

# Brilliant Star

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

JULY/AUGUST 2010

## EXPRESS YOURSELF



# Brilliant Star

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**Brilliant Star** magazine invites all kids to explore the Bahá'í Faith. It is the second most widespread religion in the world, with more than five million Bahá'ís.

The Bahá'í Faith 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 that all religions come from one God. Bahá'ís work to bring peace and unity to the world, and end prejudice and discrimination of all kinds.

Bahá'u'lláh's eldest son, **'Abdu'l-Bahá**, interpreted His teachings and led the Bahá'í community after Bahá'u'lláh's passing.

**Brilliant Star** encourages kids to bring their virtues and talents to light, and use them to make the world a better place. **Brilliant Star** is produced bimonthly by the National Spiritual Assembly of the Bahá'ís of the U.S.

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# EXPRESS YOURSELF

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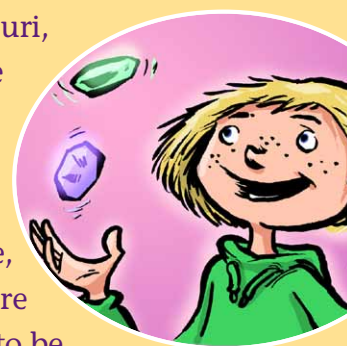
### DEAR FRIENDS,

Would you rather sing a song or paint a picture? Shoot some hoops or plant some trees? Help a friend or rescue an animal? Maybe you'd like to do them all—and more!

When you share your talents, ideas, and virtues with others, you're expressing yourself. Through your words and actions, you convey what's unique about you.

It's fun to explore new ways to communicate, create, and connect with others near and far. In this issue of **Brilliant Star**, make a self-expression box to celebrate you and your interests. Take a quiz on your communication skills. Find out how your emotions can be like a volcano. Write your own funny poem with Nur the Firefly. And meet Mehr Mansuri, who helps set the stage for kids to express their dramatic talents.

You *are* unique, and your skills are like jewels ready to be polished. What are your favorite ways to make them shine?



With love from **Brilliant Star**



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# The Magic of You

**W**hat if there were a magic potion that would instantly make you the most popular, most athletic, or smartest kid in your school? Would you want to use it?

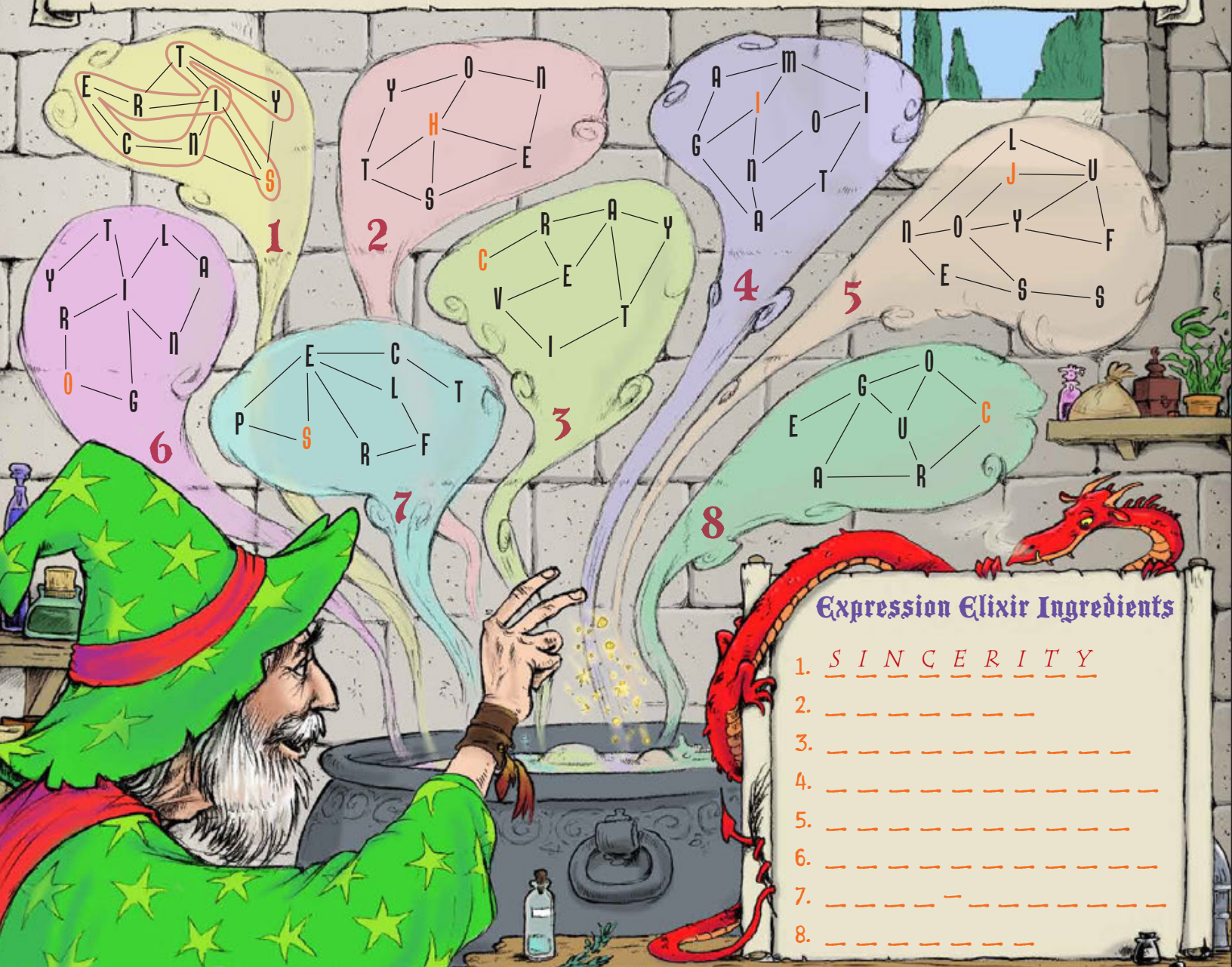
It can be fun to be admired and have a lot of friends—but that alone won't make you happy. A big part of happiness is being your true, authentic self.

You are a unique individual, with special talents and a one-of-a-kind personality. Your hobbies, interests, background, or religion may be

different from others. Sometimes you may even feel like you want to change to fit in better. But it's more enchanting to follow your own dreams and goals. Focus on doing things that are best for you. And stick with friends who like you for who you really are.

It's not always easy to be yourself. You might make mistakes or get embarrassed once in a while. But you'll always be the best at it—you're the only person who can be you. And that's truly magical!

Wendell the Wizard is mixing a potion to help people express their true selves. Find the ingredients and write them on the scroll. Start with the **orange letter** and follow connected lines to spell out a word. You'll return to some letters more than once.



## Expression Elixir Ingredients

1. S I N C E R I T Y
2. \_ \_ \_ \_ \_
3. \_ \_ \_ \_ \_
4. \_ \_ \_ \_ \_
5. \_ \_ \_ \_ \_
6. \_ \_ \_ \_ \_
7. \_ \_ \_ \_ \_
8. \_ \_ \_ \_ \_

## A Brief Timeline

### 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 22

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

#### 1863–1868

Exile in Constantinople (Istanbul), then Adrianople (Edirne), Turkey. 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.

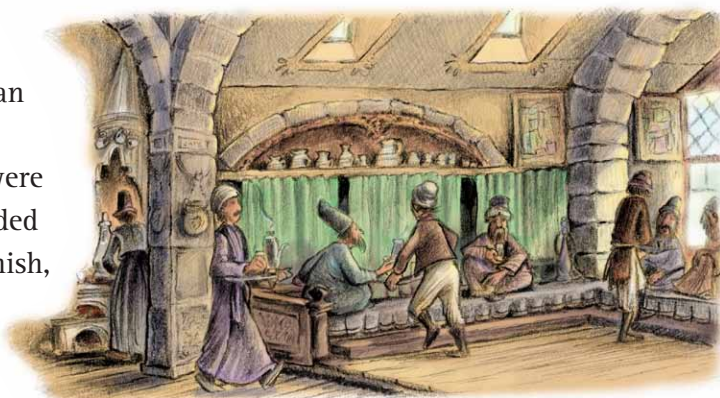
# Bahá'u'lláh's Life: Mission of Peace Majestic Presence

Imagine how it would feel to meet a Messenger of God in person. A Persian prince who knew Bahá'u'lláh said, "I know not how to explain it . . . were all the sorrows of the world to be crowded into my heart they would, I feel, all vanish, when in the presence of Bahá'u'lláh. It is as if I had entered Paradise itself."

Though He suffered imprisonment and banishment, Bahá'u'lláh's kindness, generosity, and wisdom brought joy to people's hearts everywhere He went. Still, authorities who felt threatened by Bahá'u'lláh exiled Him from Persia (now Iran) to Baghdád, Iraq, in 1853. Bahá'u'lláh was a follower of an earlier Messenger of God known as the Báb, Who taught that another Messenger promised by all religions would soon appear. The authorities mistakenly thought the Báb's teachings went against Islam, and they persecuted thousands of His followers, called Bábís.

Bahá'u'lláh had a strong effect on the people of Baghdád. Religious leaders, dignitaries, and ordinary citizens visited Him and asked for His advice. Bahá'u'lláh frequently went to coffeehouses, and whichever coffeehouse He chose would become crowded with people eager to see Him.

He showered love on many, giving gifts to the disabled, orphans, and others in need. When He went out, a poor, elderly woman would often wait for Him on the road. Bahá'u'lláh kindly asked about her health and gave her money. When she wanted to kiss His cheeks, He would bend down so she could do so. Later, when He left Baghdád, He arranged for an allowance to help her for the rest of her life.



In Bahá'u'lláh's time, many people went to coffeehouses to talk about religion and philosophy. He visited these coffeehouses often, and crowds gathered to see Him.

Not everyone welcomed Bahá'u'lláh and the other Bábís. Some prejudiced people insulted and threatened them. At times, some Bábís got into conflicts with them.

Once, some merchants even threatened to kill Bahá'u'lláh and the Bábís. But Bahá'u'lláh calmly went to the coffeehouse as usual. He told a companion, "We have been threatened with death. We have no fear, We are ready for them." He spoke with such authority that those who heard Him were amazed, and the merchants did not dare to hurt Him.

Another time, more than 100 hostile men came to Bahá'u'lláh's house. Bahá'u'lláh warmly invited them in, saying, "They are our guests." He had sherbet and tea served to them. In Bahá'u'lláh's majestic presence, the men's hearts changed, and they left as friends.

Some people recognized Bahá'u'lláh's spiritual power and felt He was the Messenger of God promised by the Báb. In time, Bahá'u'lláh would reveal that He was, indeed, the Promised One of all religions. The authorities continued to exile Him farther and farther from Persia, but they were unable to stop His profound effect on people's hearts and souls.





# RILEY'S RAINFOREST

"Send down... from the clouds of Thy mercy the rains of Thy healing..." —Bahá'u'lláh

## Express Your Emotions

**H**ave you ever had a bad day at school and taken it out on your family? You're grumpy, and no one understands why. You may snap at your siblings or go to your room and slam the door.

While we all like to be happy, it's natural to feel frustrated, angry, or sad sometimes. But keeping those feelings inside can lead to more stress, stomachaches, headaches, and other problems. Expressing your emotions is an important part of staying healthy.

If you're feeling upset, start by talking to a parent, friend, sibling, or an adult you trust. Be specific about how you feel and why, such as, "I feel angry when I'm teased at school," or "I feel frustrated when I don't understand my homework." Sometimes, just telling someone what's bothering you can help. You can also talk to God and pray for guidance and confidence.

Writing and drawing can be great ways to express your



emotions. In fact, studies show that writing about stressful events can be difficult at first, but in time it can lead to happier feelings and even stronger physical health.

Exercise is another way to let out intense feelings. Running, hiking, or biking can ease anxiety and brighten your mood. Even just getting outside in nature may help you feel more peaceful.

If you need to cry, let yourself. You may be surprised at how much better you feel. Emotions are one thing we all have in common, so try sharing them with others—it might be just what you need.

## Explore and Soar Joy of Journaling

**W**riting and drawing in a journal\* is like creating a world of your own—no one needs to see it but you. And it's a helpful tool for sorting out your feelings. Try these ideas:

- ☞ Make a list of what helps you relax, such as listening to music, walking in nature, or praying.
- ☞ Write down what's bothering you and list five things you can do to solve the problem. Try one solution today.
- ☞ Write down the positive things you're happy about in life.
- ☞ Find inspiring images, words, or phrases to glue into your journal.
- ☞ Draw a picture of yourself successfully handling a situation you're upset about.



## Fruit for Thought

"O my Lord . . . Thou art He Who changeth through His bidding abasement into glory, and weakness into strength, and powerlessness into might, and fear into calm, and doubt into certainty."

—Bahá'u'lláh

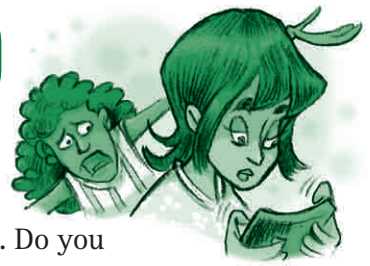


## Curiosity Canopy

**True or False?** Tears are chemically different, depending on why we're crying.

**Answer:** True. Emotional tears contain more protein than tears from eye irritation. Only humans are known to cry from emotions, but the reason is a mystery. Some theories are that crying reduces stress or signals a need for help.

# Rate How You Communicate



Your friend is crying and telling you about the girls who were bullying her during lunch. “They just won’t leave me alone,” she says. Then you get a text from a friend who wants to go to the movies. You just have to answer immediately, right? But when your friend sees you texting, she yells, “You’re not even listening!” You shout, “I am so!” What did your communication style tell your friend?

Communication is about sending and receiving messages. Do you send yours in a way that others understand? Do you get the ones they’re sending to you? By listening to others and communicating in positive ways, you’ll earn more respect and trust from your friends and family. You can get along peacefully and develop stronger relationships. And that’s something worth talking about!

**Test your communication skills. Circle your answer for each statement, then add up your points.**

- 1) When I’m with my friends or family, I avoid wearing headphones, talking on my cell phone, or text messaging.  
Often = 3 • Sometimes = 2 • Rarely = 1



- 2) When someone is talking to me, I focus on what they’re saying instead of thinking about what to say next.  
Often = 3 • Sometimes = 2 • Rarely = 1

- 3) I ask questions if I don’t understand something.  
Often = 3 • Sometimes = 2 • Rarely = 1

- 4) I think about how my tone of voice and body language can change the meaning of my words.  
Often = 3 • Sometimes = 2 • Rarely = 1

- 5) I pay attention to other people’s facial expressions, tone of voice, and body language.  
Often = 3 • Sometimes = 2 • Rarely = 1

- 6) I show respect for others, even when we disagree.  
Often = 3 • Sometimes = 2 • Rarely = 1

- 7) When a friend has a problem, I listen and ask how I can help.  
Often = 3 • Sometimes = 2 • Rarely = 1

- 8) If someone says something to upset me, and I’m afraid I’ll lose my temper, I think carefully or take a break before I respond.  
Often = 3 • Sometimes = 2 • Rarely = 1



- 9) When someone offers advice in a respectful way, I listen with an open mind and don’t get upset.  
Often = 3 • Sometimes = 2 • Rarely = 1

- 10) When I’ve done something wrong, I admit it, then apologize if I’ve hurt someone.  
Often = 3 • Sometimes = 2 • Rarely = 1



- 11) When I’m teasing or joking with a friend, I watch to be sure they feel okay about what I’m saying.  
Often = 3 • Sometimes = 2 • Rarely = 1

- 12) When I talk in front of a class, I speak clearly and make eye contact with my teacher and classmates.  
Often = 3 • Sometimes = 2 • Rarely = 1

**My Total Points:**

**36–28 points:** You’re doing a great job of speaking and listening positively! Keep up the awesome work.

**27–19 points:** You speak and listen effectively most of the time. Choose a tip from the quiz to polish your skills even more.

**18–12 points:** Practice the tips in the quiz to improve your skills. Then check your progress with family and friends.

# Exploring My World

**H**ave you talked to yourself lately? Out of all the people in the world, the most important one to get to know better is yourself. Knowing yourself helps you learn about your strengths, interests, and goals. As you go, you'll figure out how to express yourself and your talents.

Part of getting to know yourself is exploring

the world around you. It's full of amazing arts, ideas, and experiences. Which ones excite you the most and make you want to learn more? What new things would you like to discover?

Delve into your interests and dreams, then see how they can help you be of service to the world. Here are some questions to get you started on your fascinating adventure.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Where I live: \_\_\_\_\_

My best virtues or qualities: \_\_\_\_\_

Who or what makes me happy: \_\_\_\_\_

I like to be helpful by: \_\_\_\_\_

Favorite hobbies or sports: \_\_\_\_\_

Favorite subjects in school: \_\_\_\_\_

My cultural background: \_\_\_\_\_

My faith or beliefs: \_\_\_\_\_

Favorite animal or pet: \_\_\_\_\_

Favorite foods: \_\_\_\_\_

Favorite combination of colors: \_\_\_\_\_

Favorite fictional character and why: \_\_\_\_\_

Favorite music or instruments: \_\_\_\_\_

When I grow up, I want to be (future career): \_\_\_\_\_

An accomplishment I'm proud of: \_\_\_\_\_

Places I'd love to visit someday: \_\_\_\_\_

Things I'd like to learn to do: \_\_\_\_\_

My favorite ways to be creative: \_\_\_\_\_

Things I collect (such as stamps or rocks): \_\_\_\_\_

An inspiring quote or motto that I try to live by: \_\_\_\_\_

# A Box About Me

**T**ake a look around your house—do you see a lot of zebras? How about elephants or airplanes? If you have more than a few of anything—from toy figures to trading cards to cool rocks—you’ve started a collection.

Collecting is a fun way to express yourself and your interests. What you collect reflects what you love or get excited about. It can be anything you find, create, buy, or get as a gift. The items don’t need to be expensive or new. You might collect stamps, special coins, stickers,

beads, or buttons. You can collect things from nature, such as seashells or leaves. Maybe you’re crazy about turtles or horses and want to collect things featuring your favorite animal. Or if you love a certain country, you could collect items from there.

If you don’t have a collection, look around for things that make you smile or feel peaceful or creative. Then you can display your special things in a self-expression box that symbolizes your talents, dreams, or virtues.

## You'll Need:

- shallow box made of wood or sturdy cardboard (ideally at least 8" x 8" or 20 cm x 20 cm)
- a photo of yourself
- cool items to display
- colored or patterned paper or fabric
- scissors
- glue
- Optional:
  - copies of favorite photos and magazine cut-outs
  - paint and paintbrush
  - smaller boxes or pieces of strong cardboard
  - string and tape
  - plastic wrap

## What You Do

1. Think about your interests and what excites you the most. If you already collect things, choose some small items to put in your self-expression box. If you don’t have a collection, gather small items that represent you.



2. Choose a box that’s sturdy enough to stand on its side. You can use a box with a hinged lid, and display it propped open. Use paper, fabric, photos, or paint to decorate the outside.



3. Before gluing objects to the inside of your box, do a rough design. Choose one object to be the central focus, such as the photo of yourself. Create your background with paper, fabric, more photos, or paint.



4. Experiment with the placement of items—play with shapes, colors, patterns, and sizes. You can use smaller boxes, pieces of cardboard, or wood to create sections or shelves. You can also hang items from the top with string and tape. Have fun! After you’re happy with your box’s design, glue everything securely in place.



5. You can protect your box by taping on plastic wrap to the front.



6. Share your box with friends and family. Tell stories about the objects in your box and what they mean to you.





WHEN YOU'RE  
UPSET, DO YOU  
EVER BLOW UP?



## CONTROL YOUR VOLCANO

**Y**ou're walking through the cafeteria when you stumble over someone's sneaker, and your lunch hits the floor. The bully who tripped you laughs, then others point and join in. You clench your fists and feel like you're about to explode!

Intense anger is like a volcano. In a volcano, pressure builds until molten rock, gases, and ash shoot out from below the earth's surface. In a similar way, when you feel frustrated, you may erupt with

hurtful words or actions. But just as land tremors and steam can signal a volcanic eruption, angry outbursts also have warning signs. What do you usually think, feel, or do when you're about to blow up? Do you grind your teeth, feel your heart beat faster, or have angry thoughts? When you notice those danger signals, take a time out. Go for a walk, say prayers, or do other things to cool off. After you're calm, you can express your feelings without erupting.

## CREATE A VOLCANO

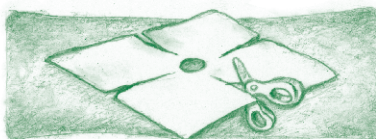
**You'll Need:** 22" x 22" (56 cm x 56 cm) poster board • 20 oz. (591 mL) plastic bottle • pencil • scissors • ruler • stapler • packing tape • brown and red acrylic paint • paintbrush • large cookie sheet • aluminum foil • 2 tbsp. (30 mL) baking soda • red food coloring • 2 tbsp. (30 mL) vinegar in small cup • ½ tsp. (2.5 mL) liquid dish soap • hot tap water

**Caution:** Get an adult's permission or help, and keep the ingredients away from anyone's eyes.

1. Fold poster board in half. Open, and fold in half again in other direction, to make a cross in center.



2. At center of cross, trace around bottle's spout. Cut out with scissors.

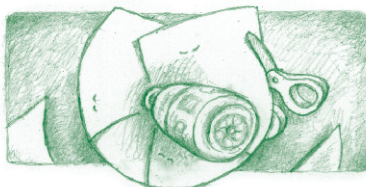


3. Cut along each crease, stopping 1/2" (1.3 cm) from opening.

4. Fold two corners up so they overlap about 6" (15 cm) and staple together. Do this for all flaps to create cone shape. Tape seams flat.



5. Place spout of bottle into hole of volcano. Trim base of cone so edges are even with bottle.



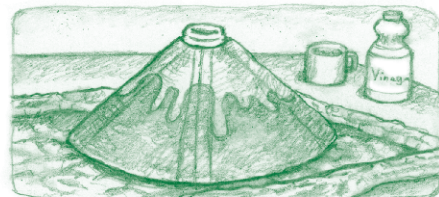
6. Paint volcano brown. Add streaks of red for lava. Let dry.

7. Cover cookie sheet with foil. Remove bottle from volcano and add hot tap water so it's half full.

8. Add dish soap, baking soda, and 5–10 drops of food color.



9. Put bottle on cookie sheet and place volcano on top so spout pokes out of top. Pour vinegar into bottle and watch it erupt!



**HOW DOES IT WORK?**

In this volcano model, vinegar reacts with baking soda, and carbon dioxide gas is produced. Pressure builds in the bottle, then the gas bubbles rise out of the volcano.

# Taking the Stage

"Thou hast endowed each and all with talents and faculties . . ." — 'Abdu'l-Bahá

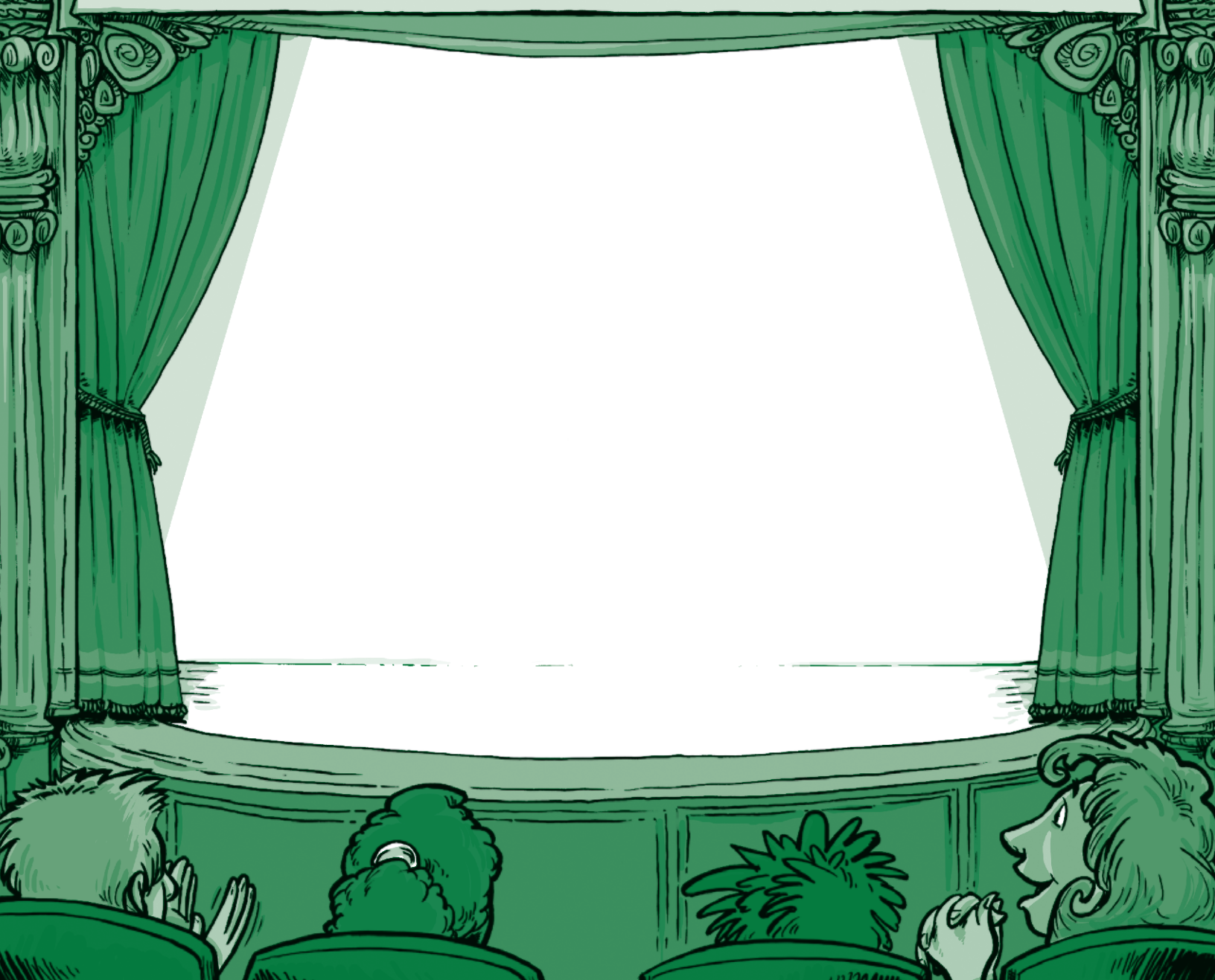
**Y**ou've got talent! You don't have to be perfect to let your skills shine. Just as an athlete learns to dribble before becoming a professional basketball player, you can take small steps to sharpen your talents.

Whether you like to dance, draw, or play music, practicing and learning can be fun and rewarding. If you're not sure about your skills, try new activities.

Join a school club or volunteer at a favorite place, such as the library or a museum. Whatever captures your attention, from astronomy to zoos, try to find out more about it. Discuss your interests with your parents, teachers, and friends.

If you're interested in something that other kids don't think is cool, don't worry — pursue what brings you joy, and that joy will spread to others.

Imagine yourself performing a talent you have or one you'd like to develop. Then draw your vision on the stage below.





# Who's in Your Pack?

**D**eep in the woods, a young wolf is lost. He raises his snout, lets out a long howl, then listens. Miles away, a group of wolves recognizes his call and howls back to let him know where they are.

Wolves are often feared, but intelligence and strong family bonds make them positive symbols in some cultures, such as North American Indian tribes. Wolves live in family groups called packs, usually with six to ten members. From an early age, wolves learn to communicate by howling. Each has a unique howl that its packmates

can recognize. Wolves howl in specific tones for different reasons, such as to gather the pack together or to calm everyone down. Clear communication keeps order and unity in the group.

As humans, we also have “packmates,” such as our family, friends, and teachers. We can ask for help from them when we need it. If we express our feelings clearly and honestly, others can know where we stand. And by listening closely to them, we can understand and respond in turn. How do you communicate with your pack?

**Find 15 wolves in this Alaskan wilderness.**

# EXPLORE AND PROTECT THE EARTH AND ITS CREATURES

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

WE ARE ONE

## EARTH-SAVING TIP

**Plant trees — a lot of them.**

Along with providing life-giving oxygen, trees remove about 784,000 tons of air pollution in U.S. cities alone, each year.

## WOW, REALLY?

It's estimated that human lungs contain almost 1,500 miles (2,414 km) of airways!

## OUR CONNECTIONS

What do you do about 20 times a minute that's essential for survival? Breathe. Each time you inhale, oxygen flows through your lungs and into your bloodstream. It has to reach every cell in your body to give you the energy you need. Oxygen ties us to all living things—virtually every animal needs it, and it's provided by plants and trees. Our amazing Earth is the only known planet with just the right amount of oxygen for all of us to thrive.

## PROTECTING OUR PLANET

**Gretchen C. Daily**, a biologist and university professor, raises awareness about how to balance conservation and biodiversity with economic activities. She won the international 2008 Sophie Prize\* for her innovative work. She says, "The mass extinction of plants and animals that we are experiencing today is absolutely unprecedented in human history."



## WHERE IN THE WORLD?

## AMAZING ANIMALS



Eyjafjallajökull, a glacier-topped volcano, erupted in early 2010, shooting ash 33,000 ft. (10 km) in the air. Air travel was disrupted for weeks due to ash. *Unscramble the letters to find its location:*

DNALCIE   



This Central and South American bird's huge bill looks heavy, but it's actually light and mostly hollow. It can be one-third of the bird's total length. *Fill in the blanks to find its name:*

KE    L - BI    LE       TOUC

# 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?

### Cameron S.

Age: 7

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

I want to be:  
**A space physician to learn how the human body works in space**

Best quality or virtue:  
**Patient (really patient)**

Hobbies or sports:  
**Brown belt tae kwon do, violin, piano**



Favorite Bahá'í activities:  
**Ruhi Book 4 (I finished Ruhi Book 1)\***

Favorite animal or pet:  
**Guinea pig**

Place I'd love to visit:  
**I would like to visit Japan, because it has the most delicious chicken and fried rice ever, and they cook in front of you.**

I like to help people by:  
**Taking food to people's houses and saying prayers with them**

What do you like about yourself that makes you unique?  
**I am learning Russian ... I also know Farsi and learn French at school.**

What's one big message you want to share with the world?  
**Give the Bahá'ís in Iran a chance to breathe. Don't put them in jail.**

### Maya W.

Age: 13

I live in: **Ontario, Canada**

I want to be:  
**Lawyer, actress, or journalist, because I love acting, writing, solving problems, and helping people.**

Hobbies or sports:  
**Acting, writing, piano, photography**

Favorite Bahá'í activities:  
**Going to Green Acre Bahá'í School [in Maine, U.S.], junior youth groups**

Favorite animal or pet:  
**My grandmother's two kittens, Minou and Annoushka**

What do you like about yourself that makes you unique?  
**I am very creative, and I use my creativity to**



**make things [fun] that aren't fun ...**

When your feelings are hurt or you're upset, what do you do?  
**I don't stay upset for a long time, so I don't normally do much when I'm mad or upset.**

What's one big message you want to share with the world?  
**I would share Bahá'u'lláh's message to the world, because that is the answer to all of our current problems.**



### Nia B.

Age: 7

I live in: **Belize**

I want to be:  
**A waitress and doctor**

Hobbies or sports:  
**Riding my bike and gardening**

Favorite animal or pet:  
**My dog Lucky, who we saved from the street**

What do you like about yourself that makes you unique?  
**I like that I am a Bahá'í and am homeschooled. I love to sing and dance. I am also really good at organizing things like parties and games ...**

What's your favorite way to use your creativity?  
**I like to use paper and trash to make new cool things ... because it's fun and I'm recycling.**

When your feelings are hurt or you're upset, what do you do?  
**I try to let it go, but sometimes it is hard ... [and] I use an angry voice, but I am working on telling people how I feel instead.**

What's one big message you want to share with the world?  
**I love God, I am Bahá'í, I love all religions, [and] thank you for listening ...**

## Gabby H.

Age: 12

I live in: **British Columbia, Canada**

I want to be:  
**A veterinarian**

Best quality or virtue:  
**Kindness**

Hobbies or sports:  
**I like to horseback ride**

I like to help people by:  
**Doing a chore for them**

What do you like about yourself that makes you unique?

**I like . . . the way I have with animals and young children. Also I love to hike and spend a lot of time exploring nature. But I think what makes me the most unique is my taste in music. At a time when all of my friends are listening to Lady Gaga and Justin Bieber,**

**my favorite music comes from the Beatles.**

What's your favorite way to use your creativity?

**Making homemade cards as gifts, with fancy stickers and made-up verses**

What's one big message you want to share with the world?

**Don't worry about [what] others think, just be you. If you like yourself, others will as well. And if they don't, it won't matter.**



**“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

## Hayley D.

Age: 10

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

I want to be:  
**A painter or a flutist**

Best quality or virtue:  
**Creativity**

Hobbies or sports:  
**Art, singing in a choir, dance, and swimming**

Favorite Bahá'í activities:  
**Performing skits which demonstrate virtues . . .**

Favorite animal or pet:  
**Black-footed ferret. (They are endangered.)**

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

I like to help people by:  
**Cheering them up if they are sad**

What do you like about yourself that makes you unique?  
**I am thoughtful and I try to stop backbiting.**



What's your favorite way to use your creativity?

**I use creativity in my artwork by thinking out of the box to show my personality.**

When your feelings are hurt or you're upset, what do you do?

**I stop, and think, then pray. Then I talk to someone and tell them what's bothering me.**

What's one big message you want to share with the world?

**End war and be kind to each other.**

## Ryan S.

Age: 9

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

I want to be:  
**A doctor**

Best quality or virtue:  
**Helpfulness**

Hobbies or sports:  
**Soccer, football**

Favorite animal or pet:  
**Snake**

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

What do you like about yourself that makes you unique?

**I like to solve difficult math problems. I also like to invent new things, like robots and computer things.**

What's your favorite way to use your creativity?

**I like to write short presentations on my computer.**

When your feelings are hurt or you're upset, what do you do?

**I talk to my Mom and Dad, and I pray.**

What's one big message you want to share with the world?

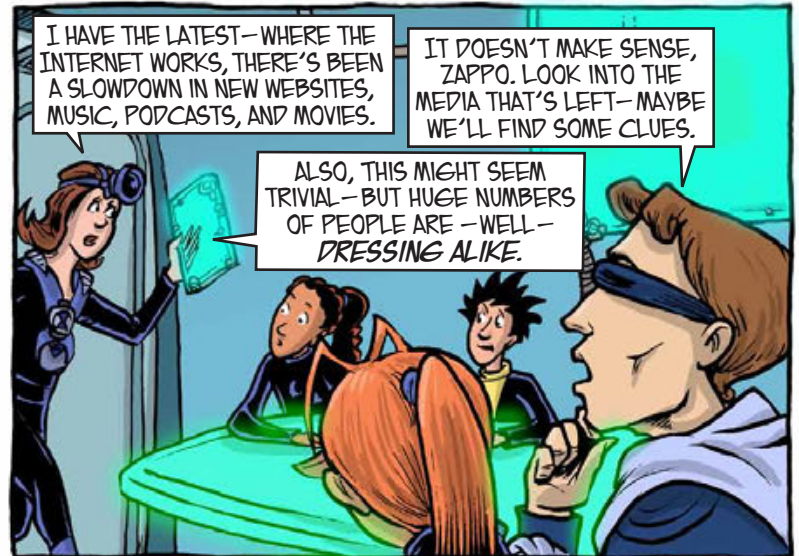
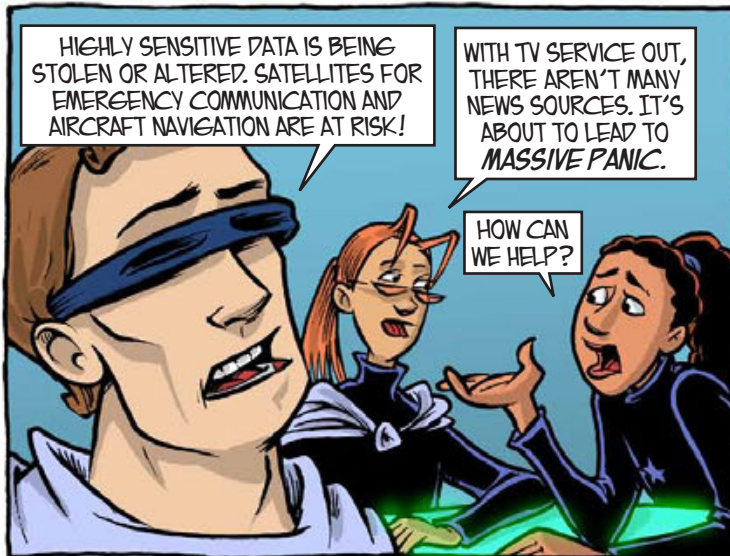
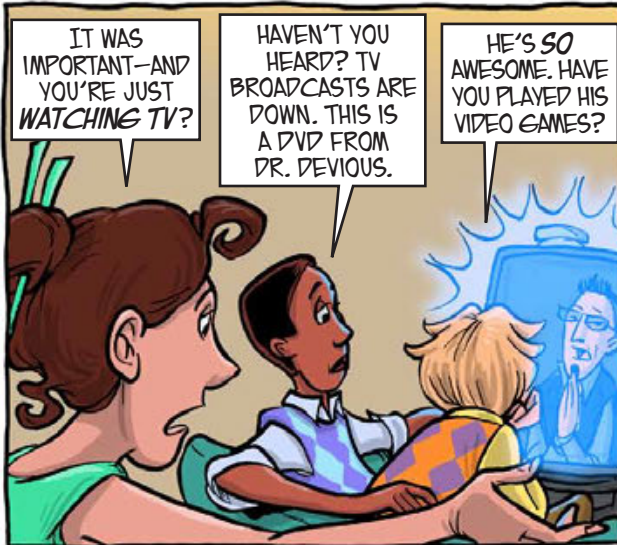
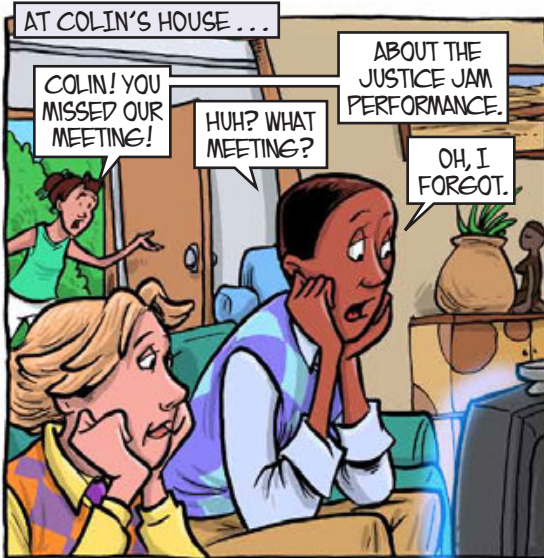
**I would like the world to be friendly and happy. Be friendly to each other.**



## You can be a Radiant Star!

### Here's how:

1. If you're age 7–14, write us at [brilliant@usbnc.org](mailto:brilliant@usbnc.org) or Brilliant Star, 1233 Central Street, Evanston, IL 60201. Include your name, age, mailing address, phone number, and e-mail address.
2. When it's your turn to shine, we'll send you questions and a form for you and your parents to sign.
3. Answer the questions and send them to us with the signed forms, along with 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).

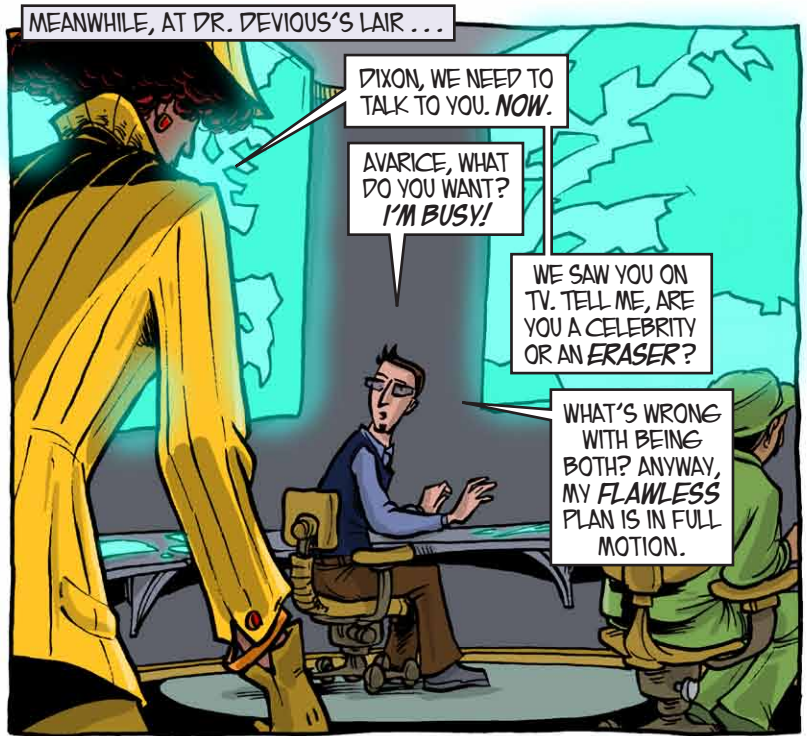




YOU COULD SAY THE SAME ABOUT UPLIFTERS—OUR UNIFORMS ARE A LOT ALIKE.

ACTUALLY, LUNA, WE HAVE SOME CHANGES PLANNED—BUT MORE ABOUT THAT LATER.

I SURE COULD USE A SUIT THAT CAN HANDLE A JOLT.\*



MEANWHILE, AT DR. DEVIOUS'S LAIR ...

DIXON, WE NEED TO TALK TO YOU. **NOW.**

AVARICE, WHAT DO YOU WANT? I'M BUSY!

WE SAW YOU ON TV. TELL ME, ARE YOU A CELEBRITY OR AN ERASER?

WHAT'S WRONG WITH BEING BOTH? ANYWAY, MY **FLAWLESS** PLAN IS IN FULL MOTION.



WE NOTICED. AND **SO WHAT** IF YOU MADE THE INTERNET GO DOWN?

HOW DOES **THAT** HELP US GET RID OF THE UPLIFTERS?



IT'S NOT **JUST** THE INTERNET. I'M TAKING OVER **ALL** GLOBAL MEDIA!

HMM ... SO YOU CAN ACCESS BANK ACCOUNTS. **HOW MUCH** MONEY HAVE YOU **STOLEN** SO FAR?

PLENTY. BUT **THAT'S NOT** THE POINT!



WHAT? MONEY IS **EVERYTHING!**

NO, THE KEY IS TO CONTROL MINDS, IDEAS, AND INFORMATION.

**RIDICULOUS.** OUR GOAL IS TO RULE THE WORLD, NOT PLAY WITH **IDEAS.**

WE DON'T HAVE TO ROB BANKS OR FIGHT WARS. I'LL CONTROL PEOPLE, AND **NO ONE** WILL OPPOSE ME.



WHY DON'T YOU TELL US HOW TO ACCESS THE **MONEY**, AND WE'LL JUST ...

LOOK—I'M DOING THIS **MY WAY**. ALL MY LIFE, I'VE BEEN BULLIED. **NO MORE!** CONTROL IS **FINALLY** IN MY GRASP. SO STAY OUT OF MY **WAY!**



WE'LL SEE WHAT YOU CAN DO—FOR **NOW.**

BUT WATCH OUT—YOU DON'T WANT US AS ENEMIES. THE ERASERS ARE MORE **POWERFUL** THAN YOU THINK, DIXON.



THEY'LL WISH THEY HAD **NEVER** THREATENED ME. I'LL DESTROY THEM **AND** THE UPLIFTERS!

TURN THE PAGE FOR AN EXCITING ANNOUNCEMENT FROM THE UPLIFTERS ...

# A Design Contest: New Superhero Suits for the Uplifters



## HERE'S WHAT YOU DO

1. Think about the Uplifters' qualities and what kind of suits would help them most on their missions. Do they need to blend in or stand out? Should each uniform reflect the individual's character or powers? Will symbols or colors hint at their identity as an Uplifter? Are there special features for protection? On the next page, design your suits on Lightning and Luna. You can use any tools, from pens to markers, or you can even make a collage from different materials.
2. In 150 words or less, tell us about your suit designs—why you chose them, how they can help the Uplifters in their service, and any special features they include.
3. ENTRIES ARE DUE BY SEPTEMBER 30, 2010. Send us your original drawing from page 17 or a high-resolution scan (no photocopies). Include your written description, name, age, address, telephone number, and e-mail address. Submissions can be sent by e-mail to [brilliant@usbnc.org](mailto:brilliant@usbnc.org) or by mail to:

**Brilliant Star**  
**A Design Contest:**  
**New Superhero Suits for the Uplifters**  
1233 Central Street  
Evanston, IL 60201 U.S.

BONJOUR, I'M ZAPPO, FROM THE TECHNOLOGY SECTOR AT UPLIFTERS' HQ. HERE ARE SOME RULES TO REMEMBER FOR YOUR SUPERHERO SUIT DESIGNS.

## THE PRIZES

**FIRST PLACE:** A Lightning and Luna t-shirt, a rare collection of all the Lightning and Luna episodes compiled in a book, and **Brilliant Star's** Super Cosmic Creativity Kit. Your design will also appear in at least one Lightning and Luna episode! (Even if your exact design isn't used for the new Uplifters' suits.)

**SECOND PLACE:** A rare collection of all the Lightning and Luna episodes compiled in a book and **Brilliant Star's** Super Cosmic Creativity Kit. Your design will also appear in one Lightning and Luna episode!

**THIRD PLACE:** **Brilliant Star's** Super Cosmic Creativity Kit. Your design may also appear in one Lightning and Luna episode!

## A FEW RULES

1. Entries must be original work done by kids ages 7–14.
2. If you're in the running for a prize, we'll send you 1) a permission form for your parent or guardian to sign, and 2) a request for a close-up photo of your smiling face.
3. Winning entries may appear in **Brilliant Star** or on our website. Your written submissions may be edited for length.
4. If you have questions, contact **Brilliant Star's** Contest Coordinator at 847.853.2354 or at [brilliant@usbnc.org](mailto:brilliant@usbnc.org).

START THINKING ABOUT YOUR DESIGNS BY LISTING LIGHTNING'S AND LUNA'S **SUPERPOWERS** AND **VIRTUES** ON THEIR COMPUTER SCREENS.

THEN DRAW YOUR SUITS ON THESE DIGITAL PROJECTIONS.



## MEHR MANSURI



**G**rowing up in Iran, Mehr Mansuri caught a bug. “The whole bug of acting started out with Bahá’í school kids when [we] were taught to memorize, and I didn’t really think of it as performing,” says Mehr. “It’s something you did as a Bahá’í.” Then, when she was eight years old and moved to England for boarding school, she saw professional plays and knew that her acting bug was with her to stay. Mehr studied drama at the University of California, Irvine. She has appeared in over 40 roles in movies, television, and theater, and she won the Los Angeles Drama Critic’s Choice Award.

Mehr also loves kids and wanted to be of service, so she co-founded the Children’s Theatre Company (CTC) in Los Angeles in 1989. Ten years later, Mehr started another CTC in New York City, where she now writes, directs, and produces CTC plays and musicals, and prepares kids of all ages to perform. The CTCs have been so successful that Mehr helped set up more than seven others in the U.S.

### Q. What’s your favorite childhood memory?

My summers in Iran and my autumns in England . . . I was in boarding school in England, so for me, summers in Iran meant I got to come home, be with family, meet Bahá’ís, go to [Bahá’í] summer school . . . Of course, the beginning of the school year is always an exciting time of year, and when I went back to England . . . it was always the time to audition for the new school play. I was always excited to see what the new play was.

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

In Iran, it wasn’t popular to be a Bahá’í. On the one hand, Bahá’ís were considered the most trustworthy of Iranians in business. On the other, many people considered Bahá’ís untouchable . . . It [also] wasn’t a popular time to be from Iran . . . The government

### Q. How did living in different cultures influence you?

The biggest influence [is] on my ability to meet and reach and immediately connect with people of different cultures and socio-economic backgrounds . . . What was really fascinating was to go to a very



**Left:** Mehr, 11, grew up in Iran and England. **Right:** Mehr, 9, in her school uniform, rode the train to her school in Worcester, England.

was considered to have extreme political views . . . But for me, the most challenging thing . . . was learning a second language, assimilating a new culture, and trying to be from Iran but give it a positive spin as a kid growing up.

Christian school where we had to go to a different church every Sunday . . . To be able to find a way to know who you are and be what you want to be, and yet embrace other people’s faiths and respect [them] . . .

**Q. How does working with the CTC impact kids' characters?**

[Theater] can be a very competitive experience of . . . being the star and getting a costume and getting ahead. It can be counter to building character. But when you take the theater experience and you frame it as a community development model . . . then it's all for one and one for all—an ensemble experience, not a movie star experience. And we should reflect on the words we're saying, and consider them in terms of their . . . application to our lives . . . [At CTC] we have a weekly devotional gathering for children. We call it an honor circle, where we honor each other . . . You can either pray to God or you can . . . not pray and just honor each other's character and spiritual qualities.



**Top:** The CTC has appeared on *Reading Rainbow* and *Sesame Street* and in UNICEF concerts with Nelson Mandela and other celebrities. PHOTO BY MIKE RELPH **Bottom:** In a CTC play in Los Angeles, this prince wants to be the next king, but others tell him he's too rude. PHOTO BY LARA REGAN

**Q. What's your advice for kids who want to be professional singers or actors?**

They should not view film and TV as the ultimate measure of success or expression of that desire to be in the world of art and theater, because there's a *lot* of hurry up and wait to get the job . . . Start writing your own plays and creating your own material, and get your friends together and *be* the theater you want to be, instead of waiting for someone to give you that opportunity.

**Q. What is your goal for the Children's Theatre Company?**

A continuation to evolve . . . and to figure out how to serve as many communities as possible . . . I think that many schools are recognizing that moral education is very much the missing link in the whole academic world . . . [We want to] give educators more options . . . plays that are about Earth, environment, race unity, the advancement of women, literacy, poverty. So that has become the future that we can see, developing musicals that are easy to do . . . for different ages and different sizes of groups . . .

**Q. In this issue we're talking about expressing yourself. What tips do you have for kids who might have a hard time expressing emotions or thoughts?**

I think that we have to . . . be accepting of expression in all its forms, that silence and introspection is also a way of expressing yourself . . . So I think we first take away any judgment of ourselves . . . One of the best ways to really overcome shyness or fear is to be of service. It's actually the best way to forget yourself.

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

It's that they should really, really look to shine themselves up so that they can become brilliant stars on the stage and know that the stage is set for them. And the [Bahá'í] Faith is so ready for these . . .

shiny stars to come. To see themselves as brilliant stars. That would be my wish for them. And then embrace the world of the arts and the theater . . . in terms of reaching the world through the arts.



# MUSIC CAFÉ

"Music, sung or played, is spiritual food for soul and heart." —Bahá'í Writings

IF SOMEONE MADE A STATUE OF ME, I WOULD WANT IT TO BE BECAUSE I HELPED BRING PEACE TO PEOPLE THROUGH MUSIC. HOW ABOUT YOU? WHAT DO YOU WANT TO CONTRIBUTE TO THE WORLD?



## STATUE OF ME

Words by Lisa Mathews & Mikel Gehl • Music By Milkshake



1 If there was a sta-tue of me, I won-der what the rea-son would be. Did I dis-co-ver a far a-way

6 world where mo-ney real-ly grew on trees?

2 Did they make a sta-tue of me for in-  
3 When they make a sta-tue of me, I  
4 If there was a sta-tue of me, I

11 vent-ing some-thing ev'-ry-one needs? A fun-ky food-mak-ing ma-chine? Or  
hope it's 'cause I helped peo-ple see the ma-gic of the star-ry skies or  
won-der what the rea-son would be? May-be just for mak-ing you smile with my

15 Chorus  
ways to clean the air we breathe? All I i-ma-gine and all I do, I ne-ver know what will be.  
mys-t'ries of the deep blue sea.  
hap-py lit-tle mel-o-dies.

20 After third chorus, to bridge  
1. 2. 3. 4.  
I'm start-in' to think it might be true. No-one else is just like me! No-one else is just like me.

Fine  
(That's right) No-one else is just like me. No-one else is just like me! (You?) Yeah!

Bridge  
Pres-i-dents and po-ets, wri-ters and mo-vie stars,  
sci-en-tists, ar-che-o-lo-gists help us know who we are.

D.S. al Fine





# Writing in Rhyme

**F**unny poems can make you grin. Just find a pencil and begin! Writing poetry is like playing a game—with words. And it doesn't have to be hard. All you need is a pencil, paper, and your imagination.

You can start by keeping a notebook handy to jot down ideas, rhymes, and interesting words you notice. Check out the dictionary or thesaurus for inspiration, too. To add humor, ask yourself, "What's the funniest thing about my topic?" Think about unusual settings, such as playing soccer on the moon

or under the sea. You can also exaggerate something about your subject, or give it a twist. How about a piano with a thousand keys? A bike that flies?

Try not to be critical of your writing. Put your poem aside for a while, then see if you want to make changes. When you're happy with it, try it out on your friends and family.

HOW DO YOU LIKE MY POEM?

## Write Your Own Funny Poem

WRITE YOUR OWN FUNNY POEM ABOUT YOUR FAVORITE HOBBIES. YOU CAN COPY THIS PAGE TO MAKE MORE POEMS.

Your Poem's Title

By

Your Name

Line 1 - names your hobbies

Line 2 - relates to your hobbies and rhymes with line 1

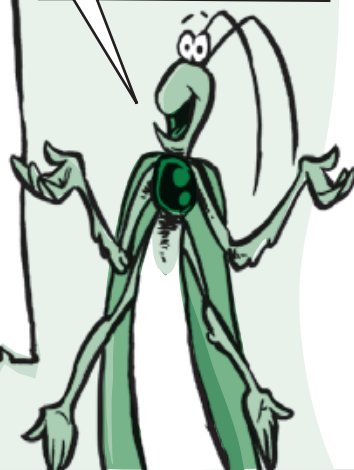
Line 3 - relates to your hobbies. Don't forget the humor!

Line 4 - relates to your hobbies and rhymes with line 3

## Art Attack By Nur

Painting, sculpture, crafts, and writing,  
All of them are so inviting.  
How can I choose just one to do?  
Wait! I have four hands, so I don't have to.

READ YOUR POEM OUT LOUD AND PLAY WITH IT UNTIL YOU LIKE HOW IT SOUNDS. THEN I'D LOVE TO SEE YOUR WORK OF ART! SEND IT TO ME AT [BRILLIANT@USBNC.ORG](mailto:BRILLIANT@USBNC.ORG).



## WILLIAM SUTHERLAND MAXWELL: Architect of Originality

**W**hen you see an amazing building, you might wonder who designed it. William Sutherland Maxwell loved all kinds of art, and he showed interest in and talent for architecture from his teens.

William, also known as Sutherland, was born in Montreal, Quebec, in 1874. After high school, he learned architecture at his brother Edward's firm in Montreal. Then he trained at a firm in Boston, U.S. During that time, he "first seriously realized the greatness and nobility of architecture." In 1899, he traveled to Paris and polished his skills.

In Paris, Sutherland fell in love with a Bahá'í named May Bolles. She appreciated his artistic nature, and once told him, "You have the charm of originality." They married in London in 1902, then moved to Montreal. Their home became a center of Bahá'í activity.

### Success and Inspiration

Sutherland could paint, draw, and carve anything. He joined Edward as a partner, and they built the largest architecture firm in Canada. They designed well-known buildings, such as the Montreal Museum of Fine Arts.

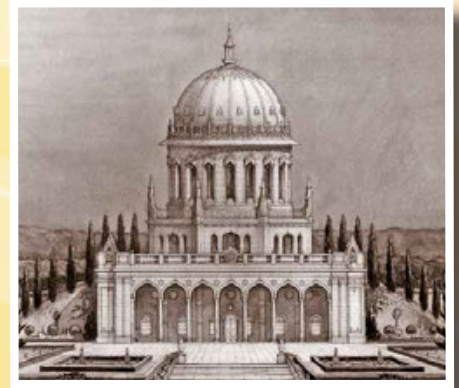
"A nation is judged," Sutherland wrote, "not only by the tons of steel rails produced, but by the level of cultivation which the buildings and art of the country express."



William Sutherland Maxwell was passionate about the arts and collecting books. He had about 3,500 volumes in his own library.

Sutherland had traveled and studied French and Italian architecture in Europe. He wrote, "We should make a point to every few years seek inspiration among the monuments of a past which held to standards of beauty and truth more devotedly than we do nowadays."

In 1909, Sutherland and May traveled to 'Akká, in what is now Israel, to meet 'Abdu'l-Bahá, who led the Bahá'í Faith at that time. Sutherland was deeply inspired by 'Abdu'l-Bahá. Later, when 'Abdu'l-Bahá visited North America in 1912, he stayed in the Maxwell home, which Sutherland had designed. The home is now a sacred Bahá'í place.



Sutherland's 1944 drawing of his design for the Shrine of the Báb in Haifa, Israel.

### Saintly Life

In 1937, Sutherland and May's only child, Mary, married 'Abdu'l-Bahá's grandson, Shoghi Effendi, who led the Bahá'í Faith after 'Abdu'l-Bahá's passing. When May died in 1940, Shoghi Effendi invited Sutherland to live in Haifa, Israel, where he was planning and building the Bahá'í World Center.

Shoghi Effendi asked Sutherland to design the exterior of the Shrine of the Báb, one of the holiest Bahá'í shrines. Sutherland designed a majestic building. He also helped with other projects.

In time, Sutherland's health failed, and he returned to Canada in 1951. He was named a Hand of the Cause of God.\* He died in 1952, and the Shrine of the Báb was completed the next year. Shoghi Effendi praised his "saintly life" and named a door of the Shrine of the Báb after him.

# Camp Creativity

"The source of crafts, sciences and arts is the power of reflection. Make ye every effort that out of this ideal mine there may gleam forth . . . pearls of wisdom and utterance . . ." —Bahá'u'lláh

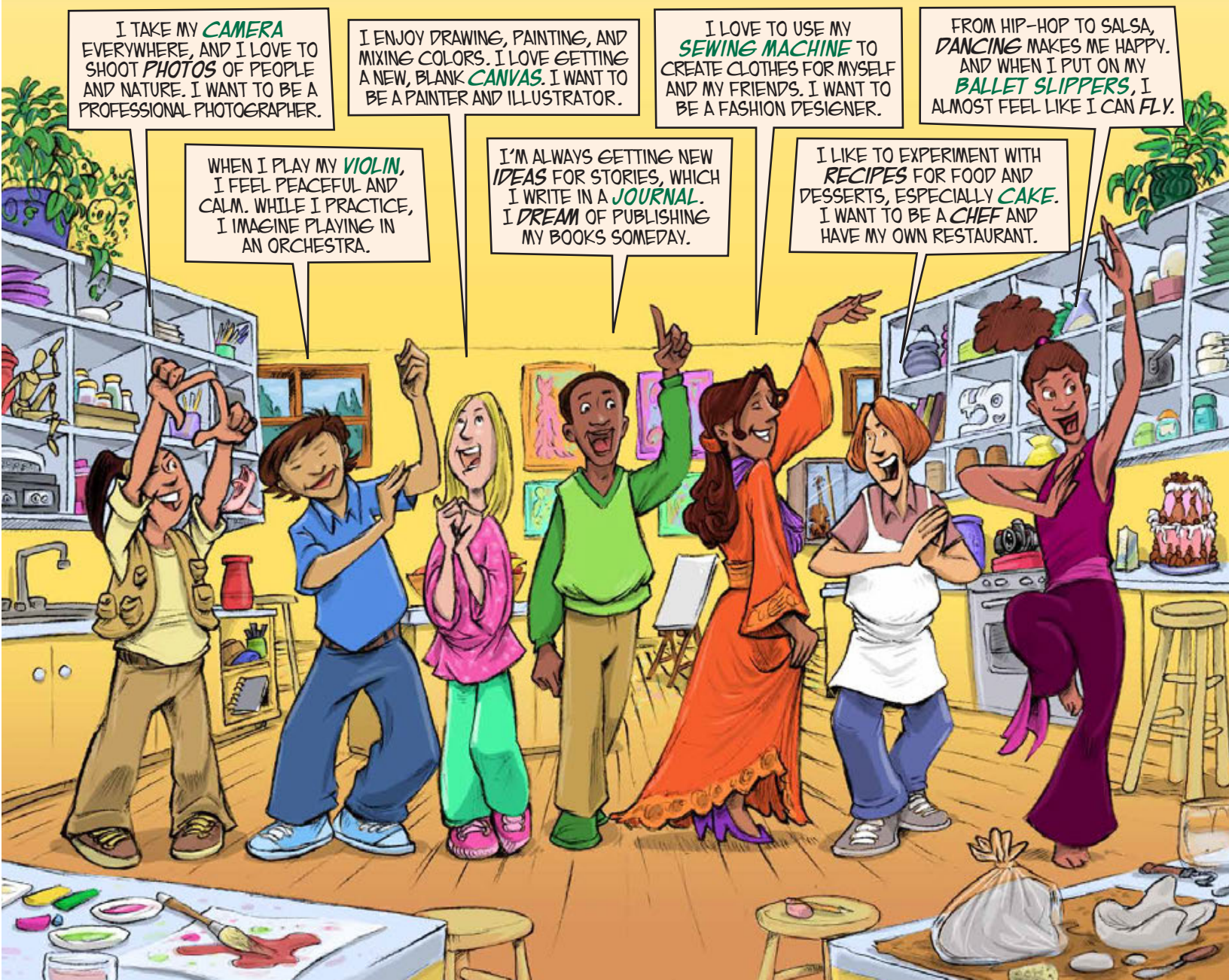
**W**hen you're doing something you love, have you ever noticed how time can zip by? When you're focused on your activity, do you feel happy and energized?

Pay attention to things that make you feel that way—whether you're making music, playing a sport, or creating art. You're expressing yourself in a way that's important to you. Maybe you write imaginative

stories and poems. Or your love of architecture inspires you to design amazing things with Lego blocks. As you spend time on your interests over the years, you'll develop your skills and take on new challenges. Someday, a favorite hobby could turn into a brilliant career.

When you choose work that excites you, you're likely to succeed at it and be of service to the world.

**At an arts camp, these kids are sharing creative interests they want to pursue as careers. Read about them, then search the room for the items highlighted in green.**





In 1844, a new religion called the Bábí Faith spread across Persia (now Iran). It was founded by the Báb ("the Gate" in Arabic), a Messenger of God. The Báb inspired people with His writings and noble qualities. One person said, "The melody of His chanting ... caught our ears and penetrated into our very souls. Mountain and valley re-echoed the majesty of His voice." The Báb taught that another Messenger would soon appear and bring an era of peace. Leaders who wanted to stop the Báb executed Him on July 9, 1850. Bahá'u'lláh, a leader among the Bábís, later announced that He was the new, promised Messenger.

## Sunday

Every 19 days, Bahá'í Feast is held on or near the first day of the Bahá'í month.

## Monday



Did you know? July was named after the Roman leader Julius Caesar.

## Tuesday

### My Goal for the Month:

## Wednesday

## Thursday

1

Canada Day  
The hard-working beaver is a symbol of Canada.

2



3

Tour de France Begins (July 3–25)  
Famous 2,237-mile (3,600 km) bicycle race through France

4

Independence Day (U.S.)  
The Statue of Liberty, a gift from France, was shipped in 350 pieces!

5

6

7

8

National Aboriginal & Torres Strait Islander Week (Australia, July 4–11) Honors indigenous people of Australia

9

MARTYRDOM OF THE BÁB

10



11

World Population Day  
Our planet is home to 6.8 billion people.

12



13

BAHÁ'Í MONTH OF KALIMÁT (WORDS)

14

Bastille Day (France)  
A celebration of liberty and equality.  
*Vive la liberté!*

15



If you could travel to any time period, when would you choose and why?

16

17

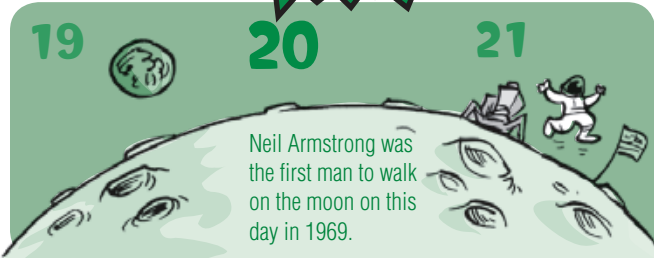
18

Did you know? American Sign Language for "hello" is similar to a salute.\*

19

20

21



Neil Armstrong was the first man to walk on the moon on this day in 1969.

22

ARTICULATE MEANS ...

Gosmo's Word Challenge

- a) Tardy for art class
- b) Having stiff joints and muscles
- c) Able to speak clearly and effectively

23

24



25

Parents' Day  
Ask your parents to tell you stories about your family's history.

26



THEN, WE SAILED TO ...

27

28

29



Did you know? There are only about 1,600 giant pandas left in the wild.

30

31



Ancient Greeks called summer "dog days" due to seeing Sirius, the "Dog Star."

**H**ave you ever had an overpowering feeling that you just *had* to do something creative—like write a story, draw a picture, or compose a song? That burst of excitement feels wonderful. But sometimes inspiration doesn't just happen—you need to look for it. If you want to find creative ideas, try writing or drawing anything that comes to mind, without worrying if it's "good enough." Visit a library or museum and check out other artists' work. Walk in nature and let your mind wander. When you're open to fresh ideas, you can find them almost anywhere.



**Sunday**

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**1**  
**BAHÁ'Í**  
**MONTH OF**  
**KAMÁL**  
(PERFECTION)

**2**  
Every 19 days,  
Bahá'í Feast is  
held on or near  
the first day of  
the Bahá'í month.



**4**  
National Night  
Out (U.S. and  
Canada)  
Neighborhoods  
unite to stop crime.

**5** **GREGARIOUS**  
MEANS ...  
**6**  
**Cosmo's Word Challenge**  
a) A type of dinosaur  
b) Friendly, outgoing, and sociable  
c) Impossible to understand



**9**  
International Day of  
the World's Indigenous  
People (UN)  
Which native cultures  
live in your part of  
the world?



**11**  
Ramadan Begins  
(Islam)  
A time of fasting,  
prayer, and reflection



**13** **14**  
**My Goal for the Month:**



**15**  
Did you know?  
Whales sing to  
communicate with each other over thousands of miles.

**20**  
**BAHÁ'Í**  
**MONTH OF**  
**ASMÁ'**  
(NAMES)

**21**  
Children's Book  
Week (Aug. 21–27,  
Australia)  
Read your favorite  
story to a younger  
friend or sibling.



If you could have any superpower, what would it be and why?

**23**

**24**

**25**

La Tomatina (Spain)  
Up to 40,000 people  
join a huge tomato  
fight in the town  
of Buñol.

**26**

Women's Equality  
Day (U.S.)  
Women fought for  
over 70 years before  
getting the right to  
vote in 1920.

**27**



**28**

Martin Luther  
King Jr. gave his  
"I Have a Dream"  
speech on this  
day in 1963.



**29**  
True or False?  
Singing releases "feel-good" chemicals called endorphins.





# Putting Out the Gossip Fire

"Backbiting quencheth the light of the heart, and extinguisheth the life of the soul." —Bahá'u'lláh

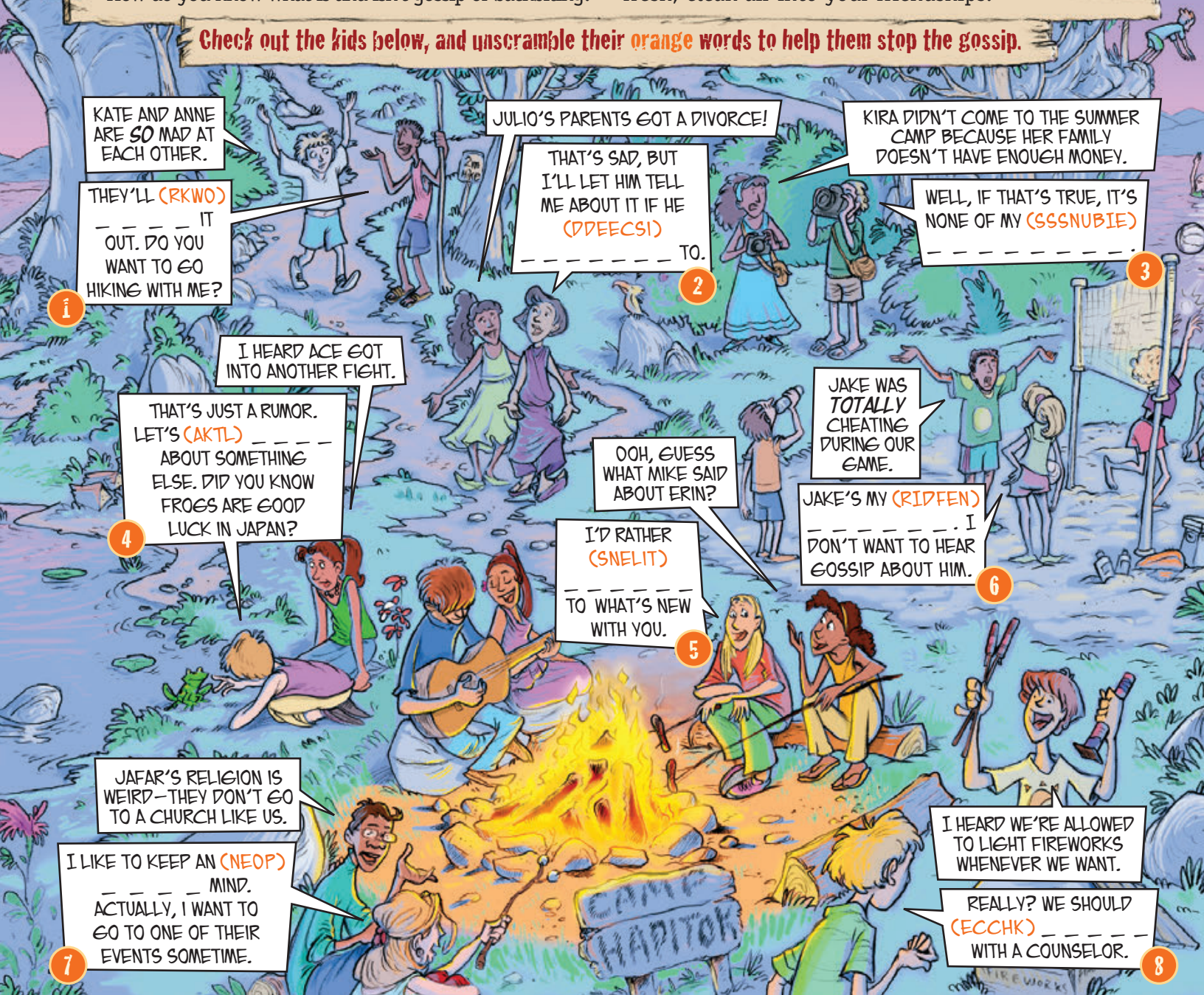
**L**ike a wildfire, gossip, rumors, and backbiting can spread rapidly and cause trouble for everyone in their path. Talking negatively about people behind their backs can be a form of bullying. It hurts feelings, damages friendships, and can harm people who have done nothing wrong. It's like starting a fire. You don't know how far it will spread, and it can be a cycle that's hard to stop. If someone gossips *with* you, they could gossip *about* you, too.

How do you know what is and isn't gossip or backbiting?

Think about how you'd feel if the person found out you said it. If you'd be sorry or embarrassed, don't say it.

You can help stop the spread of negative talk. Start by telling your friends that you don't like backbiting and you want to talk about positive things. If someone starts to backbite, try changing the subject, or say something kind about the person they're criticizing. Don't repeat negative talk that you hear. Put out the fire of gossip, and breathe fresh, clean air into your friendships.

**Check out the kids below, and unscramble their orange words to help them stop the gossip.**



KATE AND ANNE ARE **SO** MAD AT EACH OTHER.

THEY'LL **(RKWO)** — — — IT OUT. DO YOU WANT TO GO HIKING WITH ME?

JULIO'S PARENTS GOT A DIVORCE!

THAT'S SAD, BUT I'LL LET HIM TELL ME ABOUT IT IF HE **(PDEECISI)** — — — TO.

KIRA DIDN'T COME TO THE SUMMER CAMP BECAUSE HER FAMILY DOESN'T HAVE ENOUGH MONEY.

WELL, IF THAT'S TRUE, IT'S NONE OF MY **(SSSNUBIE)**

I HEARD ACE GOT INTO ANOTHER FIGHT.

THAT'S JUST A RUMOR. LET'S **(AKTL)** — — — ABOUT SOMETHING ELSE. DID YOU KNOW FROGS ARE GOOD LUCK IN JAPAN?

OOH, GUESS WHAT MIKE SAID ABOUT ERIN?

I'D RATHER **(SNELIT)** — — — TO WHAT'S NEW WITH YOU.

JAKE WAS **TOTALLY** CHEATING DURING OUR GAME.

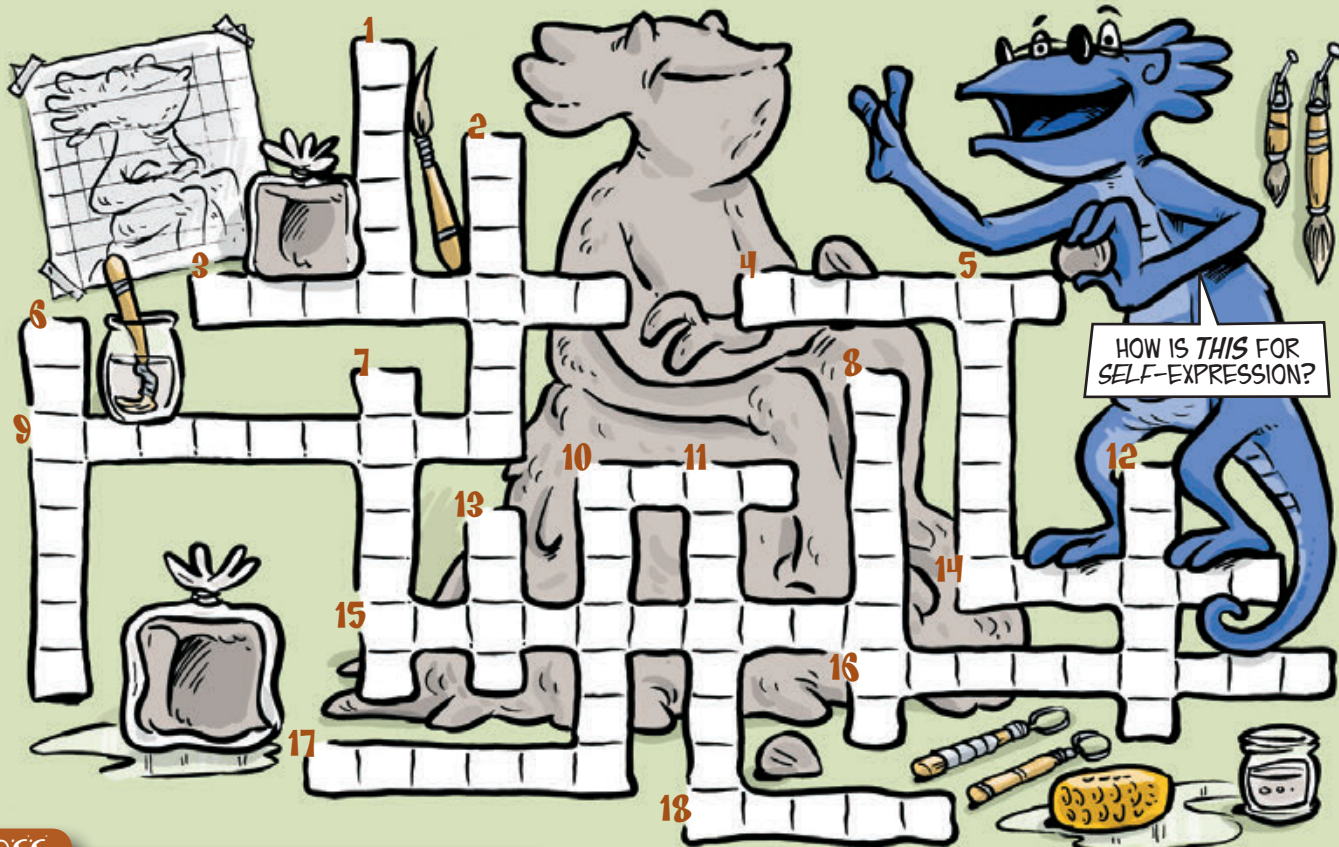
JAKE'S MY **(RIDFEN)** — — — I DON'T WANT TO HEAR GOSSIP ABOUT HIM.

JAFAR'S RELIGION IS WEIRD—THEY DON'T GO TO A CHURCH LIKE US.

I LIKE TO KEEP AN **(NEOP)** — — — MIND. ACTUALLY, I WANT TO GO TO ONE OF THEIR EVENTS SOMETIME.

I HEARD WE'RE ALLOWED TO LIGHT FIREWORKS WHENEVER WE WANT.

REALLY? WE SHOULD **(ECCHK)** — — — WITH A COUNSELOR.



## ACROSS

3. Hayley likes to use her creativity by \_\_\_\_\_ out of the box. (p. 13)
4. These creatures sing to communicate with each other over thousands of miles. (p. 25)
9. Sutherland was a gifted \_\_\_\_\_. (p. 22)
10. Your actions, tone of voice, and facial expressions say a lot about how you \_\_\_\_\_. (p. 26)
14. Pursue what brings you joy, and that joy will \_\_\_\_\_ to others. (p. 9)
15. A fun way to express yourself and your interests. (p. 7)
16. Part of getting to know yourself is \_\_\_\_\_ the world around you. (p. 6)
17. These animals have unique howls that packmates can recognize. (p. 10)
18. You can design new superhero \_\_\_\_\_ for the Uplifters. (p. 16)

## DOWN

1. Virtually every animal needs this, and it's provided by plants and trees. (p. 11)
2. Cameron's best virtue is that he's really \_\_\_\_\_. (p. 12)
5. When you choose work that \_\_\_\_\_ you, you're likely to succeed. (p. 23)
6. If someone starts to backbite, try \_\_\_\_\_ the subject. (p. 27)
7. Mehr says one of the best ways to really overcome shyness or fear is to be of \_\_\_\_\_ (p. 19)
8. Communication is about sending and receiving \_\_\_\_\_. (p. 5)
10. Stick with \_\_\_\_\_ who like you for who you really are. (p. 2)
11. Expressing your \_\_\_\_\_ is an important part of staying healthy. (p. 4)
12. Writing \_\_\_\_\_ is like playing a game—with words. (p. 21)
13. When you're angry, go for a \_\_\_\_\_ or say prayers to cool off. (p. 8)

## FROM OUR MAILBOX



The first thing my brother Mikele and I do is turn to the first page and find where Lightning and Luna comics are! I LOVE them and so does my brother, who is 11 years old. I know I am getting older and closer to declaring my faith as a Bahá'í, and these comics help me make the right choice during my daily life and beyond.

—Sahra A., age 14, California, U.S.

## ANSWERS

Page 2: 1) sincerity, 2) honesty, 3) creativity, 4) imagination, 5) joyfulness, 6) originality, 7) self-respect, 8) courage

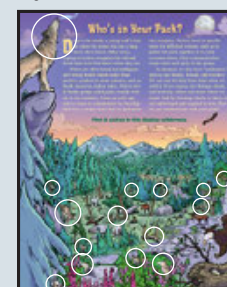
Page 11: Iceland, keel-billed toucan

Page 23: Camera on counter at center right; violin on back wall at center; canvas on easel at center; journal on shelf at center left; sewing machine on shelf at top right; cake on counter at center right; ballet slippers on shelf at top left

Page 26: Differences in bottom image: girl at left listening to adult; girls at bottom left waving; boy at table being polite; boy with basketball being friendly; man on stairs at center welcoming friend; girl on stairs at center going to help falling boy; boy at bottom center accepting food; kids at right clapping for musicians; boy at bottom right helping with packages

Page 27: 1) work, 2) decides, 3) business, 4) talk, 5) listen, 6) friend, 7) open, 8) check

Page 10:



# Tame Your Monsters

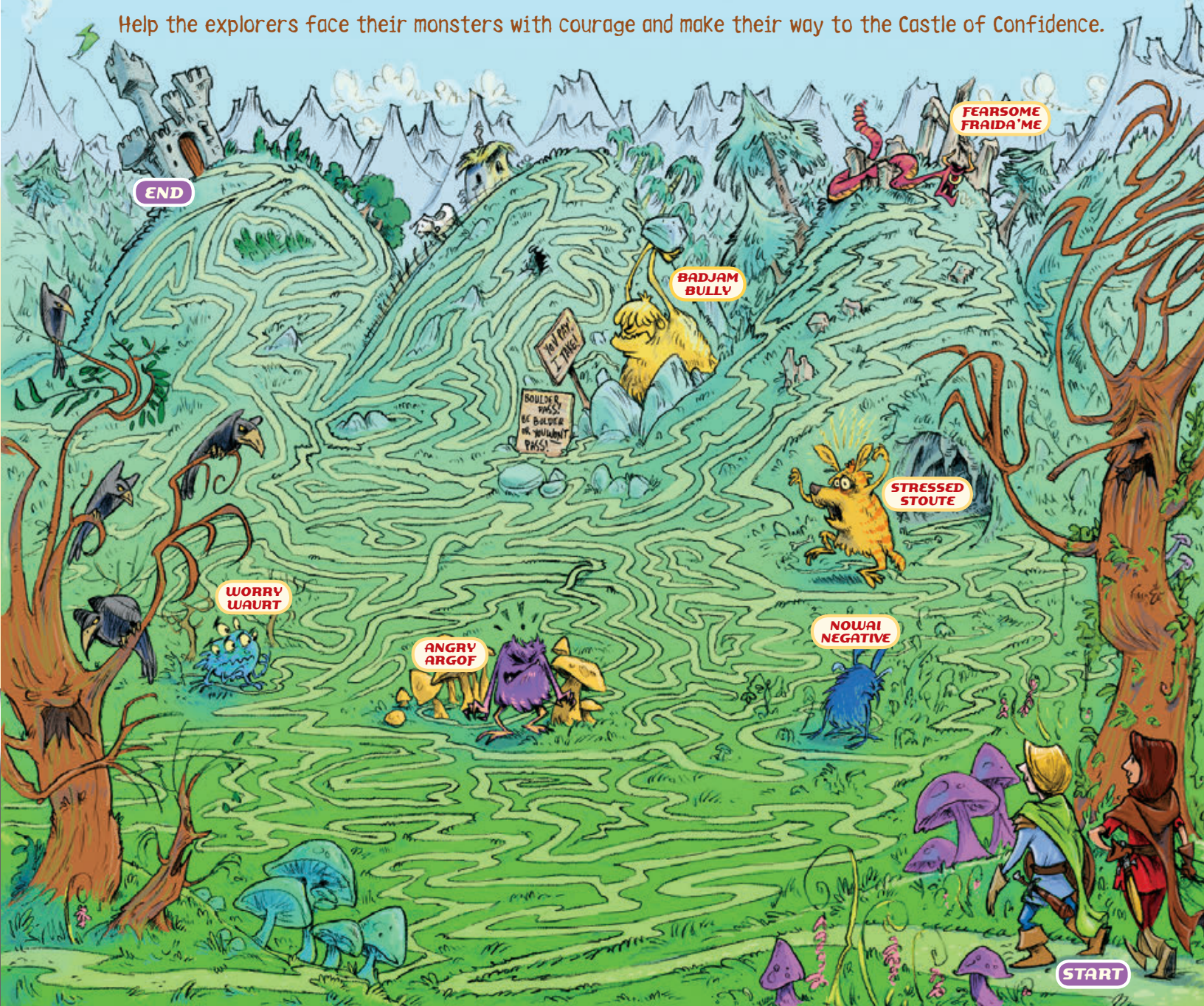
**W**hen you were younger, you may have thought there really were monsters under your bed or in your closet. Today, you may still imagine monsters lurking around—in your mind. Fear, worry, stress, confusion, and other emotions can be just as troubling as those fanged, scary creatures that kept you up at night. What do you do?

You *can* overcome the monsters and fears in your mind. Maybe you're starting a new school or you're upset with a friend. Maybe you're dealing

with bullies. When you're facing a problem, use your powerful mind to tame those monsters. Calm yourself with deep, slow breaths. Say prayers for strength. Make a list of actions you can take, and choose one to start.

You can make it through any forest of fear when you focus on the positive with confidence and patience. When you need help, talk to your friends and family members—even the bravest knights get support in a battle.

Help the explorers face their monsters with courage and make their way to the Castle of Confidence.





**"No two minds are alike,  
no two can comprehend alike,  
no two can speak alike."**

— 'Abdu'l-Bahá

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