



Mizell Stewart III

Editor

Look for bright side

Optimists' creed
a great reminder
during tough times

If journalists are justly criticized about anything, it is that many of us are born pessimists, always looking out for what's wrong with the world.

As the newspaper industry goes through a period of unprecedented change, it's easy for us to focus on the negative. That's why it's good to get out of the office once in a while.

It turns out that the highlight of my week wasn't reviewing the new Money & Markets feature on our new business page or working with a friend in town this week to help our reporting staff develop better, deeper local stories.

It turned out to be hanging out in a room full of Optimists.

That's Optimist International, to be exact, in the guise of the West Side Optimist Club. Kalah Street invited me to spend a few moments with members Thursday talking about the new Courier & Press that will debut April 6.

Don't worry, East Siders: My good friend Larry Neisen asked me to discuss the same topic with the East Side Optimist Club on Monday; I'll be at the Sirloin Stockade on Bellemeade Avenue at noon.

These are timely invitations because I like talking to people about the future of newspapers and because Optimists have a creed that puts one in exactly the right frame of mind for these turbulent times. Take a look:

■ Promise yourself to be so strong that nothing can disturb your peace of mind.

Couldn't a lot of us use that right now?

■ Promise yourself to talk health, happiness and prosperity to every person you meet.

You ever get the feeling that positive reinforcement tends to be in short supply these days?

■ Promise yourself to make all your friends feel that there is something in them.

If we don't support one another, who will?

■ Promise yourself to look at the sunny side of everything and make your optimism come true.

One doesn't have to be a Pollyanna (or a doormat) to think positively.

■ Promise yourself to think only of the best, to work only for the best and expect only the best.

If you prepare for a positive outcome, you just might get it.

■ Promise yourself to be just as enthusiastic about the success of others as you are about your own.

Putting others first brings fantastic rewards.

■ Promise yourself to forget the mistakes of the past and press on to the greater achievements of the future.

We can learn from past mistakes without endlessly reliving them. Believe it!

■ Promise yourself to wear a cheerful countenance at all times and give every living creature you meet a smile.

This takes work, but I've seen it in action. It is possible.

■ Promise yourself to give so much time to the improvement of yourself that you have no time to criticize others.

And last, but not least,

■ Promise yourself to be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.

I couldn't have said it any better myself.

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