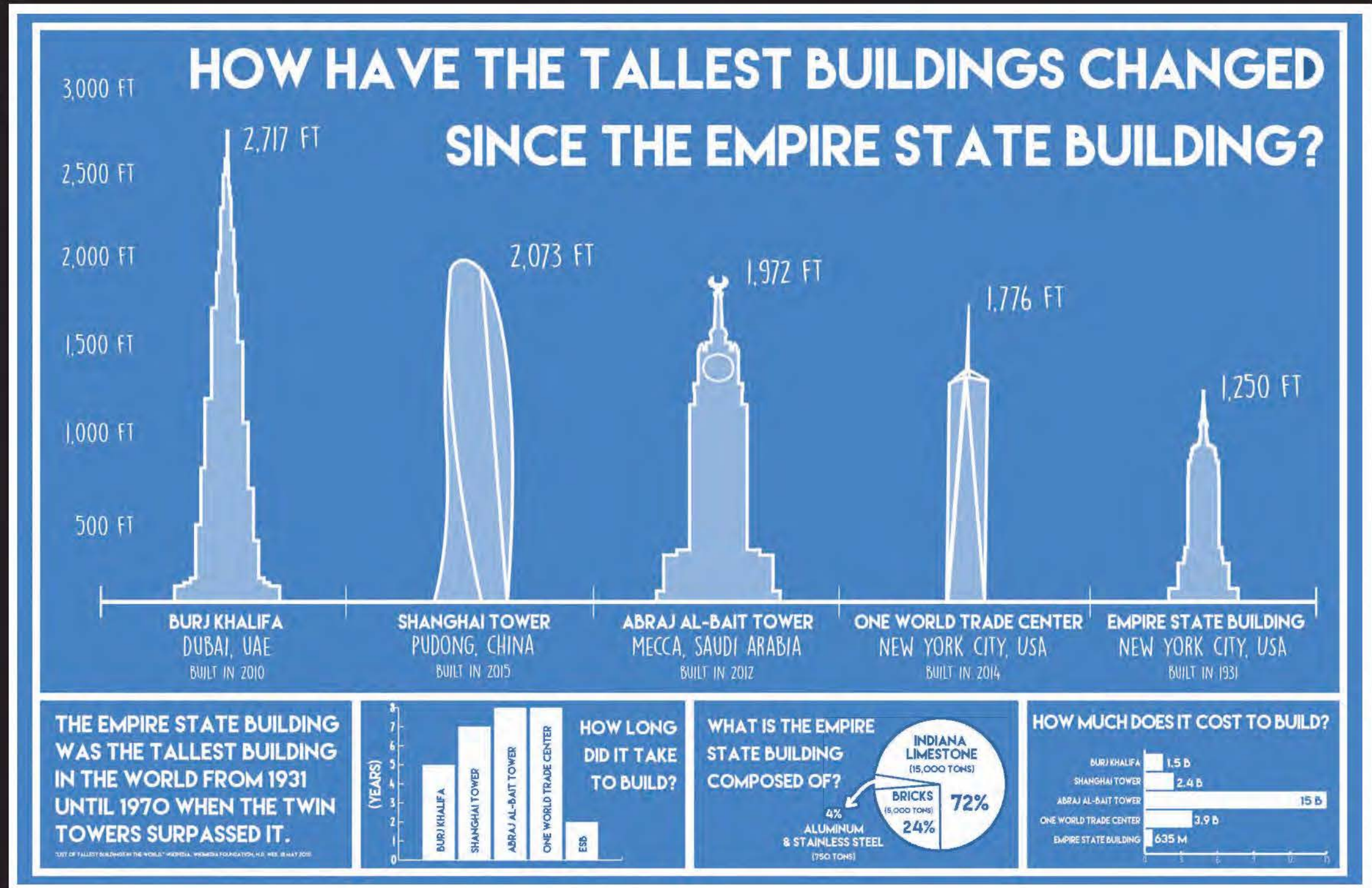


SKYSCRAPER INFOGRAPHIC



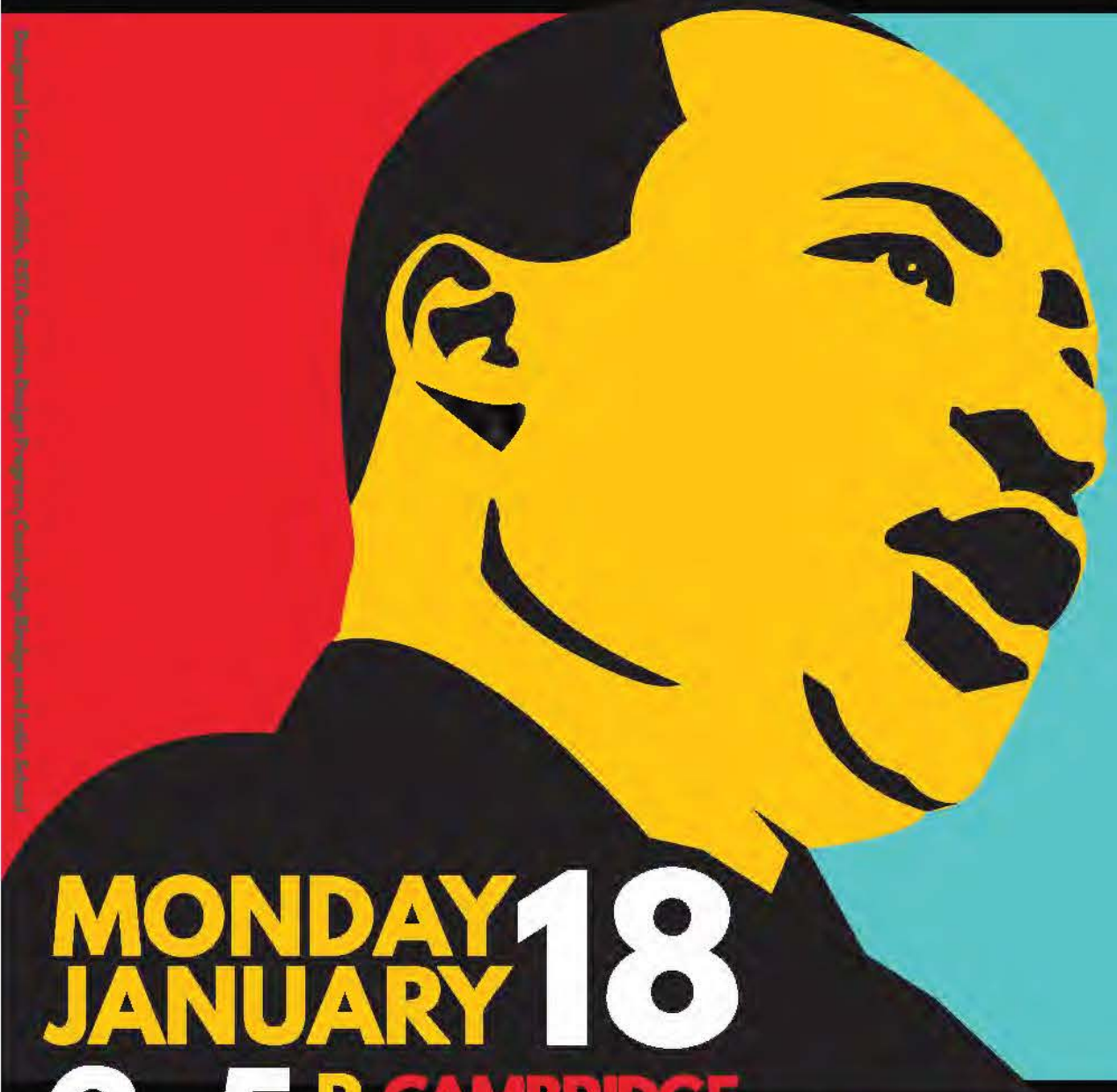
MLK DAY OF SERVICE POSTER



Many Helping Hands Presents

MLK DAY OF SERVICE

A Day of Service for the Entire Community



MONDAY JANUARY 18
2-5 P M CAMBRIDGE CITY HALL

ALL AGES WELCOME
We need everyone's helping hands for an afternoon of service making fleece scarves, blankets, valentines, and more!

DON'T COME EMPTY HANDED!
Bring a can of food, gently used winter clothing, or a children's book for those in need.



MASSACHUSETTS
SERVICE ALLIANCE



MARTIN LUTHER KING JR.
DAY OF SERVICE



MANYHELPINGHANDS365
HOW YOU CAN VOLUNTEER THROUGHOUT THE YEAR 365 DAYS



CAMBRIDGE
COMMUNITY
FOUNDATION



REGISTER EARLY AT:
www.manyhelpinghands365.org
Email:
info@manyhelpinghandsmlkday.org



AMENDMENT POSTER

4th AMENDMENT

“ Right of the people against unreasonable search and seizures shall not be violated ”



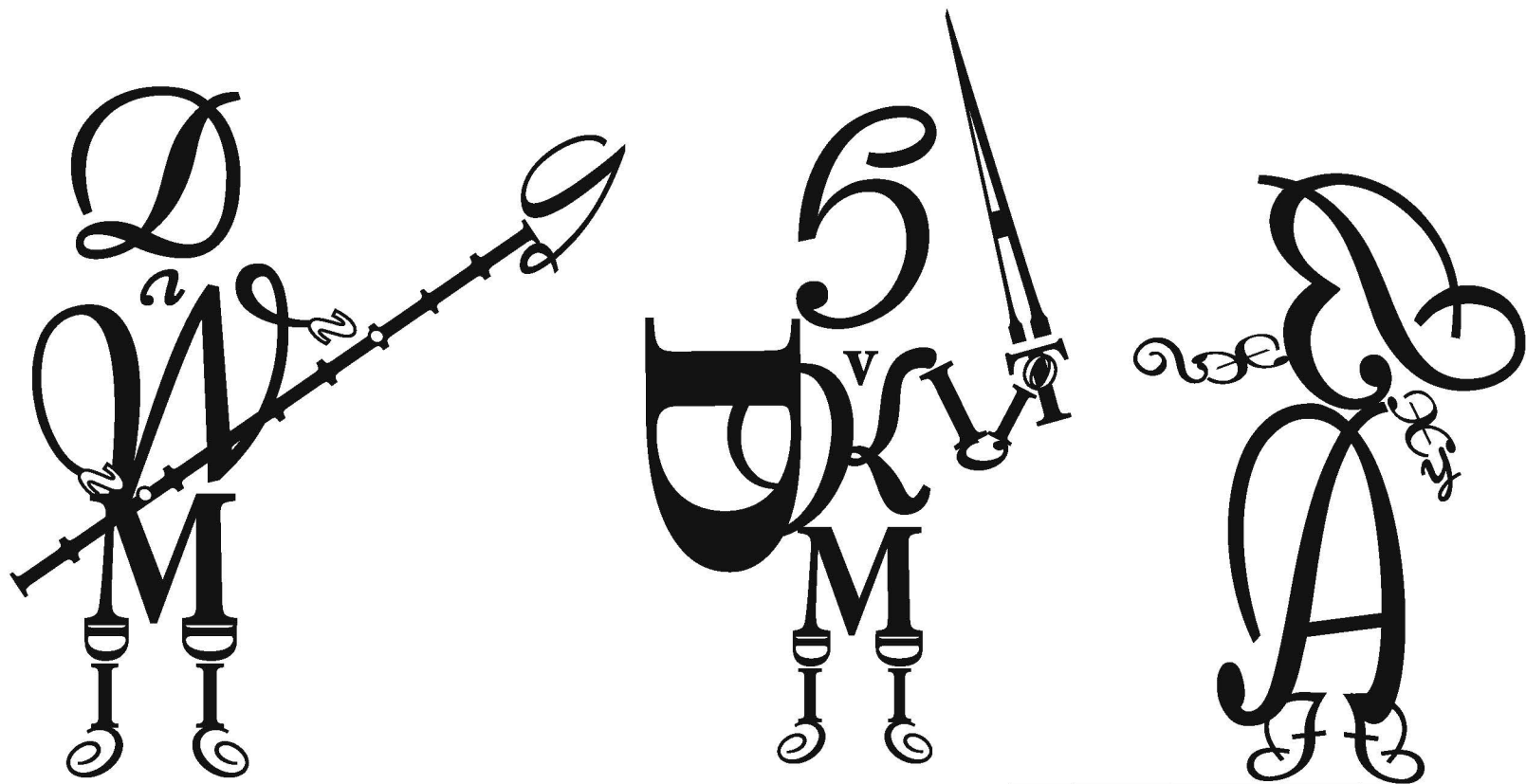
THE ABOVE APPLIES UNLESS YOU ARE:

BLACK, HISPANIC, MUSLIM,
OR ANY ETHNIC GROUP EXCEPT WHITE.

NOBLE TYPE



Noble Type



Callum Griffith



TYPE SELF-PORTRAIT

CONSISTENT
SOCIABLE

REFLECTIVE

ROBUST

HUMOROUS

LOGICAL

ELEGANT

BOLD

ATHLETIC

STRONG

STUBBORN

AMBITIOUS

LOYAL

THOUGHTFUL

PROFESSIONAL

INDEPENDANT

DYNAMIC

CREATIVE

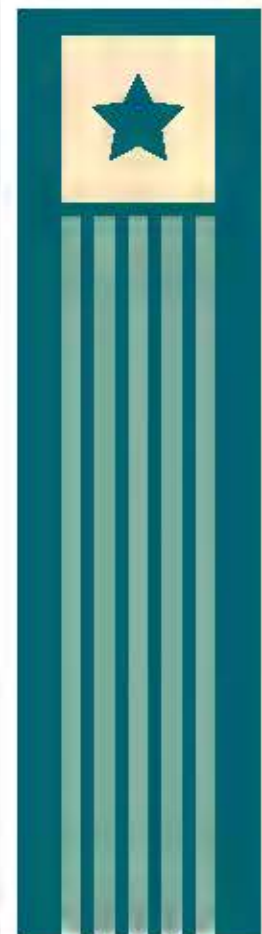
NEAT

FUN

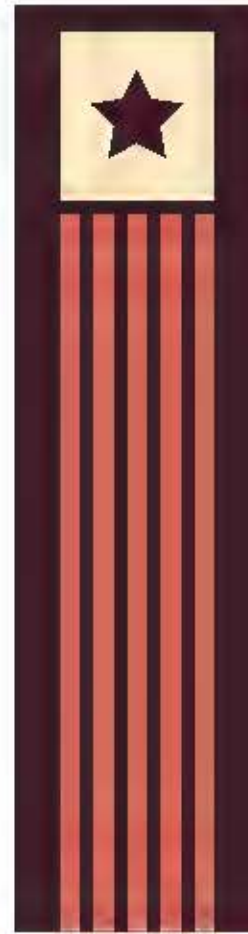


Callum Conlon

ANTI DISCRIMINATION POSTERS



LET'S KEEP
AMERICA
IN THE HANDS
OF THE MANY,
NOT THE **FEW**.



LET'S KEEP
AMERICA
TOGETHER
AND FIGHT
AGAINST RACIAL
DISCRIMINATION.



MOMENT IN TIME POSTERS



GREATEST
TECHNOLOGICAL
ACHIEVEMENTS

**FIRST
PLANE
FLIES**



1903

A MOMENT IN
TIME

GREATEST
TECHNOLOGICAL
ACHIEVEMENTS

**FIRST
ATOM
FISSION**



1939

A MOMENT IN
TIME

GREATEST
TECHNOLOGICAL
ACHIEVEMENTS

**FIRST
MAN ON THE
MOON**



1969

A MOMENT IN
TIME

NEWSLETTER

AND DEEPNESS OF YOUR SLEEP ALSO SUFFER, AND PEOPLE REPORT FEELING GROGGIER DURING THE - DAY. WHY? THANKS TO SHORTER (AND OFTEN RAINIER) DAYS, YOUR EYES AREN'T EXPOSED TO AS MUCH BRIGHT SUNLIGHT AS THEY ENJOYED DURING THE SUMMER, THE AUTHORS SAY. WHEN ULTRAVIOLET LIGHT HITS YOUR RETINAS, A CHEMICAL REACTION TAKES PLACE IN YOUR BRAIN THAT FIRMS UP YOUR CIRCA- DIAN SLEEP RHYTHMS, ENSURING YOU SLEEP SOUNDLY AT NIGHT AND FEEL ENERGIZED DURING THE DAY, THE STUDY AUTHORS SAY. SO, LIKE SWITCHING FROM A DAYTIME TO AN EVENING WORK SCHEDULE, THE SUDDEN SHIFT IN SUN EXPOSURE CAUSED BY THE ADVENT OF AUTUMN MAY KNOCK YOUR SLEEP CYCLE OFF BALANCE FOR A FEW WEEKS, THE RESEARCH SUGGESTS. THE SUN DOESN'T JUST SET YOUR SLEEP CLOCKS; WHEN IT HITS YOUR SKIN, IT ALSO FORTIFIES YOUR VITAMIN D LEVELS. IN THE AUTUMN (AND WINTER) THE LACK OF SUNLIGHT MEANS YOUR D STORES MAY BECOME DEPLETED, WHICH CAN LEAVE YOU FEELING FATIGUED, SHOWS RESEARCH IN THE NEW ENGLAND JOURNAL OF MEDICINE.

A HUGE THANK YOU TO OUR FUNDERS AND THOSE WHO MADE THIS POSSIBLE

ON BEHALF OF THE SEASONAL NEWSLETTER, WE'D LIKE TO THANK OUR SUPPORTERS AND DONATORS. WITHOUT WHICH THIS VERY NEWSLETTER WOULDN'T BE POSSIBLE. IT IS OUR GREAT PLEASURE TO BRING TO YOU OUR WORK AND RESEARCH, AND WE OWE MANY THANKS TO THOSE WHO SUPPORTED US ALONG THE WAY. WITH YOUR HELP, OUR FOUNDATION HAS BEEN TO SUPPORT ITSELF FOR THE PAST 12 YEARS AND PRODUCE ACCORDINGLY ON BUDGET. ONCE AGAIN, THANK YOU TO EVERYONE FOR HELPING US MAKE IT THIS FAR!



SEASONAL NEWSLETTER
BROUGHT TO YOU BY GRIFFIN PUBLISHING

4



AUTUMN

42ND EDITION

THIS WEEK CONTAINS

GLOBAL WARMING:
THE END OF A RED FALL SEASON
WHEN IS THE FALL
EQUINOX?
WHAT DOES THE CHANGE IN
SEASON DO TO YOUR BRAIN?

COMPANY BRANDING



COMPANY BRANDING



ANTI DISCRIMINATION POSTERS

MOMENT IN POWER - The United States



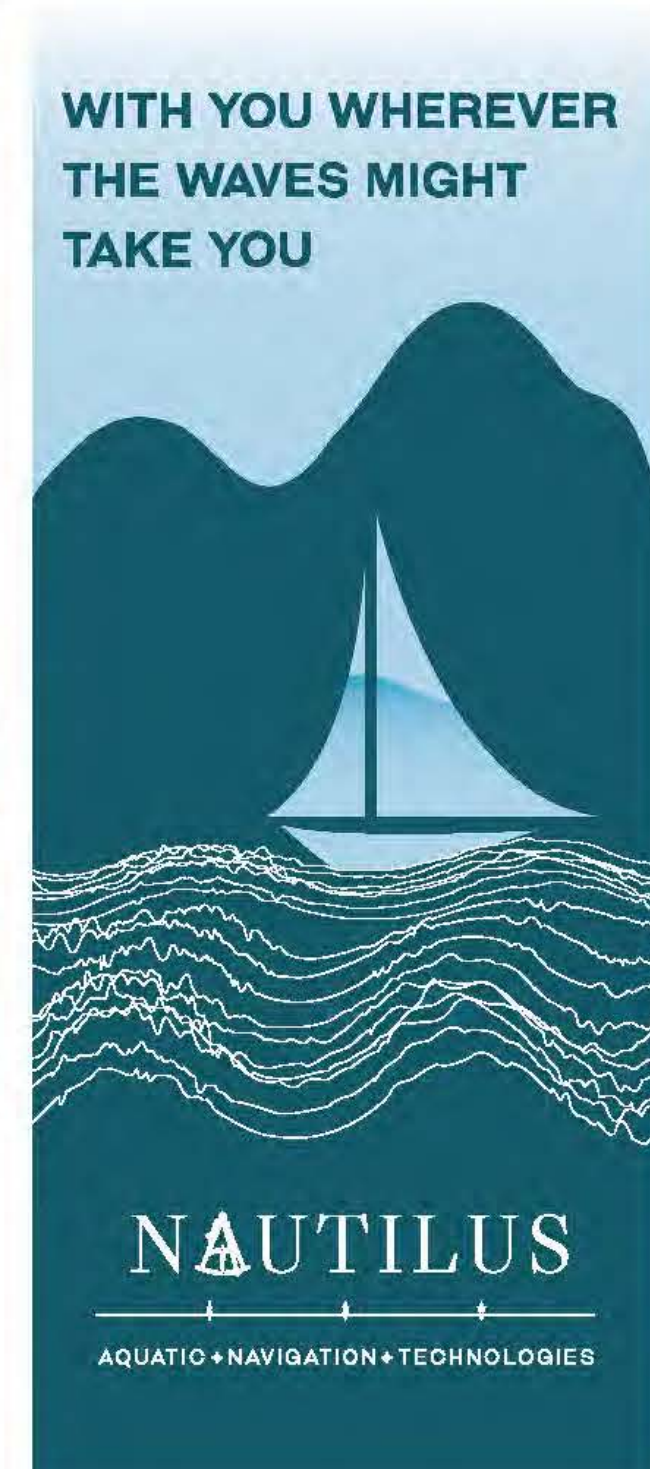
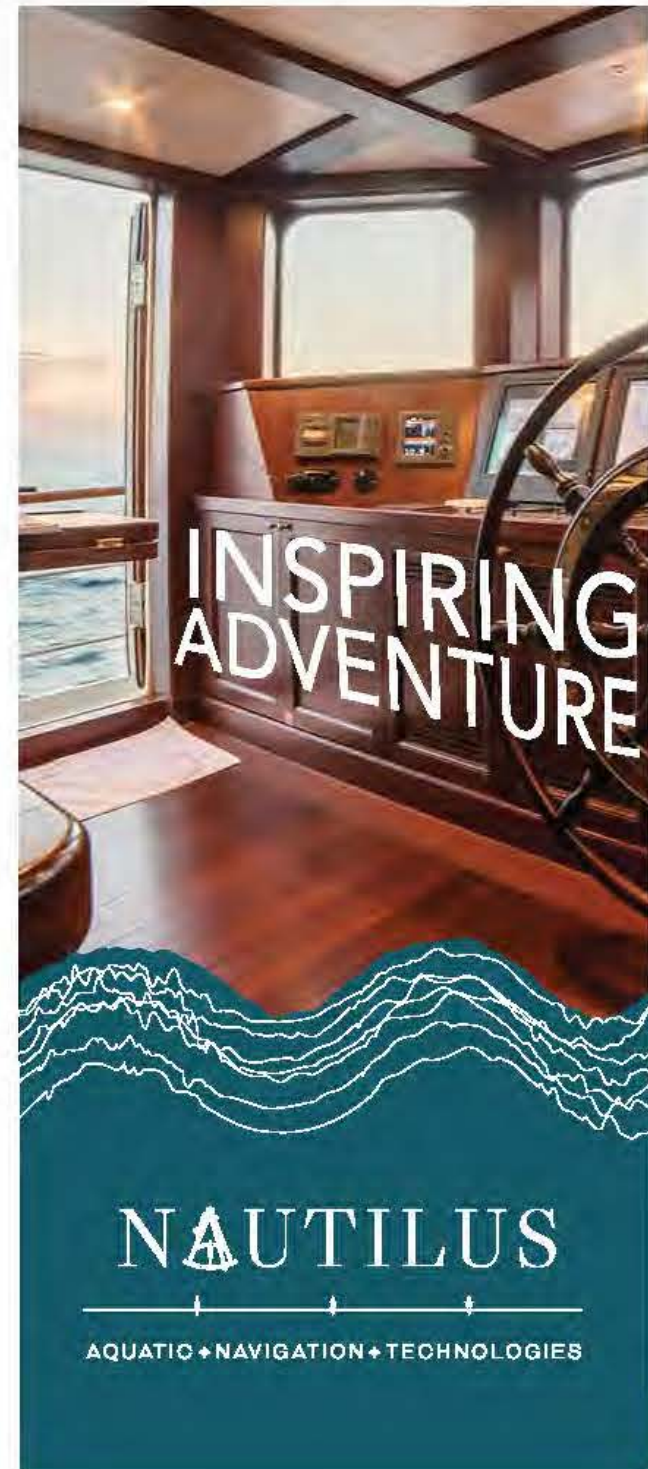
MOMENT IN POWER - The Nazi Empire



MOMENT IN POWER - The Soviet Union



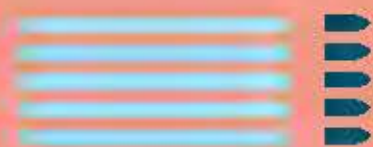
ADVERTISEMENT SERIES



BLACK & WHITE AD REDESIGN



END GUN VIOLENCE IN AMERICA



In 2015 there were:

- 25,000 gun-related injuries
- 126 mass shootings
- 12,000 gun-related deaths



80%

of shootings
were carried
out using
handguns

WHEN WILL **WE**
DECIDE TO DO
SOMETHING?



AMERICAN CITIZEN ALLIANCE



CRLS YEARBOOK COVER

