NOTICES

Staff Observer Candidate Forum Today
Staff Observer candidate forum is today, September 27th at 2:00 p.m. with Ruth Brown and Sharlene Smith in the Performing Arts Centre. Elections will be held on September 30th.

Caribbean Youth Day
The Bahamas National Youth Council (BNYC) will host Caribbean Youth Day. The event aims to foster a spirit of camaraderie and togetherness among youth from the various Caribbean nations. For more information, contact Tanya McFall at 525-3179 or email bncy.vpinternationalaffairs@gmail.com.

Research Edge 10th Anniversary Series
The 10th Anniversary Series of Research Edge Forum kicks off on October 15th, 2nd floor, Chapter One bookstore with Assistant Professor in the School of English Dr. Ian Bethell-Bennett who will present on Colour as Stigma? Violent Reactions to Social Exclusion Condone Violent Responses.

SIS Greening Project Information Meeting - Sept. 30
Full time students enrolled in BA degree programmes are invited to submit an innovative, green design made from original products that are locally grown, harvested or recyclable. Finished designs must be able to be incorporated into either an ongoing or completed building project. An information meeting will be held on Thursday, September 30th at 3pm in the 4th Floor classroom of Michael Eldon.

Shakespeare in Paradise: Box Office OPEN!
Regular tickets for Shakespeare in Paradise are on sale and will continue until the close of the festival on October 11th. Tickets for our premiere evening, October 1st, are priced at $35. Wine will be served.

Box Office hours, at The Dundas, are 10:00am to 4:00pm - Monday through Saturday. Telephone numbers are: 393-3728, 394-7179 or 431-7197.

You can also reserve tickets, via email, at: tix@shakespeareinparadise.org. A full schedule of events for the festival can be found here: http://ringplay.org/wordpress/schedule/.

Pa and the Preacher - Oct. 28-30
RepBahamas, the College Repertory Theatre Company presents Ian Strachan's Bahamian Comedy "Pa and the Preacher". Thursday, October 28 - Saturday, October 30 at 8 p.m. Performing Arts Centre, admission $20, $15 for students with ID. Call 302-4381 for more information. Email repbahamas@gmail.com

Poverty and Law Class Lecture Series
As part of the LLB Programme, the following lectures organized by the Poverty Law class are open to students in the LLB Programme and The College community. The lectures will be held at the Culinary & Hospitality Management Institute, Room 3, starting at 8:30 a.m. until 10:00 a.m.

Thursday, 30th Sept. – Superintendent Steven Dean, Royal Bahamas Police Force, Topic: The Impact of Poverty on Crime

Thursday, 14th Oct. – Professor Michael Stevenson, LLB Programme, Topic: Discrimination and The Constitution
LIMS E-Resources Fair
Learn how to effectively use e-resources such as J-Stor, EBSCO databases and Net Library.
Thursday, September 30th, 12 - 2 p.m. at all library branches. For more information contact Antoinette Pinder, E-Resources Librarian at 302-4554 or email at COBUS Tuck Shop
The COBUS tuck shop is now open! Visit us in the SUB at the Eastern entrance. We are open Monday - Friday, 9 a.m. - 5 p.m. We offer soft drinks, hot patties, slush, candies and phone cards.

On Oct. 8th, millions of people nationwide will slip into their favourite jeans and make a donation to support the Women’s Cancer Programmes for Lee Denim Day. Support this important cause and make a small donation of $12 for a T-shirt, $6 for a pink ribbon car magnet, $5 for a squeeze bottle or $3 for a wristband. Please make cash payments to the Business Office by Tuesday, September 28, 2010. For more information, call Brendalee Bonimy at ext. 4304.

L-R Colyn Major, Vice President, Student Affairs, COB; Dr Earla Carey-Baines, COB President; Minister Charles Maynard; Christine Campbell, acting Permanent Secretary, Ministry of Youth, Sports and Culture; Kevin Colebrooke, acting Director of Sports and Kimberly Rolle, Director, Athletics Department, COB.

On September 20th, the Minister of Youth, Sports and Culture the Honourable Charles Maynard presented The College of The Bahamas President Dr. Earla Carey-Baines with a $100,000 cheque for the National Hall of Fame Student Athlete Award. The award benefits students through tuition and book stipends.

COUN 100 First Year Seminar
Timetable for COUN 100 First Year Seminar on the COB Web site at: http://www.cob.edu.bs/CHS/SDS/LectureSeries.pdf

Prostate Health tip for men
It's important to learn about your prostate and take care of it now, before trouble begins. Waiting for symptoms may be waiting too long. Often there are no warning signs, even in cases of advanced cancer.

A healthy lifestyle including a sensible diet is the body’s best approach to a healthy prostate. Eat a variety of foods. No one food provides all the nutrients that a person needs.

Tips for Prostate Health
- Limit your consumption of high-fat foods — particularly red meat, greasy foods and dairy products.
- Choose foods high in dietary fiber daily: whole-grain breads and cereals, and fruits and vegetables — especially cooked tomato products, which have lycopene, and cruciferous vegetables like Brussels sprouts, broccoli and cauliflower.
- Eat fish with omega-3 fatty acids like salmon and sardines (2+/week). Also, canola oil, olive oil, raw nuts and seeds are good sources of omega-3 fatty acids and Vitamin E.
- Eat foods with high contents of Selenium and Boron such as raisins, apples, tuna, and sunflower seeds. Soy products, like tofu, may also be particularly beneficial
- Choose cooking methods that add no fats to your foods; bake, steam, poach or roast. Limit consumption of alcoholic beverages.
- Be physically active; exercise (30 minutes/day) and maintain a healthy body weight.
- Have a general health examination every year.
- Above all, DON’T SMOKE (Information from the Healthy Life Secretariat)

MBA Orientation
The first cohort of 19 students in the MBA programme attended an orientation in the School of Business on Tuesday Sept. 21st ahead of their first classes. They were given operational and academic information to help with their transition into the programme.