Be It Resolved...

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As I put pen to paper to write this editorial, the air is filled with the sounds of the season as well as the first snow. The malls are crammed with manic-eyed shoppers and one may now find a parking space on campus. The pages of the calendar are falling faster than maple leaves in an October windstorm. It is a time of the year where one waxes nostalgic, especially after a nog or two, and looks to the commencement of a new year. It is the time of the year to give thanks and to make resolutions.

New Year celebrations date back nearly 4,000 years and have been annual events ever since. Of course, these celebrations have been on different dates and celebrated in a myriad of ways. The conventional date of January 1 goes back to Julius Caesar who proclaimed this date in honor of the god Janus. You may recall from an earlier *Journal of Cancer Education (JCE)* Editorial that Janus is represented by two faces; one looking to the past and the other to the future [1]. In addition to participating in unabashed revelry, the Romans also made new year's resolutions... mostly to be good to one another (no small feat) [2]. In the USA, the Puritans put an end to the revelry and put an emphasis to the resolutions. Resolutions reflected their work ethics and emphasized the use of one's talents, a commitment to charity, and an avoidance of sin. And so, in the Puritan tradition, I set forth to give thanks and to make resolutions. (If my resolve to improve my failing memory is successful, I will look back upon these next year and tally the winners and losers).

Thanks are owed to many as a journal is truly a team sport. Thanks go out to:

Richard Bakemier and Joe O'Donnell for their foresight and guidance in making this fine Journal a reality.

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To the authors who go to work each day to make the world a better place and then take the time to share their stories with us.

To the reviewers who spend countless hours critiquing these works and submitting wonderfully constructive comments aimed at improving the final story. In recognition of their contributions, a listing of all who reviewed for the journal between December 1, 2012 and November 30, 2013 follows this editorial.

To the participants of these studies who were willing contributors to these stories.

And to the valued readers of the journal... may you glean valuable insights from the works presented and go on to make this world a healthier and happier place.

When performing an internet search for this article (thanks to Al Gore for inventing the internet from those of us who spent countless days of yesteryear leafing through Index Medicus or Acta Obscure) to identify the most popular resolutions, I found a number that are shared with cancer educators. Unequivocally, the most popular New Year's resolutions are to quit smoking, lose weight, exercise more, and eat healthier. All are recommendations that contribute to cancer risk reduction and are popular themes in the *JCE*. Unfortunately fewer than 10 % of participants [3] are successful in achieving these goals proving once again that "the spirit indeed is willing, but the flesh is weak." [4] Which leads us to our first resolution.

May the authors who contribute to the *JCE* identify successful paradigms to enhance our ability to achieve freedom from risk-enhancing behaviors.

May the *JCE* benefit from a growing cadre of reviewers who will submit timely and insightful reviews.

May the impact factor of the *JCE* continue to rise.

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May the many authors who contribute to the *JCE* become active members of the American and/or European Association for Cancer Education. These are not mere organizations but extended families.

May the *JCE* continue to bring to light work being done around the world so that we may benefit from a true community of scholars.

May the participants who contribute to our stories find health and peace.

May we all maintain our strength and resolve as we continue our cancer missions.

May our readership continue to grow and may they continue to benefit from our observations.

In an earlier editorial, [1] I wrote that “the journal will continue to publish high quality articles on the philosophy and practice of cancer education. It will also continue and expand its role of provocateur...” And “that the journal will continue to be a nurturing environment for young investigators and it will continue to launch the careers of those destined to become master educators.” I trust that we have been somewhat successful in achieving these aims and resolve to continue to do so in 2014.

And finally... May you all have a peaceful and productive New Year!

Be well!

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