

Brilliant Star

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

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Do You Have
Healthy Habits?

Explore Food
And Fitness Fun

**STRENGTH
TO SERVE**

Brilliant Star

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Brilliant Star empowers kids to explore their roles as world citizens. Inspired by the principles of peace and unity in the Bahá'í Faith, we encourage readers to use their virtues to make the world a better place.

The Bahá'í Faith is the second most widespread religion in the world, with over five million Bahá'ís. It was founded by the Prophet Bahá'u'lláh ("Glory of God" in Arabic) in 1863. Bahá'u'lláh taught that all people are part of one human family, and all religions come from one God. Bahá'u'lláh's eldest son, 'Abdu'l-Bahá, interpreted His teachings and led the Bahá'í community after Bahá'u'lláh's passing.

Today, Bahá'ís work to bring love and justice to the world, and end prejudice and discrimination of all kinds.

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*Learn more about
STEAMS



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How can a peaceful space lift your spirits?

DEAR FRIENDS,

When you hear the word “healthy,” you may think of eating fruits and veggies or going on a family hike. But did you know it’s also super important to nourish your mind and spirit? Your mental, physical, and spiritual health are amazingly connected. When you strengthen one part, the other parts tend to improve, too.

In this issue, discover ways to supercharge your mind, body, and spirit. Quiz yourself on your health choices and learn tips for being balanced, inside and out. Craft a funny frog with Nur to LOL. Find ways to make your room a peaceful oasis. Learn how to be mindful and navigate big emotions. Whip up some tasty new recipes. Explore space with NASA astronaut Christina Koch. And meet Dr. Lisa Merritt, who strives to make sure that everyone gets fair access to health care.

Taking care of yourself helps you live a happy life with the energy to follow your dreams and assist those around you. And that’s a *wealth* of health!

LOVE, BRILLIANT STAR ✨



Do You Keep Your Health on Track?

“The body . . . is like a horse which carries the personality and spirit, and as such should be well cared for so it can do its work!” —Bahá’í Writings

When you see a horseback rider galloping through a meadow, it may look easy. But did you know riding uses nearly *all* the muscles in your body? Having a strong torso and lower body helps you stay on the horse, steer it, and show it you’re confident and stable.

Like riding a horse, staying healthy takes balance and attention. Playing sports and doing other physical activities can be fun ways to boost energy and handle stress. And just

as a rider communicates with a horse, we need to “listen” to our bodies. If you get tired, sore, or too hot, your body could be telling you to rest or drink water. If you feel awesome, you may be ready to leap over the next hurdle and reach for new goals.

When your body feels good, your spirit often soars. With healthy choices, you can harness your dreams for an amazing ride!

Do you make healthy choices? Circle your answers, then add up your points.

Try this quiz online! Scan code to go to **Brilliant Star’s** website.



1. I’m physically active for at least an hour each day.
Often = 3 • Sometimes = 2 • Rarely = 1
2. I wear sunscreen when I’m out in the sun and reapply it every two hours.
Often = 3 • Sometimes = 2 • Rarely = 1

3. I eat healthy meals that include fresh fruit and veggies.
Often = 3 • Sometimes = 2 • Rarely = 1
4. I pray, meditate, and relax daily to care for my mind, spirit, and body.
Often = 3 • Sometimes = 2 • Rarely = 1
5. I express myself through creative hobbies like cooking, art, or music.
Often = 3 • Sometimes = 2 • Rarely = 1
6. I wash my hands with soap and water and scrub for at least 20 seconds.
Often = 3 • Sometimes = 2 • Rarely = 1
7. I spend some time each day in the fresh air, enjoying nature.
Often = 3 • Sometimes = 2 • Rarely = 1
8. I limit my time with phones and other screens, especially near bedtime.
Often = 3 • Sometimes = 2 • Rarely = 1
9. I remember to brush my teeth every morning and night.
Often = 3 • Sometimes = 2 • Rarely = 1

10. I get enough sleep and wake up feeling rested.
Often = 3 • Sometimes = 2 • Rarely = 1
11. I build healthy relationships with family and friends, which helps my body, mind, and spirit.
Often = 3 • Sometimes = 2 • Rarely = 1
12. I drink plenty of water throughout the day.
Often = 3 • Sometimes = 2 • Rarely = 1



My Score

36-28 POINTS You’re galloping to great habits! Keep caring for your body, mind, and spirit.

27-20 POINTS You’re trotting along nicely! Choose an item from the quiz to maintain a strong pace.

19-12 POINTS You’re learning how to lead your horse! Try some tips from the quiz to help you stride forward.

ON THE BALL

Game on! Did you know playing sports can strengthen your body *and* your mind? Exercise releases a burst of feel-good chemicals in your brain. They can help you feel happy, confident, and motivated.

Being on a team can strengthen friendships and help you make new ones. Teammates can support each other, work together, and practice respect and patience.

Try different sports, and don't worry about making mistakes. Win or lose, being a good sport is about building skills, persevering, and staying positive. And sportsmanship makes playing more fun!

You don't have to join an official team to be at the top of your game. Playing for fun boosts your health and happiness too. Jump in with joy, and score some points for your life goals!

Fill in the blanks to complete tips for having fun exploring new sports.

1 DRINK WATER, EAT
H ● A ● T ● H ● FOOD, AND
GET ENOUGH REST
TO NOURISH YOUR BODY.

2 IF YOU'RE NERVOUS AT A
GAME, CLOSE YOUR EYES AND
I ● M ● G ● I ● YOURSELF
DOING YOUR BEST.

3 DURING A GAME, STAY IN
THE PR ● S ● NT AND
DON'T JUDGE YOURSELF.

B ● I ● n ● c ● e ● d
Basketball

B ● a ● e
Baseball

F ● c ● s ● d
Football

4 CHEER FOR YOUR
TEAMMATES AND
E ● C ● O ● U ● R ● G ● E
EACH OTHER.

5 AFTER A GAME,
R ● F ● E ● C ● T ● ON
WHAT YOU DID WELL
AND WHAT TO WORK ON.

6 EVEN IF YOU LOSE,
BE K ● N ● TO YOUR
TEAMMATES AND
THE OTHER TEAM.

G ● a ● t ● f ● l
Golf Ball

P ● s ● i ● v ● e
Pickle Ball

R ● e ● p ● e ● t ● f ● l
Rugby Ball

7 WARM UP BEFORE
A GAME TO GET
YOUR BODY AND
MIND R ● A ● D ●

8 FOLLOW THE
R ● O ● L ● S AND
HAVE FUN, WHETHER
YOU WIN OR LOSE.

9 KEEP L ● O ● A ● N ● G
NEW SKILLS AND
RECORD YOUR PROGRESS.

S ● o ● c ● e ● r ● B ● a ● l ● l
Soccer Ball

T ● e ● n ● n ● i ● s ● B ● a ● l ● l
Tennis Ball

V ● o ● l ● l ● e ● y ● B ● a ● l ● l
Volleyball

Bahá'u'lláh's Life: Mission of Peace Divine Physicians

The Life of Bahá'u'lláh

The highlighted
area marks the time
in which this story
takes place.

1817 November 12

Birth of Bahá'u'lláh
in Tíhrán, Iran

1844

Recognizes the Báb as
a new Messenger of God

1852

Imprisonment in the
“Black Pit” of Tíhrán

1853–1863

Exile in Baghdád, Iraq.
From 1854–1856, He
goes into the mountains
to pray in solitude.

1863 April

Declares Divine Mission
as Prophet-Founder
of the Bahá'í Faith

1863–1868

Exile in Constantinople
(Istanbul), then Adrianople
(Edirne), Türkiye. Begins
writing letters to kings
and rulers in 1867,
urging world unity

1868

Last exile, to prison-city
of 'Akká, Israel

1877

Finally free to live in
countryside homes
of Mazra'ih and then
Bahjí, outside 'Akká

1892 May 29

Bahá'u'lláh passes
away at Bahjí.

“**R**egard the world as the human body,” wrote Bahá'u'lláh, “which, though at its creation whole and perfect, hath been afflicted . . . with grave disorders and maladies.”

Bahá'u'lláh explained that the Messengers of God—including Moses, Jesus, Muhammad, the Báb, and Bahá'u'lláh—are like physicians sent to “heal the sickness of a divided humanity.” Bahá'u'lláh said They and other Messengers were sent by one God, like the rays of one Sun.

These divine educators shared important teachings and remedies for Their time in history. Each age has its own problems and needs its own healing. But the essence of each religion is the same: to bring peace, love, and unity to our human family. Bahá'u'lláh said that's the *main purpose* of religion.

The oneness of humanity is the pivot, or central truth, of the Bahá'í Faith. The Faith's guidance revolves around this truth, like spokes around the center of a wheel.

The spiritual disease of prejudice causes intense suffering. Bahá'u'lláh's eldest son, 'Abdu'l-Bahá, said, “All prejudices, whether of religion, race, politics or nation, must be renounced, for these prejudices have caused the world's sickness.” Women and men also need equal rights.

Bahá'u'lláh said all religions are part of one faith that unfolds over time, like chapters of a book. When this truth is accepted, religious conflicts and war will cease, which is a vital step toward building world peace.

All of these teachings are centered on the oneness of humanity. When they're fully adopted, the Bahá'í writings



Youth in Boston, U.S., in 2013, at one of 114 youth conferences called by the Universal House of Justice to encourage service around the world.

say “the structure of present-day society” will change, “a change such as the world has not yet experienced.” Only God can create such a dramatic improvement.

Of course, change won't come easily. The Universal House of Justice, the global governing body of the Faith, said, “the process of healing centuries-old wounds will also take time.”

Bahá'ís and friends work to build communities of faith, love, and trust. Neighborhood groups gather to pray and study spiritual guidance. They encourage kids and youth to help the world.

The House of Justice urges us to offer everyone the “healing remedy of Bahá'u'lláh's teachings.” If people of diverse races become loving friends, in time all racial prejudice will end.

With patience and perseverance, we can help change the world. Bahá'u'lláh said, “So powerful is the light of unity that it can illuminate the whole earth.”

“The Prophets of God should be regarded as physicians whose task is to foster the well-being of the world and its peoples...” —Bahá’u’lláh

Fill in the blanks to find key teachings of the Bahá’í Faith.

ONE HUMAN FAMILY

Uni_ers_| second language

Science and religion agr__

Economic ju_ti_e

_du_atio_ for all

In_es_iga_e truth for yourself

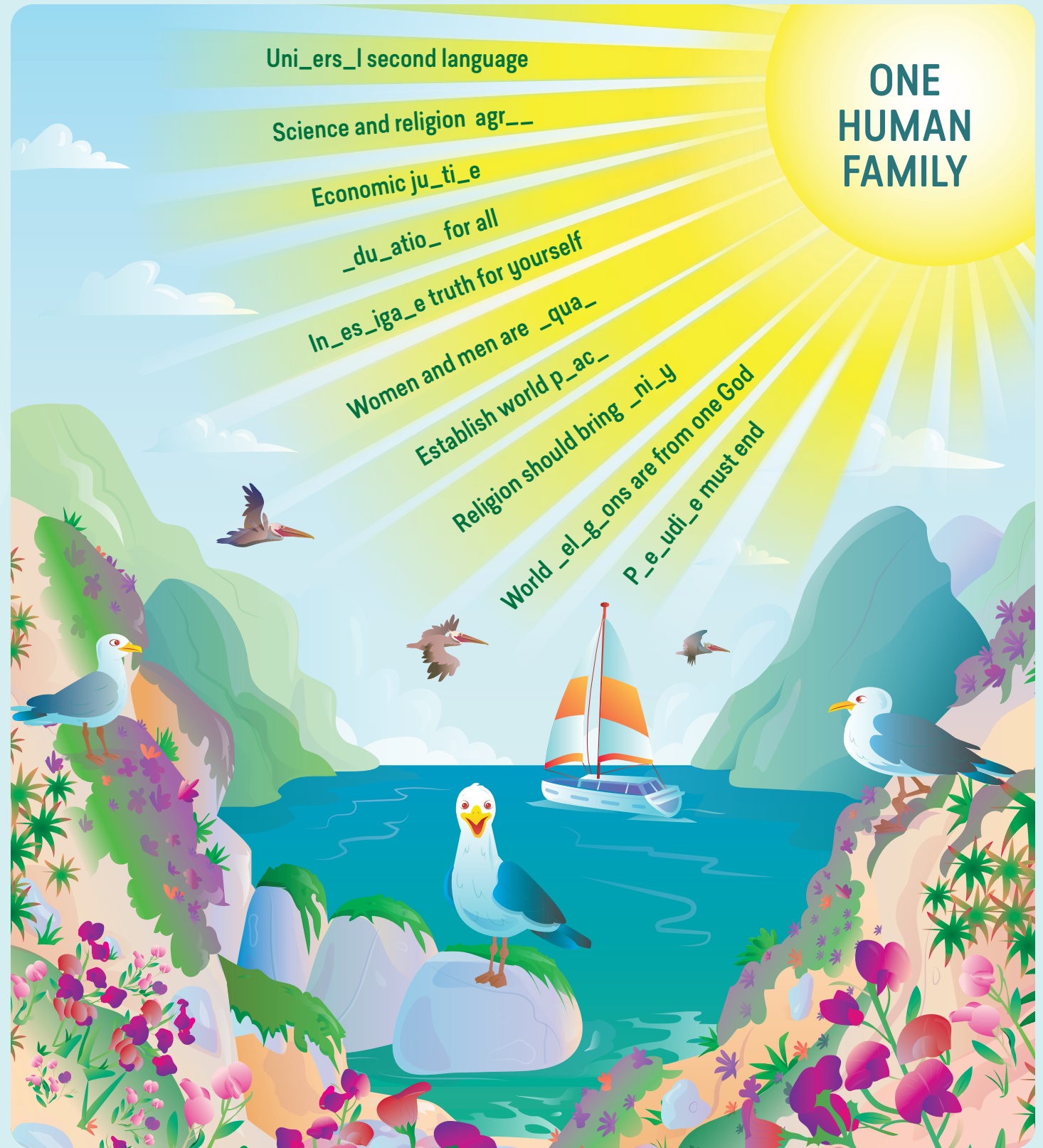
Women and men are _qua_

Establish world p_ac_

Religion should bring _ni_y

World _el_g_ons are from one God

P_e_udi_e must end



Maya's MYSTERIES

"You should protect your health by sleeping enough." —Bahá'í Writings

SLEEP IS A LIFESAVER!

CATCH SOME Z'S

I stayed up way too late last night. I was playing a game on my phone, and the next thing I knew, it was past midnight! It took a while for my brain to quiet down, and I had to get up early for school. I was wiped out.

It's a funny coincidence that we learned about sleep in class. I was surprised how much it does for your mind and body! First, you need lots of sleep to grow. It helps you

remember what you learn every day. It helps you deal with stress. And if you don't get enough, you can feel grouchy, have trouble focusing, and even get sick. Kids need about 9 to 12 hours, but I only got 6 last night. Whoops!

For a class project, I made this poster on healthy sleeping habits. I'm trying them all this week. I hope they help you have sweet dreams too!

SWEET DREAMS

Unscramble words to learn tips for healthy sleep!

- Turn off (SECERSN) _____ an hour before bed. Their blue light can keep you awake.
- (ERALX) _____ before bed. Try reading or say prayers.
- Talk to your family if (SSSTRE) _____ keeps you up at night.
- (KDINR) _____ milk or calming tea before bedtime.
- Choose pajamas and covers that are (LCOO) _____ and comfortable.
- Wake up and go to bed at the same (IMET) _____ each day.
- Spend 15 minutes outside in (BIRGTH) _____ light each morning.
- Do your best to (ERXCESIE) _____ for at least an hour during the day.
- Keep your room (KARD) _____, which tells your body it's time to sleep.
- Play peaceful music or nature (SNODUS) _____.
- Don't eat late at night, especially sugar that gives you (EGENYR) _____.
- Try a guided (MTEDITNAIO) _____ to chill out and unwind.

Scan the QR codes for meditation ideas:

MEDITATION
MAGIC



MEDITATION
STATION



Mindful Monsters

Big emotions can be scary sometimes. Maybe you're going to a new school and are super anxious about making friends. Or your mind-boggling homework has you frazzled. How do you cope?

If you're overwhelmed, ask yourself three questions: What do I feel? Why do I feel this way? What can I do to calm down? The answers can help you be mindful, or aware of your thoughts

and focused on the present moment. Maybe you're worried because you're not sure who to hang out with during recess. Try taking a few deep breaths, hum a familiar tune, or start doing an activity you enjoy. Keep a journal of things that work for you.

Being mindful can help you accept your feelings and be kind to yourself. With patience and practice, you can learn to tame big emotions with calm courage.

These monsters are learning to manage big emotions. Match each one to the item that can help.



Adaptable Amphibian: Make a Fun & Flexible Frog

“O Lord of the Kingdom! . . . Bestow on us joy and delight, and favor us with gladness and contentment.” —‘Abdu’l-Bahá

When my family moved to our new treehouse, I missed my bug buddies. Then I met Forest, my wood frog friend. His *toad*-ally positive approach to life makes me *happy*!

Forest’s great sense of humor helps him adapt to change. He started out as a tadpole, swimming and breathing underwater. As he got bigger, he grew legs and lungs to live on land. Another huge change happens in winter, when most

of his body actually *freezes*! An inner anti-freeze keeps his organs safe while he huddles under a blanket of leaves. In spring, he thaws out and croaks silly jokes around town!

Forest’s flexibility and humor inspire me to lighten up when I’m feeling down. When an art project goes off course, I can laugh and leap at the chance to try something new. Check out this fun frog I made to remind me to be more playful, like Forest.

I LOVE THIS COOL FROG I MADE, INSPIRED BY MY FRIEND!



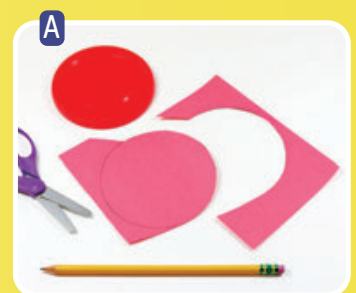
You’ll Need

- colorful construction paper
- pencil
- scissors
- ruler
- hole punch
- tacky glue
- markers
- round lids and bottle caps about 6" (15 cm), 4" (10.2 cm), 2" (5.1 cm), 1½" (3.8 cm), & 1" (2.5 cm)
- drinking straw

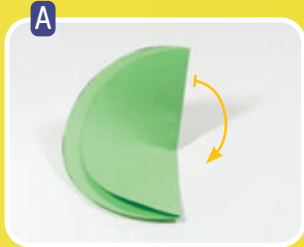
- 1 (A) For frog’s head, use pencil to trace around 6" (15 cm) lid. Cut out. (B) Fold head nearly in half, so only ½" (1.3 cm) of bottom portion is exposed. Unfold.



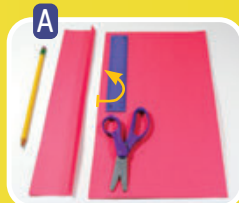
- 2 (A) For frog’s mouth, trace around 4" (10.2 cm) lid. Cut out. (B) Glue mouth flat inside center of frog’s head. Fold mouth along head’s crease created in Step 1B.



- 3 (A) Fold head in half (without creasing it), so its corners touch. Pinch to crease only tip of this newly folded corner. Unfold. (B) Punch half a hole in center of crease created in Step 3A. This makes a whole round hole when head is unfolded.



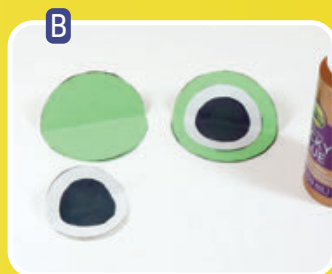
- 4 (A) Cut a 2½" x 11" (6.4 x 27.9 cm) strip of paper for tongue. Fold ½" (1.3 cm) from long edge of tongue to form a tab. Unfold. (B) Fold other long edge of paper so it meets Step 4A's crease. Completely glue ½" (1.3 cm) tab onto folded portion's edge to form a flat tube.



- 5 Thread ½" (1.3 cm) end of straw into tip of tube. Fold tube's corners snugly around straw and use glue to secure tube and straw together. Let dry.



- 6 (A) Trace around 2" (5.1 cm) lid twice to make two eyelids. Cut out eyelids and fold in half. Repeat with 1½" (3.8 cm) bottle cap for sclera (white) of eyes and with 1" (2.5 cm) bottle cap for pupils. (B) For an eye, place a sclera between a pupil and an eyelid. Glue pieces together so center creases align. Repeat for other eye.



- 7 (A) For highlights in eyes, make dots by punching holes in paper. Glue dots onto pupils. Glue backs of bottom halves of eyes along top edge of head, without sealing hole. (B) For frog's nostrils and spots, make more paper dots with hole punch. Glue dots to snout.



- 8 Draw and cut out frog's front and back legs. Glue end of each limb behind head. Use markers to add outlines or designs to frog.



- 9 (A) Push open end of straw up through hole inside mouth, stopping where straw meets tongue. Pinch straw's end together if needed. (B) Starting at tip, roll entire tongue snugly around pencil. Carefully release. Now push pencil inside tongue to form a tube. Remove. Repeat this step as needed to make paper flexible. Inhale and exhale through straw's opening to make frog's tongue roll into action!

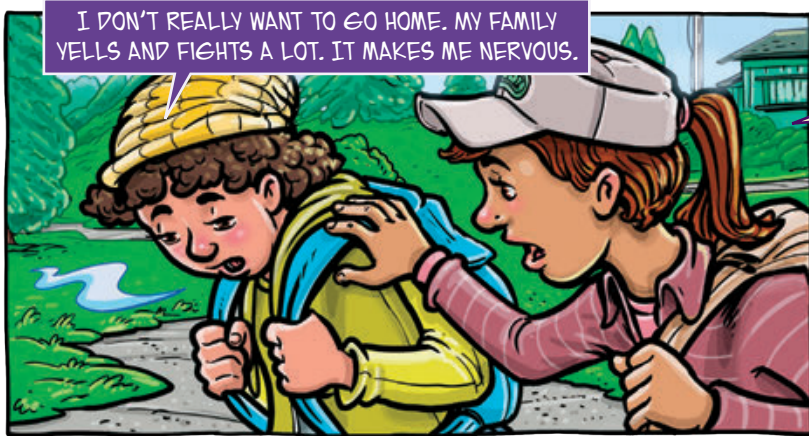


What Do You Say?

When we're feeling sad, angry, or anxious, it can be hard to ask for help. We may worry that people will think we're weak or not trying hard enough to solve our problems. But every person is unique. We all have tough times, and no one knows *exactly* how someone else feels. Something that's pretty easy for

one person to handle may be a big challenge for another.

For things to get better, it's important to talk about them. Mental health is just as important as physical health. If a friend is troubled, don't keep a secret that's unsafe. Talk to a trusted adult for advice about the next step. What do *you* say when you or a friend needs help?



I'M SORRY TO HEAR THAT. DO YOU WANT TO TALK ABOUT IT?

OR
THAT SOUNDS TOUGH. WHAT CAN I DO THAT WOULD HELP?

Write what **you** would say:



BRO, YOU OKAY? WANT TO TALK?

OR
HEY, WHAT'S UP? LET'S HAVE LUNCH TOGETHER.

Write what **you** would say:



THANKS FOR ASKING. I'M WORRIED ABOUT SOME STUFF. CAN I TALK TO YOU ABOUT IT?

OR
I'M HAVING A HARD TIME, AND I DON'T KNOW WHAT TO DO. I THINK I NEED HELP.

Write what **you** would say:

EXPLORE AND PROTECT THE EARTH AND ITS CREATURES

"All the members of this endless universe are linked one to another." —Bahá'í Writings



EARTH-SAVING TIP

Festive Food Challenge
Shop your pantry or fridge for leftovers and ingredients and create a new dish. It's a fun way to cook, and it cuts down on food waste.



WOW, REALLY?

From under the Arctic ice to the Antarctic coast, only 5% of the world's vast oceans have been explored!

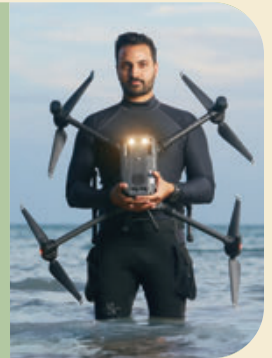
OUR CONNECTIONS



The ocean is essential to our lives. It soaks up heat from the Sun and moves it around the planet through currents. This spreads out warmth, making more of Earth livable. The ocean's plants and algae provide over half of the oxygen in our atmosphere. And about 40% of people rely on seafood for protein. By exploring our amazing ocean with technology, we can discover new wonders to help humanity and keep our planet healthy.

PROTECTING OUR PLANET

National Geographic Explorer Dr. Ved Chirayath is an astrophysicist and inventor in Florida. He creates remote tools that explore marine ecosystems and map the ocean floor in detail. He says, "We've mapped more of the surface of Mars and the Moon, and even the Sun, than we have of our own ocean floor."



WHERE IN THE WORLD?



Paris, France, hosted one of Earth's biggest sporting events, with about 11,000 athletes, millions of spectators, and billions of viewers. For the first time, numbers of female and male athletes were almost equal. *Unscramble the letters to find the event:*

PICYOLM AEMSG



AMAZING ANIMALS



Pets are not only fun, they're often good for your physical and mental health! Bonding with pets can even boost your empathy and joy. In the U.S., 66% of households have pets. And 95% of pet owners think of pets as part of their:



✧ Faith and Prayer ✧

When you or a loved one is sick or struggling, it can help to talk to God through prayer. Like a ray of sunshine, prayer can bring us feelings of peace, positivity, and hope. We may even feel more connected to those we pray for. There's a Bahá'í prayer we can use to ask God for healing of the

body, mind, or spirit. It may take time, and the result might not be what we expect. We also need to do our best to take care of ourselves, follow guidance from health professionals, and learn from our experiences. With faith, prayer, and action, challenges can strengthen our spirits so we can brighten the world!

READ THIS QUOTE, THEN CHECK OUT THE HIGHLIGHTED WORDS BELOW.



Thy name is my healing, O my God, and **remembrance** of Thee is my **remedy**. Nearness to Thee is my hope, and love for Thee is my **companion**. Thy **mercy** to me is my healing and my **succor** in both this world and the world to come. Thou, **verily**, art the **All-Bountiful**, the All-Knowing, the All-Wise.

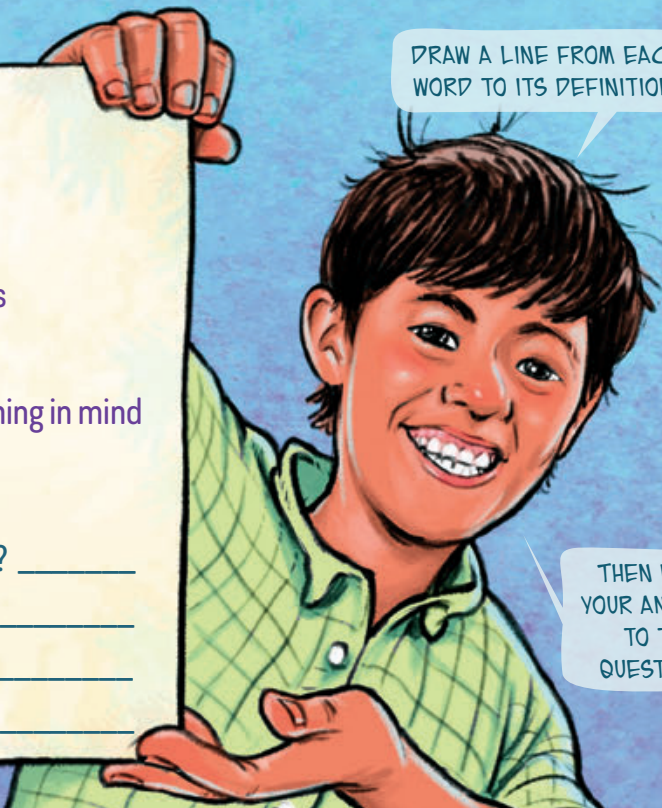
—Bahá'u'lláh

- | | |
|-------------------------|---|
| 1. Remembrance | A. Truly or with truth |
| 2. Remedy | B. Relief, help, or support |
| 3. Companion | C. Most generous and giving |
| 4. Mercy | D. Treatment that heals or fixes |
| 5. Succor | E. Compassion and kindness |
| 6. Verily | F. Keeping someone or something in mind |
| 7. All-Bountiful | G. Someone you're close to |

When you're sad or worried, what helps you find peace? _____

What helps you feel more connected to God? _____

DRAW A LINE FROM EACH WORD TO ITS DEFINITION.



THEN WRITE YOUR ANSWERS TO THE QUESTIONS.

IT'S OKAY TO ASK FOR HELP WITH ANXIETY.

TRY THESE TIPS FOR KEEPING YOUR COOL.

LIGHTNING & LUNA'S CALMING CLUES

Being scared, nervous, or stressed can actually be helpful once in a while. Like a fire alarm, these feelings can warn you of danger or other problems. But if the stress alarm blasts *all* the time for simple things, keeping you in a constant state of alert, that isn't good. It can wear out your mind *and* your body. That's what happened to me. Luna and I face scary

stuff all the time as Uplifters, but I started getting super anxious at home, with no Erasers in sight. It happened even when I told myself there was nothing to worry about! If stress gets to the point where it interferes with life or makes you feel sick, it's time to ask for help. Our family met with a therapist who taught us some calming skills. Now we *all* practice them to stay cool, peaceful, and ready for action!

Unscramble the letters to get tips for calming your body and brain when your alarm goes off!



1
(NCONCET)

AND TALK WITH A FRIEND OR FAMILY MEMBER.

2
READ THREE OF YOUR FAVORITE (PYAERSR)

3
VISIT A (ELAPC)

YOU LOVE IN YOUR MIND.

4
DRINK COLD (TAEWR) _____ OR EAT SOME FRESH FRUIT.

5
SING ALONG WITH OR (NADCE) _____ TO YOUR FAVORITE MUSIC.

6
THINK OF A (NUYFN) _____ STORY OR SOMEONE WHO MAKES YOU LAUGH.

7
(AYLP)

WITH BUILDING TOYS, CLAY, OR STRESS BALLS.

8
WALK IN (TUNARE) _____ NEAR A LAKE OR OTHER BODY OF WATER, IF POSSIBLE.

9
CREATE A CALMING SPOT AT HOME WITH (LILPWS) _____, BOOKS, AND OTHER FAVORITE THINGS.

10
WRITE ABOUT YOUR FEELINGS IN A (JNALROU) _____

11
SIT AND CLOSE YOUR EYES. SLOWLY (REABTHE) _____ IN THROUGH YOUR NOSE, OUT THROUGH YOUR MOUTH. REPEAT FOUR TIMES.

12
BLOW (BLBUBES) _____!





BAXTER AND BRIDGET

LIGHTNING & LUNA

BATTLE OF THE CUBE DRONES

#99



ABOVE THE SEED VAULT IN IDAHO ...

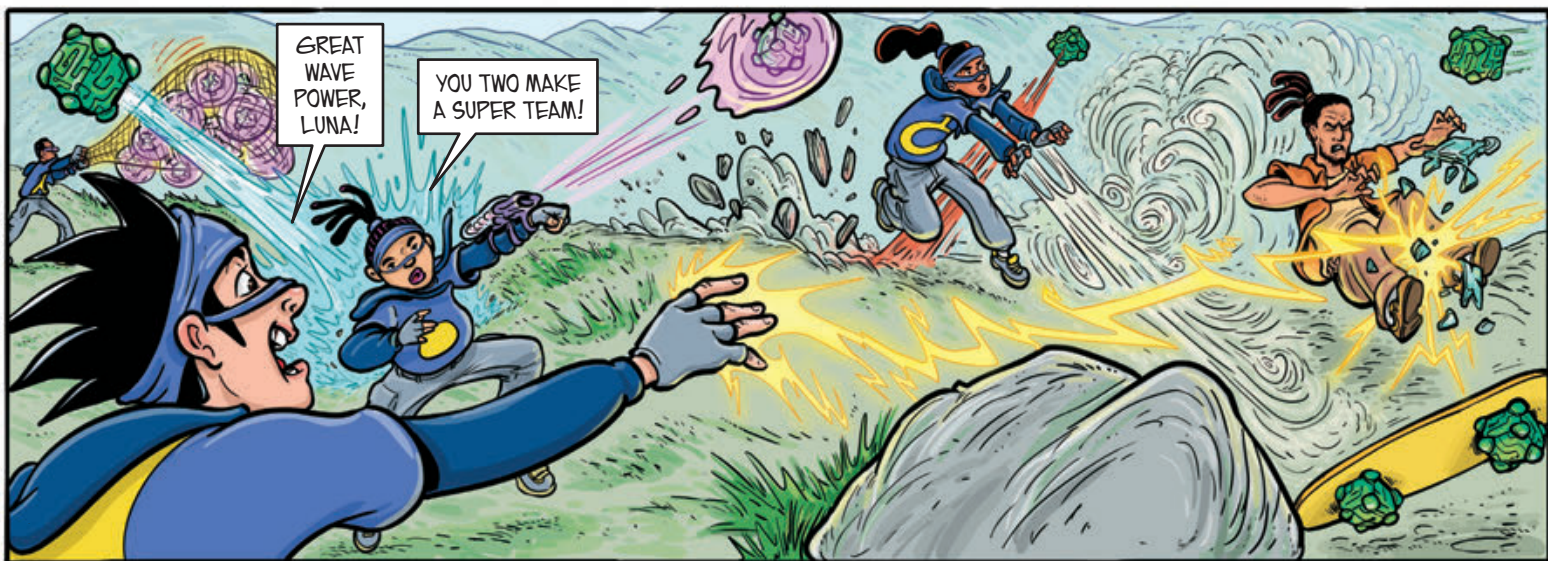


THE ISOLATOR BUBBLES ARE WORKING!

YEAH, THEY BLOCK AIR, WATER, AND SUN POWER!

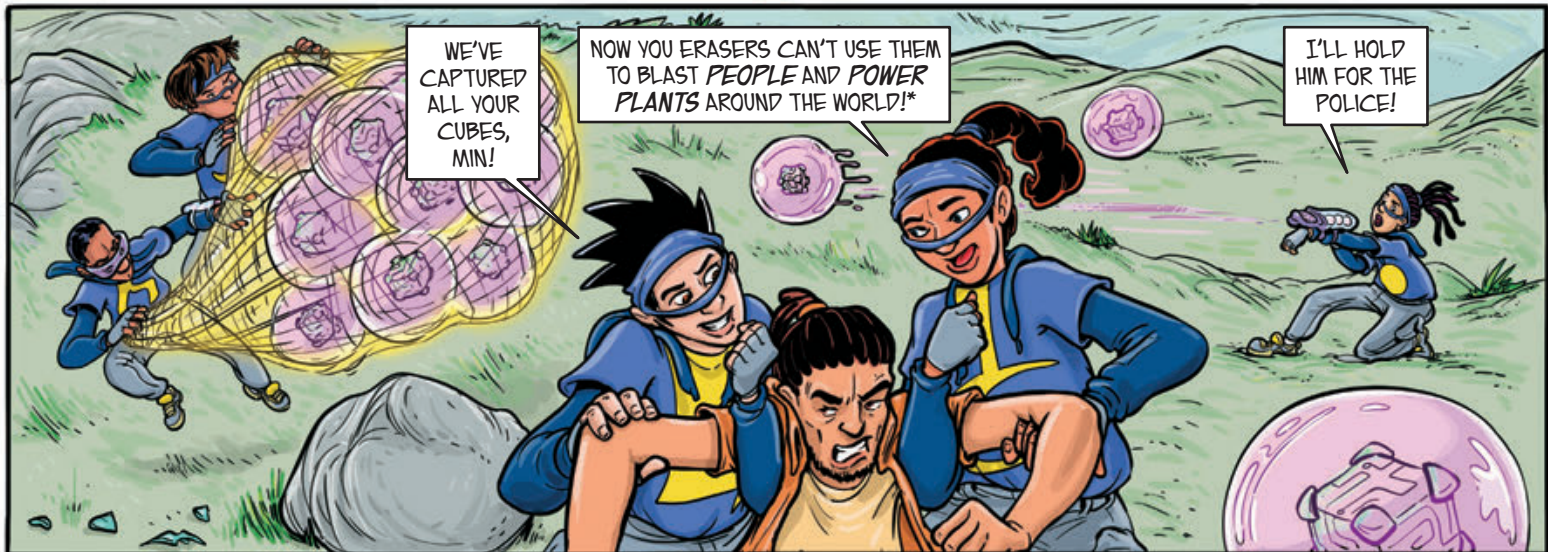
MAKING THE CUBES USELESS— PERFECT!

... UPLIFTERS ARE UNDER ATTACK!



GREAT WAVE POWER, LUNA!

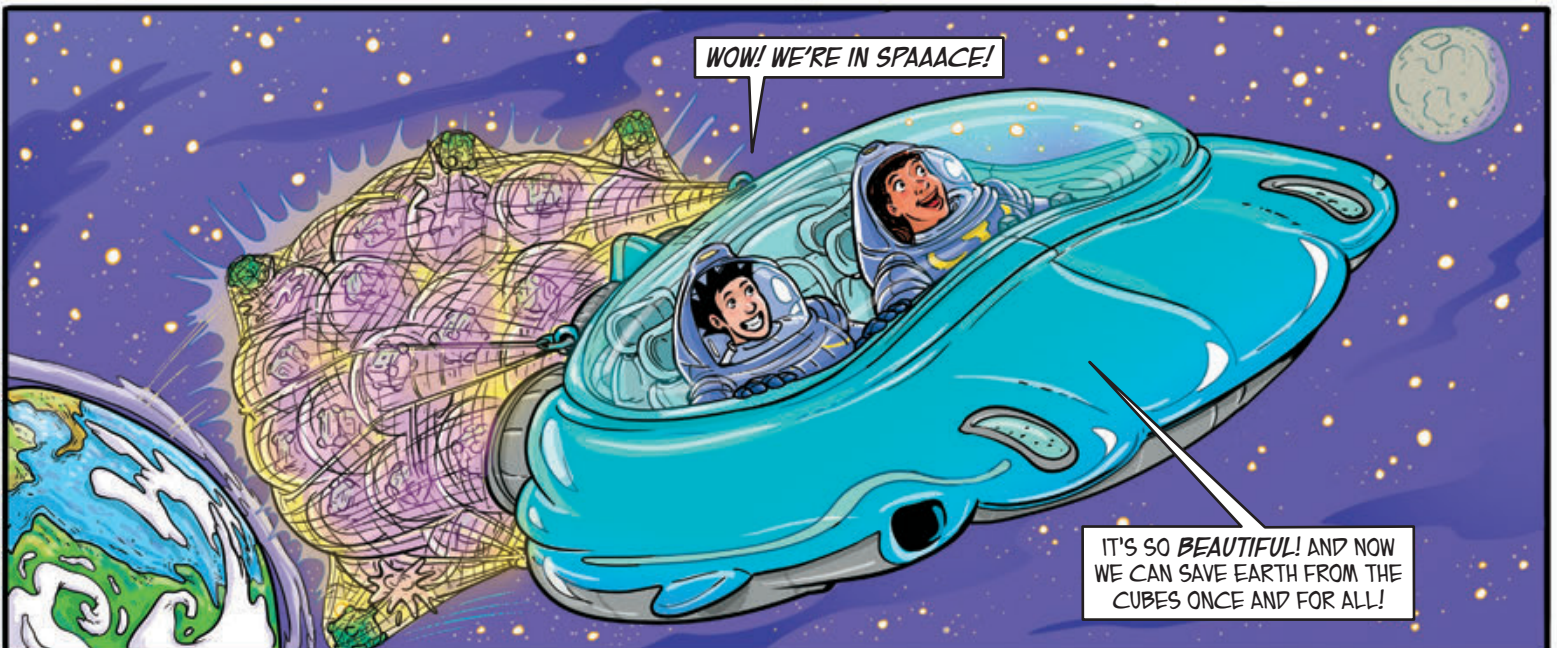
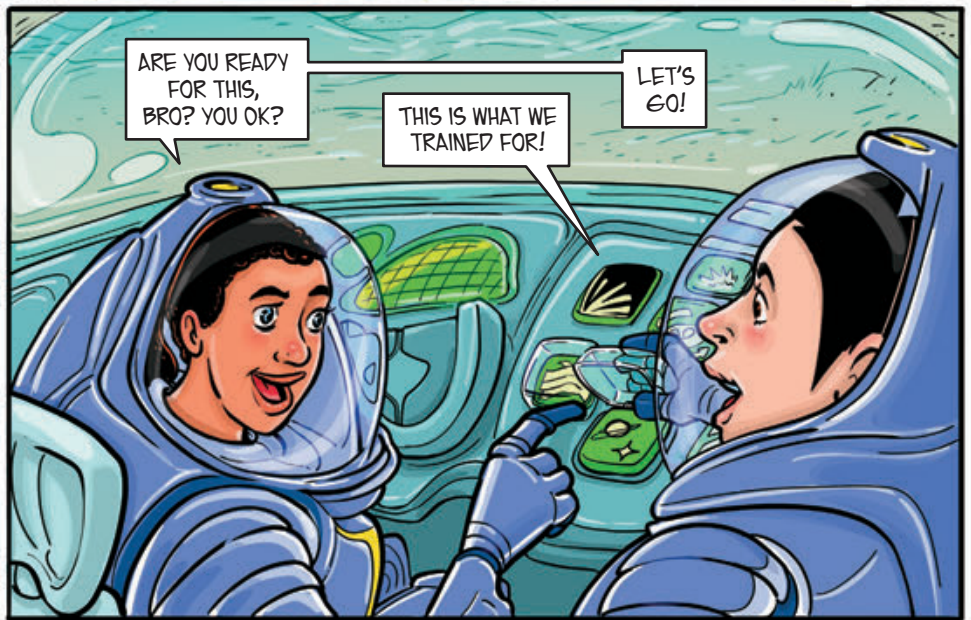
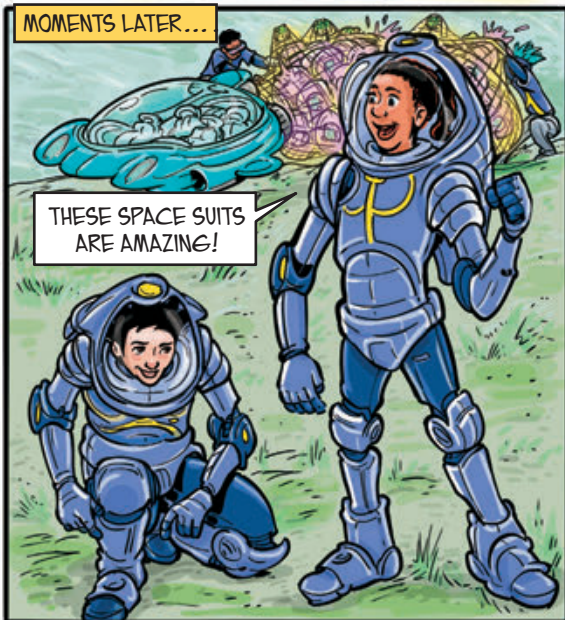
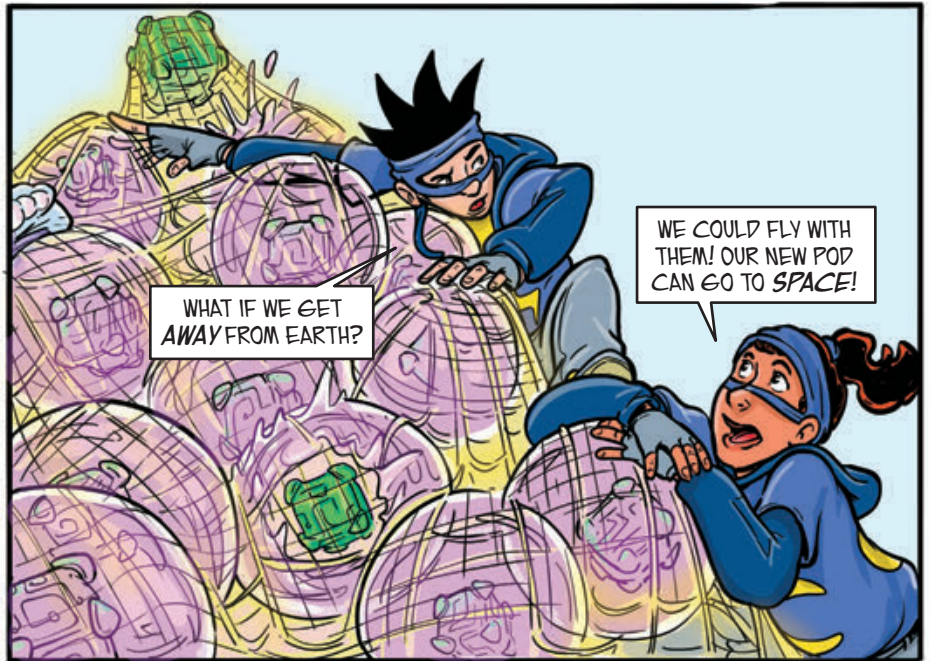
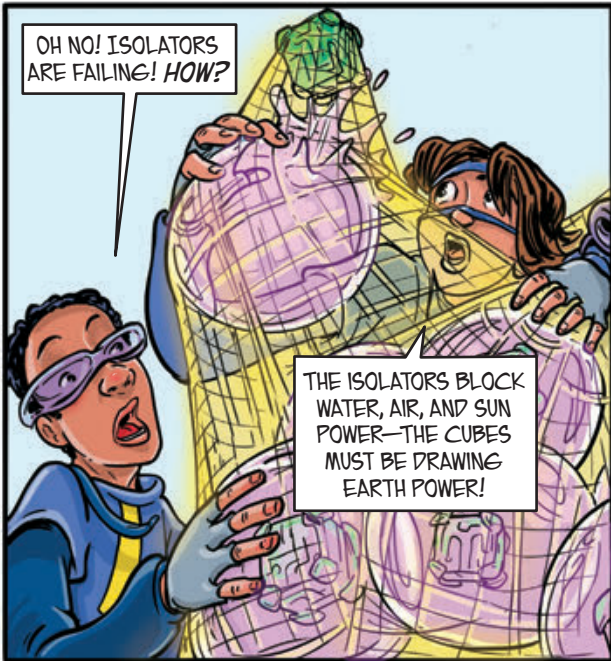
YOU TWO MAKE A SUPER TEAM!



WE'VE CAPTURED ALL YOUR CUBES, MIN!

NOW YOU ERASERS CAN'T USE THEM TO BLAST PEOPLE AND POWER PLANTS AROUND THE WORLD!*

I'LL HOLD HIM FOR THE POLICE!



RADIANT STARS

Getting to know kids who shine

Connect with kids around the world! How are they like you? How are they different? Each of us has a unique story to tell. What's yours?

Yoonji M.

Age: 12

I live in: **Ohio, U.S.**

I want to be:
An anesthesiologist

This career interests me because:

I want to help people in need and make them feel calm and peaceful when they're in surgery.

Virtues I admire most:
Tolerance and open-mindedness

Favorite Bahá'í activities:
Feast*, Unit Convention**



My heroes for good health:
Taylor Swift and my mom

Hobbies or sports:
Cross-country running and taekwondo (I have a black belt)

Being healthy means:
Having a strong support circle (friends, family, people you can trust) to lift you up; [making] healthy eating choices

To stay connected with friends and family, I:

Call them, play board games or video games [with them]

When I'm sad, worried, or upset:
I take a deep breath or text my friends.

To use screens wisely:
Playing sports and making art help me spend less time on a screen.

Sofia L.

Age: 13

I live in: **Arizona, U.S.**

I want to be: **Cardiologist**

This career interests me because:

I really like helping people and learning about health.

Virtue I admire most:
Kindness

Hobbies or sports:
Art, taekwondo, and swimming

Favorite Bahá'í activities:
I enjoy going to junior youth group and doing service projects.

Favorite pet:
Dog (I have a dog named Gigi).

Place I'd love to visit:
Bosnia and Herzegovina



My heroes for good health:
My aunt and uncle

Being healthy means:
[Being] active, fit, and a healthy eater, and taking good care of body and mind

To stay connected with friends and family:
I enjoy FaceTiming and texting and getting together.

When I'm sad, worried, or upset:
I feel better when I do meditation, relaxation, and breathing exercises.



Maxwell W.

Age: 11

I live in: **Illinois, U.S.**

I want to be:
Sports commentator

This career interests me because: **I enjoy sports.**

Virtue I admire most: **Kindness**

Hobbies or sports:
Soccer, basketball, collecting sports cards

Favorite Bahá'í activities:
Nineteen Day Feast

Favorite healthy food:
Açai bowls

Place I'd love to visit: **Europe**

My hero for good health:
My grandfather Jidu

Being healthy means:
Eating healthy foods and exercising

My healthy habits:
Soccer, school, and being with my family

To stay connected with friends and family, I:
Hang out with my friends and have "family fun night" every Sunday

When I'm sad, worried, or upset, I:
Take some time to myself, get fresh air, or play sports

To use screens wisely:
I only use screens for fun for two hours on Friday, Saturday, and Sunday. I set timers, and my mom and dad help.

Justice J.

Age: 10

I live in: Iowa, U.S.

I want to be:
A game developer or computer scientist

This career interests me because:
I've always liked coding and computers.

Virtue I admire most:
Wit or justice

Hobbies or sports:
Coding and soccer

Favorite Bahá'í activities:
Bahá'í schools

Favorite healthy food:
Old-fashioned oatmeal

When I'm sad, worried, or upset:
I tell my parents I'm sad, or I wait until they realize I'm sad.

My heroes for good health:
My family

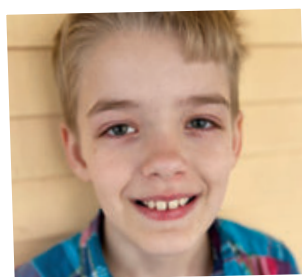
Favorite animal: **Dogs**

Being healthy means:
Physical things like strong teeth

My healthy habits:
Spend time with friends

To stay connected with friends and family:
I like to play Roblox, Drawful, and Go Fish.

To use screens wisely, I:
Use the Apple Screen Time feature



Katya F.

Age: 13

I live in: Indiana, U.S.

I want to be:
Interior decorator

This career interests me because:
I like designing and helping people express themselves.

Virtue I admire most:
Honesty

Favorite Bahá'í activities:
Junior youth group

Favorite healthy food:
Hummus with pita bread

Favorite pet:
My cats, Tishka and Blackie

Being healthy means:
Being physically active and making healthy food choices

Hobbies or sports: **Archery**

Place I'd love to visit:
Japan

My healthy habits:
Hiking, archery, workouts

To stay connected with friends and family, I:
Spend time together

When I'm sad, worried, or upset:
I let these feelings be.

To use screens wisely, I:
Have other fun activities to do



"God has crowned you with honor and in your hearts has He set a radiant star; verily the light thereof shall brighten the whole world!"

—'Abdu'l-Bahá

Alijinza J.

Age: 12

I live in: British Columbia, Canada

I want to be:
A NICU (neonatal intensive care unit) nurse or a teacher

This career interests me because:
I like helping babies and children, and I enjoy teaching others.

Virtue I admire most: **Kindness**

Hobbies or sports:
Volleyball and track

Favorite Bahá'í activities:
[Being in] a junior youth group with my friends, teaching my children's class, and Naw-Rúz* and Ayyám-i-Há parties**

Favorite pet:
My labradoodle, Aurora

Places I'd love to visit:
Italy and Brazil



Favorite healthy food:
Smoothies

Being healthy means:
Feeling good in your own body

My healthy habits:
Going to CrossFit, saying prayers, and playing volleyball

When I'm sad, worried, or upset, I:
Hang out with my dog, talk with my mom, and spend time in nature

To use screens wisely:
I keep busy with other, more important things in my life, like sports, service, and school.

How to be a Radiant Star

1. If you're aged 7-14, scan the QR code with a smart phone's camera. Or go to brilliantstarmagazine.org and from the top menu, choose "Discover." Click "Become a Radiant Star or Trailblazer." Or email us at brilliant@usbnc.org. Include your name, age, birthdate, mailing address, and phone number.



2. When it's your turn to shine, we'll ask for at least two good-quality, close-up photographs of your smiling face. Photos should be in sharp focus and show your eyes clearly. Please don't send color copies, low-resolution digital images, or copyright-protected images (like school portraits).

3. We'll send you questions and a form for you and your parents to sign. Answer the questions and send them to us with the signed form, and you'll be in our next issue!

*Naw-Rúz is the Bahá'í New Year.

**Ayyám-i-Há is a festival of hospitality, gift-giving, and preparing for the Bahá'í Fast.

Gavin U.

Age: 9

I live in: **Indiana, U.S.**

I want to be: **A pilot**

This career interests me because:

I like airplanes, and I want to help people get around to different parts of the Earth.

Hobbies or sports:

Reading, cycling, geography

Favorite Bahá'í activities:

Conferences, 19 Day Feast

A favorite book: ***Brilliant Star!***

Favorite healthy food: **Celery**

My hero for good health:

My mom. She is super healthy and teaches me about nutrition.

To use screens wisely, I:

Use my creativity instead

Being healthy means:

Limit screen time, get exercise, eat veggies

My healthy habits:

I eat a lot of fruits and vegetables and go on bike rides.

To stay connected with friends and family, I:

Video chat with my grandparents

When I'm sad, worried, or upset, I:

Look at maps



Ashirah E.

Age: 9

I live in: **Nevada, U.S.**

I want to be:

A circus performer

This career interests me because:

I've been doing it since I was six, and I love to perform!

Virtue I admire most: **Patience**

Hobbies or sports:

Crochet, horseback riding, circus [skills] (aerial silks, hoop, and contortion)

Favorite Bahá'í activities:

Conferences

Favorite healthy food:

Ratatouille (when my big brother makes it)

My hero for good health:

My oldest brother, Nasir



Being healthy means:

Making good choices about what to put in your body, being active

My healthy habits:

Conditioning for circus even when I'm tired

To stay connected with friends and family, I:

Watch movies together

When I'm sad, worried, or upset, I:

Pet my dogs

To use screens wisely, I:

[Get] involved in other fun activities

Nabil T.

Age: 9

I live in: **Ohio, U.S.**

I want to be:

Not sure yet—maybe a professional skier?

This career interests me because:

It's fun going fast and carving in fresh snow.

Virtue I admire most:

Kindness

Favorite Bahá'í activity:

Service projects

Place I'd love to visit:

Dubai [in the UAE]

Favorite healthy food:

Homemade veggie sushi rolls

My heroes for good health:

My parents

My healthy habits:

Say prayers every morning and evening, play outside every day, eat good food, go to bed on time

To stay connected with friends and family, I:

Spend time together, play games [with them], [and do] video calls

When I'm sad, worried, or upset, I:

Cool down in my room, read a book, listen to music

To use screens wisely, I:

Follow screen time limits my parents set with me



Wesley H.

Age: 9

I live in: **Minnesota, U.S.**

I want to be:

Comedian, musician

This career interests me because:

I know terrible jokes and play the piano.

Virtue I admire most:

Truthfulness

Favorite Bahá'í activity:

Feast

Favorite animal:

Chicken

Place I'd love to visit: **Africa**

Favorite healthy food:

My mom's breaded and fried zucchini. We grow it from home.

My hero for good health:

Tahiri, a vegan member of our Bahá'í community



Being healthy means:

Not just being healthy in the material body, but in the soul, too

My healthy habits:

I try to go outside for at least 30 minutes each day.

To stay connected with friends and family, I:

Pray every night

When I'm sad, worried, or upset:

I sleep—not just because I am tired. It helps to make me forget what I was overwhelmed about.

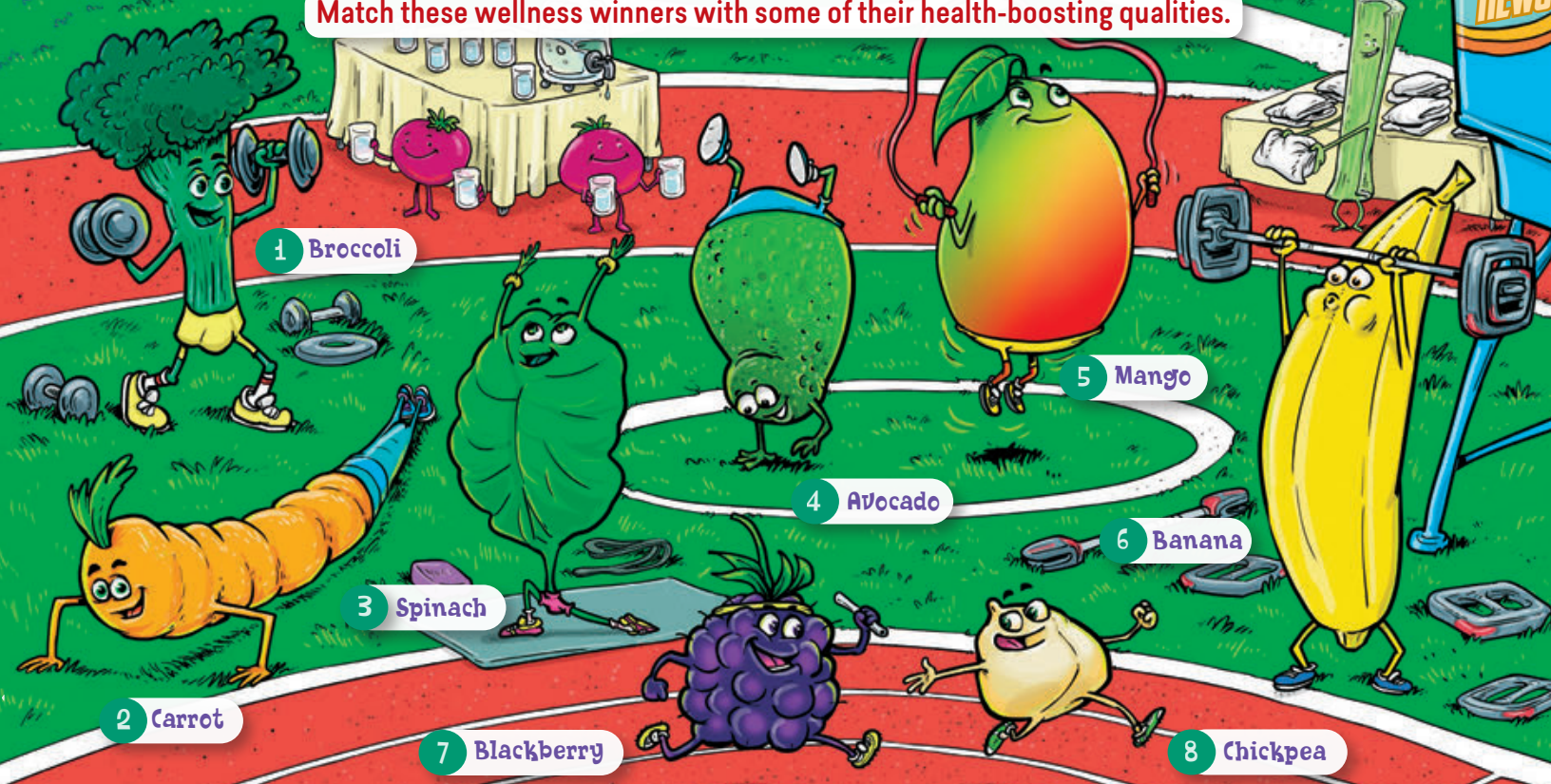
Pump Up with Superfoods

“In this wonderful new age the development of medical science will lead to the doctors’ healing their patients with foods.” —Abdu’l-Bahá

Fruits and veggies are food superstars! They’re packed with vitamins and minerals for our healthy growth. They also have fiber, which fills us up (so we’re not as hungry for sweets) and helps digestion. People who eat more plant-based foods are more likely to avoid heart disease, some kinds of cancer, diabetes, and eye problems. They may have stronger brains and tend to live longer.

It’s a good idea to fill half of your plate with fruits and veggies at every meal. Choose various types and colors to get a mighty mix of nutrients. Keep washed veggies and fruits in bowls so they’re easy to grab when you want a snack. Put them in smoothies, or use them to make freezer pops. Try them out with tasty dips, like yogurt or peanut butter. With the power of plants, you can pump up your energy for a healthy life!

Match these wellness winners with some of their health-boosting qualities.



I’m a leafy green from Persia (now Iran). I have lots of vitamin K to build your bones and help you heal.

A

I’m one of the oldest crops around. I’m small but packed with protein, which is great for your bones, muscles, and skin.

B

My florets bloom into yellow flowers if I’m not picked. I have lots of vitamin C for healthy skin and bones and for fighting illness.

C

I grow in clusters called “hands” in tropical climates. I’m full of potassium, which helps your nerves, muscles, and heart.

D

I’m the national fruit of the Philippines. I have folate and copper, which help form red blood cells and keep cells healthy.

E

I’m a crunchy root, which is good for your teeth. And my vitamin A helps your eyesight.

F

I’ve been used as a natural blue or purple dye. I have chemicals called anthocyanins to boost brain health.

G

I’ve been called an alligator pear for my bumpy skin! My B vitamins help turn food into energy.

H



ASK A SPACE SCIENTIST

Our universe is full of mysteries, and some of the most mind-boggling are in space. Curious kids sent questions, and we asked a NASA astronaut. Have questions about space? Send them to brilliant@usbnc.org (with your name and age).

If you could move to a planet with aliens in another galaxy, would you? Or would you stay on Earth, and why? – Aava, age 16

Hi, Aava,
I have to say, Aava, it would depend. It would depend on if I can take my loved ones with me. And we say this a lot. I've heard people onboard the space station say that we would stay forever if we could bring our family and friends. And I really feel that way. I would be very excited to go somewhere new, to see new things, but it would be tough to do it without my loved ones.
– Christina



Christina Koch sends a loving gesture to family and friends as she waits to have her suit checked prior to her launch into space in 2019.

What is your favorite space food? – Anisa, age 12

Hi, Anisa,
Ooh, well, I do love space mac and cheese. I will say, that is yummy ... Can you believe we actually can eat full meals like Thai chicken? They're all dehydrated, and all we have to do is add water. – Christina

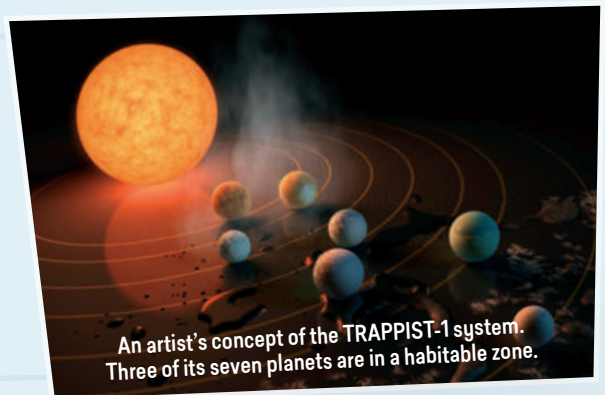


Crewmates on the International Space Station in 2019 unpack fresh fruit and other treats. From left: Jessica Meir, Andrew Morgan, Christina Koch, Luca Parmitano.

COSMIC QUIZ

The habitable zone is the area around a star where temperatures are not too hot or too cold, but are just right for liquid water (and perhaps life). It's also called the:

- A) Water zone
- B) Green zone
- C) Goldilocks zone
- D) Just right zone



An artist's concept of the TRAPPIST-1 system. Three of its seven planets are in a habitable zone.



What do you love about your job? – Rose, age 13

Hi, Rose,
Oh my goodness. I love so many things about my job. I think one of the big ones is getting to interact with people like you, Rose—with students that are inspired by space. I get to share this awesome work that we’re doing. That is a really, really cool part of my job.

Another cool part of my job is getting to work with the team, and especially with a crew, a group of close-knit people that has a shared mission. And we’re all working really hard. We’re all supporting each other. That is a really incredible feeling that I actually hadn’t experienced truly before this job, and it is absolutely awesome.

Everything else, all those experiences, looking down on Earth, getting to do a spacewalk, getting to fly—those are absolutely wonderful. They’re thrilling in the moment. But the things that [are] meaningful, that are my favorite part, those are the teamwork aspects of my job. —Christina



On the International Space Station in 2019, crew members (from left) Andrew Morgan and Christina Koch of NASA, Luca Parmitano of the European Space Agency (ESA), and Jessica Meir of NASA.



CHRISTINA KOCH (pronounced “Cook”) became a NASA astronaut in 2013. She set a record for the longest single spaceflight by a woman, with a total of 328 days in space. She also participated in the first all-female spacewalk. She is assigned to the Artemis II mission to the Moon planned for 2025.

ON THE WEB

In our Space Ace video interviews, meet two amazing astronauts at Dr. Scotti’s STEAMS Station.



LELAND MELVIN was a pro football player and a NASA astronaut. When he went to space, it changed his perspective forever.

PEGGY WHITSON was a NASA astronaut and the first female commander of the International Space Station. She broke other records, too.



Scan the QR code with a smart phone or go to: brilliantstarmagazine.org/themes/DrScotti

BACH IN TIME

In 1995, 12-year-old Valerie Ambrose of Connecticut won a contest to name the first Mars rover. She chose the first name of this formerly enslaved woman who fought for freedom:



This rover explored Mars in 1997.

SOJO NE T TH

Dr. Lisa Merritt



Imagine struggling so hard to breathe that you can't sleep. When Lisa Merritt was growing up in New York, some nights were like that because of her severe asthma. Her family doctor's kind and helpful care sparked her interest in a medical career.

In her teens, Lisa's asthma eased up, and she leaped into gymnastics. Then she grew seven inches in one year! This changed her balance, so she moved on to track and field. She even started a girls' track team at school. When she wasn't working out, Lisa loved learning. She earned a bachelor's degree from Georgetown University and a medical degree from Howard University in Washington, D.C.

Lisa saw how often patients of color and non-English speakers got less respect and attention from doctors. She started the Multicultural Health Institute in 1995 to offer services and education. During the pandemic, the group fed thousands of people and fought for fair access to vaccines. Its volunteers also help with hurricane relief. Lisa and her daughter, Amara, live in Florida.

Q: What's one of your favorite childhood memories?

A: Spending my summers in Jamaica with my grandmother and my family . . . I had such a sense of freedom. I could climb coconut trees, pick fresh coconuts and mangoes and avocados . . . They taught me how to free dive and spearfish. I just would be in the water for hours.

Q: What was the most challenging experience for you as a kid?

A: My parents' divorce. I was 13 . . . There was a lot of tension [but] I was relieved because I didn't like seeing them fight. It made me very sad. How I dealt with it was I really got into athletics and . . . photography.



Left: When Lisa graduated from 9th grade at age 14, both of her grandmothers celebrated with her. **Right:** At age 15, Lisa loved exploring photography techniques, and she still enjoys the art.



Q: What experience from your youth set you on the path to your career?

A: I had pretty severe childhood asthma, and we had a family doctor . . . He used to make house calls . . . [He was] encouraging me and taking care of me. When his daughter and I would want to get together . . . I loved to go to her house and help with the chores, because that meant we were cleaning his office, which was in the basement of his house. [While] cleaning the office, [we were] playing with the [medical] stuff . . . I always had a fascination [with] what all was inside your body . . . I had family members who had health challenges, and I always wanted to know how I might be able to help them . . . I knew this by the time I was about 11 or 12.



Questions and
Answers with an
Inspirational Bahá'í



Q: What does a physiatrist do? Why did you choose that specialty?

A: What I love about it is it's a field that treats the entire person and life span. We deal with children . . . and the very old and the issues they have. And it's a combination of orthopedic medicine, which [looks at] bones, joints, and muscles, and neurology, which has to do with nerves and the nervous system, the brain, the spinal cord. . . I'm a traumatic brain injury specialist. [We're also] well versed in internal medicine, things that affect the heart, lungs, kidneys.

Q: What is the Multicultural Health Institute and what inspired it?

A: It is a not-for-profit that I conceived of [when] . . . I saw the effects of health disparities and inequities [for people of color] . . . I felt it was important that people be educated to understand their health conditions . . . We do outreach . . . sign people up for services, do screenings, teach them what to do.



Top: Lisa and Amara's strong bond has deepened as they learn to cope with Amara's rare form of cancer. "She's my hero," says Lisa. **Left:** The door of Lisa's office at the Multicultural Health Institute shows her love of art. **Right:** During the pandemic, Lisa and dedicated volunteers like this team at a community center in Palmetto, Florida, worked hard to provide COVID-19 prevention and treatment to underserved communities. Left to right: Lucinda Vega, Jo Oni Jones, Dr. Lisa Merritt, Odessa Ammons, and Joseph Carretta.

Q: What should kids know about hurricanes and other disasters?

A: When bad things happen, the good people, the helpers come . . . You have to walk in faith, and you have to believe in the possibility of good. Let's not give in to fear . . . There's strength in unity—helping your neighbors . . .

Q: What can kids do to stay healthy in body, mind, and spirit?

A: To stay healthy in the body, move it . . . Go outside and play, ride a bike, run, roller skate, do stuff . . . [For your] mind, cherish your friendships . . . don't engage in backbiting [and other] negative stuff . . . And with spirit, it's prayer . . . If you live in service of God . . . then your life is a prayer and it's beautiful . . .

Q: What's your advice for kids who want to pursue a career in health care?

A: Hold fast to your own dreams and seek those who will support you in achieving that. Study hard. Learn as much as you can . . . Talk to people in the field [and] visit them in their work . . . There are so many possibilities . . .

Q: If you had one wish for *Brilliant Star's* readers, what would it be?

A: For them to really understand their own power to bring about change . . . young people can change the world . . . Just become the best of whoever they are and work together in unity to make it better, to bring about peace . . .

RILEY'S RAINFOREST



“Send down...from the clouds of Thy mercy the rains of Thy healing...”

—Bahá'u'lláh

COOL CONNECTIONS

I've been feeling down lately—but the weird thing is, I'm not sure why. I'm on a school break, and I've been having a blast playing my new Wing Watchers video game and eating deep-fried figs. I've been staying up late too, which is fantastic.

So what's the problem?

I talked to my friend Vita about it. Her mom's a psychologist and her dad's a doctor, so she knows a *lot* about health stuff. She said that your mind and body are super connected. If you don't take care of one, the other struggles too. Your brain and body are linked through lots of **neural pathways**, which are connections between nerve cells—sort of like the brain's wiring. They send messages throughout your body. So not taking care of your body



can be bad for your mindset. In fact, not getting enough sleep, nutritious food, and exercise can make you more stressed and less happy. On the other wing, having a positive attitude boosts your energy, helps you sleep better, and can even strengthen your immune system!

After talking with Vita, I realized that I haven't been taking great care of my body. Staying up late playing video games and eating snacks may be fun, but it's good to keep things in balance. Vita said even small things can have a big impact—like going on a short walk or taking deep, mindful breaths. Check out these ideas we came up with to connect your mind and body. I hope they help you stay happy *and* healthy!

CURIOSITY CANOPY



Did you know that breathing is a powerful way to connect your mind and body? Try taking mindful, deep breaths, drawing air toward your belly. It can ease stress, boost your energy, and clear your mind. If deep breaths don't help, try drinking ice-cold water.

EXPLORE & SOAR: MIND-BODY BALANCE

Try these tips to strengthen your mind-body connection.

- Spend time in nature. Watch clouds, play in a park, and notice the sights, sounds, and scents.
- Take a barefoot walk in the grass and pay attention to how it feels.
- If you're frustrated or moody, ask yourself, “What do I need now?” You may be tired or hungry!



- Move your body! Play with a pet or make up a dance routine to your favorite song with friends.
- Video games are fun, but balance them with off-screen time.
- Gratitude is a powerful mood-booster! Write down three things you're thankful for every day.
- Make sure to get good sleep—about 9–12 hours per night.

RILEY'S RECIPES



GET CREATIVE IN THE KITCHEN!

FABULOUS FLAVORS

G'day, friends! Do you like to whip up your own meals? I do, and I've been foraging for new recipes. Making delicious dishes is a fun way to learn about different cultures and spend time with friends and family. I love being in the kitchen with my parents—they tell wild stories about their days as fledglings. It's a real *treat!*

Cooking is an awesome way to express yourself and get creative. The more I experiment, the more confident

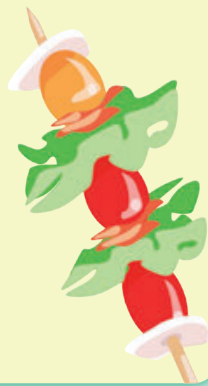
I feel. I'm finding new ways to eat my favorite fruit, mangoes. I tried chili-lime seasoning today, and it was super zesty!

Eating fresh, whole foods energizes our bodies and brains. Lots of pre-made foods have artificial or extra ingredients that aren't very nutritious. Fresh stuff tastes better too.

Try out these tasty recipes I found. (If no amounts are given, adjust to your liking.) Have fun with your food, and don't be afraid to *wing it!*

SANDWICH ON A STICK

What are your favorite sandwich ingredients? For fun party food, put them on a stick! If you like BLTs, cut bread, lettuce, avocado, and lightly cooked bacon in pieces about 1-2 inches (2-5 cm) wide. Spear a cherry tomato with a wooden skewer, then add the other ingredients in any order, with tomatoes mixed in. Put a tomato near the top to keep things secure. For a dipping sauce, mix ketchup and mayo.



WATERMELON PIZZA



Cut a slice of watermelon into a flat circle (like a pizza shape), then cut watermelon into pizza-like slices. Spread Greek yogurt on each slice. Add honey and sliced fruits. Try toasted nuts and seeds too!

BREAKFAST JARS



Mix $\frac{1}{2}$ cup (50 g) rolled oats with $\frac{1}{2}$ cup (118 mL) milk in a mason jar or other container. Add $\frac{1}{4}$ cup (59 mL) vanilla or plain Greek yogurt, 1 Tbsp (14 g) chia seeds, and 1 tsp (2.6 g) cinnamon. Refrigerate overnight. Serve with toppings like strawberries, blueberries, bananas, granola, or nuts.

SCAN THESE QR CODES TO MAKE MORE FANTASTIC FOOD!



ROLL UP SOME TASTY ALMOND BUTTER AND APPLE WRAPS



SPICE UP YOUR LIFE WITH HOMEMADE GUACAMOLE



DIP INTO A BIG HELPING OF DELICIOUS HUMMUS



SHINING LAMP

A Bahá'í who served humanity with radiance

Dr. David Ruhe (1914–2005)

By Susan Engle

If you were a bat boy for baseball greats Babe Ruth and Lou Gehrig as a kid, and later successfully tried out for a major league team, you might choose baseball as a career. David Ruhe had exactly that experience while growing up in Pennsylvania, U.S. Yet, when it was time for him to go to college, he chose to serve humanity by going to medical school instead. David later wrote, "Ideally each person must, like an athlete for a contest, be prepared for a spiritual quest, for an adventure of the mind and soul alike."

It turned out that he excelled in medicine and art as well as baseball. He painted portraits to help pay for his education at Temple University Medical School in Philadelphia. After graduating, he joined the U.S. Public Health Service in Georgia, researching how to prevent malaria.

Champion of Unity

In 1940, when David was 26, he married Margaret Kunz, a Bahá'í. He joined the Bahá'í Faith in 1941. While living in Georgia, David stood up for the right of African Americans to be hired as police officers. The Ruhes also invited people of all races to Bahá'í gatherings in their home, despite threats from the Ku Klux Klan.

David's art skills led him to create medical films for education. He made dozens of films and won awards for his work. Along with his efforts for human rights and his medical career, David led Margaret and their two sons in sing-alongs, hikes,

and outdoor adventures. He and Margaret became well-known for their hospitality.

David was elected to the National Spiritual Assembly of the Bahá'ís of the U.S., the national governing body, in 1959. The family moved to Illinois in 1963 so he could take up his full-time responsibilities as secretary.

A Global Role

Five years later, David was elected to the Universal House of Justice, the Faith's global governing council. He moved to Haifa, Israel, the location of the Bahá'í World Center. He served as a member of the institution for 25 years. During this time, he took advantage of the materials in the International Archives to write two books. One was about the Bahá'í holy places in Israel, and the other narrated stories about the early life of Bahá'u'lláh.

After David's retirement from the Universal House of Justice in 1993, he moved to New York, where he created TV documentaries about the Faith. He also loved painting watercolor landscapes and portraits. He made himself available whenever people asked for his advice, calling on his wealth of experience as a physician and a Bahá'í.

After his death in 2005, the Universal House of Justice called him a "steadfast, tireless, long-standing servant" of Bahá'u'lláh with "an enthusiasm for the Teachings based on a vast knowledge of the Cause, and gifted with a capacity to nurture dedication in others . . ."

Mindful or Messy?

Cleaning and organizing aren't always *fun*. But having a tidy space helps your mental, physical, and spiritual health sparkle! It can boost your mood, scrub away distractions, and ease anxiety.

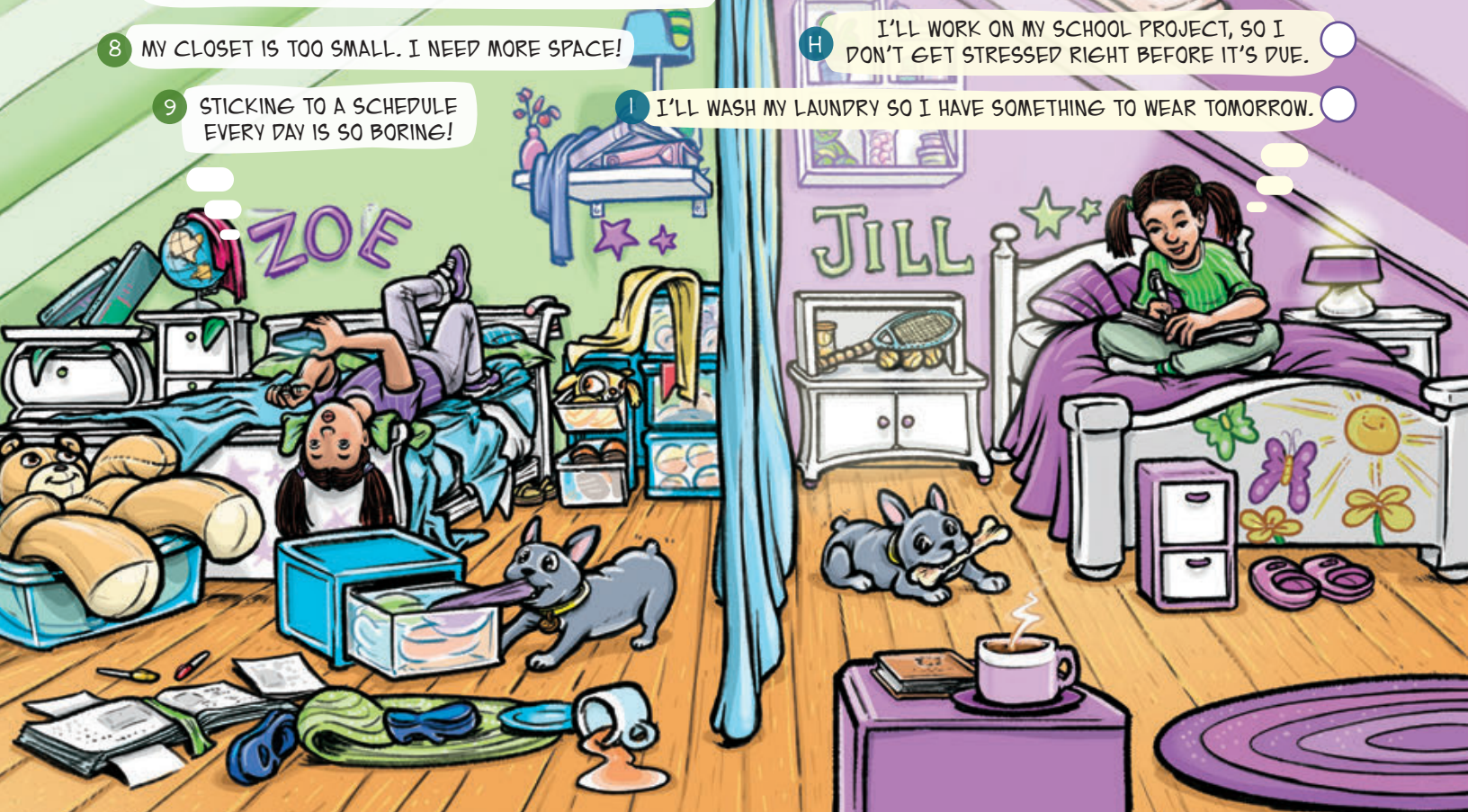
When your stuff is scattered, your thoughts and feelings may be all over the place, too. Homework can spin out of control. A clean, clutter-free room helps you

stay organized and focused on your goals.

If your space stresses you out, start small and clean up one area at a time. Tidying up for a few minutes a day can help. You can choose colors and art that make you feel cheerful. Use soft, cozy light. Play music or nature sounds for peaceful vibes. Over time, you can create your very own happy place!

In this shared bedroom, match each negative thought to a positive one that can replace it.

- 1 I LOST MY NOTEBOOK AGAIN. GUESS I HAVE TO BUY A NEW ONE.
- 2 I DON'T HAVE ANYTHING CLEAN TO WEAR TO THE PARTY.
- 3 MY HOMEWORK CAN WAIT. I'M GONNA PLAY VIDEO GAMES.
- 4 I CAN'T ORGANIZE THIS MESS. IT'LL TAKE *FOREVER*.
- 5 WHY BOTHER CLEANING? IT'LL JUST GET DIRTY AGAIN.
- 6 I HATE MY ROOM. IT MAKES ME FEEL GROSS.
- 7 UGH, MY ROOM SMELLS. I SHOULD GET AIR FRESHENER.
- 8 MY CLOSET IS TOO SMALL. I NEED MORE SPACE!
- 9 STICKING TO A SCHEDULE EVERY DAY IS SO BORING!
- A I GOT A NEW JACKET. I'LL DONATE AN OLD ONE TO MAKE THE MOST OF MY SPACE.
- B I'LL TAKE OUT THE TRASH TO KEEP MY ROOM FRESH.
- C I *LOVE* MY ROOM! IT FEELS LIKE MY OWN OASIS.
- D A SCHEDULE HELPS ME AVOID WASTING TIME.
- E I'LL ORGANIZE A LITTLE EACH DAY SO I DON'T GET OVERWHELMED.
- F I'LL KEEP MY SCHOOL STUFF IN ONE SPOT SO I DON'T LOSE IT.
- G A CLEAN ROOM HELPS ME RELAX AND FOCUS.
- H I'LL WORK ON MY SCHOOL PROJECT, SO I DON'T GET STRESSED RIGHT BEFORE IT'S DUE.
- I I'LL WASH MY LAUNDRY SO I HAVE SOMETHING TO WEAR TOMORROW.



Find Cosmo the Chameleon's clues throughout the magazine.



ACROSS

1. Exercise releases feel-good chemicals that can help you feel _____, confident, and motivated. (p. 3)
3. It's a good idea to fill _____ of your plate with fruits and veggies at every meal. (p. 19)
7. Our _____ health is just as important as our physical health. (p. 10)
11. Being mindful can help you accept your feelings and be _____ to yourself. (p. 7)
12. Maxwell and Justice both like to play _____. (pp. 16–17)
15. A positive attitude boosts your _____, helps you sleep better, and can strengthen your immune system. (p. 24)
16. The main purpose of religion is to bring peace, love, and _____ to our human family. (p. 4)
17. Sleep helps you remember what you _____. (p. 6)

DOWN

2. The ocean's _____ and algae provide over half of the oxygen in our atmosphere. (p. 11)
4. Dr. David Ruhe made dozens of medical _____. (p. 26)
5. Nabil and Sofia both enjoy _____ projects. (pp. 16–18)
6. Lightning and Luna's family learned _____ skills to help them feel peaceful when they get stressed. (p. 13)
8. Your _____ and body are super connected. (p. 24)
9. When your _____ feels good, your spirit often soars. (p. 2)
10. NASA astronaut Christina Koch says it's cool to work with a _____, a group of close-knit people with a shared mission. (p. 21)
13. Being on a _____ can strengthen friendships and help you make new ones. (p. 3)
14. Nur's frog friend, Forest, has a great sense of _____. (p. 8)

FROM OUR MAILBOX



As soon as I finish [Brilliant Star], I am eager to see the next one. [A theme I'd choose is] being kind to ourselves, because lots of magazines encourage us to take care of others and the world, but we won't be able to tackle the problems of the world if we don't know how to take care of ourselves first.
 – *Tesina M., age 15, Illinois, U.S.*

ANSWERS

KEY: T=Top, C=Center, B=Bottom, L=Left, R=Right

- Page 3: 1) healthy, Balanced; 2) imagine, Brave; 3) present, Focused; 4) encourage, Grateful; 5) reflect, Positive; 6) kind, Respectful; 7) ready, Skillful; 8) rules, Truthful; 9) learning, Versatile
- Page 5 (T to B): Universal, agree, justice, Education, Investigate, equal, peace, unity, religions, Prejudice
- Page 6: 1) screens, 2) Relax, 3) stress, 4) Drink, 5) cool, 6) time, 7) bright, 8) exercise, 9) dark, 10) sounds, 11) energy, 12) meditation
- Page 7: 1) Confused Cob, 2) Greedy Gubgo, 3) Stubborn Stuba, 4) Worrying Wix, 5) Bullying Bog, 6) Angry Argo, 7) Boasting Botch, 8) Frustrated Fiz, 9) Impatient Impi
- Page 11: Olympic Games, Family
- Page 12: 1) F, 2) D, 3) G, 4) E, 5) B, 6) A, 7) C
- Page 13: 1) Connect, 2) prayers, 3) place, 4) water, 5) dance, 6) funny, 7) play, 8) nature, 9) pillows, 10) journal, 11) breathe, 12) bubbles
- Page 19: A) 3, B) 8, C) 1, D) 6, E) 5, F) 2, G) 7, H) 4
- Pages 20–21: C) Goldilocks zone, Sojourner Truth
- Page 27: A) 8, B) 7, C) 6, D) 9, E) 4, F) 1, G) 5, H) 3, I) 2

MAGIC OF BALANCE

A-MAZE-ING
ADVENTURE

“In all matters moderation is desirable.” –Bahá’u’lláh

Imagine trying to juggle colorful pins while riding a unicycle on a high wire! Circus life seems fun, but behind the scenes, it’s also about practice, focus, and courage.

Life can feel like a tricky balancing act. How do you keep your cool while juggling after-school activities, homework, and time with family and friends?

Do you compare yourself to others who seem to be on top

of things? That’s an easy trap to fall into. But like walking on a high wire, you can find your own balance and pace.

If you’re feeling stressed, take a break and do something else. Listen to music and focus on the instruments or lyrics. Say or sing prayers. Create art or do activities from *Brilliant Star*. Go outside and practice juggling! If you’re still tense, ask your family for help. With time, you can master the magic of balance!

Help the acrobats cross the high wires. Go straight across wires and up or down ladders. The floor is off limits.

END

START

"If thou art desirous of health, wish thou health for serving the Kingdom. I hope that thou mayest attain perfect insight, inflexible resolution, complete health, and spiritual and physical strength . . ." —'Abdu'l-Bahá

