

Sisson Shining Star Optimist Award October 2025 – Alaina McKowen

Congratulations Alaina McKowen for being honored as the Sacred Heart Academy Sisson Shining Star Optimist Award recipient for October 2025. Every other month, the Mt. Pleasant Optimist Club honors one middle school student (6th -8th grade) from each of the area middle schools as the recipient of this award. Alaina is the daughter of Rebecca McKowen and Timothy McKowen.

Alaina was nominated by her theology teacher, Mrs. Becky Jones. She says, “Alaina always has a smile on her face and a positive attitude. She sees the good in her environment and the people around her.”

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.



Above, Alaina is pictured with her mother, Rebecca, and Lori McConnon with the Optimist Club at the award presentation on October 30, 2025.

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.

Congratulations, Alaina! This honor is well deserved.