



Monday, 14th July, 2008

Blood Donation

Ms. Agatha Cartwright, mother of Christina Russell student of the College, is in urgent need of blood. If you wish to donate, please contact her 394-0970.

Condolences

The eldest son of Ms. Janet Charlton, Janitress in the President's Office, passed away on Thursday 10th July, 2008.

Also, Mrs. Ismae Stuart-Mackey, former employee in the Physical Plant Department, was a victim of a fatal traffic accident on Thursday 10th July, 2008. Please let us remember these families in our prayers and others who have lost loved ones.

Out of Office

Dr. Linda Davis and Mr. Valdez Russell are out of office from Monday, 14th July, - Friday, 8th August, 2008.

Mrs. Claire Charlow-Patton, Director of Records, is out of office from Monday, 30th June - Tuesday, 22nd July, 2008. All queries are to be directed to Mr. Nikita Austin, Assistant Director of Records.

Dr. Marjorie Brooks-Jones is currently on vacation and will be out of office until Monday, 11th August, 2008.

Half-Term Dates

The fall half-term will be on 9th & 10th October, 2008, due to the Discovery Day holiday being moved to 13th October.

Young Inventors Competition

The deadline for entry for the National Young Inventors and Innovators Competition has been extended to 31st July. Details are available at www.gocreativebahamas.com

ID Badges

The Office of Admissions is still in the process of taking staff ID photographs. Persons who may have missed their office allotted time are asked to have their ID photographs taken this week.

Events Calendar

Institutional Planning is requesting dates for the Events Calendar for the period August 2008 to July 2009. Please send details of your events to William Fielding at wfielding@cob.edu.bs as soon as possible.

Bahamas Association for Cultural Studies (BACUS)

Literary Forum

BACUS will be holding its first literary forum on Thursday, 17th July, 2008, at 6:30 p.m. at Lecture Theatre, Bahamas Hotel Training Center, Thompson Boulevard. All are invited.

International Conference in Singapore in January 8-10, 2009

(Call-for-papers)

The 2009 International Conference on e-Commerce, e-Administration, e-Society and e-Education invites people to submit papers for its conference on 8th-10th January in Singapore. The conference is organized by the International Business Academics Consortium (IBAC) and the Knowledge Association of Taiwan (KAT). It is sponsored by National Taipei University, Shih Chien University, the Academy of Taiwan Information Systems Research and SIM University, Singapore. Papers must be submitted electronically through the conference website <http://www.e-case.org/2009> and the deadline is 18th August, 2008.

Until Aug 30

Custom Computers Make the Grade & Win

Take your child's report card to Custom Computers, East Bay St. before 30th August, 2008 and for every 'A' you can enter to win a 20" iMac computer, iPod Touch or HP laptop. Drawing held end of summer at a special location. Family Island students can register online at: www.customcomputers.bs
T: 322-2115.

Sir Durward Book Signing and Re-Launching

The story of gold medal winner in the Tokyo Olympics in 1964 and bronze medal winner at the Melbourne Olympics in 1956, Sir Durward Knowles, is captured in the Book "*Driven By The Stars*" written by Douglas Hank Jr. Sir Durward and Mr. Hank will be at Chapter One Bookstore on Saturday, 19th July, 2008, from 3:00 p.m. -5:00p.m to autograph copies of the book.

Health Tip for the Week:

Colon Cleanse

The main benefit of a colon cleanse is that it removes the toxins that have built up over the years, so the digestive system will be able to function more effectively, which means that more nutrients will be absorbed from the food you eat every day and a larger percentage of the toxins will be flushed out of your system before they harm your body. So colon cleansing means improved health of the immune system and the entire body.

Safety Tip for the Week:

Road Safety

As a driver, you actually have a lot of control over the risks you face on the road. Knowing the best way to deal with the everyday situations you encounter will help ensure you reach your destination safely. Here are some of the most important driving techniques and habits you can (and should) adopt.

- Protect yourself from aggressive drivers by not competing with them but by anticipating what they might do.
- Apply the 2-second rule to stay a safe distance behind the car in front, plus other critical vehicle-handling techniques.
- Do not drive impaired - whether from alcohol, medications and other drugs, driver fatigue or plain old lack of sleep.
- Protect yourself from a serious intersection collision by obeying traffic lights and stop signs.
- Share the road with trucks and keep clear of their large blind spots.
- Pull over for a fire truck, ambulance or police car.
- Avoid hitting animals on the roads.

“Do not run through life so fast that you forget not only where you have been, but also where you are going. Life is not a race but a journey to be savoured each step of the way.” (pravsworld.com)

The College of The Bahamas Bulletin is issued weekly. If you have information that is pertinent to The College community, particularly those that require mass mailing, please send information by noon on the previous Friday to ensure it is included in the next week's edition to bulletin@cob.edu.bs or communication@cob.edu.bs