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up and down the stairs to the second floor?  
And those, blisters from that same morning of basketball, they are just about healed?  
And the scab on my left knee, it's just about healed, isn't it?  
Anyhow, I turned 50, and the eye surgery and colonoscopy are part of this summer's maintenance, I guess, and just as important as finishing the painting.  
Remember, I finished painting the north side of the house as the snow began to fall last year. That left the south and west and some porches.  
The first time out this week, I did something foolish—something that any guy would do but espe-

her anchor one end so  
the darn thing up.  
I like painting. Once the ladder is in place, painting has a Zen-like aspect: dip the paint brush, brush on the paint, dip again, and on and on. No cares, no worries. It's beautiful.  
I'll be engaged in that beautiful activity for most of the summer.  
On the way home from my writers group meeting on Monday, I drove up Rt. 6. When I came down the hill by the Dumont Agency, I knew what I had to do. I had to stop and see Lamonico's—which just announced its closing.  
The street was slick and shiny from the rain. I pulled in to the parking area outside the store front

person I encountered  
colonoscopy and what to expect.  
Each assured me that the worst part was drinking the stuff before hand, and warned me to be careful about what to drink along with the solution. They never could drink it again—for one, orange juice, which I don't think you're supposed to drink anyhow, and iced tea of some sort.  
So I guess I'm prepared.  
Then the Fourth came and went, and I was recruited to help with a fundraiser at a Rock Cats game.  
I spent a lovely rainy evening

See COLUMN, page 7

## Letters

# Thanks for helping with West End Clean Up Day

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**To the editor:**  
A month or so ago we announced that there would be a West End Cleanup Day on Sunday, June 29. At that time, volunteers were recruited to come down and help clean up from 9 to 12 p.m. Knowing it's summer and people have lots going on, I was unsure how many people would actually come and help. We were all pleasantly surprised as people of all ages from all over Bristol came down to help clean the West End Center. Without everyone's help this day would not have been possible.  
This was a collaborative effort between the city, local business owners, and regular citizens. Special support was given by the Department of Public Works who dropped off extra garbage barrels for use during the clean-up, as well as the Police Department who enforced a temporary parking ban. Bill Englert, of City True Value/Just Ask Rental donated his time and machinery, and everyday citizens as young as 8 years old lent a hand.

It was refreshing to see so many people with this much civic virtue rolling up their sleeves and working together to improve their community. These types of activities strengthen a community and promote civic pride. Borrowing a page from the Forestville Village Association, I personally believe that a similar organization in the West End would be a great next step.  
Thank you to the following volunteers:  
Mayor Art Ward, William Veits, City Treasurer, Eileen McCulty - Youth Services Director, Frank Dellaera - Tony's Barber, Diana Silvestri - Bristol resident, Georgie Sloate - Bristol resident, Thomas Ragaine - Bristol resident, Bob Alderman - property owner, Richard J. Kilby - Bristol resident, Richard C. "Putter" Kilby - Bristol resident, Henry Raymond III - Bristol resident, Stacey Raymond - Bristol resident, Jerry Chamberland - Bristol Veteran's Council, West End Study Comm., Mike Caouette -

Bristol Youth Services, Pine Lake Challenge Course & resident, John Piotrowski - Bristol resident, West End Study Comm., Steve Deveau - Bristol resident, West End Study Comm., Chet Reed - Bristol Resident, Cole Musumano - (8 years) Cub Scout Pack 433 (SSS), Christopher Musumano - Bristol resident, Tori Morrell - Bristol resident, Rob Morrell - Bristol resident, Joshua Morrell - (age 9) Cub Scout Pack 433 (SSS), Matthew Morrell - (age 13), Melissa Graffam - (age 16) Bristol Youth Services, Justin Brown - (age 13) Bristol Youth Services, DeJahn Brown - (age 14) Bristol Youth Services, Dan Gallant - South Side Meat Market & Suds, Sam Vasile - South Side Meat Market & Suds, Niquan Coppledge - (age 17) Bristol Youth Services, Reginald Haynes - Bristol resident, Theriaut Service Center, Wah Lung Chinese,  
**Ken Cockayne**  
**Allen Street**  
**City Council, District 2**