

## Sisson Shining Star Optimist Award December 2023 – Alaina Verleger

Congratulations Alaina Verleger for being honored as the Sacred Heart Academy Sisson Shining Star Optimist Award recipient for December 2023. Every other month, the Mt. Pleasant Optimist Club honors one middle school student (6<sup>th</sup> -8<sup>th</sup> grade) from each of the area middle schools as the recipient of this award. Alaina is the daughter of Mike & Jennifer Verleger, who are parishioners at Sacred Heart Parish.

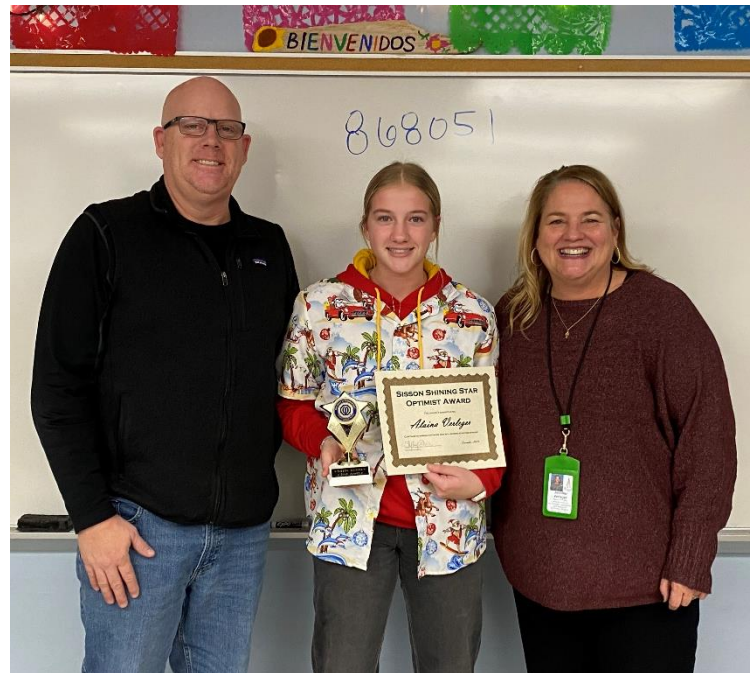
Alaina's first nomination was submitted by her science teacher, Mrs. Sandy Dubridge. The nomination stated, "Alaina is such a positive and kind young woman. She works hard in her classes and helps others!" Mrs. Lisa Roach, Director of Admissions and Marketing shared "In addition to the nomination given by Mrs. Dubridge, I'd like to add that Alaina is always smiling. She is a such a joy and is a good friend to everyone."

The Sisson Shining Star Optimist Award is named to honor the legacy of James "Jim" Sisson Jr. Jim was a life-time member of the Mt. Pleasant Optimist Club, and always carried copies of the Optimist Creed in his pocket to share with others. Jim was always helping others, supporting students, and volunteering. Jim lived his life with integrity, kindness, and generosity. Requirements for nomination specify that the nominee must be in 6th, 7th or 8th grade should exude the traits of optimism as written below in The Optimist Creed:

### The Optimist Creed

#### Promise Yourself

- To be so strong that nothing can disturb your peace of mind.
- To talk health, happiness and prosperity to every person you meet.
- To make all your friends feel that there is something in them.
- To look at the sunny side of everything and make your optimism come true.
- To think only of the best, to work only for the best, and to expect only the best.
- To be just as enthusiastic about the success of others as you are about your own.
- To forget the mistakes of the past and press on to the greater achievements of the future.
- To wear a cheerful countenance always and to give every living creature you meet a smile.
- To give so much time to the improvement of yourself that you have no time to criticize others.
- To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.



*Above, Alaina is pictured with her parents, Mike & Jennifer Verleger, at the presentation of the award on December 18, 2023.*

Congratulations, Alaina! This honor is well deserved.