COB Staff Forum…
The Staff Forum will be held on Wednesday, 21st May, beginning at 10am in the A block boardroom.

COB Alumni and Faculty are featured at Business Seminar…
The Bahamas Institute of Financial Services will host a week of seminars beginning today Monday, 19th-Friday, 23rd May, 2008. The seminar’s theme is “Strategies for the Future”. Featured speakers include the Hon. Zhivargo Laing, an alumnus and Minister of State in the Ministry of Finance, Dr. Olivia Saunders, Assistant Professor, School of Business and Mrs. Cheryl Bazard, an alumna. For further information please call 323-0872.

Congratulations - Scholar Athletes of The Year…
The Office of Athletics saluted its scholar athletes of the year during a ceremony held on Saturday, 17th May. Eight outstanding students were recognized for their academic achievements. Scholar athlete for 2007/2008 was Tamar Bodie who was also named the over-all scholar athlete of the year. Tamar graduates this month with a cumulative GPA of 3.03 in Physical Education. Other scholar athletes recognized were:

Scholar Athlete of the Year 2008
Tamar Bodie

Women’s Scholars
Women’s Basketball – Tamar Bodie
Women’s Volleyball – Wandalee Harris
Women’s Soccer – Caryn Salvant
Women’s Track and Field – Collette Pickstock

Men’s Scholars
Men’s Basketball – Jamaal Darling
Men’s Volleyball – Daryl Dorsett
Men’s Soccer - Cameron Saunders
Men’s Track and Field – Kohfe Miller

❖ 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 and 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.

❖ COB and the Ministry of Education’s Mathematics Competition…
The finals of the National Mathematics Competition organized by The College of The Bahamas and the Ministry of Education was held last week at Choices dining room. The results were as follows:

Primary Schools grades 4 – 6
1st place Nicholas Knowles, Tambearly
2nd place Matthew Negre, Bahamas Academy
3rd place Michael Saunders, Oakes Field Primary

Junior High grades 7 – 9
1st place Bernard Farquharson, Tambearly
2nd place Shante Major, St Augustine’s
3rd place Suraj Mirpuri, St Andrew’s

Senior High grades 10 – 12
1st place Justin Lockhart, St Andrew’s
2nd place Genymphas Higgs, Catholic High, GB
3rd place Zachary Lyons, Queen’s College
In the final of the Senior High competition, there was a tie and it took seven (7) tie breakers to determine the winner! Yu Ying Huang of Mt Carmel School was recognized for obtaining full marks on the written exam in the senior division.

❖ 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, Ms. Anastacia Brown.

❖ Book signing in Chapter One
Rev. Angela Bosfield Palacious will be signing copies of her book “Sharing Our Stories of Encounters with God” at Chapter One bookstore on Tuesday, 20th May from 12noon-2:00pm. The cost of the book is $10.00. For further information please contact the bookstore at 397-2650.

❖ The National Art Gallery of The Bahamas…
The Gallery will hold an open forum, entitled “What do Artists Want?” on Thursday, 22nd May, beginning at 6:30pm. For further information please call 328-5800.

❖ Authentically Bahamian Trade Show…
A trade show will be held on Thursday, 22nd May from 9:00am – 2:00pm in the Governor’s Ballroom, British Colonial Hotel. The trade show will feature more than seventy booths with a wide variety of quality and authentic gifts and craft items, including ornaments and accessories, fine conch jewelry, scented soaps and a number of new products all locally produced. For further information please call Rowena Rolle at 356-6967 or 356-6963.

❖ Marlin Awards Nomination Concert…
The concert presented by Harris Communication will be held on Friday, 30th May, at the Diplomat Centre, Carmichael Road, beginning at 7:30p.m. For ticket information please call 327-1255.

❖ Fourth Annual Yamacraw Community Festival…
The festival will be held on Saturday, 31st May, and will feature performances by the Royal Bahamas Police Force Band, Ancient Man, Elon Moxey and Terez Hepburn. Proceeds from the festival will assist with funding other community events. For further information please call Mr. Ken Strachan at 424-6524.
Condolences …
Condolences are extended to Ms. Karen Pratt, Admissions Office, on the death of her grand uncle who will be buried on Saturday, 24th May, at 10am at Salem Union Baptist Church, Taylor Street. Let us remember this family in our prayers.

Graduation Activities 2008
Nassau Campus:

- **Nurses’ Pinning Ceremony** *(Tonight)*
  Monday, 19th May, 2008 – 7:00pm – Bahamas Faith Ministries Diplomat Centre

- **Honours Convocation**
  Tuesday, 20th May, 2008 – 7:00p.m - Bahamas Faith Ministries Diplomat Centre

- **Graduation Rehearsal**
  Thursday, 22nd May, 2008 – 7:00pm Bahamas Faith Ministries Diplomat Centre

Safety tip for the Week:

If you regularly go jogging or cycling, try to vary your route and time. Stick to well-lit roads with pavements. On commons and parklands, keep to main paths and open spaces where you can see and be seen by other people – avoid wooded areas. If you wear a personal stereo remember you can't hear traffic or somebody approaching behind you.

Health Tip for the Week: Breathing Properly

The way you breathe affects your health. We take about 28,000 breaths a day and each breath gives us an opportunity to open up the lower lobes of the lungs through "whole lung breathing." Shallow breathing reaches only the upper lungs and triggers the stress receptors. Whole lung breathing reaches the lower lobes and activates the calming receptors that reside there. It stimulates the lymphatic system so waste products can be efficiently carried from the body. Finally, breathing into the lower lobes allows the rib cage to be elastic and open.

To do "whole lung breathing," breathe deeply through your nose only (the best way to activate the lower lung receptors) and inhale, filling up the lower lobes of the lungs, followed by the middle lobes and then the upper lobes. Then, squeeze out all the air, as best you can, as you exhale through the nose. This style of nasal breathing will ensure full respiratory capacity with each breath and is always recommended, even while doing moderate to vigorous exercise.
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