

①⑥ New Year's
Resolutions
to
Change
the World

2006

FORGET ABOUT LOSING WEIGHT,
quitting smoking, or all those other
personal problems and obsessions you
have. It's time to get serious. We're
halfway through this decade. It's a new
century, remember? Let's think about
how we can *change the world*.

JANUARY 2006

Sunday

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ADAM MCCAULEY *Change our planetary dependence on oil with fuel cell technology*

CHANGE OUR PLANETARY DEPENDENCE ON OIL and you change the world. There are more alternatives to the current oil system than the Middle East can shake a stick at, but one of the most promising is **fuel cell technology**.

History: *First invented by Sir William Robert Grove back in 1839, a full 37 years before the first gasoline-powered motor engine, fuel cells mix hydrogen and oxygen in the presence of an electrolyte—in turn producing electricity and water. This resulting electricity can power anything from cars to houses and everything in between. The resulting “waste” water—a fuel cell’s only emission—is so clean that one could drink it straight from the tailpipe.*

Future: *Big problems remain in its development, but already fuel cell technology has been in use for years in the Apollo and Space Shuttle programs, and more recently in many city bus programs worldwide. Honda, Toyota, and Daimler Chrysler are now successfully developing cars using fuel cell technology; times they are a-changin’.*

ADAM MCCAULEY



HONDA FCX FUEL CELL VEHICLE

JANUARY 2006

Monday

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JANUARY 2006

Tuesday

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MARC ROSENTHAL *Question authority*

QUESTION AUTHORITY. I know it's an old saying, but these days, many leaders, who hate to be questioned, are leading the world further into violence and injustice. The best thing we can do to save the world is to pay attention, and speak out.

What you can do: *Write letters to your local paper. Call or write your state and federal representatives. Talk to people about issues. Get into political arguments. Get out the vote.*

How you can do it: *Here is a website with info on various things to do: www.workingforchange.com/activism*

For more information: *Here is a website where you can get contact information for your senator or congressman: capwiz.com/wa/dbq/officials*

MARC ROSENTHAL

Presidential impeachment proceedings

ANDREW JOHNSON	February 1868. <i>Acquitted May 26, 1868.</i>
RICHARD NIXON	July 1974. <i>Resigned August 9, 1974.</i>
BILL CLINTON	December 1998. <i>Acquitted February 12, 1999.</i>

JANUARY 2006

Wednesday

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JANUARY 2006

Thursday

5



JERRY BERNDT *Respond to the
disaster in Rwanda*

HE'S AN ORPHAN OF THE RWANDA GENOCIDE. He lost everybody—parents, siblings, aunts, uncles, friends. He was 10 years old when the genocide happened in April 1994. One million people were killed in three months. You must try to imagine his trauma.

After the genocide, he adopted four younger children who had also lost everyone. He became a parent at the age of 10. Head of the household. He had no house, no food.

Together with other orphaned heads of households, he created the *Association des Orphelins Chefs de Menages*. The orphaned try to help each other; how to get a house, how to send the children to school, how to get food.

Americans respond well to disasters; be it tsunamis, earthquakes, or hurricanes. My hope for the new year is that we continue to respond after the immediate disaster.

Healing the minds and bodies of disaster survivors is a long process. \$3,000 will build a house. \$250 will provide tuition for a year's schooling. \$500 will provide basic food for almost a year.

How you can help: *Help can be sent to New Vision Partners, 132 N. Euclid Avenue, Pasadena, CA 91101, phone (626) 583-2750; or check out the book about AOCM at www.usc.edu/schools/college/crcc/publications/orphans_rwanda.html*

JERRY BERNDT

JANUARY 2006

Friday



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Handwriting practice lines consisting of eight horizontal dashed lines.

JANUARY 2006
Saturday



7



JAMES YANG Drive
a smaller car

PEOPLE SHOULD DRIVE SMALLER CARS IN CITIES.

I think this would really improve the quality of life. Driving in NYC is more stressful than it needs to be. Smaller cars in the city would feel less claustrophobic, there would be more parking space for everyone, the air would be cleaner, and we would use less gas. The fact that I am infatuated with the Mini has no bearing on my suggestion whatsoever.

JAMES YANG

Motor vehicle pollutants

Pollutant	Effects
HYDROCARBONS react with nitrogen oxides in the presence of sunlight and elevated temperatures to form ground-level ozone.	Can cause eye irritation, coughing, wheezing, and shortness of breath, and can lead to permanent lung damage.
NITROGEN OXIDES (NOX)	Contribute to the formation of ozone and to the formation of acid rain and to water quality problems.
CARBON MONOXIDE is a colorless, odorless, deadly gas.	Reduces the flow of oxygen in the bloodstream and can impair mental functions and visual perception. In urban areas, motor vehicles are responsible for as much as 90 percent of carbon monoxide in the air.
CARBON DIOXIDE	Potential to trap the Earth's heat and cause global warming.

SOURCE: ENVIRONMENTAL HEALTH CENTER, NATIONAL SAFETY COUNCIL

JANUARY 2006

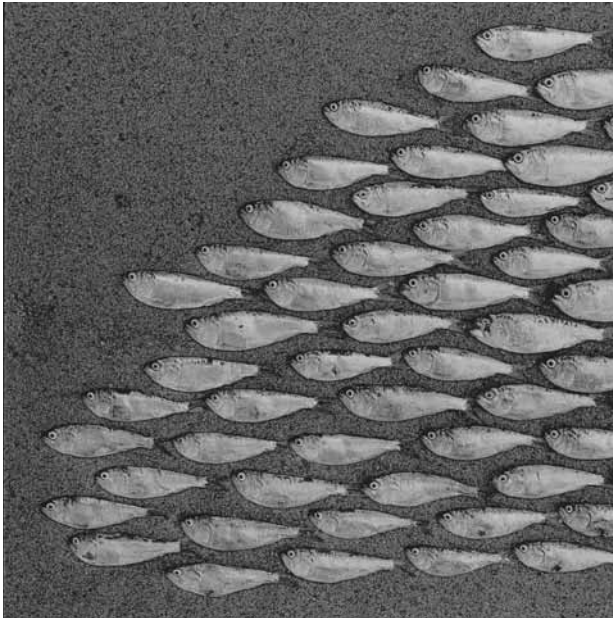
Sunday

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NUBAR ALEXANIAN *Keep water clean*

ONE DROP of gasoline contaminates 10,000 gallons of water. It's a fact. Think about it. Careful as I am, when I heard this, my approach to the environment changed from the political to the personal. Everything I do matters. Everything. One drop of gasoline. *Think about it.*

NUBAR ALEXANIAN

List of various water contaminants

For a complete list go to www.epa.gov/safewater/mcl.html

CONTAMINANT	HEALTH EFFECT	SOURCE
LEGIONELLA	Legionnaire's Disease, a type of pneumonia	Found naturally in water; multiplies in heating system
BROMATE	Increased risk of cancer	By-product of drinking water disinfection
ASBESTOS	Increased risk of developing benign intestinal polyps	Decay of asbestos cement in water mains; erosion of natural deposits
BENZENE	Anemia; decrease in blood platelets; increased risk of cancer	Discharge from factories; leaching from gas storage tanks and landfills
ENDRIN	Liver problems	Residue of banned insecticide

SOURCE: ENVIRONMENTAL PROTECTION AGENCY

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Tuesday

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Wednesday



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JOHN GOODMAN *Take nothing*

“MAN DID NOT WEAVE THE WEB OF LIFE, he is merely a strand in it. Whatever he does to the web, he does to himself.

“Take only memories, leave nothing but footprints.

“How can you buy or sell the sky—the warmth of the land? The idea is strange to us. Yet we do not own the freshness of the air or the sparkle of the water. How can you buy them from us? We will decide in our time. Every part of this earth is sacred to my people. Every shining pine needle, every sandy shore, every mist in the dark woods, every clearing, and every humming insect is holy in the memory and experience of my people.”

CHIEF SEATTLE, SUQUAMISH TRIBE,
PUGET SOUND 1786-1866

Chief Seattle (also Sealth or Seathl) (c. 1786–June 7, 1866) of the Suquamish and Duwamish Native American tribes, father of Princess Angeline, was born around 1786 on Blake Island in Washington, and died June 7, 1866, on the Suquamish Reservation at Port Madison, Washington (north of Bainbridge Island and south of Poulsbo). His father, Schweabe, was a noble of the Suquamish tribe, and his mother was Scholitza of the Duwamish. Seattle, Washington, was named after him.

Seattle earned his reputation at a young age as a leader and a warrior, ambushing and defeating groups of enemy raiders coming up the Green River from the Cascade foothills, and attacking the S’Klallam, a powerful tribe living on the north shore of the Olympic Peninsula.

JANUARY 2006

Thursday



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Eight horizontal dashed lines for writing, arranged in a vertical column.

JANUARY 2006

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DAVID DEAL *Vote in your
local elections*

VOTE! All politics are local. Locally elected public officials are responsible for the most tangible aspects of our everyday lives. This includes decisions concerning zoning and property development, public school curriculum, taxes, ordinances, and the size and scope of all public safety agencies.

Locally elected positions include the school board, sheriff, city council, mayor, and the members of various commissions. Despite their substantial impact on our quality of life, average participation in local elections is considerably below 50 percent nationally.

This year, make a commitment to vote in every election for which you are eligible. If you are not satisfied with the results, consider a run for a local office yourself.

DAVID DEAL

Voter turnout in four Massachusetts cities

AVERAGE TURNOUT OVER THREE DECADES

	1961-1969	1971-1979	1981-1993
CAMBRIDGE	67%	59%	54%
SOMERVILLE	68%	64%	46%
MEDFORD	59%	55%	44%
WORCESTER	64%	51%	45%

SOURCE: FAIRVOTE.ORG

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ALEX NABAUM *Cut consumption*

AMERICANS make up 5 percent of the world's population yet we use 25 percent of the world's resources. Here are two painless ways to cut consumption and put a nick in that stat:

Junk the mail: *Reduce the amount of junk mail you get by going to www.dmaconsumers.org/cgi/offmailinglist. If you fill out the form and mail it in, it's free.*

To stop preapproved credit card offers clogging your mailbox go to www.optoutprescreen.com.

Recycling? Bin there, done that: Chances are you are already recycling. But chances are a lot of clean paper isn't making it in the recycle bin. The solution? Make it more convenient by putting a small bin in each room. Cute little recycle bins are \$3 apiece at Amazon.com ... yep \$3. That's right, cheaper than a gift bag.

ALEX NABAUM

Eight ways to reuse stuff

- 1 Use durable coffee mugs.
- 2 Use cloth napkins or towels.
- 3 Use refillable bottles.
- 4 Donate old magazines or surplus equipment.
- 5 Reuse boxes.
- 6 Turn empty jars into containers for leftover food.
- 7 Purchase refillable pens and pencils.
- 8 Participate in a paint collection and reuse program.

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Martin Luther King Day

JANUARY 2006

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SPOTCO *A single chicken can produce up to 200 eggs a year—200 eggs can provide a whole lot of life-sustaining nourishment.*

HEIFER INTERNATIONAL helps families and communities become self-reliant by providing high-quality livestock and training. In resource-poor communities, Heifer animals serve to help their recipients earn money for education, clothes, healthcare, and better housing. One day, these families will also enjoy the satisfaction of giving as they pass on the gift of livestock and training to another struggling family in their community.

How you can do it: Visit [Heifer.org](https://www.heifer.org)'s online catalog to choose a meaningful gift. Click on any of their listed animals and find out how your gift will provide families with the resources and knowledge they need to build a better life for themselves and their community. A flock of chicks costs only \$20; a trio of rabbits, \$60; and sheep, pigs, or goats, \$120.

Where you can do it: Heifer International has more than 400 projects in 50 countries. Join a Heifer study tour, volunteer your time, attend a seminar, or make your company a Heifer marketing partner and support business-building objectives.

For more info: Visit [Heifer.org](https://www.heifer.org), call 800 422-0474 or contact Heifer International at PO Box 8058, Little Rock, AK 72203.

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POLLY BECKER *Spend time with
your children*

STOP WORKING SO HARD and spend some time with your children. One important way to improve the world is to help populate the next generation with caring, responsible, and creative citizens, leaders, and thinkers. Your emotional involvement with your family conveys to them that personal relationships matter, that money isn't everything, that people are important. These are good messages to carry into adulthood if the goal is to grow up to be individuals with a capacity for love, who are motivated to help others.

POLLY BECKER

Identity development in gifted children: Moral sensitivity

By Deirdre V. Lovecky

Development of sensitivity to moral issues depends on acquiring both a firm sense of self, and an understanding of mutuality in relationships with others. This is the case whether the focus is on reasoning right from wrong, or on the development of empathy and compassion in relationships with others. It is the process of early attachment between mother and child that leads to the formation of identity. This occurs through the phenomenon of maternal attunement to the child's earliest emotional expressions, and mutual delight in the interactions between parent and child. Not only does the baby need the caretaking parent's engagement in play, soothing, and understanding experience, but also in expanding emotional and social repertoires. Feeling understood and having an influence on the parent then gives rise to the beginnings of an independent morally integrated self.

REPRINTED WITH PERMISSION FROM *ROEPER REVIEW*. 1997 20(2) 90-94.

JANUARY 2006

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JOSHUA PAUL *Be more courteous*

I MISS COMMON COURTESY. Saying “Good morning.” Giving a nod or a wink as you pass a stranger in the street. Holding a door for the person behind you. Letting a car pass into your lane. Holding an elevator. These are all such simple gestures, but they take effort.

I’m guilty of forgetting these things, but I was recently reminded when I met this stranger while traveling in another country. As I passed, he tilted his head and smiled. The spark in his eyes said, “Welcome.”

JOSHUA PAUL

Fourteen ways to say “Good morning”

ARABIC	Sabah-il-kheir	FRENCH	Bon matin
ARMENIAN	Bari luys	GREEK	Kali mera
BULGARIAN	Dobro utro	KLINGON	Maj po
CATALAN	Bon dia	SPANISH	Buenos dias
CHINESE CANTONESE	Zou san	THAI	Aroon-Sawass
CHINESE MANDARIN	Zao shang hao	UKRAINIAN	Dobri ranok
DANISH	God morgen	VIETNAMESE	Xin chao

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Sunday

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MELINDA BECK *Write a letter
to your local senator or congressperson*

“DEAR MR. PRESIDENT.” Now those are some words you probably have not written since you were using a crayon to write your letters. However, lately when it comes to government I have been asking myself, “Who is running this show?” With the president’s approval rating at 39 percent, I know I am not the only one asking myself this question. Well the answer is, at least allegedly, us. We vote for these people and we pay their salaries and we pay for all the things our government does.

As a consumer, I decided it was time to write a letter to the complaints department—this would be your local senator and congressperson. It is really quite easy; it only takes a few minutes. Just go to www.Senate.gov, or Congress.org or even Whitehouse.gov. Through these websites you can type in your address to look up your representative. Click on his or her email link, write a quick diatribe, and press send. It only takes about 15 minutes. You don’t have to be eloquent; it is the opinion that counts, not the grammar. It feels really good and actually does make a difference. I think if they knew voters were actually paying attention they would not try to pull half the stunts they do.

MELINDA BECK

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HOMER THOMAS *Listen to live music*

ORNETTE COLEMAN ONCE SAID, “Every living thing has something inside it that does not want to die. Find out what this is and play that.” This is nothing if not soulful. And though he was referring to music, it can be applied to almost anything. He’s talking about meaning every note that you play, every step you take, every personal action, to do it soulfully, with awareness and intention.

What you can do: *When musicians come on stage for a performance, especially those who play acoustic music, they thank the audience for coming out. Coming out is important. It supports the kind of music we love and it feeds us. The musicians need us. And we need them. So go out and listen to live music more often. Find out when/where your favorite musicians are playing and take your friends and loved ones and listen to them play: live.*

HOMER THOMAS

Beatles setlist, Shea Stadium, New York City, August 15, 1965

- | | |
|------------------------------------|----------------------|
| ① Twist and Shout | ⑦ Can't Buy Me Love. |
| ② She's a Woman | ⑧ Baby's in Black |
| ③ I Feel Fine | ⑨ Act Naturally |
| ④ Dizzy Miss Lizzy | ⑩ A Hard Day's Night |
| ⑤ Ticket to Ride | ⑪ Help! |
| ⑥ Everybody's Trying to be My Baby | ⑫ I'm Down |
-
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JANUARY 2006

Thursday



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click.

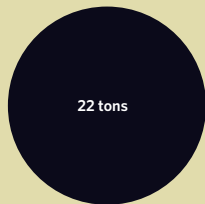
RONN CAMPISI *Turn out the lights*

TURN OFF YOUR LIGHTS The average house is responsible for more air pollution and carbon dioxide emissions than is the average car. Today, the United States pumps more carbon dioxide into the atmosphere than any other country in the world. Each of us contributes about 22 tons of carbon dioxide emissions per year, whereas the world average per capita is about 6 tons.

RONN CAMPISI

Carbon dioxide emissions

UNITED STATES AVERAGE PER CAPITA



WORLD AVERAGE PER CAPITA



SOURCE: ENVIRONMENTAL PROTECTION AGENCY

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CHRISTOPHER SILAS NEAL *Support local farmers*

SUPPORT LOCAL FARMERS

Goal: Start shopping at local farmers' markets to help eliminate human rights violations caused by corporate agriculture, and to decrease the amount of chemicals used on foods, and the energy needed to transport goods. Improve your own personal health.

What you can do: *Find a local farmer's market near you. It's a wonderful way to spend a Saturday afternoon.*

How you can do it: *This website has a list:* <http://marketplace.chef2chef.net/farmer-markets>

Also, some grocers and health food stores buy local produce as well. CHRISTOPHER SILAS NEAL

How to make mashed potatoes

Ingredients

2 pounds of potatoes
1 cup of milk
6 tablespoons butter
Salt and pepper

- ① Boil a large pot of water. Add just enough water to cover all the potatoes. Peel and quarter the potatoes.
 - ② Add some salt to the boiling water and cook until the potatoes are tender. (about 15 minutes).
 - ③ Drain the potatoes and mash.
 - ④ Blend in butter and milk.
 - ⑤ Season with salt and pepper.
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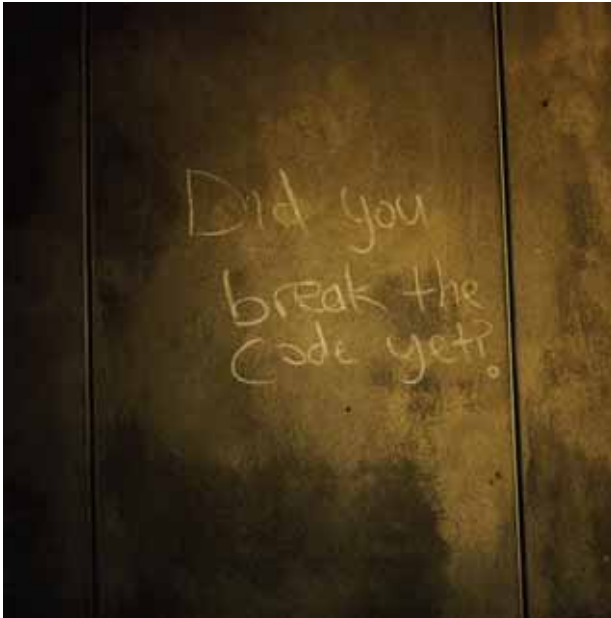
JANUARY 2006

Tuesday



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Eight horizontal dashed lines for writing.



KATHLEEN DOOHER *Stay connected*

CONNECT TO CHANGE We're all barraged by spam and corporate mass media. And too often we use too much time avoiding direct contact. So take the time each day to take charge. Take command of technology to amplify awareness of issues important to you. Educate yourself, connect to others and inspire change.

Educate: *Start up the good word of alternative media sources to balance the onslaught of corporate media. Like links, blogs, and podcasts you may find through counterpunch.com. Being proactive about your inbox is a lot more interesting.*

Communicate: *CC: someone. Most folks are very receptive when sent a link from someone they trust and respect. Email it just because you can—and because you care.*

Motivate: *Be a part of the solution and instead of shopping for prices, shop for ideas. Engage yourself and your friends every day. And they'll likely reciprocate, knowing what's important to them is important to you.*

KATHLEEN DOOHER

CONTRIBUTORS

Nubar Alexanian is a documentary photographer whose work has been regularly featured in major magazines in the United States and Europe. He has published four books and has traveled to more than 30 countries, focusing on long-term personal projects that describe the human condition.

Melinda Beck is an illustrator and graphic designer based in Brooklyn, New York. Her clients include Nickelodeon, Nike, MTV, Island Records, *Entertainment Weekly*, *Rolling Stone*, *Newsweek*, *The New York Times*, *The Progressive*, and *Time*. Her work has received awards from and publication in annuals including *American Illustration*, *The Art Directors Club*, *Society of Publication Designers*, *Communication Arts*, *Print*, *The Society of Illustrators*, *The AIGA*, and *ID Magazine*.

Polly Becker has been honored with many awards, such as a silver medal from *The Society of Illustrators*, and awards of excellence from *Communication Arts*, *The Society of Publication Designers*, *How*, *Print*, and *American Illustration*. Her illustrations have appeared in many publications including *Time*, *The New Yorker*, *The New York Times*, *The Atlantic Monthly*, *GQ*, *Newsweek*, and *Harper's*.

Jerry Berndt is represented by the Howard Greenberg Gallery, New York City, and his prints are included in many international collections. He currently lives with his wife and son in Paris, France.

Ronn Campisi is based in Boston and specializes in publication design.

David Deal was born in Alexandria, Virginia, in 1970. He graduated with a degree in architecture from the University of Virginia in 1993. His photography clients include *ESPN*, *Forbes*, *Metropolis*, *Nextel*, *Smithsonian* and *The Washington Post Magazine*. He lives in Orange, Virginia, with his wife and two children.

Kathleen Doohar, when not inadvertently making herself hard-to-find, generally spends her time meeting and shooting some of the smartest and best folks ever in Boston and around New England. She and her husband currently live on a lovely pond just outside Boston, where they plot how to get even closer to the ocean.

John Goodman is interested in photographing movement within still imagery. His book *The Times Square Gym* “captures the atmosphere of the boxer’s world” (Duane Michals). John’s work is in numerous permanent collections in the U.S.A. He recently had a retrospective at the Art Institute of Boston, where he is on the faculty. www.goodmanphoto.com

Adam McCauley has illustrated for magazines like *Time*, *Kiplingers*, and *Health*, as well as advertising campaigns for United and MTV. He’s illustrated many children’s books, including Jon Scieszka’s *Time Warp Trio* series and Louis Sachar’s *Wayside School* series. Adam also drums and writes music, currently with his band Bermuda Triangle Service. Please visit adamccauley.com

Alex Nabaum was born in 1973. He began his artistic career in high school as a caricature artist in Denver, Colorado. He graduated cum laude from Utah State University with a BFA in Art. He has lived briefly in China and Italy. Currently he resides with his wife and three bambini near Salt Lake City, Utah. His work can usually be found in a magazine or two at your doctor’s office.

Christopher Silas Neal is a New York-based artist and illustrator. He shows art at galleries across the country and is a regular contributor to *The New Yorker*, *The New York Times*, *The Boston Globe*. He has also worked for *Rolling Stone*, The Fillmore, and various other design and advertising firms. His work has been featured in *Communication Arts*, Society of Illustrators, and *Print*.

Joshua Paul, originally from California, now lives with his wife in Brooklyn, New York. His work has appeared in *The Nature Conservancy*, *Outside*, *Ski*, and *The New York Times Magazine*. When not traveling, he watches Formula One, and dreams of his future garden and pets.

Marc Rosenthal, after a satisfying but fruitless career as a painter, became an illustrator. His work is seen regularly in national and international publications. He has illustrated many children's books. They can be seen at his personal website: marc-rosenthal.com. He has also had work in *Blab 13* and *14*, as well as *Little Lit II*, edited by Art Spiegelman and Françoise Mouly. He lives in Massachusetts with his wife, Eileen, and his son, Will.

SpotCo is a New York City-based design studio and advertising agency that specializes in creating artwork and campaigns for Broadway theater.

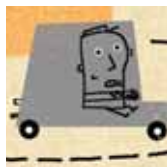
Homer Thomas lives in Gloucester, Massachusetts. He is semi-retired and loves to stay home with his family.

James Yang, since graduating from Virginia Commonwealth University in 1983, has won more than 200 awards for excellence in illustration. One of his many posters was featured at the Hiroshima Museum of Art. He has also designed a sculpture titled "Clockman," which is part of a permanent exhibit at the Smithsonian's National Museum of American History. He currently lives and works in New York City.

Concept and design: Ronn Campisi www.ronncampisi.com

Printing: Kirkwood Printing www.kirkwoodprinting.com

Paper: Printed on FSC certified Mohawk Options PC White, made with 100% PCW recycled fiber and manufactured with renewable wind energy.



16 New Year's Resolutions to Change the World

