50 for \$33.33 total. I then returned home, and I put away my  
 purchases. Now that all the Christmas lights are on in the front of the building it  
 looks more festive. I drank some iced tea. CIO

Note: <888> 12/20/03 Saturday 2:15 P.M.: I made and ate my usual salad  
[www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I did not use broccoli. I had the salad

with iced tea. I put away my laundry. I will now shut down the computer, and I will clean up. I will then go out. CIO

Note: <888> 12/20/03 Saturday 12:45 P.M.: I was up at 5 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I did not use sugar with my oatmeal or my coffee. I put the sugar jar out of easy reach to the right of the Panasonic television in the kitchen just to the left of the refrigerator, so I will not instinctively grab for it when I made breakfast. I also will not use sugar when I make my next batch of iced tea. I chatted with a friend. I put clean linens on the bed in the bedroom. I did my regular house cleaning and watering the plants. I also put a new Electrolux vacuum bag in the older of the two Electrolux vacuum cleaners, which I use with the small brush nozzle. I used it to vacuum my living room sofas and the day bed and Queen Anne chair. I also flipped the cushions on the blue corduroy sofa. I am on the wash cycle of two loads of laundry with a few minutes to go. When I threw the garbage out, I noticed the Christmas lights as one enters the building on the left front tree were still out. I stood on a fish bucket that contains sand, and I reached up, and I jiggled the plug where it connects to that string of lights between the two trees. I then reversed the plug, and they came on and off. I then pulled on the plug cord, and they came on and off, and then I reversed the plug again, and I pulled on it again, and the lights stayed on, so now all of the Christmas lights at the front of the building work. Of course the wind pulling on the trees might cause tension on the plug, so we will have to see if it keeps working. I noticed at CVS on Greenwich Avenue yesterday, they have the Black and Decker electric jar opener for \$40 which is \$10 cheaper than what Black and Decker sells it for Black & Decker Household Products Electric Jar Opener . CIO

Note: <888> 12/19/03 Friday 8:30 P.M.: Well, I am tired. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/19/03 Friday 8:25 P.M.: On my primary computer, I have a Syntax SV266M motherboard. The www.syntaxusa.com site does not provide bios download support. I went to the www.syntaxchina.com web site, and I found this page http://www.syntaxchina.com/down/k7sv266m.htm with the most recent Version 4 of the Award Bios. I downloaded it. I then used the Win Flash utility on my Syntax Motherboard CD, and I installed the newer bios under Windows XP. I updated all the Bios features, but I saved my settings, and I did not clear them. When the system rebooted, it all worked just fine. I now have a BIOS date on the computer of September 16, 2003. The bios looks pretty much the same, except it seems to have an additional setting for the CPU. Anyway the computer seems to be running faster and more smoothly, but it could just be than I am tired. It was a risk, and I worried that the BIOS information might be in Chinese, but it is in English. I saved the old Bios and I have the new and old bios on the hard drive and on floppy disk. I copied both files of the Win Flash utility from the Syntax motherboard SV266M CD to my hard drive with the new bios \*.bin file unzipped, and I ran the installation under Windows XP from the hard drive. The reason, I

like to take the chance on upgrading my bios is that in case a clever hacker has hacked into my computer, I now have reset it to the default bios setup of the manufacturer. Of course, I did keep all of my settings, so the computer is pretty much running the same. I do not intend to try to over clock the AMD Athlon 2000+ CPU. CIO

End of Scott's Notes week of 12/19/03:

Note: <888> 12/19/03 Friday 4:35 P.M.: I will now send out my weekly notes. CIO

Note: <888> 12/19/03 Friday 4:30 P.M.: Send a friend an e card  
<http://web.icq.com/friendship/> . CIO

Note: <888> 12/19/03 Friday 3:55 P.M.: I went out after the last message. I went by the Greenwich Hospital Thrift shop. I bought a Royal Norfolk tea pot with white background decorated with colored pear, grapes, and flowers for \$3. It has about a 1/8 inch chip on the spout. I then made my appointment at the dental hygienist at the Greenwich Hospital outpatient clinic. I had my teeth cleaned. I was given a free toothbrush and some Johnson and Johnson dental floss. I was told that I should not use sugar in my ice tea, since I drink it continually my teeth are always exposed to decay, unless I rinse with water after drinking the sweetened ice tea. In the future I will not use sugar in my ice tea. I also use sugar in my coffee and oatmeal, but I generally clean my teeth after breakfast. My teeth are pretty much in the same shape as last time. I need to go to a dentist to get three chipped teeth taken care of, and one cavity. I was told by the Greenwich Hospital outpatient clinic that they still have flu vaccine, but one has to make an appointment to get the shot. I next went downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I went by CVS, and I bought four six ounce cans of Bumble Bee solid white albacore tuna fish for .99 a can, and a Automobile Christmas Tree New Scent automobile air freshener for \$1.25 plus .08 tax for \$5.29 total. I then completed my walk. I drove down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times. I then returned home. I put the new Christmas tree scent card in the backseat driver's side of my Hyundai. I put the new Royal Norfolk tea pot on the sink shelf above the kitchen sink to the left of the gold teapot. I will use the Royal Norfolk tea pot for daily use, and the Gold tea pot for more formal occasions. I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I ate it with a glass of iced tea. The Greenwich Time reports that President Bush will visit Greenwich on January 29, 2004 for a fund raiser at the Hyatt Hotel <http://greenwich.hyatt.com/property/index.jhtml> for his 2004 political campaign [Greenwich Time - Bush will visit town in January 29, 2004](http://www.greenwich.time.com) and [GeorgeWBush.com](http://www.GeorgeWBush.com) [The Official Re-election Site for President George W. Bush](http://www.TheOfficialRe-electionSiteforPresidentGeorgeW.Bush.com) . CIO

Note: <888> 12/19/03 Friday 8:50 A.M.: For a while from 1978 to 1983, I lived in Port Washington, Long Island and Plandome Manor, Long Island. I noticed they have a computer company out there Systemax <http://www.systemax.com/> . I went through the ten recent computer magazines again looking for a reference I saw to



Holland, Michigan about a computer company. I thought its name was something like Lighten, but I could not find the reference again. On searches on the internet, I come up with <http://www.guardian-computer.com/> and <http://www.egl.net/> and <http://www.crossover.net/>. I also searched the individual computer magazine web sites. I do not have the time to go through all of the magazines again, but the story mentioned the Holland, Michigan company as a manufacturer of computers. I would think they would have a web site, but I have not found it in the magazines again. I will now shut down the computer, and I will clean up, and I will go out. I have a 10:30 A.M. dental appointment with the hygienist today. CIO

Note: <888> 12/19/03 Friday 6:50 A.M.: I chatted with a relative before going to bed. I was up at 5:30 A.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. For anyone wishing to donate used computer equipment that meets the requirements, we have a foundation at 500 West Putnam Avenue here in Greenwich, Connecticut that redistributes used computer equipment. They are the National Cristina Foundation <http://www.cristina.org/>. I did notice that they want the software license agreements for computers that people donate, so unless one wants to give up one's software license agreements, they would not be an option. Frequently one needs one's earlier license agreements and earlier software for Upgrade eligibility. Still, it is the nature of this area that there is a lot of surplus computer equipment with all the offices in this area. I would imagine that one would get a tax deduction for any equipment that is donated. CIO

Note: <888> 12/18/03 Thursday 9:10 P.M.: I will now shut down the computer. I will relax a bit before going to bed. I have a 10:30 A.M. appointment tomorrow. CIO

Note: <888> 12/18/03 Thursday 8:45 P.M.: I microwaved and ate a 16 ounce Marie Callender breaded chicken parmigiana dinner, which I had with a glass of iced tea. CIO

Note: <888> 12/18/03 Thursday 8:00 P.M.: I went out after the last message. I mailed a Christmas card at the Valley Road Post Office. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift shop, and I bought three lemon wood serving trays made in Thailand that fit inside each other each slightly smaller than the next larger one. One is 16 inches by 11.5 inches, the next is 17 inches by 12 1/4 inches, and the third largest one is 18 inches by 13 1/2 inches. Each has a lemon wood rim about 1 inch by a 1/2 inch around the entire tray with larger width on each side for the cut in oval handle inserts. They have matching plywood type bottoms, and they are unfinished. Each cost \$2 each for \$6 total. Since I do not have room for TV tables, they will be good for serving or eating off when sitting on the sofas. I put them with the rest of the trays against the wall to the right side of the refrigerator in the kitchen. I next drove down by the waterfront. I then made my 3 P.M. appointment. I next went downtown, and I walked the entire length of Greenwich Avenue. On the way down, I stopped by the Greenwich Hardware store, and I bought a 4 inch by 6 inch flag of

Belgium vertical black, yellow, and red stripes with a small pole of wood for \$2.95 and a plastic round stand for .99 plus .06 tax for \$4 total. I then completed my walk. I used the bathroom at the senior center, and I noticed a dead pigeon in the front lawn of the senior center, so I used a plastic bag from one of their waste cans, and I picked up the dead pigeon, and I put it in the garbage can underneath the ashtray by the benches on the lawn. Thus if they do not empty that garbage can soon, it will smell a little ripe on a warm day. When I lived in Florence, Italy; they used to catch pigeons, but nobody here does I guess. I think they call it squab. I also noticed they were replacing the Christmas lights on the tree on the north side of the veterans monument, but they were still off, when I left. I think it is a faulty ground fault interrupter. They have them on the 70% off rack at the Greenwich Hardware store. I next drove back down by the waterfront. I then went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop looking for eye glass cords. They did not have them by the cash register. I then went by the Food Emporium, and they sell eye glass accessories by the cash register machines. I bought two blue eye glass cords for \$1.29 each plus .15 tax for \$2.73 total. I then returned home. I drank some iced tea. I put the Belgium flag along side the French flag on a speaker to the left of the primary computer. Since a relative lived in Belgium, and my family has friends from Belgium, I thought I could afford a Belgium flag with all the other flags. I once drove through Belgium about 12 years ago going from Paris to Amsterdam, and I drove back through another part of Belgium going from Amsterdam down through eastern France. They have some quite large trees in Belgium called the Arden forest. I put one of the new blue eye glass cords on my primary reading glasses, and I put the container containing the other one in the dish with my other eye glass repair accessories on the dining room table. CIO

Note: <888> 12/18/03 Thursday 12:05 P.M.: I checked the mail. I printed out another Christmas card envelope, and I have another card to mail. I had lunch of a heated 18 ounce can of Progresso New England clam chowder with 20 medium to large Arnold croutons along with a glass of iced tea. I will now shut down the computer, and I will clean up and go out. I have a 3 P.M. appointment today. CIO

Note: <888> 12/18/03 Thursday 10:55 A.M.: I noticed this web site on the bag that I got my Kiwi Esquire shop polish box and brushes from the Merry Go Round Mews Thrift shop yesterday. It is [www.ghbass.com](http://www.ghbass.com) or [www.bassstore.net](http://www.bassstore.net) not to be confused with the fish. I have a new pair of Bass Shoes that I have not worn yet. I bought them for 75% off at the Norwalk Factory store outlet about seven years ago. I am not sure whether the Norwalk Factory Store outlet is even there anymore. It used to be by the East Norwalk train station. One gets off I-95 East at the Norwalk exit just after the bridge over the Norwalk harbor after one passes by the Connecticut limousine service that one can see from I-95. I think it is the exit after downtown Norwalk. Then one heads south underneath the railroad bridge, and one turns right, and it is there. CIO

**Note: <888> 12/18/03 Thursday 10:40 A.M.: I updated the links in [www.geocities.com/mikelscott/lang.htm](http://www.geocities.com/mikelscott/lang.htm) . CIO**

**Note: <888> 12/18/03 Thursday 10:20 A.M.: I read all of the recent computer technology magazines that I have received recently until about 6:30 P.M. last evening. I also ate about 60% of a 10 ounce can of no salt cashew nuts. I watched the evening news, and I went to bed. I had a telephone call about 9:30 P.M.. I woke up, and I finished off the cashew nuts. I was up at 5 A.M., and I ate breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed until 9:30 A.M.. I watched a bit of television. The upcoming presidential election year seems to be gathering momentum, and as usual I will vote republican, so I recommend one looking at [GeorgeWBush.com](http://GeorgeWBush.com) The Official Re-election Site for President George W. Bush . Since I have always voted republican, I do not even pay attention the democratic web sites. I suppose the democrats are trying to unseat the incumbent candidate, but I do know they never talk to me, so they must know that I am republican. CIO**

**Note: <888> 12/17/03 Wednesday 3:25 P.M.: I will now shut down the computer. I will read magazines or watch television for a while. I will go to bed when I am tired. CIO**

**Note: <888> 12/17/03 Wednesday 3:05 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I had the salad with a glass of iced tea. I have another Steuben type glass ashtray that is five inches square and about three inches thick that I put on the inner most half of the coffee table between the two couches. I put the Orion remote and the Wireless Mouse remote on the inner end of the blue couch, and I left the universal remote and the General Electric air conditioner remote on the inner side on the glass coffee table. I also have two stacks of two glass and silver plate coasters on the pair of glass and brass coffee tables in between my two sofas. I put the one other glass ashtray on the Danish bar with the Queen Elizabeth II souvenir dish inside of it, and I put the other glass ashtray on the dining room table at the kitchen entrance. I do not smoke cigarettes in my apartment now except while sitting on the blue oak bent wood dining chair by the General Electric kitchen stove van, which I turn on high, when I smoke cigarettes. CIO**

**Note: <888> 12/17/03 Wednesday 1:50 P.M.: I put CVS drain cleaner in my bathroom sink before going out after the last message. I went by the Arnold Bread store outlet, and I bought two 5.5 ounce boxes of Arnold Zesty Italian larger cut croutons for .99, one 5.5 ounce box of Arnold Garlic and Herbs larger cut croutons for .99, and a loaf of Arnold nutty oat bread for .99 for \$3.96 total. I then went by the Greenwich Hospital Thrift shop, and they have winter coats for half price today. I bought a Steuben type six inch by three inch diameter oval glass ashtray about 3 inches thick for \$3. I then went by the Merry Go Round Mews thrift shop, and I bought a Kiwi Esquire shoe shine box which contained five shoe buffer brushes, two polish applicator brushes, and a can of Kiwi brown and black shoe**

polish for \$10 all, and a white Delft type five inch diameter by five inch high pot for \$2 for \$12 total. I then drove down by the waterfront. I went downtown, and I could not find a parking place at my usual location, so I did not walk Greenwich Avenue in the rain, which I would rather not do anyway with my arthritis. I found a parking place near CVS, and I picked up a prescription at \$1.50 cost, a 10 ounce can of CVS no salt cashews for \$2.49, and four packages of four Energizer Max AAA batteries and a package of four AA batteries at \$1.99 each package plus .60 tax for \$14.54 total. I then went by the Greenwich Library, and I read the Greenwich Times. I then returned home. I put the shoe box with the shoe polish items in the right front of the right living room closet along with a bag containing three cans of Saddle soap and one Kiwi can of Cordovan polish and another brush and some rags for applying the saddle soap. Two of the containers of saddle soap are used, and one is new. I put the Steuben type ashtray on the near side of the glass coffee table opposite the long green couch. I put the Delft pot on the right side of the mahogany bureau with the glass candy dish in it. Since the Steuben type ashtray weighs three to five pounds, one has to be careful moving it, so one does not break the glass coffee table. I had a glass of iced tea. I rinsed the CVS drain cleaner out of the bathroom sink with hot water, and I cleaned it out a bit more with the toilet plunger. When one shaves with shave cream, one tends to get a buildup of soap and whiskers in the sink drain. I received in the mail Dr. Dobbs and Texas Monthly magazines. CIO

Note: <888> 12/17/03 Wednesday 9:05 A.M.: I heated a 18 ounce can of Progresso chicken noodle soup, which I ate with 14 large cut Arnold croutons along with a glass of iced tea. I will now shut down the computer, and I will clean up, and I will go out. CIO

Note: <888> 12/17/03 Wednesday 8:05 A.M.: I added a few more links to [www.geocities.com/mikelscott/nettv.htm](http://www.geocities.com/mikelscott/nettv.htm) . CIO

Note: <888> 12/17/03 Wednesday 7:15 A.M.: For some reason V-tuner 3.0 seems to work on my computer without product activation. I found some more television links that I put in [www.geocities.com/mikelscott/nettv.htm](http://www.geocities.com/mikelscott/nettv.htm) . CIO

Note: <888> 12/17/03 Wednesday 5:35 A.M.: [VOANews.com Celebrations Mark 100th Anniversary of Wright Brothers' First Flight](http://www.voanews.com/celebrations/mark-100th-anniversary-of-wright-brothers-first-flight) . CIO

Note: <888> 12/17/03 Wednesday 5:25 A.M.: If you are having problems with your web browser defaults, this might be handy <http://www.spywareinfo.com/articles/hijacked/> . CIO

Note: <888> 12/17/03 Wednesday 5:00 A.M.: I finished going through my email. CIO

Note: <888> 12/17/03 Wednesday 4:45 A.M.: <http://www.newairplane.com/usa/announcement.htm> . CIO

**Note: <888> 12/17/03 Wednesday 4:45 A.M.: <http://www.optonline.net/Games/OptimumArcade> . CIO**

**Note: <888> 12/17/03 Wednesday 4:35 A.M.: [PC Toys: Build a Weather Station](#) . CIO**

**Note: <888> 12/17/03 Wednesday 4:30 A.M.: [PCMag.com Shareware Library: Freeware and Shareware Downloads](#) . CIO**

**Note: <888> 12/17/03 Wednesday 4:10 A.M.: I went to bed after the last message. I had a telephone call from a relative about 9:30 P.M.. I was up at 3:15 A.M. today. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I received in the mail yesterday InfoWorld and CRN. I will now do some regular computer work. CIO**

**Note: <888> 12/16/03 Tuesday 4:50 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I had the salad with iced tea. I will now put the computer on standby and take a nap. The mouse pads are now clean by the previous mentioned method. CIO**

**Note: <888> 12/16/03 Tuesday 3:40 P.M.: Both my Kensington and my Logitech cordless mice have hard rubber rolling balls, and they are not optical. This means that you have to clean them about every two months. I cleaned both of them. To do this, one removes the hard rubber ball from the inside of the mice by removing the bottom plate by turning it off and removing it. I cleaned the hard rubber ball with a bit of alcohol thoroughly, and then I dry it with a towel. The inside of the mouse housing has three revolving wheels or rotors. I clean the built up layer of dirt with a small knife scraping off the entire surface by rotating each wheel or rotor. I blow out the inside of the housing with my breath or one could use a compressed air can. I then reassemble the mouse ball in the housing with the cover plate. When one uses a mouse, one gets a layer of body oil from one's palm on the mouse pad that accumulates with dirt on the mouse ball, wheels, and rotors. One should probably replace the mouse pad at least every six months, so one has a clean mouse pad too. I guess one could try rubbing the mouse pad lightly with alcohol to remove the palm oil, but since the mouse pad is like a sponge, it would tend to absorb too much alcohol. I will now try cleaning my mouse pads that way. When using alcohol and a paper towel, it is strongly recommended after using the paper towel to wet it with water, so it is not a fire hazard when thrown away. CIO**

**Note: <888> 12/16/03 Tuesday 3:10 P.M.: I generally change my Smoke detector batteries at Christmas time. I had in reserve two Polaroid 9 Volt batteries. I used the folding wooden chair I keep in the bathroom for soaking my feet in Epsom salts in the bathtub with the Rubbermaid dishwashing basin. I use the folding chair which is more stable than the blue bent wood oak chairs, I have for my dining room table. I changed the 9 Volt batteries in my two First Alert Smoke detectors, one of which is in the hallway outside the bedroom door, and the other at the apartment**

entrance. I removed the used CVS 9Volt alkaline batteries, and I installed the new Polaroid 9 Volt alkaline batteries. It is generally a good habit to replaced one's 9 Volt alkaline batteries in Smoke detectors once a year. I also recommend changing one's smoke detectors every five years, since they can build up with dust. If one is not throwing away one's old smoke detectors, one should be sure to remove the batteries when storing them, because as I learned a few months ago, when the battery wears out on an old smoke detector, one gets that beeping warning noise, and one has to remember where one stored it to stop the beeping noise. I noticed the last time I was at Odd Job several weeks ago that they had some detectors, but I do not recall what type they were. CIO

Note: <888> 12/16/03 Tuesday 2:35 P.M.: I had a technical problem. My Kensington wireless mouse would not work, but the utility said the battery was good, so I did a system restore to yesterday, and that still did not fix it. I tried replacing the Power AAA alkaline batteries that came with it with a new pair of Polaroid AAA alkaline batteries, and it still would not work. I tried using a pair of Walgreen's heavy duty AAA batteries, and it still would not work. I took the pair of Panasonic AAA alkaline batteries out of my Dell backup computer Logitech cordless mouse, and I put them in the Kensington wireless mouse, and it worked. I examined the Kensington wireless mouse more closely, and the Power and Panasonic AAA batteries had slightly larger Positive contacts protruding maybe 1/32nd of an inch out further which made contacts. I did not feel like looking for Panasonic batteries, so I took 1/4" by 3/8" pieces of cardboard off a match book, and I used a bobby pin to pry out the circular wire positive contacts out of their recess, and I wedged in the cardboard pieces, so now with the regular size Polaroid AAA batteries, they make contact on the positive pole contacts which is wedged out. With the new Polaroid AAA alkaline batteries, the Kensington wireless mouse is working just fine. I also put in a new Walgreen's heavy duty AAA battery in my pocket key chain flash light, so it works better. When I removed the blue cover off the Logitech cordless mouse, I seemed to have broken the fastening clasp on the removable blue cover. I had two other covers that came with it, so I put the silver Logitech mouse cover on it. I probably should go over to Odd Job some time and buy some Polaroid AAA alkaline batteries to have in reserve. I only have five Walgreen AAA heavy duty batteries in reserve, which are not as long lasting, since they are not alkaline. The computer now seems to be running just fine. CIO

Note: <888> 12/16/03 Tuesday 11:25 A.M.: Here is the information on the Microsoft TS2 conference series [Connect with Microsoft TS2 Conference Series](#) . CIO

Note: <888> 12/16/03 Tuesday 11:15 A.M.: I went through my email. CIO

Note: <888> 12/16/03 Tuesday 10:35 A.M.: I went to bed after the last message. I chatted with two relatives, and I finally fell asleep about 11:30 P.M.. I was up at 6:30 A.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice,

vitamins, supplements, and coffee. I went back to bed until 10 A.M.. I watched some television. I will now do some regular computer work. CIO

Note: <888> 12/15/03 Monday 9:30 P.M.: I chatted with a relative. I will now shut down the computer, and I will watch a bit of television before going to bed. CIO

Note: <888> 12/15/03 Monday 8:50 P.M.: <http://www.lanzarote-webcam.com/live/>. CIO

Note: <888> 12/15/03 Monday 8:15 P.M.: I found this link about Prince William [The Prince of Wales - News & Events - Prince William New Photos 12/15/03](#). CIO

Note: <888> 12/15/03 Monday 7:50 P.M.: I ate a Stouffer's 12.5 ounce Lean Cuisine Chicken Tuscan meal along with a glass of iced tea. CIO

Note: <888> 12/15/03 Monday 7:00 P.M.: I went out after the last message. I went by the Greenwich Hospital Thrift shop. I then drove down by the waterfront. I next drove around town a bit. I then made my 4 P.M. appointment. I next walked the entire length of Greenwich Avenue. The Greenwich Hardware store has an \$80 Black and Decker <http://www.blackanddecker.com/> toaster [Black & Decker Household Products Toaster](#) on the floor by its 70% off rack, so it would be about \$24 and tax, if anyone needs a toaster. It one happens to be around the outlet stores in Kittery, Maine Black and Decker also has an outlet store there. I have seen advertised on television recently the new Black and Decker Electric Jar Opener [Black & Decker Household Products Electric Jar Opener](#) for \$50, which for elderly people or people with arthritis seems to a useful item. I completed my walk. I sat out at various locations. I noticed the Christmas lights on the tree just north of the veterans monument across from the Senior Arts center still do not work. I mentioned last week in my notes that the Ground Fault interrupter on the socket that it is plugged into cuts out, so they do not work even when it is reset. I next went by the Greenwich Library, and I read the Greenwich Times. I then returned home, and I drank some iced tea. CIO

Note: <888> 12/15/03 Monday 1:30 P.M.: I watched a little television, while I was drinking my coffee. When I go up to Bridgeport, Connecticut on Thursday February 5, 2004 for the Microsoft presentation on TS2 from 1 P.M. to 5 P.M., I guess we should be somewhat security conscious, since we do not know our way around that area. A family member use to work for Royal Dutch Shell oil company, so since Shell has an oil terminal in Bridgeport, I guess we could use Shell security which should be adequate. They are pretty professional since they generally protect oil production facilities. Also another relative of a relative was involved in starting the Holiday Inn chain of hotels. I personally never really have any security problems, since most people never seem to notice me, since I am very professional at blending in. However, recently from all the salads, I have had a lot of stomach gas, which can smell when released, so I guess, I should make sure to take some CVS enzyme tablets which are like Beano, before I go up to the presentation, so I do not

cause any problems for the others whom might not be accustomed to the gas one gets from eating salads all the time. I will now shut down the computer, and I will clean up, and I will go out. I have a 4 P.M. appointment this afternoon. CIO

Note: <888> 12/15/03 Monday 12:55 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I had it with a glass of iced tea. I am now about ready to have a 50% Folgers' decaffeinated instant coffee and 50% Folgers' regular instant coffee. CIO

Note: <888> 12/15/03 Monday 11:50 A.M.: I received a Christmas gift from a relative in the mail, and I also received a copy of Baseline magazine. CIO

Note: <888> 12/15/03 Monday 11:30 A.M.: I made up a fresh batch of hummus [www.geocities.com/mikelscott/hummus.htm](http://www.geocities.com/mikelscott/hummus.htm) . This time instead of two 4.25 ounce cans of crushed black California olives, I added one 6.5 ounce dry can of black pitted California olives along with a mixture of the chick pea water and olive oil water. CIO

Note: <888> 12/15/03 Monday 10:50 A.M.: I called Microsoft about the TS2 Conference at 1-877-359-5901, and I made reservations for the TS2 conference at the Holiday Inn in Bridgeport, Connecticut <http://www.holidayinnbridgeport.com/> on Thursday February 5, 2004 from 1 to 5 P.M.. They told me that the free copy of Office System 2003 Professional is the full working version. Well, I guess I will attend if we do not have snow then, so I can get the free copy and find out more about what Microsoft has in their demonstration at their conference. CIO

Note: <888> 12/15/03 Monday 9:55 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 12/15/03 Monday 9:40 A.M.: Barney Cam II Barney Cam II: Barney Reloaded Released Friday . CIO

Note: <888> 12/15/03 Monday 9:30 A.M.: BBC NEWS Africa Europe-Africa rail tunnel agreed . CIO

Note: <888> 12/15/03 Monday 8:35 A.M.: I finished running Norton Speed Disk on the Dell backup computer, and I shut it down. If one needs a lot of hard drive space, I found this [CompUSA.com](http://CompUSA.com) - Product Details: 250GB . The workmen are cleaning the snow off the roof outside my window. CIO

Note: <888> 12/15/03 Monday 8:20 A.M.: I went through my email. CIO

Note: <888> 12/15/03 Monday 8:15 A.M.: I was up at 6:45 A.M.. I watched some television. On the Dell backup computer, I ran Win Doctor, Norton Disk Doctor, and I am now running Norton Speed Disk. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. CIO



**Note: <888> 12/14/03 Sunday 10:50 P.M.: I finished running the updates on the Dell and HP backup computers. I will now shut down the primary computer. I will go to bed soon. CIO**

**Note: <888> 12/14/03 Sunday 9:35 P.M.: I microwaved and ate a Stouffer's 13.25 ounce Chicken Florentine dinner. I had it with iced tea. I chatted with a friend. I am still running the updates on the Dell and HP backup computers. CIO**

**Note: <888> 12/14/03 Sunday 7:50 P.M.: I am doing some upgrades on the Dell backup computer and the HP backup computer. CIO**

**Note: <888> 12/14/03 Sunday 5:25 P.M.: I looked for betas of Windows XP SP2, and I found one at <http://www.techconnect.ws/>, but it does not install. I found another web site that had it installed, and said it is very slow and buggy, and the user had to reformat their hard drive, so I would recommend against trying to find it and install it. However, TechConnect looks like it might have some interesting information. CIO**

**Note: <888> 12/14/03 Sunday 3:20 P.M.: I chatted with a friend. CIO**

**Note: <888> 12/14/03 Sunday 2:10 P.M.: Weather forecast for mid Atlantic states The Old Farmer's Almanac - Long-Range Forecast for U.S. Region 2 . CIO**

**Note: <888> 12/14/03 Sunday 2:05 P.M.: TCPalm: Home & Garden White House Christmas 2003 Story . CIO**

**Note: <888> 12/14/03 Sunday 1:50 P.M.: I ran Ad-aware 6.0, and it removed 17 tracking devices. CIO**

**Note: <888> 12/14/03 Sunday 1:30 P.M.: Yahoo! News - Scientists Warn of Coming Flu Pandemic and for those of you whom missed it Yahoo! News - Martin takes over as Canada's prime minister and Yahoo! News - Paul Martin Becomes Canada Prime Minister . CIO**

**Note: <888> 12/14/03 Sunday 1:20 P.M.: I watched President Bush's speech on television. I ate three Quaker low fat white cheddar flavored corn cakes. I watched a bit more television. CIO**

**Note: <888> 12/14/03 Sunday 12:15 P.M.: I went out after the last message. I stopped by the Exxon gasoline station next to the Greenwich Library, and I bought \$3 of regular unleaded gasoline at \$1.799 a gallon for about 25 miles per gallon. I then 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 CVS, and I bought four six ounce cans of Bumble Bee solid white albacore tuna fish for .99 a can and a 1.5 liter bottle of CVS yellow mouth wash for \$3.89 plus .23 tax for \$8.08 total. I then returned home about 10 A.M. because there was about an inch of snow on the**

ground. There is suppose to be up to six inches of snow, and since it is 21 degrees Fahrenheit presently, I do not think it will turn to rain. I chatted with a relative. I then started to make a cappuccino. However, the Braun cappuccino machine pump is not working. I checked it out a number of times, and it does not work. I took out the older Braun backup cappuccino espresso machine, and I put it on the right side of the blue bookcase at the kitchen entrance where the broken Braun cappuccino machine was. I also put the accessories that go with it on the shelf underneath it. I put the broken Braun cappuccino machine in a plastic bag in the bedroom closet on top of the backup Farberware oven in the bedroom closet. I had a regular cup of coffee. I have been watching the news on television for about the last hour. CIO

Note: <888> 12/14/03 Sunday 7:20 A.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) , which I had with eight 1.5 inch diameter sprigs of broccoli, and for the cheddar cheese portion I used America's Choice extra sharp cheddar, and for the crumbled cheese portion, I used blue cheese. I had the salad with iced tea. I chatted with a friend about 6:30 A.M., and the friend reported to me this story [CNN.com](http://CNN.com) - [U.S. believes Saddam captured - Dec. 14, 2003](http://CNN.com) . The friend told me he would not be coming down to visit today, since it will be starting snow showers about 9 A.M.. I will now shut down the computer, and I will clean up. I will then go out for a while bundled up, before it starts to snow. We are suppose to get six inches of snow. CIO

Note: <888> 12/14/03 Sunday 4:55 A.M.: I went through my email. I sent out an email to a relative who now has their computer working again. I put the ice tea away in the refrigerator. CIO

Note: <888> 12/14/03 Sunday 2:55 A.M.: Before going to bed at noon yesterday, I finished the bag of corn chips eating about five ounces of corn chips. I watched some television. I clipped my toenails and fingernails. I used the CVS Debrox ear wax removal solution to clean my ears with about 20 drops of Debrox, which I leave in each ear one at a time for fifteen minutes keeping my head sideways, so it does not drip out. I then fill the bathroom sink with hot water, and I use the rubber ear syringe ball to wash out my ear with the debrox with hot water about a half dozen times. Big chunks of wax about .25 inch by about .50 inch by about .125 inch came out of each ear. Thus I now should hear a little bit better. About 10 A.M., I chatted with a relative. I watched some television. I went to bed about noon. I was up at 10:30 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed until 2 A.M.. I am in the process of making a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . This time I am using 8 Master Choice orange pekoe tea bags, four Salada green tea bags, three Bigelow orange tea bags, and one each of the five different types of Twinings in the Twinings five pack of different tea bags. We are suppose to have snow showers starting about 10 A.M. this morning. CIO

Note: <888> 12/13/03 Saturday 6:55 A.M.: I cleaned up. I chatted with a friend. I will now shut down the computer, and I will take a nap. CIO

Note: <888> 12/13/03 Saturday 5:05 A.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . For the cheddar cheese portion, I used America's Choice extra sharp cheddar, for the crumbled cheese portion, I used blue cheese, and for the parmesan cheese portion, I used Kraft grated Parmesan cheese, and I also added eight 1.5 inch diameter sprigs of broccoli. I ate the salad with a glass of iced tea. CIO

Note: <888> 12/13/03 Saturday 3:40 A.M.: I listened to <http://www.bbc.co.uk/news/n5ctrl/tvseq/n24.ram> with information about Queen Elizabeth recovering from surgery on her knee and lesions on her face **BBC NEWS UK Queen recovering after operation** . CIO

Note: <888> 12/13/03 Saturday 2:45 A.M.: I was up at 9 P.M. when a friend called. I chatted for a while. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I took the old Coca Cola serving tray off the kitchen floor, and I hung it behind the book light on the top of the center book case in the hallway. It is an item that was in our family from the mid 1950s when we lived down south and Coca Cola was very popular on hot days. I remember, when my mother use to go the hair dresser, I enjoyed as a kid drinking Coca Cola from the Coca Cola soda machine at the hair dressers, and I used to volunteer at the Presbyterian Church in Decatur, Alabama after Sunday School giving away Coca Cola, Nehi Orange soda, and 7UP lemon soda from the cooler when the parents had coffee and tea after church. The young kids did not get to go to church because they would be a bit disruptive. I put a 100 watt light bulb in the brass lamp on the Danish bar, so if one were sitting on the blue sofa or French sitting chair, one would have more light to read. I watered the plants, and I did my house cleaning. I have not vacuumed yet, but I will do that this morning after 9 A.M., when I should not disturb my neighbors. I received a message from Microsoft yesterday on my answering machine, and I have been invited to a Microsoft TS2 Computer security conference from 1 P.M. to 5 P.M. on Tuesday January 6, 2004 at Hasbrouck Heights, New Jersey **Hilton Hasbrouck Heights - New Jersey Hotels and Reservations** . The message said they would be giving away free copies of Microsoft Office 2003 Professional, however I am not sure if it would be the full working version or this 30 day demo **Office Professional Edition 2003 Trial Software** . I am suppose to call back at 877-359-5901. Although at that time of day, I could probably make it through all of that traffic to that location, coming back there would be quite a bit of traffic. Also I have a scheduled medical appointment at that time at the Greenwich Hospital outpatient clinic for the follow up on my cholesterol test, so more than likely I will not be attending. CIO

End of Scott's Notes week of 12/12/03:

Note: <888> 12/12/03 Friday 2:10 P.M.: I chatted with a local from Jamaica today, and I suggested that in Montserrat which is half covered with volcanic ash <http://www.mvo.ms/> that in the safer areas, they should try growing onions. Back in February of 1972, when I used to climb around the volcanic craters in Lanzarote

which were like sand dunes of black volcanic ash, I noticed the local population were growing onions in them. Everywhere one went there were onions growing, so obviously in volcanic ash that is very dry onions seem to grow quite well. Apparently Montserrat is a bit cashed strapped with their tourist industry in decline, so perhaps they could generate some income by planting onions. However, I would not advise trying to plant them in the dangerous areas, but a lot of the ash covered island might be accessible for planting onions. Of course there is more rainfall, and it is warmer in Montserrat than Lanzarote. I used to stay in a friend's apartment in Manhattan in the 1970s and the same friend was a neighbor in Nantucket, and the friend had tropical experience, and apparently his Dutch family resettled after World War II in Tahiti, so more than likely if he ever came back into this area, he would be cold in the winter and probably a bit darkly tan. Still most of the people at the United Nations knew him, and he spoke 12 different languages. Of course living in Tahiti, one tends not to be very attuned to the larger affairs of the larger world as it conveyed to the general public. However, genially families have extended networks of relatives and friends they stay in touch with. Thus more than likely if one ventured to Tahiti that same individual might show up as the local guide if that individual so chose to do so. What most people did not realize is that friend was keeping an eye on his apartment for another individual whom was more private and never bothered to return to New York during the time I kept an eye on the apartment. Since the apartment was well maintained, more than likely the individual paying to maintain it at diplomatic levels intended to return some day, or the individual would not have continued to pay to maintain it in its formal state. However, the last time I checked out the place was in March of 1975, so although I have mentioned it, I do not know how it has evolved. I am a bit tired, so I will now send out my weekly notes. I will then shut down the computer. I will eat two Quaker low fat white cheddar flavored corn cakes with some ice tea before going to bed. CIO

Note: <888> 12/12/03 Friday 1:15 P.M.: I went out after the last message. I went by the Greenwich Hospital Thrift shop. They were quite busy. I browsed the store for quite a while. I bought for \$2 a decorative unused cutting board about 11 inches by 11 inches with a handle from Trimmingham's in Bermuda that originally cost there \$6.95. On the decorative side that one does not cut on, it has a pastel picture of a Bermuda onion, with the recipe for Bermuda Onion Soup. The recipe for Bermuda Onion Soup is:

**3 Medium Bermuda Red Onions Sliced**

**3 TBS. butter**

**3 Cups Consommé**

**3 Cups Water**

**Parmesan Cheese**

**Sauté Bermuda Red onions in butter**

**Add consommé and water**

**Bring to a boil**

**Pour into soup bowls**

**Sprinkle with parmesan cheese**

**Next I went downtown, and I used the bathroom at the senior and arts center. I bought a raffle ticket for a dollar for a handmade quilt. I then went by the Merry Go Round Mews thrift shop. All of their clothing is 50% off. I then walked part way up Greenwich Avenue, and I used the ATM machine at the Greenwich Avenue branch of Putnam Trust Bank of New York. I then returned to the Merry Go Round Mews Thrift Shop, and I agreed to buy a ceramic gold plated tea pot with lid about four cup capacity for \$5 plus .30 tax for \$5.30 total. I then left to get change of a \$20, and I went to Zyn Stationary, and I got change. I then returned to the Merry Go Round Mews Thrift shop, and I bought the teapot. It is very nice, and it is not chipped and not stained either. I told two town employees about the Christmas lights not working at the tree north of the Veterans Monument and in front of the senior center. I then drove down by the waterfront. I just now returned home. I put the new gold teapot on the shelf above the kitchen sink, and I took the old gold and white chipped and stained teapot, and I put it on the left hallway bookcase shelf next to the repaired broken decorative malachite colored goose egg. I hung the decorative Bermuda Onion soup cutting board on the left side kitchen wall adjacent to the left most cabinet. I do not intend to use it, since I consider it a decorative item, and I have a smaller Lucite cutting board underneath the wooden chopping block anyway. I drank some iced tea. A relative sent me a gift subscription to Texas Monthly <http://www.texasmonthly.com/> . CIO**

**Note: <888> 12/12/03 Friday 8:35 A.M.: I relaxed a bit. Since I was up at 9 P.M. last night, I guess I will go out shortly for a little morning activity. Last year at this time, I was able to buy a new World Wildlife Fund calendar at the Greenwich Hospital Thrift Shop for a dollar [www.wwf.org](http://www.wwf.org) . I once played a panda in a second grade Christmas pageant at Walter Jackson School in Decatur, Alabama, and that has been about the limit of my acting career. I was able to memorize two pages of dialogue in the early morning before the pageant. I played the panda with two other panda characters whose names I think I remember. I will now shut down the computer, and I will go out soon. CIO**

**Note: <888> 12/12/03 Friday 7:35 A.M.: More cheap travel [BT Encyclopedia of Travel: Getting There Cheaply Subsection Page 6:07 AM ET Friday, December 12, 2003](#) , but remember once you get there, it usually costs money, and going native frequently is not an option if you do not speak the language and know the customs. CIO**

**Note: <888> 12/12/03 Friday 7:30 A.M.: Cheap travel  
<http://www.freighterworld.com/> . CIO**

**Note: <888> 12/12/03 Friday 7:25 A.M.: I finished going through my email. CIO**

**Note: <888> 12/12/03 Friday 6:50 A.M.: I filled out a form to get Network World Fusion via mail at <https://www.subscribenw.com/subscribe/index.jsp> . CIO**

**Note: <888> 12/12/03 Friday 6:30 A.M.: I signed up for more free business magazines at [www.freebizmag.com](http://www.freebizmag.com) . I found this link in my Microsoft email newsletter Security Developer Center: Windows XP Service Pack 2: A Developer's View (Windows XP Technical Articles) . CIO**

**Note: <888> 12/12/03 Friday 5:40 A.M.: I ate about five ounces of the corn chips along with some iced tea. CIO**

**Note: <888> 12/12/03 Friday 4:55 A.M.: Weather alert for our area follows:**

**Flood Statement National Weather Service Albany Ny 420 AM EST Fri Dec 12 2003**

**.The Flood Warning Continues For The Housatonic River.**

**The Housatonic River At Stevenson Dam Was Near Flood Stage At 10.8 Feet At 3 AM Friday. The Stage Exceeded The Flood Stage Of 11 Feet At 6 PM Thursday. The Stage Will Hover Close To Flood Stage This Morning. It Will Recede Very Slowly This Morning. At 11.5 Feet... Water Begins To Reach The Maples Area Of Shelton.**

**The Still River...A Housatonic Tributary...At Brookfield Was 12.8 Feet At Midnight Friday. Minor Flooding Is Occurring. This Stage Exceeded The Flood Stage Of 12 Feet At 7 PM Thursday. This River Should Fall Below Flood Stage Shortly After Sunrise.**

**Do Not Drive Over Flooded Roads Or Bridges...Stay Tuned To Noaa Weather Radio...The Official Voice Of The National Weather Service... For Later Developments...For More Details Visit Our Web Page At [www.Weather.Gov](http://www.Weather.Gov) .**

**I have noticed recently at the Stop and Shop that Angostura bitters there in the 3.5 ounce bottle is now \$6.49, and the same bottle at the Food Emporium is now \$5.99, so it has almost doubled in price. I might still be able to get the 10 ounce bottle at Val's Liquors for about \$8.49. I have an almost full 10 ounce bottle at the moment. I use it in my ice tea mixture [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . However, at the moment, I still have about a gallon of iced tea made up, so I do not need to make another batch yet. CIO**

**Note: <888> 12/12/03 Friday 4:40 A.M.:** I went out after the last message. I drove downtown, and I walked the entire length of Greenwich Avenue. I sat out at various locations. The wind knocked over a potted evergreen in front of the linen shop just north of the Greenwich Common, so I uprighted the pot, and I put the evergreen and ornamental decoration back in the pot, and it now is back in place. I was not able to put the dirt that fell out of the plastic urn back in place. I also noticed the Christmas lights on the tree just north of the Veterans monument were out. There is a electrical receptacle at the base of the street lamp there, and I tired plugging it in. It has a ground fault interrupter on the receptacle, and although I reset it, it kept kicking out, so the lights would come on briefly and go out again. Usually when a ground fault interrupter does not work properly, it is because the third wire is not grounded. Also I noticed the tree lights in front of the senior center were also off. I drove down by the waterfront. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I next went by the Food Emporium, and I bought fresh tomatoes on a vine for \$1.99 a pound for \$3.96, four cans of Star-Kist solid white albacore tuna fish at .99 a can, fresh little bear brand spinach from Texas for \$1.79 a pound for .90, a 10 ounce box of mushrooms for \$2.29, a eight ounce bar of white America's Choice extra sharp cheddar cheese for \$1.89, a 10 ounce bag of Chipitos white corn tortilla chips restaurant style thins for \$1.99, a head of Foxy broccoli for \$2.50, a Bermuda red onion at .99 a pound for .61 for \$18.10 total. I now have 900 gold points on my Food Emporium card, and I have spent \$59.45 towards a free bag of Contessa 41-60 count of shrimp, but on a low cholesterol diet, one should not eat shrimp. I also should have bought the low fat Snyder corn chips. I then returned home, and I put away my purchases, and I had a glass of iced tea. I ran Norton Antivirus 2004 complete system scan on my computer while I was out. CIO

**Note: <888> 12/12/03 Friday 12:55 A.M.:** I turned the living room thermostat back up to 78 degrees Fahrenheit, since the apartment temperature dropped to 70 degrees Fahrenheit. When one stocks up on canned food items when they are on sale, one has to be sure to rotate one's stock from front to back in the shelves, so the newer items are in back of the shelves, and the older items are up front ready to be used first. In my particular case, my older soups are in the left kitchen cupboard, and the newer soups are in the bookcase pantry at the kitchen entrance. Of course, there are always items that one forgets about. I once had two jars of Romanoff caviar that I received in Christmas baskets, and they were over several years old because I forgot to eat them. I searched a caviar web site once, and it said that jars and tins of caviar only last six months, so if one has any old caviar lying around, one should eat it during the holiday seasons, if it is less than six months old. I will now put the computer on standby, and I will clean up, and then I will go downtown for an early morning walk. CIO

**Note: <888> 12/12/03 Friday 12:20 A.M.:** I put away the laundry. While I was on the dry cycle, I made my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . This time for the cheddar cheese portion, I use America's Choice extra sharp cheddar cheese, and for the crumbled cheese part, I used blue cheese, and I put in eight 1.5

inch diameter sprigs of broccoli. Of course the salad has all of the other usual ingredients. I will now eat it with a glass of iced tea. CIO

Note: <888> 12/11/03 Thursday 11:15 P.M.: I have about 45 minutes on the dry cycle. I threw out the garbage. It is warmer outside about 37 degrees Fahrenheit, and it has dried out from the rain. I reset the ground fault interrupter on the outdoor Christmas lights, so they are now working again. They tend to short out when it is damp. I washed my yellow Gortex wind breaker, and I am now drying it in the shower stall. I lowered the bedroom thermostat to 60 degrees Fahrenheit, and I turned down the living room thermostat to 76 degrees Fahrenheit, so it is now about 74 degrees Fahrenheit in the apartment right now. CIO

Note: <888> 12/11/03 Thursday 10:45 P.M.: I put clean linens on the bed. I have ten minutes on the wash cycle. CIO

Note: <888> 12/11/03 Thursday 10:00 P.M.: I ate about 20 Nabisco Wheatsworth crackers and two Quaker low fat white cheddar cheese flavored corn cakes and a one inch by 1.5 inch by 1.75 inch piece of Vermont extra sharp cheddar cheese before going to bed. My alarm clock did not go off at 1 P.M. this afternoon. I finally woke up at 3 P.M., so I missed my 3 P.M. appointment. I ate breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I watched some television, and about 4:30 P.M. I fell back to sleep until 9 P.M.. I chatted with a friend, and I chatted with a relative. I will now start getting my dirty laundry together to do laundry. CIO

Note: <888> 12/11/03 Thursday 5:00 A.M.: I will now shut down the computer. I will eat a Quaker low fat white cheddar cheese flavored corn cake. I will then go to bed soon. I have a 3 P.M. appointment today. CIO

Note: <888> 12/11/03 Thursday 4:25 A.M.: I am heating a 18 ounce can of Progresso New England clam chowder, which I will eat with a glass of iced tea. CIO

Note: <888> 12/11/03 Thursday 3:50 A.M.: There is a family of hillbillies in the mountains of North Carolina that like making their house festive at Christmas time [www.biltmore.com](http://www.biltmore.com) . CIO

Note: <888> 12/11/03 Thursday 3:50 A.M.: I finished going through my email. CIO

Note: <888> 12/11/03 Thursday 2:35 A.M.: If one were going south for the winter, I found this hotel in Australia <http://www.dukeofwindsorhotel.com.au/> .

Note: <888> 12/11/03 Thursday 1:25 A.M.: I noticed this evening that the Food Emporium carried a complete line of Hartz Mountain [www.hartz.com](http://www.hartz.com) pet products. I use to know someone here in Greenwich that worked for Hartz Mountain. When I was a child in Decatur, Alabama, I use to keep a parakeet, and I



use to feed it Hartz Mountain products. I think their corporate headquarters are near the Meadowlands over in New Jersey. As a child I use to enjoy nibbling on the bird seed that my parakeet ate. I latter learned that one of the ingredients in Hartz Mountain bird seed is hemp seed. I do not know where they acquire all the hemp seed, but one does not have to be Sherlock Holmes to figure out where there is hemp seed, there more than likely is the plant that it grows on. Thus more than likely Hartz Mountain keeps its production areas of hemp seed secret, so that recreation users of the product derived from hemp seed will not seek to profiteer off its inexpensive production. Needless to say it is a common environment product in North America. CIO

Note: <888> 12/11/03 Thursday 1:00 A.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . This time I had it with the usual ingredients and for the cheddar cheese portion I use Vermont extra sharp cheddar cheese and for the crumbled cheese portion I used blue cheese and I also added eight 1.5 inch diameter sprigs of broccoli. I ate the salad with a glass of iced tea. CIO

Note: <888> 12/10/03 Wednesday 11:55 P.M.: I was up at 4 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I checked the mail, and I got a Christmas card from a friend, and I also received information from the Carnegie Council of Ethics and International Affairs <http://www.cceia.org/> . Apparently somebody named Tom Scott started Andrew Carnegie in business after the United States civil war, when Tom Scott was president of the Pennsylvania railroad. Tom Scott also organized the Standard Oil Trust, so the railroads gave Standard Oil preferential treatment in carrying Standard Oil crude. Whether Tom Scott was related to my branch of the Scott family, I do not know, but my paternal grandfather worked on the Illinois Central Railroad for over 50 years. I went back to bed, and I was up at 7:30 P.M.. I cleaned up, and I went out. I went by the Greenwich Library, and I read the Greenwich Times. I then went by CVS, and I bought two CVS white 15 foot extension cords for \$2.99 both and two 7 ounce Nivea for Men shaving mild gel containers for \$1.99 each plus .42 tax for \$7.39 total. I then walked the entire length of Greenwich Avenue. I sat out at various locations. I next drove down by the waterfront. I next went by the Food Emporium, and I bought a half gallon of Tropicana Premium orange juice with calcium for \$2.49 and four six ounce cans of Star-Kist solid white albacore tuna fish for .99 each can for \$6.46 total. I then returned home, and I drank some iced tea. CIO

Note: <888> 12/10/03 Wednesday 7:00 A.M.: I will now shut down the computer. I will go to bed soon. I will eat a Quaker low fat white cheddar flavored corn cake with some iced tea before going to bed. CIO

Note: <888> 12/10/03 Wednesday 6:40 A.M.: I chatted with a friend. The friend told me in this recent snow storm, they had two feet of snow in the Berkshire Mountains. The same friend told me it is suppose to snow again on this Monday. CIO

Note: <888> 12/10/03 Wednesday 5:40 A.M.: I printed out a hard copy of the 36 Christmas Carols on the HP LaserJet IID printer in Courier Bold 12 postscript font, and I saved the file too. I made a cover page for it with the Christmas stationary, and I bound it with a Staples Clip binder. I left it on the end of the blue sofa by the entrance area. I also made a copy of the file in HTML format for web browsing it, of course it does not have page numbering, which could be confusing, if one printed it out. It is at <http://www.geocities.com/mike2scott2003/xmc.htm> , and I also made a Microsoft Word XP Document file in Times Roman 12 font bold, and it is at <http://www.geocities.com/mike2scott2003/xmcms.doc> . One could open that document in one's Microsoft Word word processor and print it out as is, or if one changed the fonts, one would have to adjust the formatting, so each page begins with a song. CIO

Note: <888> 12/10/03 Wednesday 1:50 A.M.: I finished scanning the 36 Christmas songs. I have each in a separate Microsoft Word XP file. I had to proof the formatting on each file. In a little while I will put them all in one long file and print out one copy in Courier 12 Postscript on the HP LaserJet IID printer which should be 38 pages long. I will then save the file in a standard format for uploading to the net. I will also save it in a ASCII DOS text format for uploading to the net in case anyone wanted to print it out from a laser printer like in the Greenwich Library. I could also make web pages out of it, for improved text display for print out, but one would not be able to print out one entire web page of 38 pages length evenly, but only as separate individual linked pages. Of course separate web pages could have better fonts and some sort of design. I could print out the file on my new Minolta laser printer, but I probably have 2,000 pages left on my HP LaserJet IID printer cartridge. At first I will make and eat my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I will also add eight 1.5 inch florets of broccoli, Vermont extra sharp cheddar cheese for the cheddar portion, blue cheese for the crumbled cheese portion along with all of the other usual ingredients. I will have the salad with iced tea. CIO

Note: <888> 12/09/03 Tuesday 10:40 P.M.: I chatted with a relative. I have done 16 pages of scanning of 37 pages. I am listening to Rhapsody Player Radio Classic Lounge music. CIO

Note: <888> 12/09/03 Tuesday 8:00 P.M.: I was up at 4 P.M.. I received my Northeast Utilities electricity bill in the mail. Last month's usage was \$110.09, but I still had a credit of \$33.26, so I owed \$76.83 instead of the usual average of \$95 a month, which I will pay in the future. I went out without eating and cleaning up. I went by the Arnold Bread outlet, and I bought three 5.5 ounce boxes of Arnold larger cut croutons one Garlic and Herbs and two Zesty Italian for .99 a box and a loaf of Arnold Branoloa 12 grain bread for .99 for \$3.96 total. They did not give me my senior discount of 10%, so I must look younger when I do not clean up. I then went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went to CVS, and I picked up a prescription at \$1.50 cost. I then went by Zen Stationary, and I obtained two Western Union money orders at .79 cost each to pay

my Northeast Utilities electricity bill and my Verizon telephone bill. I then went by the Valley Road Post office, and I filled out the money orders, and I mailed my two bills there, and I also mailed a form to the Social Security Administration that I filled out last night. I then returned home, and I drank some iced tea. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I then cleaned up. I will probably not be going out tonight. I have a Christmas song pamphlet, that I want to use Xerox Textbridge to scan into a Microsoft Word XP document. I will print out one copy to have, and I will post the Microsoft Word XP document of the Christmas songs on the internet, so other people can download it and print it out. CIO

Note: <888> 12/09/03 Tuesday 8:10 A.M.: I did some tech reading. I then worked on some OCR work with Text Bridge importing the documents into Microsoft Word XP. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/09/03 Tuesday 5:00 A.M.: I finished going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . Since a lot of the information in the links on my list are posted weekly, I do not actually look at the whole list every day, but once or twice a week, I do try to go through the entire list of links looking for new information in the tech world. I have a number of computer magazines that I have started receiving for free recently, so I will now look at some of them. CIO

Note: <888> 12/09/03 Tuesday 4:30 A.M.: I heated and ate a 19 ounce can of Progresso chicken noodle soup, which I had with a glass of iced tea. Norton Speed Disk on the AMD backup computer quit responding, so I shut it down. It seems to run better now. I am in the process of going through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . CIO

Note: <888> 12/09/03 Tuesday 3:30 A.M.: When I printed out my Christmas card envelopes last Saturday morning, I had each envelope address saved in an individual envelope document, and I cut and pasted each address into Microsoft Word XP program envelope printing applet. This took a bit of time, since one can only print one envelop at a time, and I had to change fonts and text alignment. Just now I took all the envelope addresses, and I put them all in one three page document, and I alphabetized them and made them all the same font, so I now have one document from which to cut and paste the envelope addresses. I also printed out three copies of the list. I put one copy in my top right living room desk drawer with a copy of the Christmas List Microsoft Word file on floppy disk. I left another copy by the Minolta laser printer, and I put the other copy on the right front side of my bedroom desk. CIO

Note: <888> 12/09/03 Tuesday 2:05 A.M.: I finished going through my email. CIO

Note: <888> 12/09/03 Tuesday 1:35 A.M.: I ate a Quaker low fat white cheddar cheese flavored corn cake along with some iced tea. I am in the process of going through my email. CIO

Note: <888> 12/09/03 Tuesday 1:05 A.M.: I filled out some paper work. CIO

Note: <888> 12/09/03 Tuesday 12:35 A.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . This time for the cheddar cheese part, I used Vermont extra sharp cheddar cheese, and for the crumbled cheese part I used blue cheese, and I also added eight 1.5 inch diameter sprigs of broccoli along with all of the other usual ingredients. I had the salad with iced tea. CIO

Note: <888> 12/08/03 Monday 11:25 P.M.: I went out after the last message. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then went by the Exxon gasoline station next to the Greenwich Library, and I bought \$9 of regular unleaded gasoline at \$1.799 a gallon for about 26 miles per gallon mileage. I then went by the Greenwich Library, and I read the Greenwich Time. The Greenwich Time has this article about the new George W. Bush portrait at the Yale Club in Manhattan [Greenwich Time - Portraitist is sitting pretty after painting Bush](#) . I visited the Yale Club two years ago this coming February when the Economic Conference was going on at the Waldorf Astoria in Manhattan, and I had to walk through a lot of security on Park Avenue to get to the Yale Club on Vanderbilt Avenue just west of Grand Central Station near where the Biltmore Hotel use to be. Every year before Christmas the Taft School <http://www.taftschool.org/> which I am an alumnus has a reception for alumni and parents at the Yale Club in Manhattan before Christmas. It is this Wednesday, but as usual although I was invited, I will not be attending since it is too busy and expensive to go into Manhattan. There are plenty of Taft alumni in this area, so one does not need to go into Manhattan to see the same group of people whom one sees everyday anyway. I next walked the entire length of Greenwich Avenue, and I sat out at various locations. I noticed they put Christmas lights on the tree just north of the veterans monument across from the senior center, and they are in the process of putting lights on the trees in front of the senior center. I then drove down by the waterfront. I next went to the Stop and Shop, and I bought four 18.8 ounce cans of Campbell's New England clam chowder for buy one get one free for \$2.79 both, a 42 ounce container of Quaker Old Fashioned oatmeal for \$3.99, a package of Stella blue cheese at \$5.79 a pound for \$3.45, a 16 ounce bottle of Monari balsamic vinegar for \$1.99, a 16 ounce package of S&S baby carrots for \$1.99, a 10 ounce package of S&S fresh spinach \$1.99, and a Bermuda red onion at \$1.29 a pound for .85 for \$19.84 total. I then returned home, and I put away my purchases. I drank some iced tea. CIO

Note: <888> 12/08/03 Monday 7:25 P.M.: I received two crank fax calls this morning. I was up at 11 A.M., and I checked the mail and then went back to bed, and then again at 3 P.M.. I called Northeast Utilities, and they told me that my electricity bill was sent out this past Friday, so I should get it tomorrow. I received two magazines in the mail, CRN and FHM. I finally woke up at 5 P.M., and I went out, and I went over to Smokes for Less in Byram, and I bought two cartons of Seneca Ultra Lights 100s for \$31 each carton for \$62 total. I then returned home, and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins,

supplements, and coffee. I am still running Norton Speed Disk on the AMD backup computer in the bedroom. It takes over a day, since I have the 74,000 Favorites on them, and it is only running at 366 MHz with 256 megs of memory for the 8 gigabyte C: drive. Once they are optimized the AMD backup computer will run faster. I will now shut down the computer again, and I will go out after I clean up. CIO

Note: <888> 12/08/03 Monday 8:30 A.M.: I turned off Parental Controls in Guest Logon, since the Windows XP system settings should prevent system changes in Guest Logon. I ran Ad-Aware 6.0, and it removed 22 tracking devices. I just had a telephone call that was not a crank fax call, but no one answered when I picked up the telephone. I dialed \*69, so I have the telephone number. I did a reverse number lookup on the telephone call at [www.anywho.com](http://www.anywho.com), and it was from somebody that lives over near the Greenwich High School, so more than likely, since I do not know anyone in that area, it was a misdialled number. However, the last name of the calling party is the same as my father's first wife's current last name, so maybe it was a distant relative that lives around here that I did not know about. Using \*69 costs .75, and it does not work on crank fax calls. I will now shut down the computer again, and I will try to get to bed. CIO

Note: <888> 12/08/03 Monday 7:00 A.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/08/03 Monday 6:55 A.M.: In the microwave proof plastic pot and cover that I keep on top of the General Electric microwave oven, I microwaved a 18.8 ounce can of Campbell's New England Clam Chowder, which I ate with some iced tea. I ran a security check on my computer with this link <http://security.symantec.com/>. CIO

Note: <888> 12/08/03 Monday 6:15 A.M.: I finally have my computer system back in order. Basically what the problem was, is that some how, someone had either hacked into my computer or gained access to it in my apartment, and enabled password protection on Norton Internet Security 2004 with its features disabled. There was no way, I knew to disable this password protected feature, so I did a System Restore to this past Thursday, which I did the System Backup before doing the Computer backup. When I rebooted the Norton Internet Security 2004 was working just fine with its features, and password protection was eliminated. However, before doing that I had uninstalled Norton System Works 2003, and I had not been able to uninstall Norton Internet Security 2004. I then uninstalled Norton System Works 2003 again and rebooted and then I uninstalled Norton Internet Security 2004 and I then did a Safe boot, and I deleted the "C:\Program Files\Common Files\Symantec Shared\" folder and the "C:\Program Files\Symantec" folder and the "C:\Program Files\Symantec Systemworks\" folders, and I rebooted. I then reinstalled Norton Internet Security 2004 without any problems. I ran the updates and rebooted. I have four User Accounts on my computer which are Michael Scott, Administrator, ASP.net and Guest. Michael Scott is my primary Windows XP logon account, and the Administrator Account

only comes up in Safe Mode. I made the Administrator, Guest, and ASP.net restricted to "Teenage Use", while Michael Scott is actually the primary supervisor account. I also enable password protection, so the other three teenage sub accounts can not access the settings, which might have been how it was accessed originally, when Administrator had Supervisor privileges. Thus it is secure. One can reset the password in Add Remove programs for Internet Security 2004, but one would have to have access to the primary Logon to do that. I reinstalled MSN 6.1 and [www.efax.com](http://www.efax.com) . When I went to install Norton Systems Works 2003, it would not install probably because the System Restore had restored the registry settings. I ran Norton Win Doctor from the CD, and it fixed 150 registry entries many to do with the Norton programs. I uninstalled and reinstalled "symkbfix.exe" Norton Internet Security, Norton AntiSpam, or Norton Personal Firewall prompts to activate whenever the computer restarts . After rebooting, I installed all the Norton System Works 2003 programs except for Norton AntiVirus 2003 from the sub folders on the CD without the interface. I then rebooted. I then reorganized my start menu icons into the sub folders, so it is neater. This all took some time, but the computer is pretty much back where it was when I did the backup last Thursday. I am not sure what caused the problem, but with Norton Internet Security 2004 now password protected, hopefully the problem will not occur again. I also had to clean up the Spam in Outlook Express that got through when Norton Anti Spam 2004 was not working. CIO

Note: <888> 12/08/03 Monday 1:55 A.M.: I just noticed that Norton Internet Security 2004 is not working on my machine along with all of its programs. I can not figured out what caused the problem. When I try to enable it, it says I do not have administrative privileges. Whatever the case it worked fine when I went to bed this past morning. It is most odd. I wonder if it is a hacker or someone whom has gained access to my computer in my apartment. I will try to get it going, and if not I will have to reinstall it. CIO

Note: <888> 12/08/03 Monday 1:40 A.M.: I ate a Quaker low fat white cheddar cheese flavored corn cake along with some iced tea. CIO

Note: <888> 12/08/03 Monday 1:25 A.M.: I went out after the last message. I went downtown, and I walked the entire length of Greenwich Avenue. The roads are pretty much cleared as are the sidewalks. I used my car snow brush, and I cleaned off the snow from off the bench on the north side of the veterans monument across from the senior center, and I also cleaned off the benches in front of the senior center. I sat out at a couple of locations. I drove around the train station area and down by the waterfront. I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove over to CVS at the Riverside Shopping Plaza. The CVS at the Riverside Shopping Plaza and Walgreen's nearby are both open 24 hours a day. At CVS I had a \$4 off bonus bucks coupon. I bought three 35 ounce bottles of Lysol Island Breeze cleaner for \$3.79 each bottle, two 20 ounce bottles of European Mystique shampoo and conditioner for \$1.79 both, a 33 ounce spray bottle of CVS glass cleaner for \$2.49, a 3.12 ounce can of Kiwi saddle soap for \$4.49

plus .97 tax for \$21.11 total less the \$4 off CVS coupon for \$17.11 final total. I then returned home. I drank some iced tea. I keep my saddle soap underneath the kitchen sink. I put away the other purchases. I am running Norton Speed Disk on the AMD backup computer in the bedroom which takes quite a while. To get it going, I had to shut down all the startup programs using CTRL - ALT and shutting down each one separately. Norton Disk Doctor and Norton Speed Disk will not work if a program is doing disk writes. One can not shut down Explorer or one other program either, since they are needed for the desktop. This is on a Windows ME machine. CIO

Note: <888> 12/07/03 Sunday 10:10 P.M.: I ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) , which I had with a glass of iced tea. In honor of Pearl Harbor Day, one can look at this web site [U S S Arizona Memorial \(National Park Service\)](http://www.nps.gov/azmemorial/) , it says that there were 2,390 casualties on that day on December 7, 1941. I do not think the list that I posted has that many names. However, I originally found the list posted at MIT [www.mit.edu](http://www.mit.edu) , and it said it was from the National Park Service. I will now put the computer on standby, and I will clean up, and I will go out for some cool night air. CIO

Note: <888> 12/07/03 Sunday 9:00 P.M.: I chatted with a relative. CIO

Note: <888> 12/07/03 Sunday 8:15 P.M.: I was awoken at noon, when I heard workers shoveling off the flat roof outside my windows. They have to do that whenever there is a lot of snow. I went back to bed until 3 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I watched some television, and I went back to bed. I woke up finally at 6 P.M.. I checked the mail, and it did come today, since yesterday it was cancelled because of the snow. I am in the process of running updates and utilities on the four backup computers. CIO

Note: <888> 12/07/03 Sunday 3:30 A.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/07/03 Sunday 3:10 A.M.: [American Red Cross Disaster Services](#) and [American Red Cross Winter Storm Tips](#) . I enjoyed the chicken pot pie. CIO

Note: <888> 12/07/03 Sunday 2:40 A.M.: I am microwaving a Maria Callender 16 ounce chicken pot pie, which I will eat with a glass of iced tea. I did some regular computer work. CIO

Note: <888> 12/07/03 Sunday 1:30 A.M.: I went out after the last message. My Hyundai has a five speed stick shift. On packed snow which the conditions are currently, I drive in second gear at about 10 to 15 miles per hour making sure the car keeps traction on the snow packed roads. Since the Hyundai Accent L hatchback has front wheel drive with the engine over the front wheels and with Michelin all weather mud and snow radial tires, it had sufficient traction to make

the journey downtown safely. Of course one has to watch out for the other person too. I walked the entire length of Greenwich Avenue. I wore my Italian made fleece lined leather Alpine boots with the waffle grid Vibram soles, which have sufficient traction for walking on slippery packed snow. I did not sit out at any locations, since the benches were covered with snow. The sidewalks are covered in packed snow, so one has to be careful. However, the work crews and the plows are out working on the situation. However, since it is a Sunday morning, I am not sure how many people will be available to work on cleaning up the remains the snow storm. It might take until Monday morning when the work crews are available. Today is the anniversary of Pearl Harbor, so I posted this page, which I use to post [Pearl Harbor Memorial Page](#) . CIO

Note: <888> 12/06/03 Saturday 11:30 P.M.: Well, this is as far south as one can go in the Continental United States of America [www.liveduvalstreet.com](http://www.liveduvalstreet.com) . They will be cold if they venture up north this time of year. Well, the blizzard watch is over, but the bulletin says we might get an inch or two of snow by 7 A.M. this morning. It is presently 59 degrees Fahrenheit down in Key West [Weather Underground: Key West, Florida Forecast](#) . Well, I guess since it only 21 degrees Fahrenheit here, I will bundle up and go out and explore the Great Outdoors. CIO

Note: <888> 12/06/03 Saturday 11:25 P.M.: Well, it is the winter of our discontent. CIO

Note: <888> 12/06/03 Saturday 10:30 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I had the salad with iced tea. I am making a cappuccino, which I will drink next. CIO

Note: <888> 12/06/03 Saturday 9:25 P.M.: I made up a fresh batch of homemade hummus [www.geocities.com/mikelscott/hummus.htm](http://www.geocities.com/mikelscott/hummus.htm) . I was reminded by somebody that I chatted with at Circuitcity in Norwalk who was from Hong Kong on this past Tuesday that the older Asian people are probably superstitious. I mentioned the Chinese symbol in the middle of my new pale blue oriental carpet runner in the hallway, and I said it probably meant "Good Health" and the fellow from Hong Kong said it probably meant "Good Luck". While at CircuitCity, I also chatted with someone from Korea. CIO

Note: <888> 12/06/03 Saturday 8:55 P.M.: I moved the Rubbermaid laundry storage hamper that I had at the hallway entrance by the right side of the day bed to in front of the open bedroom door at the bedroom entrance, and from that location I put the brass hat rack and coat stand at the right side of the day bed by the hallway entrance. I put my hat on it, and I put the long winter rainforest down filled coat hanging on it. Thus I have my heavier winter gear ready for use. CIO

Note: <888> 12/06/03 Saturday 8:40 P.M.: I chatted with a friend. I checked outside, and traffic seems to be moving on U.S. 1 West Putnam Avenue, and it looks clear. It does not seem to be snowing out anymore. However, since it is 20 degrees



Fahrenheit outside, I would imagine it is icy and slippery on the roads. Right now they are plowing the drive in front of my building. I guess, I could go out now, but since it is cold, and I do not really have any place to go, I will remain warm and comfortable at home. I put my burgundy terry cloth bathrobe on to stay a little bit warmer. I currently have the living room thermostat set at 78 degrees Fahrenheit, and I have one of the DeLonghi oil filled electric radiators set at medium on number 4 of 1 to 6. I have the bedroom thermostat set at 66 degrees Fahrenheit. When I go to bed, I turn down the living room thermostat to 76 degrees Fahrenheit, and I turn off the DeLonghi heater. I do not turn on the bathroom heater, since it uses too much electricity for the heat that one gets, but I leave the door open, so it stays warm. I also have the Lasko box fan on the window shelf in the living room on low speed blowing the heat from the apartment electric wall radiators around the apartment instead of letting it rise into the false ceiling. It is about 72 degrees in the apartment right now, and I am comfortable. CIO

Note: <888> 12/06/03 Saturday 8:00 P.M.: I found out from a relative last night that they will not be sending me their broken Dell computer to try to fix, when they get their new replacement Dell under their warranty, since Dell wants the broken one back. CIO

Note: <888> 12/06/03 Saturday 7:50 P.M.: On top of the primary computer monitor to the left side of the computer camera is the base unit for the wireless remote control mouse. On its right side, is a switch to turn it off, which I did, since I do not presently use it too much. CIO

Note: <888> 12/06/03 Saturday 7:45 P.M.: I went through my email. I checked out the free demo of [www.efax.com](http://www.efax.com), but to use it, one has to pay for it, but it does look useful. CIO

Note: <888> 12/06/03 Saturday 7:10 P.M.: I watched the NBC national news on channel 4. CIO

Note: <888> 12/06/03 Saturday 6:25 P.M.: I was up at 4:30 P.M.. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I cleaned up. I checked outside, and it looks like we have only had about three more inches of snow since this morning, so there has been about seven inches of snow so far in this double storm. I watched a bit of the weather channel. It is currently 21 degrees Fahrenheit outside right now. I will continue to stay inside until I wake up tomorrow, since later tonight once the storm clears, it will still be slippery on the roads. CIO

Note: <888> 12/06/03 Saturday 8:40 A.M.: I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/06/03 Saturday 8:00 A.M.: I am in the process of going through my email. I found this information [Norton Internet Security 2004 - Software - ZDNet](#)

**Reviews** . I chatted with a friend. I ate two bowls of low fat corn chips, and I finished off the bag. I also had some iced tea. The weather forecast is for blizzard snow conditions with 10 to 14 inches of snow from 10 A.M. to 10 P.M. today with winds up to 40 miles per hour. CIO

Note: <888> 12/06/03 Saturday 5:45 A.M.: This is the link to my 2003 Christmas Letter Michael Louis Scott's 2003 Christmas Letter . CIO

Note: <888> 12/06/03 Saturday 5:30 A.M.: I signed the Christmas letters and the Christmas cards. I stuffed the envelopes with the cards and letters. I sealed the envelopes. I stamped the envelopes. I had to put two .37 stamps on each envelope, since each one was slightly over an ounce. I had two International addresses, which each needed a \$1.60 postage, which I did not have enough stamps for. Since at the moment it is not snowing, I dressed up warmly including my alpine boots and parka. I threw the garbage out in the trash. I cleaned off up to a 10 inches of drifting snow off my Hyundai. I did not turn the heater or the temperature up on the heater, when I started the car, so when I drove the short trip of about a quarter mile to the Valley Road Post office, the car would not heat up, which when it gets more snow on it later today would cause ice to form. There was only about four inches of snow out, and the roads were plowed, but they are very slippery. I bought fourteen .37 stamps for \$5.18 from the Valley Road Post Office vending machine. I put five .37 stamps for \$1.85 total on each of the two international letters. I had the Greenwich and out of town envelopes sorted separately with rubber bands on them. I mailed all 23 envelopes in the Valley Road Post Office lobby mail box. I then returned home, and I had a glass of iced tea. CIO

Note: <888> 12/06/03 Saturday 3:15 A.M.: I printed out copies of the Christmas letter on the Christmas stationary I got from Staples. I printed out the Christmas card envelopes with the addresses of the recipients. I still have to sign the Christmas cards and Christmas letters. I also have to stuff the envelopes and seal and stamp them. I will not be mailing them, until the current winter snow storm is over and the roads are passable in a day or so. I put the fresh batch of ice tea [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) in the refrigerator. CIO

Note: <888> 12/06/03 Saturday 1:05 A.M.: I chatting with a relative. I am writing my annual Christmas letter, and then I will work on my Christmas cards. CIO

End of Scott's Notes week of 12/05/03:

Note: <888> 12/05/03 Friday 11:50 P.M.: I showered and cleaned up. I am making a batch of [www.geocities.com/mikelscott/icetea.htm](http://www.geocities.com/mikelscott/icetea.htm) . I will now send out my weekly notes. CIO

Note: <888> 12/05/03 Friday 10:40 P.M.: I looked out the back stairway window, and the conditions seem pretty much the same as at 8 P.M.. I took a Pyrex pie baking dish, and I added a couple of tablespoons of olive oil. I then rubbed in the

olive oil a double thick boneless center cut pork chop which I placed in the Pyrex baking dish. I added a couple of tablespoons of La Choy low sodium soy sauce and a fifth of a cup of Rene Junot white wine. I then seasoned the top of the chop with Old Bay Seasoning, garlic powder, celery salt, ground black pepper, chicken and meat seasoning, Italian seasoning, basil, and oregano. I then spread across the top of the chop three minced cloves of garlic. I then spread over the top of the chop Texas Best Mesquite barbeque sauce. I am baking it in the Farberware convection oven at 325 degrees Fahrenheit for 30 minutes. I will eat the chop with its juices and reheated steamed white rice and steamed fresh broccoli and steamed fresh cut asparagus with olive oil, and I will have it all with a glass of iced tea. CIO

Note: <888> 12/05/03 Friday 10:15 P.M.: Yesterday, when I went out in the morning, I mailed the Symantec \$30 upgrade rebate on Internet Security 2004 at the Valley Road post office. Today, I did not receive my Northeast Utilities bill, but I did receive my Verizon bill. I will probably receive my Northeast Utilities bill on Monday, since more than likely we will not have mail delivery on Saturday with the blizzard. Today, I did receive my free subscription to Business Week magazine [www.businessweek.com](http://www.businessweek.com) which I get from <http://www.freebizmag.com/> . CIO

Note: <888> 12/05/03 Friday 10:05 P.M.: I chatted with two relatives and a friend. CIO

Note: <888> 12/05/03 Friday 8:10 P.M.: I was up at 1 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed until 5 P.M., and I got up. I ate a Quaker low fat white cheddar flavored corn cake with some iced tea. I just finished house cleaning and watering my plants. I moved the lexan soap dish from the left back side of the kitchen sink to the right rear side of the bath tub area, so the soap will now get too wet when I shower, therefore it will last longer. After I vacuumed, I also fluffed up the baby blue oriental hallway runner with a broom, so it is a bit more fluffy. I just checked outside, and we have about three inches of snow, and for now the snow has let up. From the back stairway window, I can see the regular amount of traffic still moving on U.S. 1, and it seems to be making it up the hill all right. However, the forecast calls for continued snow into Saturday night:

**WINTER STORM WARNING THROUGH EARLY SATURDAY**  
Urgent - Winter Weather Message National Weather Service Upton NY 450 PM  
EST Fri Dec 5 2003

0500- Bergen NJ-Bronx NY-Eastern Passaic NJ-Essex NJ-Hudson NJ- Kings  
(Brooklyn) NY-Nassau NY-New York (Manhattan) NY-Queens NY- Richmond  
(Staten Is.) NY-Southern Fairfield CT-Southern New Haven CT- Southern  
Westchester NY-Union NJ-

...Winter Storm Warning Through Early Saturday... ...Blizzard Warning Early  
Saturday Through Saturday Evening...

**Snow Will Continue Overnight And Additional Accumulations Of A Few Inches Are Expected. Snow Will Persist Through Saturday And Northeast Winds Will Pick Up In Speed. The Combination Of Strong Gusty Northeasterly Winds Of 25 To 30 Mph...With Gusts Close To 40 Mph...And The Snow Could Result In Blizzard Conditions Through The Day. Visibilities Will Be One Quarter Mile Or Less In Snow And Blowing Snow At Times During This Time Frame.**

**The Snow Will Taper Off Saturday Night...So Blizzard Conditions Are Not Expected To Continue As The Night Progresses. Snow Will Gradually Taper Off Late Saturday Night And Snow Accumulations Of 10 To 15 Inches Are Expected. A Blizzard Warning Is Issued When Sustained Wind Speeds Or Frequent Gusts Of Over 35 Mph Are Expected With Considerable Falling And Or Blowing And Drifting Snow. Visibilities Will Become Poor...With Whiteout Conditions At Times. Those Venturing Outdoors May Become Lost Or Disoriented...So Persons In The Warning Area Are Advised To Stay Indoors.**

**Any Travel Is Strongly Discouraged.**

**Also this link has another forecast for the area [Weather Hazards for Southern Fairfield, CT](http://www.erh.noaa.gov/er/okx/) from <http://www.erh.noaa.gov/er/okx/> . CIO**

**Note: <888> 12/05/03 Friday 1:20 A.M.: I did some regular computer work. Remember, it is suppose to start snowing this Friday evening through Saturday night here in the Northeastern United States of America, so be prepared for cabin fever. Snow storms can occasionally be bad in this area. About 1990, about two years after I moved into my current residence, we had a four and a half foot snow storm, which was the result of the worldwide cooling activity after Mount Pinatubo in the Philippines erupted. I keep a coal shovel on the right side of my left living room closet, so I can use it in case I have to shovel snow from around my car. Once in December of 1978, on my first return trip across country from California, I drove through a two day blizzard going from west to east through the Rocky Mountains on Route 70 from Salt Lake City to Denver. Snow for the year round residents of this area is something that is built into psyches. Basically, it is never too bad here in Greenwich, since we live near the ocean, and the temperatures can be warmer. However, with a current temperature outside of 22 degrees Fahrenheit, more than likely we will get snow when the two weather fronts converge. I have year round Michelin mud and snow radial tires on my Hyundai with front wheel drive, so once the roads are plowed, I usually do not have trouble getting around, particularly since the entrance to our street is right off U.S. 1, which is continually plowed all the time, and tends to stay clear even in snowy weather. However, from experience once the white powdery snow flakes start coming down, it tends to bring all activity to a stand still, and the snow quiets the area, and one gets the sense of the Big Chill setting in. Basically if one is prepared it can be calming and relaxing. More than likely the general population will not be moving about much on this Saturday. Of course quite a few people have four wheel drive vehicles in this area, so there are**

always a few people out and about. Well, stay warm. I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/05/03 Friday 12:55 A.M.: I stumbled across this article about Dutch doings [Telegraph Travel Amsterdam: Hooked on Holland](#) . CIO

Note: <888> 12/04/03 Thursday 11:55 P.M.: I went through my email. While doing the system maintenance, I ate two bowls of low fat corn chips. I will now have another bowl with some iced tea. CIO

Note: <888> 12/04/03 Thursday 11:40 P.M.: I chatted with a friend. On the primary computer, I ran Ad-aware 6.0, Spybot, Disk Cleanup from the C: drive, Norton Fast and Safe Cleanup, Norton Win Doctor, Norton Disk Doctor. I then did a seven part C: drive to D: drive backup. I then ran Norton SpeedDisk on the C: drive. On the Dell backup computer, I installed Rhapsody, and I installed some updates. CIO

Note: <888> 12/04/03 Thursday 8:20 P.M.: I will now do a C: drive to D: drive backup and run the other maintenance utilities. CIO

Note: <888> 12/04/03 Thursday 8:10 P.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I used a can of flaked solid white albacore tuna fish in it along with crumbled blue cheese and the other usual ingredients. I had the salad with iced tea. CIO

Note: <888> 12/04/03 Thursday 7:10 P.M.: Weather Bug on my computer came up with an alert for a heavy winter snow storm warning for this area from Friday evening into Saturday night, so one should make sure they are prepared for snow. I still have not received my Northeast Utilities and Verizon bills, but if I receive them in the mail tomorrow, I will pay them tomorrow. CIO

Note: <888> 12/04/03 Thursday 6:50 P.M.: I was up at 11 A.M. this morning. I cleaned up, and I went to the Greenwich Hospital laboratory to have my blood drawn for my cholesterol test. I then returned home, and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I then went out again, and I went by Putnam Trust Bank of New York on Mason Street. I then went downtown to the central Greenwich Post Office, and I obtained two money orders at .90 cost each to pay my Cablevision and my Optimum Online bills, which I mailed. I then made my 3 P.M. appointment. I next went by the Greenwich Hospital Thrift shop, and I bought a Belkin SurgeMaster power strip for \$3. I then went downtown, and I walked the entire length of Greenwich Avenue, and I sat out at various locations. I then went by the Greenwich Library, and I read the Greenwich Times. I then went by the Stop and Shop, and I bought two 16.5 ounce Maria Callendar chicken pot pies for \$1.99 each, three half gallons of Tropicana Premium orange juice with calcium for \$5 all, a box of 10 quart packages of S&S dried milk for \$6.99, two 100 bag packages of Salada orange pekoe tea for

\$1.99 a box, a package of Quaker low fat white cheddar cheese flavored corn cakes for \$2.19, two 10 ounce bars of Sargento Vermont extra sharp cheddar cheese for \$2 each, three cans of 6.5 ounce dry of California medium black pitted olives for .99 each, and a 10 ounce bottle of Lea and Perrins Worcestershire sauce for \$2.79 for \$31.90 total. I then returned home, and I put away my purchases. From the left side behind my primary computer, I unplugged from the three way adaptor plugged into the IBM ground fault interrupt plate and the two power cords that lead to my primary computer desktop control panels. I then removed the three way splitter. I then plugged into the IBM wall out plate surge suppressor the Belkin SurgeMaster power control strip, and I laid it on the left side of the primary computer setup on the computer drawer on top of the coffee table. I plugged in the two cables to it that lead to my Desktop Power Control Center, and I turned it on. I now have triple surge protection on my primary computer setup. The Belkin SurgeMaster power control strip also has four vacant plugs available for use near the primary computer. I will now vacuum again the hallway oriental throw rug that I cleaned three days ago, which should fluff it up a bit, now that it should be dry. CIO

Note: <888> 12/04/03 Thursday 3:40 A.M.: I went through [www.geocities.com/mikelscott/scotwork.htm](http://www.geocities.com/mikelscott/scotwork.htm) . I noticed this news story [VOANews.com](http://VOANews.com) [George W. Bush and King Abdullah of Jordan to meet Thursday, December 4, 2003](http://VOANews.com) . I will now shut down the computer, and I will go to bed soon. CIO

Note: <888> 12/04/03 Thursday 2:30 A.M.: I went through my email. CIO

Note: <888> 12/04/03 Thursday 2:00 A.M.: I prepared the \$30 upgrade rebate information for the Symantec Norton Internet Security 2004 program to have ready to mail. I made two copies of the information that I have on the right front of my bedroom desk. I enclosed the title page of Norton Firewall 2003 for upgrade proof. I will not mail it now, since it is 16 degrees Fahrenheit outside right now. I have a 3 P.M. appointment today. Before the appointment, I will go by the Greenwich Hospital laboratory to have my blood drawn again for my cholesterol test. Thus I can not eat again until after the test. I have not received all of my bills yet, so I can not pay them. I might try to get up earlier today, so I can pay the bills if they arrive today. I might do that before I have my blood drawn. CIO

Note: <888> 12/04/03 Thursday 1:00 A.M.: Microsoft's new blog web site <http://www.thespoke.net/> is open for all to use. CIO

Note: <888> 12/04/03 Thursday 12:35 A.M.: I ran Ad-aware 6.0, and it removed 14 tracking devices. CIO

Note: <888> 12/04/03 Thursday 12:25 A.M.: Last weekend, when I had the problems installing Norton Internet Security 2004 Professional, I tried fixing the problem by doing a restore with "System Restore", and "System Restore" would not work. I just used "System Restore" to backup my computer, and I then used

**"System Restore" to the restore the backup, and it all worked faultlessly. I had read in tech notes on the internet that was another problem, so the installation procedure that I followed for Norton Internet Security 2004 also fixed that problem. CIO**

**Note: <888> 12/04/03 Thursday 12:10 A.M.: I put away the laundry. CIO**

**Note: <888> 12/03/03 Wednesday 11:40 P.M.: I chatted with a relative. I had dinner of steamed white rice and steamed fresh cut asparagus and steamed broccoli crowns with olive oil. For the entree, I took a double thick boneless center cut pork chop, and I added four tablespoons of olive oil to a sauté pan along with three cloves of minced garlic. I heated the oil and garlic over medium high heat, and once it began to simmer, I sautéed the chop seasoning it both sides with garlic powder, Old Bay Seasoning, ground black pepper, celery salt, poultry and meat seasoning, oregano, basil, and Italian spices. I sautéed it turning it about every minute for three minutes on each side until about half cooked. I then added a quarter of a cup of Rene Junot white wine and about five tablespoons of La Choy low sodium soy sauce, and once it came to a boil, I reduced the heat to medium, and then I simmered it with a lid on the pan for about three minutes a side turning it about every 1.5 minutes. I had the boneless double thick center cut pork chop with the remaining juices on it and steamed rice and vegetables along with a glass of iced tea. I will now go downstairs and fold my laundry. CIO**

**Note: <888> 12/03/03 Wednesday 10:45 P.M.: I just started dry cycle on my laundry. I put \$20 on the MacGray laundry card, so I now have \$25.45 left on it. CIO**

**Note: <888> 12/03/03 Wednesday 10:30 P.M.: I chatted with a relative. I started two loads of laundry, and I have ten minutes on the wash cycle to go. I put clean linens on the bed. CIO**

**Note: <888> 12/03/03 Wednesday 9:35 P.M.: I have Norton Internet Security 2004 installed and running just fine. I ran into the same problem, I had last weekend, which I knew how to fix. I basically uninstalled Norton Internet Security 2004 Professional selecting the option to save my settings in case I reinstalled, and I rebooted. I then tried to install Norton Internet Security 2004, and part way through the installation I got the Error Message "System Error message 'Privacy Control Feature: DRM\_IntegratorCategoryHook' ", which prompted me to cancel the installation. This is the same problem I had last weekend. I went through the same procedure, I figured out. I basically cancelled the installation. I then rebooted. I then uninstalled Norton System Works 2003. I then rebooted. I then deleted in the "C:\Program Files" directory all the Symantec directories for the Symantec Programs that I had uninstalled, which depends on how many one uninstalls. I then rebooted into "Safe Mode" by pressing F8 at reboot in Windows XP. I then deleted the "C:\Program Files\Common Files\Symanted Shared" folder, which in safe mode is not Windows XP protected. I then rebooted normally. I then**

installed Norton Internet Security 2004 without any problems, and it worked just fine. I rebooted, and I activated it and registered it online and configured it. I ran the Updates, and I rebooted. I then downloaded an installed this fix Norton Internet Security, Norton AntiSpam, or Norton Personal Firewall prompts to activate whenever the computer restarts "symkbfix.exe". On my particular machine it was already installed, so it would not install again, so to be safe, I used the option to uninstall it, and then I rebooted. I then installed it again, and I rebooted. I then did a complete install of Norton System Works 2003, except for Norton AntiVirus 2003, which is included in it, which I did not need with Norton AntiVirus 2004 having been installed by Norton Internet Security 2004. I then rebooted. I then registered it, and I ran the updates. I then rebooted. I then ran Norton Win Doctor, and it fixed five problems in the system. However, it could not fix one problem related to Symantec, which it could not find the file "C:\Windows\System32\Symstore.dll for a Symantec program" on my system. I restored it from my backup that I keep on the D: drive and that problem was eliminated. I then ran Norton Win Doctor again, and there were no problems. I then rebooted, and I opened my Microsoft Outlook Express Email program, and Norton Anti Spam 2004 which is included in Norton Internet Security 2004 deleted about 75% of my incoming email as Spam. The installation of Norton Internet Security 2004 had saved my spam settings from the two earlier installation of Norton Anti Spam, one from the demo download and one from Norton Internet Security 2004 Professional. I sent myself a couple of test emails to make sure the email program was working, and it is working just fine. With the Norton Internet Security 2004 Firewall, one has to disable the Window XP firewall, which I had already done. On the Parental Controls settings, I am not running them on my primary logon, but I have Parental Control set for "Teenager" for the Guest Logon. I basically think it is a most excellent program despite the hassles in installing it, which is why I chose to buy it despite the fact that I already owned Norton System Works 2003 and Norton Firewall 2003 which worked just fine. For the \$30 cost after I receive the \$30 rebate, is what Norton Anti Spam 2004 at a cost of \$40 less \$10 rebate for total cost of \$30 would cost. Plus I have the latest Norton Updates and Norton AntiVirus 2004 and Norton Firewall protection from Norton Internet Security 2004. Thus I would recommend buying it, if one had the technological capabilities to deal with the installation problems. Of course if one were not upgrading or if one did not already have Norton programs on one's machine or if one had not uninstalled it, one might not have the installation problems that I figured out how to work around. Well, in the computer tech field, it is all in a days work, which is why many people do not like changing their systems.

CIO

Note: <888> 12/03/03 Wednesday 7:00 P.M.: I went out, and I went by the ATM machine at Putnam Trust Bank of New York on Mason Street. I then drove up to CompUSA in Norwalk. I figured the copy of Symantec Norton Internet Security 2004 Professional on my machine that I returned to Staples in Old Greenwich that I was finally able to install this past Sunday would expire with product activation, since I did not own it. At CompUSA, I bought Norton Internet Security 2004 for \$59.99 plus \$3.60 tax for \$63.59 total. That included a \$10 instant rebate. It has a



**\$30 mail in upgrade rebate. Also if one buys tax software with it in the offer, one can get another \$30 rebate, but I do not pay income taxes since my income is low, so I did not need to get the tax software. I then drove back to Greenwich, and I stopped by Staples in Old Greenwich, and I explained to one of their technical support people what the installation problems were with Norton Internet Security 2004 Professional. I just now returned home, and I drank some iced tea. I will now make a copy of the Norton Internet Security 2004 CD disk, since I keep the original disk for a master copy, and I use the copy for installations to preserve the original disks. I will then uninstall Symantec Norton Internet Security 2004 Professional, and I will install Norton Internet Security 2004. I do not need the productivity security features offered by Norton Internet Security 2004 Professional, since I just use it on my home machine, and I am capable of regulating my own internet use. In the next note, I will let you know how the installation goes. CIO**

**Note: <888> 12/03/03 Wednesday 3:50 P.M.: I was up at 2:30 P.M., and I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I will now clean up and go out. CIO**

**Note: <888> 12/03/03 Wednesday 7:15 A.M.: I chatted with a friend. I went through my email. I will now shut down the computer, and I will go to bed. CIO**

**Note: <888> 12/03/03 Wednesday 6:35 A.M.: I drank the hot cocoa. I also finished off the rice that I made at Thanksgiving time with some La Choy low sodium soy sauce, and I drank some iced tea. CIO**

**Note: <888> 12/03/03 Wednesday 5:40 A.M.: I went out after the last message. I went downtown, and I drove down by the waterfront and the train station area. I sat in my car for a while downtown. I then went by the Food Emporium, and I bought a quart of America's Choice strawberry jam for \$2.79, a 10 ounce box of fresh mushrooms for \$2.29, a head of broccoli for \$1.50, a Bermuda red onion at .99 a pound for .79, a 10 ounce bottle of La Choy low sodium soy sauce for \$1.79, a 19 ounce bottle of Texas Best Mesquite barbeque sauce for \$3.19, a package of two Master Choice center cut boneless pork chops at \$2.99 a pound for \$3.62, a 12.5 ounce bag of Snyder's low fat white corn tortilla chips \$1.50, a 9 ounce bag of Fresh Express baby spinach leaves for \$2.50, a 40 bag box of Salada green tea for \$2.99, two 28 ounce cans of Goya chick peas for \$1.19 each, four Stouffer's Lean Cuisine dinners, Glazed Chicken, Chicken with mushrooms, Chicken Tuscan, and Chicken Florentine running from 12.5 ounces to 13.25 ounces at \$2.39 each plus they forgot to scan a 10 envelope box of America's Choice reduce calorie hot chocolate cocoa mix which normally would be a \$1.59 for \$34.89 total. I just now returned home, and I put away my groceries. I will now make a cup of the hot cocoa. CIO**

**Note: <888> 12/03/03 Wednesday 3:10 A.M.: I made and ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I had it with the last of the strips of cold beef and a bit of crumbled blue cheese along with the other usual ingredients. I also had some iced tea. I will now put the computer back on standby. We use to have a**

volunteer group here called the "Freezing Norwegian Patrol" whom would try to keep an eye on things when it was very cold. It is currently 15 degrees Fahrenheit. I turned on the DeLonghi oil filled radiator by the beginning of the couch area in the living room. I will go out shortly. CIO

Note: <888> 12/03/03 Wednesday 1:50 A.M.: I put the new power strip and the two new extension cords in the lower level of the sweater closet with the tools. I took out the electric Glade scent device from by the bathroom sink, and I put a three prong plug adaptor to extend the plug out, and I put it in the wall plug behind the Minolta laser printer. I put the little GE Fluorescent Plug-in light beside the bathroom sink with the light turned off for night use, but its bulb is not replaceable. I put the GE automatic Power-Failure light on the top left side of the right book case in the hallway with the switch set to activate in a power failure, and I plugged it into the extension cord there that is also connected to the book light that stays on all the time with the Sylvania look life bulb in it. The GE emergency light is suppose to supply 1.5 hours of light. It has a replaceable bulb and replaceable Nickel Cadmium rechargeable batteries. I put the toiletries and cleaning supplies in the bathroom. CIO

Note: <888> 12/03/03 Wednesday 1:15 A.M.: I had a call yesterday at 7 A.M. from a friend. I was up at 12:30 P.M., and I ate breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I went back to bed until 5 P.M.. I then vacuumed the new oriental type baby blue rug runner in the hallway. It might still be a bit damp, and maybe in two more days I will vacuum it again to fluff it up. However, it is the nature of the Bissell pet and odor rug shampoo that the Scotchguard protectant that is installed with it leaves a coating on the carpet than when it dries it feels a bit damp, when it is actually dry. I ate two Quaker low fat white cheddar flavored corn cakes with some iced tea. I cleaned up, and I went out. I went by the ATM machine at the Bank of New York office in Port Chester, New York by Home Depot. I then went to Odd Job, and I bought two boxes of 16 Christmas cards each for \$4.99 each box, a My Helper power strip for \$2.99, a General Electric small Plug-in Fluorescent light for \$1.99, a General Electric Power-Failure Light \$2.99, a 11 pack of NYL child resistant lighters for \$1.99 plus \$1.40 tax for \$21.34 total. I then returned to central Greenwich, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I toured CVS. I used the ATM machine at the Greenwich Avenue branch of Putnam Trust Bank of New York. I then drove up to Norwalk, Connecticut, and I went to CompUSA. They do not carry a desktop computer case lock there. I then went to Best Buy where the Wiz used to be. I had never seen a Best Buy before. They do not carry a desktop computer case lock there either. I then went to Circuit City, and they do not carry a desktop computer case lock there either. I did buy a Duracell 2032 3 volt lithium battery for \$2.49 plus .15 tax for \$2.64 total. I put that in my left top desk drawer with the other similar type batteries. I drove by Wal-Mart, but they were closed. I then drove back down to Greenwich, and I went to Walgreen in Old Greenwich, and I bought with the store circular coupons two 16 ounce bottles of Ethyl 70% rubbing alcohol for \$1 both, two 55 yard packages of

Johnson and Johnson Reach clean burst dental floss for \$1.80 both, two 1.7 ounce Home Center toilet bowl cleaners for \$1 both, two 14 ounce Ajax bleach scouring powder for .80 both, two Home Center white 15 foot extension cords for \$3 both, a 13 ounce container of Palmolive antibacterial dish washing liquid for .99, two Walgreen heavy duty nine volt batteries for .80 both plus tax of .50 for \$9.89 total. I then went downtown, and I walked lower Greenwich Avenue. I sat out for a while. I then drove down by the waterfront. I then returned home. I had a glass of iced tea. I will now put away my purchases. It is colder out this morning. Presently, it is 17 degrees Fahrenheit. CIO

Note: <888> 12/02/03 Tuesday 4:30 A.M.: Well, I am tired, so I will now shut down the computer, and I will go to bed. CIO

Note: <888> 12/02/03 Tuesday 4:25 A.M.: Of course whatever group controls the energy in a city like Manhattan or Chicago can make it all happen or turn it off like a light bulb. This is the nature of the old guard establishment in North America, since they work hard, and they also know how to control the establishment, since they built it. The occasionally have an alcoholic drink, since when working in a cold climate it helps them not feel the cold. Of course, there are plenty of rummies in south Florida whom can not take the weather up north anymore. Basically, having seen the north and south, the weather on a year round basis is more comfortable down south, but when up north in the colder climate, the colder weather tends to keep one busier. I recall in college after a long cold day in the Chicago suburb of Lake Forest, I occasionally had a beer or a bourbon and ginger ale, which seemed to take the edge off the cold. However, since so many people near by in Evanston, Illinois where part of the temperance movement, it probably was greatly frowned upon. Of course not many of that same group of temperance type people did I see out and about in the cold weather, so although they did not drink alcohol, they seemed to be able to afford to stay inside warm and comfortable during the long cold winters. I recall they had a coal mine underneath the Museum of Science and Industry in Chicago, so maybe they were busy mining coal to stay warm. Of course in those days, fuel oil was only 12 cents a gallon, so when one earned about \$200 a week in part time jobs while attending college, one could afford to stay a bit warm. Of course since there are not a lot of tourist destinations in the agricultural section of the Midwest, people do not generally travel a lot by car from point to point, but with a busy airport, they do travel the world. Most of the people I knew in Illinois had a Canadian outlook on life, and I guess much the same could be said for people in the states north of there. Since my family had roots in the Midwest, I tried to behave myself while I was out there. Basically, everyone is pretty snoopy out there, and everyone knows everyone's business. In Lake Forest, Illinois, everyone was all pretty much related the McCormack family of International Harvester now <http://www.navistar.com/> and the old farm, I rented for two and a half years in college was just east of the International Harvester factory in Libertyville, Illinois where Adlai Stevenson was from. I think his son might have gone into politics too. I remember after spending four years of working on restoring and maintaining old Mercedes automobiles there for a profitable hobby that I looked at a new model

Volkswagen at the dealership in Lake Bluff, and I thought about buying it for \$1,900. It was the model that came after the bug. Of course I did not have an indoor garage while I was out in the Midwest, except a drafty barn on the farm, so I spent a bit of time working on my car in the great outdoors. The Farm had two abandoned railroad lines on the perimeter of its property and wild dogs part wolf frequently roamed the property. There was a lot of sulphur in the well water, so if one drank it, one supposedly lived a long time. The Golden retriever that came with the farm was supposedly 20 years old in 1969. My roommates and I paid \$250 a month together to rent it from a lawyer in Lake Bluff, Illinois named Mr. Michaels. Basically then it was on the outskirts of town, but by the time I graduated in 1972, the high school was on the west side of town, and there was a new super mall up the road. I guess it was my version of the Doonesbury Farm. The farm had certain draw backs which were when it warmed up outside for a couple of months in the summer, there were a lot of bees hibernating in the walls of the farm house which became more apparent. It was next to the Knolwood country club with lots of open space around it, so we even had an informal trap shooting club meet out there occasionally. Of course it is the nature of the Midwest, there are plenty of old run down farms, so it was not really a unique property. Of course the farm house was made of brick and it had oak timber framing. Thus it was a well built house if it was properly maintained. What always amused me was the front porch which was framed in faced the north, which if it were down south, the front porch would face the south for warmth. Maybe at one time it had something to do with the defunct railroad. I think during the two great wars, they might have been busy railroads since the International Harvester factory probably produced some heavy equipment. When I left the Farm, I left the title for the 1947 International Harvester pickup truck with a cracked block with one of the new tenants. Basically we only used it to take the garbage to the nearby dump. I did not know much about cars then, so I did not know one had to change oil in the car, and I think the block on the truck got cracked because it had a leak in its cooling system, and I filled it with water and sealant which worked to get it going, but without antifreeze the block froze and cracked in the winter. Of course those old type of cast iron engines could probably be easily welded or sealed. What was novel about the truck was it had a front window, I think that was split down the center, and it cranked out from the bottom, so it let air come in for ventilation. There was no money to be made by doing anything illegal like growing hemp on the Farm, since it grows wild all over the Midwest, and hippies use to show from the University of Wisconsin who would try to sell whole van loads of the stuff for \$40, but we were a button down college campus between two military bases Fort Sheridan and Great Lakes Naval station, so we just kept working, and we did not bother wasting our time. I did manger to quit smoking for three years in college, because not many people smoke tobacco in the Midwest. However, whatever I learned in my formal education in college did not lead into career employment, so here I am today. CIO

Note: <888> 12/02/03 Tuesday 2:00 A.M.: Of course charity balls are just another way for people to spend money that they normally would not spend, but they do it that way, so they can write it off on taxes. If one does not earn enough to need a tax

write off, there would be no benefit. Of course there are a certain select few whom have been doing it that way for so long, they really do not know any other lifestyle. I think when I returned to Manhattan in 1973 after four years of exile in college in Illinois, I talked a lot about a book by Gerald Murphy called "Living Well is the Best Revenge". However, when the money runs out, and one ends up waiting for tips from waiters in Nantucket, one really does not have much choice but to return to the heart of the world's commerce to see if one can make a run of it again. However, after 20 years back in this area and at my advanced age of 53, I enjoy pursuing activity by simple ordinary every day routine and not by the extravagance of the ups and downs of urban society. Basically it is my viewpoint in Manhattan that if one can not afford to pay the bill, one should not go there. CIO

Note: <888> 12/02/03 Tuesday 1:35 A.M.: I went through my email. I found this new news article on Symantec products [IDG.com.sg Article Symantec Product Activation Causes Headaches](#) and it links these two fixes from Symantec [Norton Internet Security](#), [Norton AntiSpam](#), or [Norton Personal Firewall prompts to activate whenever the computer restarts](#) and [Norton AntiVirus 2004 prompts to activate whenever the computer restarts](#). However, the problems I experienced with the software seem to be different, although for now it is still running fine. Lets just say I am beta testing it, since I obviously would not buy it until it is once again offered with the same combination of \$40 and \$30 rebates at the \$70 price basically for free. Since I have put a considerable amount of time into checking it out, my time and effort is worth something in evaluating it, and also I am using my own personal funds for maintaining and running my current system based on my many years of technical trouble shooting. I am listening to Rhapsody classical radio "Easy Listening Radio Stations" select "Classic Lounge". It is nice music, and it sort of makes me feel like relaxing in some Manhattan cocktail lounge and having a night cap, but if I started doing that, I am afraid my computer system might now work as well, although they tell me, people whom occasionally have a glass of red wine live longer. I suppose it is the reduced stress. I guess all of the California computer people grow up in a wine producing environment, so when they come east they are interested in the wines of Europe, not more computer tech. I use to know quite a few cabarets in Old Manhattan, but if I should ever venture into Manhattan, I would not be able to drink alcohol, since I would be driving my own automobile. Also driving into Manhattan can cause extra wear and tear on the car. Basically in my years in Manhattan, I could not afford expensive bistros, so I frequently went to places where they had heat, and they did not mind if you did not drink. Recently I hear they do not like cigarette smokers. Still, in the old days in the news business, the news people were well known for working the night beat in the local bistros and pubs of Manhattan to pick up on the pace and inside scoops in the City, when people tend to let their hair down. Basically there are so many pubs, clubs, cabarets, and other sorts of establishments with plenty of livery vehicles to service them, I am sure there are a certain select few still having the same old Joy ride down in Old Manhattan until they have to return to work. Whatever, the case I am enjoying the music on my Plantronics DSP500 headset, but let's hope I do not head out to hear the real thing and unwind with a night cap. Basically, I guess Manhattan has its

own version of "Going Native", which tends to be a bit upscale if one can afford it. I once enjoyed having cocktails at the "Pump Room" at the Ambassador East Hotel in Chicago, Illinois on its stately Gold Coast, just west of the intersection of Scott and Astor streets which is a very high brow neighborhood even by Manhattan standards. Maybe we could jazz up Manhattan by dimming the lights in the Metropolitan Museum <http://www.metmuseum.org/> and having strolling violins and candle light ambience accompanied by Viennese waltzes. Of course, if you could afford that, you might as well go to Vienna for New Years, which would actually be cheaper. CIO

Note: <888> 12/01/03 Monday 11:55 P.M.: I downloaded and installed this free music program from Optimum Online <http://www.optonline.net/Entertainment/RhapsodyPromo> , the radio part plays continuously in the free demo, but the other music clips time out after thirty seconds. CIO

Note: <888> 12/01/03 Monday 11:20 P.M.: Since the current outside temperature is presently 32 degrees Fahrenheit freezing, it is a sure sign that winter has returned. In anticipation of colder nights and possibly days, I took the two DeLonghi oil filled radiators from out behind the sideboard in the bedroom, and I put them out in the living room between the two couches at either end of the two couches, and I have them plugged in to the electrical outlets, so they are available should it get extremely cold which it does occasionally. In this neck of the woods, we generally consider it extremely cold once the temperature drops down to below 25 degrees Fahrenheit or even lower, since usually in the daytime in the winter, the temperature frequently approaches 40 degrees Fahrenheit. Of course it is all relative depending on what one is use to. I keep them set at 4 on a settings of one to six. They also have a low switch, a medium switch, and both switches are high. I rarely use them, and I originally bought them thinking they might be warmer and cheaper than the wall electric radiators, but they are warmer, but they are not cheaper. Still, once they heat up, they produce a nice even heat. I had to move one of the Glade electric scent fresheners with the other one in the kitchen. I moved the insect ultrasonic zapper deterrent from the center kitchen plug to the right kitchen plug behind the kitchen Panasonic television. I used one of the 25 foot orange heavy duty extension cords from the outlet behind the couch to plug in the oil filled radiator in front of the television. Since in January 1982, it was down to MINUS 24 degrees Fahrenheit in this area, I figure it does not hurt to be prepared for colder days. Of course all of the contingencies are based on being able to pay the electric heating bill, which at the moment averages \$91 a month on a year round basis, and last year in April, I got \$550 energy assistance applied towards my electricity bill, so in the summer I had some extra funds, when I did not have to pay for electricity. Of course the first eight years, I lived here the electricity was included in the rent, so I generally kept it warmer in the apartment. Thus at the moment, the DeLonghi electric radiators are not turned on, but they are easy enough to turn on. CIO

Note: <888> 12/01/03 Monday 10:30 P.M.: The Greenwich Time <http://www.greenwichtime.com/> reports this link for people interested in Royalty <http://royalportal.cjb.net/> . Although various royals may have paid private visits over the years, I think the last official visit by a royal of the British Royal family was when the Duke Windsor dedicated a statue at the Electrolux factory in Old Greenwich, Connecticut. I have been trying to remember for about a dozen years to investigate whether that statue is still there and where it is located. Of course since we have so many first generation Europeans in Greenwich, Connecticut, we tend to get a lot of people whom look like their more important native country associates. CIO

Note: <888> 12/01/03 Monday 10:10 P.M.: I ate my usual salad [www.geocities.com/mikelscott/salad.htm](http://www.geocities.com/mikelscott/salad.htm) . I made it with the two inch by half inch by quarter inch strips of medium rare cold top round of beef. I had the salad with ice tea. I chatted with two relatives. CIO

Note: <888> 12/01/03 Monday 8:00 P.M.: I went outside briefly, and I was able to turn on the outdoor Christmas Italian lights at the front of the building. They are plugged into the flood light, and there is a ground fault interrupter switch that has to be reset for them to work. The string of lights as one faces the entrance on the left front tree do not work and the sting of lights over the left front entrance eves do not work, but all the other lights in the setup work just fine. CIO

Note: <888> 12/01/03 Monday 7:20 P.M.: I was up at 10 A.M. this morning. I had breakfast of oatmeal, toast with strawberry jam, orange juice, vitamins, supplements, and coffee. I checked the mail, and I received four computer magazines which are Dr. Dobbs, CIO Insight, CRN, and Baseline, which I get for free. I also received Travel America and New York Racing about horse racing. I went out, and I went by Smokes for Less, and I bought a carton of Senaca Ultra Lights 100s cigarettes for \$31. I then went by Putnam Trust Bank of New York on Mason Street. I next went by the Greenwich Hospital Thrift Shop, and I bought a 10 foot long by 27 inch wide Chinese style Aubusson oriental carpet runner in pale blue, with beige, rose, and navy blue five inch border and with two floral teapot designs, with two rose designs, and a Chinese letter design in the center in very good condition for \$25. It looks like it might be hand made, but it is hard to tell, since the backing has a coating, which I do not think a hand made carpet would have, so maybe it is just a machine reproduction. It feels like wool. I then went by the Wachovia Bank on Benedict place, and I paid my rent. I then went by the central Greenwich post office, and I obtained a money order at .90 cost to pay my AT&T telephone bill. I also bought two packets of 20 each of two different types of Christmas stamps, one being Madonna and Child and the other being a more festive design of Christmas characters for 40 stamps total for \$14.80 in 37 cent stamps. I then walked the entire length of Greenwich Avenue. I stopped by the Greenwich Hardware store and from the 70% off rack, I bought a Satco standard 14 inch brass picture light which came with two 25 watt frosted tube bulbs for \$6 plus .36 tax for \$6.36 total. I checked the sale items at CVS in their circular. I

completed my walk, and I sat out for a while. I then drove down by the waterfront. I then made my 4 P.M. appointment. I had an expensive day parking today, and I spent \$1.75 parking all total. I then returned home. I had a glass of iced tea. I took the clear plastic coating off the Satco picture light, and I installed the two 25 watt frosted tube bulbs by squeezing the ends to remove the end plates. I then took off the papers of the oak stand between my two printers, and I moved the Minolta laser printer back, and I closed up both printers, and there was just enough room to stand on the solid oak end table to mount the picture light above the 30 inch by 40 inch glass framed print of Rembrandt's "Polish Rider" I strung the electric cable down the right side back of the picture, and I connected to a 15 foot white General Electric extension cord that connects to another extension cord that powers the wall light to the right side of the computer, and it comes on with the apartment entrance wall switch. There is a switch on the picture light cord that is just above the copper French cafe sculpture. While I was able to get up there, I cleaned the picture glass with spray glass cleaner and a paper towels, and I also cleaned the glass on the portrait of my maternal grandfather which is on the adjacent corner wall to the left. With 50 watts of light shining higher up over the picture, it lights up the computer work area corner a little bit better, and the Rembrandt print looks a little bit better, but it is a very dark picture. I use to think it was Charlemagne in Constanople in front of Agahia Sofia or some European noble in front of the old butte mountain in New Haven, Connecticut; but I do not think Rembrandt painted in Connecticut. Still, it looks much better lighted up, and my maternal grandfather's portrait looks much better with the light from the adjacent picture. I did not secure the light to the wall, because it was too high up, but I used the brass mounting bracket to wedge it over the center top of the picture. I then took up the blue carpet remnants in the hallway between the living room and the bathroom and the bedroom, and I put them underneath my bed on the left side in the bedroom. I rolled out the new baby blue runner carpet in its place in the hallway, and it fits just perfectly in the available space with no room to spare. It is like it was custom made for that space. I vacuumed the carpet. I then put 5 ounces of Bissell pet and odor shampoo with Scotchguard protector in my Bissell rug shampoo machine, I keep underneath the left side of the day bed and filled it up to the 64 ounce level with hot water. I then shampooed the new baby blue runner rug in the hallway on low speed going over the entire rug about a half dozen times very slowly. I am now letting it dry. It should be dry by tomorrow morning, or whenever it is dry, I will vacuum it to fluff it up again. It is a most excellent carpet, and it matches very well with the other blue carpet in the apartment. CIO

Note: <888> 12/01/03 Monday 3:35 A.M.: I did a little bit of regular internet work. I will now shut down the computer, and I will try to go back to bed. Somebody should do something about all the crank fax calls that someone or some persons make. Maybe somebody will install a fax zap device on a telephone answering machine to tell them to buzz off. They have been a continual annoyance for the last 15 years that I have lived in this location. CIO



**Note: <888> 12/01/03 Monday 2:50 A.M.: I checked my computer security with this web site <http://security.symantec.com/sscv6/default.asp?langid=ie&venid=sym> , and it is all secure, except the "ping port" is still open, which I guess is the default. Despite the hassles of installing Norton Internet Security 2004 Professional, it seems to be a very good program. I suppose Norton should beef up its tech support on its internet web site, so more information is available. CIO**

**Note: <888> 12/01/03 Monday 2:35 A.M.: I did a complete scan of the system with Norton Anti Virus 2004. I was going to leave it run, while I went to bed, but about 15 minutes ago, I was awoken by a crank fax call. CIO**

**Note: <888> 12/01/03 Monday 1:15 A.M.: I will now shut down the computer, and I will go to bed soon. CIO**

**Note: <888> 12/01/03 Monday 1:00 A.M.: I went out after the last note. I went by the Exxon gasoline station next to the Greenwich Library, and I bought \$5.90 of regular unleaded gasoline at \$1.79 a gallon for about 27 miles per gallon. I then went by the Stop and Shop, and I bought three half gallons of Tropicana Premium orange juice with calcium for \$5 all, two 6.5 ounce dry cans of medium California black pitted olives for .99 a can, three 18.5 ounce cans of Progresso New England clam chowder for .99 a can, a 26 ounce jar of Rinaldi traditional spaghetti sauce for .99, two Maria Callender dinners one chicken parmesan and the other grilled chicken with vegetables for \$1.99 each, and a 16 ounce bottle of Monari balsamic vinegar for \$1.99, two packages of Stella blue cheese at \$5.69 a pound, one for \$1.65 and one for \$1.91, and a quart basket of fresh plum tomatoes for \$2.99 for \$23.46 total. Since it was cool out, I left the groceries in the car, and I walked the entire length of Greenwich Avenue. I sat out at various locations. I chatted with a regular night time person. In front of Starbucks somebody had pulled out a bunch of real estate pamphlets [www.realestatebook.com](http://www.realestatebook.com) out of their stand, so I took them off the ground, and I put them back in their stand. Real Estate is about the biggest business in Greenwich. After I completed my walk, I drove down by the waterfront. I then returned home, and I put away my groceries. I drank some iced tea. I reset the General Electric telephone answering machine, so it has the right day of the week and correct time. CIO**