

BE A HERO FOR A BETTER WORLD



MAKE A DIFFERENCE

"Non-violence constitutes a direct attack on the values the US stands for, the rule of law, the protection of freedom, peaceful resolution of conflicts, and mutual respect between people of different faiths and cultures."  
— Matt Ables

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MAKE A DIFFERENCE

"Reconciliation and negotiation were to achieve an end goal for justice and social transformation. But at the same time, they are about service, integrity, about restoring and reforming the human spirit that has been lost or shattered through human conflict, cruelty, ignorance and greed."  
— Nelson Mandela

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MAKE A DIFFERENCE

"There is no time left for anything but to make peace work a dimension of our every waking activity."  
— Ellen DeGeneres

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MAKE A DIFFERENCE

"Unless both sides win, no agreement can be permanent."  
— Jimmy Carter

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MAKE A DIFFERENCE

"The young thing is that we are all interconnected and have to co-exist on this small planet. Therefore, the only sensible and intelligent way of resolving differences and clashes of interests, whether between individuals or nations, is through dialogue."  
— The Dalai Lama

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MAKE A DIFFERENCE

"I wish you believed that it was in you who something could be the effectiveness of nonviolence. Who better than women should know that battles can be won without resorting to physical strength."  
— Barbara Deening

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MAKE A DIFFERENCE

"We need to learn to and to show others that there are final and lasting, peaceful ways of resolving and resolving conflict which do not require the use of force."  
— Anita Desai

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MAKE A DIFFERENCE

"Man must evolve for all human conflict a method which rejects revenge, aggression, and retaliation."  
— Martin Luther King, Jr.

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MAKE A DIFFERENCE

"... We can work it out. Life is very short, and there's no time for hating and fighting, my friend."  
— John Lennon & Paul McCartney

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MAKE A DIFFERENCE

"This is the way of peace: Overcome evil with good, falsehood with truth, and hatred with love."  
— Francis Piquette

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MAKE A DIFFERENCE

"We have to face the fact that either all of us are going to die together or we are going to learn to live together, and if we are to live together we have to talk."  
— Eleanor Roosevelt

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"If civilization is to survive, we must cultivate the science of human relationships - the quality of all peoples, of all kinds, to live together, in the same world of peace."  
— Franklin D. Roosevelt

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MAKE A DIFFERENCE

"The love of domination is most suitable equality, for love of victory is most suitable justice; for tranquility is most suitable intelligence; for competition is most suitable cooperation. We must learn to think of the human race as one body."  
— Nelson Mandela

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# What's Your BetterWorld Issue:

## Conflict Resolution

...make a difference...

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for a Better World.

Together  
We Make a World of Difference!

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MAKE A DIFFERENCE

"... we are not going to deal with the violence in our communities, our homes, and our nation, until we learn to deal with the basic ethics of how we resolve our disputes and to place an emphasis on peace in the way we live."  
— Martin Luther King

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MAKE A DIFFERENCE

"To reconcile conflicting parties, we must have the ability to understand the suffering of both sides."  
— Thich Nhat Hanh

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MAKE A DIFFERENCE

"We heard out that the young people who had a substantial number of hours in the morning studying Buddhist scriptures... and only did better when we were caring, but they actually did better on their own when we were not."  
— Thich Nhat Hanh

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MAKE A DIFFERENCE

"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart."  
— Nelson Mandela

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# WHAT'S YOUR BETTERWORLD ISSUE? CONFLICT RESOLUTION



"We are not going to deal with the violence in our communities, our homes, and our nation, until we learn to deal with the basic ethic of how we resolve our disputes and to place an emphasis on peace in the way we relate to one another."

— Marian Wright Edelman

Conflicts are a normal part of life; how we deal with them can make a big difference. Often when people resolve conflicts, one person ends up a winner, and one loses out. This may solve the problem for the moment, but resentment and bad feelings can cause more problems later. Another way to look at conflicts is to try to find a WIN-WIN solution, in which both sides can benefit. In this way, conflicts are turned into opportunities to grow and make things better. This approach is the cornerstone of "conflict resolution" – an important tool for bringing peace into our personal lives, our communities and to our world.

Although people have been using conflict resolution techniques for years, the book, *GETTING TO YES, YES*, presented in 1981 by members of the Harvard Negotiation Project, helped bring important ideas about conflict resolution to the public's attention. Since then, the field has grown tremendously; today conflict resolution is being practiced in almost every part of society. In many schools around the world, teachers receive conflict resolution training to become better "peacemakers" when conflicts arise in the classroom. Workshops help students learn how to work out their problems nonviolently. By teaching conflict resolution principles in school, children develop habits that will allow them to use these tools to deal with their problems throughout their lives. Organizations that specialize in conflict resolution are being called on to help families, schools, communities, businesses, and even nations to work out their problems.

Conflict Resolution Day, on the third Thursday in October, is the perfect opportunity to raise awareness about the importance of learning the tools and skills that can help us all to work out our differences peacefully.

## Do One Thing for a Better World

1. Find out more about conflict resolution and WIN-WIN strategies.
2. Help bring a conflict resolution program to your school, community, or workplace.
3. Support organizations that teach conflict resolution.

## Conflict Resolution Links

- Angries Out ([angriesout.com](http://angriesout.com))
- Association for Conflict Resolution ([acrnet.org](http://acrnet.org))
- Alternatives to Violence Project ([avpusa.org](http://avpusa.org))
- Conflict Resolution Network ([crnhq.org](http://crnhq.org))
- Educators for Social Responsibility ([esrnational.org](http://esrnational.org))
- Youth Violence Prevention Resource Center ([safeyouth.org](http://safeyouth.org))

## DO ONE THING

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"Change means movement. Movement means friction. Only in the frictionless vacuum of a nonexistent abstract world can movement or change occur without that abrasive friction of conflict."

-- Saul Alinsky

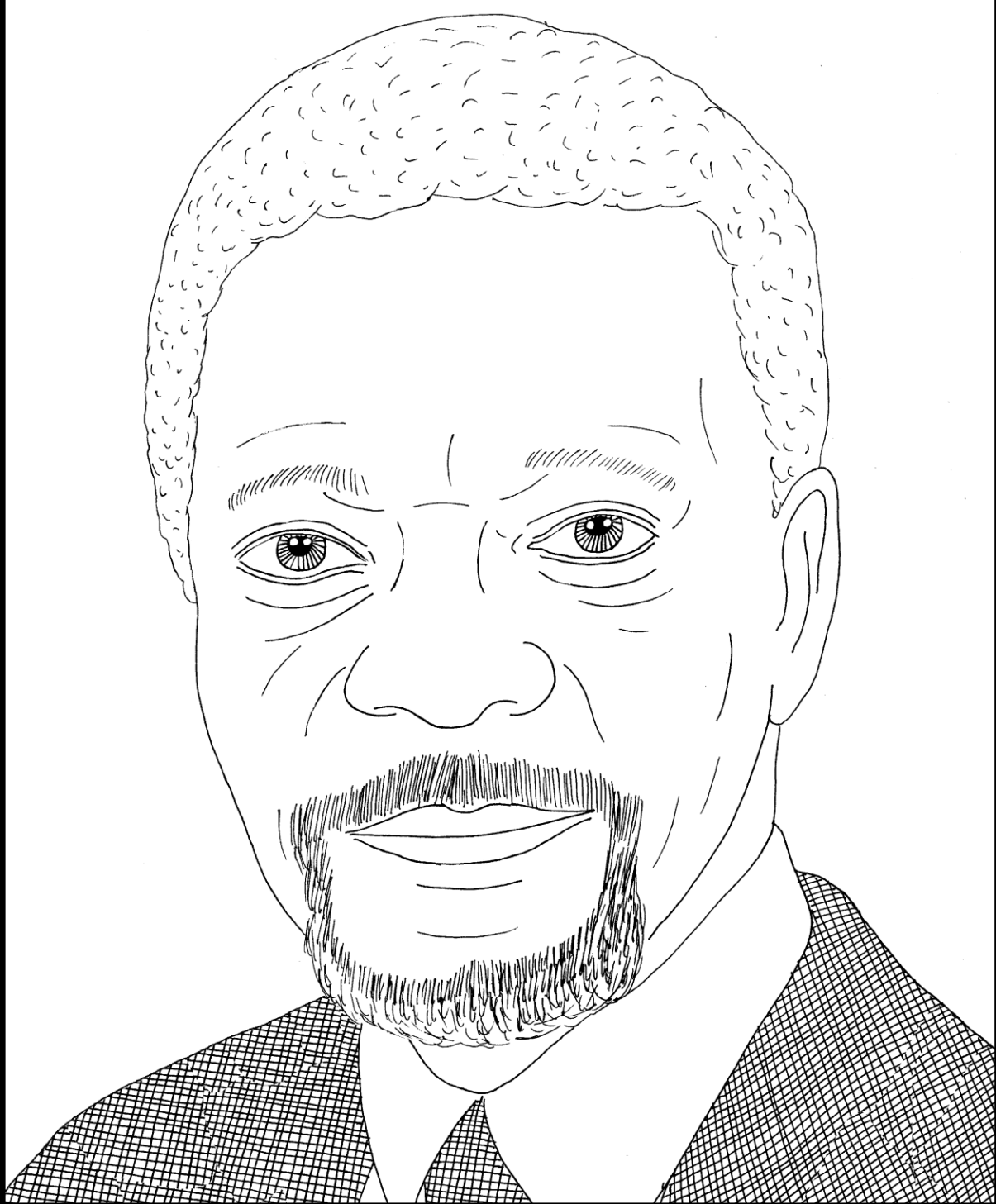
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**"Terrorism constitutes a direct attack on the values the UN stands for: the rule of law; the protection of civilians; peaceful resolution of conflicts; and mutual respect between people of different faiths and cultures."**

**-- Kofi Annan**

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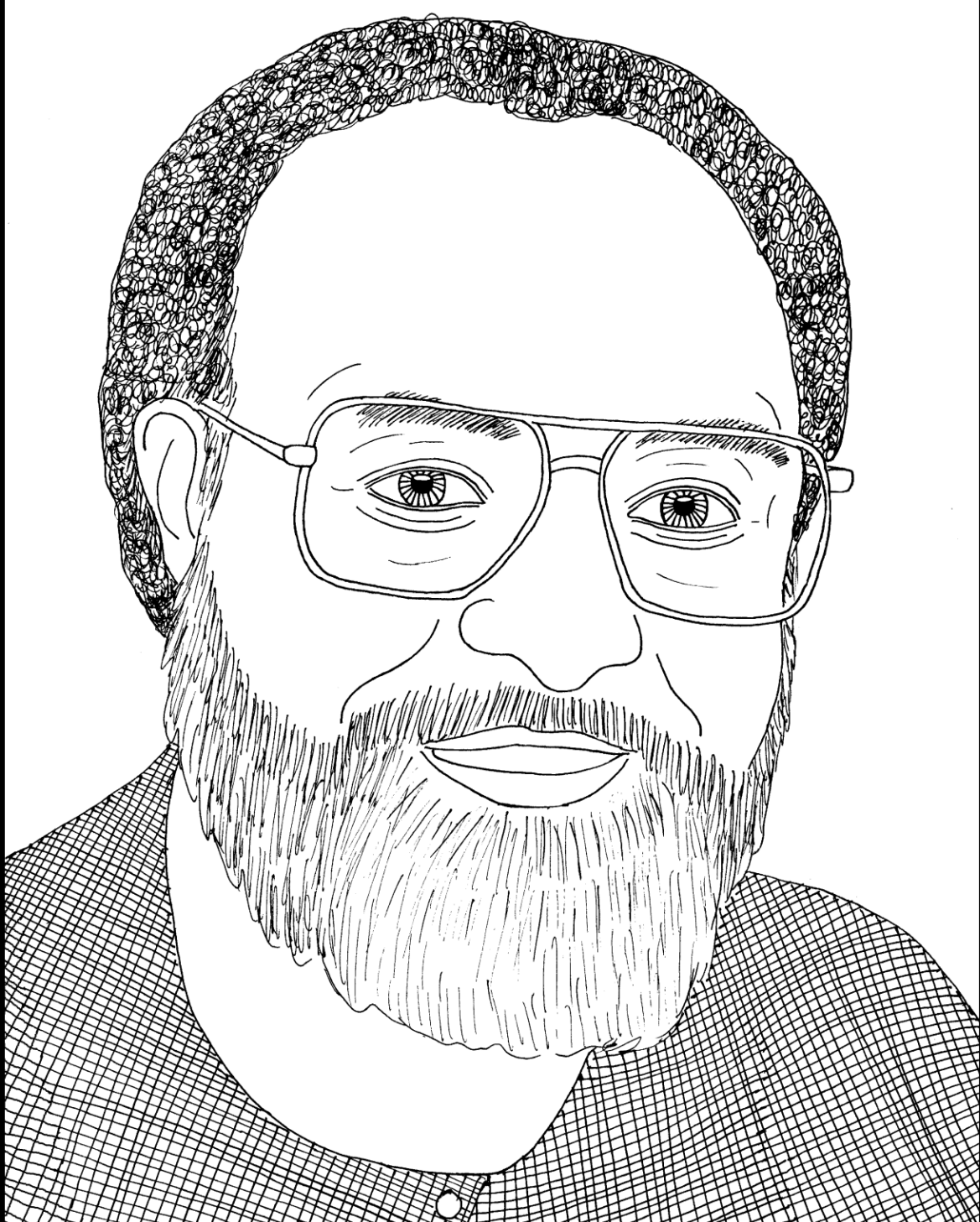
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"Mediation and reconciliation work is about a profound quest for justice and social transformation. But at the same time, they are about service, solidarity, about exploring and rediscovering the human spirit that has been lost or shattered through human conflict, cruelty, ignorance and greed."

-- Hizkias Assefa

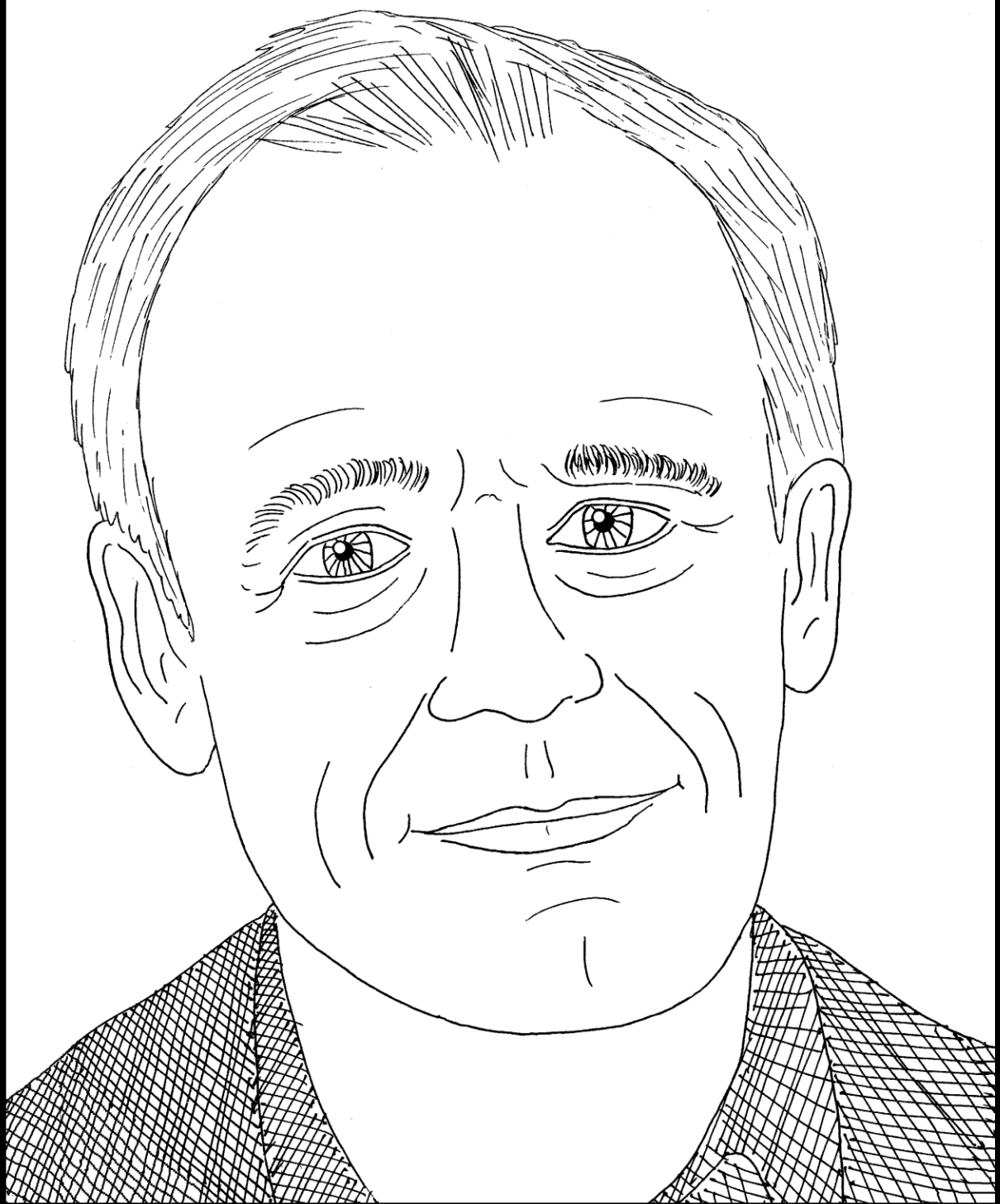
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**"If you start a conversation with the assumption that you are right or that you must win, obviously it is difficult to talk."  
-- Wendell Berry**

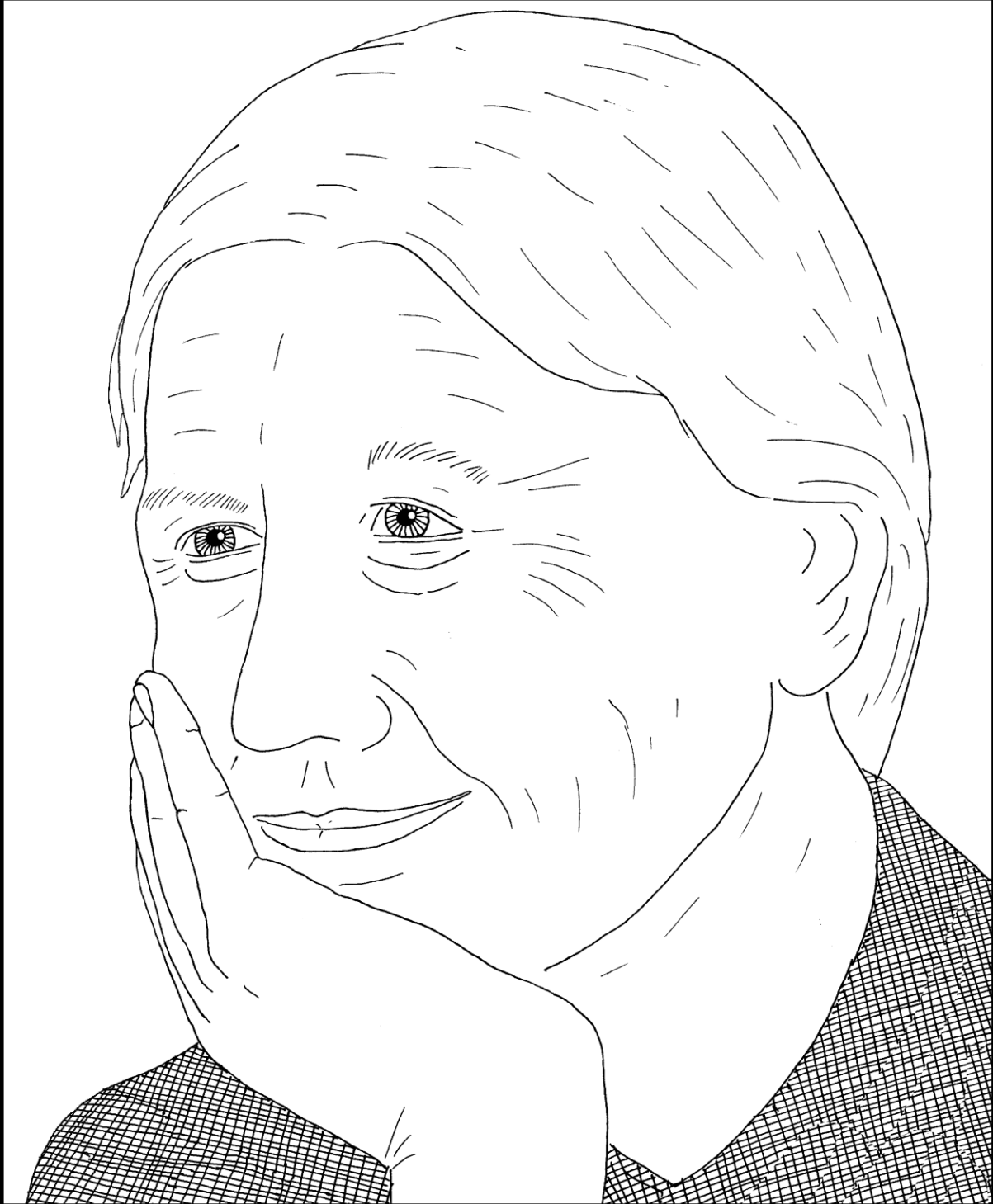
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"There is no time left for anything but to make peace work  
a dimension of our every waking activity."

-- Elise Boulding

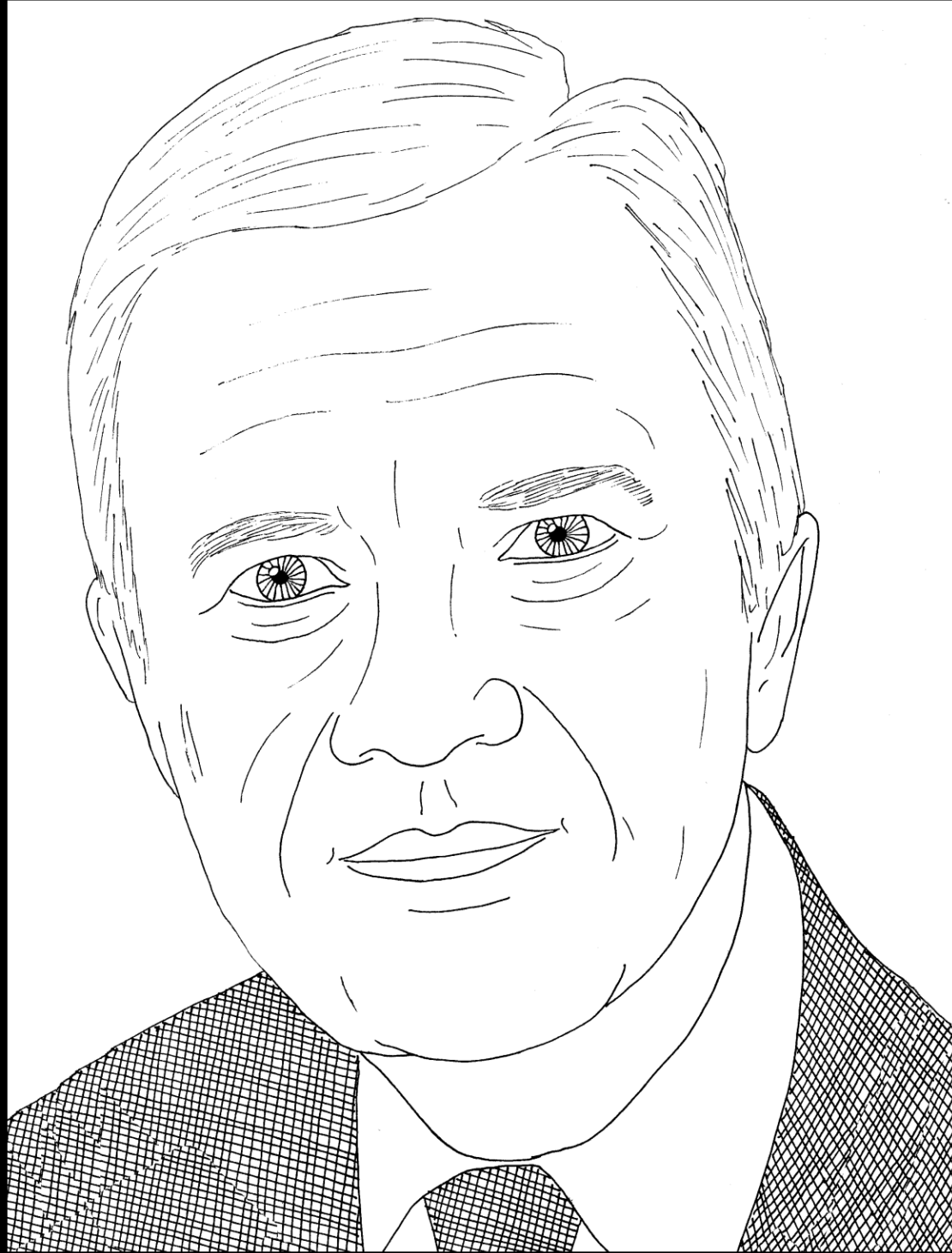
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**"Unless both sides win, no agreement can be permanent."  
-- Jimmy Carter**

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**“If you believe in a security strategy -- a strategy of more friends and fewer enemies, a strategy of greater cooperation and a strategy of keeping America better at home as we grow more diverse -- we have to build the minds and hearts to build this kind of world.”**

**-- Bill Clinton**

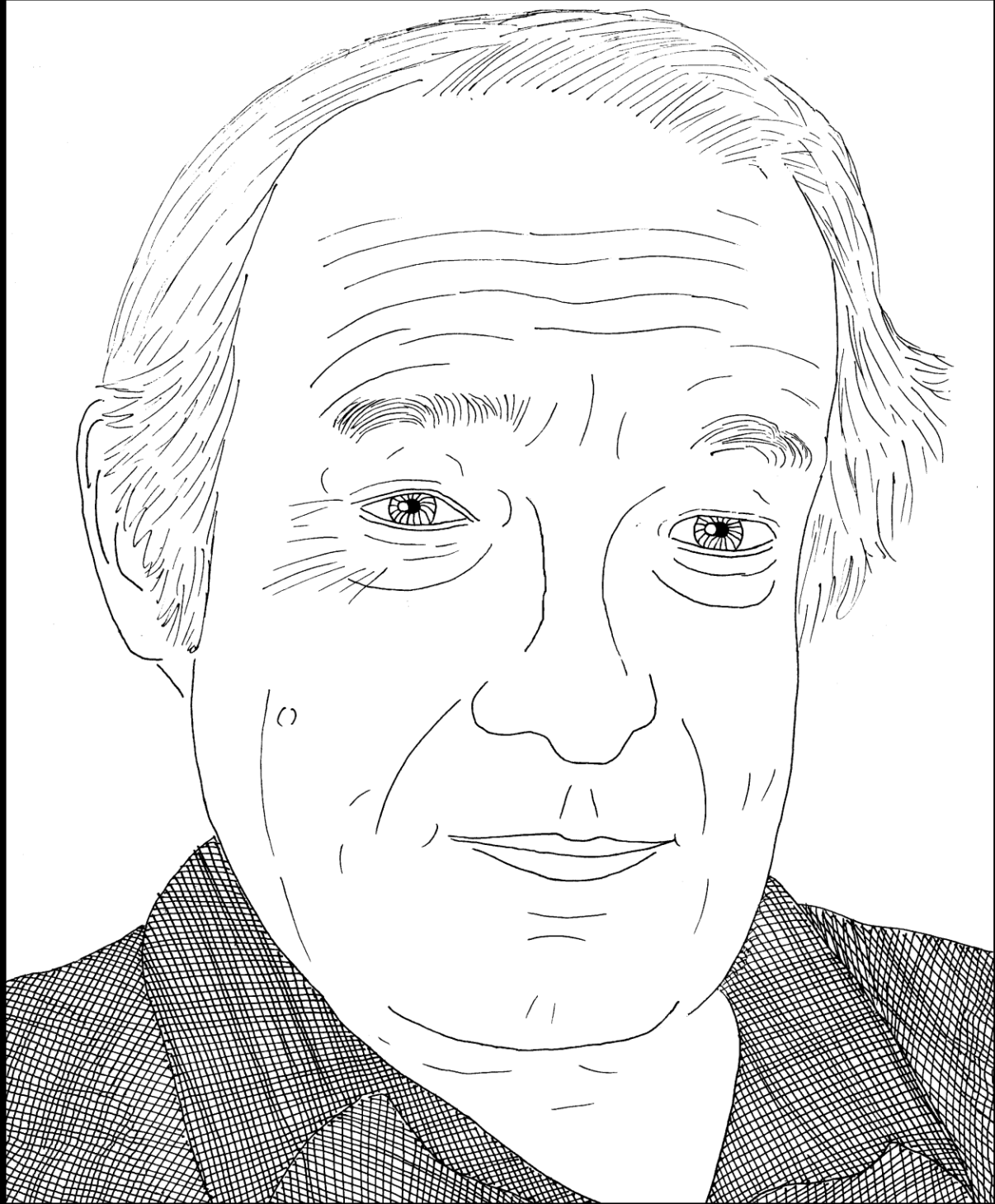
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**"Only reverence can restrain violence —  
reverence for human life and the environment."  
-- Rev. William Sloane Coffin, Jr.**

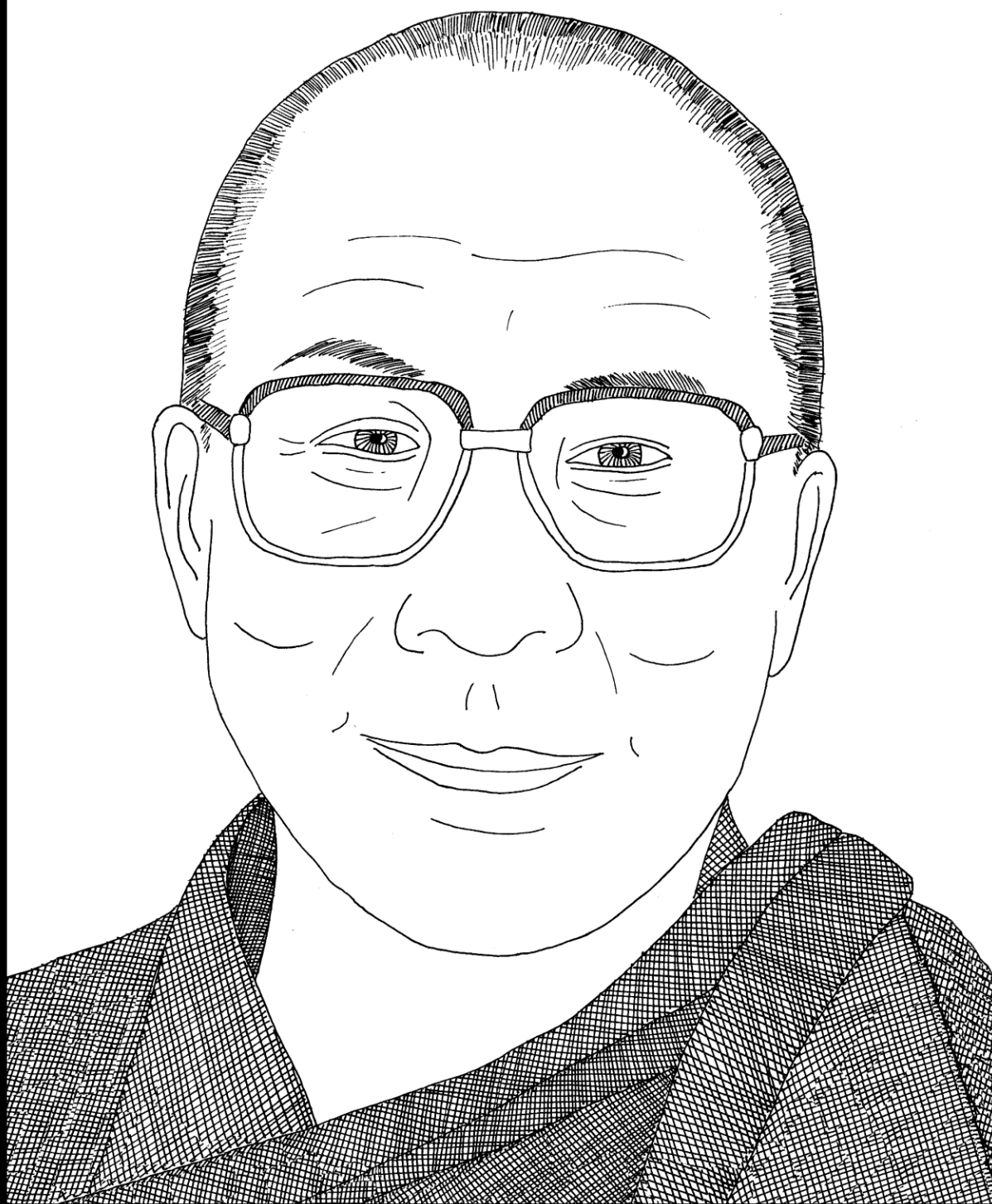
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"The reality today is that we are all interdependent and have to co-exist on this small planet. Therefore, the only sensible and intelligent way of resolving differences and clashes of interests, whether between individuals or nations, is through dialogue."

-- The Dalai Lama

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"Gandhi once declared that it was his wife who unwittingly taught him the effectiveness of nonviolence. Who better than women should know that battles can be won without resorting to physical strength."

-- Barbara Deming

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"...we are not going to deal with the violence in our communities, our homes, and our nation, until we learn to deal with the basic ethic of how we resolve our disputes and to place an emphasis on peace in the way we relate to one another."

-- Marian Wright Edelman

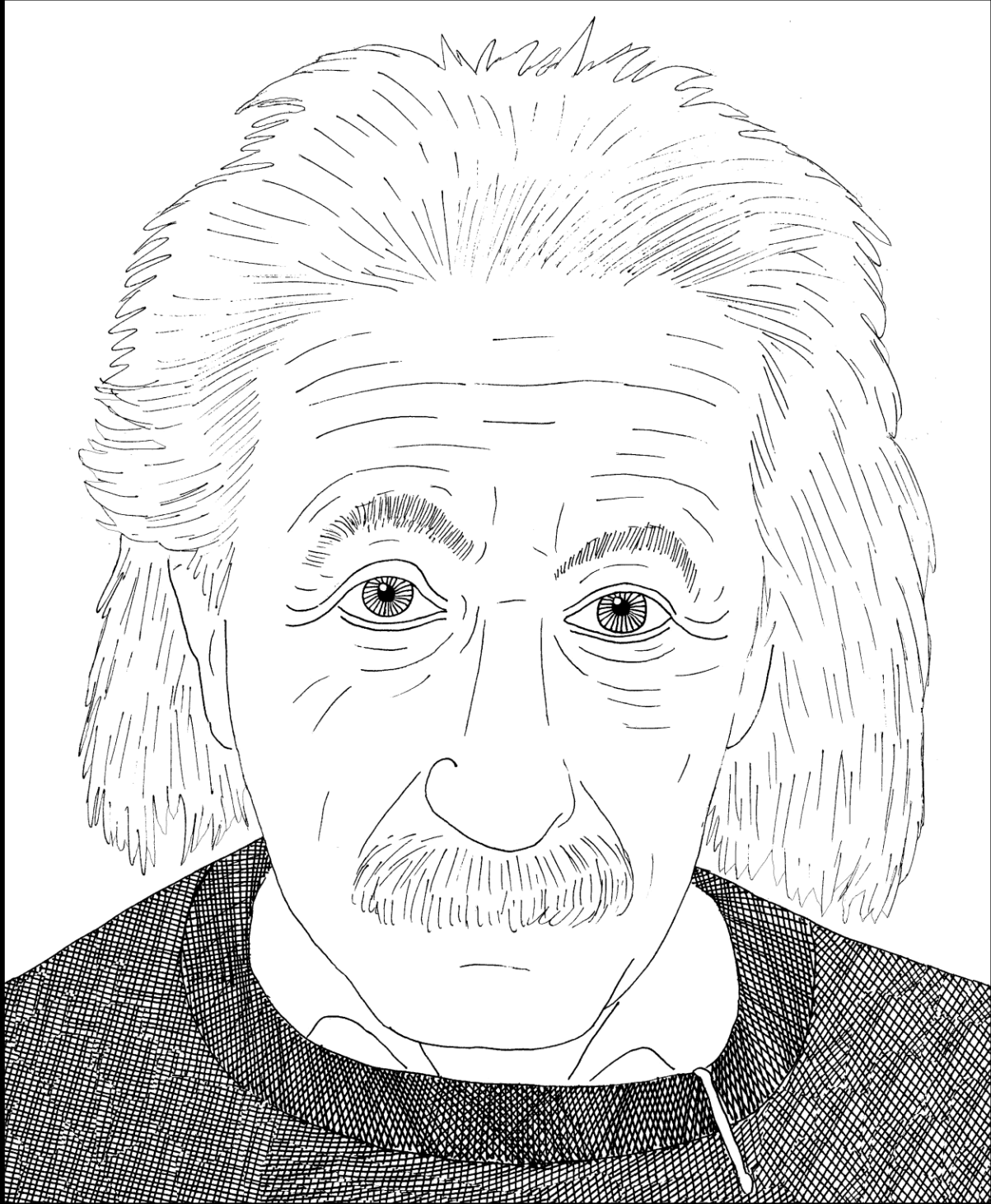
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"There's been a quantum leap technologically in our age, but unless there's another quantum leap in human relations, unless we learn to live in a new way towards one another, there will be a catastrophe."

-- Albert Einstein

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"People talk about the middle of the road as though it were unacceptable. Actually, all human problems, excepting morals, come into the gray areas. Things are not all black and white. There have to be compromises."

-- Dwight D. Eisenhower

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**"We need to learn and to show others that there are tried and tested, powerful ways of containing and resolving conflict which do not require the use of force."**

**-- Scilla Elworthy**

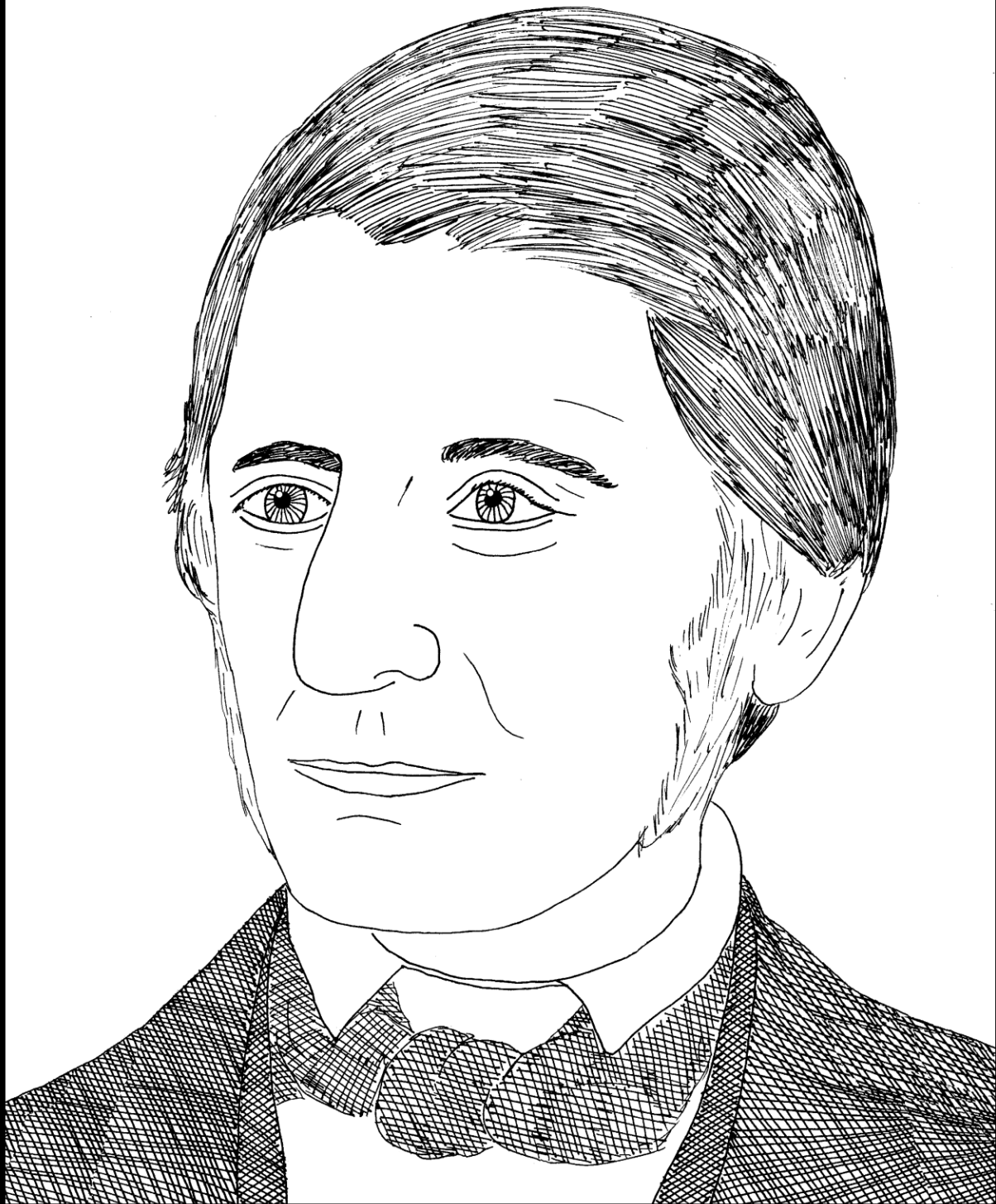
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**"The god of Victory is said to be one-handed,  
but Peace gives victory to both sides."**

**-- Ralph Waldo Emerson**

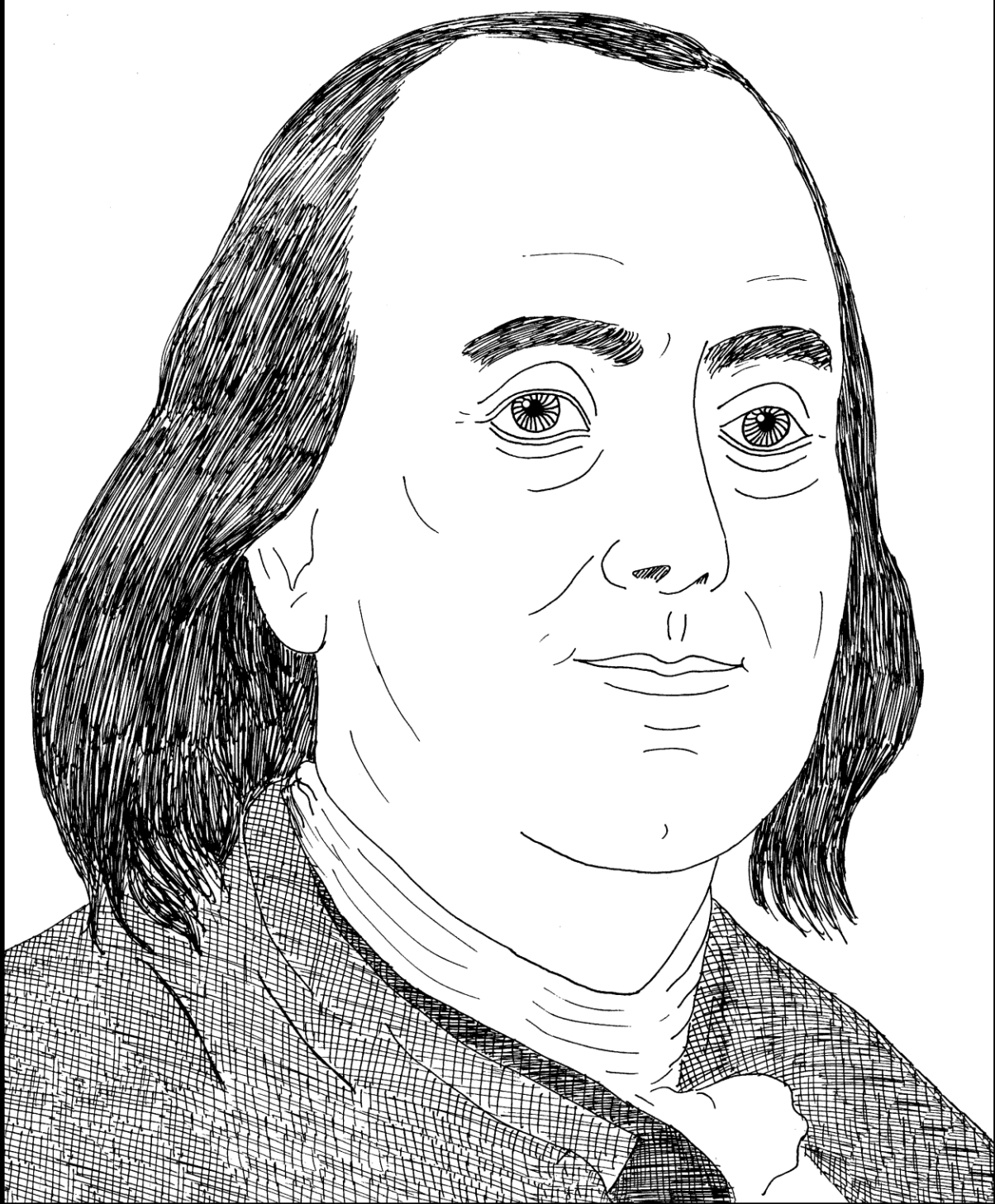
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**"When will mankind be convinced and  
agree to settle their difficulties by arbitration?"  
-- Benjamin Franklin**

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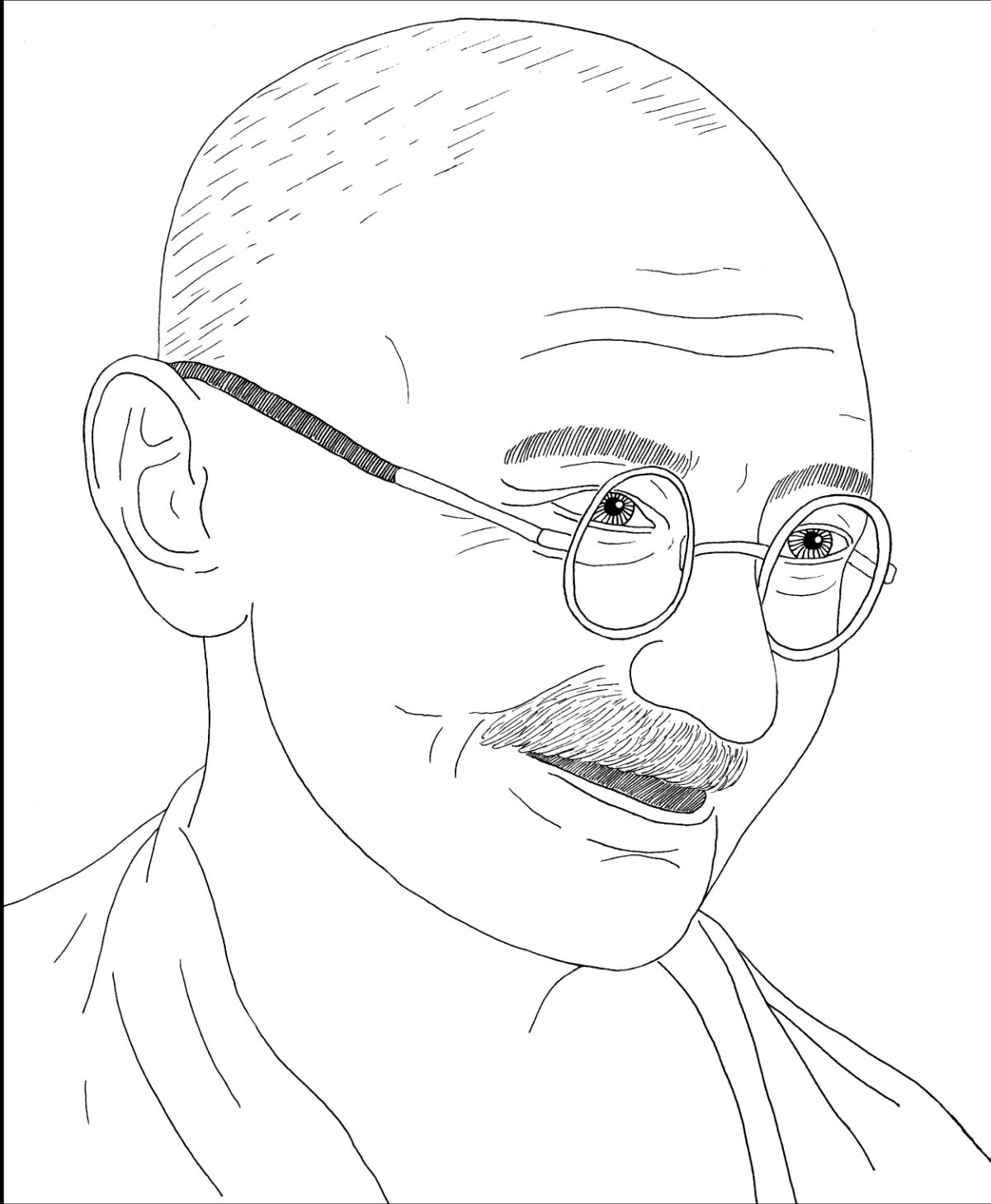
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**"Courtesy towards opponents and eagerness to understand their view-point is the ABC of non-violence."**

**--Mohandas Gandhi**

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"Forgiveness does not overlook the deed.  
It rises above it."

-- Pumla Gobodo-Madikizela

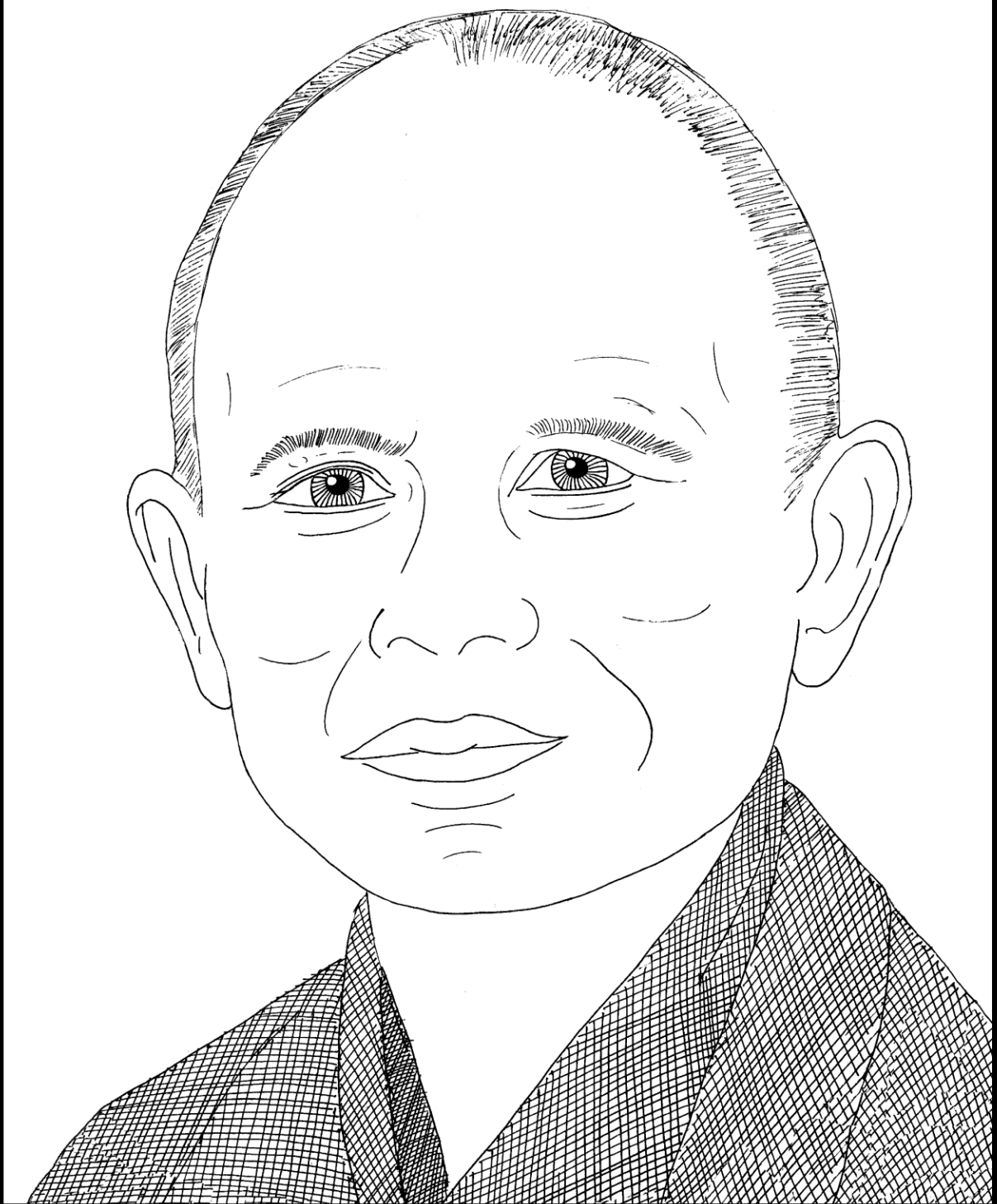
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**"Let us never negotiate out of fear.  
But let us never fear to negotiate."  
-- John F. Kennedy**

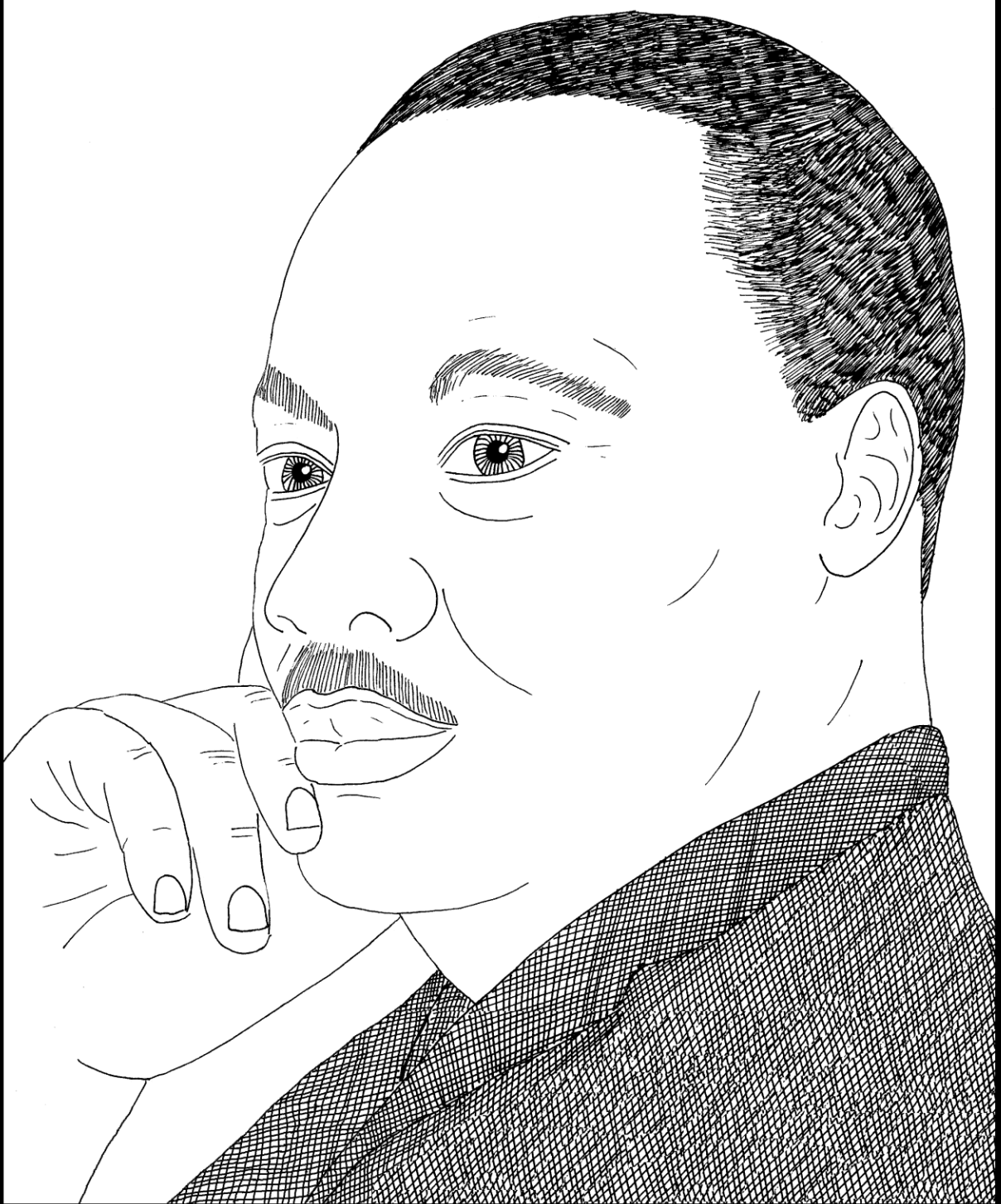
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**"Man must evolve for all human conflict  
a method which rejects revenge, aggression, and retaliation."  
-- Martin Luther King, Jr.**

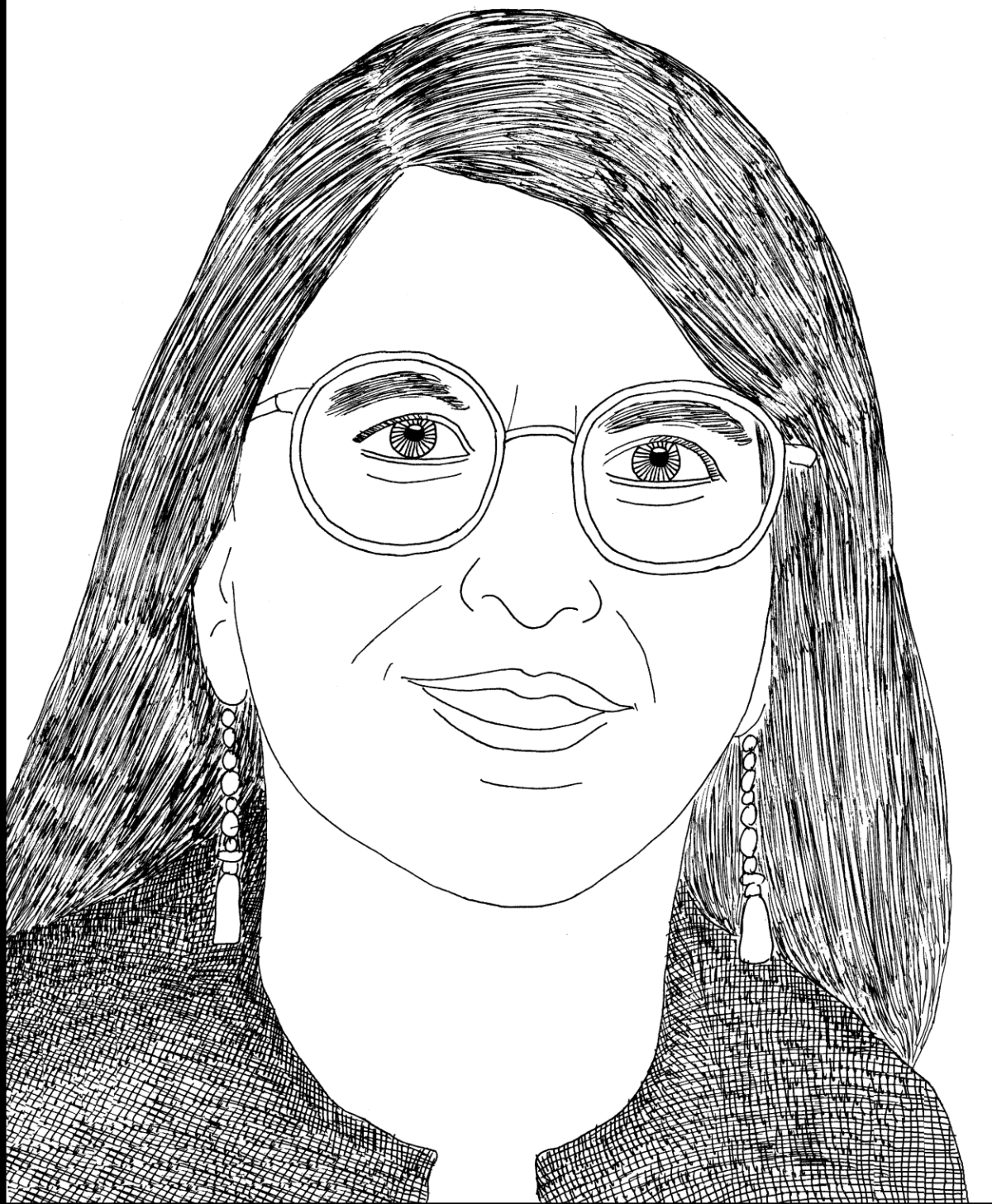
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"We found out that the young people who had a substantial number of lessons in the Resolving Conflict Creatively Curriculum ... not only did better in terms of people skills, that they managed their emotions, they were less violent and more caring, but they actually did better on their academic achievement tests."

-- Linda Lantieri

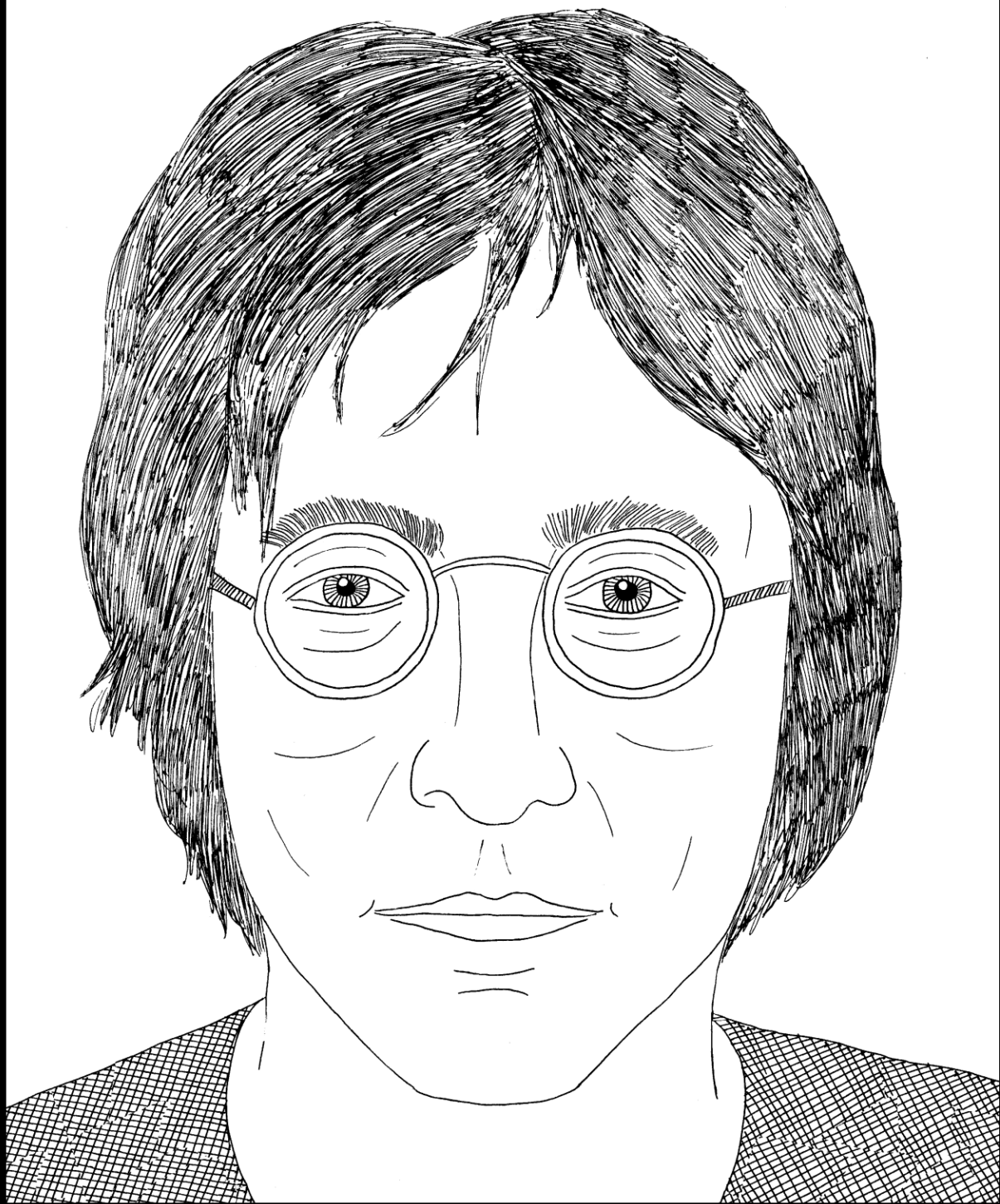
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**"...We can work it out. Life is very short, and there's no time for fussing and fighting, my friend."  
-- John Lennon & Paul McCartney**

## Do One Thing for a Better World

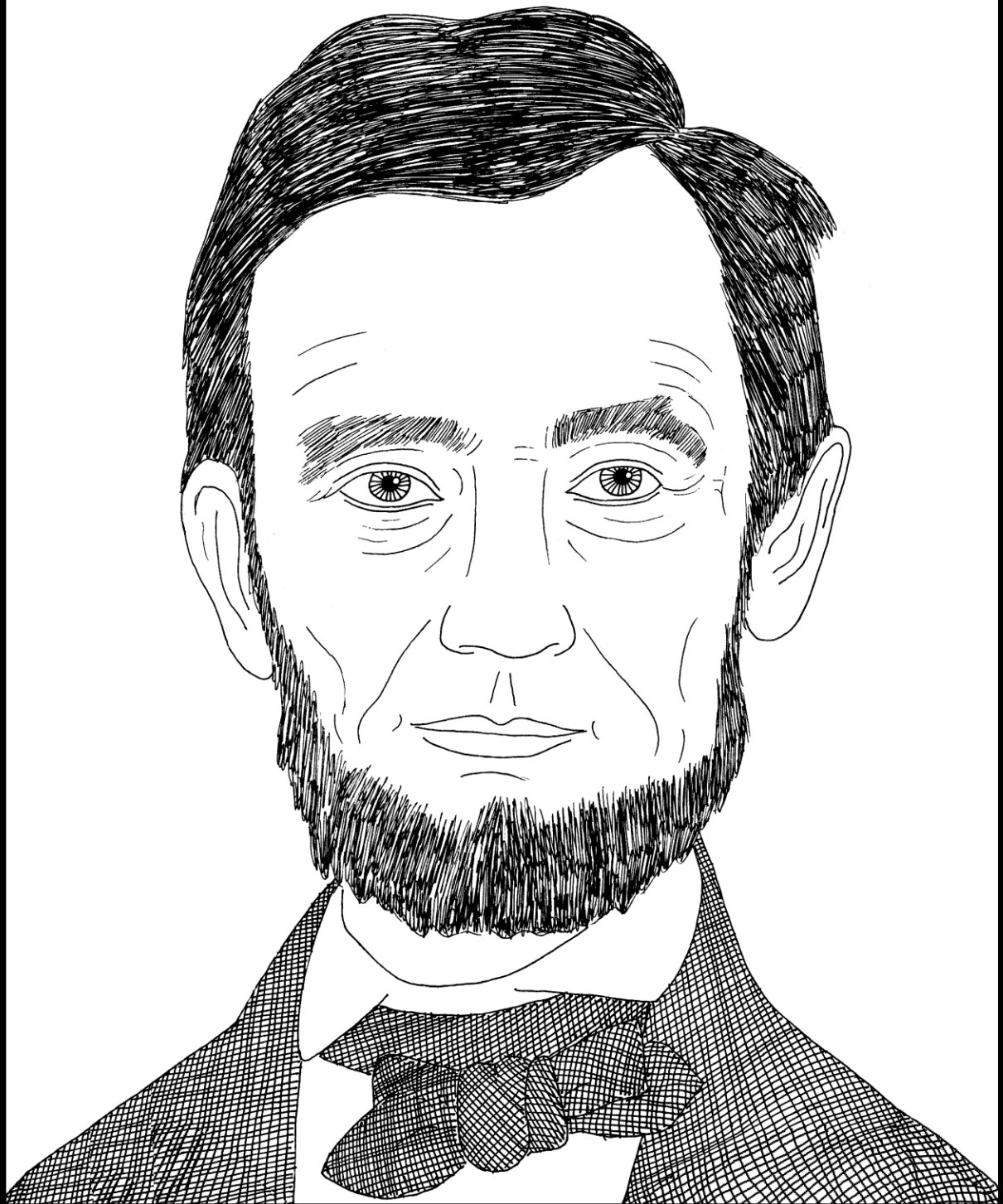
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# BE A HERO FOR A BETTER WORLD

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**"Discourage litigation. Persuade your neighbors to compromise whenever you can. Point out to them how the nominal winner is often a real loser -- in fees, expenses, and waste of time."**

**-- Abraham Lincoln**

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# BE A HERO FOR A BETTER WORLD

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"If you talk to a man in a language he understands, that goes to his head.  
If you talk to him in his language, that goes to his heart."

-- Nelson Mandela

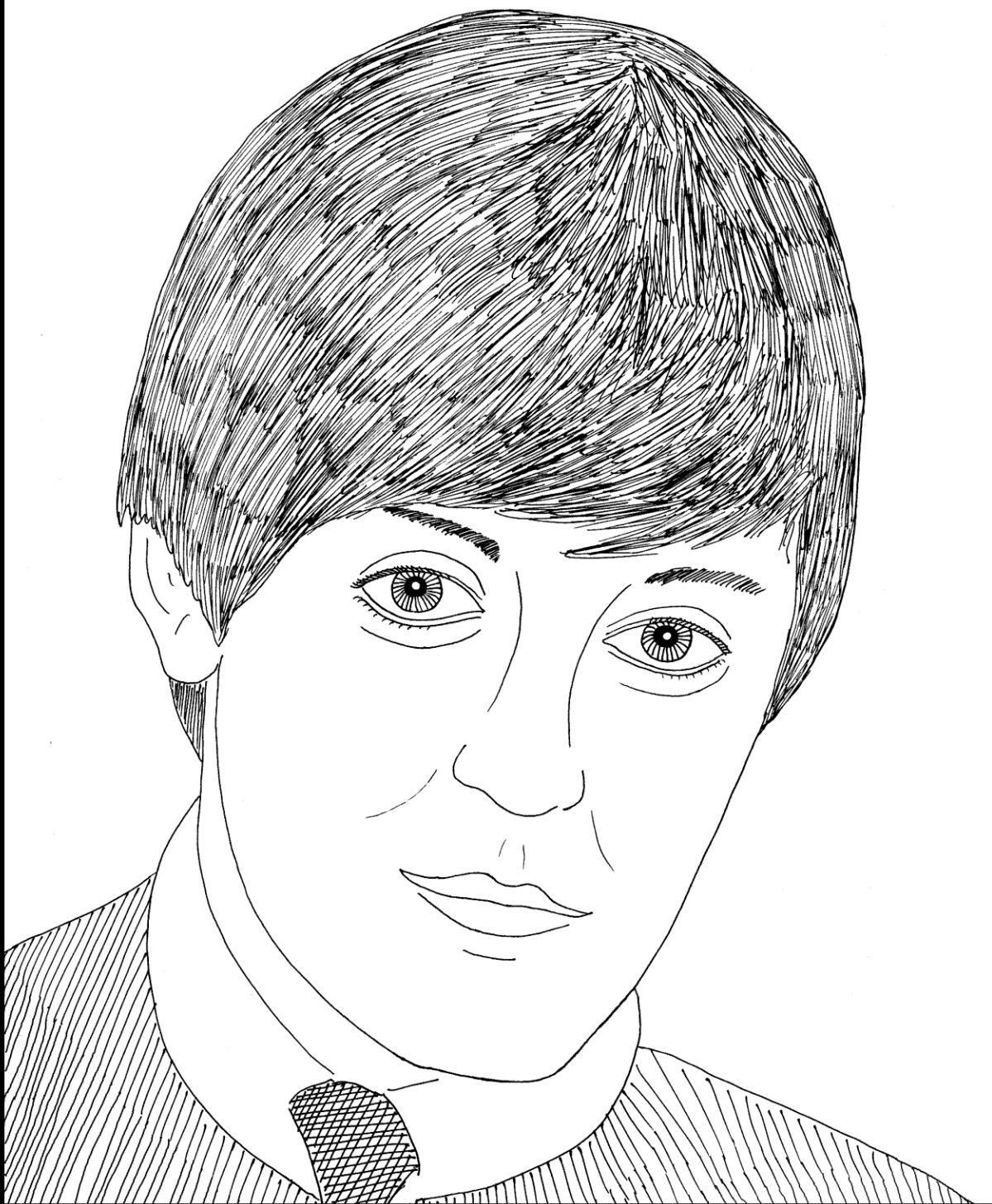
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**"...We can work it out. Life is very short, and there's no time for fussing and fighting, my friend."  
-- Paul McCartney & John Lennon**

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**"Dialogue is the only way to end war and terror. We need practical solidarity with those who are weaker and diplomacy from below."  
-- Luisa Morgantini**

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**"This is the way of peace: Overcome evil with good,  
falsehood with truth, and hatred with love."**

**-- Peace Pilgrim**

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**"We have to face the fact that either all of us are going to die together or we are going to learn to live together and if we are to live together we have to talk."**

**-- Eleanor Roosevelt**

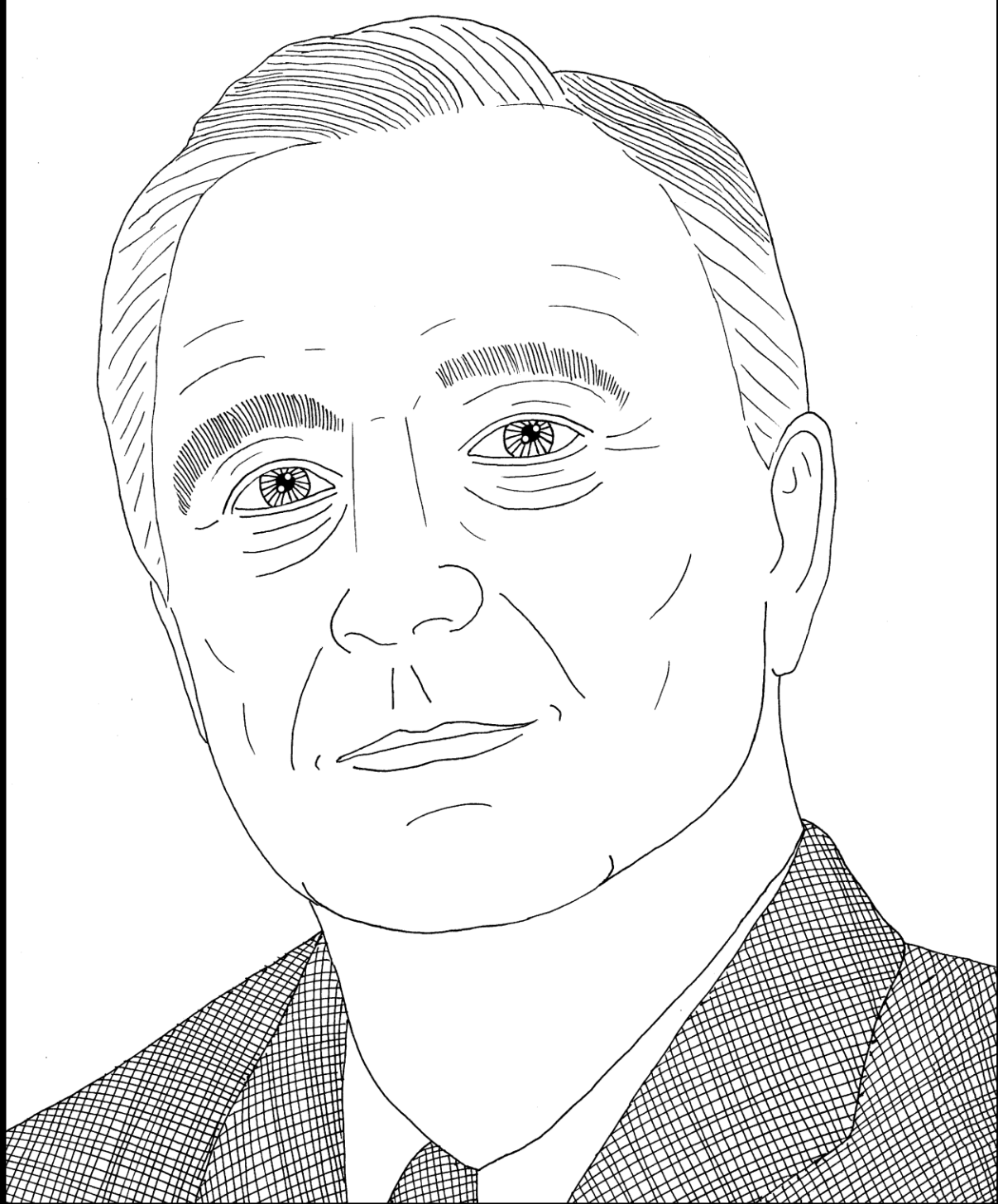
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**"If civilization is to survive, we must cultivate the science of human relationships - the ability of all peoples, of all kinds, to live together, in the same world at peace."**

**-- Franklin D. Roosevelt**

**Do One Thing for a Better World**

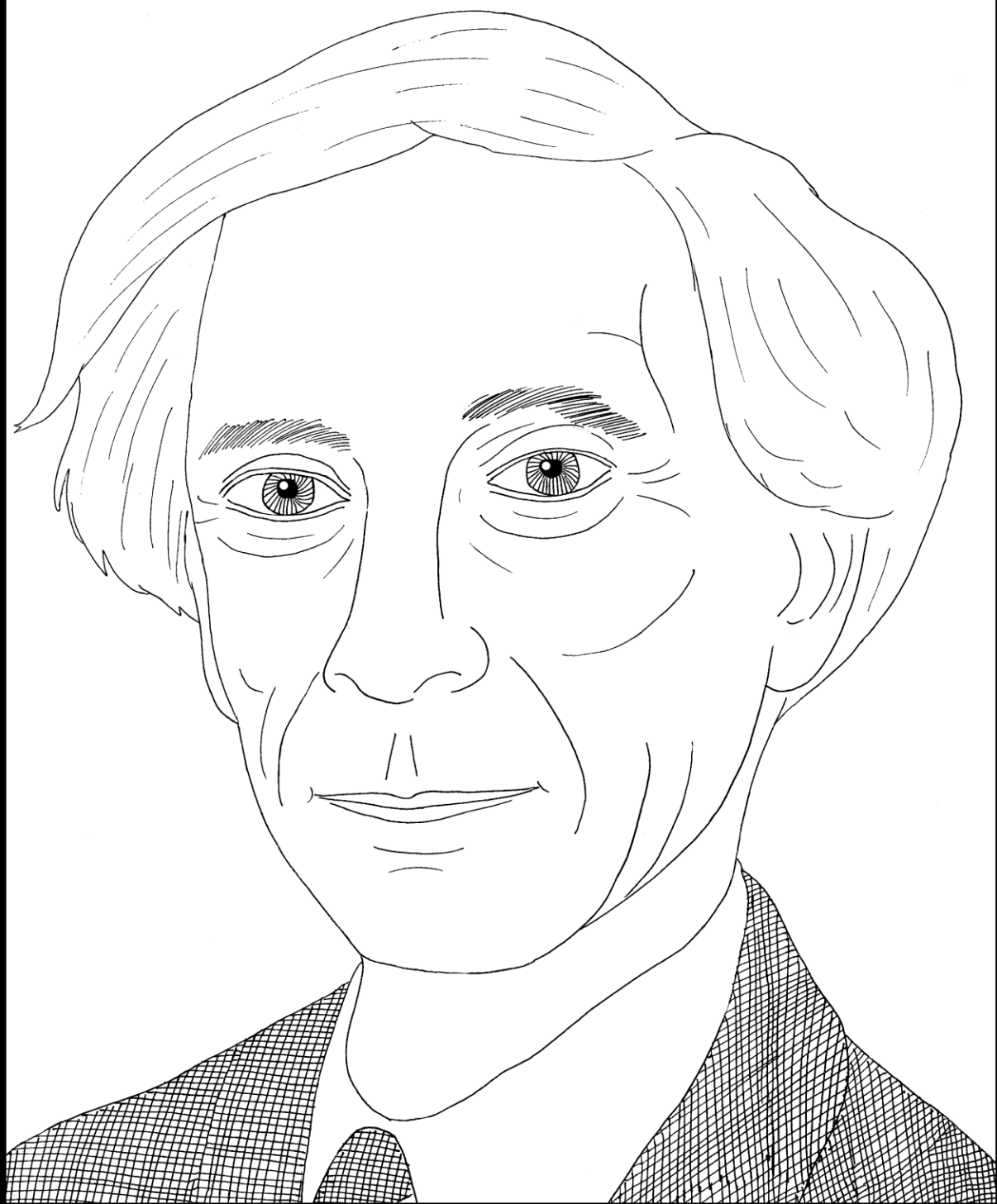
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**"For love of domination we must substitute equality; for love of victory we must substitute justice; for brutality we must substitute intelligence; for competition we must substitute cooperation.**

**We must learn to think of the human race as one family."**

**-- Bertrand Russell**

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**"One of the basic causes for all the trouble in the world today is that people talk too much and think too little. They act impulsively without thinking. I always try to think before I talk."**

**-- Margaret Chase Smith**

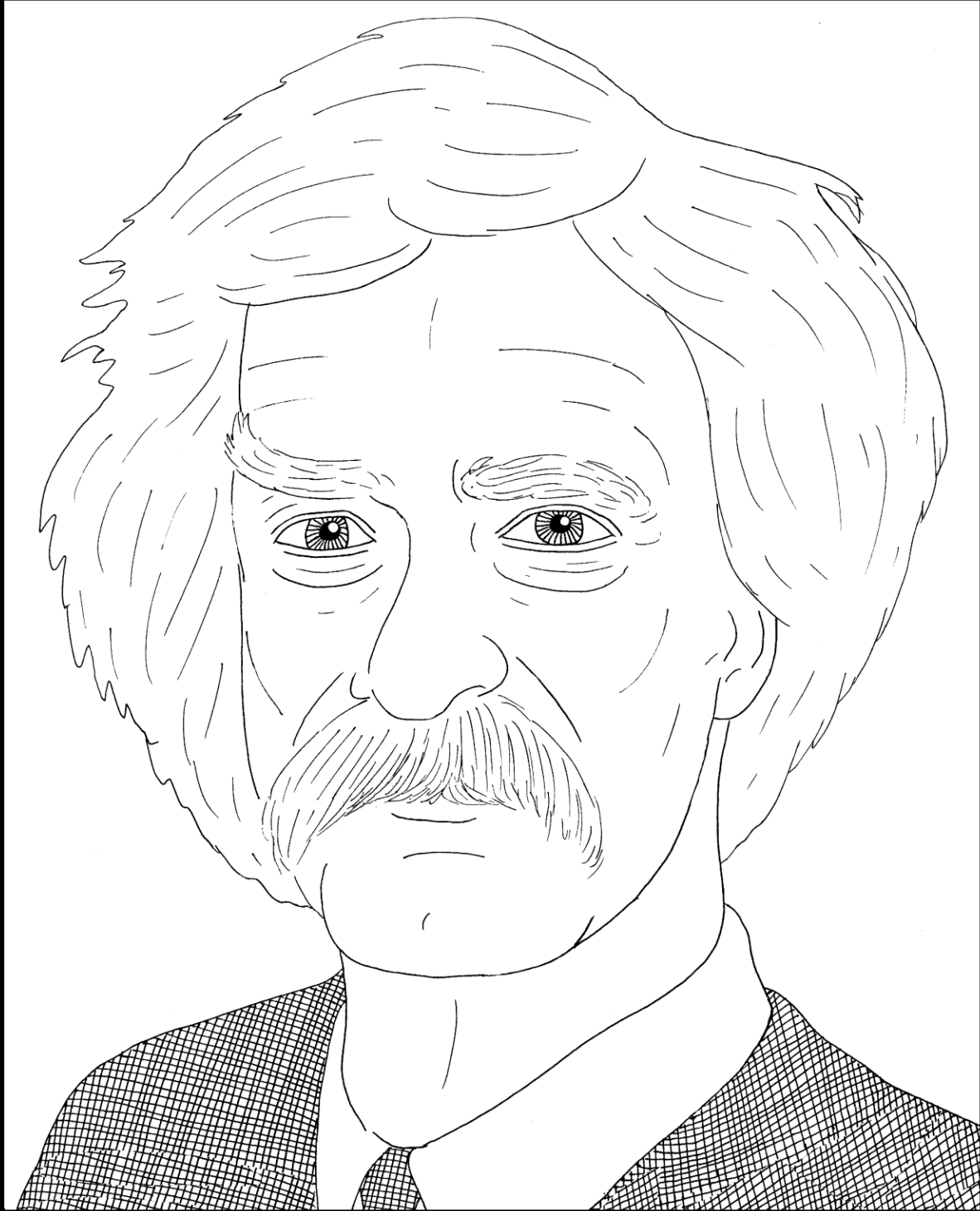
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**"If you have nothing to say, say nothing."  
-- Mark Twain**

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<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I've never considered a direct attack on the values the US stands for, the rule of law, the protection of religious freedom, respect for individual rights and equal respect between different faiths and cultures." —Martin Luther King Jr.</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Resilience and perseverance were about a personal quest for justice and social transformation. But at the same time, they are about service, selfless, about helping and restoring the human spirit that has been lost or shattered through human cruelty, ignorance and greed." —Nelson Mandela</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"There is no time left for anything but to make peace work a dimension of our every waking activity." —Elie Wiesel</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Unless both sides win, no agreement can be permanent." —Jimmy Carter</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"You believe in a strategy of winning... a strategy of more threats and fewer promises, a strategy of greater cooperation and a strategy of keeping America better at home as we grow more distant... we have to build the means and hearts to build this kind of world." —Bill Clinton</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The reality today is that we are all interdependent and need to do so even in this most divided. Therefore, the only sensible and intelligent way of resolving differences and choices of interests, whether between individuals or nations, is through dialogue." —Dan Linn</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I think every decision that I was to take with my country brought with it the afflictions of nonviolence. Who better than women should know that battles can be won without resorting to physical strength." —Bertha von Suttner</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"We are not going to deal with the violence in our communities, our homes, and our nation, until we learn to deal with the basic idea of how we respect our diversity and to give an emphasis to peace in the way we relate to one another." —Martin Wright</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"There's been a question mark historically in our age, but unless there's another question mark in human relations, unless we learn to live in a new way towards one another, there will be a catastrophe." —Albert Einstein</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"I have looked about the world of the world through five continents. Actually, all human problems, including morals, stem into the gray areas. They are an affliction and evil." —Dwight D. Eisenhower</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"We need to learn to see and show others that there are final and final lines, lines of respect, which do not require the use of force." —Anita Desai</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"The goal of Victory is said to be one-handed, but Peace gives victory to both sides." —Winston Churchill</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"When self-reliance be convinced and agree to better their afflictions by arbitration." —Martin Luther King Jr.</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Gandhi himself through experience and openness to understand their view point is the ABC of non-violence." —Mahatma Gandhi</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Forgiveness does not overlook the deed. It faces above it." —Paulo Gesteira</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"To reconcile conflicting parties, we must have the ability to understand the afflictions of both sides." —Thich Nhat Hanh</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Let us never negotiate out of fear. But let us never fear to negotiate." —John F. Kennedy</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Men must evolve for all human conflict a method which rejects revenge, aggression, and retaliation." —Martin Luther King Jr.</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"We found that the young people who had a substantial number of friends in the Beatnik Circle (University Circle)... not only did not have any more friends, but they actually lost more on their own side as well." —John Lennon</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"... We can work it out. Life is very short, and there's no time for hate and grudges. It's a waste." —John Lennon &amp; Paul McCartney</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Encourage Religion. Persuade your neighbors to compromise wherever you can. Point out to them how the nominal union is often a real barrier... in fact, enemies, and axes of steel." —Abraham Lincoln</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language, that goes to his heart." —Nelson Mandela</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"... We can work it out. Life is very short, and there's no time for hate and grudges. It's a waste." —Paul McCartney &amp; John Lennon</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"Change is the only way to deal our old better. The most practical solidarity with those who are weaker and diplomacy from below." —Lilla Wargentin</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"This is the way of peace. Overcome evil with good, beatback with truth, and battle with love." —Paul McCartney</p> <p>BetterWorldCalendar.com</p>
<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"We have to face the fact that either all of us are going to die together or we are going to learn to live together and if we are to live together, we have to talk." —Eleanor Roosevelt</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"If civilization is to survive, we must cultivate the work of memory on a daily basis. The ability of all peoples of all kinds, to live together, in the same world of peace." —Elie Wiesel</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"For love of compassion we must substitute respect, for love of mercy we must substitute justice, for love of wisdom we must substitute cooperation. We must have a frank of the human as we live." —Margaret Cho</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"One of the basic causes for all the trouble in the world today is that people talk too much and think too little. They act impulsively without thinking... always try to think before I talk." —Margaret Cho</p> <p>BetterWorldCalendar.com</p>	<p>BE A HERO FOR A BETTER WORLD</p>  <p>MAKE A DIFFERENCE</p> <p>"If you have nothing to say, say nothing." —Mark Twain</p> <p>BetterWorldCalendar.com</p>