

MSVU Professor Receives International Award

Mount Research Chair Scoops Prestigious International Prize

BY MSVU PUBLIC AFFAIRS STAFF

August 24, 2005, Halifax - Dr. Janice Keefe, Canada Research Chair in Aging and Caregiving Policy at Mount Saint Vincent University, has recently been awarded the prestigious Novartis Pharma Prize.

Dr. Keefe received the prize along with her colleagues, Jacques Légaré and Yves Carrière from the Université de Montréal, at the 25th International Union for the Scientific Study of Population (IUSSP) Conference in July.

The award was in recognition of their paper "Developing new strategies to support future caregivers of the aged in Canada: Projections of need and their policy implications," which projects continuing care needs among elderly Canadians with disabilities between 2001 and 2031.

"The time to prepare for the aging population is now," says Dr. Keefe.



Dr. Janice Keefe receiving the Novartis Pharma Prize

"Without thoughtful planning and policy direction, elderly persons requiring care will needlessly suffer.

Our research clearly demonstrates the steady growth of formal home care as well as care by family and friends over the next 30 years."

The research compares the costs and consequences of various policy options and claims that Canada's demand for caregivers of the elderly will eventually outweigh the supply.

In the paper, Dr. Keefe and her colleagues make recommendations for providing more support to caregivers

in the areas of continuing care, taxation, income security and workplace policies.

"Family caregivers are the backbone of home care in Canada, but in the future there will be fewer children available and more older people to care for," says Dr. Keefe.

"We examined the financial costs of increasing respite care and/or providing a direct caregiver allowance, using Australia as a model.

"Our paper has attempted to provide real alternatives for the implications of particular policy options to support caregivers."

The IUSSP is the leading international professional Association of scientific studies of demography and population-related issues.

Their conference is held every four years. At this year's conference in Tours, France, there were more than 2,000 participants.

"Receiving this international award was truly an honour," says Dr. Keefe.

"Our research team is a wonderful collaboration of demographers and social gerontologists.

We worked well together to translate our research findings into tangible policy options."

BREAST CANCER AWARENESS WEEK

Who: All Metro Universities: DAL, SMU, King's, NSCAD and MSVU

What: Breast Cancer Awareness Week

Where: At all participating campuses, stay tuned for the detailed schedule

When: Monday September 26 to Sunday October 2

Why: Great cause, and breast cancer does affect young women

All donations will be donated to the CIBC Run for the Cure which takes place on October 2 at the Commons. Interested in joining the MSVU team? Or starting your own team?

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INSIDE THIS ISSUE:

HRM News	2
Campus News	3
Editorial	4
Features	5
SU News	6
Entertainment	7
CUP News	10
Arts and Life	11

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Sharing in Halifax

FreeCycling and LETS Movement in the HRM

BY ALEX KEENAN

When cheap commodities are valued over social and ecological sustainability, many people's basic needs are not met everybody's future is compromised.

Around the world, people have been experimenting with solutions to these problems, and two such grassroots movements that have made their way to our humble city are 'Freecycling' and 'LETS' communities. Aside from being inspiring social movements, they can be a huge help for students who are moving out on their own.

Freecycling is a simple concept. You put together a community of people who either need to find stuff or to give it away. If someone has something that they no longer use but that is too good to throw away, they post an offer for the rest of the group. Someone else comes along and takes it off their hands.

If someone needs an item – say, a couch or a blender – they post a request for that item, and if someone else has one lying around that they don't use, they give it to that person.

Halifax's Freecycle network is only one year old, but this online group has already received over 5000 posts. Membership is as easy as signing up at http://groups.yahoo.com/group/HRM_Freecycle/, where you can post offers or requests on any item imaginable.

Deborah van Beusekom, co-moderator for the HRM Freecycle group, says that a student could furnish an apartment with free things from the site, complete with furniture, televisions, computer desks (and even computers!), books, sporting equipment and clothes. The only stipulation is that everything must be free: no trades, bartering or money.

What was the most memorable item she's ever seen given away through the HRM Freecycle group? Van Beusekom says that the group has been too active for her to say for sure, but that someone recently posted an offer of a '95 Neon. That's right, for free.

Not only can you get useful items for moving into residence or an apartment, but at the end of the year it's an easy way to get rid of items that you no longer need. They just might go to someone who really does need them.

"LETS is about responsibility: responsibility to other members, as well as social and environmental responsibility"

For example, in the past year, a collection of VHS tapes has been compiled for the hospital on Robie Street, and one member collected household items for a family that lost their home in a fire. The incredible thing about the HRM Freecycling group, says Van Beusekom, is how it demonstrates the generosity and thoughtfulness of people in the HRM.

A Local Exchange Trading System (LETS) is a self-contained economic network in which members exchange goods and services using their own currency.

In Halifax the currency was coined 'Salty'. One Salty is worth one hour of work, or about \$10. LETS networks provide a market for things that may not have a valued place in the regular economy, such as crops from people's backyards or cooking lessons.

Members can also buy and sell things like used furniture and clothing, but students with few possessions but skills and knowledge to spare can find their own niche, such as tutoring, doing yard work, editing or giving community workshops in their area of study.

One of the principles of LETS is that regardless of what the job market seems to think, in a LETS community everybody's skills have value – whether they involve providing music for events, writing love letters or anything else that you can dream up.

Current offers include everything from massage to windshield repair. All skills are also valued equally, so one Salty is the general wage for hourly work – although more may be charged for particularly costly, difficult or dangerous work.

There are currently about 54 members – log onto the LETS website (www.halifaxlets.com) and post offers or requests. Bills are paid using LETS checks, and accounts are tracked over the on-line LETS network. Members are permitted up to 20 salties' worth of credit, but it is important for everybody to engage in both buying and selling, as that is what keeps the system flourishing. There are mechanisms in place to prevent abuse of the credit system, but according to Camille Dumond, outreach co-coordinator for Halifax LETS, this has yet to become a problem. It seems that members are embracing the LETS ideal: as Dumond puts it, "It's not just about getting value; it's also about giving value." LETS is about responsibility: responsibility to other members, as well as social and environmental responsibility. Decision-making is by consensus, and any members who wish to attend the monthly meetings and potlucks are invited to participate in the decision-making.

The goal of a LETS community is to meet everyone's needs without cash, which is why Halifax LETS is now aiming to open up the market to more locally-grown, organic food. LETS supports local producers and businesses, and upholds a social and ecological standard for the businesses that partner with it.

Non-profit organizations get a free membership (for individuals the annual fee is ten Canadian dollars and one saltie, or they can pay their fee with volunteer work or apply for a scholarship), and so far both the Ecology Action Centre and the Grainary Food Co-op are members.

These are both ways of satisfying ways to meet your needs than spending your hard-earned money at Wal-Mart.

Aside from liberating yourself from the stress of wondering where all the money is going to come from, they're opportunities to meet some new people, share your talents with the world and contribute to social and ecological justice in the process. Doesn't that beat picking up extra shifts at work?

FOR MORE INFO VISIT:

http://groups.yahoo.com/group/HRM_Freecycle

<http://www.halifaxlets.com>

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No Study Carrells for Undergrads: New Librarian

Library Study Carrel Rentals no longer available for majority of Mount students



BY MARY BRINEN

There has been a change in the study carrel renting policy at MSVU. A week before study carrels were to go on sale an announcement was issued stating that study carrels would not be available for undergraduate students to rent this year.

The study carrel will only be available to graduate students for \$50. The earlier announcement on the Library website, that study carrels would be available on Monday, August 29th, was removed shortly thereafter.

A posting on the website says that this move is in an effort of "create more group study space".

Donna Bourne-Tyson is the Mount's new Librarian. Tyson said that since there are only 200 carrel and 5000 students at MSVU they will not be rented out this year.

Tyson commented that most universities don't have carrels and desks to be rented out, and that there are many lockers available on MSVU campus.

The Mount is the only university that, up to this point, has study carrels for students to rent.

There are only 200 students at MSVU, and 5000 students. That is a general concern, but many students don't want a study carrel.

Most students wouldn't use them. Shouldn't the carrels available be accessible to students who want them? Is it not true that students who do not rent carrels may still use the desk space?

Does renting a locker replace study carrels? I can't sit in my locker and study or work on my laptop. And are there 5000 lockers at MSVU?

Group study areas are available in Seton Academic Center, in the Link, and downstairs in the Library.

Quiet study areas are in the study carrel section in the library. Shouldn't they be promoting quiet study areas, and not making space for more group study?

Resource For All

BY JANE McCORMACK
Student Resources Centre
Manager

The student Resource Centre is located in Rosario 114 in the Rosario Student Centre. It is steadily growing in the past 12 months. The room offers all students access to information as health, women's and men's issues.

It also offers a diversity centre where information can be obtained on areas such as multiculturalism and Canadian national issues. It also serves as a meeting room for several Mount societies.

The centre offers a Food Resource Centre where students can access an emergency food supplies which are sourced from the Metro food bank, it caters for meals for approximately 3 days. Personal and domestic supplies are available subject to availability.

The Centre is looking for volunteers. If you are interested in contributing to your community, please drop by and pick up an application form.

Photo: Courtesy of MSVU Public Affairs office.

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MSVU has a new student paper and it's
 looking for a few good
 writers!

Do you have an opinion to put out there? Like to critique movies, television, sporting events, food or books? Maybe you are a cartoonist with wit to match! If so there is a place waiting for you! If you are interested in getting involved with The Sentinel contact the Editor-In-Chief, Tokozani Zaza at 457-6686.

Miseducation...



An unidentified man sits in the flood water underneath the Interstate-10 in New Orleans, La., Monday, Sept. 5, 2005. (AP Photo/Eric Gay)

TOKOZANI L. ZAZA EDITOR-IN-CHIEF

It's been two weeks since the terrible tragedy in the US Gulf Coast. The images of the destruction caused by hurricane Katrina are devastating. I am filled with a sense of loss and grief when I think of the loss of life, loss of security, the loss of faith.

I had initially written an upbeat editorial where I rambled on about happy things and thoughts. Now I sit in front of my PC and wonder how much misery the world can take. How about some good news for once? When will sunshine peek in and bring some much needed joy to the people of this world?

The real tragedy about the situation in US is the way the government trivialized the lives of evacuees. Help arrived late and the response was slow and uncoordinated which resulted in more death than necessary. Individuals and politicians have explored the role that the social economic status of the refugees played in the government's lethargic response.

And of course there is the issue of race; Rap Artist, Kanye West went as far as exclaiming "...George Bush doesn't care about Black people." He also spoke of the negative way in which the media portrayed African-Americans; Saying "I hate the way they portray us in the media. If it's a black family, it says we're looting. If it's a white family, it says they're looking for food..."

I commend him for his courage, he spoke our private thoughts, verbalized the a silent feeling that was buried deep in our hearts as we watched helpless people in New Orleans cry for help that was slow to come, as refugees at the Superdome struggled to comprehend the leadership's apathy. This helplessness gave root to desperation so deep, that it caused people to take to the streets and loot, rummaging through merchandize trying to recover the world they lost in the aisles of the local Wal-Mart. Their grief turning into despair and rapidly metamorphosing into anger.

I was listening to my all time favorite CD; the Miseducation of Lauryn Hill; I paused for a good moment to ponder on the concept of miseducation.

To help me grasp this idea I looked up the definition of education; Teaching, learning, schooling, tutoring, instruction, edification and culture are a few words that came up.

And so when I think of miseducation I think of it as being the process of providing false distorted information. Who is constantly guilty of this? The mainstream media.

We are constantly bombarded with bogus information on everything from what we should eat to what we should wear, to who's hot and who's not. The media imposes its value system on us, attempting to strip us of our individuality.

The mainstream media thrives on inaccuracies; they instigate, push and prod negativity, sensationalizing misery and tragedy. Ignoring the good that still exists in people, because after all, 'good news is no news'. I could write a book on how the media has failed us but I am not here to vent, I want to be part of the solution.

The Sentinel is a new beginning for me I hope to be able to cover issues that I feel strongly about. I hope to use the pages of this paper as a canvas for your opinions and concerns.

The Sentinel is the Mount's voice; use it as a forum to air your grievances. Express yourself HERE. Do you have beef with The Student Union? The Administration? Fellow students?

Speak, don't allow fear to silence and diminish you. Apathy is what is killing this world, not speaking out when the weak need a voice should not be an option.

Don't be afraid to think radical thoughts, don't be afraid to step outside the box, hell scrap the box, kick it, beat it down! I can't do this alone I need your help. Write for the Sentinel!

Fair Treatment at the Mount

VP academic explains FT policy

BY KRISSY ARBUCKLE
VP Academic Affairs

What is the FTP you're asking? In this instance it is refers to the Mount's Fair Treatment Policy. The policy is important around here, and carries significant weight with it.

The FTP sets out guidelines on how people can expect to be treated while here at MSVU.

It states that we all have the right to be treated with dignity and respect, but we also have the responsibility to treat others with the same fairness. It goes both ways, just like your mother always used to say, treat others how you want to be treated.

The policy is important as it applies to all members of the Mount community, not just solely to the student-faculty relationship. It applies as well to all administrators, Board of Governors, contractors, staff, volunteers and even visitors to the campus.

The FTP is not a list of 'thou shall not do'. Talking about people's behavior and how it differs is a very complex area that must be handled with sensitivity, especially when speaking of differences due to cultural differences.

What is acceptable in one culture is not necessarily as acceptable in another. The FTP is very respectful of all cultural differences, and takes them into account when dealing with a situation. What the policy is meant to provide people with are options. It is important to know that there are options out there for people who

feel as though they have been treated unfairly without it becoming a great big issue.

Often times victims of harassment or discrimination are afraid to speak out due to fear of the aftermath. The FTP understands that, and with the inclusion of another very important part of the policy, will help people decide how they want to deal with the issue at hand.

That other very important part is the Fair Treatment Policy and Sexual Harassment Advisor, a woman by the name of Francine McIntyre.

Fran is great, and she is here to help out. All conversations with her are obviously confidential, and she is a good resource too, as just because you go to talk to her about an issue, it does not mean that you need to act on it immediately. She can help to point in the right direction and explain your options.

Fran's background is in clinical psychology. She has a Masters in Education from here at the Mount, as well as a Law degree from DAL.

So she knows what she is talking about! She is usually on campus on Thursdays and Fridays (or by appointment), and her office is in the ISW (Institute for the Study of Women), by the church behind Seton by the duck pond.

As well as Fran, you can always stop by my office with any questions or concerns surrounding the entire issue of fair treatment, as I sit on the FTP Committee

as the student representative with Fran and representatives from all the other areas of the university.

You can find me in Rosaria 118A, in the Student's Union offices.

It's just important to remember that along with living in a rights centered society we all have certain responsibilities to ensure that everybody is happy...so don't be so concerned with your rights that you forget your manners!

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BREAST CANCER CONCERNS YOU!!!!

Who: All Metro Universities: DAL, SMU, King's, NSCAD and MSVU

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Where: At all participating campuses, stay tuned for the detailed schedule

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Why: Great cause, and breast cancer does affect young women

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VOTE!

Executive Vice President urges student to get involved in the governing of the SRC

BY SHALEN HUTCHINGS

Are you looking for a way to enhance your resume, get paid, and make a difference on campus? The Students' Union has your answer – elections!

The Student Representative Council is perfect for any student. It looks amazing to potential employers and pays you for your time. It also gives you a way to help make a difference at MSVU.

Almost everyone says at some point in their University life that they wish something could be different. Now's your chance to make that a reality! Help plan events, make budgets, hire staff, and have your say about what needs to be changed at the Mount!

Positions open are: 2 Arts Reps, Board of Governors Rep, Education Rep, Full-Time Students Rep, Graduate Studies Rep, Off-Campus Rep, Part-Time Students Rep, 2 Professional Studies Reps, Residence Rep, and Science Rep.

You can pick up nominations packages in the Assisi front desk on September 15th and 16th, campaign on September 19th and 20th, and voting begins on the 21st and 22nd, with the results being announced at Vinnie's on the night of the 22nd. Best of luck to all of you!

For more information, contact:

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(902) 457-6153

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Chief Returning Officer
info@mountstudents.ca
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Frosh Week at a Glance

**BY SHALEN HUTCHINGS
EXECUTIVE VICE
PRESIDENT**

From September 4th to September 10th, Frosh rule MSVU. With events ranging from Sex with Sue's Sue Johansen giving a frank and open talk about sexuality, to an eight-band concert featuring Juno award winner K-Os, there's something here for everyone.

Make sure you check go out on Shine Day, where students go crazy in the city and do whatever they can think of to raise money for Cystic Fibrosis research.

There are prizes for the top earners: DVD players, movies, even a half credit tuition reimbursement!

This year's Frosh Week looks to be an enjoyable experience for new students, with a few events that returning students can attend and enjoy as well. Make sure to check it out, and have a blast!

For more information, contact:

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(902) 457-6105

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HEALTH & DENTAL PLANS OPTING OUT / OPTING IN

DEADLINE: SEPTEMBER 30

All full time undergrads must opt out of both plans if they wish, by showing proof of alternative coverage (not provincial).

Part time students, grad students and master students and students who wish to obtain the Family medical plan are not automatically enrolled in the medical plan. These students should visit the Health Plan Manager in Room 118F (Rosaria) to opt in to the medical plan only.

Contact Info:

Kim Coldwell

MSVU SU Health Plan Manager

457-6532

Email: suhealth@msvu.ca

Website: www.mountstudents.ca

"FRESH"**CD REVIEW**

**The Return of Jack
Splash
Plantlife(2005)
Counterflow Records**

If I was asked to give a single word review of this CD it would be summed by the word "FRESH", its not hard to tell when listening to this CD that four person band Plan life does not play by the rules on this first outing.

The music as whole cannot be pigeon holed to fit one genre it more like blend of rock, hip hop (which can felt on the MC Lyte sample), jazz, funk and it all works.

The Los Angeles based group are so artistically inventive on this 21 track album that they could be at home in the Philadelphia soul scene. In a sweeping overview of the writing of this album is witty, funny, tender and still remains socially conscious.

The lead vocalist is on the money on most of the tracks although some tracks his vocals seem forced with his voice sometimes being a little unbearable

The instrumentation is nothing short of revolutionary its new of every track, tinges of traditional jazz, funk and rock and roll sounds can be heard and they are given an edge by the subtle electronica samples that make for a new sound.

The tracks that will get radio play are "Why'd You Call Me?" a smooth love song, "New Day" sounds like a Cold Play song without the melancholy, "Luv 4 The World (Why They Gotta Hate?)" Straight out of a Prince's song book, The Last Song sounds like something from the London electronica craze of the late 70's.

In short its mixed bag. This one the years best albums but probably will go under the radar. It has garnered kudos from artists such Mos Def who calls it the "the new generation of funk" and Kanye West.

The Return of Jack Splash is a music lovers CD it was not made to sell albums but rather for the enjoyment of the listener; it sincerity is half it charm- definitely not for the faint hearted. This being Plant Life's first outing this is definitely a good look for them, it has compared to Andre3000 The Love Below.

**** 4 out 5 stars

-Bangu Ntaisi

The Prize

"A film about a woman who defies the odds to keep a roof over her family's head."

FILM: The PRIZE WINNER OF DEFIANCE, OHIO

RELEASE DATE : SEPTEMBER 30, 2005

DIRECTOR : JANE ANDERSON

DREAMWORKS PICTURES



Julianne Moore as Evelyn Ryan, Credits DREAMWORKS PICTURES

Evelyn Ryan (Julianne Moore) is a devoted housewife and mother of ten in the 1950s. Her husband (Woody Harrelson) can't seem to make ends meet, but that doesn't stop the car from breaking down, the mortgage coming due and the bills from piling up.

It falls to Evelyn to defy the conventions of the day and find a way to keep her family together with the odds stacked against them. Applying her remarkable resourcefulness and an uncommon wit, Evelyn finds her own way in the profitable jingle contests popular in the 1950s and '60s.

The Prize Winner of Defiance, Ohio marks the feature film directorial debut of Jane Anderson. Anderson who won an Emmy for her screenplay for "The Positively True Adventures of the Alleged Texas Cheerleader-Murdering Mom", also wrote the screen play, which she adapted from the book of the same name by Terry Ryan.

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PHOTO: JOSH GINSBERG, CUP WIRE

'No place to Pray' – McGill's Muslim students still without prayer space

BY JOSH GINSBERG
THE MCGILL DAILY (MCGILL UNIVERSITY)

MONTREAL (CUP) — The McGill University administration's continual refusal to provide a prayer space is causing some Muslims to question whether they will remain at the school, or transfer to a university where the requirements of their religion are easier to meet. Students like Ayesha Yousuf, in her second year of Economics and International Development Studies, are beginning to seriously question their future at the renowned institution.

"I was so frustrated, I was thinking I'd much rather be attending Concordia University than McGill University because [prayer] is such a big part of my every day routine, and it's just so hard for me to do it on campus," she said.

On May 31, the administration evicted the Muslim Student Association from their space in the basement of Peterson Hall, on the McGill campus. Three months later, there is little indication that it will be replaced any time soon.

The university maintains its assertion that, as a secular institution, it has no obligation to provide space for religious purposes, while the MSA says it is an issue of accommodating diverse student need, and of basic human rights.

With no progress in sight, many of McGill's devout Muslims have taken to praying outdoors on campus — both as a temporary solution to the lack of a room, and to make a symbolic statement they felt went unheard at the negotiating table. "We are leaving a buffer zone for the admin to choose the right decision in helping the McGill Muslim community, and we're going to continue with that. We'll pray outside until we see that type of solution," said MSA President Nafay Choudhury, who, like all devout Muslims, must pray five times daily.

Anthony Masi, McGill's interim Provost, and a principle negotiator for McGill on the prayer space issue, denied that any human rights violation has occurred. He maintained that the university only granted the MSA their previous space on a temporary basis, and that the room is needed to ease overcrowding on campus.

He said that he has been working with the MSA to find an off-campus location independent from the University, and stressed that McGill would not be making a financial contribution to this effort, but would help search for donors.

While Choudhury said the MSA would be amenable to this solution in the long run, it will take time to coordinate logistics, and an interim space is needed immediately.

"Come end of September, October, it gets pretty cold outside," he said.

Over the summer, the Students Society of McGill University and the MSA presented a document to Masi asking him to recognize SSMU's granting of a temporary space as a goodwill gesture. The University never signed the document and MSA spokesperson Idil Issa said this crippled the SSMU's ability to help.

"SSMU is in a difficult predicament. They want to help the MSA, however they don't want the admin to shift the buck to the SSMU...it's a matter of the admin not willing to accommodate someone willing to accommodate the MSA," she said.

Meanwhile, Yousuf is left pondering the quality of her education. "If McGill's not going to facilitate the process, it makes me think about what kind of education I'm getting at this school."

Sex Offender Arrested

BY DAN POLISCHUK
THE CORD
WEEKLY (Wilfrid Laurier
University)

WATERLOO, Ont. (CUP) -- Mark Youtlen, a high-risk sex offender who had been living down the road from Wilfrid Laurier University was taken into custody again after breaking the terms of his probation following an incident in uptown Waterloo.

According to police, the 46-year-old Youtlen was arrested at approximately 4 p.m. on Thursday, Aug. 25, after being seen interacting with an adult and a child under the age of 14.

After a brief appearance in court via videoconference last Tuesday, Youtlen's pre-trial date was set for Sept. 13. He will remain in custody until that time.

Renting two small rooms for \$450 per month and training for a door-to-door sales job, Youtlen lived at the residence unbeknownst to neighbours until local residents got wind of the sex offender's presence via the local media.

"I've got three children to worry about even more now. I definitely don't feel great that he was released where he was," said Ian Dagg, a next-door neighbour.

After spending 14 years in an Ohio penitentiary for the rape and sexual assault of his two younger brothers aged three and seven, he was deported to Canada in 2004.

Initially, Youtlen lived in Cambridge, Ont., with his uncle—a former police officer—under a strict court order for a year. Youtlen then pleaded guilty in May 2005 to breaching those orders by again coming in contact with adolescent boys.

In mid-August, Youtlen was released into a group home on Albert St., near Waterloo Park, under even stricter legal guidelines. He was required to frequently report his whereabouts to police and to not associate with minors or loiter near parks, pools and public schools.

Waterloo Regional Police Inspector Bryan Larkin said that when a high-risk offender is released back into the community, it poses a challenge to everyone involved.

"It's a huge issue and something police jurisdictions are dealing with all over the province—the balance of community safety and re-integration," he said.





BANGULANYI NTAISI OFM
Winner, PHOTO : T.ZAZA

Mount Student scoopes One Minute Film Award

BY TOKOZANI ZAZA
EDITOR-IN-CHIEF

Aspiring writer and Mount Student, Bangulanyi Ntaisi is the recipient of this year's Atlantic Film Coop Annual One minute film Scholarship. He will receive training and all equipment necessary to create a one minute film.

The One minute Film program has an objective of making film more accessible to the public and developing skills of budding filmmakers.

The One Minute Film is a program of the Atlantic Film Cooperative (AFCOOP) It is designed to enable people who have little or no experience with film make their first film – a one minute silent black and white film.

16 recipients are selected and AFCOOP provides training workshops in story development, shooting, lighting, and editing. Bangu will receive will also have an experienced filmmaker as a mentor to offer help and support thought the whole process.

Bangulanyi Ntaisi simply known by friends and family as 'Bangu' hails from Bulawayo the second largest city in the beautiful country of *Zimbabwe*. He is in his third year studying Business Administration at the Mount.

Ntaisi has always had a creative streak and a flair for fiction his favorite books include Long Walk to freedom by Nelson Mandela, I write what I like by Steve Biko, The Art of Prayer by Kenneth Hagin, The Autobiography of Malcolm X by Alex Haley, The Story of My Life by Joshua Nkomo, My life by Kwame Nkhurumah and The conversations of Marcus Garvey .

His film will address images of aging in film and draws parallels between life in retirement homes and prison. He hopes to generate some discussion on the plight of the elderly. The winning entries will be screened at theatres in Halifax and will also be showcased on television on Much Music TV.

Harvest Time in Halifax

BY ALEX KEENAN

"Harvest time" means the day that you open your fridge, realize that there's nothing inside but wilted lettuce and two jars of mustard, and finally make your way to the grocery store for some oranges from Chile, tomatoes from the United States and cereal from Kellogg's—isn't it?

When food travels long distances it loses nutritional value, fossil fuels are needlessly burned, greenhouse gases are pumped into the atmosphere and less money stays in Nova Scotia because cheaply grown imported crops undermine our own farmers.

On September 18th the Ecology Action Centre's Food Action Committee (FAC) will be hosting their second annual Harvest Festival, a celebration of the actual harvest season and a promotion of sustainable food choices.

FAC aims to educate public about issues in food production and the distance that food often travels before it ever reaches our plates.

This free event will feature local food producers and will emphasize what the organizers call "ecological" production:

producers whose practices pesticides and genetically modified crops, These practices help strengthen the local economy and reduce dependence on imports while protecting the local ecology.

Growers and others will be there to talk to the public, answer questions and hand out samples of what they have to offer.

There will also be guest speakers, , demonstrations of renewable energy (including a wind turbine, solar panels and a generator powered by bicycles) and live entertainment.

The musical lineup includes Halfway Tree, The Middleclass Pushovers, The Museum Pieces, Jenn Grant, The Jubilee Quartet and Gypsophilia, and the Zuppa Circus Open Theatre Kitchen will be entertaining the audience while they whip up a feast onstage.

Get yourself to Victoria Park (across from the Public Gardens) on Sunday the 18th from 10am to 5pm, and get something really good, really fresh and way more sustainable to eat with all that mustard.

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