National Mathematics Competition…
The College of The Bahamas and the Mathematics Unit of the Department of Education will co-host the second annual National Mathematics Competition. The competition is designed to highlight excellence in Mathematics by students of public and private schools in The Bahamas. The oral competitions will take place over three evenings 13th, 14th and 15th May, for senior high, junior high and primary students respectively. The Minister of Education, The Hon. Carl Bethel and President Janyne Hodder are expected to bring remarks on Thursday, 15th May, and offer congratulations to the winners and participants. The competition will be held at Choices Restaurant each night beginning at 6:30pm.

View Grades and Print Transcripts Online…
Spring 2008 grades are available for viewing and printing from any computer connected to the internet. Online grade viewing and printing ends Wednesday, 14th May, 2008 at midnight. Students are invited to visit the graduation page on The College’s website at www.cob.edu.bs

The ‘Li’L’ Chefs’ Programme…
This five-day summer training programme is a real-time adventure in a kitchen setting. Students aged 10-14 are exposed to the exciting, challenging and rewarding field of culinary arts. The cost of the programme is $200.00 per session. Sessions will be conducted in Grand Bahama, Exuma and at the Culinary and Hospitality Management Institute, New Providence. The dates are listed below:
Exuma and Grand Bahama
23rd-27th June, 2008
30th June-4th July, 2008
Nassau
14th-18th July, 2008
21st-25th July, 2008
Interested persons may register on or before Friday, 13th June, 2008. For further information please contact Mrs. Florina Turner at 323-5804 or Ms. Kendra Moxey at 677-3202.

**Late Registration –Summer 2008…**
The Office of The Registrar wishes to announce the following changes to the schedule for late registration for Summer 2008 semester.

<table>
<thead>
<tr>
<th>Academic Standing</th>
<th>Number of Earned Credits</th>
<th>Day Assigned</th>
<th>Time</th>
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<tbody>
<tr>
<td></td>
<td>Baccalaureate</td>
<td>Associate</td>
<td>Tuesday, 13th May, 2008</td>
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<tr>
<td>Freshmen</td>
<td>0 – 30</td>
<td>0 – 15</td>
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<tr>
<td>ALL (Online Registration Only)</td>
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<td>Wednesday, 14th May, 2008</td>
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<td>ALL (Online and Records Dept.)</td>
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<td>Thursday, 15th May, 2008</td>
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<td>ALL (Online and Records Dept.)</td>
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<td>Friday, 16th May, 2008</td>
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**Request for Testing Services…**
All requests for testing services including proctoring of external exams are to be directed to the Testing Services Office or the Academic Affairs Office. Faculty members interested in serving as invigilators are asked to collect application forms from the Director of Testing Services, Mrs. Natasha Brown.

**Athletics’ Department First Annual Awards Ceremony…**
This ceremony will be held on Saturday, 17th May, beginning at 6:00p.m. At this event outstanding contributors to the success of The College’s Athletics programme will be honoured.
Doctors Hospital Lecture Series…
Doctors Hospital will present "Total Joint Replacement" on Thursday, 15th May, beginning at 6:00p.m at Doctors Hospital Conference Room. The series aims to educate the public on important health issues. Free blood pressure, cholesterol and glucose testing will be carried out at this time. For further information please contact 302-4603.

Business Survival Seminar…
A Business Survival Seminar will be held on Saturday, 17th May, from 9:00am to 5:00p.m at the British Colonial Hilton Hotel. The seminar’s theme is “Staying Open for Business” and the presenter will be Mr. Mark Turnquest, a COB alumnus. For further information please call 326-6748.

Family Guardian’s Calendar Photo Contest…
Family Guardian’s Calendar Photo Contest entitled "A Celebration of Nature” is open to all photographers until Saturday, 31st May, 2008. Photographs must be taken in The Bahamas of scenes that represent nature as found in The Bahama Islands. For further information please call Office of Communication at 302 4354 or visit the office at Village Rd. and East Bay St.

Book Drive
Help for Children, a non profit organization, will be accepting books until Monday, 30th June, for all ages for distribution to local community libraries. The Children's books are used for literacy programmes in summer months and for schools in the Family Islands. Books can be dropped off at the Cable Beach Pharmacy, next to Super Value, Asa H. Pritchard on Robinson Rd and Rubins at Harbour Bay.

Zoe’s Dance Academy presents…
Zoe’s Dance Academy production ‘Peace in the Streets’ takes place Friday, 30th May, at the Dundas Centre for the Performing Arts, beginning at 7:30pm. Proceeds from this event will assist a local school purchase musical instruments. For information and tickets please call 323-8340.

Health Tips for the Week:
People can learn to manage stress and lead happier, healthier lives. Here are some tips to help you keep stress at bay:

- Keep a positive attitude;
- Accept that there are events that you cannot control;
• Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive;

• Learn and practice relaxation techniques; try meditation, yoga, or tai-chi;

• Learn to manage your time more effectively; and

• Set limits appropriately and say no to requests that would create excessive stress in your life.

**Safety Tip for the Week:**

**Protect your computer:** Make sure you have a good firewall and an automatically updated anti-virus programme installed on your computer. Also get a good spyware or adware blocker too and be careful about downloading or opening files sent to you, even from people you know. Many viruses masquerade as someone you know. hacking tools and programmes such as Trojan horses can give someone a backdoor to your computer, all your passwords and banking information.

**Condolences:**

Condolences are extended to Mrs. Pamela Moss, Secretary, in the School of Communication and Creative Arts on the death of her nephew, Sean Lewis. Let us remember this family in our prayers.

The Office of Communication (OC) will issue a weekly bulletin providing The College with updates and announcements. If you have information that is pertinent to The College community, particularly those that require mass mailing, please email paulettemcphee@cob.edu.bs