



Monday, 11th August, 2008

Seminar

Under the theme, "Transitioning to University: The Quality Agenda", the faculty and staff seminar will be held on Monday, 18th August, 2008 at Wyndham Nassau Resort & Crystal Palace Casino, Cable Beach at 9:00 a.m. Please bring your photo id.

Closure of Wellness Centre

The Wellness Centre will be closed from Monday, 18th August – Friday, 22nd August, 2008 for maintenance and will reopen on Monday, 25th August, 2008.

Warehouse Sale

The College of The Bahamas Warehouse Complex at Gold City, Farrington Road, is having a sale of computers and office furniture, including desks, shelves and chairs on Friday, 15th August, from 10:00 a.m. – 3:00 p.m. Items will be sold **AS IS** and on a 'first come, first served' basis. Items must be paid for in full. No deposits will be accepted nor will items be 'held' for individuals. With each purchase buyers will be eligible to win a prize.

Happenings Around Town

14th & 21st August - NAGB's Brazilian Film Series

Presented by the National Art Gallery and the Brazilian Embassy, the Long Hot Summer of Brazilian Cinema features *Bossa Nova* on 14th Aug, and *Brava Gente Brasileira* on 21st Aug. All films begin at 8pm at the National Art Gallery's Outdoor Theatre, West Hill St. Free admission. Call: 328-5800.

12th August - Fox Hill Day

Although not a public holiday many Fox Hillians take time to celebrate their special day, part of the Fox Hill Emancipation celebrations. Celebrations start at 11:00am. The public is invited to programmes by the Baptist Churches, St. Paul's, Macedonia, Mt. Carey and St. Marks. Other festivities include climbing the Greasy Pole; the plaiting of the Maypole and performances by Visage.

15th August - NAGB Concert Series

Features Bahamian entertainers Kim Welcome & Pam Woods performing live. Begins 8 pm at the National Art Gallery, West Hill St. Adm: \$15 members, \$20 public. T: 328-5800.

E: nthompson@nagb.org.bs

15th August - 2nd Mega Malt Phil Smith Basketball Tournament

Frank Rutherford's Elite Athletic Development Program, along with Thompson's Trading, is hosting the 2nd three-on-three basketball tournament. Funds will benefit Phil Smith's transplant surgery fund and Henry Rolle's Carmichael Youth Program. To be held on the Carmichael Rd basketball courts at 5:30 pm on Fri. and 10:30 am on Sat. The Open division has a \$1,500 prize. The 17-and-under division receives trophies. Registration for teams of four is at Esso gas stations. The tournament will be used for scouting for Frank Rutherford's Elite Athletic Development Program.

Take A Book to Lunch!

Under the theme "Take A Book to Lunch," Chapter One will run a lunch time book sale on Fridays and Saturdays between 12noon and 2pm during the month of August. There will be a 10% reduction on leisure books only.

Kinesis Project

Volunteers are being sought to be a part of a unique art show called Kinesis. Kinesis, a photo exhibition hosted by College of The Bahamas alumnus Scharad Lightbourne, will take place 18th – 19th September, 2008 at the Wyndham Nassau Resort Cable Beach. Volunteers should be 18 years or older. You can email your name and contacts to kinesis@thekinesis.com on or before 18th August.

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 the 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> no later than 18th August, 2008.

Health Tip for the Week:

Headaches

Headaches can be caused by a number of different circumstances and diet is only one area that could contribute. The most common causes of headaches are stress with associated muscle tension, hormones, medication or medical conditions like high blood pressure or water retention. Ensure that you drink 6 to 8 glasses of water daily and limit alcohol consumption to a minimum or abstain completely. Increase water intake if you are having alcohol. Eat high fiber foods to help keep blood sugar levels constant. Certain foods can trigger headaches. Relaxation exercises can help to relieve headaches. One of the simplest relaxation exercises is deep breathing which will release endorphins (the body's very own painkillers) into our body. Begin by breathing through your nostrils; inhale for five counts, silently saying the word "in" (concentrate on breathing deeply); fill your lower abdomen with air; count to five, and then exhale slowly, silently saying the word "out" as you let the air escape through your mouth; repeat this exercise for about two minutes; gradually you will be able to build up to ten counts or higher; increase your relaxation by imagining a peaceful scene or by breathing in fresh air or pleasant smells.

Safety Tip for the Week:

Cube Consciousness

Many offices have experts to make sure your body can easily bear cubicle wear and tear. If you don't have an onsite ergonomic expert, here are a few basic guidelines to make sure that you won't get carpal tunnel syndrome your first week on the job. Be sure to keep your eyes at least 20 inches from your computer screen, adjust the monitor to your eye level and keep your feet positioned firm on the ground. And don't slouch. Working at a desk or cube all day can make you feel cramped and restless. So why not mix in a little exercise in between faxing and collating? For a little cardio work, bring in a jump rope or rattle off a few dozen push-ups and sit-ups. For some light strength training, try doing seated sets of bicep curls with the help of a full water bottle. Stretching always helps, too, and can usually be done comfortably in your office attire without creating a disturbance to your co-workers; just leave the boom box and "Footloose" soundtrack at home. Workplace accidents can happen anywhere, anytime. That's why it's important to always be prepared. And one more thing – before you laugh at your co-workers for tripping up the stairs, ask and make sure they're OK first. And if they are, well, that's your decision as to what to do next.

"The most complex things in life are aimed towards making life simpler"(pravsworld.com)

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