



The College of The Bahamas BULLETIN

Monday, 25th August, 2008

Welcome Aboard

On behalf of President Hodder, the staff and faculty, we welcome our new and returning students to the Fall Semester. All new students are asked to carry their receipt to the Office of Student Affairs, 2nd floor, Portia Smith building to receive their orientation packages. Also, student IDs will be taken at the Office of Admissions, 2nd floor, Portia Smith Building.

Mr. Julian Miller, Director, and Mr. Mario Darceuil, Assistant Director, Utilities, have joined the Physical Plant Department.

Adjustment to Parking at The College of The Bahamas

Due to the ongoing construction of the Harry C. Moore Library and Information Centre at The College of The Bahamas' main campus, parking for the general public, students, faculty and staff has been adjusted. Persons are asked to note the changes below.

T-BLOCK AREA

Members of the general public will enter The College off Tucker Road and park exclusively in the T-Block parking lot in the area designated for visitors parking only.

College of The Bahamas employees who work in the Schools of Business and Technology will also enter off Tucker Road and park in the area designated for employees. Employees must use an electronic parking card to access the restricted area. Cards may be obtained from Campus Security. **Office #13, Munnings Building (next to KFC) 302-4203 or 302-4237.**

Students will also enter off Tucker Road and park in the area designated for students. However, additional student parking will be facilitated at the Culinary Hospitality Management Institute (CHMI) parking lot. Students are required to secure a parking decal from Campus Security and place it in a visible position. Vehicles without decals in the student parking area will be removed at the owner's expense.

MICHAEL ELDON COMPLEX

Parking at the Michael Eldon Complex is unchanged. There are designated parking areas for customers of Starbucks and Chapter One Bookstore and faculty and staff who work in the building. Students are not permitted to park in this area.

PARKING DECALS

Temporary parking decals for students, faculty and staff may be obtained from Campus Security this week. Permanent decals are expected by mid-semester. Persons are expected to adhere to these changes. Failure to do so could result in the removal of vehicles at the owners' expense. The College of The Bahamas assures its students, employees and members of the general public that campus security will remain vigilant in all parking areas. Parking decals may be obtained from Campus Security.

Office #13, Munnings Building (next to KFC) 302-4203 or 302-4237.

Closure of Portia Smith Gate

The College is anticipating a large crowd for late registration on 26th and 27th August and will therefore close the gate to the Portia Smith Building. This is in an effort to alleviate congestion in and around the building. All faculty and staff are to park in the T-block parking area, entering from Tucker Road. The gate will reopen on Thursday morning.

Renovation to Laboratory T-18

Work on renovating laboratory T-18 will begin on Monday 25th August and is likely to continue until the end of the year. Please avoid Room T-18 and if you must go to the area please proceed with extreme care and caution.

Relocation of Estates Administrator

The Office of the Estates Administrator has been relocated to Room A109 which is directly above the Human Resources Department, one door south of the auditorium/theatre.

Student Christian Movement

The Student Christian Movement of The College invites the entire College community to partake in its religious welcome back service for a spiritual beginning to the fall semester. The service is set for Thursday, August 28th at 2:30 pm, Portia Smith Bldg. parking lot.

Congratulations

The School of Nursing & Allied Health Professionals and the School of Communication and Creative Arts have new chairpersons this Fall. Ms. Patricia Brown and Mrs. Pam Stubbs-Collins are the new chairs of the Schools of Nursing & Allied Health Professional and Communication and Creative Arts, respectively. We wish them much success.

Condolences

Condolences are extended to Felicity Humblestone on the loss of her grandmother, Hilda Barrett.

Condolences are also extended to Antoinette Seymour and Marcia Seymour-Miles on the loss of their uncle, John Armbrister. Internment was on Saturday, 23rd August, 2008, at Christ the King.

The College community is asked to remember these families during their time of bereavement.

Basketball Classic

The office of Campus Life is sponsoring a one day back-to-school basketball classic on Friday, 29th August, 2008 beginning at 5:30 p.m. at the courts. The featured match up is the Local Music Stars vs. the COB All Stars. All students are invited to attend. Entertainment for the event will be Super Mario & DJ iGnite. For more information contact Campus Life at 302-4525.

Warehouse Sale

The warehouse sale was a success and the winners of the raffle were as follows:

1. Mobile Phone donated by Bahamas Telecommunications Company Ltd – **Charliese Bevans**
2. MP 4 Player donated by Cryptosolar Solutions – **Prestonia Wallace**
3. Desk Lamp donated by Harrold Road Business Centre – **Shanell Major**
4. Back to School Gift Basket donated by Gold City Warehouse- **Bridgette Stuart**
5. 1 Case of Air Freshener donated by Interchem Ltd. – **Garvin Bastian**
6. \$30 Gas Certificate donated by Bahamas Industrial and Institutional Supplies Ltd – **Kevin Buchanan**
7. \$25 Gift Certificate donated by Starbucks -**Natasha Gibson**
8. \$20 Gas Certificate (Texaco) donated by The New Village Restaurant & Pub – **J.J.**
9. \$20 Gas Certificate (Texaco) donated by Big Three Web – **Gordon Mills**
10. \$20 Gas Certificate (Texaco) donated by Road Runner – **Jonell White**
11. \$20 Gift Certificate donated by Stardust Beauty Supplies and Notions – **Gordon Mills**
12. Desk accessories donated by Office Products International – **Philip Gibson**
13. Office accessories donated by John Bull Business Centre- **Kenisha Romer**
14. \$10.00 Gift Certificate donated by Chapter One Bookstore – **Kathymae Symonette**

Security Key Cutting

The Security Department is in the process of cutting extra keys, new keys or re-keying for areas. Kindly e-mail them at ntaylor@cob.edu.bs so they can accommodate you, if you require this service. expeditiously.

Careers Institute

The Centre for Continuing Education & Extension Services (CEES) is running the following attractive programmes and courses this Fall and is inviting College personnel to take advantage of such courses

- Massage Therapy Essentials
- Computer Systems Technician
- Medical Secretary
- Medical Billing & Coding
- Wedding & Event Planning

College staff and faculty are eligible for substantial discounts. If you are interested in taking any of these programmes, call 325-5714/328-0093/328-1936, or go to the CEES office on Moss Road or visit cob.edu.bs/Academics/schools/cees/programmes.php for further details.

Health Tip for the Week:

Stroke

Strokes occur either when a blood vessel in the brain bursts (a type known as a hemorrhagic stroke) or more commonly, when a blood vessel becomes blocked (known as an ischemic stroke). Either way, unless normal blood flow is restored, brain cells in the area quickly die, leaving permanent disability. Sometimes, a temporary blockage occurs, causing symptoms of a stroke only briefly. Everyone over

age 50 should be knowledgeable about strokes. Not all risk factors can be controlled but many can. Whatever your risk profile, reduce your chances by taking the following steps:

- Don't smoke. Smokers have almost double the risk of ischemic stroke.
- Limit alcohol to no more than one to two drinks each day.
- Exercise daily. Aim for half an hour a day of brisk walking or an equivalent aerobic exercise.
- Eat heart-healthy. Take steps to follow a low-salt, low-fat, high-fiber diet.
- High blood pressure is the primary cause of stroke. Work with your doctor to maintain an acceptable level
- If you have diabetes, aim for optimum control. Again, diet, exercise and medications are the keys.

Safety Tip for the Week:

Car safety

Always lock your car and take the keys, even if you'll be gone only a short time. Keep your car in good running condition, and keep the tank at least one-quarter full. Lock doors while driving. If your car breaks down, raise the hood and place emergency reflectors or flares. Then stay in the locked car. When someone stops to help, don't get out. Ask him or her, through a closed or cracked window, to telephone the police to come and help. If you're coming or going after dark, park in a well-lit area that will still be well-lit when you return. Be especially alert when using enclosed parking garages. Don't walk into an area if you feel uncomfortable. Leave only your ignition key with a parking attendant. Don't leave your house key, garage door open, or other important items in your car. Never pick up hitchhikers. Control your keys. Never leave an identification tag on your key ring. If your keys are lost or stolen, it could help a thief locate your car and burglarize your home. If carrying packages or valuable items, store them in your trunk. If you do leave packages, clothing or other articles in the car, make sure they are out of sight.

"In silences lies power".

"Know me for what I do and for not what I am. Judge me for what I can do and not for what I have done."(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