See if you agree with our choices

Already two days in to the New Year, we thought we'd better get busy on our annual, **More or Less** list – considering procrastination is something we don't want to carry through the threshold of 2013's door.

The number 13 represents transformation, regeneration and most importantly rebirth. Now, that metamorphosis may be beautiful for some and cause others to convulse, which is why 13 is just as lucky as it is unlucky for equal amounts of people.

Although the world didn't cease two weeks ago as predicted, one thing the Mayans had right is that 12 is the end… maybe not of life as we know it but it does complete the cycle. So, the

question is… what comes out in the wash? You have to decide what dirt you're leaving behind.

The year 2012 also marked the 300th anniversary of the Willie Lynch letter. Whether fact or myth, the legend or legacy (however you look at it) was foreseen to last for 300 years. That means… Times up! What are we going to do for the next 300? Take aim or continue to play the blame game? As we sit on our marks, getting set for our clocks to strike midnight on Monday night, consider how we are going to go forward.

With a clean slate, how will you embark on 2013? What will be done by your 6-month marker? And finally, what will you be checking off your list around this time next year?

Here are a few things we'd like to put into perspective for those of you who do the resolution thing. Consider what you personally and we as a community could change to make 2013 our launch pad… our exodus… OUR YEAR!

MORE:

Involved Black parents – Bake some cookies, sit in on show-and-tell day, get involved in thePTA, walk your son/daughter to school and most importantly READ to your children. In the words of Dough Boy: "Keep them got d*mn babies out the street!" It's our most important job.

Action

Accountability – Whether it's your greatness or your mistakes… Own it! In the words of Marianne Williamson, "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be?" Take what's yours. Don't take what isn't and stop throwing people under the bus!

Mentoring

Yoga – Russell Simmons has it right. We all need much more calming practices in the "rush" of the microwave world we live in. In 2013, learn how to relax, relate, release and stop being so rash.

Education

Whole foods – Nope, we're not talking the mega grocery chain that we here at the C&P more accurately refer to as Whole "Check" Foods – that's what you'll have spent by the time you cash out in case you didn't catch it. We're talkin' grow a green thumb and some food in the backyard to go with it! Did you know that a chicken nugget has 44 ingredients in it? Yup! So, mute the microwave, flip off the fast food chains, and fire up the oven.

Guts – Take some initiative to get up, get out, and get something! Stop being scared and go for it. If not, the only checks you'll be cashing after opportunity leaves you will be made out to reality. Nothing comes to a sleeper but dreams. The most successful tagline has nothing to do with the product it represents and everything to do with the attitude it displays. "Just Do It." What could be simpler?

Sisters with natural hair

Young people doing big things – It's been said that out of the mouth of babes oft times come gems. Yes, this generation is a different breed, cut from a different cloth. But as much time as we spend ripping them a new bum, how much do we spend praising their accomplishments, supporting their endeavors and actually listening to what they have to say? To continue to push the "newCleveland" forward, we need the driving force of our youth. Make our college grads and young professionals stay here and be happy to call this place home. #IncludeTheirViews

LESS:

Homicide – From kids to couples to NFL players to people killing themselves… 2012 was the year of shots heard 'round the world. When even the cops are getting in on the action, something's gone terribly wrong. We hope 2013 lessens the count of senseless deaths, brings about some justice and no more of our children will be laid to rest.

Talking Heads

Political pandering – Okay Obama, we did our part. We touched up the paint job on the White House to weather another four years. It's time to roll up the sleeves and pants to the knees to do a little swashbuckling in our favor and less for special interest groups. If we can't get ahead under a Black president… We can't get ahead. To our Time magazine 'Person of the Year'… "The time is now."

Negativity

Unhealthy eating habits – Man, this is killing us! Especially the three S's – salt, sugar and swine. People, you don't have to be a granola guru to be healthy. Pan-sear instead of deep frying, have a smoothie or fruit for dessert, pick up some 'No Salt' seasoning and remember moderation is key. Invest in your health. Now see, y'all done gone and got our pressure all up!

Ratchetness

Debt – Be it the nation as a whole or us individually, when it comes to spending… We have got to do better! From Fiscal Cliffs to foreclosures, we have gotten ourselves into a fix that is still far from being over. Let's leave our kids with bills that fold, not bills they owe.

Dollars leaving our community

Attitude – Human relations sure seems to have taken a sour turn these days. The surliness of so-called customer service aficionados has us wondering if the age old adage “the customer’s always right” has been erased from the rule book. Whether you’re at the mall, license bureau, any civil service building or on the opposite end of the phone from a creditor, their idea of customer service is making customers nervous. In the words of Sweet Brown: “Aint nobody got time for that.”

See something we missed? Feel free to add your own ‘More or Less’ comment at www.callandpost.com

This list was compiled by Felicia C. Haney with the help of the C&P staff. You can follow her on Twitter and IG: @beechstreet. Follow the C&P: @call_post.