

# Old Eddy girls do their part to help

## Sheriff Hall residents fast for 30 hours

BY LOUISE MATHESON AND NATASHA WIRTANEN

A sign posted in the lobby of the Sheriff Hall residence was counting down the 30 hours that girls from the residence had to go without food.

The girls from the Old Eddy section of the all female residence were taking part in the annual 30-Hour Famine for World Vision.

"We did this to understand what it feels like to be on the other end of the spectrum," said participant Kerry Hicks.

"You learn to appreciate what we have," added Jessica Owen, another participant.

This year, 20 Sheriff Hall participants raised approximately \$650.

The fundraiser was a way for the girls to bond as a group, which is an important aspect of residence life, but they also wanted to help the hungry children in the world.

Each day 33,000 children die from hunger or related diseases and 768 million children go to bed hungry. Statistics like these were enough to convince these girls that fasting for 30 hours wasn't a bad idea.

At 8:30 a.m. last Friday, the girls began to fast. Before they started, all the girls ate a big breakfast together to hold them for the 30 hours.

Throughout the famine, participants were only allowed to consume fruit juices and water.

To keep from thinking about food, the girls kept busy for most of the fast. They went swimming, watched movies, played frisbee, and competed for prizes, donated from local businesses. They hung out as a group to support each other.

The countdown poster in the lobby was there for support, "but, I think counting down makes you more hungry," said participant Emily Clegg.

Last year, the 30-Hour Famine raised over \$3.2 million and had over 140,000 Canadian teenagers participate in the fasting. 80 percent of World Vision's income goes to program services, and the remaining 20 percent goes to support the actual organization.

Tanya Matheson, treasurer of Old Eddy House, and Hieu Nguyen were the organizers and were key in soliciting donations from local businesses. Other donations came from friends and family.

By 10:30 p.m. Friday night, Laura Owen was feeling the pain. "I am past the hungry stage," she said.

Many of the girls complained they felt sick and dizzy, but they were committed to sticking it out. They all went to bed around 1:00 a.m. Saturday morning. The group consensus was "We can do it!"

All 20 girls lasted the 30 hours, although they found the last few hours the hardest.

When they were able to eat at 2:30 p.m. Saturday, the end of their 30 hours, Beaver Foods Ltd., the residence caterer, donated whatever they wanted, while Dairy Queen donated an ice cream cake.

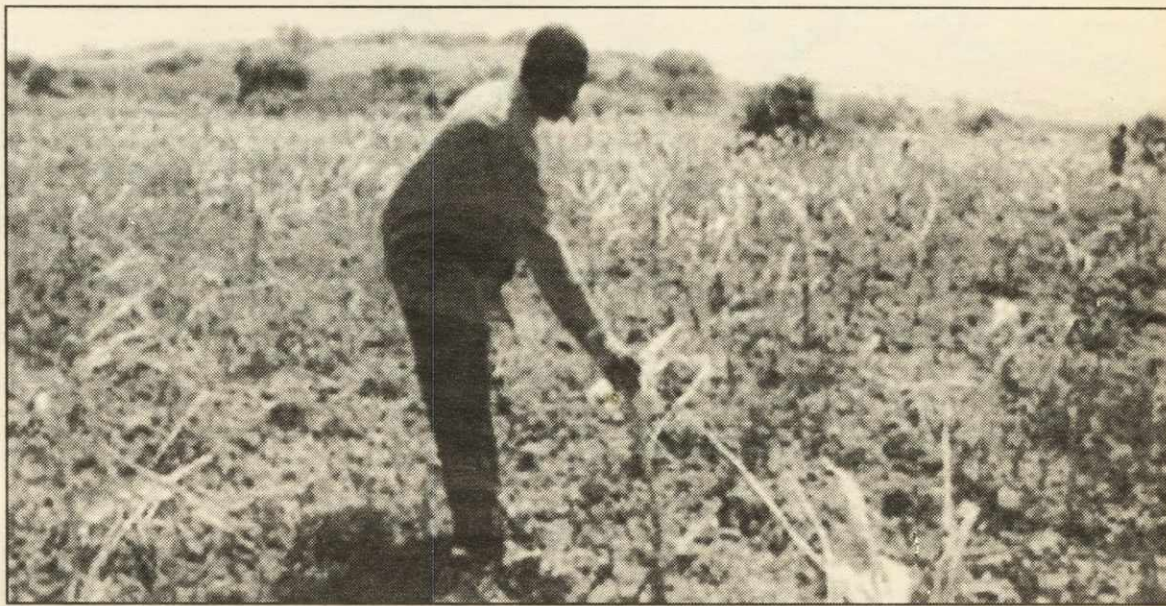
"The food was gone in 10 minutes!" said Hieu Nguyen, one of the organizers.

On Saturday night, all proceeds from donations at the door of the Thirsty Duck went to the 30-hour famine. Newfoundland band Clam Chowder played, while famine participants promoted the event and collected donations at the door.

The money collected went to support a number of World Vision projects, including one aimed at helping over 60,000 Rwandan orphaned children by offering food, health care, agricultural, and skills training programs.

Money from the 30-Hour Famine also goes to the Girl Child Project, aimed at Guatemala and Tanzania, which helps communities realize that having a female child is not a burden for their family and helping parents see the benefits of

educating girls as well as boys. Canadian Programs, which provide Breakfast for Learning in elementary schools and many other programs across Canada will also contribute from funds raised by the Famine.



A Ugandan farmer examines crops in drought conditions (top) and children at an NGO relief camp recently.

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