

# The Independent

## Brighton students go hungry

Thu Dec 1 2011

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Section: News

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BRIGHTON -- Local students raised close to \$10,000 with their 30-hour fast for HIV/AIDS orphans in Africa Nov. 24.

Approximately 300 East Northumberland Secondary School (ENSS) students made the choice to go without food during a two-day event, with many staying up all night at the school on Thursday to show their support.

"Students stopped eating on Wednesday night and went straight through to Friday morning at 7 a.m.," ENSS student Meagan Bosma said about the 30-hour fast, which supports HIV/AIDS orphans in Kilema and Tanzania.

Ms. Bosma said it was difficult to go that long without food, but they did receive two small bowls of rice at different times during the night to simulate what many of the African orphans eat on a daily basis.

Even though everyone involved took the event quite seriously, Ms. Bosma said, they still had a lot of fun over the 30 hours, watching movies, playing video game, participating in sports activities, and playing a giant game of Twister.

The fundraising for the fast kicked off a week earlier, on Nov. 18, with an assembly at the school which featured humanitarian James Fraser, who spoke about his work with Dignitas International, a medical humanitarian organization

dedicated to helping children and families with HIV/AIDS and related illnesses in the developing world.

Fellow ENSS student Katy Olohan said it was wonderful having a person like Mr. Fraser speak to the students about his experiences and it reinforced her decision to take part in the 30-hour fast.

"Our job was to get the word out to people about the plight of these children, but it was also really eye opening to the students involved," Ms. Olohan said. "For us, the next day we could get food, but a lot of children in Africa don't have that option."

Mr. Fraser said it was a pleasure being able to speak to the students and staff at ENSS and it gave him hope seeing the commitment the students put into raising money and awareness.

"The ENSS students are a great representation of how high schools are becoming more empowered, more knowledgeable and more aggressive in terms of determining the future of the world," Mr. Fraser said.

Apathy can be a hard thing to fight, Mr. Fraser said, but the best way to combat it is to act and if there is something a person wants to do, to help others, they should do it.

"Success breeds success and when people

around you see that you can make a difference and it can be fun and exciting, they will follow," Mr. Fraser said.

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