Welcome Aboard
The College welcomes Mrs. Cynthia Burrows in the Office of Communication and Ms. Tracy Knowles in Centre for Continuing Education & Extension Services (CEES).

Wellness Centre
Please note that Pilates classes on Tuesdays start at 4:00pm and not at 3:00pm as previously indicated. Step class begins at 5:00pm. All persons interested in doing yoga please contact the Centre so the number of participants and the best time for all.

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.

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’s 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, and for the men, Mondays, Tuesdays and Wednesdays, 6pm-8pm. All practices 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.
-2-

**Back to School Special for College students and employees**

Auto Detailers, a full service car cleaning company, is offering a 20%-40% discount to all College 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 College of The Bahamas 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.

**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.

**Sea Turtles of The Bahamas (Research Project)**

*Wednesday 10th Sept.*

Dr. Karen Bjorndal and Dr. Alan Bolten of The Archie Carr Centre for Sea Turtle Research will host a public discussion about the lives of sea turtles in The Bahamas based on a 30 year study. The project overview is to better predict the effects of fishery management and conservation policies on specific sea turtle populations. Project researchers have explored the implementation of a new set of methods, called the Markov Chain Monte Carlo estimation (MCMC). Discussion starts 7 pm at The Retreat on Village Road. Call: 393-1317.

**BIFF Film Series at Crazy Johnny’s**

*Wednesday 10th Sept.*

The Bahamas International Film Festival presents the movie “Dorian Blues.” At 7:30 pm at Crazy Johnny’s All Rock & Roll Club, East Bay Street near ESSO Gas Station.

**Forum on “Bahamian Architecture and Contemporary Living”**

*Tuesday 16th Sept.*

Architect Anthony Jervis speaks on topic: “Getting it Right Again, Bahamian Architecture and Contemporary Living.” This talk is being presented in partnership with the Institute of Bahamian Architects. The event starts at 7 pm at The National Art Gallery, West Hill St. Call: 328-5800 for more 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 offering a discount on admission to all COB students. Interested students should visit the website www.kinesis.com for more details.

Health Tip for the Week:
Diabetes Treatment
Being diagnosed with diabetes is no longer the end of the world as there are a number of different treatments to take care of the problem. If you are diagnosed with diabetes, you should immediately consult your doctor for the best diabetes treatment for your particular case.

However, changing your diet is a very effective diabetes treatment in helping to bring elevated blood sugar levels down to normal. Eat foods with less sugar and saturated fats content and more fibre. Try to eat the same amount of food each day and, as obesity is among the leading causes of becoming a diabetic, losing weight will definitely help you to cope with the disease.

Safety Tip for the Week:
Pedestrian Crossings
- Always try to cross the street on a marked pedestrian crossing.
- Always be aware of moving traffic.
- Make sure motorists have seen you before you step off the curb. Don't assume they'll stop.
- Make eye contact with drivers who have stopped and wave thanks when you've entered to cross the road.
- Move across briskly.

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.