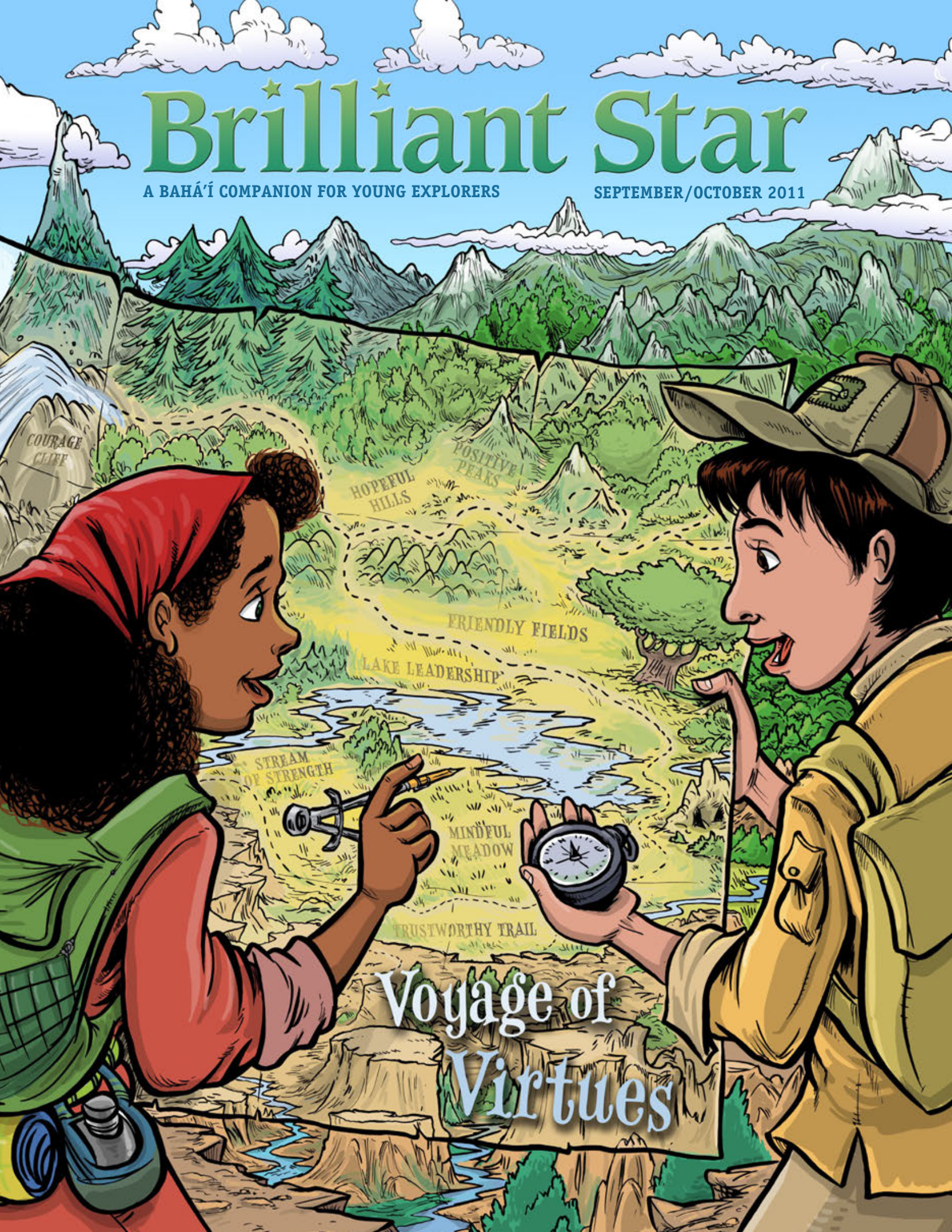


Brilliant Star

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

SEPTEMBER/OCTOBER 2011



Voyage of
Virtues

Brilliant Star

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

The Bahá'í Faith was founded by the Prophet **Bahá'u'lláh** ("Glory of God" in Arabic) in 1863. Bahá'u'lláh taught that all people are part of one human family, and that all religions come from one God. Bahá'ís work to bring peace and unity to the world, and end prejudice and discrimination of all kinds.

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

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

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We often provide Internet resources to encourage readers to explore a topic, or to share our references. While we make every effort to choose reliable websites, **Brilliant Star** does not endorse or account for all content in referenced websites. Furthermore, we urge caution and parental guidance when using the Internet. For more information about Internet safety, visit www.wiredkids.org/wiredkids_org.html

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aMAZEing ADVENTURE

Climb with courage and take an exciting ride.

VOYAGE OF VIRTUES

SEPTEMBER/OCTOBER 2011

NEW DESTINATIONS



DEAR FRIENDS,

From Captain James Cook's sailing voyages near every continent in the 1700s, to

Neil Armstrong's first steps on the moon, the great explorers of history thrived on the thrill of adventure. They discovered and shared the wonders of new lands. They also faced danger, uncertainty, and hard work.

Like any exciting journey, the path of life includes twists and turns. It's difficult facing bullies, fear, disappointment, or other challenges. But like an explorer learning about unfamiliar lands, you can develop skills to overcome such hurdles.

In this issue of **Brilliant Star**, find tools for navigating the roads of life. Check out tips for managing money, staying fit, handling responsibilities, thinking positively, and more. Make your own "magic" wallet, create a compass, and get consulting tips from Zeke of Zilizag. And meet George Hatcher, a NASA engineer who shares his lifelong love for space exploration.

Have fun sharpening your life skills and investigating the unknown regions of the future with courage, strength, and creativity.

With love from **Brilliant Star**



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Get a Jump on the Future

Busy squirrels are fun to watch. A squirrel with an acorn in her mouth scurries around, looking left and right. If no one is watching, she buries it to save it for the winter. Some squirrels store food in one place. Others bury thousands of seeds or nuts over a large area. Amazingly, they can find most of their hidden nuts when needed. Those forgotten grow into new trees.

We can learn from squirrels about planning for the future. What are your goals? What are the most

important things for you to accomplish? List them, then spend time working on them. For example, if you want to be a great guitar player, schedule time for practice. Track your progress on a calendar or chart. If your dream is to attend soccer camp next summer, start saving money now.

Planning, like squirreling away acorns, takes time and determination. But you'll be glad you're prepared when you have a tough nut to crack.

The squirrels are getting ready for winter by hiding their food. Find 13 squirrels and 13 acorns.

A SQUIRREL'S FRONT TEETH NEVER STOP GROWING! CONSTANT **GNAWING** KEEPS THEM SHORT.

WE OFTEN "TALK" WITH CHIRPING OR WHISTLING SOUNDS AND BY FLICKING OUR TAILS.

A Brief Timeline

The Life of Bahá'u'lláh

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

1817 November 12

Birth of Bahá'u'lláh in Tíhrán, Iran

1844

Recognizes the Báb as a new Messenger of God

1852

Imprisonment in the "Black Pit" of Tíhrán

1853–1863

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

1863 April 22

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

1863–1868

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

1868

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

1877

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

1892 May 29

Bahá'u'lláh passes away at Bahjí.

Bahá'u'lláh's Life: Mission of Peace Gift of Love

As the son of a nobleman in Persia (now Iran), Bahá'u'lláh could have spent His young adulthood living a life of luxury. But instead, He used His time and wealth to help the poor.

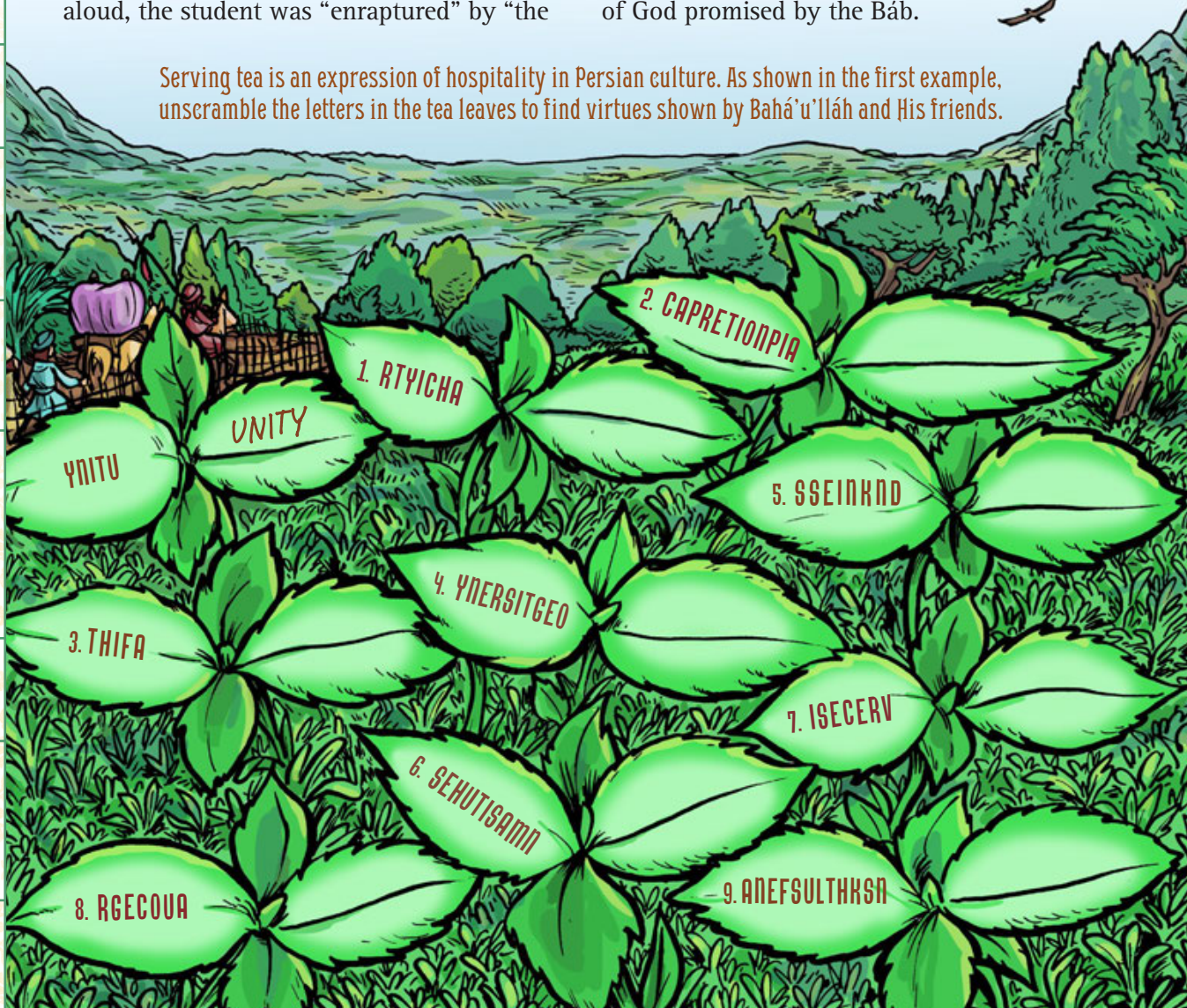
One day in 1844, when He was about 27, a student brought Him a scroll. It contained writings of a Messenger of God known as the Báb. The Báb taught that another Messenger would soon appear to bring an age of peace. The scroll had been sent by Mullá Husayn, the Báb's first follower, who had heard of Bahá'u'lláh's selfless work.

As Bahá'u'lláh read the Báb's words aloud, the student was "enraptured" by "the

sound of His voice and the sweetness of its melody." Bahá'u'lláh praised the Báb's "soul-stirring words" and said they had "regenerating power." He gave the student tea and some special sugar—rare gifts in Persia at that time—to take to Mullá Husayn, along with His appreciation and love. Mullá Husayn received the gifts with enthusiasm.

Bahá'u'lláh soon set out to share the Báb's teachings. Through persecution and difficulties, He remained courageous and steadfast. He became a leader among the Báb's followers. In time, He revealed the joyous news that He was the Messenger of God promised by the Báb.

Serving tea is an expression of hospitality in Persian culture. As shown in the first example, unscramble the letters in the tea leaves to find virtues shown by Bahá'u'lláh and His friends.



Maya's MYSTERIES

MY COMPASS
HELPS ME
FIND MY WAY!



Your Moral Compass

On a nature hike, a compass can help you stay on track. A compass points north because its needle is a magnet. Earth is also a magnet, with a pole near the North Pole. A compass aligns itself with Earth's magnetic field. This field is thought to be created by Earth's metal core.* A compass is a great tool to keep you from getting lost.

Do you know that you have a type of compass

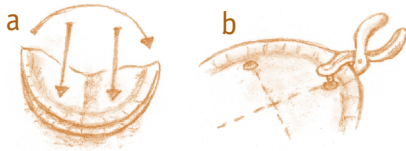
within you, called a *moral* compass? Similarly, it can guide you in making wise choices. If someone is being a bully or cheating on a test, this inner guide can lead you to a positive route.

When you listen to your spiritual self, your moral compass is at work. Prayer, meditation, and virtues such as mindfulness and empathy keep your compass in great condition. Where will your compass lead you?

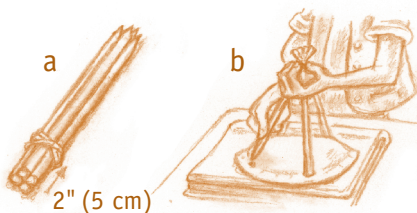
Make Your Own Compass

You'll Need: 7" (18 cm) sturdy paper plate • hardcover book • ruler • hole punch • four 10" (25 cm) wooden skewers • rubber band • large metal paper clip • small magnet • 10" (25 cm) thread • tape • scrap paper • scissors • plastic needle

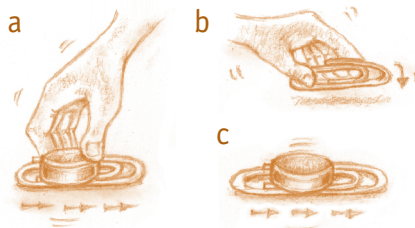
- 1 (a) Fold plate in half, then fold in half again. Open plate. (b) Punch hole at end of each crease, about 1" (2.5 cm) from edge. Place plate face down on book.



- 2 (a) Wind rubber band around flat ends of skewers. Push rubber band down so it's 2" (5 cm) from ends. (b) Place pointed end of each skewer through a different hole in plate.



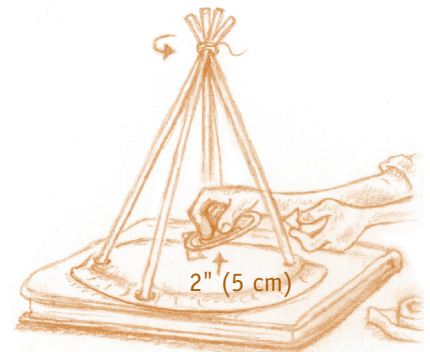
- 3 (a) Hold one end of paper clip and scrape magnet over its length 50 times in one direction only. (b) Flip paper clip over. (c) Repeat on opposite side, scraping in same direction.



- 4 (a) Tie one end of thread to paper clip. Put other end of thread through needle and (b) push through center of skewers. Remove needle.



- 5 Tie top of thread around skewers. Paper clip should hang about 2" (5 cm) from plate. Make sure clip isn't near any magnets, metal, or wind. Gently move thread along clip until clip balances parallel to table. When clip stops moving, one end should point north. Cut out a 1/2" (1.3 cm) paper triangle and tape it to north-facing end of paper clip. Hold the book to transport the compass without disturbing the skewers.





Take Action Against Bullies



What do you do when a bully picks on you or someone else? How do you handle getting a hateful e-mail from a bully? Bullying can be really frustrating. It's not fair, and nobody deserves it.

Though there's no sure way to stop all bullying, you can help avoid it. Bullies may pick on kids who appear unsure of themselves, so walking with confidence can help. And bullies target kids who get upset, so if you keep your cool, they may back off.

Cyberbullying, which happens online or by phone, can be a tricky problem. You can help protect yourself by keeping your personal information private. Keep in mind that anything you post online may be seen by many others.

If you have to deal with bullies, remember that there's nothing wrong with you, and you're not alone. Lots of kids have the same problem. And you *do* have the power to do something about it.

Are you smart about bullies? Circle your answers, then add up your points.

- 1** If someone picks on me, I take deep breaths and think of something peaceful instead of yelling or crying.

Often = 3 • Sometimes = 2 • Rarely = 1



- 9** I watch my own words and actions, to make sure I don't act like a bully.

Often = 3 • Sometimes = 2 • Rarely = 1

- 2** When I can, I ignore bullies and just walk away.

Often = 3 • Sometimes = 2 • Rarely = 1

- 5** If I see someone bullying a kid, I tell him or her to stop, or I tell a teacher.

Often = 3 • Sometimes = 2 • Rarely = 1

- 10** If a bully targets me, I remember that the bully has a problem, not me.

Often = 3 • Sometimes = 2 • Rarely = 1



- 6** When I feel upset by a bully, I find a way to let off steam, such as biking, dancing, or writing in my journal.

Often = 3 • Sometimes = 2 • Rarely = 1

- 11** If I get bullied often and feel scared, I ask a parent or teacher for advice.

Often = 3 • Sometimes = 2 • Rarely = 1

- 3** I think about ways to respond to bullies, so I feel prepared.

Often = 3 • Sometimes = 2 • Rarely = 1

- 7** I talk to a parent or teacher if I see bullying online.

Often = 3 • Sometimes = 2 • Rarely = 1

- 12** I help kids who are bullied by listening and encouraging them to tell an adult.

Often = 3 • Sometimes = 2 • Rarely = 1

- 4** When I stand up to a bully, I speak in a calm voice, instead of getting upset.

Often = 3 • Sometimes = 2 • Rarely = 1

- 8** I keep personal information, such as my e-mail address, private from people I don't know.

Often = 3 • Sometimes = 2 • Rarely = 1



My Score:

36–28 points: Congratulations! You do a great job of dealing with bullies. Keep it up, and share your skills with others.

27–19 points: Good start! Keep developing your skills and looking for peaceful ways to deal with bullying.

18–12 points: You could use more strategies for handling bullies. Look through the quiz for some tips to try.

The Doves' Journey

Adapted from an
Indian Folktale



One summer long ago in India, near the great Himalayan mountains, a terrible drought struck. Food and water were nearly impossible to find. Panting from the heat, a flock of doves flew for long miles, desperate for something to eat. Joban, a young dove with keen eyesight, swooped low over a forest and spotted plump rice plants under a banyan tree.

"Look!" he cried. "Rice to eat!"

But the King of Doves warned, "Rice grows in open fields, not deep in the forest. I sense a trap. We must keep going."

Joban said, "But clearly, it's rice!" The doves were so hungry that they rushed to gobble the grains.

Suddenly, a huge net fell from the tree, pinning the whole flock to the ground. Fluttering helplessly, they saw a hunter running toward them. He shouted, "*Ati uttam!* I've caught enough birds to feed the whole village!"

The doves turned to their king. "You tried to warn us, but the rice was too tempting. What can we do *now*?" Joban cried.

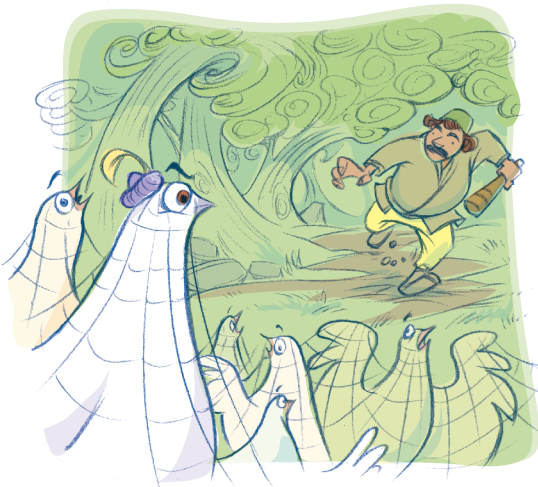
As the hunter drew closer, the wise king called to the flock, "Grab the net with your beaks and fly!"

A few birds flapped their wings, but soon fell back to the ground. "Quickly! Everyone must work *in unity*. Now!" exclaimed the king.

This time, every bird flapped, straining upward. Just as the hunter's fingers grasped for the net, the doves, pulling together, lifted it out of reach! The hunter shook his club in frustration.

Before long, Joban began to complain. "This net is so heavy. We can't go any farther." The others joined in.

"Just a little longer, *mitra*," counseled the king. "Be strong. Follow me to the hill of white frangipani trees. I know a friend who can help."



With the king's encouragement, they found the strength to continue. Reaching the hill, they collapsed. Immediately, the king called, "O Queen of Mice!"

A noble mouse scampered forward. "Greetings, friend," the queen squeaked. "How can I be of service?"

Joban laughed. "How can such a *little* creature help us?"

"Guard your tongue, Joban," the king cautioned. He humbly asked the mouse to nibble the ropes and set the doves free.

"Of course," she replied. "I will start with you."

But he said, "Please help the others first. Then I will enjoy my own freedom."



The queen gnawed the ropes until every dove was released, ending with the king. Taking pity on the exhausted birds, she invited them to join all the mice in a royal banquet of rice, cheese, and fresh water.

After the feast, the Dove King bowed to the Mouse Queen. The whole flock followed his example, cooing a grateful song. Joban sang loudest of all. Then they rose into the evening sky, happy to follow the Dove King back to their home.

Truthful Talk

"Truthfulness is the foundation of all human virtues. Without truthfulness progress and success, in all the worlds of God, are impossible for any soul." —'Abdu'l-Bahá

You forgot to study for your spelling test—will it really matter if you cheat, just this once? You broke your glasses again—what if you tell your parents it's someone else's fault?

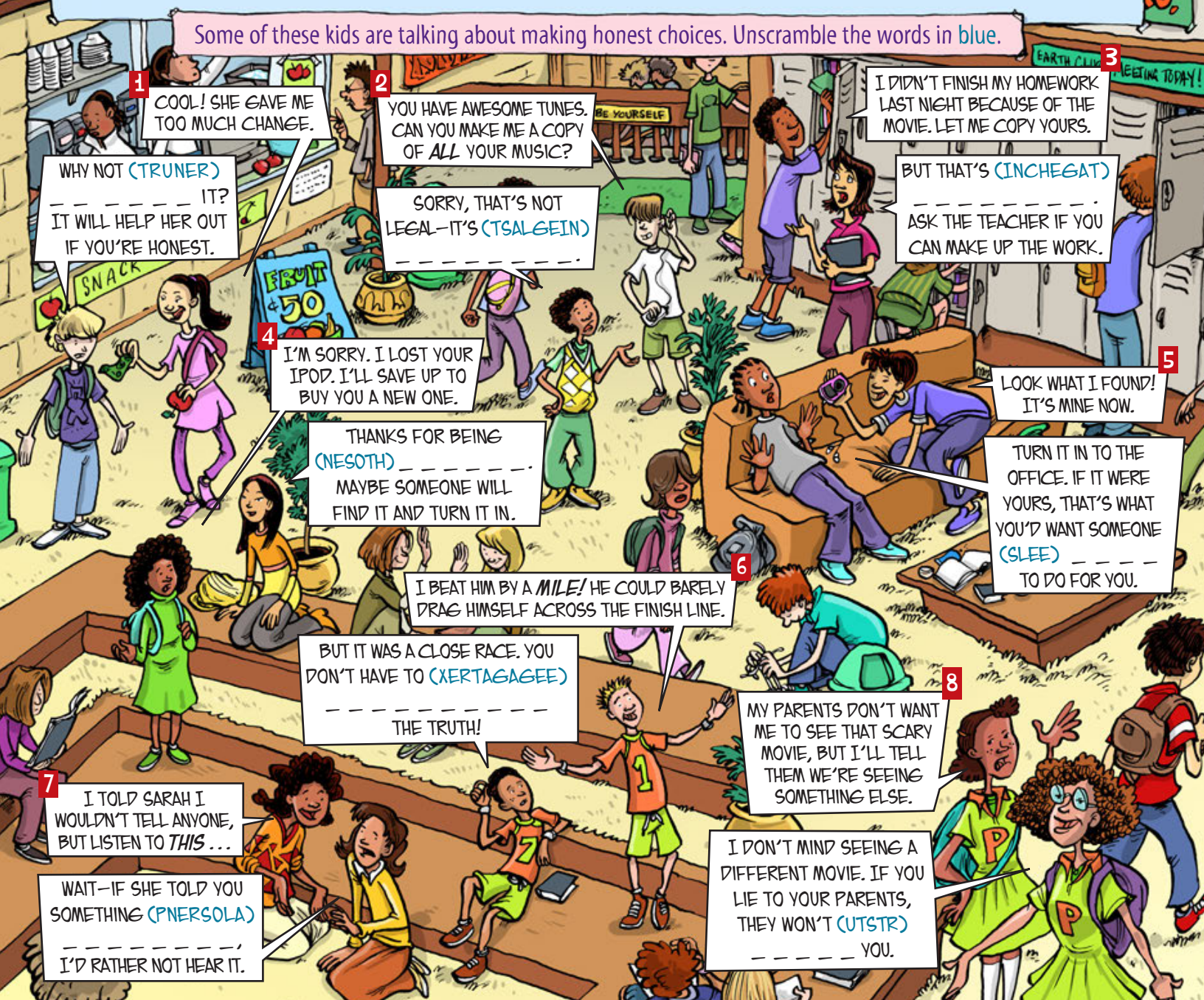
It's not always easy to tell the truth. And it might look like other people get away with cheating or lying. Is it really a big deal? Especially if you don't get caught?

Telling a lie may seem like a simple way to get out of a tough situation. You might avoid getting in

trouble or making someone angry. But lying really makes things harder. It can hurt your relationships with friends and family. If someone finds out you're dishonest, it will be hard for that person to trust you.

When you're truthful, people know they can count on you. You admit it if you make a mistake, and you try to make things right. You're honest with yourself, too—you don't try to be someone you're not. And those are qualities you can *truly* feel good about.

Some of these kids are talking about making honest choices. Unscramble the words in blue.



1 COOL! SHE GAVE ME TOO MUCH CHANGE.

2 YOU HAVE AWESOME TUNES. CAN YOU MAKE ME A COPY OF ALL YOUR MUSIC?

3 I DIDN'T FINISH MY HOMEWORK LAST NIGHT BECAUSE OF THE MOVIE. LET ME COPY YOURS.

WHY NOT (TRUNER) IT? IT WILL HELP HER OUT IF YOU'RE HONEST.

SORRY, THAT'S NOT LEGAL—IT'S (TSALGEIN)

BUT THAT'S (INCHEGAT) ASK THE TEACHER IF YOU CAN MAKE UP THE WORK.

4 I'M SORRY. I LOST YOUR IPOD. I'LL SAVE UP TO BUY YOU A NEW ONE.

THANKS FOR BEING (NESOTH) ——— MAYBE SOMEONE WILL FIND IT AND TURN IT IN.

5 LOOK WHAT I FOUND! IT'S MINE NOW.

TURN IT IN TO THE OFFICE. IF IT WERE YOURS, THAT'S WHAT YOU'D WANT SOMEONE (SLEE) ——— TO DO FOR YOU.

6 I BEAT HIM BY A MILE! HE COULD BARELY DRAG HIMSELF ACROSS THE FINISH LINE.

BUT IT WAS A CLOSE RACE. YOU DON'T HAVE TO (XERTAGAGEE)

THE TRUTH!

8 MY PARENTS DON'T WANT ME TO SEE THAT SCARY MOVIE, BUT I'LL TELL THEM WE'RE SEEING SOMETHING ELSE.

I DON'T MIND SEEING A DIFFERENT MOVIE. IF YOU LIE TO YOUR PARENTS, THEY WON'T (UTSTR) ——— YOU.

7 I TOLD SARAH I WOULDN'T TELL ANYONE, BUT LISTEN TO THIS ...

WAIT—IF SHE TOLD YOU SOMETHING (PNERSOLA) ——— I'D RATHER NOT HEAR IT.



RILEY'S RAINFOREST

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

Get a Move On

Have you ever noticed how good you feel after you dance or ride your bike?

Our bodies are made to move. Strong bones, flexible muscles, and movable joints allow us to run, dribble balls, and turn cartwheels. Our bodies thrive when we use them actively.

Unfortunately, many kids aren't active enough. The number of kids who are overweight or obese is rising worldwide. This can lead to serious health problems, including heart disease and diabetes.

Exercise offers a ton of benefits, in addition to keeping your weight healthy and preventing disease. It builds strong bones and muscles, including your heart. It increases your energy level and can improve your sleep. Plus, exercise can release endorphins, feel-good chemicals in your brain, that can help you feel happier and calmer.

It's important to be active in different ways to work your heart, muscles, and bones. When doing



sports, you can have fun, build self-confidence, and make new friends while you stay fit. Try a team sport such as soccer or basketball, or an individual sport such as swimming or track. If traditional sports aren't your thing, try dancing or yoga.

Many experts recommend an hour or more of physical activity every day. If you can't fit in an hour all at once, try breaking it up into shorter periods of 15 minutes or more. Make it a goal to get your heart pumping every day, and get moving toward a healthier you.

Explore and Soar: Fitness Fun

Try these fun ways to exercise, on your own or with friends:

- Create an obstacle course with 10 stations.
- Invent different ways to jump rope.
- Have a hula hoop contest.

- Make up a move for each letter of the alphabet.
- Make up dances to your favorite songs.
- Play disc golf. Use a Frisbee, with hula hoops or trees for targets.



Canopy of Questions

What do you want to know about staying healthy and happy? Health can involve your body, mind, emotions, and spirit. Send your questions to brilliant@usbnc.org. Responses are given by a health professional.

“What are the best foods and exercises for growing?”

— Lua, age 12

Dear Lua,

A balanced diet that includes three to four servings of fruits AND vegetables every day, as well as enough protein (whether that is meat, dairy products, or eggs), is vital to giving your body what it needs to grow. Fruits and vegetables give us the minerals and vitamins that our bodies require. My patients often tell me that they just don't like any vegetables. One trick I tell them is to get in the kitchen and start cooking. Finding recipes you like can be fun, and it helps you enjoy a much bigger variety of vegetables.

Sometimes kids think that if they're trying to be healthy or lose weight, they should cut back on *all* foods. But your body still needs to grow, so eat plenty of healthy foods. Sleep is just as important as what you eat, since your bones grow at night when you're asleep.

Exercise is a very important part of a healthy lifestyle. There aren't special exercises for growth, but remember that exercise should be fun. Do what you enjoy. Warm up and cool down for any sport, and drink plenty of water.

*Take care and be happy,
Dr. Alison Ziari
Certified Pediatrician*



Magical Money

"Be generous in your days of plenty,
and be patient in the hour of loss." —Bahá'u'lláh

Money may seem magical. It can disappear instantly, before your very eyes. And using it wisely can be tricky.

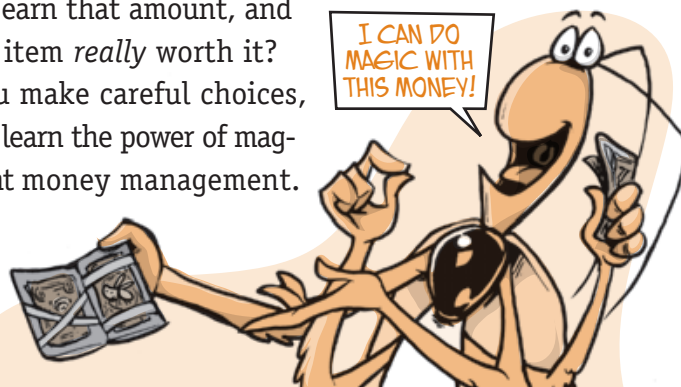
A smart way to handle money is by listing your needs and wants. Necessary things such as clothes, lunch, or school supplies go on the "needs" list. The "wants" are extra things you'd *like* to have, such as candy or games. Also, plan with the three S's in mind—how much to Spend, Save, and Share. Make a list

of your goals. Do you want to save for college or give to the Bahá'í Funds* or other charities?

When you're ready to spend, decide what to buy before you shop. Ask yourself—how long did it take me to earn that amount, and is the item *really* worth it?

As you make careful choices, you'll learn the power of magnificent money management.

I CAN DO
MAGIC WITH
THIS MONEY!



You'll Need

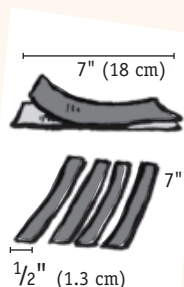
Duct tape • two 3" x 4" (7.6 x 10.2 cm) cardboard rectangles • scissors • pen • ruler

Make a Magic Wallet

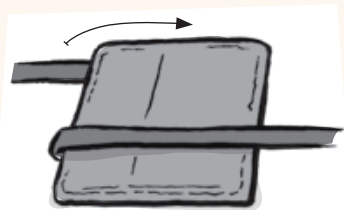
- 1 Cover both sides of cardboard pieces with duct tape.



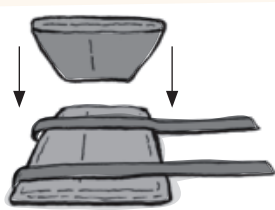
- 2 Put sticky sides of two 7" (18 cm) pieces of tape together. Cut in half lengthwise, then cut each in half again to get four strips.



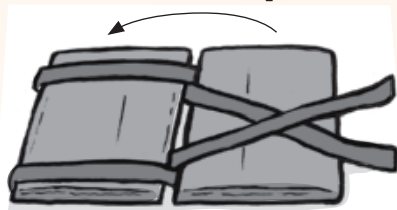
- 4 Flip board over so strips are on bottom, facing left. Fold strips over board, facing right.



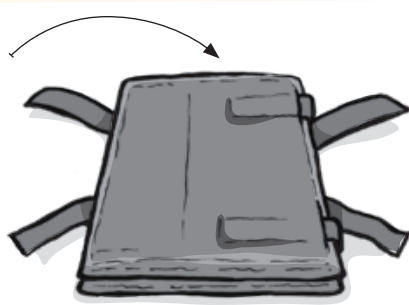
- 5 Place other board on top, so strips are between them.



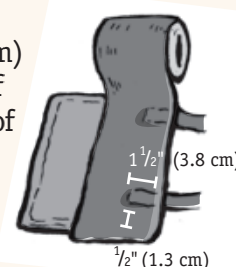
- 7 Open boards by flipping top to left. Center other two strips on right board, in an X. The two ends on left go under attached strips.



- 8 Place left board on top of right board. Make sure X strips lie between horizontal strips.



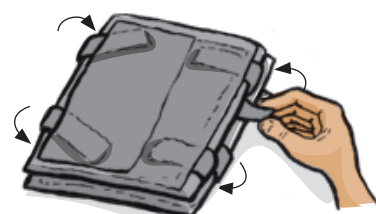
- 3 Place ends of two strips $1\frac{1}{2}$ " (3.8 cm) from long edge of board. Keep edge of strips $\frac{1}{2}$ " (1.3 cm) from corners. Secure with tape.



- 6 Fold strips over top board and tape across ends to secure.



- 9 Tape X ends to boards. For left side, tape ends to top. For right side, tape ends to bottom board.



Fold a dollar in half and place in wallet, then close it. Gently open wallet from the other side. Close it, then open again from the first side. Isn't that a cool trick?

*Only Bahá'ís may give to the Bahá'í Funds.

Reach for the Stars

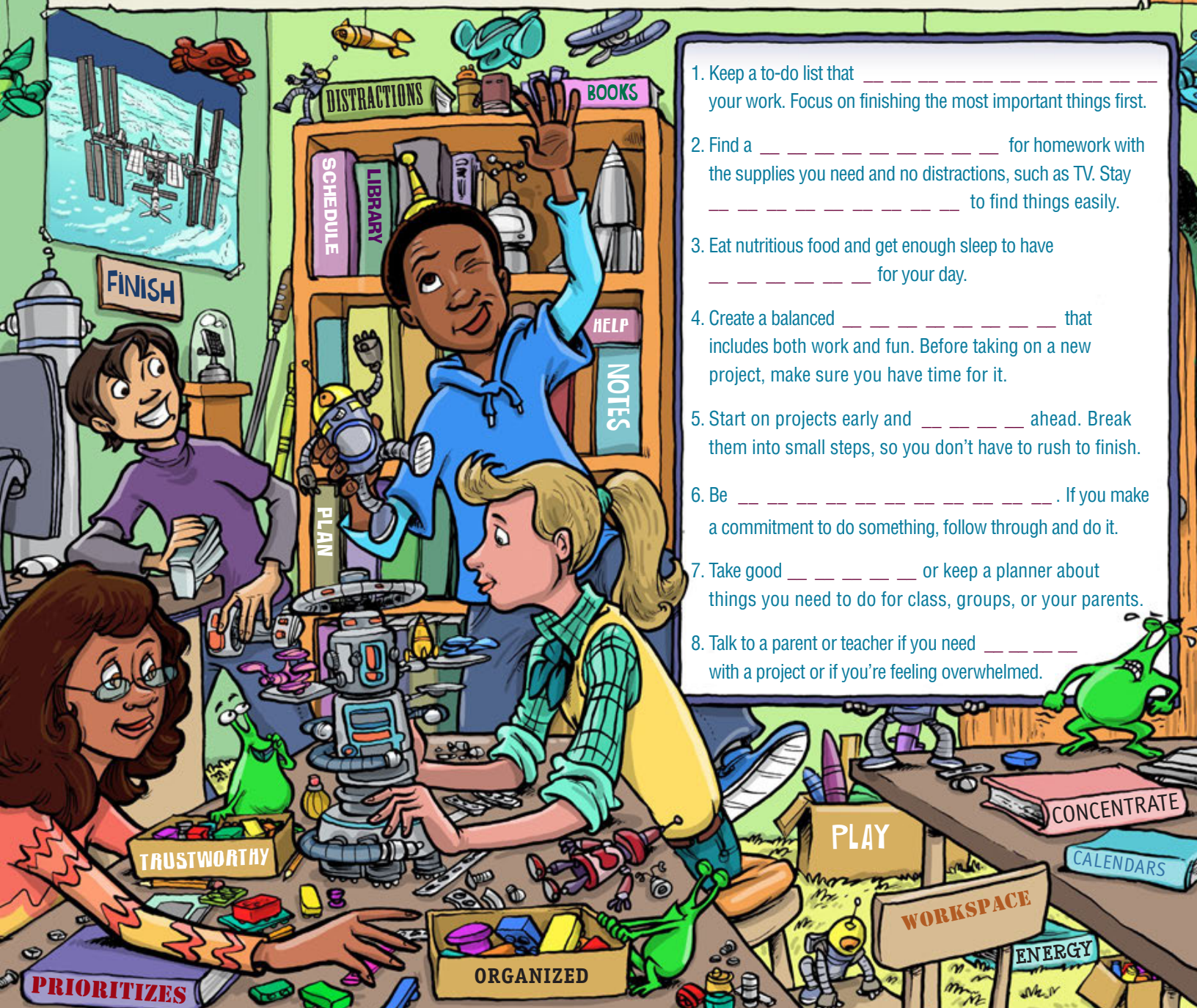
Have you ever dreamed of blasting off for outer space, gazing back at our beautiful planet, and taking spacewalks? On the International Space Station, astronauts live that dream. But it took a lot of training to get there. And they face many responsibilities, including research, repairs, and exercise.

Responsibilities can be fun. You can play with your dog while walking him, or do a cool group project at school. However, even if some tasks aren't

so exciting, they still have to be done—and done well. What if you never cleaned your room or took out the garbage? Yuck!

Doing your best can give you a feeling of satisfaction. Think of ways to bring joy to your tasks, such as by playing music during chores or studying with friends. Life in space, and on Earth, is full of responsibilities. Launch into them with excellence, and you'll soon be rocketing toward your dreams.

These kids are building a model space station of the future. Look for missing words to reveal tips for balancing responsibilities.



1. Keep a to-do list that _____ your work. Focus on finishing the most important things first.
2. Find a _____ for homework with the supplies you need and no distractions, such as TV. Stay _____ to find things easily.
3. Eat nutritious food and get enough sleep to have _____ for your day.
4. Create a balanced _____ that includes both work and fun. Before taking on a new project, make sure you have time for it.
5. Start on projects early and _____ ahead. Break them into small steps, so you don't have to rush to finish.
6. Be _____. If you make a commitment to do something, follow through and do it.
7. Take good _____ or keep a planner about things you need to do for class, groups, or your parents.
8. Talk to a parent or teacher if you need _____ with a project or if you're feeling overwhelmed.

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

Jump in the carpool.

The average U.S. car emits over 11,000 pounds of carbon dioxide pollution every year.* Share rides with friends to reduce pollution and save energy.

WOW, REALLY?

The earth's magnetic field sometimes flips, with the north and south poles switching places. This last happened 780,000 years ago.

OUR CONNECTIONS



Earth is like a giant magnet! It's not fully understood, but scientists believe Earth's magnetic field is created by movement of liquid iron and nickel at our planet's core. Birds, sea turtles, and other animals use the magnetic field to help them find their way. Humans have relied on it through the ages to make compasses work. This magnetic field even reaches thousands of miles into space, protecting us from harmful radiation flowing toward us from the sun.

PROTECTING OUR PLANET

Dr. David Suzuki is a scientist and broadcaster who teaches about our environment and changing climate. In Canada, he hosts *The Nature of Things*, a popular TV show on science. He's written 52 books and won many awards. He says, "We live on a planet where everything, including us, is exquisitely interconnected with and interdependent on everything else."



WHERE IN THE WORLD?

AMAZING ANIMALS



Called "upside-down trees" for their unique shape, these massive trees hold huge amounts of water in their trunks. Three species found only in Madagascar are endangered by logging, farming, and other issues. *Unscramble the letters to find their name:*

OBABBAS ○ ○ ○ ○ ○ ○



These intelligent, endangered creatures of Asia are the largest tree-dwelling mammals, but logging and other factors are destroying their rainforest habitats. *Fill in the blanks to find their name:*

○ R A ○ G ○ T A ○ S

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?

Bryan Y.

Age: 9

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

I want to be:
A doctor

Best quality or virtue:
Service and helpfulness

Something I like about me that makes me unique:
I work hard in everything I do.

Hobbies or sports:
Playing football, basketball, and soccer



Favorite Bahá'í activity:
Going to Bahá'í summer camp and children's classes

Place I'd love to visit:
Haifa, Israel

I like to help people by:
Sharing my clothes and toys

What's a goal you've achieved that makes you feel proud?
I was always afraid of performing in front of people. When I was seven years old, I was asked to say a prayer at the Grand Canyon Bahá'í Conference in front of thousands of people. With practice and determination, I finally achieved my goal.

My hero or role model:
My role model is 'Abdu'l-Bahá, because he is the best example for all of us.

Nesar S.

Age: 13

I live in: **Haifa, Israel**

I want to be:
Lawyer/Doctor

Best quality or virtue:
Helpfulness and kindness

Something I like about me that makes me unique:
I'm always smiling and making other[s] smile.

Hobbies or sports:
Reading, playing my violin, and listening to music

What's a goal you've achieved that makes you feel proud?
Memorizing the Tablet of Ahmad and the Fire Tablet by reading [them] every single day*

My hero or role model:
My parents are ... big role model[s] for me. So is my older sister.



What do you do when you face a challenge?
I always try not to dwell on the bad thing and look at the bright side.

What do you think is the best way to deal with a bully?
Avoiding them and not giving the reaction they're looking for, and if it gets worse, telling an adult.

One talent I'd love to have:
To be able [to be] as forgiving as possible, because after all, you have to forget and forgive.



Ayana D.

Age: 12

I live in: **Ghana**

I want to be:
Photographer, writer, or singer. (I just recorded my first album, called *Rainbows of Light*.)

Best quality or virtue:
Compassion, truthfulness

What's a goal you've achieved that makes you feel proud?
I aced my sixth grade exams, and [they] are very important in South Africa

[where I used to live] ... It determines what type of high school you'll get into.

My hero or role model:
My dad ... He is the type of person I want to be when I grow up: smart, successful, loving, joyful, and steadfast.

Something I like about me that makes me unique:
My dad is Jamaican and Japanese ... My mom is Irish, English, and a bit Italian.

One talent I'd love to have:
Be able to dance ... In the cultures where I'm living, dancing shows everything: how they planted the crops, how they harvested them, etc. It would also go hand in hand with my singing talent.

Alec M.

Age: **14**

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

I want to be:
Architect

Best quality or virtue:
Kindness

Something I like about me that makes me unique:
I know what I want in life, and I am good at setting goals.

Favorite Bahá'í activities:
Junior youth group, Louhelen Bahá'í School

What's a goal you've achieved that makes you feel proud?
When I raised \$250 for the [Bahá'í] Fund by jumping on my pogo stick 1,201 [times] non-stop for our community fund-raiser, it made me feel like I'd done my part to help.

My hero or role model:
My grandpa and Frank Lloyd Wright. My grandpa, because he is very outgoing and he is funny. I like to spend time with him. FLW, because I want to be the best architect in the world.

One talent I'd love to have:
Public speaking, because I do not enjoy ... getting in front of a group.



"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

Madeline B.

Age: **14**

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

I want to be:
Paralegal/Nutritionist/Linguist

Best quality or virtue:
I try to stand up and protect ... friends ... from older kids that bully them.

Something I like about me that makes me unique:
I have been going ... to Truckee Meadows Community College ... since I was 11 years old.

What's a goal you've achieved that makes you feel proud?
Winning ribbons in every meet for swim team and learning more about Germany and its language ... What really made the difference for me in these areas was my copious persistence, continuing to

work hard and striv[ing] to do my best.

What do you do when you face a challenge?
Face [them] head on. I have celiac disease, which means my body cannot tolerate the gluten found in wheat ... and other foods. I ... put together a book of recipes and tips ...

What do you think is the best way to deal with a bully?
Simply walk away, though that does not always work. It ... helps to have someone backing you up. It helps to have confidence in yourself.



Sheeva M.

Age: **9**

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

I want to be:
A vet

Best quality or virtue:
Truthfulness

Something I like about me that makes me unique:
I am the only Bahá'í in my school.

Favorite Bahá'í activities:
Sunday school, Persian Conference, and going to Louhelen Bahá'í School [in Michigan, U.S.]**

What's a goal you've achieved that makes you feel proud?
I was saving up for an iPod, and I reached my goal, and I am also giving all of my extra money to the [Bahá'í] Fund.

My hero or role model:
My mom, because she has been teaching me new things all my life, and she teaches me right from wrong. She also helps me with all my problems.

One talent I'd love to have:
To sing better, because singing brings happiness to people, and the arts are an important part of my life as a Bahá'í.



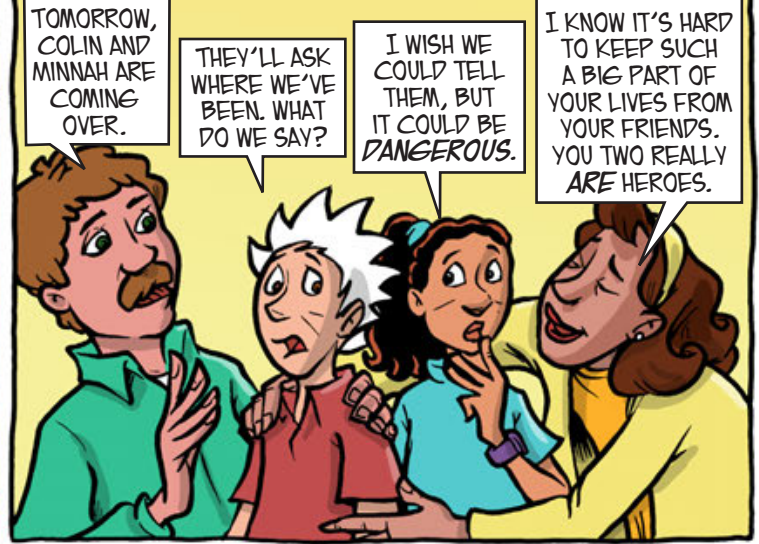
You can be a Radiant Star!

Here's how:

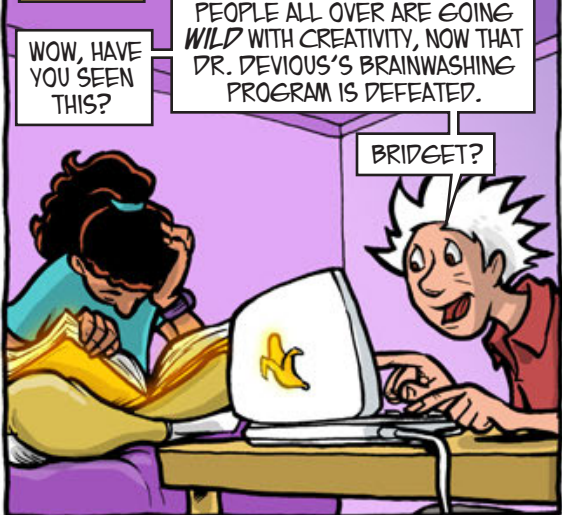
1. If you're age 7–14, write us at brilliant@usbnc.org or Brilliant Star, 1233 Central Street, Evanston, IL 60201. Include your name, age, mailing and e-mail addresses, and phone number. Mention "Radiant Star" in the e-mail subject line or in your message.
2. When it's your turn to shine, we'll send you questions and a form for you and your parents to sign.
3. Answer the questions and send them to us with the signed forms, along with at least two good-quality, close-up photographs of your smiling face. Photos should be in sharp focus and show your eyes clearly. Please don't send color copies, low-resolution digital images, or copyright-protected images (like school portraits).

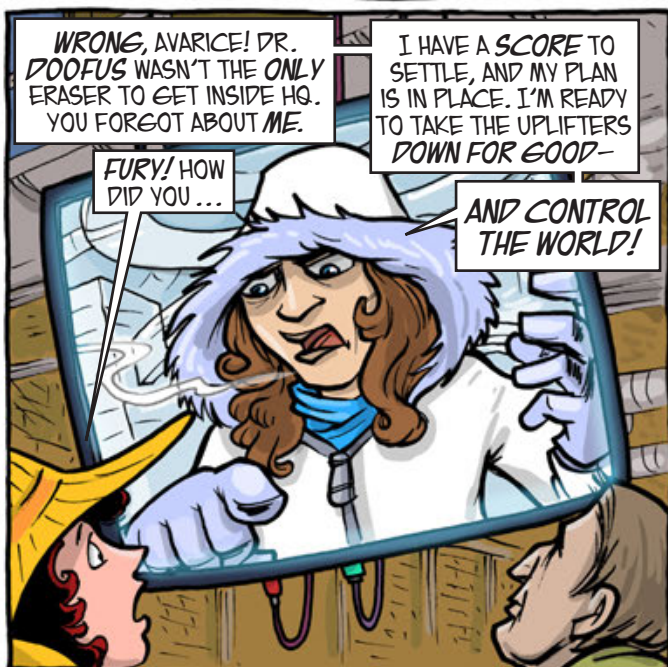
**An annual celebration of Persian (Iranian) culture and the Bahá'í Faith

BACK HOME IN COURAGE, CALIFORNIA...



LATER...





WHO IS FURY, AND WHAT IS SHE SO FURIOUS ABOUT?

Choosing Positive Paths

Imagine you're lost in a big city. Would you wander down a dark alley as you try to find your way? Or would you look for a brightly-lit main street?

Just as you choose your route in a city, you can decide where to let your thoughts travel. When you're worried or disappointed, it's easy for your mind to head down negative roads that make you feel sad. But you can direct your thoughts along positive paths.

Thinking positively takes a little practice. First, catch the gloomy thoughts. "I can't," "I hate," or "I'll

never" are clues to negative thinking. When you notice them, focus on something optimistic instead. The thought, "I'll never win that competition. I should quit," can become, "I'm the best I've ever been." If you're having trouble switching to positive thoughts, talk to a parent or friend.

The path of life can be challenging. But when you steer your thinking in positive directions, you can build confidence and hope. And that helps make any journey happier.

Practice making positive choices by matching the negative thought to the positive thought that could replace it.

1 I'LL PROBABLY *FAIL* THE MATH QUIZ.

2 I WISH I HAD A CELL PHONE. MY PARENTS *NEVER* BUY ME WHAT I WANT.

3 I'M SICK OF THE *AWFUL* PLAYERS ON MY SOCCER TEAM.

4 ALL THIS *TRASH* ON THE GROUND IS SO GROSS. WHY DOESN'T SOMEONE CLEAN IT?

5 I DON'T WANT TO GO ON THE FIELD TRIP—THOSE KIDS ARE ALL *GEEKS*.

6 IT'S NO FAIR THAT I DIDN'T GET A LEAD ROLE IN THE MUSICAL. THE DIRECTOR MUST *HATE* ME.

7 I CAN'T STAND TAKING THE BUS. WAITING IS *SO BORING*.

8 GINA STARTED A NASTY RUMOR ABOUT ME. I HAVE TO *GET BACK* AT HER.

A I THINK I'LL SAVE UP MY ALLOWANCE TO BUY A CELL PHONE.

B MAYBE I'LL MAKE A NEW FRIEND ON THE FIELD TRIP.

C I WISH I HAD A BETTER PART. I'LL WORK FOR A BIGGER ROLE *NEXT YEAR*.

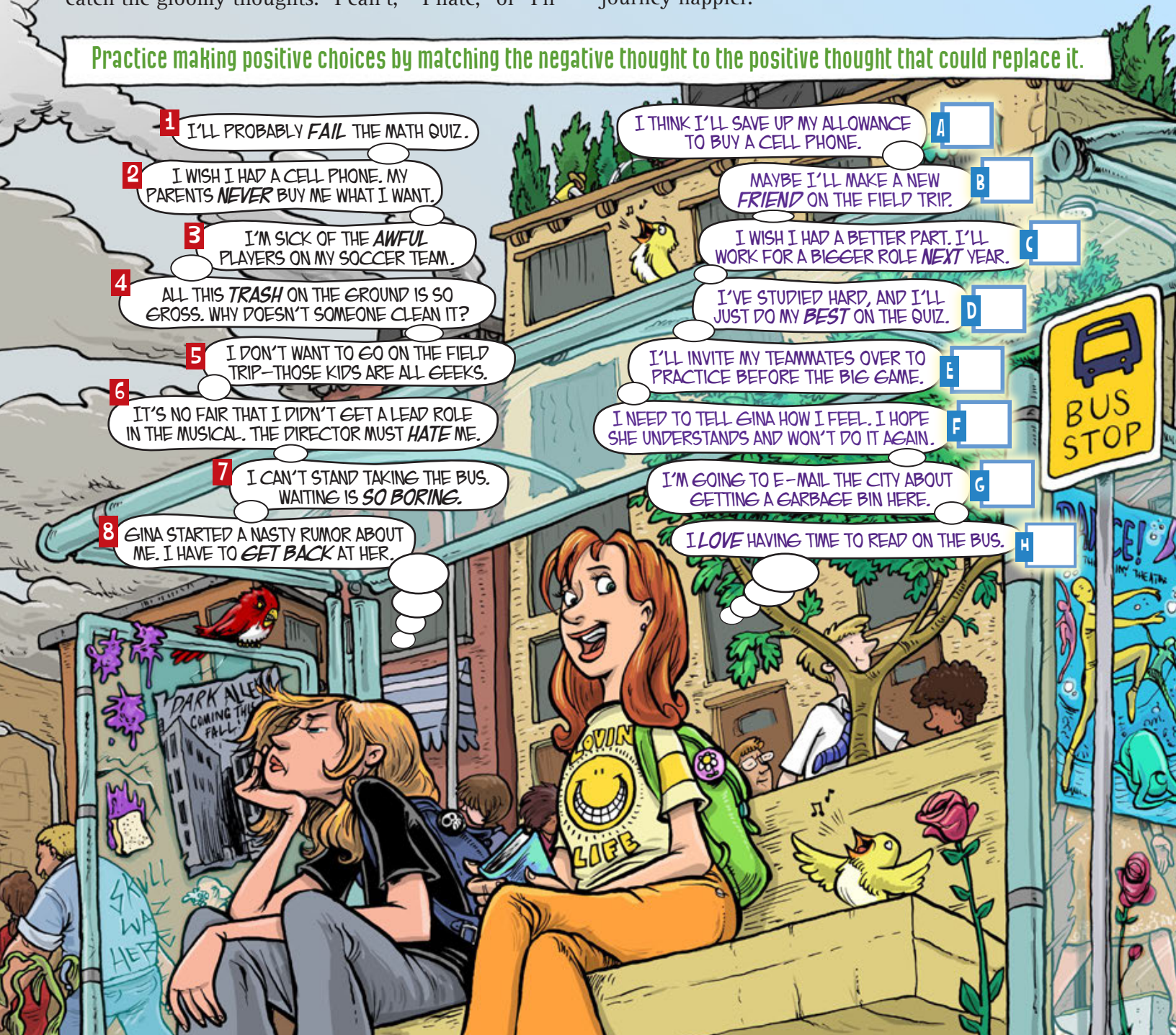
D I'VE STUDIED HARD, AND I'LL JUST DO MY *BEST* ON THE QUIZ.

E I'LL INVITE MY TEAMMATES OVER TO PRACTICE BEFORE THE BIG GAME.

F I NEED TO TELL GINA HOW I FEEL. I HOPE SHE UNDERSTANDS AND WON'T DO IT AGAIN.

G I'M GOING TO E-MAIL THE CITY ABOUT GETTING A GARBAGE BIN HERE.

H I LOVE HAVING TIME TO READ ON THE BUS.



Marc Moves with Math

Homework, sports practice, music lessons, chores—life can get so busy! Do you ever feel overwhelmed by all of your activities and responsibilities?

If so, planning ahead can help you feel confident instead of rushed or disorganized. Maybe you're wondering how much time your English project

will take or how much money you need to save for drama camp. You can use your math smarts to stay on track. Keeping a calendar and writing down a daily schedule helps you use your time wisely. Making a budget is a good way to keep an eye on your money. However you spend your time and resources, creating a plan puts you on the path to less stress and more fun.

Put yourself in Marc's shoes and figure out a plan for today's full schedule.



It takes **20** minutes for breakfast, **15** minutes to get dressed and wash up, **10** minutes for prayers, and **5** minutes to walk to the bus. Giving yourself an extra **10** minutes, what time should you wake up to catch the bus at **7:35**?



You need at least **90%** on your history quiz to get the A you want. The quiz has **50** questions. How many questions must you get right to meet your goal?



On your zoo field trip, you stop for a snack. You have **\$8.35**. You buy two cheese sticks for **\$.47** each, an apple for **\$.69**, juice for **\$.99**, and gum for **\$1.15**. How much do you have left?



You get home from school at **3:10**. You have **45** minutes of homework, **30** minutes of music practice, and **20** minutes of chores. After all that, how long can you hang out with a friend before dinner at **6:00**?



Your community is making greeting cards as a fund-raiser for earthquake victims. The cards are **\$1.25** each. How many will you have to sell to reach your goal of **\$200**?



TODAY WAS AWESOME!
EVERYTHING WENT SO SMOOTHLY.
MAYBE I'M ONTO SOMETHING
WITH THIS **PLANNING AHEAD**
STUFF. I THINK I'LL SEND THIS
IDEA TO **BRILLIANT STAR**!

GEORGE HATCHER



Three, two, one, ignition, liftoff!" As an aerospace engineer at NASA,* George Hatcher was part of the excitement and tension in the firing room as space shuttles were launched. His passion for space started when he was a kid. He even went to Space Camp at the U.S. Space & Rocket Center in Alabama. After earning a master's degree in aerospace engineering from the University of Tennessee, he was thrilled to join NASA in 2004. He helps test and maintain space vehicles and prepare them for launch.

In addition to his job, George is working toward a doctorate degree in planetary science. He would love to be an astronaut and explore space himself someday. George hopes to see the growth of space travel for people other than astronauts and even permanent human settlements on the moon and Mars. He says, "We learn stuff about the universe *every day*. It excites me no end . . . It feels like such a privilege to be alive today . . ." George lives in Florida with his wife, Lorenia, not far from the Kennedy Space Center.

Q. What was the most challenging experience for you as a kid, and how did you handle it?

Getting made fun of at school . . . It wasn't easy having an odd name. Everyone was named Michael or Ryan, and I'm named George . . . And then being the only kid that had red hair. And then getting glasses before anybody else did, and getting braces before everybody else did. Not being afraid to answer the teacher's questions in class, being made fun of for being the class nerd and for enjoying school. And kind of being a sensitive kid—not being willing to bully other kids to try to fit in . . .

Then in eighth grade, I said, "You know what? That's it . . ." I made the choice . . . not to care what other people thought about my actions, to do what I thought was right. And that freed me.

Q. How did you get interested in the space program?

When I was three years old and my mom gave me an astronaut LEGO set. I can still visualize that tiny little LEGO figure with the astronaut helmet, and building moon bases in my room upstairs. I knew it was something that I wanted to do . . . I was ready to go into



Left: At age 11, George went to Space Camp, which heightened his interest in space exploration. **Right:** George was bullied in second grade (top), but he freed himself from bullies in middle school and enjoyed his high school years (bottom).

the military leaving high school, because I saw that as a pathway to the astronaut corps, being a military pilot . . . And when they said they wouldn't take me because of my eyesight, I had to kind of switch gears . . . So I pursued aerospace engineering.



Q. What do you love about your job? And what are some of the challenges?

The best part of . . . work on the space shuttle was being with the vehicles . . . whether it was on the shuttle landing facility, which is one of the longest runways in the world; or in the Vehicle Assembly Building, which is that huge one-story 525-foot-tall iconic building . . . One of the coolest things is . . . crawling around inside . . . It's almost like you can feel the hopes and dreams of a country just kind of hanging around . . . Every single time I went up there and stared at the nose of the vehicle, knowing that . . . it's capable of going 25 times faster than a bullet, carrying seven human beings, and all of the things that it does, you know, taking off like a rocket, orbiting like a satellite, and landing like a plane—I had to pinch myself every time I went in there to work on it . . .

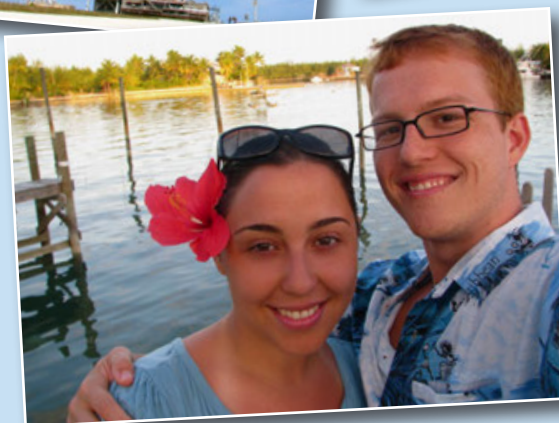
But the challenge [is] . . . being vigilant . . . I would have nightmares all the time about . . . accidents. I started work after the Columbia accident . . . I'm in the firing room in the Launch Control Center during countdown and just sweating bullets, wondering if I've done everything that I could to make sure that *my* part was as safe as possible.

Q. Do you believe in intelligent life on other planets?

Without a doubt . . . We've got hundreds of billions of stars in our galaxy alone . . . And there are estimates that . . . the universe itself could be many thousands of times larger than what we can see . . . The conclusion is pretty certain that every star has a planet, and that is the science backing up the [Bahá'í] writings . . . "Every fixed star [hath] its own planets, and every planet its own creatures, whose number no man can compute."**

Q. What advice do you have for kids who dream of a career in space?

Maintain that sense of wonder, but work as hard as you can . . . Don't let anybody tell you that you can't do it, whether you're a boy or a girl . . . Know that you can do it if you really want to . . . Education is not something that ever stops . . . To stop learning is to stop living.



Top Left: At the Kennedy Space Center, George jumps high over Launch Pad 39A, where all 12 men who walked on the moon were launched into space atop the Saturn V rocket. **Top Right:** George in NASA's Firing Room 4, during a space shuttle launch in 2006.

Bottom: George's wife, Lorenia, is an expert interpreter and translator of English, Spanish, and French.

Q. What do you think are important life skills for kids to develop?

Cooperation. We seem to be, in the United States, obsessed with competition. I think that there are places where competition is useful . . . There would be no game if there were no opponent . . . Just coming out on the field together and making the choice to compete within certain rules is a form of cooperation . . . I think that cooperation is a foundation to civilization . . . I try to . . . be as aware of the fundamental unity of humanity as possible.

** A quote from Bahá'u'lláh



MUSIC CAFÉ

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

TODAY IS A **WONDERFUL** DAY! I JUST LEARNED HOW TO PLAY GUITAR AND SING AT THE SAME TIME.

NEXT IS PLAYING THE PIANO. EACH DAY, I TAKE A STEP TOWARD ONE OF MY GOALS. I FEEL GREAT! ON DAYS LIKE THIS, WHEN I ACCOMPLISH SOMETHING EXCITING, I WISH THAT THEY WOULD...

NEVER END

Words by Lisa Mathews and Mikel Gehl • Music by Mikel Gehl

1 Un-der-neath the morn-ing sun, all the birds sing as one A-ny-thing is
 rab-bit scoots a-cross the yard, jump-ing high and go-ing far A-ny-thing is

6 pos-si-ble to-day. I can climb the high-est tree, see the world that
 pos-si-ble to-day. The daf-fo-dils are in full bloom, say good-bye to

12 waits for me A-ny-thing is pos-si-ble to-day. I wish this day would
 win-ter's gloom A-ny-thing is pos-si-ble to-day.

18 ne-ver end. I wish this day would ne-ver end. 1.
 2 A

25 There is no-thing that we can't do There is no-thing we can't get through On a day like this

30 CHORUS (repeat 4 x) I wish this day would ne-ver end.

Quest of Dreams

“Make ye a mighty effort, and choose for yourselves a noble goal.” —‘Abdu’l-Bahá

What do you dream of achieving this year? How about when you’re grown up? That may seem a long way off, but it’s never too soon to define your goals and set off on your quest to reach them.

The first step is to identify what you want to do. What brings you joy? What accomplishments make you feel proud? Who are your heroes? Talk over your answers with friends or family.

Next, write down your specific goals. Choose things with clear results. For example, instead of “Be a better student,” try “Get an A in math class.” Then write down steps you can take toward those goals.

Set deadlines and review your progress often. Imagine yourself achieving your goals. You may run into obstacles, but keep trying. You can develop a lifelong habit of making your dreams come true.

In each flag, write a major goal and a date to reach it. On the steps, write clear actions you will take to reach each goal.

Goal:

By date:

Goal:

By date:

Virtues I can work on

Role model I can research
or someone I can ask for help

A club or group I can join

Books or websites I can read

When I accomplish this,
I’ll be halfway to my goal

Something I can do monthly

Something I can do weekly

Skills I need to develop

Something I can do today

LOL @ Yourself

When you send a text or e-mail with a joke, it's cool if your friend laughs and responds with "LOL." It's not as much fun to get a laugh when you make a mistake or do something embarrassing. What do you do when you trip and fall or drop your lunch, and other kids laugh? Do you get angry and storm off? Or do you join in the fun?

It can sometimes be hard to do, but finding humor in your own mistakes can ease embarrassing situations. When you laugh along, people see that you know you're not perfect, and you understand that everybody goof ups now and then. Your friends will probably feel more comfortable around you when they mess up, too. Other kids may be less likely to tease you—or even notice your mistake—if you're already laughing at yourself. So the next time you want to run and hide from embarrassment, try smiling instead. You'll feel better and have more fun, too.

Find 15 silly mistakes and mishaps at Mirth Middle School.

22 Brilliant Star ★ SEPTEMBER/OCTOBER 2011 SEE ANSWERS ON PAGE 28

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Find 15 silly mistakes and mishaps at Mirth Middle School.



Losing Like a Winner

Ten seconds left on the clock. The score is tied. Your opponent kicks—and scores—to win the championship! You feel sad and frustrated. Do you stomp off the field or accuse the other team of cheating? Or do you tell yourself there's always next time, and go high-five the winners?

Nobody likes to lose, but it happens to us all.

It's no fun to play with people who lose their cool or don't play by the rules. Bad sportsmanship ruins the game for everyone. It's natural to be disappointed when things don't go your way. But instead of getting upset, focus on improving for the next game. Have fun, do your best, and play fairly. And when you win, be humble and gracious. Good sports keep games fair and fun.

At a soccer game, some kids are having trouble with sportsmanship. Find nine differences between the scenes.





As you zoom through life, it's easy to zip to the next thing on your to-do list, or dream about the future. It can be hard to slow down and be **mindful** of what's happening now. Mindfulness is such an important skill that it's being taught in hospitals, businesses, and schools. One program in California has trained thousands of students to quietly breathe, listen, and focus on their feelings or environment. Dr. Amy Saltzman, who teaches kids mindfulness, says, "Mindfulness is simply paying attention to your life, here and now, with kindness and curiosity."*

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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



1
National Yoga Month (U.S.)
Pose like a tree or an airplane.

2

3

My Goal for the Month:

4



11
Grandparents Day (U.S.)
Ask your grandparents, "What are the most important things in life?"

5

Labor Day (U.S., Canada)

6

Did you know?
An iguana's third "eye" protects it by detecting changes in light and movement.

7

8

**BAHÁ'Í
MONTH OF
'IZZAT
(MIGHT)**

9



10

Mid-Autumn Festival (China, Sept. 10–12)
Celebrate the harvest and full moon with moon cakes.

14

National Hispanic Heritage Month (U.S., Sept. 15–Oct. 15)
Dr. Franklin Chang-Díaz was an astronaut on seven space flights and three spacewalks.

15



16

Clean Up the World Weekend (Sept. 16–18)

17



18

**BURGEONING
MEANS ...**

Cosmo's Word Challenge

- a) Eating a burger too fast
- b) On fire or very hot
- c) Beginning to grow and develop

19

20



21

International Day of Peace (UN)
How can you consult to avoid arguing?*

22



23

Autumnal Equinox
Fall begins in Northern Hemisphere

24

Family Health & Fitness Day USA
Q: Why is tennis such a loud game?
A: You have to raise a racket!

25

26

Family Day (U.S.)
Kids who often eat with family are less likely to use cigarettes, alcohol, or drugs.

27

**BAHÁ'Í
MONTH OF
MASHÍYYAT
(WILL)**

28



29

Rosh Hashanah (Judaism, Sept. 29–30)
Jewish New Year

30

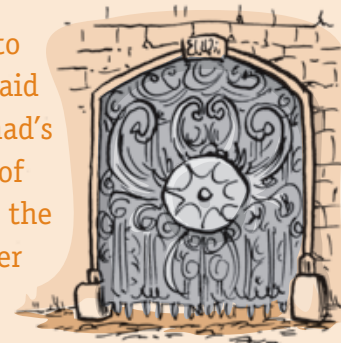


True or false?
A new mushroom, *Spongiforma squarepantsii*, was named after the character Spongebob Squarepants.

*Intro - Check out a mindfulness meditation in March/April 2011, p. 18; 21-See p. 27 for tips on consultation.

OCTOBER 2011 • 168 Bahá'í Era

Imagine being sent home from school because you're too wise. That happened to Siyyid 'Alí-Muhammad in Shíráz, Persia (now Iran) in the 1800s. His teacher said the boy had a "mysterious power" and didn't need to be taught. 'Alí-Muhammad's uncle sent Him back to school, where He continued to show "remarkable evidences of superhuman wisdom." When He was about 25, 'Alí-Muhammad revealed that He was the Báb ("the Gate" in Arabic), a Messenger of God. He prepared His followers for another Messenger to come — Bahá'u'lláh. Bahá'ís celebrate the Báb on His birthday, October 20.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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

My Goal for the Month:



The Big Draw (UK)
A month-long festival encourages fun and creativity through drawing.

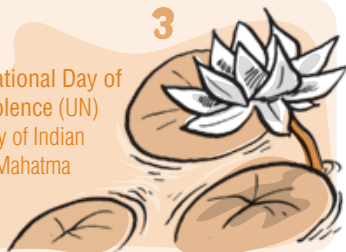


1
National Book Month (U.S.)
Q: What does a librarian fish with?
A: A bookworm!

2

International Day of Nonviolence (UN)
Birthday of Indian leader Mahatma Gandhi

3



4

World Space Week (UN, Oct. 4–10)
The International Space Station orbits Earth 16 times each day.

5

World Teachers' Day (UNESCO)
Say thanks with a homemade card or gift.

6



7



8

Yom Kippur (Judaism)
Day of prayer, fasting, and repentance

9

Women's History Month (Canada)
List your female role models. How do they inspire you?

10

Columbus Day (U.S.)
Thanksgiving Day (Canada)

11

National School Lunch Week (U.S., Oct. 10–14)
For healthy eating, fill half of your plate with fruits and veggies.

12



13

Gosmo's Word Challenge

- a) Mischievous creature
- b) Force that makes something happen
- c) Getting a new pet

14

IMPETUS MEANS ...

15

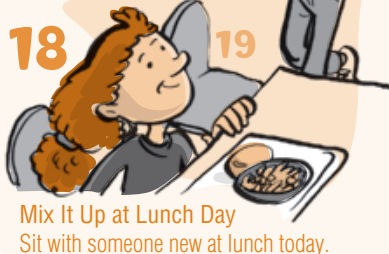


16
BAHÁ'Í MONTH OF 'ILM (KNOWLEDGE)

17

Character Counts Week (U.S., Oct. 16–22)
What are your best virtues?

18



19

Mix It Up at Lunch Day
Sit with someone new at lunch today.

20

BIRTH OF THE BÁB

21

22



True or false?
The wandering albatross has the biggest wingspan of any bird — over 11 feet!

23



24

31
Halloween
Trick-or-Treat for UNICEF.*

25



26

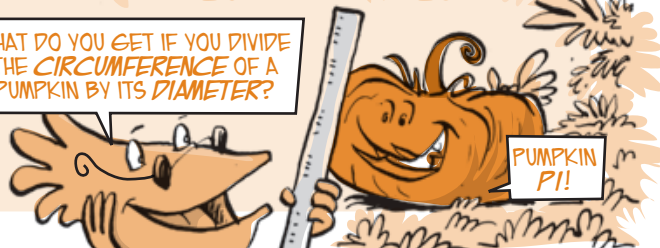
Diwali (Hinduism)
Festival of lights celebrates victory of good over evil.

27

28

29

WHAT DO YOU GET IF YOU DIVIDE THE CIRCUMFERENCE OF A PUMPKIN BY ITS DIAMETER?



PUMPKIN PI!

* 31 - See youth.unicefusa.org/trickortreat

DR. PETER KHAN (1936–2011): Dare to Be Different

"Happiness and contentment . . . are to be found through service . . ."

wrote Peter Khan. In a lifetime of service, he inspired many people to follow this path to peace.

Peter was born in 1936, four years after his parents moved from India to Australia. When he was 12, his family were the first Muslims in Australia to become Bahá'ís. He was an active youth in the community.

At age 21, he was the youngest person to be elected to the National Spiritual Assembly, the governing council for the Bahá'ís of Australia. Over the next several years, he spoke about the Bahá'í Faith around the world.

Peter earned a doctorate degree in electrical engineering from the University of Sydney. A prestigious Fulbright fellowship led him to Michigan, U.S. He directed a team researching miniature electronic systems for satellites, space probes, and radio telescopes.

After the fellowship, he taught at the University of Michigan. Peter said these were "very formative, very happy years" in which he and his wife, Dr. Janet Khan, "learned so much about the Faith and about the nature of the Bahá'í community."

Language of the Spirit

Peter and Janet returned to Australia in 1975. They visited



Over 800 people attended the funeral of Dr. Peter Khan in Australia on July 21, 2011.

A flock of white cockatoos flew skyward as guests prepared to leave for the cemetery.

PHOTO © BAHÁ'Í INTERNATIONAL COMMUNITY

Daidanaw, Burma (now Myanmar), where all the residents—about 800 people—had become Bahá'ís. The Khans wrote, "Walking in a village that is entirely Bahá'í is a unique feeling . . . With no common language, one resorts to frequent expression of [Alláh-u-Abhá]* with smiles and ingenious hand gestures. In such circumstances the conversation is . . . in the universal language of the spirit."

While working as an engineering professor at two Australian universities, Peter served as a Continental Counselor, inspiring and encouraging Bahá'ís throughout

Australasia. In 1983, he was appointed to the International Teaching Center, which guides the teaching of the Bahá'í Faith worldwide. Once again he traversed the globe, this time to the Bahá'í World Center in Haifa, Israel.

"Unflinching Dedication"

In 1987, Peter was elected to the Universal House of Justice—the international governing body of the Bahá'í Faith. He and Janet later published a book on the equality of women and men.

Peter continued to travel and speak eloquently about putting the Bahá'í teachings into action. He said, "What is required of us is a renewal of the spirit of heroism . . . that we dare to be different . . . find the courage to strike off in a part which, to some extent, differs from that of the people around us . . . We have to be strong. We have to be courageous. We have to be determined."

Peter served on the Universal House of Justice for 23 years, until 2010. He left this world on July 15, 2011, at age 74.

The Universal House of Justice praised his "unbroken record of outstanding service" and his "remarkable life, one of earnest striving, of unbending resolve, of unflinching dedication to principle, and of constancy of effort."

ZEKE & RHOMBUS: TALKING PEACE

Hi! I'm Zeke from the planet Zilizag, with my pet, Rhombus. We're visiting Earth again for our Peaceful Planets Project. We love to learn how different beings work together.

Do you ever wonder what we talk about on other planets? It's often the same as you — anything from schoolwork to how to make our planet better. Even peaceful civilizations like ours have challenges to

work out. I helped organize a huge concert like the ones you have on Earth. It was intergalactic—my friends from Narfblatt can really rock!

Zilizagians make decisions using **consultation**, a cooperative way to share facts and ideas until you agree on a solution. It's cool to hear that you use this tool on Earth, too. Talking together in a peaceful way to solve problems works across the galaxies!

THESE CONSULTATION TIPS WORK *WONDERS* ON ZILIZAG. USE MY DECODER TO CHECK THEM OUT.

WOOFIZZ!

1 Be friendly and welcoming. You could say a prayer, too. Have an open mind and a _____ attitude.



2 Choose a person to guide the discussion and make sure everyone gets a chance to _____.



3 Get all the facts before you talk about ideas for solutions. If you don't understand something, ask _____.



4 Consult when you have enough _____ and are free from distractions such as TV, so you can focus.



5 Practice _____ and take turns. When others talk, listen without interrupting.



6 Be courteous and _____, even if you think others may not agree with you.



7 Try to find a _____ that everyone agrees on. If you need to, take a vote.



8 Write down the decision and decide how each person can help put it into _____.

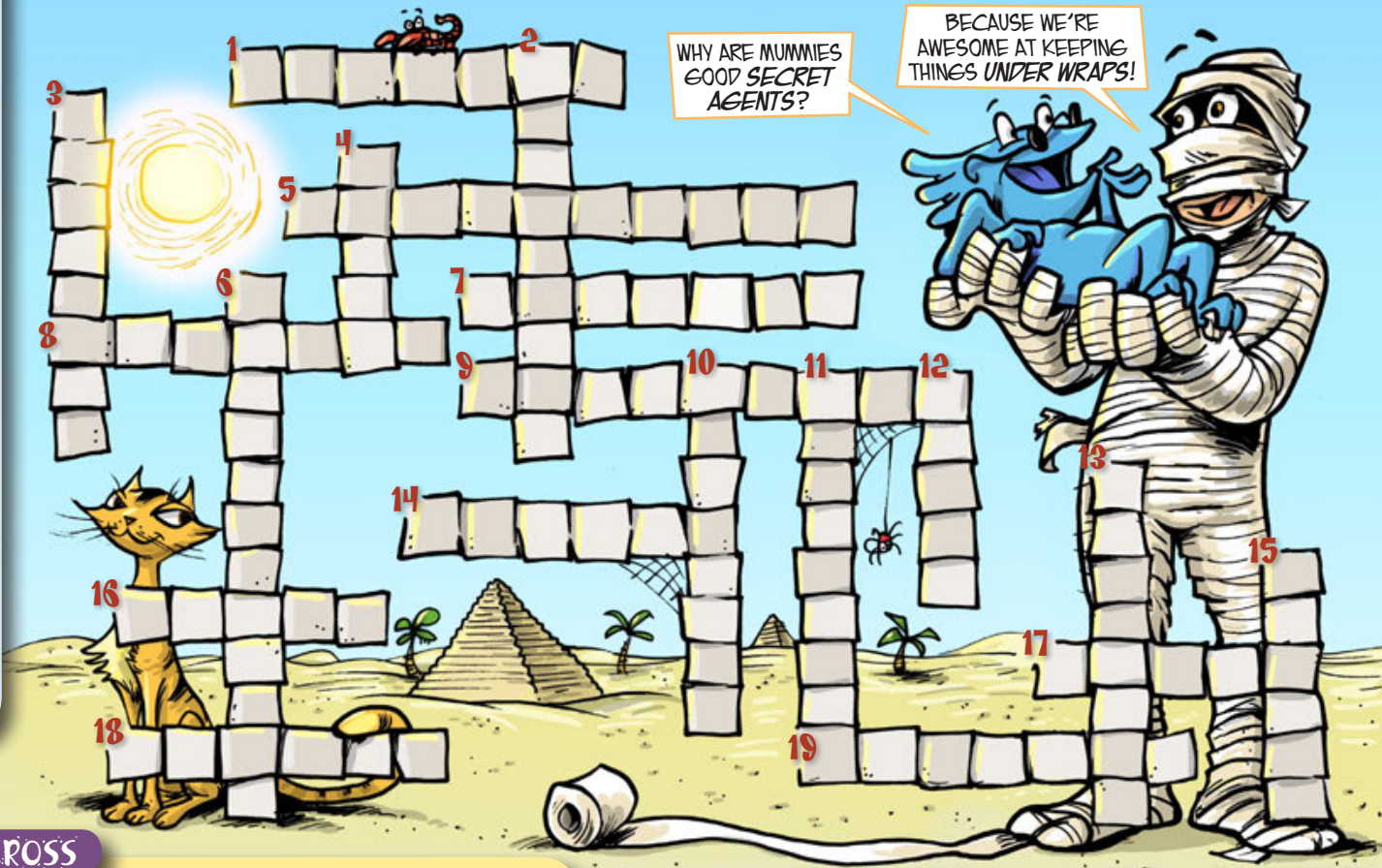


9 _____ the group decision with enthusiasm, whether it was your idea or not.



ZEKE'S ZILIZAG DECODER

A	!	C	⊠	E	⊠	G	⊠	I	⊠	K	⊠	M	⊠	O	⊠	Q	⊠	S	⊠	U	⊠	W	⊠	Y	⊠
B	⊠	D	⊠	F	⊠	H	⊠	J	⊠	L	⊠	N	⊠	P	⊠	R	⊠	T	⊠	V	⊠	X	⊠	Z	⊠



ACROSS

1. Your moral ____ can guide you in making wise choices. (p. 4)
5. Bullies pick on kids who appear unsure, so walking with ____ can help. (p. 5)
7. In Hindi, the word *mitra* means _____. (p. 6)
8. Dr. Khan said, "What is required of us is a renewal of the spirit of _____. ." (p. 26)
9. The wandering ____ has the biggest wingspan of any bird. (p. 25)
14. Nesar deals with a challenge by looking at the ____ side. (p. 12)
16. When managing your money, plan with the three S's in mind—how much to Spend, Save, and _____. (p. 9)
17. George tries to be as aware of the _____ of humanity as possible. (p. 19)
18. This type of tree holds huge amounts of water in its trunk. (p. 11)
19. Where Ayana lives, the art of _____ shows ways of life, such as how crops are harvested. (p. 12)

DOWN

2. These creatures "talk" with sounds and by flicking their tails. (p. 2)
3. You can decide where to let your _____ travel. (p. 16)
4. Alec says he is good at setting _____. (p. 13)
6. A cooperative way to share facts and ideas until you agree on a solution (p. 27)
10. When you're _____, people know they can count on you. (p. 7)
11. Stay _____ to find things easily. (p. 10)
12. Dr. Ziari says this is just as important as what you eat. (p. 8)
13. _____ ahead can help you feel confident. (p. 17)
15. When you run into obstacles to your goals, keep _____. (p. 21)

ANSWERS

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

PAGE 2: Squirrels: far TR near title; TR climbing tree, in grass, in evergreen branches; CR in grass; BR on branch; BC on shirt; BL on ground; CL in stump; TL in grass, near tree; TC behind rock; C behind hiker. Acorns: TR on tree; CR in water; BR near rock, held by squirrel, on tree; BC on ground; BL on tree, held by squirrel; CL on tree; TL in grass, near flowers; TC near tree trunk; C held by hiker.

PAGE 3: 1) charity, 2) appreciation, 3) faith, 4) generosity, 5) kindness, 6) enthusiasm, 7) service, 8) courage, 9) thankfulness

PAGE 7: 1) return, 2) stealing, 3) cheating, 4) honest, 5) else, 6) exaggerate, 7) personal, 8) trust

PAGE 10: 1) prioritizes; 2) workspace, organized; 3) energy; 4) schedule; 5) plan; 6) trustworthy; 7) notes; 8) help

PAGE 11: Baobabs, Orangutans

PAGE 16: A) 2, B) 5, C) 6, D) 1, E) 3, F) 8, G) 4, H) 7

PAGE 17: 1) 6:35, 2) 45, 3) \$4.58, 4) 1 hour and 15 minutes, 5) 160

PAGE 22: TR losing food from backpack, writing with fork; CR trying to enter exit door, stepping in puddle, tearing shorts on fence; BR mistake on sign; BC frog on kid's head, jacket inside out, skateboard losing wheel; BL sitting in wet paint; CL wearing flipper, missing football; TL tripping over rock; TC stepping in wet cement, square wheel on bike

PAGE 23: Differences at left, from TR: not shouting at official (#9), comforting teammate (#8), helping fallen opponent (#2), helping injured opponent (#5), cheering team (#8), shaking hands with opponent (#7), not grabbing ball (#1), not yelling (#9), high-fiving fan (#4)

PAGE 27: 1) positive, 2) speak, 3) questions, 4) time, 5) patience, 6) honest, 7) solution, 8) action, 9) Support

READY FOR A RIDDLE?



TO FIND THE ANSWER TO THIS JOKE, PUT THE SCRAMBLED WORDS IN THE RIGHT ORDER IN THE BLANKS BELOW.

WHY DID THE MUSIC TEACHER GET LOCKED OUT OF HER CLASSROOM?

ON KEYS THE WERE PIANO THE

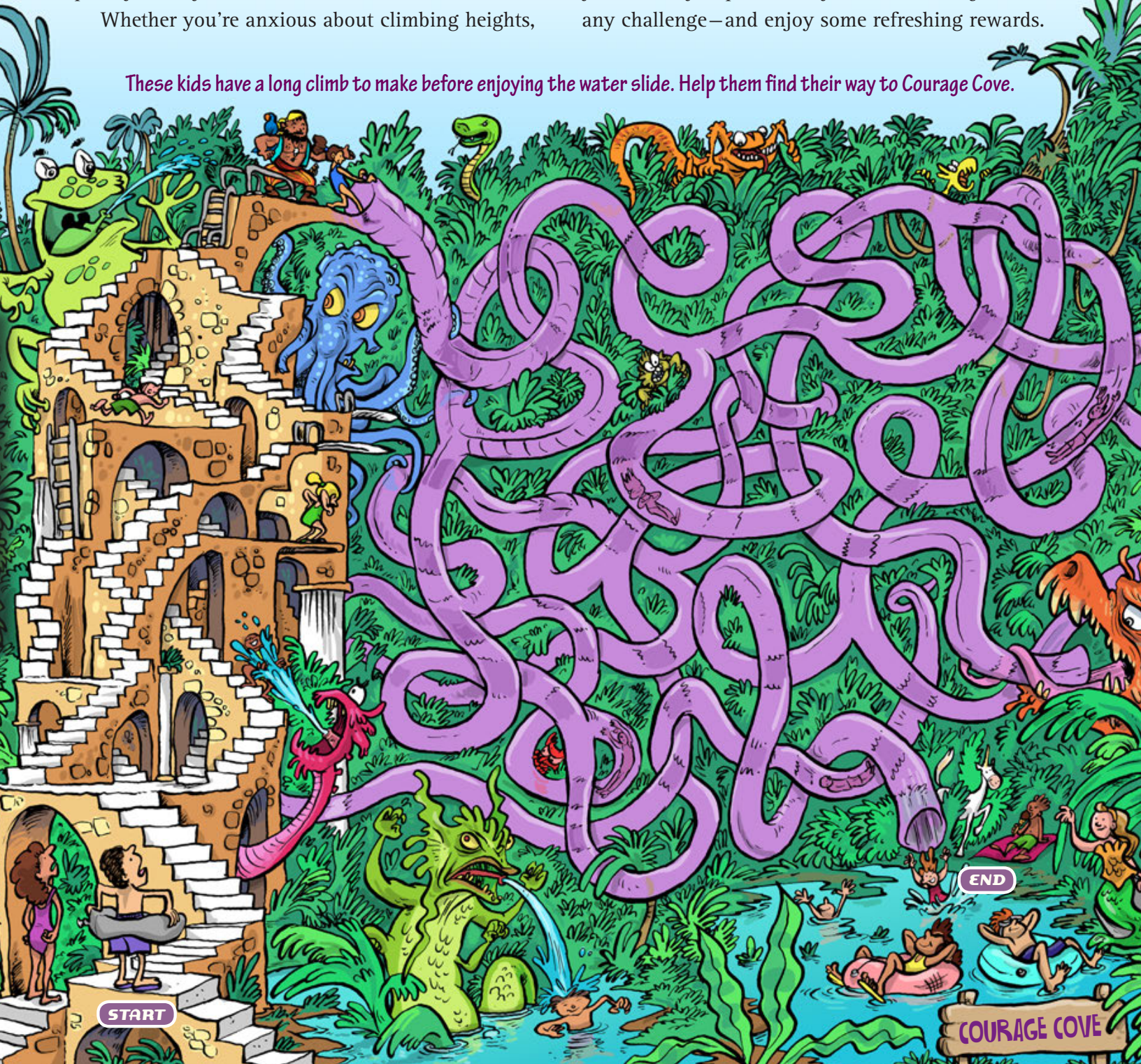
Climbing with Courage


Are you afraid of heights? Or falling from them? It makes sense to avoid truly dangerous experiences, like climbing a steep cliff with no safety equipment. But pushing yourself to take some risks can be good. At a water park, your heart might pound as you climb to the top of a huge slide. Still, the rush of excitement as you splash your way down can make it all worthwhile.

Whether you're anxious about climbing heights,

speaking in front of a big group, or making new friends, you can overcome your fears. Rather than jumping in to face a huge challenge, start with small steps. For example, at a water park, take deep, slow breaths to calm down. Then try some smaller slides, and work your way up to the big ones. Above all, be patient with yourself. If you persevere, you can take on just about any challenge—and enjoy some refreshing rewards.

These kids have a long climb to make before enjoying the water slide. Help them find their way to Courage Cove.





"With clear vision we are
enabled to struggle onward
and upward, ever progressing
in the paths of virtue . . .
and becoming the means
of light to the world."

— 'Abdu'l-Bahá

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