Well brother, it’s January. The holiday season is behind us, baseball hasn’t started and the weather is cold and damp so it gives me a lot of time to contemplate. Too much time on my hands just aggravates me. So it’s time to vent. This almost always gets me in trouble. So to those who agree, that’s fine and to those who don’t agree that’s okay too. So here are a few items that really aggravate the hell out of me.

**Change.** I don’t like it in my pocket, I don’t like it just for the hell of it. I don’t like it when it’s not thought out and just thrown against the wall to see if it sticks.

**Health insurance.** Our system is a joke especially for those over 65. They cause grief, stress and illness when they make decisions based on finance and not medical needs.

**Total transparency.** When someone goes out of their way to talk about total transparency you just know they are hiding something. It’s like starting a conversation with “with all due respect”. You know that whatever will follow is not going to be respectful.

**Stupid people.** I’m no rocket scientist but when people around me have no common sense I become a Rhodes Scholar. I do a lot of talking but hopefully when I’m not an expert I try to listen. I remember and old saying, “It’s better to keep your mouth shut and make people think you are stupid than to open it and remove all doubt”.

**Customer service.** Or should I say lack of it. No one seems to give a rats tail about helping you. They act as though it’s a burden for them to help with your problem and it often makes me wonder what they think they are there for. If they don’t like their job it’s not my fault. While on the subject, if people are suppose to be fluent on the phone, they need to speak English. I’m not being racist, but I wouldn’t hire a piano player with no fingers or a singer with no voice.

**People who don’t get it.** After twenty one years there are still people who think the town owns the Totoket Times and I work for the town. I (Frank Mentone) own the Totoket Times.This newspaper is a vehicle to bring news to the town. If your business is lucky enough to be thriving, remember the people who patronize you and give them something back by supporting the local newspaper that keeps them informed.

**People who play let’s make a deal.**This isn’t the days of our parents where everything is a negotiation. People work hard to put out their products. Discussing a price reduction is insulting, and cheapening respect for their craft. I am often amused by people who think that because it’s a newspaper they shouldn’t have to pay for ads. They use the paper for any free publicity they can get but when it comes time to reciprocate wth a paid ad, they disappear.

**Professional sports attire.** I get a kick out of people who wear replicated uniforms of pro athletes. You’re a grow ass adult. Don’t you feel stupid wearing a Tom Brady or Aaron Judge shirt? What does it prove when you are a walking billboard for those athletes and institutions. Take the money and buy yourself some adult clothes and give the difference in those over priced items to charity.

**Hypocrites.** It really turns my stomach when I hear people brag about all the wonderful things they do for humanity and the number of hours they spend in prayer and worship. Yet those same people are judgemental and self serving.

**Skinny People.** Yes, skinny people aggravate me. In many cases I watch them eat much more food than I do and yet their metabolism allows them to look like a stick figure. and I on the other hand for whatever reason gain weight just looking at a dish of macaroni (not pasta).

Well that’s it for now. Thanks for listening and I’ll see you soon.