

Frank Mitchell

Congresswoman Frances Bolton of Ohio

Recollections of Pages interacting with Congresswoman Frances Bolton of Ohio.
Interview recorded June 2, 2010

We, we used to work some pretty long hours. I mentioned getting up for Capitol Page School early. But then sometimes the sessions would go· drag on· into the evenings, into the night, sometimes almost all night. And the Pages would just be dragging about one, two, three o'clock in the morning. The phones weren't ringing. The people that would normally be calling were in bed. So we're just sitting there, heads down, shoulders sagging. We're ready to just fall asleep and Congresswoman Bolton would come in. %Boys! Boys! {clap clap} Come on. Get a little chipper here. We need some energy. We need to do some deep breathing exercises, or you need to tell your mind that your muscles need to relax. Close your eyes. Start at your head. Go down to your neck, your chest, your shoulders, your thighs, your feet.+And we'd go through that and then we'd come back, and then she would say, %Okay, open your eyes. Now don't you feel better?+And she was just a real energetic woman· very philanthropic, very ahead of her time. And she was trying to get us to be a little more energetic, too.