

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

Brilliant Star

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LIGHTNING & LUNA:
HOW IT ALL BEGAN

36 WAYS TO
BE HAPPIER



Helping Hands

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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DEAR FRIENDS,

The shimmering sun rises over the mountain as you gaze up at the peak, ready to go. You and your friends have been planning this hike for weeks. You've got your gear, maps, water, and food. But what if you run into an obstacle you didn't plan for? What if you trip and fall?

Stay calm! You've got what you need—your friends and a positive attitude. As we travel through life, our family and friends encourage us when we're weary and give us a hand when we stumble. We can help them in the same way. We're all on this trek together, and everybody needs a little boost sometimes.

In this issue, explore what it means to uplift and encourage. Find out how you and others can overcome hurdles. Draw yourself using your talents and strengths. Color a poster with tips about happiness. Take a quiz to see how optimistic you are. Create a high-flying paper airplane to lift your spirits. And meet choreographer and dance teacher Ben Hatcher, who created his first ballet at age 16.

No one is alone on life's adventures. When we cheer each other on, we can conquer any mountain we face — together.

LOVE, BRILLIANT STAR ✨



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Bahá'u'lláh's Life: Mission of Peace

Father and Son

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 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 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 eldest son, 'Abbás, enjoyed the first years of his life in a noble and wealthy family. But in 1853, when 'Abbás was about eight, the family was exiled from Tihrán, Iran, to Baghdád, Iraq. Bahá'u'lláh was banished for being a follower of the Báb, a Messenger of God. The Báb announced that another Messenger would soon appear and lead the world to peace.

For 10 years, Bahá'u'lláh did not reveal that He was the Messenger foretold by the Báb. But some still knew about His divine station, including young 'Abbás. He was so devoted to Bahá'u'lláh that he later chose to be known as 'Abdu'l-Bahá, or "Servant of Bahá."

Through his childhood and teen years, 'Abdu'l-Bahá showed profound faith and wisdom in spiritual matters. Even religious scholars were impressed with his knowledge. Bahá'u'lláh loved 'Abdu'l-Bahá deeply and praised His virtuous character and insights, calling him "the Master" and "the Mystery of God."

In 1863, the family was exiled again, this time to Constantinople (now Istanbul, Turkey). Just before leaving Baghdád, Bahá'u'lláh announced His mission as a Messenger of God.

Exiled twice more, the family arrived in the prison-city of 'Akká, in what is now Israel, in 1868. In 'Akká, 'Abdu'l-Bahá tirelessly helped others and tried to protect his father from sorrow. He met with people from all walks of life, from the governor and religious officials to the poor and sick. He greeted followers who came to see Bahá'u'lláh. He tended to the needs of the community,



During an exile to Adrianople (now Edirne, Turkey) in 1868, 'Abdu'l-Bahá had his photo taken, possibly for a passport for the upcoming exile to 'Akká. He was 24 years old.

giving his father more time to reveal holy writings and meet with the Bahá'ís. "He is a mighty shield," Bahá'u'lláh said, "facing the world and its peoples . . ."

'Akká was a filthy, smelly place with dirty streets and buildings surrounded by high stone walls. One day, Bahá'u'lláh noted that he hadn't seen any greenery in nine years. He had earned the admiration of the governor, who gave Him permission to leave 'Akká. So 'Abdu'l-Bahá rented a home outside the city surrounded by gardens and orange groves. The house, known as Mazra'ih, let Bahá'u'lláh enjoy the nature He loved so much.

One day, Bahá'u'lláh invited the Bahá'ís in 'Akká to gather in a garden near Mazra'ih. They were enjoying their surroundings when suddenly Bahá'u'lláh looked toward 'Akká and said, "The Master is coming, hasten to attend Him."

“He is . . . the ‘Mystery of God’ . . . In the person of ‘Abdu’l-Bahá the incompatible characteristics of a human nature and superhuman knowledge and perfection have been blended and are completely harmonized.” — Bahá’í Writings

To show respect, ‘Abdu’l-Bahá didn’t ride his donkey into Bahá’u’lláh’s presence. Instead, with the greatest humility, ‘Abdu’l-Bahá walked to his father, who announced that now the garden, “with the presence of the Master . . . has become truly most delightful.”

When Bahá’u’lláh passed away in 1892, He left a written will appointing ‘Abdu’l-Bahá as His successor and the authorized interpreter of His teachings. ‘Abdu’l-Bahá mourned the loss deeply while taking on the immense responsibility of leading the Bahá’í Faith. Today, Bahá’ís consider ‘Abdu’l-Bahá’s life of love and service as the perfect example of how to follow Bahá’u’lláh’s teachings.



The Garden of Ridván (Paradise) outside ‘Akká was originally rented by ‘Abdu’l-Bahá for Bahá’u’lláh so that he could enjoy nature. Today, pilgrims travel to Israel to visit the sacred site.

Find words related to the story. Look up, down, backward, forward, and diagonally.

BOND	R	F	E	J	F	O	R	N	D	X	D	W	A	O	S
DELIGHTFUL	M	E	R	R	Z	M	O	H	H	D	E	S	R	Z	D
EXAMPLE	E	W	L	H	U	I	M	U	K	L	L	O	O	R	N
FATHER	D	L	G	A	S	T	M	N	N	E	I	Y	E	N	E
FRIENDS	S	X	P	S	T	I	A	G	W	I	G	F	M	Z	I
GARDEN	C	E	I	M	L	I	A	N	P	H	H	N	P	F	R
HUMILITY	M	M	R	I	A	R	O	M	Y	S	T	E	R	Y	F
LOVE	K	O	T	V	D	X	U	N	T	W	F	S	Y	R	D
MASTER	J	Y	T	E	A	N	E	D	S	N	U	W	T	N	C
MISSION	T	W	N	X	J	N	D	P	F	H	L	L	O	V	E
MYSTERY	I	J	O	L	U	M	T	D	A	C	I	B	U	N	V
NATURE	U	R	J	I	M	F	X	F	T	O	H	P	I	H	L
PARADISE	E	S	I	D	A	R	A	P	H	R	E	T	S	A	M
RELATIONSHIP	D	L	K	A	D	N	A	Q	E	Z	F	S	W	U	P
SERVANT	H	G	S	W	N	K	Q	Y	R	D	L	F	I	T	J
SHIELD															
SON															

Make a Paper Airplane &

“Joy gives us wings! In times of joy our strength is more vital . . .” –‘Abdu’l-Bahá

When you feel down, what gives you a lift? Like flying a plane through stormy skies, it can be hard to navigate the stress that can cloud your spirit. One way to calm ourselves is by focusing on things that bring us peace and happiness.

With the gentle winds of joy, our strength, health, and ability to think clearly are likely to improve. We’re better able to steer through challenges.

Discover what gives you an invigorating boost each day. Do you like saying prayers or having meaningful talks with friends? How about helping and encouraging your family? Maybe you like creating art or exploring God’s wonders in nature.

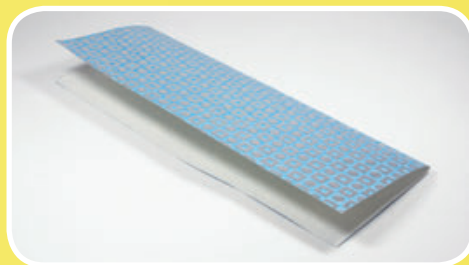
Make your own paper airplane decorated with what helps your spirit soar. Invite friends to make one, too. Have a contest to see which planes fly the farthest. Happy flying!



You'll Need

- 8 1/2" x 11" (216 mm x 279 mm) sheet of paper
- ruler
- pencil
- markers

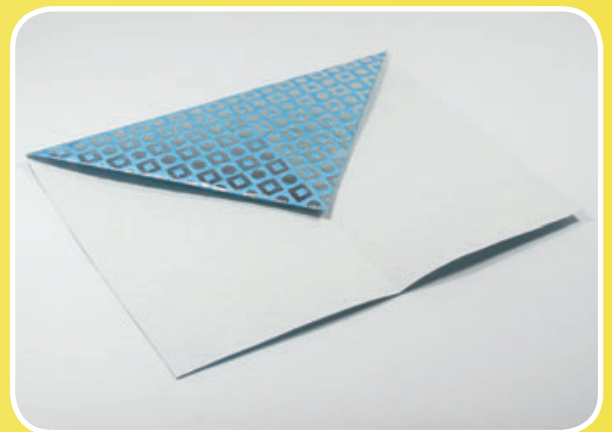
- 1 Fold paper in half so long edges touch. Open paper.



- 2 At one end, fold corners to meet at center line.



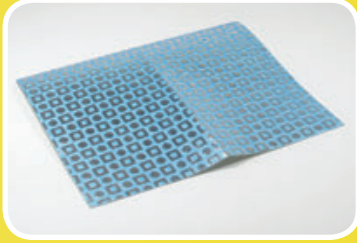
- 3 Fold down triangle portion.



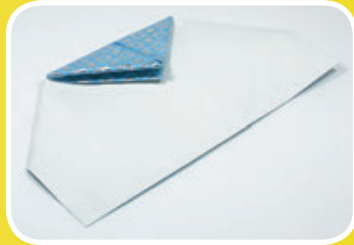


Fly with Joy

4 Turn paper over. Fold corners again to meet at center line.



5 Turn paper over again. Fold diamond shape so top tip meets bottom tip.



6 Turn paper over again. Form nose of plane by lifting right top flap to open small triangle's pocket, then creasing it so its central crease meets paper's top edge. Repeat with left flap.



7 Draw a pencil line 1/2" (1.3 cm) from each short edge of wings. Fold edges up along lines.



8 Fold plane in half at center line.



9 Fold one wing down so top edge of wing is in line with nose of plane. Turn over and repeat on other wing.



10 Use markers to add joyful designs and words to your plane.



Maya's MYSTERIES

"The beloved of the Lord must stand fixed as the mountains . . . and depend on the care and protection of the generous Lord." —'Abdu'l-Bahá

I DID IT!



MAJESTIC MOUNTAINS

Have you ever climbed a mountain, or even a steep hill? It's tough—but also fun—to hike up high slopes. When you reach the peak, the view is awesome. You feel like you're on top of the world. No wonder some cultures say mountains are sacred. About 10% of our human family lives in them. Mount Everest, in the Himalayas of Asia, stretches up for five and a half miles (8.9 km). It's

the tallest on land. And there are mountains everywhere—at the bottom of the ocean, on the moon, on other planets, and even on asteroids.

Just like climbing a mountain, reaching a big goal takes determination. Encouragement from friends and family helps. If you want to reach the summit of your dreams, you can do it! Just start with one step at a time.

THE MOUNTAIN QUIZ

Quiz yourself on the wonders of mountains.

- 1 Mountains provide fresh water for over half of the people on our planet.
 - True False
- 2 Olympus Mons, an extinct volcano on Jupiter, is the tallest known mountain in the solar system. It's 16 miles (25.7 km) tall!
 - True False
- 3 Mountains may affect weather by blocking clouds, making one side rainy and the other side a desert.
 - True False
- 4 The Andes is Earth's longest mountain range on land, stretching 4,500 miles (7,242 km) along the entire west coast of South America.
 - True False
- 5 Thirteen-year-olds Malavath Purna, of India, and Jordan Romero, of the U.S., are the youngest people to climb Mount Everest.
 - True False
- 6 Mountain habitats cover about one-tenth of Earth's land.
 - True False
- 7 Mountainous New Guinea is the highest tropical island. It covers less than .5% of Earth's surface, but has 5-10% of global biodiversity.
 - True False
- 8 One of Jupiter's moons, Io, has hundreds of active volcanoes. Eruptions reach an estimated 190 miles (300 km) into space!
 - True False
- 9 Mauna Kea, in the Hawaiian Islands, is the tallest active volcano on Earth.
 - True False
- 10 There are about 26 potentially active volcanoes on Earth.
 - True False
- 11 There are hundreds of mountains that no one on Earth has ever climbed! The tallest is Gangkhar Puensum, in Bhutan, at 24,836 ft (7,570 m).
 - True False
- 12 Mountain ecosystems and species are threatened by climate change, tourism, pollution, and deforestation.
 - True False

Flavorful Festivities

“Cause me to taste, O my Lord, the divine sweetness . . .” —Bahá’u’lláh

Woo-hoo! Time to celebrate with some delicious treats! All around the world, joyful gatherings help build bonds among people. From festive holidays to birthday parties, it’s awesome to get together with others in fellowship.

We can also look for ways to reach out to neighbors

and invite them to join in the fun. Community events like an Earth Day picnic, block party, or holy day are great chances to make new friends. You can even cook up your own party just for fun! Try an international potluck, a build-your-own sundae bar, or a cupcake-decorating contest. You can make an event that’s sweet for everyone.

Fill in the missing letters to find things that help create a fun gathering.



How to

Color Your World Happy

“Hoist the sail of love upon the ark of peace that moveth across the seas of life. Let nothing grieve thee, and be thou angered at none.” – ‘Abdu’l-Bahá

Ride a bike or skateboard

Make a list of your heroes

Try a new hobby

Explore the library

Listen to a favorite song

Soak up some sunshine

Make snacks and share

List 10 things you’re grateful for

Go for a walk or swim

Plant some seeds

Take photos of nature

Make dinner with your family

Do a service – in secret

Ask a friend about their life dreams

Try a new food

Hug your family

Doodle a picture of an animal

Go on a picnic

Write a poem about a favorite place

Gaze at the stars

Sing out loud

Get up and dance

Play a game with a friend

Climb a big tree

Do a craft project

Say prayers

Build a castle with sand or LEGO bricks

Visit a place you’ve never been

Volunteer to help a teacher

Play with a pet

Start a ball game

Help a family member

Savor a happy memory

Write a thank-you card

Give something away

Meditate





EXPLORE AND PROTECT THE EARTH AND ITS CREATURES



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

EARTH-SAVING TIP

Aluminum is 100% recyclable and can be recycled repeatedly. Most old cans become new cans, but recycled aluminum is valuable for bicycle, car, and airplane parts.

WOW, REALLY?

Bats are the only mammals that fly. Some bats of the flying fox species have an average wingspan of nearly 5 ft (1.5 m)!



OUR CONNECTIONS



Ever want more hours in the day? If Earth stopped spinning, one side would have 24 hours of daylight. But the other side would be cold and dark. Unevenly distributed heat would cause drastic changes in weather patterns and ocean currents, with massive flooding in some places. Earth would only be habitable to humans in narrow zones where it wasn't too hot. Rotation gives us the right amount of daylight for life on Earth.

PROTECTING OUR PLANET

Dr. Meg Lowman, a California botanist, is a pioneer in canopy science—studying the tops of forests. Her two sons often traveled with her as she juggled field work and motherhood. She says, "Science needs the brains of women. And since women are the only half of society that can bear children, our system needs to accommodate that."



WHERE IN THE WORLD?



Now overgrown by jungle, Ta Prohm, a Buddhist temple in Southeast Asia, was built around the 12th century CE. The complex includes 39 towers, 260 statues, and hundreds of residences. Around 80,000 people once lived there. *Unscramble the letters to find the country:*

DIAOCBMA

AMAZING ANIMALS



With sharp eyesight and special hooves for balance, these skillful climbers navigate the mountains of North America. When rams battle by crashing their massive horns together, the sound can be heard a mile (1.6 km) away! *Fill in the blanks to find its name:*

I G O R H E E

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?

Carmen G.

Age: 13

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

I want to be: **A surgeon**

This career interests me because: **It helps people with specific problems.**

Virtue I admire most: **Kindness**

Hobbies or sports: **Violin, piano, and soccer**

A hero or role model: **My parents, who are both teachers**



Favorite Bahá'í activities: **Fundraisers**

When a close friend feels down: **I try to cheer them up by pointing out the positive.**

Three blessings I'm grateful for: **Family, faith, and justice**

A favorite book: **Wonderstruck, by Brian Selznick**

A favorite food: **Pasta**

Someone who cheers me on: **My grandparents. They are loving and see the best in me.**

In nature, I'm amazed by: **Oceans and how important they are to all organisms**

I'm inspired to help others by: **My belief that we are all part of one big family**

Andi P.

Age: 12

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

I want to be: **A person who fosters wild animals**

Virtue I admire most: **Flexibility**

Hobbies or sports: **Irish dance, learning to fly, piano, violin, tap . . .**

Favorite Bahá'í activity: **Feast***

Places I'd love to visit: **Nepal, Israel, Europe**

A favorite book: **Where the Red Fern Grows [by Wilson Rawls]**

A favorite food: **Nepali Momos (dumplings)**

In nature, I'm amazed by: **Animals, because they have a language that's different from ours.**



Favorite animal or pet: **Goats, rabbits, horses**

Three blessings I'm grateful for: **My family, my farm, and my friends**

Favorite way to celebrate: **Go to the lake! I like to go hiking, swimming, and boating.**

Someone who cheers me on: **My family. I appreciate how they inspire and motivate me to move forward.**

When a close friend feels down: **[They] talk, and I listen.**



Alexander J.

Age: 11

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

I want to be: **An engineer**

This career interests me because: **I can help people by fixing things for them.**

Virtue I admire most: **Truthfulness, because [it] is the foundation of all human virtues.**

Favorite Bahá'í activity: **I like summer school, because I like doing arts and crafts.**

Hobbies or sports: **I have a green belt/black stripe in taekwondo.**

Favorite pet: **My dog Vinnie . . . because he is small . . .**

Place I'd love to visit: **Alaska . . . to go skiing**

Three blessings I'm grateful for: **Food, shelter, and clothes**

Someone who cheers me on: **My mom is very nice. She helps me learn.**

A favorite book: **Fablehaven . . . because it has magical creatures.**

A hero or role model: **My brother Aden . . . because he almost always does the right thing.**

In nature, I'm amazed by: **Plants, because I want to know how they grow and turn out the way they do.**

Braden A.

Age: 10

I live in: California, U.S.

I want to be: Author

This career interests me because: I like being creative and making up stories.

Virtues I admire most: Joy and kindness

Hobbies or sports: Reading, soccer, baseball, basketball, swimming

Favorite Bahá'í activities: Holy Days, Feasts, children's class

I like to help people by: Helping around the house [and] cheering people up

Three blessings I'm grateful for: My family, my home, and nature

A hero or role model: My mom, who helps endangered salmon species

Someone who cheers me on: My parents. They work hard to keep me and my twin brother happy and healthy.

I'm inspired to help others by: My grandparents, because they always talk to me about being helpful and nice.

In nature, I'm amazed by: All animals. They are so different from us.



“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

Layla A.

Age: 9

I live in: Bratislava, Slovakia

I want to be: CNN international anchor and correspondent

This career interests me because: I like to watch international news, and . . . I won speech contests in Hong Kong and Slovakia.

Virtues I admire most: Friendliness and kindness

Favorite Bahá'í activities: Children's classes

Hobbies or sports: Traveling around the world, playing tennis, and swimming

Favorite animal: Cheetah[s], because they run so fast, and they are cute.



Three blessings I'm grateful for: My mother, who adopted me when I was a baby. . . traveling, studying in different countries, learning about the Bahá'í Faith . . . and meeting wonderful people around the world.

Someone who cheers me on: My mother is always there for me no matter what, and she is my number one supporter in everything . . .

In nature, I'm amazed by: Our universe . . . I am so curious to know if there are . . . creatures in other . . . galaxies.

Tessa G.

Age: 7

I live in: Guangdong Province, China

I want to be: Art teacher

Virtue I admire most: Love

Hobbies or sports: Yoga, dance, singing, swimming

Favorite Bahá'í activity: Praying

A favorite food: Cucumber and pickle maki rolls

Place I'd love to visit: United States

Three blessings I'm grateful for: My parents, a place to live in, beautiful nature around me

Someone who cheers me on: My mommy. She helps me no matter what happens.

In nature, I'm amazed by: Plants, flowers especially. Because they are so unique and beautiful.

I'm inspired to help others by: Love for humanity

When a close friend feels down: I say: “What would you like to do? What can cheer you up?” I give them a hug and hold their hand.



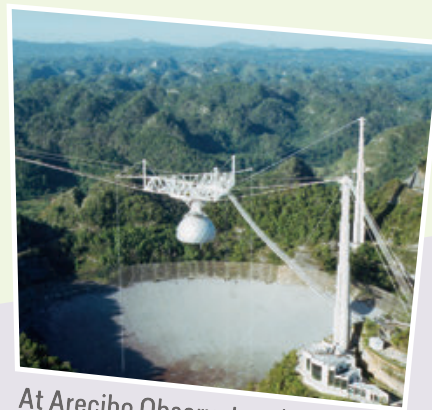
How to be a Radiant Star:

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).



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 Bahá'í scientists who work for the National Aeronautics and Space Administration (NASA). Have questions about space? Send them to brilliant@usbnc.org (with your name and age).



At Arecibo Observatory in Puerto Rico, a 1,001-ft-wide (305 m) telescope can detect radio signals from our galaxy and beyond.

Is there any scientific evidence of life on other planets?

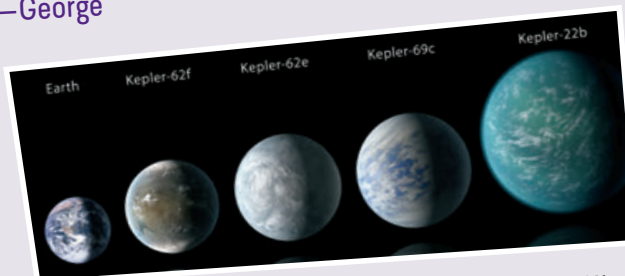
—Avery, age 15

Hi, Avery,

Not yet. But thousands of scientists and engineers around the world are working to find evidence of extraterrestrial life. Those at SETI [Search for Extraterrestrial Intelligence] projects are listening for radio transmissions from other civilizations. You can even donate your computer's idle time to sift through those deep space signals, looking for a message. Others are designing and building planetary probes that look for liquid water under the surface of Mars and in the underground oceans of the moons of Jupiter and Saturn, all in hopes of finding evidence of past or present microbial life. Still others are looking at images of planets orbiting other stars, which are taken by telescopes based on Earth and in space.

We have already measured the atmospheres of more than 55 exoplanets and found sodium, water, carbon dioxide, and methane. If we find an exoplanet with oxygen, it will be evidence of extraterrestrial bacteria or plants, since free oxygen must be constantly replenished in an atmosphere by life forms, or else it will bind with surface rocks and disappear.

—George



Along with Earth, some other planets or moons may have liquid water to support life.

BACH IN TIME

Nicole-Reine Lepaute, born in 1723, was a French astronomer and mathematician. A lunar crater and asteroid are named after her. Two years before it occurred, she predicted the *exact time* of this event in 1764, and its progress across Europe. It was a:

S L R C L P S E



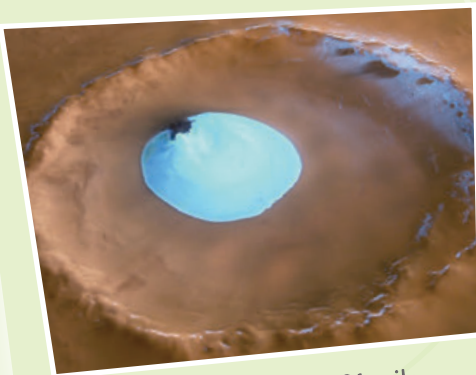


How can there be ice on Mars? – Gavin, age 13

Hi, Gavin,

The discovery of water ice on Mars within the last 15 years is very exciting, because it increases our chances of finding life there. Also, a source of water would be needed if we want to send pioneers to “live off the land” of Mars in the future.

Unlike the Earth, Mars has no bodies of liquid water, such as oceans. Why is that? Because Mars is about 50 million miles (80 million km) farther from the sun than we are on Earth, so it is cold—about 141° F (78° C) colder than Earth. But another reason we don’t see liquid water on Mars is that the atmosphere on Mars is much thinner than Earth’s. At the surface of Mars, the average pressure is less than 1% of the pressure on Earth. Water cannot be a liquid at such low pressures.



On Mars, ice sits inside a 21-mile-wide (35 km) crater.

Because Mars is so cold, most of the water found has been in the solid form of ice. But if that ice is warmed to higher temperatures (as might occur during the summers on Mars), it does not melt and become liquid, but turns directly to a gas—a process called **sublimation**.

—Steve



STEVE SCOTTI is 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. He enjoys sharing his enthusiasm about science and space with kids.



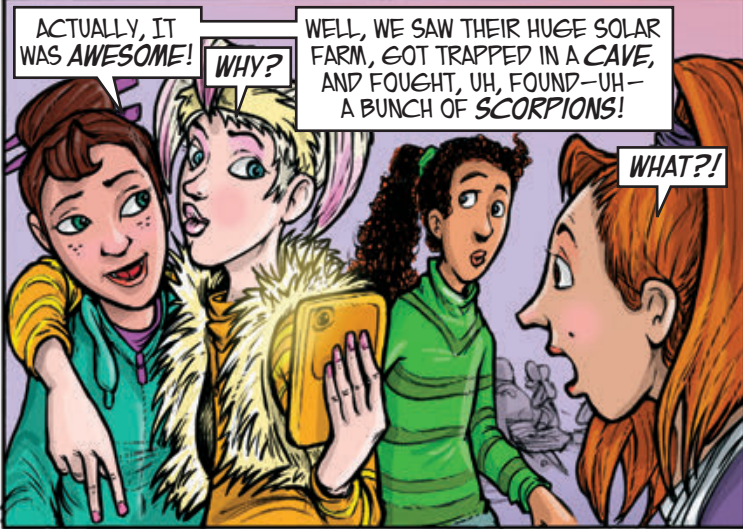
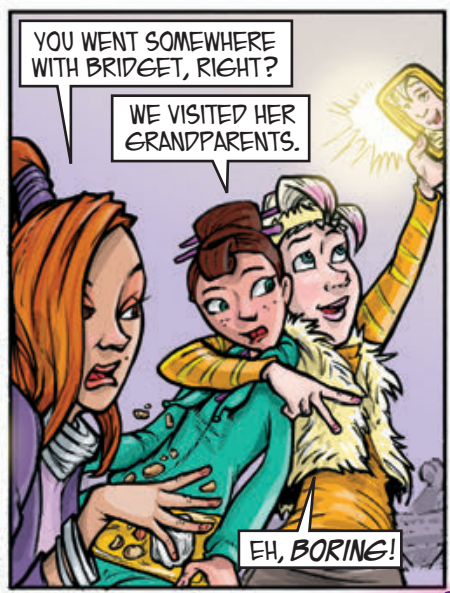
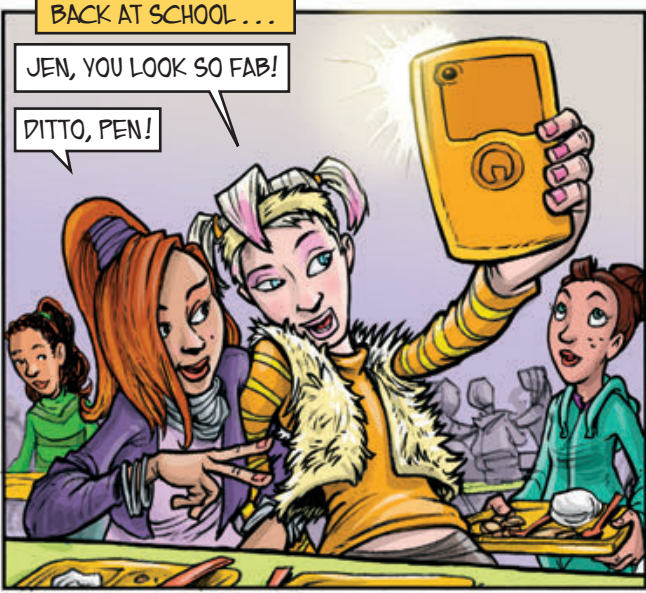
GEORGE HATCHER is an avionics engineer at the Kennedy Space Center in Florida, U.S. He works on electrical systems of uncrewed rockets. He also studies planetary science at the University of Central Florida. Working for NASA is a dream come true for George. He’s aspired to be an astronaut since he was three. He’s one of 100 finalists in the Mars One Project, which aims to create a human settlement on Mars.

COSMIC QUIZ

Over 150 million of these rocky objects orbit the sun between Mars and Jupiter. Despite their huge number, an average of 600,000 miles (965,606 km) stretches between each one. These are:

- A) Comets
- B) Dwarf Planets
- C) Droids
- D) Asteroids
- E) Moons
- F) Kryptonite







HOW DID THIS ALL START?

WELL, WE WERE IN THE LIBRARY. IT WAS STORMING. THE POWER WENT OUT—AND BRIDGET GOT US LOCKED IN A STORAGE ROOM.



ME? YOU LET THE DOOR SLAM SHUT!

IT'S OK. IT WAS MEANT TO BE. THE BOOK WAS CALLING US.



A GLOWING BOOK HIDDEN DEEP IN THE LIBRARY...

WITH OUR NAMES ON IT!

WE GRABBED IT—AND ZAP! WE FELT A SURGE OF ENERGY.



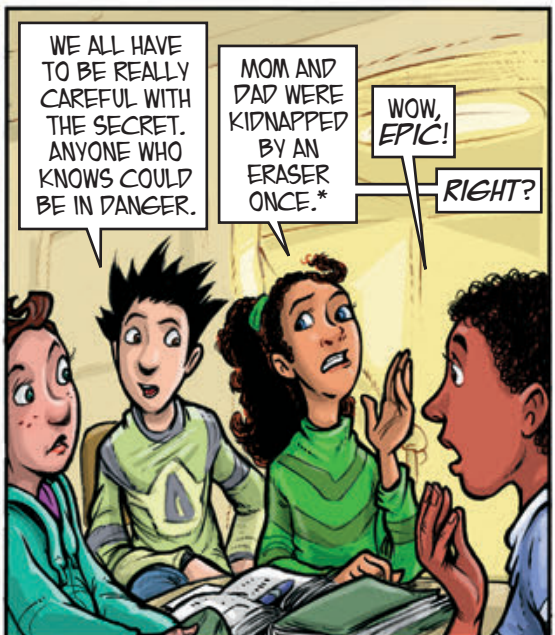
AND THEN THE BOOK TALKED!

IT REVEALED THAT WE'RE PART OF A LEAGUE OF SUPERHEROES AND THAT WE'D GRADUALLY FIND OUR POWERS.



THEN WE GOT UNIFORMS, AND WE TRIED TO FLY.

IT WAS ALL SO CRAZY!



WE ALL HAVE TO BE REALLY CAREFUL WITH THE SECRET. ANYONE WHO KNOWS COULD BE IN DANGER.

MOM AND DAD WERE KIDNAPPED BY AN ERASER ONCE.*

WOW, EPIC!

RIGHT?



LATER...

MINNAH

MINNAH?

MINNAH!



HUH, WHAT?!

ARE WE DOING HOMEWORK OR WHAT?

OH, SORRY. THIS NEW APP... I CAN'T HELP MYSELF.



ON THE ERASERS' MYSTERY SHIP...

READY TO LAUNCH, COMMANDER.

EXCELLENT. A BATTLE IN CYBERSPACE WILL DESTROY THE UPLIFTERS AT LAST!

FIND OUT MORE ABOUT LIGHTNING & LUNA AT WWW.BRILLIANTSTARMAGAZINE.ORG

*See Episode #22, Sept/Oct 2007

Power of Positivity

“Lift up your hearts above the present and look with eyes of faith into the future!” —Abdu’l-Bahá

Do you see a glass of water as half full or half empty? When you’re faced with a challenge, do you think of all the things that could go wrong? Or do you think about how awesome it will be?

Everyone has positive and negative thoughts. But choosing which ones to focus on makes a big difference. Looking on the bright side can help you feel more peaceful. It may even improve your health.

If you tend to dwell on things that cause you to feel sad, angry, or frustrated, you can make a change. Your brain is amazingly flexible. Pay attention to your thinking habits. Try using more hopeful words, such as “challenge” instead of “problem,” and “can” instead of “can’t.” Spend time with optimistic friends and family. With practice, you can transform your thoughts and see the world with sharper, brighter vision.

How do you look at the world? Answer the questions and add up your points.

- 1 I like to try new activities, hobbies, and sports.
Often = 3 • Sometimes = 2 • Rarely = 1
- 2 When I have a challenge or setback, I think about what tools or support I have to help me.
Often = 3 • Sometimes = 2 • Rarely = 1
- 3 I try to enjoy the present moment and appreciate the people around me.
Often = 3 • Sometimes = 2 • Rarely = 1
- 4 If I’m scared or nervous, I have faith that I’ll be able to make it through the challenge.
Often = 3 • Sometimes = 2 • Rarely = 1
- 5 If I start to feel down, I talk to family and friends about my feelings.
Often = 3 • Sometimes = 2 • Rarely = 1



- 6 I go out of my way to praise others.
Often = 3 • Sometimes = 2 • Rarely = 1
- 7 When I think about my future, I’m hopeful and excited.
Often = 3 • Sometimes = 2 • Rarely = 1
- 8 When I have trouble with something I really want to do, I keep striving and learning.
Often = 3 • Sometimes = 2 • Rarely = 1
- 9 I believe hard work and support will help me accomplish my goals.
Often = 3 • Sometimes = 2 • Rarely = 1

- 10 When I think about the past, I picture my successes more than my failures.
Often = 3 • Sometimes = 2 • Rarely = 1
- 11 I remember that frustration and problems are part of life, and they can make us stronger.
Often = 3 • Sometimes = 2 • Rarely = 1
- 12 When I make a mistake, I can learn from it and laugh at myself.
Often = 3 • Sometimes = 2 • Rarely = 1



SCORING MY TOTAL:

36–29 points: You’re positively pumped! Keep concentrating on the goodness and opportunities around you.

28–21 points: You’re pretty positive, and you usually see the good. Try to focus even more on the bright side.

20–12 points: You’re partly positive. Try some tips from the quiz to practice transforming your thoughts.

Taking the Stage

“Thou hast endowed each and all with talents and faculties ...” – ‘Abdu’l-Bahá

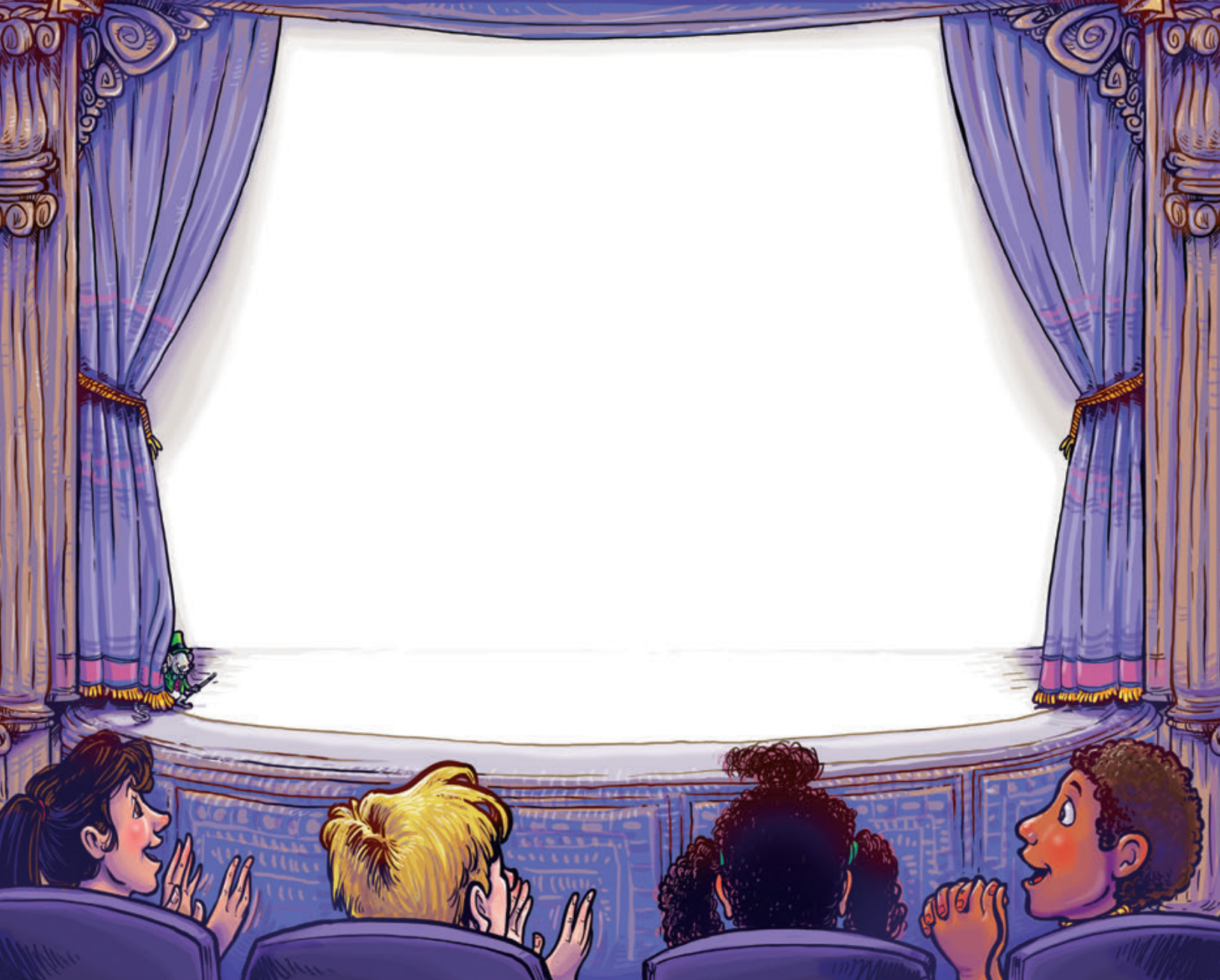
You’ve got talents! Even if you’re not exactly sure what you’re best at, your skills are waiting to be revealed. You might be an ace at astronomy, a fantastic photographer, or a super soccer player.

Find out by trying lots of things. Maybe you’re excited about dancing, diving, or playing music. Join a club or volunteer in your community. If you find out it’s

not your thing, no worries! With practice and enthusiasm, you’ll soon discover your abilities.

Discuss your interests with your parents, teachers, and friends. They may have ideas about how to get started. If you’re curious about something that other kids don’t think is cool, use your courage to go for it! 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. Draw your vision on the stage below.



JOHN BOSCH: A Heart that Speaks

How do you share your faith with others if you don't feel comfortable talking to people? That was John Bosch's struggle as a Bahá'í. He wanted to tell people about Bahá'u'lláh's message of love and peace, but he didn't feel he could speak well enough.

John was born in Switzerland in 1855 and moved to the United States when he was a young man. In 1905, he became a Bahá'í, and he was an active member of the growing American Bahá'í community.

In 1912, 'Abdu'l-Bahá, the leader of the Bahá'í Faith at the time, came to North America as part of his historic journey from Israel to the West. He was 67 years old. The day after 'Abdu'l-Bahá arrived in New York City, John took the night train from his home in California and rode across the country to see him.

John hurried to 'Abdu'l-Bahá's suite at the Hotel Ansonia. When they met, John said, "Abdu'l-Bahá, I came three thousand miles to see you." 'Abdu'l-Bahá laughed heartily and said, "I came eight thousand miles to see *you*."

John expressed his concerns that he wasn't doing enough to serve the Bahá'í Faith. He told 'Abdu'l-Bahá, "I am a foreigner, born in Switzerland, and have not the command of the English language. I would love to be a speaker. All I am doing is to give away pamphlets and as many books as are printed."

But 'Abdu'l-Bahá told him, "You are doing well . . . With you it is not the movements of the lips, nor the tongue. With you it is the heart that speaks. With you it is silence that speaks and radiates."

Later, 'Abdu'l-Bahá and John got into a car to go



Bosch Bahá'í School in California is named after John and Louise Bosch, who donated property to the Bahá'í community in 1927.

to lunch. The Bahá'ís wanted to give 'Abdu'l-Bahá a tour of New York during the drive. But John said, "He just looked at me, and all at once with an *immense* sigh . . . like the whole world would be lifted from Him so He could have a rest, He put His head on my left shoulder, clear down as close as He could, like a child, and went to sleep."

John said, "I was still as a mouse; I didn't want to move—I didn't want to wake Him up." 'Abdu'l-Bahá slept during the whole half-hour ride.

'Abdu'l-Bahá gave John a new name—"Núrání," which means "full of light." John didn't need to be a great speaker; he could use his own strengths to touch people's hearts.

Years later, John and his wife, Louise, donated their property in northern California to the Bahá'í community for a Bahá'í school. In 1973, a highway was to be built on the land, so it was sold. The funds were used to build Bosch Bahá'í School in the redwood forest near Santa Cruz, in their honor.

FOREST FRIENDS

From the forest to the biggest city, in a thriving community, everyone pitches in to help. We can all find creative ways to use our strengths and talents. Whether you're as quiet as a mouse or enjoy standing out like a giraffe, you can contribute in your own way.

Think about your personality and preferences. Are you like a busy bee, full of boundless energy? Do you build things diligently, like a beaver? When you're in a group of people, are you similar to a gentle deer or a playful otter? We can use the qualities that come to us naturally as we develop new abilities over time. It's okay if you do things differently from others—every kind of service is valuable. What are your favorite ways to use your skills in your community?

These creatures are getting ready for a festive gathering in the redwood forest. Unscramble nine ways they can help.



PARTY TO-DO LIST

- | | | |
|--------------------------|---------------------------|--------------------------|
| 1. (LANP) _____ AHEAD | 4. (DCORETEA) _____ SPACE | 7. (YLPA) _____ MUSIC |
| 2. (TIVINE) _____ GUESTS | 5. (IZENAGOR) _____ STUFF | 8. (TESEL) _____ PRAYERS |
| 3. (EALCN) _____ UP | 6. PREPARE (DOFO) _____ | 9. (OSECHO) _____ GAMES |

Benjamin Hatcher



What if you jumped like a kangaroo or slithered like a snake to get around? Choreographer and dance teacher Benjamin Hatcher says that just moving your body in a different way is a form of dancing. He started dancing lessons at about age 8, then moved to Montreal at 13 to study the art professionally. At 16, he created his first ballet. A few years later, he joined Les Grands Ballets Canadiens de Montreal and was soon doing solos.

In his 30s, Benjamin won critical acclaim and two prizes for choreography, including the Clifford E. Lee Award in 2002 for *The Covenant*, a ballet inspired by the Bahá'í terrace gardens in Israel. Since then, he's created a memorial dance for his father, mathematician William Hatcher, as well as works based on a fairy tale and the music of the Beatles. Benjamin and his wife Katia have two grown children and live in Montreal.

Q: What's your favorite childhood memory?

A: Going to visit granny and granddad, my father's parents, in Atlanta, Georgia. That was very exciting.

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

A: I used to get these very bad nightmares. I used to wake up screaming and very upset. And my mom would or my dad would rush in and just try to snap me out of it . . . I can't recall exactly what I was dreaming about, but it was just the atmosphere, and the mood was just so heavy and very bothersome . . . Then they went away.



Left: Ben began dancing when he was about 8 years old.

Right: Ben practiced the art of balance with a difficult one-arm handstand. He says, "Anything in life that you want to [do to] . . . strive towards perfection, takes discipline."

Q: How did you know you were interested in dance in the beginning?

A: I always loved to dance . . . I loved music, and I would put on my favorite tunes, and I would dance around in the living room . . . My Aunt Michele was a professional ballerina. She danced, and she had formed a dance company called Ballet Shayda . . . and they were very inspiring.

Q: Did you have a hard time being a boy who wanted to dance?

A: Was I made fun of? Sure . . . But . . . I don't recall really caring much about that . . . I knew that it was a noble art form. My parents introduced us to all kinds of art when I was growing up . . . Now as an adult, when I tell people what I do . . . they go, Wow, that takes a lot of discipline, doesn't it? And I say, Yes, it certainly does . . . You just practice and practice and practice . . .

Questions and
Answers with an
Inspirational Bahá'í



Left: *The Soul Project* was a dance Ben choreographed in memory of his father, mathematician William Hatcher.

Above: Ben collaborates with dancers during a rehearsal in April 2016.

Q: You created a ballet at age 16. What was it like and what inspired you to do that?

A: I had been going to dance school . . . for a few years, and the first opportunity I had to do my own choreography, I wanted to try. I think I always had a desire to create my own dances . . . It was very exciting. I always liked to listen to music when I was young and imagine movement to music that inspired me . . . I've been creating dances as much as possible over the last . . . 30 years.

Q: What's one of your favorite experiences in your career?

A: In 1992 when we were performing in Taiwan . . . one of my most favorite ballets. It's called *The Green Table*, and I played the role of Death . . . It's a very powerful piece, and it was a very prominent role for me. And I just remember . . . the standing ovation as I walked out to take my bow. I'll never forget it.

Q: Can you explain what choreography is?

A: A choreographer is someone who decides . . . what the physical movements of the dance will be, and you have to show it to [the dancers] . . . And you have to decide the pattern . . . [and] what your theme will be . . . It's very collaborative. You might have just an idea that you . . . share with a dancer or two, and then you want them to maybe improvise around that . . . A lot of it really happens with that creative spark . . . in the studio between the choreographer and the dancer.

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

A: The Faith says that art is important just as much as science, and as a choreographer, it helped me always question . . . What am I trying to say in this choreography? It has to mean something . . . God said that he created us noble. And I think that above anything we have to think about in our art, are we reflecting our nobility . . . ?

Q: Do you ever feel nervous before a performance?

A: I used to get very nervous when I used to get ready for a performance . . . It's a live art form, and anything can happen onstage. And that's very exciting. But you're putting yourself in a situation where . . . you're very fragile, you're very vulnerable, because a step might not go well . . . You have to trust your training. And you have to also detach yourself and rely on God.

Q: What's your advice for people who are self-conscious about dancing?

A: Dance can be very therapeutic . . . It's like a meditation . . . If you're scared of being laughed at or judged when you're dancing . . . close your curtains. Put on your favorite music. And dance like you've never danced before.

Q: What's your wish for *Brilliant Star's* readers?

A: Every day is a gift from above . . . It's easy to forget that. And everything is going to be okay.



I LOVE TO WRITE SONGS TO CELEBRATE MY FRIENDS. AT THE MUSIC CAFÉ TONIGHT, I SERENADED CLAYTON, WHO JUST CAME BACK FROM NEW MEXICO AFTER VOLUNTEERING AT A NATIONAL WILDLIFE REFUGE.

SHARING MUSIC FEELS LIKE SENDING LOVE OUT INTO THE WORLD. AND IT ALWAYS SEEMS AS IF...

LOVE COMES BACK BY JIM COSGROVE

Verse

Fm Eb Db C7 Fm Eb Db C7 Em Ab Bb B°

I reach down deep in-to my heart Ma-ma al-ways said it's the place to start. You scoop up love in the palm of your hand And

8 C7 Fm Chorus Db C7 Fm Db C7 Fm Ab Bb B°

blow it all o-ver this beau-ti-ful land. Love comes back yeah, yeah, Love comes back ummm, hmmm, You know love comes back whoa ho...when you

16 C7 1.3. Fm 2. Fm Break B7b Fm

share your love it's gon-na come back. gon-na come back. The more you give, the more you get... It feels so good that you

22 B7b C7 Fm To verse 3

ne-ver for-get. I love life, and I love you... Skit-tle dee dot boo-bee-bop doo-bi-doo- doo... Yeah

Verse 2

I released my love up into the wind.
It circled round the earth again and again.
Now, just be patient and you'll be surprised
When your love comes back, and it's twice the size.

Chorus

Break

Verse 3

It might take a minute, a day, or a year.
It might slap you on the back or whisper in your ear.
Whenever it comes, it's better than before.
You never run out. There's always more.

Chorus

Overcoming Hurdles

“You’re almost there . . . Come on, you can do it!”

When you’re playing a sport, it helps to have someone cheer you on. Sometimes it might feel impossible to jump that last hurdle or reach the top of the climbing wall. But with friends and teammates to encourage you, overcoming challenges gets easier.

Similarly, difficulties in life are more manageable when we have someone rooting for us. Have you ever

had a family member give you a pep talk when you felt down? Has a teacher or coach ever told you that you could do something, even when you doubted it yourself? If you’re struggling to persevere, getting support can make a big difference, right?

You can offer your positive energy and inspiring words to others, too. Let them know that you believe in them. With a little help, we can find the strength to reach our highest goals.

These kids are tackling challenges. Find eight letters in the scene to reveal a quote that can encourage them.



Letters Found:

“Cou__eous__ mee__n__ ove_come__he m_n__
 o_s__c_es__h__ s__n__ in__ou__ w__ . . .
 Ou__ff_ics_ions__, _es_s__n__ __i__s__e
 some_imes__ _essin_s__ in__is_uis_e . . .” –Bahá’í Writings

SHINING LAMP

A Bahá'í who served humanity with radiance

Leroy Ioas (1896–1965)

By Gail Radley



“I was so frightened,” Leroy Ioas recalled, “I perspired all over and my knees shook.”

Despite his fears in high school, Leroy competed as a public speaker. He even won a contest against other schools. Since childhood, he had longed to share the Bahá'í Faith and knew he needed practice with speaking.

Born in 1896, Leroy grew up near Chicago with his nine siblings. His parents became Bahá'ís when Leroy was two, and he began learning Bahá'í teachings.

At 16, Leroy met 'Abdu'l-Bahá, the head of the Bahá'í Faith, who was visiting Chicago. 'Abdu'l-Bahá's spiritual power overwhelmed him. Once, while listening to him speak, Leroy wished 'Abdu'l-Bahá would look into his eyes. Just then, their eyes met. “It was,” Leroy said, “as if he saw your soul.” Leroy's enthusiasm for his faith never wavered.

Energetic Leader

Later, Leroy married Sylvia Kuhlman, another Bahá'í. They moved to San Francisco and had two daughters. Leroy worked for the Southern Pacific Railroad and was a respected Bahá'í leader. He helped start the first Conference for World Unity to promote the oneness of humanity. He also worked with John and Louise Bosch to create what would become Bosch Bahá'í School.

In 1932, at age 36, he became the youngest person elected to the National Spiritual Assembly, the nine-member group leading the Bahá'ís of North America. He served on the Assembly for nearly 20 years.

Hercules

Leroy was stunned when Shoghi Effendi, grandson of 'Abdu'l-Bahá and leader of the Faith after him, appointed Leroy a Hand of the Cause of God in 1951.* Shoghi Effendi also asked Leroy to help him in Haifa, Israel. It was “the most difficult decision I have had to make . . .” Leroy wrote. It meant leaving his beloved American Bahá'í community and his successful career. Still, he and Sylvia moved to Israel in 1952.

Leroy took on major tasks. He arranged land purchases, gave public talks, and visited Bahá'ís around the world. He supervised the construction of the International Archives Building and major parts of the Shrine of the Báb. Shoghi Effendi admired Leroy's success with difficult projects so much that he nicknamed him “Hercules.”

When Shoghi Effendi died unexpectedly in 1957, Leroy was one of nine people elected to guide the Faith's development for several years. He was so committed to his work that he often neglected his health. Finally, doctors insisted he rest for six months. But Leroy was determined to accomplish Shoghi Effendi's last instruction: to represent him at the Intercontinental Bahá'í Conference in Singapore.

“Our host at this conference is Shoghi Effendi himself,” Leroy told the crowd. No longer the nervous, youthful speaker, Leroy inspired listeners with his confidence, wisdom, and stories of working with Shoghi Effendi.

Passing away in 1965, at age 69, Leroy had fulfilled Shoghi Effendi's prediction: “You will, I am sure, persevere till the very end.”

RILEY'S RAINFOREST



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

—Bahá'u'lláh

Explore & Soar: Habits for Happiness

Thinking more optimistically is a skill you can develop. Try these tips:

- ☐ Practice gratitude. When you're thankful for what you have, it's easier to see the good in life.
- ☐ Volunteer. Helping others can give you a new perspective on your own challenges.
- ☐ Hang out with positive people. Attitudes are contagious, so choose uplifting friends.



- ☐ Read inspiring stories. Seeing how others overcame adversity in life can give you hope for what's possible.
- ☐ Learn from mistakes. Accept that they'll happen sometimes, but you'll improve if you keep trying.
- ☐ Focus on your strengths. Find ways to use the skills that give you the most confidence.
- ☐ Look for humor. Laughter helps relieve stress and boost your mood.

Encourage Yourself

Imagine if your best friend failed a school project or made a big mistake during a performance. Do you criticize your friend? Or do you tell them it's okay and next time will be better?

Of course, you'd comfort your friend with kind words. But what if the one who made a mistake was *you*? We're often more critical of ourselves than others, especially in our self-talk—the way we think or silently talk to ourselves. But positive self-talk can make a big difference in our health and happiness. Research shows that speaking to ourselves in encouraging ways can help us be less stressed and more successful.

One study found that those who thought optimistically were less likely to get depressed, and dozens of studies show that positive self-talk improves athletic performance.

One way to speak to yourself more kindly is to use “you” or your name, rather than “I.” Since we're less harsh with others, talking to yourself as if you were someone else helps you be more compassionate.

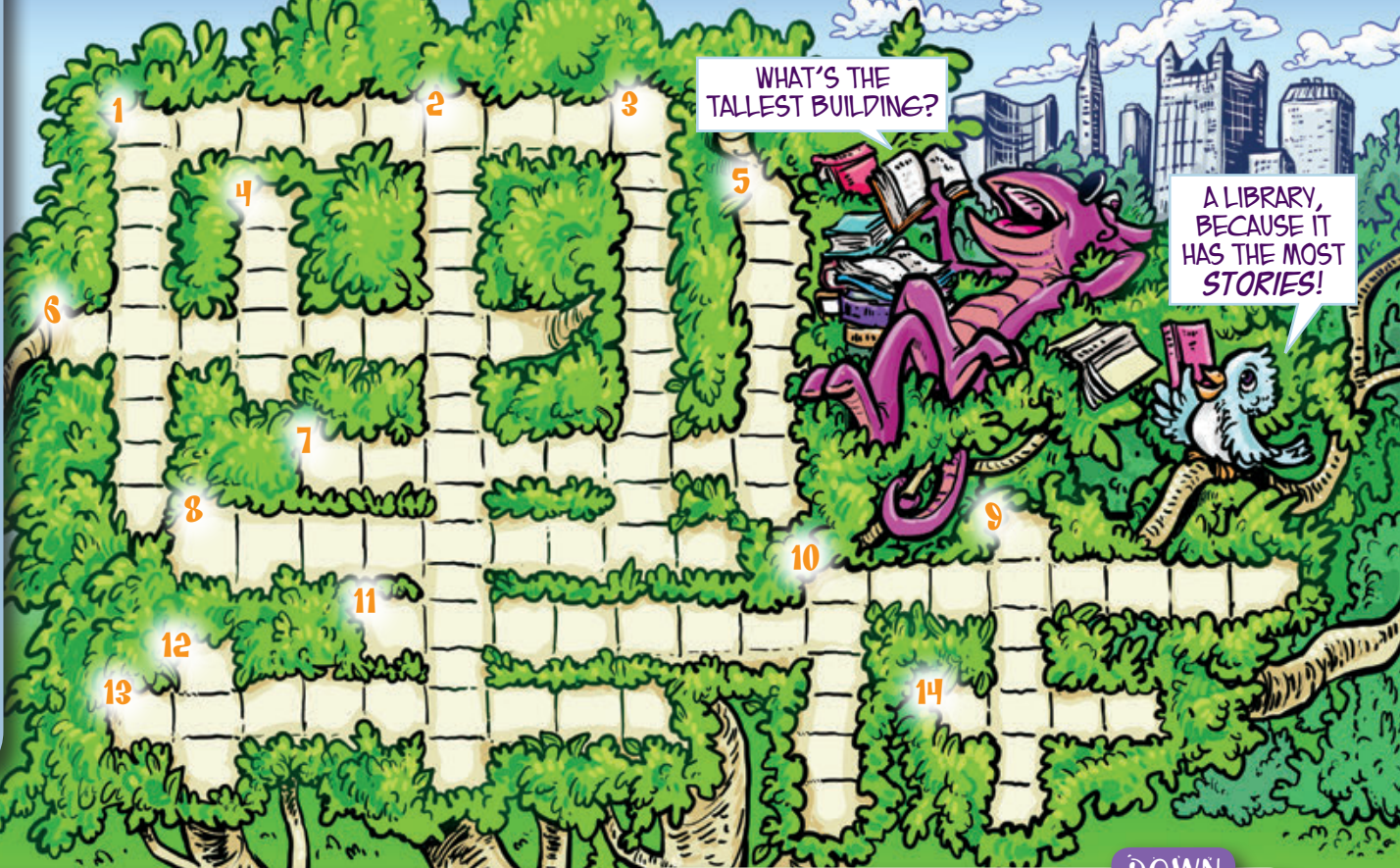
Negative self-talk can happen automatically, so pause and pay attention to your thoughts. Watch for phrases like “I can't,” “I'll never,” “It's too hard,” or “I always mess up.” Instead, think of **affirmations**—inspiring expressions such as “You can do this” or “Keep trying!”

Everyone faces obstacles. Instead of seeing them as roadblocks, look at them as hurdles to jump over as you race toward your dreams. If you trip, pick yourself up and keep going. Encourage yourself the way you would a friend, and you may be amazed at how confident you can be.

Curiosity Canopy



T rue or False? You can make yourself feel happier by smiling. **TRUE.** When you make a smiling motion with your face, your brain reacts to that movement by decreasing feelings of stress and improving your mood. Your smiles can spread the happiness to others, too!



ACROSS

1. Use more hopeful words, such as _____ instead of "problem," and "can" instead of "can't." (p. 18)
6. Benjamin says, "above anything we have to think about in our art, are we reflecting our _____ ...?" (p. 23)
7. Ridván means _____. (p. 5)
8. Our problems are sometimes _____ in disguise. (p. 25)
10. Three powerful P's: _____, perseverance, and practice. (p. 3)
11. One way to be happy: list 10 things you're _____ for (p. 10)
13. They provide fresh water for over half the people on the planet. (p. 8)
14. The only mammals that fly (p. 11)

DOWN

1. John and Louise Bosch donated property in _____ for a Bahá'í school. (p. 20)
2. SETI stands for Search for _____ Intelligence. (p. 14)
3. Speaking to ourselves in _____ ways can help us be less stressed and more successful. (p. 27)
4. A lot like magic (p. 29)
5. Leroy loas had this nickname. (p. 26)
9. Baxter and Bridget first learned about their superpowers in a _____. (p. 17)
10. Alexander and Tessa are both amazed by _____. (pp. 12-13)
12. Nur flies with wings of _____. (p. 6)

FROM OUR MAILBOX



I love all the magazine, [like] Lightning & Luna's adventures . . . [It] helps me learn Bahá'í virtues, history about the Faith, and the front cover gives a lot of information. They are so inspiring. I love to receive the magazine by mail.

—Amy Eliassieh, age 12, California, U.S.

ANSWERS

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

Page 3: 2 at far TL, 2 at far TR, 2 at TR, 3 at CR, 4 at CB, 2 at BL, 1 at CL, 1 at TL, 2 at TC, 2 at C

Page 9: 1) hospitality, 2) creativity, 3) sharing, 4) generosity, 5) service, 6) unity, 7) music, 8) enthusiasm, 9) fun, 10) friends, 11) dessert, 12) joy, 13) food, 14) decorations

Page 11: Cambodia, Bighorn Sheep

Page 14: solar eclipse

Page 15: D) Asteroids

Page 21: 1) Plan, 2) Invite, 3) Clean, 4) Decorate, 5) Organize, 6) Food, 7) Play, 8) Select, 9) Choose

Page 25: G at TL, L and A at TC, Y at TR, D at CR, B and T at BR, R at BL. "Courageously meet and overcome the many obstacles that stand in your way . . . Our afflictions, tests and trials are sometimes blessings in disguise . . ."

MAGIC OF MUSIC

“The art of music is divine and effective . . . Through the power and charm of music the spirit . . . is uplifted.” —Abdu’l-Bahá

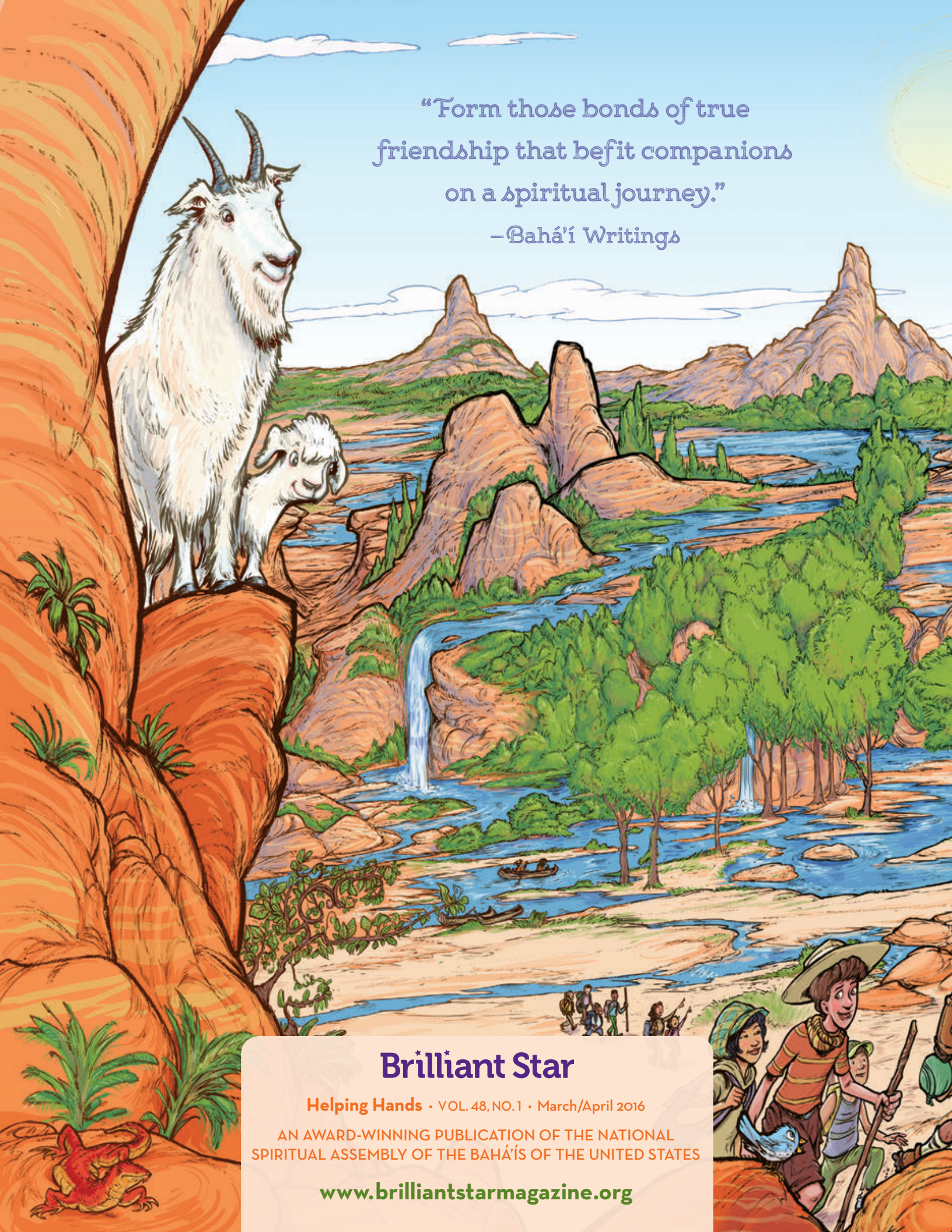
Music is a lot like magic. If you’re feeling blue, an upbeat song can brighten your day. When you need to relax, a smooth melody can soothe your nerves. When it’s time to celebrate, good tunes add fun to the festivities!

Whether you sing, play an instrument, dance, or deejay, you can cast a spell of creativity. Encouraging your friends’

artistic expression is like a charm that can help them improve their skills and share their talents. Cheer them on at their performances. Collaborate in duets or groups. Let people know how much you appreciate their creativity. However you choose to groove, lend your own unique harmonies to humanity’s symphony. When we make music together, it’s truly enchanting!

Help this wizard’s melody find its way through the instrument.





“Form those bonds of true
friendship that befit companions
on a spiritual journey.”

—Bahá'í Writings

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