**Welcome Aboard**
The College welcomes Ms Cheryl Simms, on loan from Deloitte & Touche, as Acting Chief Financial Officer. She will assist The College with matters of finance until the search for a permanent Chief Financial Officer is completed. Ms Simms replaces Mr. S. Tschombe Godet who has left to pursue further studies abroad.

**Late Registration**
Congratulations to all involved in the late registration process last week! 700 students were processed with optimum efficiency and the minimum of fuss. Registrar Danny Davis is proud of his team and is looking forward to more smooth registration periods in the future.

**Student Handbook**
Students are reminded that the updated Student Handbook can be accessed from the front page of The College website [www.cob.edu.bs](http://www.cob.edu.bs).

**Wellness Centre**
Bradley Cooper, Wellness Centre Manager, wishes to remind all students, faculty and staff that the Wellness Centre welcomes all who wish to join and take advantage of the opportunities to get and keep fit and live a healthy lifestyle. Opening times and fees are available upon enquiry at the centre.

**Research Edge**
The September Research Edge Forum is entitled, *Women and Boat-building in The Bahamas.* The Forum will be held on Friday 12th September, 2008, from 12 noon to 1:30 p.m. in the Lecture Theatre at the Culinary & Hospitality Management Institute on Thompson Boulevard. Kendall Butler, researcher and author, will deliver the presentation.
Change in men and women's volleyball practice schedule
Coach Jenny Isaacs-Dotson wishes to advise persons interested in try outs for the volleyball teams that practice days have been changed. For the women, practice sessions are Tuesdays, Saturdays and Sundays, from 6pm-8pm at the COB Courts and for the men, Mondays, Tuesdays and Wednesdays, 6pm-8pm at The College courts. Coach Dotson may be contacted at 302-4564(w) 422-2196 (cell) or jisaacs39@yahoo.com or jdotson@cob.edu.bs for further details.

Back to School Special for COB students and employees
Auto Detailers, a full service car cleaning company, is offering a 20%-40% discount to all COB students and employees! Vehicle cleaning that would normally range from $20-$35 is now $12-$20 for a limited time only. Services include: wash, vacuum, pressure cleaning, under carriage cleaning and air freshener. Pick up and drop off services are free to COB students and employees. Auto Detailers is located directly opposite The Nassau Guardian and the phone numbers are 328-8898 or 454-6613. Persons must present ID cards to secure the discount.

Renovation to Laboratory T-18
Work has begun in the laboratory T-18 and is likely to continue until the end of the year. Please avoid RoomT-18 and if you must go to the area, please proceed with extreme care and caution.

Security Key Cutting
The Security Department is in the process of cutting extra keys, new keys or re-keying for areas. Kindly e-mail requests for key services to them at ntaylor@cob.edu.bs so they can accommodate you 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.

Summer Madness
James Catalyn & Friends Summer Madness Revue 2008 will run from 10th to 13th September with a special benefit performance for the AIDS Foundation of The Bahamas on Tuesday 9th September in honour of Wellington Adderley. Tickets for the benefit performance are $25.00 and can be purchased from the Dundas box office between 9.30 a.m. and 5.00 p.m. Call 393-3728 or 394-7179. The show starts at 8.00 p.m.
Photography Exhibition

*Kinesis*, by College of The Bahamas alumnus Scharad Lightbourne, is a multi-sensory photography exhibition stimulating your taste, touch, smell and sight and features camera subjects such as accountant and lawyer Bernadette Christie, artist John Cox, rap duo NCity, legendary musician Ronnie Butler, journalist and pageant coordinator Michelle Malcolm and Miss Bahamas World 2007 Anya Watkins, among others. Kinesis is also in search of male and female models. If you are interested, send two photographs, one head and one full body shot, to models@thekinesis.com. The deadline is September 5th but for more details concerning exhibition and modeling call 535-1163.

BIFF Film Series at Crazy Johnny's

The Bahamas International Film Festival presents: "Oh Happy Day", a movie about a Baptist preacher from Harlem who gets stranded in a provincial Danish town after a bus accident involving his touring gospel choir. Wednesday 3rd, September at 7:30 at Crazy Johnny’s All Rock & Roll Club, East Bay Street. Free admission.

Hpnotiq Ladies Social Club

First meeting on Friday 5th, September. The club seeks ladies interested to learn more about health, nutrition, fashion and style. Sponsored by Fifth Avenue Cosmetics. Starts 5 pm at the Taj Mahal Indian Restaurant, north Parliament St. Plans include monthly activities at restaurants or lounges with optional diet gourmet items on their menus. Call: 327-3260. E: kevinstrakan@hotmail.com

Adjustment to Parking at The College of The Bahamas

**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.**

**T-BLOCK PARKING CARDS**
All Faculty and Staff who work in the T-Block should collect their Parking Cards for the T-Block parking lot from the Security Office in the Munnings Building as soon as possible. The Security Arm in the T-Block parking lot is in operation.

Health Tip for the Week:

**Back Pain**

Back pain in adults is often caused by poor posture, improper lifting, a decrease in flexibility or a deterioration of overall physical fitness. Most back injuries result from months or years of accumulated spinal stress, rather than a one-time injury. To learn more about treatment and prevention of back injuries, talk to your physical therapist or physician. A healthy back is the result of stretching and strengthening exercises, along with a nutritious diet and general wellness. Proper posture and lifting techniques will help build a healthy back.
Safety Tip for the Week: Driving At Night

Night driving is more challenging than many people think. It’s much more dangerous than driving in daylight and traffic death rates are three times higher at night than during the day. Night driving is dangerous because of the darkness as ninety percent of a driver’s reactions depend on vision and vision is severely limited at night. Depth perception, color recognition and peripheral vision are compromised after sundown while glare from headlights may also affect what we can clearly see. It’s also more difficult to see warning signs, obstacles, pedestrians and bicyclists.

Several steps you can take to help ensure both your safety and the safety of others while driving at night:

- Before you leave your driveway, make sure your car is ready for night driving. Clean the headlights, taillights, signal lights and windows (inside and out). Make sure your headlights are properly aimed to maximize your visibility and will not blind other drivers. Also, check to see that your windshield wipers are in good condition and your defroster works.

- Don't use any lights inside your vehicle except those on the dashboard, which should be dimmed.

- Use the night setting for your rearview mirror.

- Never wear sunglasses at night.

- Reduce your speed and don’t follow the vehicle ahead too closely. It is more difficult to judge other vehicle's speeds and distances at night. Keep that in mind when passing.

- When following another vehicle, use your headlights' low beams so you don't blind the driver ahead of you.

“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.” — Booker T. Washington

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