Memorial Service
A Memorial Service for former Assistant Professor in the School of Social Sciences, Susan Jane Plumridge, who died suddenly last weekend will be held on Wednesday 17th September, at 10:00 a.m. at the Band Shell.

Counselling Department

THE LEARNING SUPPORT
CENTRE OPEN: 15th SEPTEMBER 2008
MONDAY – FRIDAY
9:00A.M. – 6:00 P.M.
Students are requested to make appointments to see A tutor

LOOKING FOR A FEW GOOD STUDENTS!
PEER TUTORS NEEDED!!!!!!
· Do You Have a G.P.A. of 3.00 Or Better?
· Have You Completed Two Semesters?
· Are You Friendly, Patient and Enjoy Helping Others?
· Do You Need To Earn Some Extra Money?
THEN YOU MATCH THE PROFILE OF A PEER TUTOR
TIRED, FRUSTRATED, JUST FEEL LIKE YOU’RE NOT GETTING IT?
WE CAN HELP!
IMPROVE YOUR ACADEMIC PERFORMANCE TODAY
APPLY FOR PEER TUTORING
IT’S FREE!
· The Peer Tutoring Centre re-opens on September 15, 2008.
· Enroll early, and get a head start! IT’S FREE!
· Tutoring available by appointment 9:00 a.m.—6:00 p.m. weekdays.

Apply at:
The Counselling Department
Third Floor
Portia M. Smith
Student Services Bldg.

Security Safety
Security officers at The College of The Bahamas are concerned with the safety of students, employees and visitors on its campuses. Uniformed officers are available to escort any member of the college community to his or her car or classes. Security will also assist persons with the following:
   1. Dead battery
   2. Keys locked in vehicle

Students are advised to walk with friends or in groups. Please contact Security Department at: 302-4566 / 302-4493 / 302-4494.

Help out Inagua
Please drop any CLEAN clothing and or bedding items, CANNED OR DRIED FOODS, chain saws generators, extension cords and WATER to the Red Cross Headquaters JFK Drive 323 7370/3. ONLY IF YOU CAN’T get to the Red Cross please drop off to The Sign Man on Shirley. Please ensure that your items are not loose.

Footwear Offer
GR Sweeting’s Shoe Village and Clarks Shoe store are offering a 10% discount to all College of The Bahamas students, faculty and staff during the Fall semester. Just show your College ID and feel that Clarks’ comfort.
The National Dance Theatre Company of Jamaica Gala Performance  
*Sept 20 - Saturday*

The UWI Bahamas Chapter, UWI Medical Alumni Association Bahamas Chapter hosts a special evening of dance in The Rainforest Theatre, Wyndham Nassau Resort, at 8 pm. Ticket outlets: Original Patties, The Juke Box, Doongalik Studios and UWI School of Clinical Medicine & Research. General admission: $100. VIP: $125 (includes champagne). The event is a black tie affair. Student special on Sept 19; 1:00 pm: $10 w/ student ID. Call: Mrs. Spencer at 325-2320.

**NAGB Issues Forum**  
*Sept 23 - Tuesday*


**BIFF Film Series at Crazy Johnny's**  
*Sept 17 - Wednesday*

The Bahamas International Film Festival presents the movie “Chartered Course” about Sir Durward Knowles and directed by Bahamian filmmaker Kareem Mortimer. Starts at 7:30 pm at Crazy Johnny's All Rock & Roll Club, East Bay Street, near ESSO Service Station

**Health Tip for the Week:**  
**Breast Cancer**

Often, patients with breast cancer will undergo local treatment, which means treatment is targeted to the specific area of the cancer – the breast and surrounding lymph nodes. The cancer is removed in a procedure known as a lumpectomy (where only the cancerous tissue is removed) or a mastectomy (where the entire breast is removed). Depending on diagnosis, radiation may be used in accompaniment to these procedures. Systemic treatment, which includes chemotherapy, hormone therapies and / or immune therapy, is used when a patient is at risk for having the cancer spread to different areas of the body.

Early detection is key in breast cancer – it is recommended that women over 40 undergo annual mammograms, and all women should conduct regular self-examinations. Talk to your doctor about the proper method. Breast cancer is the second-leading cause of cancer deaths in women (behind lung cancer), however instances of occurrence are showing a decline for the first time.

**Safety Tip for the Week:**  
**Exercising**

- Plan your outing. Always tell a friend or family member where you are going and when you will return.
- Don’t wear jewelry -- it could attract a potential mugger.
- Wear reflective material so that you are visible to traffic and other pedestrians. The material can be on the shoes or on the vest.
- Carry a driver’s license or wear an identification tag. As an alternative to carrying identification you can also write your information inside your tennis shoe.
- Exercise in familiar areas where stores and businesses are open during your exercise times. Think someone is following you? Head for an open business.
- Don’t wear headphones - they prevent you from hearing someone coming up behind you. If you must wear headphones, leave one ear exposed so that you remain aware of your surroundings.
Be careful if anyone in a car asks you for directions - if you answer, keep at least a full arm's length from the car.

Know where telephones are located along your exercise route. Or carry a cell phone.

Get an exercise buddy. Jogging with someone is safer and more fun too! A dog would be great as well.

Ignore verbal harassment. Use discretion in acknowledging strangers. Make eye contact and be observant.

Call the police immediately if something happens to you or someone else, or if you notice any suspicious people.

If you feel as if you are being followed, change direction and head for safe, well-lit venues.

Vary your route.

Have your door key ready before you reach home.

Follow your instincts about a person or an area. React according to your intuition and stay away from areas about which you feel unsure.

“Your first step is all that it takes to reach success. It shows your faith in your dreams. It shows your belief in yourself. It shows you have coverage to move ahead”. (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.