



Entertained in the Oswald Parry Hall

by Carole Maison-Bishop

Marching, although this might be too ambitious a term, to the sound of thunderous applause from the assembly, seven members of the Seniors Group (hereafter referred to as The Group) approached the front of the Oswald Parry Hall and prepared to enjoy the concert which had been arranged on their behalf by students of the school on Wednesday, July 4.

The proceedings commenced with brief remarks from the Headmistress who explained that because of constraints of time, the programme was not as elaborate as they would have liked. However, the students were adamant that the show should go on.

There followed a short but delightful set of items which showcased the talents of the performers and which were well received by all present. These included two pianoforte solos, a steelpan solo, an Indian Dance, a rendition of a popular song by two female students. Between the items, the Master of Ceremonies kept the pace flowing with his witty remarks and jokes. It is obvious that the creative talent of the students of the Bishops' High School is alive and well.

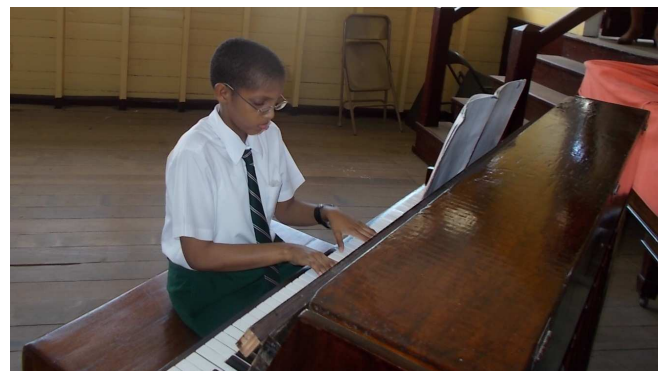
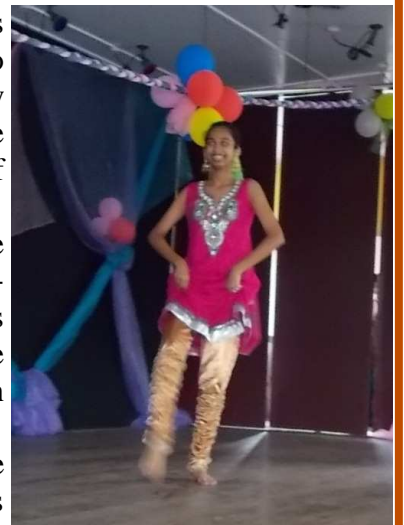
The performances came to an end all too soon for visitors and students alike and Geraldine Maison-Halls stepped to the podium to speak on behalf of the visitors and to introduce members of The Group. She commended the performances and congratulated the students for not only conceiving the idea but also for the effort they made in bringing the programme to fruition despite the odds. She then introduced the members of The Group who were duly acknowledged.

Since there was some time remaining Geraldine shared with the assembly some of the experiences of the visitors during the period that they were students. It was clear that the concept of members of The Group sitting on the floor with legs crossed during assembly was too much for the current students to grasp. Their credulity became even more strained during the description of activities with "Drill" King as it seemed quite clear to them that routines of the sort mentioned could certainly not have been undertaken by members of The Group even allowing for their relative youthfulness at the time.

In the final analysis, it was a morning well spent and although it would have been good if more members of The Group could have found it possible to be present, those in attendance were appreciative of the morning's activities. The Session ended with the singing of the school hymn.

Members of The Group involved in the activity were: Elise Arno, Marlene Crawford, Rosalie Griffith Yvonne Harewood-Benn, Carole Maison-Bishop, Elaine Murray and Janice Simmons.

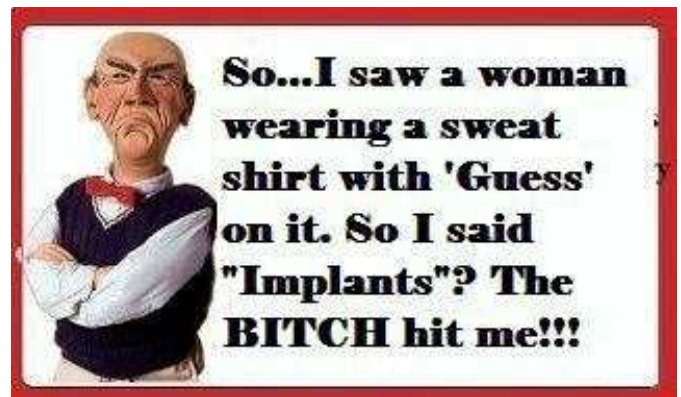
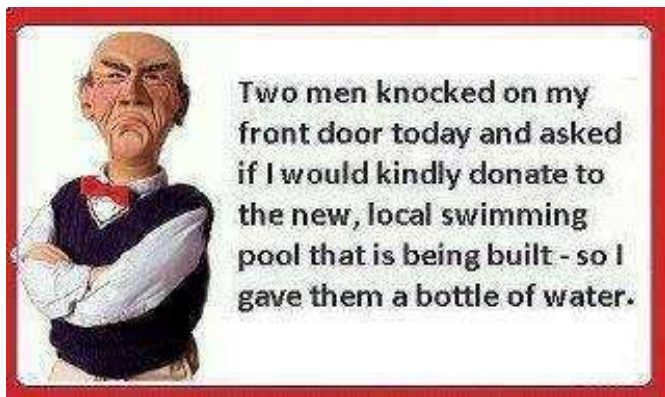
The Seniors Committee was represented by Geraldine Maison-Halls.



Do you have the answer?

- ◆ If corn oil is made from corn, and vegetable oil is made from vegetables, what is baby oil made from?
- ◆ If electricity comes from electrons, does morality come from morons?
- ◆ Do the Alphabet song and Twinkle, Twinkle Little Star have the same tune? Why did you just try singing the two songs above?
- ◆ Why do they call it an asteroid when it's outside the hemisphere, but call it a hemorrhoid when it's in your butt?
- ◆ Why do we press harder on a remote control when we know the batteries are getting dead?
- ◆ Why do banks charge a fee on 'insufficient funds' when they know there is not enough money?
- ◆ Why does someone believe you when you say there are four billion stars, but check when you say the paint is wet?
- ◆ Why do they use sterilized needles for death by lethal injection?
- ◆ Whose idea was it to put an 'S' in the word 'lisp'?
- ◆ Why do people constantly return to the refrigerator with hopes that something new to eat will have materialized?
- ◆ Why is it that no plastic bag will open from the end on your first try?
- ◆ How do those dead bugs get into those enclosed light fixtures?
- ◆ When we are in the supermarket and someone rams our ankle with a shopping cart then apologizes for doing so, why do we say, 'It's all right?' Well, it isn't all right, so why don't we say, 'That really hurt, why don't you watch where you're going?'
- ◆ Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?

Funnies

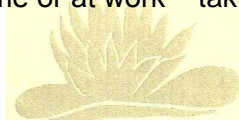


Foot Massage

Massage improves circulation, stimulates muscles, reduces tension, and often alleviates pain. It also provides a time for you to examine your feet, giving you the chance to notice a problem before it gets worse. Here's how to do a massage:

- Sit in a comfortable chair. Bend your left leg and rest your left foot gently on your right thigh.
- Pour some skin lotion or oil into your hand. Rub it gently into your foot and massage your whole foot – toes, arch, and heel.
- Do a deeper massage. Press the knuckles of your right hand into your left foot. Knead your foot as you would bread. Or work the skin and muscles by holding a foot with both hands and pressing your thumbs into the skin.
- Using your hands, gently pull the toes back and forth or apart. This stretches the muscles underneath.
- Repeat on the other foot.

To enhance your massage, you can buy massage devices in local drugstores or health stores. Look for foot rollers; these can provide fast foot massages at home or at work – take off your shoes and roll your feet over the massagers for a quick pick-me-up.



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