

Erin Swanson-Davies Emerald  
Boris Dolin sits on the steps of the Hillel House blowing a horn known as a shofar. Traditionally the shofar was used to call villagers to services. Now, less frequently used, it is blown in ceremonies for the Rosh Hashanah holiday.

## Holiday

continued from page 1

Rosh Hashanah itself isn't solely meant to celebrate the New Year. It has a four-fold meaning. It is the Jewish New Year, the Day of Judgment, the Day of Remembrance and the Day of Shofar Blowing.

Rabbi Tal Shachar of the Ahavas Torah synagogue, Eugène's Orthodox congregation, said that while Rosh Hashanah is a festive event, it is also a day of judgment and the prayers are representative of the coming new year.

"It is important in deciding everything that will happen to you in the year. It is a day of repentance," he said. It is traditional for Rosh Hashanah to start with services, including a candle-lighting ceremony, Shachar said. Services will begin at Ahavas Torah, located at 3800 Ferry St., at 6:37 p.m.

Canar said that people who have passed away are always remembered during Rosh Hashanah. There are special memorial services that are held and candles that are lit.

The traditions of Rosh Hashanah also include the blowing of the shofar, a ram's horn. Shachar said the shofar is sounded 100 times to represent the acceptance of the beginning of the High Holy Days.

On the first day of Rosh Hashanah, Shachar said, Jews visit a body of water to symbolically cast away their sins into the water. There are traditional greetings each day and families gather together for the holiday meals.

Sophomore art major Nancy Rhodes said the first night's meal usually begins with apples dipped in honey, which symbolize sweetness and blessings for a sweet year ahead.

Challah, the bread usually eaten on the Sabbath, is baked in a circle

as a wish that the coming year will roll around smoothly without sorrow. It is also dipped in honey before eating.

Rhodes, along with other Jewish students, including junior undeclared major Stacey Schwartz, share the belief that it is harder to make time for Rosh Hashanah because as students, they are no longer living with immediate family.

"You are not forced to do certain things, such as going to synagogue," Schwartz said.

Despite the distance from loved ones, the holiday still holds value

**“It is important in deciding everything that will happen to you in the year. It is a day of repentance.”**

**Tal Shachar**  
Rabbi, Ahavas Torah  
synagogue

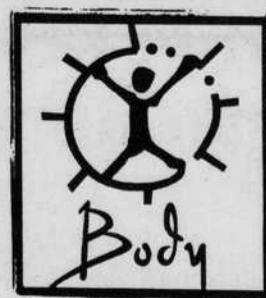
for the Jewish community on campus.

"Rosh Hashanah is one of the most important holidays of the year," said Stephanie Yellin, the Jewish Campus Service Corps Fellow at Hillel. "It is an intense period of reflection and introspection."

Personally, Yellin said, Rosh Hashanah is influential because her life has changed so much in the past year.

"I graduated from college. I moved 3,000 miles away. I started my first job out of college and I'm meeting all these new people," she said. "It's really hard not being with my family for Rosh Hashanah."

Yellin said that she feels it is necessary for Hillel to provide a "home away from home" for students as they ring in the Jewish New Year.



## Make it Happen! Free Services

### WORKSHOPS

The following workshops are offered most terms and are designed to help you make positive health changes. Call 346-4456 for more information.

**Smoking Cessation**    **Weight Management**  
**Vegetarian Cooking**    **Sports Nutrition**



### YOU ARE WHAT YOU EAT...GET A FREE NUTRITIONAL ANALYSIS!

Too many calories? Not enough calcium or iron? Let us help you find the answers. If you are concerned and/or curious about the nutrient breakdown of your diet then NAP is for you. The Health Education Program now offers a FREE Nutrition Analysis Program to all registered students. Simply pick up an application at the Health Education room.



### TOTAL CHOLESTEROL SCREENING



Every Tuesday from 9:30-11:30 a.m. you can get free total cholesterol screening. Simply check in at the Health Education room on the first floor of the Health Center.

### LENDING LIBRARY

Excellent books are available for loan to U of O students from the Health Education room in the Health Center. There you will also find health related newsletters, articles, and pamphlets. Just stop by.



### GUEST SPEAKERS AND PRESENTATIONS



Peer Health Educators and Health Center Staff are available to speak to your organization on any of the listed health issues as well as others. Call us for details.

### HEALTH EDUCATION AT THE STUDENT RECREATION CENTER

Come visit our cart for updated health and wellness information on topics such as: alcohol and the effects on "workouts," training and fitness; food supplements and replacement fluids; effects of tobacco on physical fitness; eating disorders and much more!

#### Topics Addressed:

**HIV/AIDS, Nutrition, Alcohol, Sexuality, Smoking, Cholesterol, Eating Disorders, Fitness, Stress, Relationships, Weight Management**

**Health Education Program  
at the Health Center  
346-4456**

Visit us at our web site: <http://healthed.uoregon.edu>

*great people. great fun. great experience.*

**Don't miss out.  
Work for your college paper.**

For more information on how to freelance for the Oregon Daily Emerald call 346-5511.