## THE CHRONICLE

FORUM

## Fill your jar with simple pleasures



**Nigel Alston** 

## Motivational Moments

Yesterday is history. Tomorrow a mystery. Today is a gift

That's why it's called the present!

- Unknown

A group of business students were introduced to a bit of showmanship recently from an expert on time management.

As the students watched, the teacher pulled out a onegallon, wide-mouthed Mason jar and placed it on the table in front of the class.

What does this have to do with business?" they wondered.

Next, he produce 12 fist-

sized rocks and placed them one at a time into the jar.

"Is this jar full?" he asked. The class responded with a resounding ,"yes."

'Really,' queried the teacher. Next he produced a bucket

of gravel, dumped some of the gravel into the jar and shook it. The pieces of the gravel worked into the spaces between the big rocks.

"Is the jar full?" he asked again.

"Probably not."

"Good," said the expert, as he then produced a bucket of sand. He dumped the sand in the spaces left between the rocks and the gravel.

Once again that familiar question - "Is the jar full?"

The class is a little wiser emphatically now and responded, "no!"

That's when the expert grabbed a pitcher of water and began to pour it into the jar until it was filled to the brim.

What is the point of this illustration," he asked?

"The point is," said one of the bright students, "no matter how full your schedule is, if you try really hard, you can always fit some more things into it."

point entirely. I have missed it myself on too many occasions. Maybe you have, too. What's the message for you and me?

"If you don't put the big rocks in first, you'll never get them in at all." How true!

How can you be happy and focus on the important things. The "Steps to Happiness" can provide an answer.

Everybody, knows you can't be all things to all people; you can't be all things at once; you can't do all things better than everyone else; your humanity is showing just like everyone else's

So, you have to find out who you are, and be that. You have to decide what comes first, and do that. You have to discover your strengths, and use them. You have to learn not to compete with others. Because no one else is in the contest of "being you."

Then, you will have learned to accept your own uniqueness. You will have learned to set priorities and make decisions. You will have learned to live with your limitations

You will have learned to give yourself the respect that is due.

And you'll be a most vital Of course, he missed the mortal.

Look at 1999 as a big Mason jar. You are in charge of what goes into the jar. What are the big rocks, in your life for the New Year? Is there a special project you want to complete? Do you want to spend more time with loved ones? Maybe you want to deepen your faith, increase your education or improve your financial situation.

Is there a cause you want to fight for? Do you want to teach or mentor others?

Dare to believe that you are a wonderful, unique person; that you are a once-inall-history event; that it's more than a right, it's your duty to be who you are; that life is not a problem to solve, but a gift to cherish. And you'll be able to stay up on what used to get you down.

Whatever your big rocks are, remember to put them in the jar first.

When you do, you will be able to stay up on what used to get you down.

Happy New Year!

Nigel Alston is an executive with Integon Insurance and can be reached at PO Box 722, Winston-Salem,

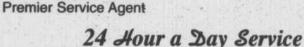


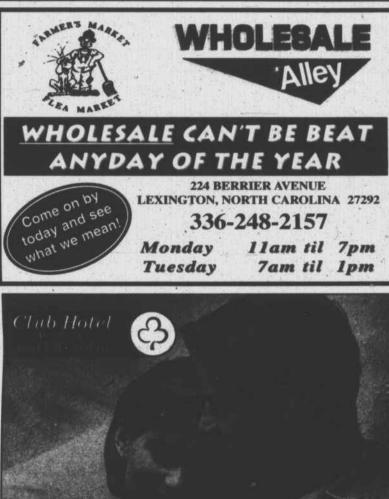
The Choice for African American News and Information

Subscribe Today. Call: 722-8624



**MOSE' BELTON-BROWN, LUTCF** Senior Account Agent LUTCF Fellow





Another tale of two families The press dubbed it a "miracle birth." Corporations, major donors and individuals leaped over each to

and babycare products. Iowa's governor offered to build them a new house. President Clinton called to congratulate them' and invite them to the White House. A tabloid weekly offered them \$250,000 to tell their story. And dozens of persons volunteered to provide round the clock assistance with the care of their babies.

Meanwhile, several months earlier, the media ignored the birth of sextuplets to Jacqueline and Linden Thompson, a lowpotential contributors say they will wait to see how many of the babies survive

 Media reports make repeated assertions that the the couple have not been "open" to the press, have made no statements and

The concern over the possible public underreaction to the couple's plight prompted Houston publisher Chido Nwangwu to appeal for help for the family.

'We want to make certain

It will cost an estimated \$2 million to care for the mother and infants before they get out of the hospital.

I'm making my donation toward their care. How many others will do the same?

Donations and information contact:

USAfrica Children Support c/o The Chukwu Octuplets

8303 S.W. Freeway Suite 100

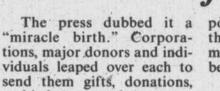
Houston, Texas 77074 713+270-5500

713-270-8131 (fax) children@usafricaonline.c om

Earl Ofari Hutchinson is

D Guest Columnist Earl Ofari Hutchinson

The New York Times, Washington Post, and the Boston Globe in-feature stories on Dec. 23 claimed that income, African American gifts, and donations were couple in Washington, D.C. pouring in to lyke Louis Udobi and Nkem Chukwu. In mid-December Nkem Chukwu gave birth to a phenomenal eight babies in Houston. These newspapers and much of the major media were in a congratulatory public mood in part because of the spectacular number of births.



before they give.

given no interviews.

that these children get the same kind of support as the McCaugheys got," Nwangwu said.

N.C. 27102 or e-mailed at nalston237@aol.com

But in greater part because of their shame and embarrassment a year ago over the glaring difference in the coverage given to a white couple and a black couple who experienced multiple births.

public with features, news reports and TV specials on the birth of septuplets to Bobbi and Ken McCaughey, couple.

This sparked protests of racism from many African Americans, and a national campaign to support the family. Despite the media's glowing reports of contributions to the couple, these are the warning signs they still may not get the same media and public support as the McCaugheys.

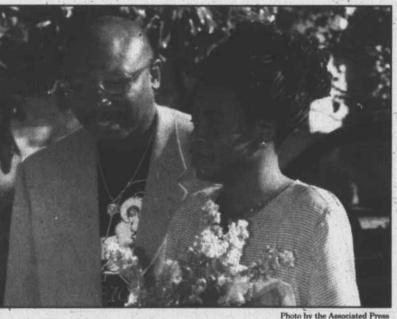
• The press has spent far more time debating the "ethics" of using fertility drugs, and of having multiple births than on the family's needs.

· Many doctors blame the the couple for endangering The press deluged the the mother's life and reducing the chances of the babies, survival by refusing to abort some of the fetuses.

· The public pledges of just that pledges. Many

Chukwu and Udobi, like the McCaugheys, need great support.

the author of The Crisis in Black and Black. His email address is ehuichi344@aol.com



a white, mid-income Iowa support for the couple are Nkem Chukwu, accompanied by her husband lyke Louis Odobi, leave the hospital last week. Despite pledges, donations for the couple have been slow to come in, observers say.

Same dream deals. New dream pla

You discovered them at Doubletree You'll love them at Club Hote by Doubletree. You're probably right now DOUBLETREE'S DREAM DEALS HAVE JOINED THE CLUB. Club Hotel by Doubletree continues the Doubletree tradition with Drivan als! You get a terrific weekend rate, free continental breakfast for two, our complimentary chocolate chip cookies and your choice of check-out times. Rate is per room, per night based on double occupancy. Rate subject to change without notice. Not applicable to groups. Additional restrictions may apply. .clubhotels.co OfficeMax as ben pe Club Hotel by Doubletree Raleigh North 2815 Capital Boulevard, Raleigh, NC 27604 (919) 872-7666

THE CHRONICLE	CONTACT US:	THE CHRONICLE
The Choice for African American News USPS 067910 617 N. Liberty Street Winston-Salem, NC 27101 The Chronicle was established by Ernest Pitt and Ndu- bisi Egemonye in 1974, and is published every Thursday by The Chronicle Publishing Co., Inc. The Chronicle is a proud member of National Newspapers Publishers Association • North Carolina Press Association • North Caroina Black Publishers Association • Inland Press Association	phone number: 336 / 722-8624 for: 336 / 723-9173 website address: www.netunlimited.net/~wschron email address: wschron@netunlimited.net Sports Editor 723-8428 SAM DAVIS Circulation 722-8624 VICKIE WARREN Sales Staff 722-8628 LEXIE JOHNSON	HOME DELIVERY SUBSCRIPTION ORDER UP YES, Please send me The Chronicle UP YES, Please
		Name Address
National Advertising Representative: Amalgamated Publishers, Inc., 45 West 45th Street, New York, NY 10036 212 / 869-5220	BRUCE CROSS JAMES MCARTHUR Business Office Ericka Asbury Paulette Lewis	City State Zip VISA Mastercard American Express Check enclosed Please bill me
Postmaster: send address changes to: THE CHRONICLE P.O. BOX 1636 Winston-Salem, NC 27102	Copy Editor JAMES FRANKLIN JR. Production A. N. WRIGHT LONNIE ATTUCKS	Account Number SEND TO: The Chronicle, P.O. Box 1636, Winston-Salem, NC 27102