

Fasting for Haiti by: Erin Alderink

After the Donate Pennies assembly on January 15, Ms. Knuth heard from a friend that others were fasting for the people who were affected by the earthquake that had hit Haiti and thought it would be a good idea for North Muskegon to try. We decided to have this fast start at midnight on Thursday, January 28 and end with a breakfast Friday morning. The plan was that those who fast would donate the money they would have spent on food that day. People who wanted to help, but could not fast for various reasons, would match the amount of money they spent on food that day or sponsor a fasting person. All of this money would be pooled together and donated to the American Red Cross.

As soon as I heard about the idea from Ms. Knuth I knew that I would be participating in the fast. I could have just donated some money, but the reason for actually fasting is to have some idea how the people of Haiti are feeling who are lucky to receive one meal a day since the devastating earthquake hit. I am lucky enough to be able to eat just about anything I want to eat, when I want to eat, so I can try and imagine how it would feel to not have that luxury for one day.

I was not the only student at North Muskegon High School who decided to participate in this experience. Most DPO members, other high school students, and even a few teachers joined in on the fast. I was amazed at how many people decided to participate.

As I write this article, I am about 22 hours into my fast with about 9 hours to go. The feeling of hunger is not as bad as I expected it to be. I think my body has adjusted to not having food, so I barely even notice that I am hungry. The only times I have felt hungry were when I saw people eating food. I was near other fasters most of the day and when we became hungry we supported each other in our decision to continue not eating. Other fasters did find it more difficult and could not last the entire time or had worse symptoms.

I am looking forward to how we are breaking our fast. All of the fasters and anyone else who wants to join are meeting at the school at 6:30 a.m. for a breakfast. We will have fruit, bagels, pancakes, waffles, eggs, and other delicious goodies. This will be a great way to come together and end our fast.