

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

Brilliant Star

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VOL. 49 NO. 6

Limitless FORCE

CLIMB THE STEPS
TO SUCCESS

ARE YOU SMART
ABOUT SCREENS?



Brilliant Star

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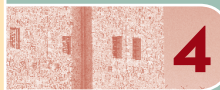
Brilliant Star empowers kids to explore their roles as world citizens. Inspired by the principles of peace and unity in the Bahá'í Faith, we encourage readers to use their virtues to make the world a better place.

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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Bahá'u'lláh's Life: Mission of Peace

His Most Holy Book encourages spiritual growth.



Nur's Nook

Make a cool wallet to stash your cash!



Riley's Rainforest

How does cleanliness lift your spirit?



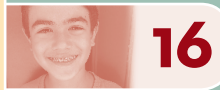
We Are One

Explore and care for the place we all call home.



Lightning and Luna: Episode #79

Professor Prowd declares war on goodness.



Radiant Stars

Get to know kids who shine, like you.



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Sharing her culture through art and education



Maya's Mysteries

Tips for staying calm when anger strikes



Shining Lamp: Robert S. Abbott

He defended African Americans' dignity and equality.



Cosmo's Corner

A crossword and more from our favorite chameleon



aMAZEing ADVENTURE

Navigate twists and turns on your career path.

NEW DESTINATIONS



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Focus on strengths instead of mistakes.



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Dive deep to see the bigger picture.



DEAR FRIENDS,

How would you love to make a difference in the world? You might want to design amazing buildings or help cure illnesses in people or animals. Maybe you dream of becoming an artist or performer, bringing joy and inspiration to others.

Whatever your plans, you can start acting on them now! The tips you learn when cooking with your family might one day help you open a bakery. Building robots after school could launch your career as an engineer.

In this issue, explore how the skills you develop today can help your spirit soar. See what's possible through the magic of self-control. Take off on an icy expedition, scaling new heights with perseverance. Make a wallet with Nur and get creative with money management. Quiz yourself on your screen-time smarts. And get to know Victoria Smalls, who shares African American culture and history in schools.

When we take time to strengthen our talents and abilities, we can use them to achieve our goals and brighten our communities.



LOVE, BRILLIANT STAR ☆



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STEP UP TO SUCCESS

“Small steps, if they are regular and rapid, add up to a great distance traveled.” —Bahá’í Writings

What’s a big goal you’d love to achieve? Maybe you want to be a team captain, do a service project, or make a video.

The most important first step is to write down your goal. Make sure the goal is clear and specific, so you’ll know when you complete it. For example, “Be a better runner” is too vague. Try “Finish a 5K race.” Instead of “Start a service project,” try “Assemble care packages of supplies for a shelter.”

Then break your goal into small, distinct steps. As you take the steps, you’ll run into discouraging bumps. Make a plan for climbing past them. You can talk to family and friends and ask for help. One study found that 76% of people who wrote down their goal and gave a friend regular progress updates either achieved their goal or were halfway there.

Each time you complete a step, celebrate. Have fun as you reach new heights and achieve your dreams.

In each flag, write a major goal and a date to reach it. On the steps, write actions or info that will help you achieve it.

GOAL:

DATE:

’S GOALS

GOAL:

DATE:

< Friend I can update on my progress >

< Club or group I can join >

< Websites, videos, or books to help >

< If I feel like giving up, I’ll do this instead >

< Skills and virtues I can develop >

< Something I can do today >

< How my goal can help others >

< Why I want to achieve my goal >

YOUR GIFTS TO GIVE

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

What things fill you with energy and make the hours fly by? You might love playing soccer, drawing comics, or doing science experiments. That enthusiasm points to your natural talents, which are gifts from God.

It can take time to become aware of these strengths. Then we need to develop them. We also have to keep our self-confidence in balance. How do you stop your self-esteem from turning into selfishness? If you're the best soccer player on your team, share your skills with teammates. If you're great at drawing, have fun teaching your siblings who want to learn.

We all bring valuable skills to the party of life. When we use them to the best of our ability and share them generously, it's the greatest gift we can give.

THESE PARTYING PRESENTS ARE CELEBRATING WITH STYLE.

COMPLETE WORDS THAT HELP US USE OUR SKILLS *WISELY*.

BUNTFUL BASKET 1

BALANCED BOX 2

CALIG CARTON 3

COYFUL JAR 4

COLEST MAILER 7

POOIN PACKAGE 8

GAEUL GIFT 5

EAUFU POUCH 6

TUUTOOTHY TOTE BAG 9

Bahá'u'lláh's Life: Mission of Peace

The Most Holy Book

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 Tihrán, Iran

1844

Recognizes the Báb as
a new Messenger of God

1852

Imprisonment in the
"Black Pit" of Tihrán

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), 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.

Dive deep into the ocean, and you'll find thousands of fish gliding along the salty currents. The water carries oxygen for their gills to breathe and nutrients to help their food grow. Fish and all sea creatures rely on their habitat for everything they need to thrive.

Bahá'u'lláh said that the laws of God are like the ocean, and we are like fish. Every Messenger of God brings new laws to guide and encourage us in our spiritual and moral growth. The teachings of Jesus are in the Bible. The Qur'án, the holy book of Islam, reveals teachings by the Prophet Muhammad. Bahá'ís follow the teachings revealed by Bahá'u'lláh, including those in the Kitáb-i-Aqdas, the Most Holy Book.

Bahá'u'lláh announced His station as a Messenger of God in 1863. Bahá'ís wrote to Him with questions about the laws of the Faith, but the time wasn't right for Him to share them.

In 1868, Bahá'u'lláh was banished to the prison-city of 'Akká, in what is now Israel. At first, He spent over two years confined to a prison cell. Then



In 'Akká, Bahá'u'lláh was confined to this prison
for over two years.



The sea wall of 'Akká, Israel, the site of Bahá'u'lláh's
final exile in 1868

Bahá'u'lláh and His family were moved and placed under house arrest. They lived in several homes in 'Akká before finally crowding into a small house. There, in 1873, five years after His arrival in 'Akká, Bahá'u'lláh revealed His laws in the Kitáb-i-Aqdas.

Bahá'u'lláh shares laws about prayer and the Bahá'í Fast, which starts at age 15. He gives us guidance about education, marriage, and family life. And He reveals laws that will keep the Bahá'í Faith united and establish a peaceful society. Shoghi Effendi, Bahá'u'lláh's great-grandson, called the Kitáb-i-Aqdas "unique and incomparable among the world's sacred Scriptures."

Bahá'u'lláh encouraged Bahá'ís to practice the Bahá'í laws with caution and wisdom. He said that the Kitáb-i-Aqdas is not "a mere code of laws." It is the Mother Book of the Faith. Its laws are "the breath of life unto all created things." They are "the highest means for the maintenance of order in the world and the security of its peoples."

“My commandments are the lamps of My loving providence among My servants,
and the keys of My mercy for My creatures.” —Bahá’u’lláh

The Kitáb-i-Aqdas encourages us with these laws for healthy, happy lives. Use the key to decode them.

- 1 _e _ _ ie _ _s _ it _ people o _ all _ait _s.
- 2 _e _i _ _ to a _i _als.
- 3 P _ay eve _y _o _i _ _ a _d _i _t.
- 4 C _oose a jo _ _ a c _a _t o _ t _a _e _ to _ocus o _.
- 5 _o _i _ _ is a spi _itual act — it’s t _e sa _e as _o _s _ip.
- 6 _o _’t use alco _ol o _ ille _al _ _u _s.
- 7 _o _’t _ac _ _ite o _ _ossip.
- 8 _et you _ pa _e _ts’ co _se _t _e _o _e you _a _ _y.



Dollars & Sense: Make a Duct Tape Wallet

"The pleasure and peace . . . of an individual have never consisted in his personal wealth, but rather in his excellent character . . ." —'Abdu'l-Bahá

Ads and commercials make it seem like we need specific products in order to be happy. But before you buy, think about if it's a **need** or a **want**. Needs, such as nutritious food and basic clothes, help you live a healthy life. Wants are things you'd *like* to have that aren't really necessary—like candy, designer shoes, or a new electronic gadget.

Take care of your needs first, then think about the

things you want. Is the item worth its price? Is the quality good? Is there something else you'd enjoy a lot longer?

If you decide to buy, compare prices from different sellers. Can you get the same thing for less, but without the brand name? Can you get it used? Can you borrow the item?

When you practice the art of managing money, it's easier to make wise spending decisions. Get started with this amazing homemade wallet.



You'll Need

- 2" (5.1 cm) wide rolls of duct tape in two colors or patterns
- ruler
- scissors
- 8 ½" x 11" (21.6 x 27.9 cm) sheet of paper
- pen

- 1 Cut duct tape into four 9" x 2" (22.9 x 5.1 cm) strips, and lay them sticky sides up. Overlap long edges ¼" (.6 cm) to combine strips into one sheet. Repeat step with other tape color.

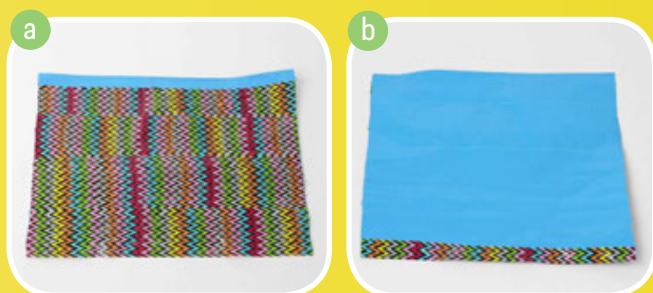


- 2 Stick sheets of duct tape together so top sheet is ½" (1.3 cm) below upper edge of bottom sheet.

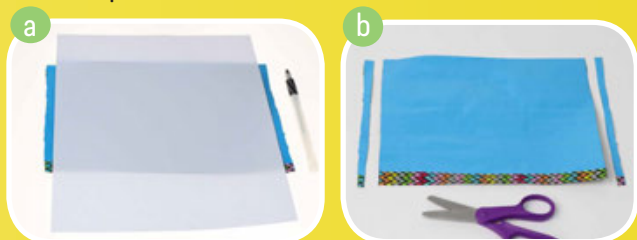




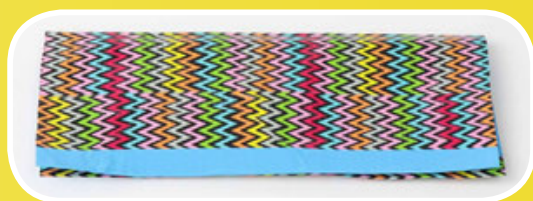
- 3 a) Fold upper edge of bottom sheet down along upper edge of top sheet. b) Flip over and fold lower edge of bottom sheet up along lower edge of top sheet.



- 4 a) Center paper on sheet of tape. On tape, trace along paper's edges with pen. b) Cut on lines so tape sheet is $8\frac{1}{2}$ " (21.6 cm).



- 5 Fold wallet in half so long edges touch.



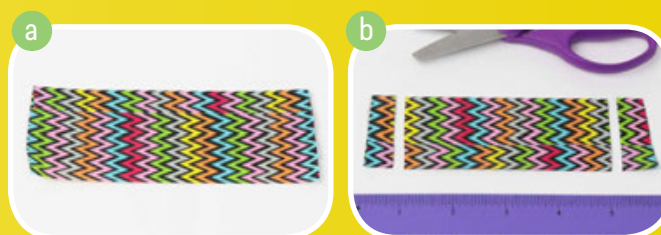
- 6 Cut $3\frac{1}{2}$ " (8.9 cm) strip of tape. Cut in half lengthwise, so strips are 1" (2.5 cm) wide. Fold a strip along each side to secure wallet. Trim excess tape.



- 7 For pocket, cut two 5" (12.7 cm) strips of tape and put sticky sides together so top sheet is $\frac{1}{2}$ " (1.3 cm) below upper edge of bottom sheet.



- 8 a) Fold edges as in Step 3. b) Trim sides so pocket is 4" (10.2 cm) wide.



- 9 Place pocket at bottom and side edges of wallet. Use $\frac{1}{2}$ " (1.3 cm) wide tape to secure pocket's interior edge. Use 1" (2.5 cm) wide tape strips to fold over and secure pocket's side and bottom edges. Trim excess tape.



- 10 Fold wallet in half and finish outlining wallet's edges with tape.



RILEY'S RAINFOREST



"Send down ... from the clouds of Thy mercy the rains of Thy healing..."

—Bahá'u'lláh

Explore & Soar: Are You Wise About Washing?

1. Soap is a modern invention.
TRUE / FALSE

2. Washing hands with soap and water to get rid of germs can reduce the spread of colds and flu by up to 20%.
TRUE / FALSE

3. Antibacterial soap works better than regular soap.
TRUE / FALSE

4. Hot water works best for hand washing.
TRUE / FALSE

5. In the past, doctors didn't always wash hands before treating patients.
TRUE / FALSE

6. Experts recommend scrubbing your hands with soap for at least 20 seconds when you wash.
TRUE / FALSE

7. In one study of over 3,500 people, the average hand-washing time was 10 seconds.
TRUE / FALSE



Clean Is Cool

Did you know that staying clean isn't just about looking good? It actually boosts your spiritual and physical health.

From doorknobs to your family pet, your hands pick up germs from everything you touch. Your skin is like a magic shield that stops germs from entering your body. But they can still get in and make you sick if you touch your eyes, nose, or mouth. Washing your hands thoroughly with soap is one of the best ways to avoid getting sick from germs and bacteria and reduce the spread of colds and flu.

Being active is great for your health, but it also gives your *two to four million* sweat glands a workout. Sweat attracts bacteria that create unpleasant odors. It also mixes with

dirt and oil on your scalp, making hair look greasy. Showering regularly washes away the smells and dirt that build up, so you feel fresh.

Cleanliness around you is important, too. A cluttered, messy space leads to stress and distraction. A tidy room helps you focus. People also report sleeping better when they have clean sheets and make their beds each day.

Staying clean keeps you looking and feeling your best. The Bahá'í writings say that being clean has "a powerful influence on the life of the spirit" and is "pleasing . . . in the sight of God." So take the time to care for your body and your home, and see what a little extra cleanliness can do for you.



Curiosity Canopy



Did you know? The ancient Greeks were the first to have modern showers. Water was pumped through aqueducts into a series of pipes that led to public bathhouses. Before that, if someone wanted a shower, they walked to the nearest waterfall!



Magic of ELF-CONTROL

If you're hungry and see a plate of your favorite cookies, you have to keep yourself from grabbing a big handful and stuffing them in your mouth. You can, because you've got the magic of self-control.

You use your wondrous power of self-control all the time. You make healthy choices. You can handle responsibility. When it's time to study for a test or do

chores, you work to get things done. You keep track of your stuff instead of losing it. You respect others.

When your family and friends can count on you, and you can count on them, your community can do magical things. Whether you're having celebrations or doing service projects together, being reliable makes life magnificent.

Some of these elves practice great self-control.
Find words to complete their tips for success.

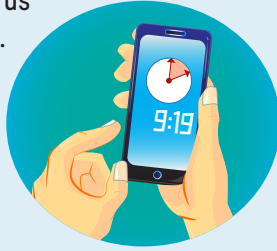
1. Use a to-do list and a ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ to plan your activities and be aware of due dates.
2. Estimate how long each task will take, so you have enough ☐ ☐ ☐ ☐ to finish.
3. Break a big project into a list of smaller ☐ ☐ ☐ ☐ ☐ ☐.
4. Make a routine, so getting ready becomes a ☐ ☐ ☐ ☐ ☐ ☐.
5. When doing your homework, put phones and screens away and stay ☐ ☐ ☐ ☐ ☐ ☐ in a quiet place.
6. Each night, ☐ ☐ ☐ ☐ ☐ ☐ your stuff for the next day, so mornings aren't rushed.
7. Do the hard things when you have more ☐ ☐ ☐ ☐ ☐ ☐.
8. Talk to your family, friends, and teachers when you need encouragement or ☐ ☐ ☐ ☐.
9. If you make a mistake, admit it. Then ☐ ☐ ☐ ☐ ☐ about what you learned from it.
10. Take good ☐ ☐ ☐ ☐ of yourself by getting enough sleep, eating healthy food, and having fun outside.



Are You Smart about Screens?

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

Computers, tablets, and smartphones give us amazing access to facts, fun, and friends. But too much screen time can backfire. It can mess with your goals, schoolwork, and friendships. Using devices or social media too much can impact your emotions, too. You might compare yourself with others or feel sad because



you think you’re missing out on something fun.

More than half of teens in one study said they spend too much time on their phones and have tried to cut back. Think about how to use your screens with moderation. Experiment with putting away the screens and doing things that involve face-to-face fun!

Do you use screens wisely?

Circle your answers, then add up your points.



1. If I’m playing games on a screen and friends ask me to go out and play, I go.
Often = 3 • Sometimes = 2 • Rarely = 1

2. I do my homework without getting distracted by online activities or games.
Often = 3 • Sometimes = 2 • Rarely = 1

3. If I’m online and I see something in the news that worries me, I talk to my parents.
Often = 3 • Sometimes = 2 • Rarely = 1

4. I speak up if friends or family are ignoring me because they’re focused on screens.
Often = 3 • Sometimes = 2 • Rarely = 1

5. I put away electronic devices at least an hour before bedtime.
Often = 3 • Sometimes = 2 • Rarely = 1

6. I balance screen time with other activities, such as hobbies or sports.
Often = 3 • Sometimes = 2 • Rarely = 1

7. I put away electronic devices for meals and family time.
Often = 3 • Sometimes = 2 • Rarely = 1

8. I talk to my parents if I see bullying or threats online.
Often = 3 • Sometimes = 2 • Rarely = 1

9. I can be happy even when I don’t have access to screens.
Often = 3 • Sometimes = 2 • Rarely = 1

10. I stick to our family’s rules about screen time limits.
Often = 3 • Sometimes = 2 • Rarely = 1

11. I ask my parents before I share any personal information online.
Often = 3 • Sometimes = 2 • Rarely = 1

12. When I’m with friends, we talk or hang out instead of using screens.
Often = 3 • Sometimes = 2 • Rarely = 1



MY SCORE

36–28 POINTS You practice wisdom and self-discipline in how you use electronic devices. Keep it up!

27–20 POINTS You’re learning self-control about screen use. Try a tip from the quiz to boost your savvy.

19–12 POINTS You may be overdoing screen time. Choose a few tips from the quiz to find a balance.

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

STAY COOL

Over 80% of wildfires are caused by people. Talk to an adult and make sure it's safe before starting a campfire or cooking.

WOW, REALLY?

Each year, the area of tropical forest destroyed equals 15 million American football fields (30,900 sq. miles or 80,000 sq. km)!

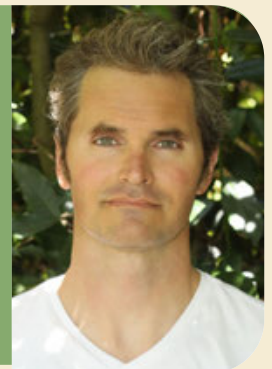
OUR CONNECTIONS

How does your smartphone know where you are? It talks to things in outer space! The U.S. Navstar system gives us Global

Positioning System (GPS) data using 24 main satellites. They orbit 12,550 miles (20,200 km) above us. Your phone communicates with four satellites to calculate your location. GPS is used for airplane navigation, driverless cars, tracking migrating animals, shark warnings, and more!

PROTECTING OUR PLANET

Rhett Butler, a conservation journalist from California, founded Mongabay.com, an award-winning environmental news website, and kids.mongabay.com. Rhett's passion for Earth takes him around the globe. He says, "We no longer have the excuse of saying we don't know what's happening to the world's rainforests, oceans, and wildlife . . ."



WHERE IN THE WORLD?



Mont Blanc (White Mountain) is the highest mountain in Western Europe at 15,781 ft (4,810 m). Glaciers stretch along its slopes, but they're shrinking rapidly due to climate change. *Unscramble the letters to find the two countries it's in:*

ECRNAF & YLATI &

AMAZING ANIMALS



Pumas, found from Canada to Argentina, are also known as cougars or panthers. They're the second largest cats in the Americas, after jaguars. They're powerful jumpers and fast runners with sharp eyesight. *Fill in the blanks to find another name for them:*

M U TAI IO S

The Life of the Báb

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

1819 October 20

Birth of the Báb in Shíráz, Iran

1842 August

Marries Khadíjih Bagum

1843

Birth of their son, Ahmad, who soon dies

1844 May 23

Declares Divine Mission as Prophet-Founder of the Bábí Faith

1844 December

Announces His station while on pilgrimage in Mecca, Saudi Arabia

1847 July

Imprisonment in the fortress of Máh-Kú (The Open Mountain)

1848 April 10

Transfer to the fortress of Chihriq (The Grievous Mountain)

1848 July

Declares His mission to leaders in Tabriz, Iran, and is punished with the bastinado

1850 July 9

The Báb is martyred in Tabriz, Iran.

If you want to get a message to a friend, you can easily text, call, or video chat. But sharing news wasn't always so simple.

In Iran during the early 1800s, there was no electricity. It hadn't been invented yet. People delivered letters on foot or by horse. And you were lucky if you even knew *how* to write a letter! Many people lived in poverty and couldn't afford to go to school. Girls and women usually weren't taught how to read and write.

Into this culture, a remarkable child was born on October 20, 1819, in Shíráz. His mother, Fátimih, and His father, Muhammad-Ridá, were descendants of the Prophet Muhammad. They named Him 'Alí-Muhammad, but He later took the name "the Báb," which means "the Gate" in Arabic.

Serene and gentle, even as a baby, the Báb became known for His courteous and sweet character as He grew. His father died when He was young, and His uncle, Hájí Mírzá Siyyid 'Alí, loved and raised Him like his own son. When the Báb went to school, He showed such extraordinary knowledge that His teacher took Him home and told His uncle, "He, verily, stands in no need of teachers such as I."

The Báb's uncle sent Him back to school, telling Him to be silent and listen to His teacher. Still, He continued to reveal amazing wisdom. Even as a child, He was spiritual. On Fridays, when He joined His class on trips to the city's gardens, instead of playing, He would often find a quiet, shady spot to pray and meditate.



The Qur'án Gate is a famous monument in Shíráz. In a prayer, the Báb said that here He experienced "the evidences of Thy boundless grace."

At 15, the Báb began work as a merchant in His uncle's business. Many people admired His humility and truthfulness. He moved to Búshíhr to manage the business there, and His reputation for integrity and devotion grew. He gave large sums of money to charity to help others in need. Even in the burning summer heat, He spent hours every Friday praying and meditating on the roof of His house.

The Báb was about 23 when He married Khadíjih-Bagum, whom He had known since childhood. She said, "No words can ever convey my wonderful feeling of good fortune."

In 1844, when He was 25 years old, the Báb declared His mission as a Messenger of God. He prepared the world for another Messenger Who would soon appear—Bahá'u'lláh. The Báb spent the next six years, the last of His brief life, sharing His teachings and inspiring many thousands, like the dawning light of a new day.

Prayerful Paths

Have you ever faced a tough decision and struggled with what to do? Maybe you had an argument with a friend and you didn't know how to resolve it. Or you landed a role in the school play, only to discover that rehearsals conflicted with band practice.

Life is a journey that's full of decisions, and the best path

isn't always clear. Investigate lots of options. You can talk with family and friends and write about your feelings in a journal.

Prayer can also help. When we pray about a decision, we connect our hearts to God and ask for guidance. It may take time, but a new idea or a peaceful feeling may be signs that you're going in a positive direction.

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



O Thou Lord of wondrous grace!

Bestow upon us new blessings. Give to us the freshness of the spring. We are saplings which have been planted by the fingers of Thy **bounty** and have been formed out of the water and clay of Thy tender affection. We thirst for the living waters of Thy favors and are dependent upon the **outpourings** of the clouds of Thy generosity. Abandon not to itself this grove wherein our hopes **aspire**, nor withhold therefrom the showers of Thy loving-kindness. Grant that from the clouds of Thy mercy may fall **copious** rain so that the trees of our lives may bring forth fruit and we may **attain** the most **cherished** desire of our hearts. —'Abdu'l-Bahá

- | | |
|----------------|---------------------------------------|
| 1. Bestow | A. Generosity |
| 2. Bounty | B. Abundant, more than enough |
| 3. Outpourings | C. Try to reach a lofty goal, strive |
| 4. Aspire | D. To reach or accomplish |
| 5. Copious | E. Loved, held close, dear |
| 6. Attain | F. Something that streams out rapidly |
| 7. Cherished | G. Give a gift |

DRAW A LINE FROM EACH WORD TO ITS DEFINITION.

THEN WRITE YOUR ANSWERS TO THE QUESTIONS.

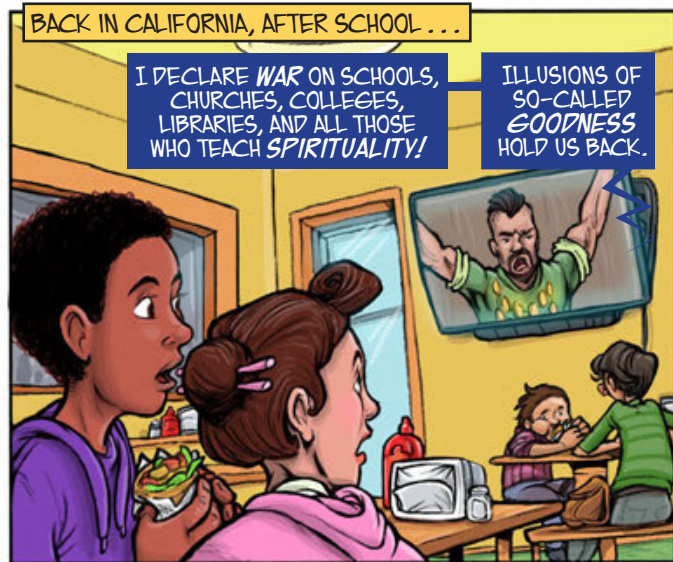
What is a "most cherished desire" of your heart? _____

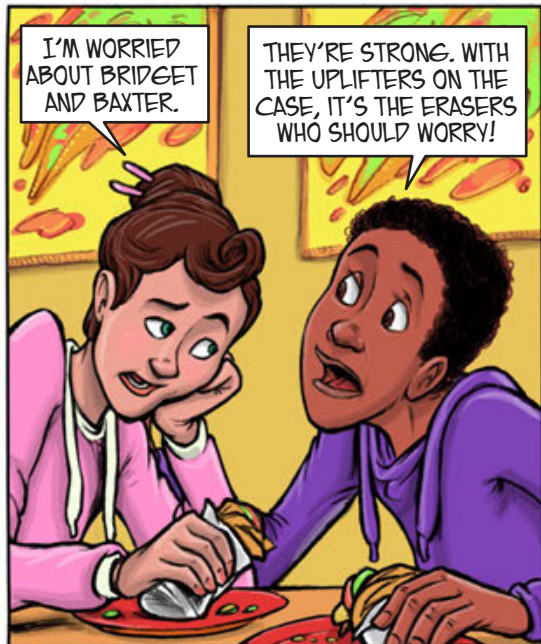
What are some blessings that you're thankful for? _____





IN PROFESSOR PROWD'S LAIR ...





I'M WORRIED ABOUT BRIDGET AND BAXTER.

THEY'RE STRONG. WITH THE UPLIFTERS ON THE CASE, IT'S THE ERASERS WHO SHOULD WORRY!



OH, NO. WHICH WAY?



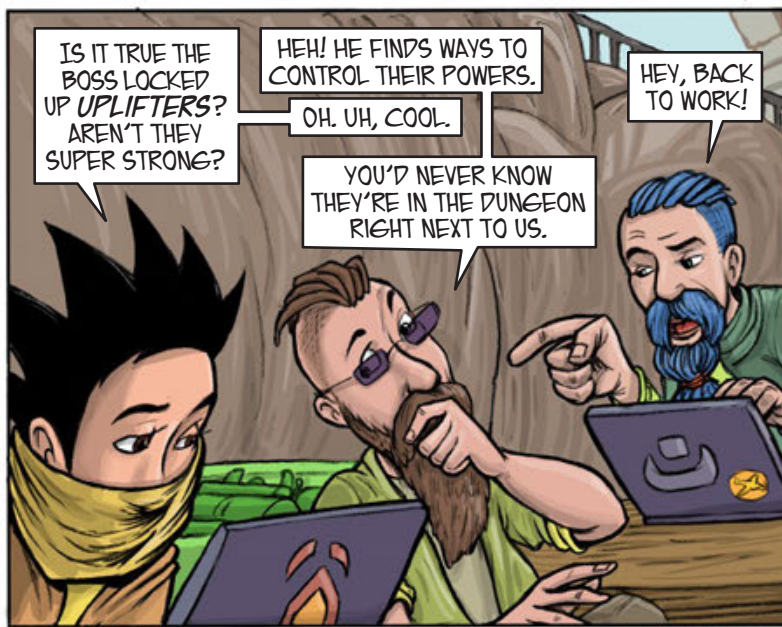
UGH, I CAN'T...



WHAT'S THIS... WAIT... LIGHTNING, YOU'RE BRILLIANT!



HE'LL WANT UPLIFTER TUNNEL MAPS FROM THE POP. I HAVE TO ERASE THEM. THEN WHAT?



IS IT TRUE THE BOSS LOCKED UP UPLIFTERS? AREN'T THEY SUPER STRONG?

HEH! HE FINDS WAYS TO CONTROL THEIR POWERS.

OH. UH, COOL.

YOU'D NEVER KNOW THEY'RE IN THE DUNGEON RIGHT NEXT TO US.

HEY, BACK TO WORK!



CAN'T BREATHE. CAN'T GO ANY FAR-



WHO'S THERE?



I'M AN UPLIFTER. LET ME HELP YOU.

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?

Adib J.

Age: **10**

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

I want to be: **Basketball player**

Virtue I admire most: **Kindness**

Hobbies or sports: **Art, basketball, soccer, play[ing] games**

Favorite Bahá'í activities: **Children's classes**

A new skill I'd love to learn: **I would love to run very fast, because you never know when it will help.**



I like to help people by: **Being friendly**

A hero or role model: **My sister**

Place I'd love to visit: **Machu Picchu [in Peru]**

Important skills for a happy, healthy life: **Exercising, eating well**

A meal I'd love to know how to cook: **Kebab**

When I feel sad or worried, I: **Draw or think of sports**

My favorite way to help my family: **I like to do chores like the dishes, bring the groceries from our car into the house, and fold laundry.**

Qualities I look for in a good friend: **I look for a friend who is funny and kind.**

Katrina O.

Age: **14**

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

I want to be: **An artist**

This career interests me because:

I really like making things and drawing.

Virtue I admire most: **Empathy ...**

Hobbies or sports: **Eating and swimming and sometimes basketball**

Favorite Bahá'í activities: **Singing Bahá'í songs together, studying Bahá'í history**

A big challenge I faced: **Moving to the U.S. [from China] and getting used to the culture. I handled it by doing lots of shopping and being around people ...**



A hero or role model: **My parents**

A new skill I'd love to learn: **How to dance really well, because it would be fun**

Important skills for a happy, healthy life:

Practice the virtues and have good communication and organization skills

Qualities I look for in a good friend:

Someone I can laugh with and have a good time and be myself with. We should be able to trust each other ...



Bahia E.

Age: **11**

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

I want to be: **A biologist or zoologist**

This career interests me because:

I can study animals ... learn more about them and help them ...

Virtue I admire most: **Willpower and when people keep working to achieve inner beauty**

A hero or role model: **[Snowboarding champion] Chloe Kim**

Favorite Bahá'í activities: **Children's classes, holy days, 19-day Feast ... and prayer time or devotionals***

I like to help people by: **Trying to be a good influence to them ... I also like to follow the Golden Rule and treat others with respect and dignity.**

A meal I'd love to know how to cook:

Spicy chicken ramen, Indian dorcas, and spicy lamb curry ...

A new skill I'd love to learn: **Karate ... I want to know how to defend myself, and also it sounds a little fun.**

When I feel sad or worried, I: **Take a deep breath, count to 10 in my head, and say positive things to myself**

Photo of Bahia by Nancy Wong

* Feast is a Bahá'í community gathering with prayers, consultation, and fellowship. Devotionals are gatherings for sharing prayers, holy writings, and music.

Oisín P. M.

Age: 10

I live in: **Wicklow, Ireland**

I want to be: **An actor**

This career interests me because:

I love drama and telling stories.

Hobbies or sports:

Playing ukulele and violin, video games, and making films

Favorite Bahá'í activities:

19-day Feasts and Ayyám-i-Há*

Place I'd love to visit:

The Holy Land in Haifa, Israel

A new skill I'd love to learn:

How to play the guitar, because I love the sound and it's a very well-known instrument

Hero or role model:

'Abdu'l-Bahá

Important skills for a happy, healthy life:
Self-control, conscientiousness, consultation, and cooking

When I feel sad or worried, I:
Try to be patient with myself

Skills I try to bring to a group project:

Patience, enthusiasm, creativity, and ... fun

My favorite way to help my family:

Shopping for the house



Destiney B.

Age: 10

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

I want to be: **A cop**

This career interests me because:

I want to fight crime and make the world a better place.

Virtue I admire most:

Kindness

Favorite Bahá'í activities:

Helping the children's class

I like to help people by:

Helping them learn from their mistakes

A hero or role model:

My grandpa

A big challenge I faced:

[Getting along with] my sister. I handle it by just [putting myself] in her shoes.

A new skill I'd love to learn:

To sew, [so] if I rip something, I [would] know how to sew it.

When I feel sad or worried, I:

Tell my mom, and she helps me go past it.

Skills I try to bring to a group project:

[I] listen to everybody's ideas and work it out.

My favorite way to help my family:

Always listening to them



"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

Shayda A.

Age: 13

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

I want to be: **Orthodontist**

This career interests me because:

I am on my second set of braces, and I feel that my experiences will help me be ... empathetic ...

Virtue I admire most:

Humility

Hobbies or sports:

Ballet and piano. I have trained in ballet since I was three. Last year, I danced the main role of Clara in *The Nutcracker* ... I also love playing piano ...

A meal I'd love to know how to cook:

Tiropita with tzatziki [Greek cheese pies with yogurt-cucumber sauce]. My maternal grandparents live in Greece ...

Favorite Bahá'í activities:

Feast and Sunday classes

Important skills for a happy, healthy life:

Self-discipline, patience, and forgiveness

A big challenge I faced:

Being judged by my classmates at ... ballet. I am hyperflexible, so it takes longer ... to build strength. I had to wait for another six months after my friends to get on pointe (ballet shoes). I handled this by focusing on my strong points ...

When I feel sad or worried, I:

Listen to music and draw



How to be a Radiant Star:

1. If you're age 7-14, go to www.brilliantstarmagazine.org. From the top menu, choose "Discover." Then click "Become a Radiant Star or Trailblazer," and fill out the form. Or e-mail us at brilliant@usbnc.org. Include your name, age, birth date, mailing address, and phone number.
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 form, 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).

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

Layli G.

Age: **11**

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

I want to be: **A marine biologist**

This career interests me because: **I love the ocean and want to take care of it.**

Favorite Bahá'í activities: **[Unit] Convention* and Ayyám-i-Há**

Place I'd love to visit: **Chincoteague Island, Virginia**

Important skills for a happy, healthy life: **Saying prayers, sharing, and being kind**

A big challenge I faced: **When I got injured, I stayed calm by holding things that comforted me.**

A hero or role model: **My mom**

When I feel sad or worried, I: **Hug my mom, say prayers**

Skills I try to bring to a group project: **Helpfulness and communication**

My favorite way to help my family: **Taking my dog for a walk**

Qualities I look for in a good friend: **They make me laugh, and I can be myself . . .**



Bera A.

Age: **10**

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

I want to be: **Professional soccer player**

This career interests me because: **I just love the sport, and I love running.**

Virtue I admire most: **Bravery**

Favorite Bahá'í activities: **Art projects at children's class**

Place I'd love to visit: **Africa! Mostly because my mom grew up there.**

I like to help people by: **Making them feel important**

My favorite way to help my family: **Do chores for them**



Important skills for a happy, healthy life: **Eat healthy, exercise, and study a ton**

A big challenge I faced: **When I was away from my family, my sister's eye got cut with a knife. I prayed.**

When I feel sad or worried, I: **Spend a lot of time in my room with a prayer book.**

Qualities I look for in a good friend: **Someone that doesn't make fun of others**

Kamil S.

Age: **9**

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

I want to be: **A cryptozoologist [studies creatures that are rumored to exist]**

This career interests me because: **You can teach and explore different parts of the world**

Favorite Bahá'í activities: **[Grand Canyon Bahá'í Conference in] Arizona**

A new skill I'd love to learn: **How to do a backflip . . .**

Virtue I admire most: **Honesty**

A hero or role model: **My dad**

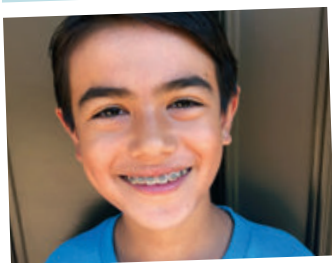
A big challenge I faced: **[On] the first day of school, I was nervous, and I walked up to someone. They said hi, and we became best friends.**

When I feel sad or worried, I: **Stop everything . . . and tell myself to calm down**

Skills I try to bring to a group project: **Be nice to everybody**

My favorite way to help my family: **Cleaning the house**

Qualities I look for in a good friend: **Kindness and truthfulness**



Elsie D.

Age: **9**

I live in: **New York, U.S.**

I want to be: **An author**

This career interests me because: **I like to create new worlds and characters.**

Virtue I admire most: **Justice**

Hobbies or sports: **Horseback riding, swimming**

Favorite Bahá'í activities: **Celebrating holy days**

A hero or role model: **Elsie Austin [a Bahá'í]****

When I feel sad or worried, I: **Take deep breaths and drink a cup of water**

A meal I'd love to know how to cook: **Pasta carbonara, because it is one of my favorite dishes!**



A new skill I'd love to learn: **To dance like the older girls on pointe**

Important skills for a happy, healthy life: **Eating good food, saying prayers, and practic[ing] virtues and qualities**

A big challenge I faced: **I stood up for my friend when he was bullied.**

My favorite way to help my family: **Doing what I'm told to, and setting the table . . .**

Qualities I look for in a good friend: **Hope, encouragement, and truthfulness**

RHYTHM OF THE ROOSTERS

"I give praise to Thee, O my God, that Thou hast awakened me out of my sleep . . ." —Bahá'u'lláh—

Ko-ko-ru-kooo! If you've ever lived near roosters, you've heard their loud crowing at dawn. They're claiming their territory early in the day. Plants, animals, and humans have a built-in biological clock called a **circadian rhythm**. It cycles about every 24 hours. It tells flowers to open, roosters to crow, and people to wake up.

If you have trouble getting up in the morning, you may need

to reset your built-in clock. First, make sure you're getting enough sleep. Most kids need 9–12 hours. When your alarm goes off in the morning, don't hit the snooze button. Just put your feet on the floor and stand up. Open the curtains for natural light, or turn on a light. Say a prayer. Then play your favorite music during your morning routine. Soon you'll be wide awake and just as ready for the day as the roosters!

It's time to get up at the farm. Find 19 roosters (not hens) in this morning scene.

HOW DO CHICKENS
WAKE UP IN THE
MORNING?

WITH AN
ALARM
CLUCK!





ASK A SPACE SCIENTIST

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

How was our galaxy formed in a spiral shape? —Hugo, age 9

Hi, Hugo,

Scientists don't fully know how the Milky Way galaxy was formed. But they know a lot about its structure from years of study. It has a disk shape with a bulging center and spiral arms. The bulging center contains the oldest stars in the galaxy. These stars were formed because gravity collapsed clouds of gas in the early universe. The spiral arms which orbit the center of the galaxy have younger stars. Our Sun is one of these younger stars.

But the origin of the spiral arms is less certain. They could be from smaller galaxies that merged with the Milky Way. They might be from near collisions with other galaxies. Scientists now use computers to better understand how galaxies form. Computers can simulate the universe evolving, from soon after the Big Bang until the present day. Spiral galaxies develop in these simulations over billions of years, through gravity and collisions. —Steve



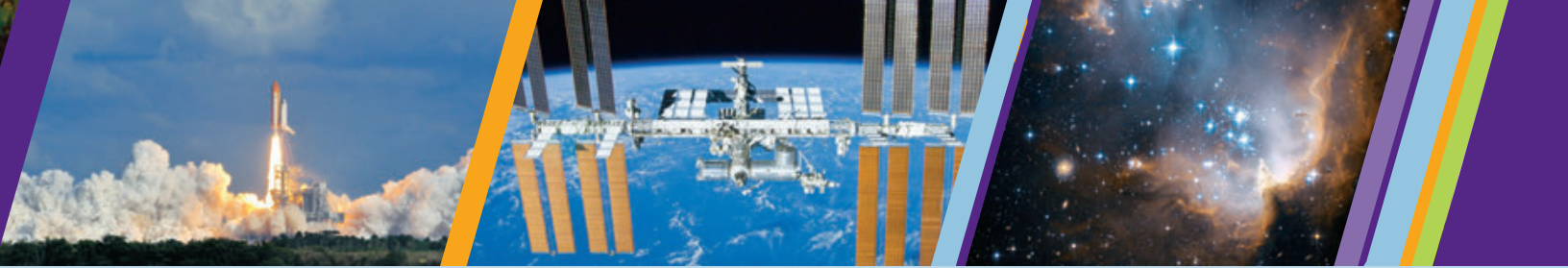
Artist's concept of our Milky Way galaxy, which has two major spiral arms extending from the ends of a central bar of stars. Between them are minor arms.

BACK IN TIME

In 1983, aboard the space shuttle *Challenger*, Guy Bluford became the first African American to fly in space. What did he do during the launch?

- A) Practiced magic tricks
- B) Counted backward from 1,000
- C) Laughed and giggled with glee
- D) Sang the U.S. national anthem





Do the astronauts ever get scared to go to space?

– Christopher, age 14

Hi, Christopher,
Not really! In my case, I trained so much for each of my flights that I was extremely well prepared. I felt I was ready to handle anything! My confidence was soaring! But I will admit that I get scared when I watch a launch. This is probably because when I watch a launch I am not doing anything, just watching. When you are inside the rocket, an astronaut is very busy running checklists, moving switches, checking systems, and making radio calls. It helps to be busy!

One way to ease potential fears is to work together as a group. This is something astronauts must do to successfully complete a mission. We support each other and provide each other with a source of strength. As the mission commander, I want my crew to be 100% prepared for the launch. I want them to be focused on their duties, not worried about the launch. Therefore, I assure them of my confidence in them, as well as my confidence that our spacecraft was prepared by the best engineers and technicians in the world! –Eileen



Space shuttle *Discovery*, commanded by Eileen Collins (the first female shuttle commander) in 2005



STEVE SCOTTI is Brilliant Star's STEM Education Advisor and a research engineer at NASA Langley Research Center in Virginia, U.S. He works to develop lighter, stronger materials and structures for aircraft and spacecraft. Watching the first astronaut launched into space inspired his interest in space exploration, and he enjoys sharing his enthusiasm about science and space with kids.



EILEEN COLLINS is a retired Air Force officer, pilot, test pilot, and astronaut. She flew in space four times, including the first mission to rendezvous with the Russian space station Mir (1995), the sixth docking flight with Mir (1997), the deployment of the Chandra X-Ray Observatory (1999), and the "Return to Flight" mission, which tested tools and techniques to keep the shuttle safely flying (2005). She is currently a consultant in the aerospace industry.

COSMIC QUIZ

Which planet is the hottest in our solar system? Its surface reaches 880°F (470°C), which would melt lead.

- | | |
|------------|------------|
| A) Mercury | C) Zilizag |
| B) Venus | D) Jupiter |



Victoria Smalls



Have you ever felt like an outsider, even among people who seem similar? Victoria Smalls grew up on St. Helena Island, South Carolina, in the Gullah Geechee culture. Gullah people are descendants of Central and West Africans who were enslaved in the southern U.S. Their language combines African languages and English. When Victoria visited the nearest city seven miles away, she was "devastated" when people laughed at her way of speaking.

Victoria stayed strong. She became equally fluent in formal English and Gullah and earned a master's degree in education. While teaching, she began to express her Gullah heritage through her own paintings. In 2012, she went to work at Penn Center, an organization focused on Gullah culture.

She now combines her passions in her work for the Zinn Education Project, visiting South Carolina schools to share African American history. Victoria lives on St. Helena Island with her daughter, Layla.

Q: What's your favorite childhood memory?

A: People coming to visit . . . our farm . . . it was a great place for Bahá'ís who were traveling to come and stay or camp . . . My fondest . . . memory growing up is being surrounded . . . by Bahá'ís from everywhere.

Q: Your parents had the first interracial marriage on St. Helena Island. Did they face racism?

A: In the Bahá'í Faith, you [need] permission to get married . . . My mother's . . . parents . . . refused [at first, but] finally . . . granted her permission after two years of her asking. Some of her siblings disowned her . . . [My parents] couldn't get married in South Carolina. It was against the law . . . They [got] married in Michigan . . .



Left: On their farm on St. Helena Island, Victoria (age 13) helped her family raise most of their own food.

Right: At 17, Victoria (no. 55) was a star varsity player on her high school basketball team.

Q: What was your most challenging experience when you were a kid, and how did you handle it?

A: I was . . . about 14 . . . and on St. Helena Island, at that time . . . it was about 95–98% African-American Gullah people . . . Even though my father is black and my mother is white . . . we never really faced any racism at all on the island . . . [But] I remember going into Beaufort [seven miles inland] . . . and I spoke . . . in my Gullah accent, and someone laughed at me . . . I soon realized, oh, they are laughing at the way that I talk, and it hurt me so much . . . Being an African American . . . person on St. Helena Island is different from the experience just seven miles on the mainland . . . And the little Gullah girl wanted to come out so badly that I would stutter . . .

Questions and

Answers with an

Inspirational Bahá'í



Victoria encourages her kids to appreciate their culture. Left to right are Christopher, Layla, Julian, and Victoria in South Carolina in 2014.



In her former job as Director of History, Art and Culture at Penn Center, Victoria examined art depicting Penn officials meeting with educator Booker T. Washington and others around the early 1900s.

Q: How does the Bahá'í Faith influence you in your work?

A: There's not a time that I don't talk about the Faith when I'm doing a presentation . . . When I'm talking about . . . anything regarding the Gullah culture . . . I'm always bringing in the Faith somehow . . . It's just who I am . . . Penn Center [was] . . . one of two sites in the South where whites and blacks could come together during segregation . . . I talk about Bahá'í . . . schools [held there] . . . That's where my parents met . . .

Q: What advice do you have for kids who want to be artists?

A: Create something every day. It doesn't matter if it's a stick figure, if you're cutting out images [from] a magazine and . . . making a collage, writing something . . . Do something every day to help spark that, and don't keep it to yourself. Share it with someone.

Q: What is something you find interesting about Gullah Geechee culture?

A: Gullah Geechee people are the people that have most of their Africanisms still intact. They have much of their African culture . . . being passed on from generation to generation . . . So I feel like I'm one of those culture keepers to help keep the culture alive, because there are people that are still living the Gullah ways . . .

Q: Why are you passionate about this culture?

A: When I was working at Penn Center, I realized so many people . . . [had] never heard of the Gullah Geechee culture . . . And there's so much beauty in it . . . The people are beautiful. They are welcoming . . . loving . . . giving . . . I like to educate people about things . . . that have not been told . . . but are so important . . . to the total story of America.

Q: This issue of *Brilliant Star* is about life skills. What three skills are most important for kids to develop?

A: Well, compassion, number one. [And] believing in yourself . . . And sharing . . . Whenever we would grow crops . . . or . . . go fishing . . . [we would share with] the elders in the community . . . My father . . . would go from house to house . . . and take them food . . . I had that happen to me four years ago when my 16-year-old [son] Julian passed away [after an illness in 2014]. A young person . . . left a bag of squash and zucchini and vegetables on my doorstep, and . . . it reminded me of what my father did.

Maya's MYSTERIES

I'M FINDING COOL WAYS TO CHILL OUT!

"When our thoughts are filled with the bitterness of this world, let us turn our eyes to the sweetness of God's compassion and He will send us heavenly calm!" —'Abdu'l-Bahá



FIND YOUR CALM WHEN THINGS GO WRONG

My friend spilled soda on my science project after I'd asked her to be careful. I worked on the project for weeks! Even though it was an accident and she apologized, I got angry and almost lost my cool! But I took a walk outside instead. That helped me relax so we could talk it over peacefully.

Everyone gets angry sometimes. It could be because of something accidental. Anger can also be a helpful sign that something's wrong and needs to

change. But how you handle those feelings is what matters most. If you hold anger inside, it could hurt your physical or mental health. If you let it out toward others, it could hurt them.

It helps to be prepared for how to calm down when anger strikes. I have a harder time staying calm when I see someone being mean or unfair. Experiment with my ideas below. See what works best in different situations, and try out some of your own. Stay cool!

MAYA'S TRANQUIL TIPS

Unscramble words to discover ways to calm down when you feel frustrated or angry.

1. Release negative energy by getting (SRICEXEE)

2. Find a safe, quiet spot to (LXAER) , such as a place in nature.

3. (SREPESX) feelings with dance or art.

4. Say prayers, (TIEAMTDE) , or journal to help you think of solutions.

5. Relax tense (CEULMSS) , such as in your shoulders and feet.

6. Focus on your (RTAHBE) slowly going in and out of your nose.

7. Without backbiting, (ESHRA) the situation with a friend or parent.



8. Even when others are negative, stay hopeful and be (VTOIESPI) .

9. Listen to peaceful (USCMI) or watch a funny movie.

10. Take a soothing (WHSROE) or bath.

11. (EVELA) the room for time out from the upsetting situation.

12. Garden or spend time with gentle (MNASAIL) .

In the Spotlight

“Moderation, humility and humor in regard to one’s own work and ideas are a potent protection . . .” –Bahá’í Writings

When you're acting in a play, it's fun to have an audience. But if you accidentally trip on a busy sidewalk or drop your tray in a packed lunchroom, you wish you could turn invisible.

The feeling that every eye is on you when something goes wrong is called the **spotlight effect**. Most of us have felt that way, but research shows it's an illusion.

We overestimate how many people notice our blunders.
They're usually concerned about their own stuff.

Everybody makes embarrassing mistakes. If you get teased, try to laugh it off. Don't replay your mistake in your head or put yourself down. Focus on your strengths and family and friends who support you, and you may see the situation in a new light.

At a play rehearsal, find nine items named for virtues that help us keep our cool.



Answers: Crown at CL, flag at TR, helmet at CR, lantern at BR, map at C, pizza at CR, rope at TR, shield at C, tape at BL

SHINING LAMP

A Bahá'í who served humanity with radiance

Robert Sengstacke Abbott (1868–1940)

By Susan Engle



Slavery was abolished after the Civil War in the U.S., but injustice against black people was far from over. Into this hostile and turbulent atmosphere, Robert Sengstacke Abbott was born in Georgia in 1868. He faced bullying and discrimination, yet grew up to be a champion of unity.

A few months after Robert was born, his father, Thomas Abbott, died. His mother, Flora, cared for him on her own, in spite of relatives who wanted to take him away. When Robert was five, Flora married John Sengstacke. John loved Robert and taught him that all people are God's children in one human family.

After high school, Robert had a chance to attend the Juilliard School in New York with a vocal music scholarship, but he decided that prejudice would make it hard for him to earn a living. Instead, he earned a law degree. But narrow-mindedness followed him—he couldn't get clients to hire him. Robert had studied printing in college, so he turned his energy toward journalism.

Destroying Race Prejudice

When Robert began the *Chicago Defender* in 1905 at age 37, he had 25 cents in his pocket. From this small beginning, the *Defender* grew into a popular publication that reported the hardships that African Americans suffered. Black citizens were beaten, shot, and killed by white people. Since most papers were written by whites, the stories of African Americans weren't told. But the *Defender* spoke up, even though Robert's life was threatened by racists.

The paper's slogan was "American race prejudice must be destroyed."

Robert wanted to empower kids as well as adults. In 1921, he began a section for kids called the *Defender Junior* with its own kid editor who had a fictional name: Bud Billiken. Later, the Bud Billiken Parade was started in Chicago. It's now one of the largest annual parades in the U.S. In time, the *Defender* published 200,000 copies per issue and was read throughout the country.

Meeting 'Abdu'l-Bahá

In 1912, Robert attended a talk in Chicago on the oneness of humanity. The speaker was 'Abdu'l-Bahá, the leader of the Bahá'í Faith at the time. After the meeting, 'Abdu'l-Bahá put his hand on Robert's head and told him that he would someday offer "a service for the benefit of humanity."

Robert had read books about the Bahá'í Faith and written articles about it. In 1934, he stood up before a roomful of Bahá'ís and said, "I am identifying myself with this Cause and I go up with you or down with you. Anything for this Cause! Let it go out and remove the darkness everywhere. Save my people! Save America from herself!"

Just six years later, Robert Sengstacke Abbott died at age 71. The front page of the *Chicago Defender* announced, "He educated his race to demand their rights as men . . . His early life as a journalist and abolitionist against wrong was one of toil, poverty and hardship . . . Farewell, Chief, you have pointed to a star . . . may it give light to our weary feet along the pathway to hope . . ."

ICEBERG OF SUCCESS

"Success or failure, gain or loss, must, therefore, depend upon man's own exertions." —Bahá'u'lláh

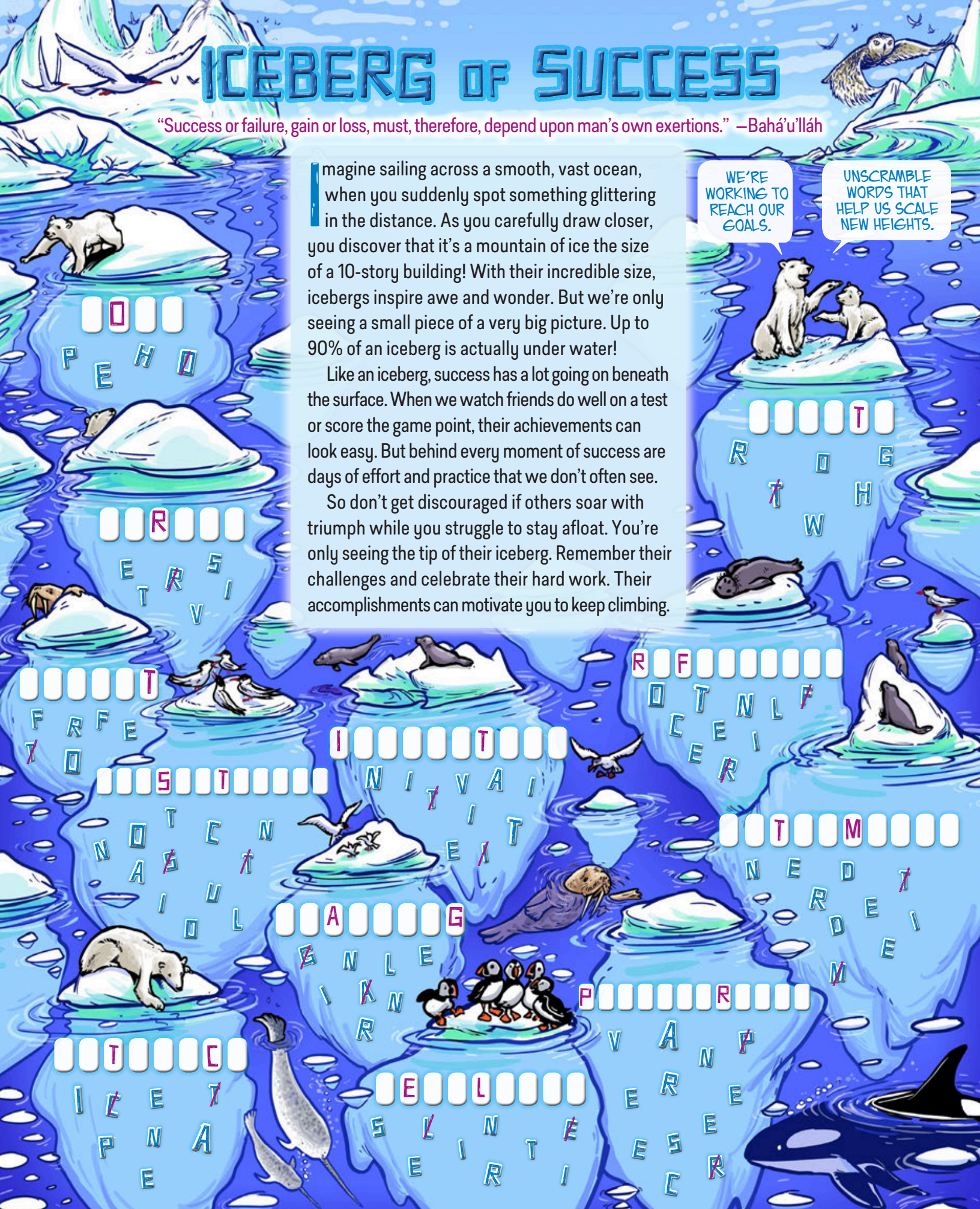
Imagine sailing across a smooth, vast ocean, when you suddenly spot something glittering in the distance. As you carefully draw closer, you discover that it's a mountain of ice the size of a 10-story building! With their incredible size, icebergs inspire awe and wonder. But we're only seeing a small piece of a very big picture. Up to 90% of an iceberg is actually under water!

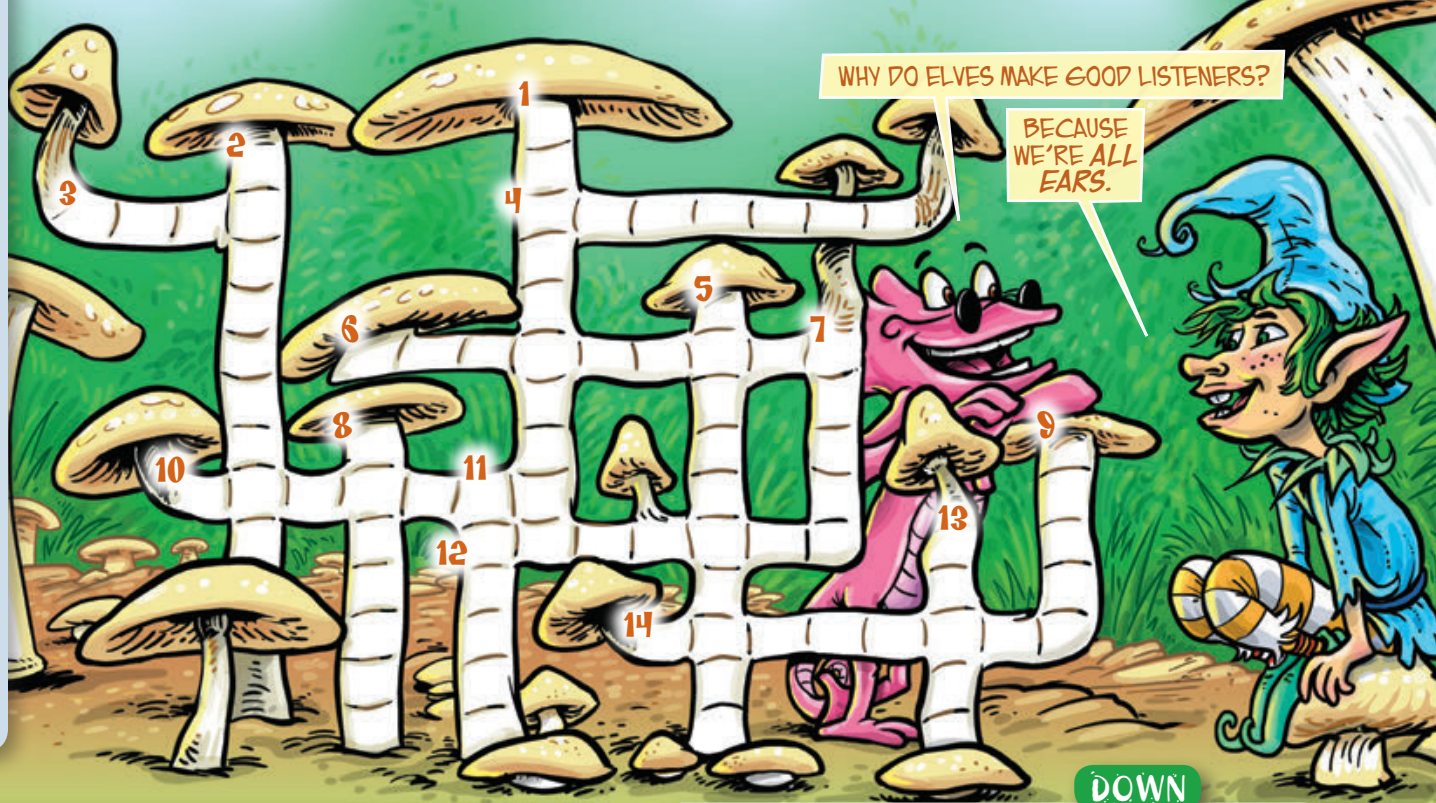
Like an iceberg, success has a lot going on beneath the surface. When we watch friends do well on a test or score the game point, their achievements can look easy. But behind every moment of success are days of effort and practice that we don't often see.

So don't get discouraged if others soar with triumph while you struggle to stay afloat. You're only seeing the tip of their iceberg. Remember their challenges and celebrate their hard work. Their accomplishments can motivate you to keep climbing.

WE'RE WORKING TO REACH OUR GOALS.

UNSCRAMBLE WORDS THAT HELP US SCALE NEW HEIGHTS.





ACROSS

3. When we use our skills to the best of our ability and share them generously, it's the greatest _____ we can give. (p. 3)
4. When your family and friends can count on you, and you can count on them, your community can do _____ things. (p. 9)
6. Talk to people with jobs that are exciting to you, and ask lots of _____. (p. 29)
10. When Robert S. Abbott began the _____ *Defender* in 1905 at age 37, he had 25 cents in his pocket. (p. 26)
12. The Kitáb-i-Aqdas encourages us to be kind to _____. (p. 5)
14. Adib and Destiney both admire this virtue the most. (pp. 16, 17)

DOWN

1. Victoria believes these three life skills are most important: _____, believing in yourself, and sharing. (p. 23)
2. Focus on your _____ and family and friends who support you. (p. 25)
5. Think about how to use your screens with _____. (p. 10)
7. When setting a goal, break it into small, distinct _____. (p. 2)
8. Up to 90% of an _____ is actually under water! (p. 27)
9. Washing your _____ thoroughly with soap is one of the best ways to avoid getting sick. (p. 8)
11. Our Milky Way _____ has a disc shape with spiral arms. (p. 20)
13. Take care of your _____ first, then think about the things you want. (p. 6)

FROM OUR MAILBOX



What I like most about **Brilliant Star** is how it connects fun and activities with spiritual thoughts and connections. I also love the style and colors of illustrations that make the magazine what it is. The magazine makes me feel happy! It's fun and entertaining, and the best part is: it connects spiritual Bahá'í qualities with it.

—Shayan B., age 11, Massachusetts, U.S.

ANSWERS

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

Page 3: 1) Bountiful Basket, 2) Balanced Box, 3) Caring Carton, 4) Joyful Jar, 5) Grateful Gift, 6) Peaceful Pouch, 7) Modest Mailer, 8) Patient Package, 9) Trustworthy Tote Bag

Page 5: 1) Be friends with people of all faiths. 2) Be kind to animals. 3) Pray every morning and night. 4) Choose a job—a craft or trade—to focus on. 5) Working is a spiritual act—it's the same as worship. 6) Don't use alcohol or drugs. 7) Don't backbite or gossip. 8) Get your parents' consent before you marry.

Page 8: 1) False. The earliest known soap is from 2800 BCE! It was made from fats, wood ash, and water. 2) True. It can also reduce stomach illness by 30%. 3) False. There's no proof that antibacterial soap is better. 4) False. The temperature of the water doesn't matter as long as you use soap.

5) True. The importance of hand washing has only been known for about 150 years! 6) True. 7) False. The average time was about six seconds!

Page 9: 1) calendar, 2) time, 3) tasks, 4) habit, 5) focused, 6) organize, 7) energy, 8) help, 9) think, 10) care

Page 11: France & Italy, Mountain lions

Page 13: 1) G, 2) A, 3) F, 4) C, 5) B, 6) D, 7) E

Pages 20 and 21: C and B

Page 24: 1) exercise, 2) relax, 3) Express, 4) meditate, 5) muscles, 6) breath, 7) share, 8) positive, 9) music, 10) shower, 11) Leave, 12) animals

Page 27, left to right: hope, strive, growth, effort, consultation, initiative, reflection, determined, patience, learning, resilient, perseverance

CAREER PATH CLIMB

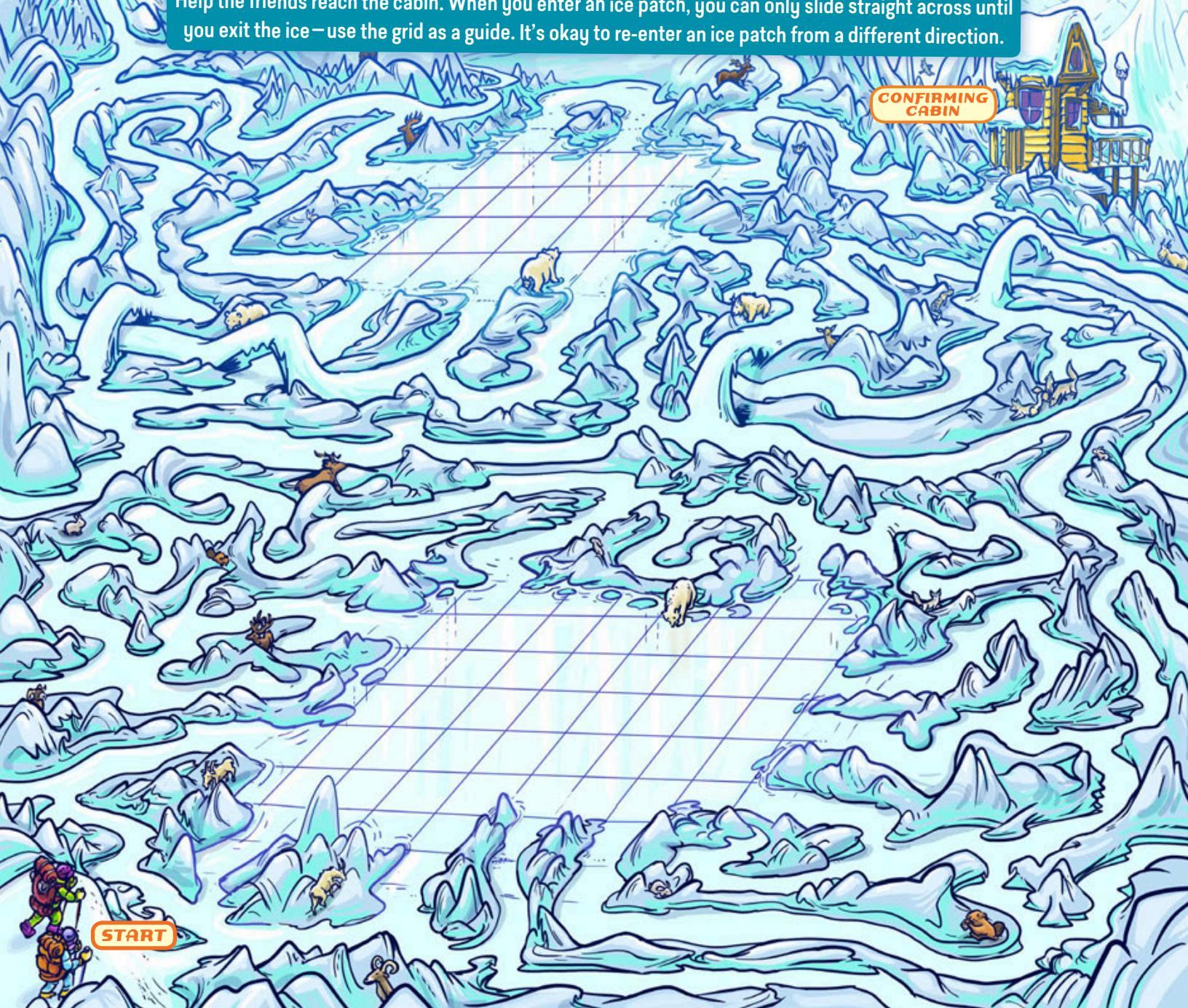
“Exert every effort to acquire the various branches of knowledge and true understanding.” —‘Abdu’l-Bahá

In your life, you’ll make lots of choices about how to use your talents to help the world. Finding a career path you love can be a steep challenge. Think about what excites you and which skills come naturally. Which classes or service projects get you fired up? Do you love animals and want to save endangered species? Maybe you’d like to study the stars and explore outer space. You might want to hike icy landscapes and seek solutions to climate change.

Talk to people with jobs that are exciting to you, and ask lots of questions. Look for activities that can build your skills. When doors open and opportunities feel right, you may be seeing confirmations that you’re on a steady path.

There may be twists, turns, or even setbacks as you navigate your journey. You might slide into frustration or confusion. But stay strong – with perseverance, you can discover rewarding work that warms your heart.

Help the friends reach the cabin. When you enter an ice patch, you can only slide straight across until you exit the ice – use the grid as a guide. It’s okay to re-enter an ice patch from a different direction.



“The Force which energizes your mission is limitless in its range and incalculable in its potency.”
—Shoghi Effendi



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