

Brilliant Star

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

BRILLIANTSTARMAGAZINE.ORG

VOL. 52 NO. 3



Discover your
inner gems

How resilient
are you?

THIRST TO LEARN

SPRING SERVICE PROJECT

- | | |
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| <input checked="" type="checkbox"/> PLANNING | <input checked="" type="checkbox"/> FOOD PREP |
| <input checked="" type="checkbox"/> BUDGETING | <input type="checkbox"/> DELIVER |
| <input checked="" type="checkbox"/> FUNDRAISING | <input type="checkbox"/> CLEAN UP |
| <input checked="" type="checkbox"/> SHOPPING | <input type="checkbox"/> REFLECT! |

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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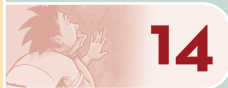
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DEAR FRIENDS,

Did you know that a teenager invented Braille—the system of reading and writing for people who are blind? Or that some birds can fly for almost a *year* before touching ground? And ketchup used to be sold as *medicine*!

Whether you're curious about animals, history, space, or health, life is full of cool things to learn about. The skills and interests you develop today can help you *and* your communities for a lifetime.

In this issue, explore your strengths and refresh your love of learning. Do an experiment with Maya on the magic of teamwork. Practice using compassion in tough situations. Try a cool trick to unlock your math superpowers. Make a nine-pointed star with our new Imagination Station 2 app. And get to know Barbara Talley, a poet and author who speaks about achieving goals.

One of the best ways to learn is through action. How will *you* use your skills to lift up your community and the world?



LOVE, BRILLIANT STAR ☆



My Inner Gems

“Ye are My treasury, for in you I have treasured the pearls of My mysteries and the gems of My knowledge.” —Bahá’u’lláh

Imagine you’re on a treasure hunt. While you explore, you’re seeking the gems inside you—unique qualities you can polish and share with the world. As you try out different activities, learn about new interests, and visit cool places, you may discover some of those gems.

Treasure hunting takes time and effort. You’ll dig through some dirt and rocks to get to the good stuff. Thinking about what brings you joy and energy can help you find a clear path. The more you look, the more likely you are to uncover your own brilliant gems and make them shine!

Name:



Three things I love to do:

A song that cheers me up:

My favorite part of the day:

My strongest virtues or qualities:

Virtues or qualities I’m working on:

People who encourage and support me:



What helps me overcome a big challenge:

Some things I’m good at:

Some things I’d love to learn about:



A project or class I really enjoyed:

Something that fills me with awe and wonder:

A place I’d love to visit:

Three things I’m thankful for:

What always makes me laugh:

SQUEEZE AWAY STRESS!

Did you know that a little stress can be good for you? Those butterflies in your stomach can push you to prepare for a big math test or practice for the school play. But when stress gets out of hand, it's important to find some support. Fortunately, there are healthy tools that can help—like stress balls!

Stress balls may have been inspired by **baoding balls**,

iron balls used in ancient China for meditation and stress relief. Today's stress balls are satisfyingly squishy and come in lots of shapes, sizes, and colors. Squeezing one when you're upset can boost focus and ease tension.*

Getting a grip on stress can put some bounce in your mood, health, and creativity. Check out these tips to help squeeze your stress away!

Use the letter pairs on the balls to complete tips about coping with stress. A pair can't be used more than once.



- 1 Take several slow, DE _____, calming breaths.
- 2 Be _____ to yourself with positive self-talk.
- 3 Use your favorite tools to _____ fun artwork.
- 4 During challenges, _____ for guidance and strength.
- 5 Play, _____, or dance to your favorite music.
- 6 Take a walk in _____ to clear your mind.
- 7 Enjoy pleasant _____, such as flowers.
- 8 Play a _____ with friends or family.
- 9 Ask for _____ from family and friends when needed.
- 10 Try to eat a healthy and balanced _____.

Bahá'u'lláh's Life: Mission of Peace Journey to Constantinople

The Life of Bahá'u'lláh

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

1817 November 12

Birth of Bahá'u'lláh
in Tíhrán, Iran

1844

Recognizes the Báb as
a new Messenger of God

1852

Imprisonment in the
"Black Pit" of Tíhrán

1853–1863

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

1863 April

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

1863–1868

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

How does your family prepare for a journey? You could load the car with books, games, and snacks to keep everyone happy. Or you might skip the driving and get there faster on a plane. When you travel today, you have a lot of options for how to get there and what to do along the way. But that wasn't always the case.

In 1863, Bahá'u'lláh was unfairly exiled from Baghdád (now in Iraq) to Constantinople (now Istanbul, Turkey). At that time and place, there weren't planes, cars, or even trains. People traveled on foot or on a horse or mule. Or they could ride in a **howdah**, which had two large seats on either side of a mule. One person rode in each seat to balance the weight across the animal's back, and they jostled along with each slow step.

For 110 days, Bahá'u'lláh and His friends and family crossed mountains, valleys, and woodlands. It got so hot that they often had to rest during the day and travel at night through intense darkness. But the companions cooperated and used their skills to take care of each other. Some tended to the animals. Others cooked meals. A few rode ahead each day to find food and supplies.

One man named Jináb-i-Muníb was happy to help. Though he had once lived in comfort, he gladly walked the entire way for up to 30 miles (48 km) each day. His charm and grace cheered his friends. Bahá'u'lláh's eldest son, 'Abdu'l-Bahá,



Before leaving Baghdád, Bahá'u'lláh stayed in a garden on the banks of the Tigris River. He received visitors and announced that He was a Messenger of God.

who was 19 years old at the time, said, "He was a close companion of mine on that journey. There were nights when we would walk, one to either side of the howdah of Bahá'u'lláh, and the joy we had defies description."

Jináb-i-Muníb also had a beautiful singing voice. On long stretches of empty road, he sang for hours to ease everyone's boredom and lift their spirits.

After arriving in Constantinople, Bahá'u'lláh asked Jináb-i-Muníb to use his voice in another way. Bahá'ís were often attacked for their beliefs, so talking about the Faith was dangerous. Recognizing Jináb-i-Muníb's wisdom and devotion, Bahá'u'lláh asked him to go to Persia (now Iran) to share His teachings.

After a time in Persia, Jináb-i-Muníb was happy to return and live near Bahá'u'lláh again. When Bahá'u'lláh was exiled to 'Akká (now in Israel) in 1868, Jináb-i-Muníb was severely ill, but he

“O my God! O my God! Unite the hearts of Thy servants, and reveal to them Thy great purpose...
Help them, O God, in their endeavor, and grant them strength to serve Thee.” —Bahá’u’lláh

begged to go along. He passed away before reaching ‘Akká. Bahá’u’lláh said the souls in the next world rushed to meet his spirit with love.

The memory of Jináb-i-Munib’s uplifting joy and insight stayed with the Bahá’is on their journey. In ‘Akká, Bahá’u’lláh and His followers faced harsh difficulties. But after nine years, He was able to move to the peaceful countryside at last. For the rest of His life, He enjoyed the beauty of nature as His teachings began to spread around the globe.



Compared to the crowded streets of ‘Akká, the quiet calm of the gardens at Mazra’ih was a great source of joy for Bahá’u’lláh.

Unscramble the letters to find 10 words related to service. Then use the numbered letters to fill in the boxes below and discover a quote from Bahá’u’lláh.

RNHIEFPDSI

30	9		32	31		1	23		
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ATNPTE

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GEROUNES

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TMEWARKO

15	16	33	18		21	3	
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PHLEUFL

11	12			7		25
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SLSESEF

	19		22		6	
--	----	--	----	--	---	--

DKNI

	4	20	
--	---	----	--

IYTNU

		26	10	
--	--	----	----	--

OVEL

	29	5	
--	----	---	--

FXLBIEEL

		13			36		
--	--	----	--	--	----	--	--

28	2	17	26	5	19	30	8	3	10	23	27	36	13	2	15	35	9	18	6	31	10
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21	7	14	11	24	25	4	5	12	1	29	22	21	34	32	33	20	29	2	23	16	3
----	---	----	----	----	----	---	---	----	---	----	----	----	----	----	----	----	----	---	----	----	---

What Do You Say?

When you see someone who looks frustrated, sad, or embarrassed, it's natural to put yourself in their shoes. Maybe you've had a similar experience or you can imagine what it feels like. If you're motivated to help them, that's **compassion**.

Showing someone you care not only helps them, it also

boosts *your* mental and physical health. You can express compassion through your words, actions, or both. You can speak with kindness and respect, listen without judging, or cheer for someone. Sometimes offering a hug or putting your hand on a friend's shoulder can mean a lot to them.

What do you say when you want to show you care?



I'M SO SORRY. YOU AND YOUR FAMILY GAVE BUTTON A GREAT LIFE.

OR

I'M SORRY TO HEAR THAT. WHAT'S ONE OF YOUR FAVORITE MEMORIES OF BUTTON?

Write what **you** would say:



HI, I'M SASHA. CAN I HELP YOU WITH THAT?

OR

HI, WANT ME TO GRAB THAT? HAPPY TO HELP.

Write what **you** would say:



WHOA, WE'RE ON THE SAME TEAM HERE. AND ALL OF US CAN WORK ON GETTING BETTER!

OR

CHILL, DUDE! WE ALL MISSED SHOTS AND CAN IMPROVE.

Write what **you** would say:

Puffling Patrol

“O Thou kind Lord! Sanctify my heart from all attachment, and gladden my soul with tidings of joy.” —‘Abdu’l-Bahá

Did you know that families search the streets in Iceland to find lost baby puffins and help them reach the sea? When little pufflings are old enough to catch their own fish, they leave their nests and head to the ocean by the light of the moon. But sometimes they get distracted by lights and fly into the city instead! Families on “puffling patrol” venture out to rescue the tiny, fluffy birds and transport them safely to the ocean.

Like puzzled pufflings, we can get pulled away from our spiritual path by the blinding lights of materialism. Wanting lots of stuff or spending too much time on things like social media, games, and videos can distract us from things that nourish our spirits. We can focus on our spiritual selves when we pray, help others, and practice gratitude and other virtues. Then our souls can take flight with true joy!

In this Icelandic town, help rescue 16 playful pufflings that need to find the ocean.

WHY DON'T
PUFFINS WEAR
GLASSES?

THEY HAVE
GREAT
ICE-SIGHT!

Imagination Station 2: Make 9-Pointed Stars

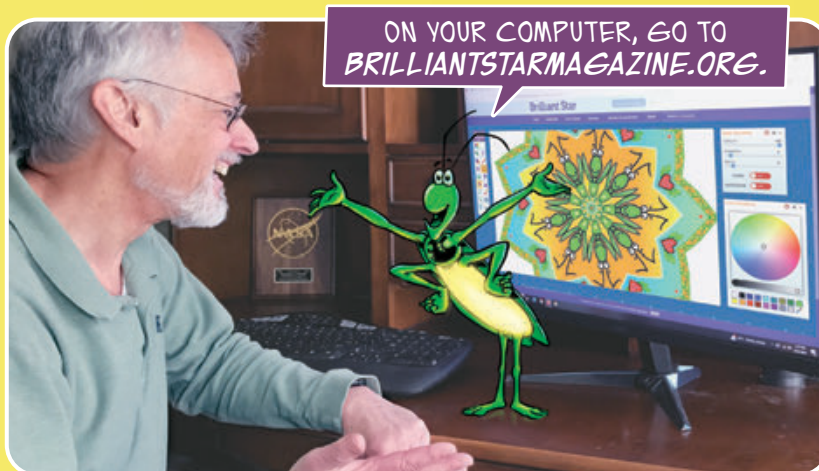
“Nine is the highest digit, hence symbolizes comprehensiveness, culmination . . .” —Bahá’í Writings

I’m super excited! I flew by Dr. Scotti’s creative lab today. He shared how he used his science skills to create a new art app, Imagination Station 2. It ignited my firefly family’s creativity! We made the coolest art-work with its stamps, clip art, text, and drawing tools.

Dr. Scotti is **Brilliant Star**’s STEM Education Advisor, and he worked with the team to develop this program. With lots of perseverance, he found new ways to use a

computer language called JavaScript. When he got stumped by challenges, he consulted with others or found helpful videos online. Some of **Brilliant Star**’s readers (of many cultures and ages) tried the program to be sure it’s user friendly and doesn’t have pesky bugs. That means *errors*, not my fellow flies—*whew!*

When he showed me the Super Symmetry tool, it really lit me up. I had fun making 9-pointed stars, and you can, too!

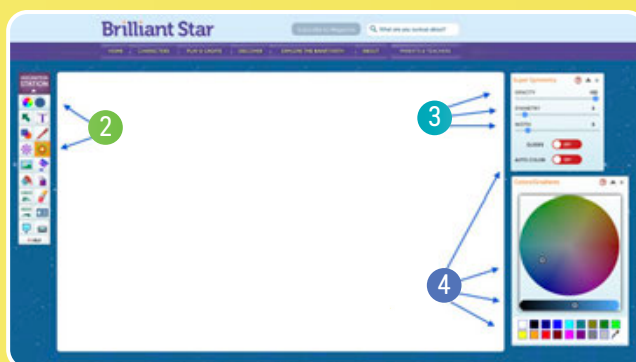


- 1 On the homepage at brilliantstarmagazine.org, click the 9-pointed star labeled NEW Imagination Station 2.*



- 3 In the Super Symmetry toolbox, move Symmetry slider to 9 to give your drawing 9 sides. Move Opacity slider to make lines more or less transparent. Move Width slider to change line thickness.

- 2 In main toolbar, select a tool to open its toolbox. (You can drag toolboxes to another spot on the screen.) Open Colors and Super Symmetry.



- 4 You have lots of fun color options. Click Auto Color button to turn on a cool rainbow effect, or turn Auto Color off to pick your own colors. In the Colors toolbox, select a square with a solid color. Or choose a new color by clicking anywhere on the color wheel. Move button along slider to change brightness.



- 5 For 9-pointed stars, select button to turn Guides on. Solid lines show 9 sections of canvas, each divided by a dotted line. Put cursor on solid line, then click and drag diagonally to nearest dotted line. Like magic, your lines appear in all 9 sections! Lift cursor to draw new lines. Change line lengths, widths, or colors. Make squiggles or shapes. Have fun experimenting!

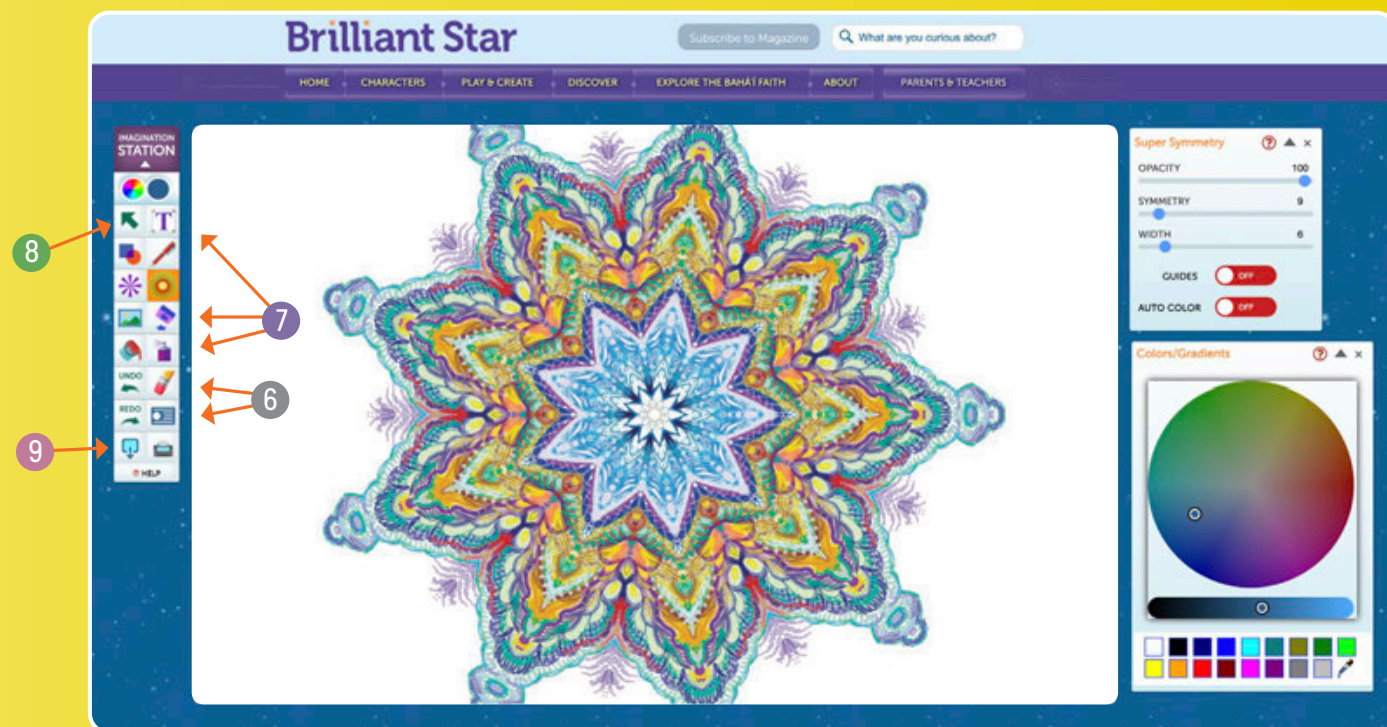


- 7 Choose a font in the Text tool to add a message. Use Clip Art tool for premade images or to load your own image. Add Stamps and make them any color. Play with Spray, Paint, and Glitter options in Paint toolbox. Floodfill will color in closed outlines or background with solid color or gradient (several colors).

- 8 Use the Select tool (the arrow) to scale, move, rotate, or recolor a portion of your design.

- 6 Select Undo to undo most recent action. Redo will restore most recent Undo. Use Eraser to wipe out part of your work. For a blank canvas, select Clear (be aware, this option can't be undone).

- 9 Save your art with Save/Open tool. A JSON file lets you open your design to continue later. JPEG and PNG create image files. Select Print to print art for cards, invitations, or anything you can imagine!





PAWS-itive Pets



“To blessed animals the utmost kindness must be shown, the more the better. Tenderness and loving-kindness are basic principles of God’s heavenly Kingdom.” —‘Abdu’l-Bahá

Is your pet a *fur*-ever friend? Hanging out with pets may lift your mood and help you shed some stress. Petting them can reduce your blood pressure, which is good for your heart. And pet owners often get great exercise—such as by walking a dog or riding a horse.

You probably watch your pet’s behavior for clues about how they feel and what they need. Those observation

skills may build your **empathy**—your ability to understand someone else’s feelings. That can help you connect with human friends, too. And sometimes it’s easier to start a conversation with someone new when there’s a friendly pet to break the ice.

When you’re kind to people *and* pets, it’s *paws*-ome for everyone!

Pets come in all shapes and sizes. Match each creature to its description.



Horse



Koi



Camel



Guinea Pig



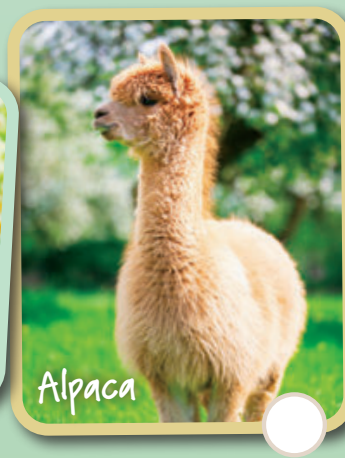
Dog



Chicken



Cat



Alpaca

- 1 We may be cute and fluffy, but we’re descendants of dinosaurs and can run up to 9 mph (14 kph).
- 2 Throughout history, we’ve helped people travel, plow fields, haul goods, and share language and culture.
- 3 We love to socialize, and when we’re excited, we “popcorn”—jump into the air with a little twist.
- 4 We’re the “ships of the desert,” adapted to travel in extreme heat with very little water.
- 5 We symbolize friendship, strength, health, and perseverance. We’re tough and can live 200 years!
- 6 To protect food from rodents, we’ve traveled with Vikings and other sailors since ancient days.
- 7 The most popular pet on Earth, we’ve been friends to humans for more than 12,000 years.
- 8 We’ve been gentle South American pets for 6,000 years. We’re prized for our woolly coats.

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

Meatless Mondays

Pump up your plant protein to start a healthy week for you *and* the planet. It takes less water to raise crops than cows. Try nuts, seeds, beans, soy products, or quinoa.



WOW, REALLY?

Worldwide, we generate over 50 million tons of electronic waste per year. That's eight times heavier than the Great Pyramid of Giza!

OUR CONNECTIONS



Cars, phones, remotes, games—batteries are everywhere! When the chemicals inside them are activated, they power our stuff. But if you throw batteries in the garbage, they go to landfills, where they can leak toxic chemicals into our water and soil. Some batteries can catch fire, releasing pollution into the air. To save resources, use rechargeable batteries whenever possible, and learn about battery recycling options in your area.

PROTECTING OUR PLANET

Dr. Jessica Durham Macholz, a materials scientist in Illinois, U.S., studies rechargeable lithium-ion batteries used in electric vehicles. She strives to make it safer and less costly to recycle them. She finds her work "rewarding, not only to see the impact it has in my own life, but also on a global scale."



WHERE IN THE WORLD?



The caverns and tunnels in these marble caves formed over 6,000 years ago due to water erosion. Minerals in the glacial meltwater reflect the blue part of sunlight, giving the water and caves brilliant hues. *Unscramble the letters to find the location:*

LIECH, THOSU AICMERA

● ● ● ● ● , ● ● ● ● ● ● ● ● ● ● ● ● ● ● ● ●

AMAZING ANIMALS



These rarely-seen predators roam the cold, high mountains of Central Asia. They survive with thick fur, a warm tail, and wide paws that act like snowshoes. They're threatened by habitat loss and hunting. *Fill in the blanks to find their name:*

● N O W L E O P A R D ●



"Bind, then, their souls and spirits together, that through their unity all . . . may become united." —Bahá'u'lláh

TEAMWORK
LIFTS ME UP!



STRENGTH OF TEAMWORK

My science class is usually friendly. But when first prize at the Spring Science Fair was a gift card for the ice cream shop, we got super competitive. Instead of helping each other, we started judging whose idea was best. It crushed the mood in class.

To rebuild teamwork, our teacher gave everyone paper cups and asked us to find a way to stand on them. We

worked in groups. At first, we argued about our ideas. I was worried our team's plan would collapse. But when we shared and listened with respect, solutions started to take shape. I felt great when we figured it out!

We decided to work in teams for the science fair, too. Afterward, our whole class will go out for ice cream! Try our teamwork activity and see how it lifts *you* up.

SHARE THE LOAD

You'll Need: 10–20 paper cups of 8–16 oz. (237–473 mL), two or more squares of stiff cardboard about 12" wide (30.5 cm),* an adult to help

1. To test strength of cups, put one cup on floor and stand on it. What happens?
2. Arrange 5–10 cups on the floor. Put square of sturdy cardboard on top.
3. Carefully step on cardboard. (Extra help comes in *handy*!) How many cups did it take to support you?
5. Try different arrangements. Does moving cups closer together or farther apart change how many you need? What if you use two layers of cups?



2. Arrange 5–10 cups on the floor. Put square of sturdy cardboard on top.



4. Does adding a second layer of cardboard change how many cups you need? What happens if you use fewer or more cups?

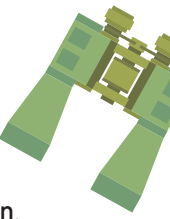


HOW DOES IT WORK? When you stand on a cup, that force is on one cup. With multiple cups and cardboard on top, there's less force on any one cup. It's shared by all cups. If cardboard is weak or cups are far apart, the force on them

varies. The cup with the most force on it may collapse. The others take on that cup's force, then they collapse. Using stiff cardboard and putting cups close together spreads force more evenly.

How Do You Handle a Tough Climb?

“To try, to persevere, is to ensure ultimate and complete victory.” —Bahá’í Writings



The path to your goals can be as adventurous as a mountain expedition! So grab your backpack, boots, water, and other important gear. Be sure to pack plenty of **perseverance**, too—the ability to keep trying when it gets tough. Life’s journeys rarely go *exactly* as planned.

Whether you’re trying a new sport, starting an art class, or building a robot, learning is almost never a straight path. Your trails may have rocky stretches and twists that

make you wonder if you’re headed in the right direction.

Like any good mountaineer, you can prepare to handle challenges. Write down or draw your goals to help you remember what you’re aiming for. Ask friends and family for tips on dealing with obstacles. Fuel your body with healthy food, water, and sleep. And rely on prayer to guide you. With steady effort, you’ll reach the peak, and you might be amazed at how far you’ve come.



How persevering are you? Circle your answers, then add up your points.



1. I write my goals down to help myself stay focused.

Often = 3 • Sometimes = 2 • Rarely = 1

5. I envision success and stay optimistic as I work toward my goals.

Often = 3 • Sometimes = 2 • Rarely = 1

2. If I’m struggling to figure something out, I ask someone who’s done it before.

Often = 3 • Sometimes = 2 • Rarely = 1

6. I think of obstacles I might face and plan ahead for how to handle them.

Often = 3 • Sometimes = 2 • Rarely = 1

3. When I’m feeling lost, I pray for guidance.

Often = 3 • Sometimes = 2 • Rarely = 1

7. I can be flexible and adapt to changes or challenges.

Often = 3 • Sometimes = 2 • Rarely = 1

4. If something goes wrong, I stay calm and brainstorm solutions.

Often = 3 • Sometimes = 2 • Rarely = 1

8. If I make a mistake, I reflect on what I can learn from the experience.

Often = 3 • Sometimes = 2 • Rarely = 1



9. I try to be patient when things take longer than I expected or when they’re out of my control.

Often = 3 • Sometimes = 2 • Rarely = 1

10. When I’m feeling stressed, I breathe deeply, meditate, or exercise to help me think clearly.

Often = 3 • Sometimes = 2 • Rarely = 1

11. I get support and encouragement from family and friends, and I ask for help when I need it.

Often = 3 • Sometimes = 2 • Rarely = 1

12. When an attempt fails, I look for what I can do better next time.

Often = 3 • Sometimes = 2 • Rarely = 1



My Score

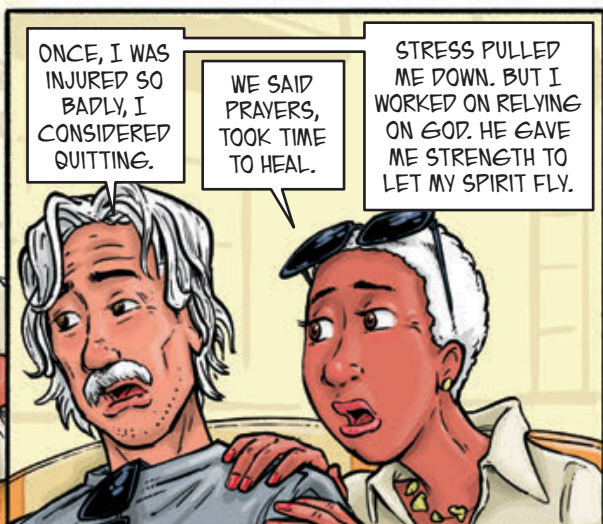
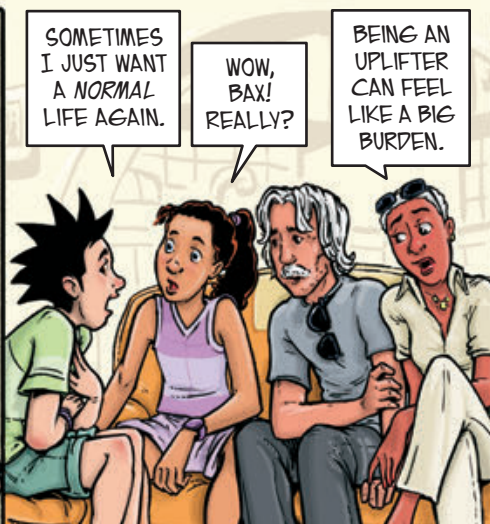
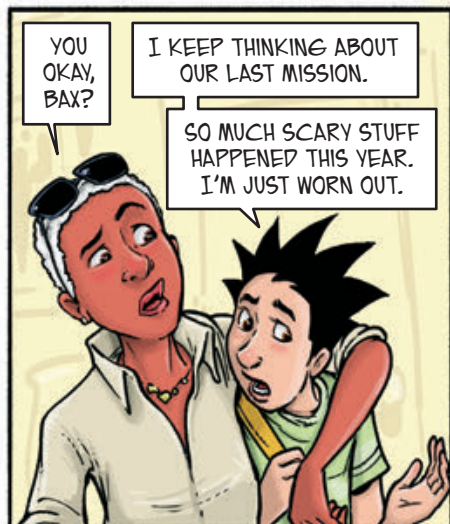
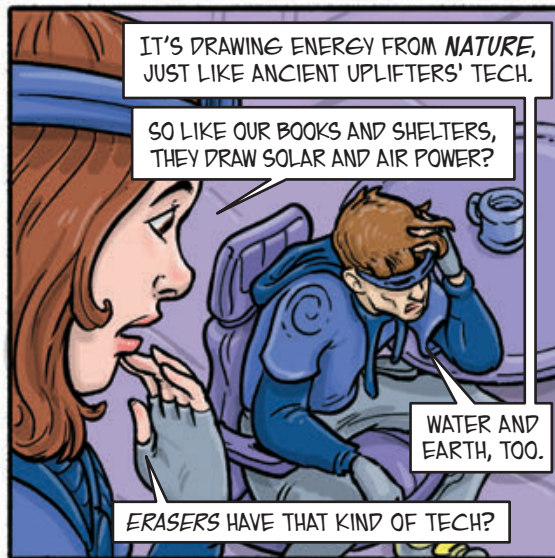
36–28 POINTS Your perseverance helps you face challenges and stay positive. Keep climbing to new heights!

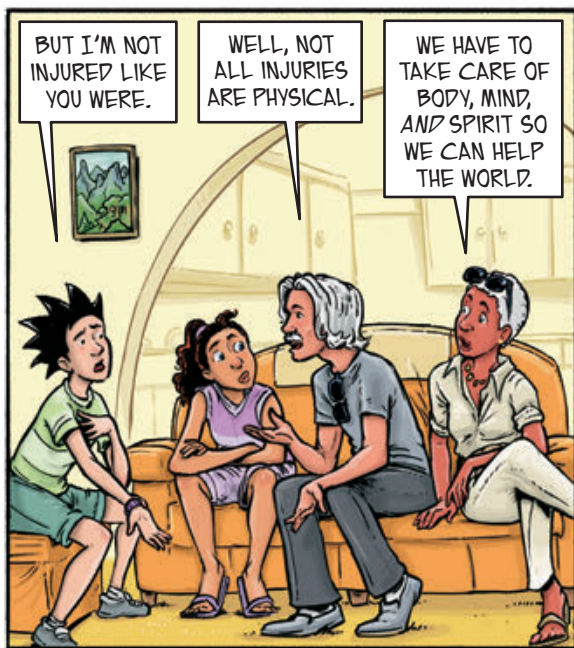
27–20 POINTS You’re building perseverance and moving toward your goals. Choose an item from the quiz to try.

19–12 POINTS Your journey’s beginning! Choose some tips from the quiz to help you develop your skills.



AT UPLIFTERS' HQ...





SCAN FOR ALL EPISODES
OF *LIGHTNING & LUNA*

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?

Tesina M.

Age: 14

I live in: Illinois, U.S.

I want to be:
Marine biologist or environmental scientist

This career interests me because:
I love the environment and animals... It's something I can see doing for the rest of my life.

Virtue I admire most:
Selflessness (because it is amazing to see other people give up so much for others)



Favorite Bahá'í activities:
Any activity that meets in Foundation Hall [at the Bahá'í House of Worship] because of the special feeling there!

A hero or role model:
Wangari Maathai, because of her positive impact on the environment in Kenya and on women

My favorite way to help my family:
Cleaning and organizing the house

Important skills for a happy, healthy life:
To know how to know what you want, not what other people want; to know how to serve others, because without service, we'd all be in a sorry state; and to have self-respect, because you are the only person you truly have control over.

Yusef R.

Age: 13

I live in: California, U.S.

I want to be:
A marine biologist

This career interests me because:
I love aquatic animals and want to learn more about them.

Virtue I admire most:
Courage

Favorite Bahá'í activity:
Children's classes

Important skills for a happy, healthy life:
Being able to cope with stress. Reading the writings. Exercising during the week.

A goal I've achieved:
Memorizing the Tablet of Ahmad.* I said small parts and eventually learned the whole thing.



Place I'd love to visit:
Brazil

My favorite way to help my family:
Help make dinner

A new skill I'd love to learn:
Rollerblading

What helps me deal with stress or negativity:
Listening to calming music

What helps me focus:
Playing sports outside

A big challenge I faced:
I had to take a big math test. I studied with my parents.



Colby S.

Age: 10

I live in: Ohio, U.S.

I want to be: **An engineer**

This career interests me because:
I like building things, and I like machinery.

Virtue I admire most:
Friendship

Hobbies or sports: **Skiing, swimming, cyclocross**

What helps me focus:
I think about things more related to what I need to be working on.

Favorite Bahá'í activity:
Children's class

A hero or role model:
My parents

A place I'd love to visit:
San Francisco, because I like cable cars

My favorite way to help my family:
I like to make breakfast for my family. I especially like to make oven pancake.

A goal I've achieved:
Learning to type. I achieved it by practicing.

What helps me deal with stress or negativity:
I bury myself in pillows because it makes me feel compressed.

A big challenge I faced:
Learning to do hockey stops when skiing. I practiced really hard.

Minal I.

Age: 9

I live in: Turkey

I want to be: Teacher

This career interests me because:
I can help kids.

Virtues I admire most:
Honesty, loyalty

Hobbies or sports:
Dancing. I like break-dancing—it's very cool.

Favorite Bahá'í activity:
Children's class

A place I'd love to visit:
China, [especially] Guangzhou, because I grew up there [until I was] 6 years old.

A favorite food:
Chinese food, especially Gong Bao Ji Ding [chicken with nuts] and Fan Qie Chao Dan [tomato fried with eggs]

My favorite way to help my family:
Through prayers

Important skills for a happy, healthy life:
Prayer, exercise, healthy food

A goal I've achieved:
[Learning to] draw Japanese-style anime

A new skill I'd love to learn:
Gymnastics

What helps me deal with stress or negativity:
Prayer and Mom's love (hugs, talking with her)



"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

Diya M.

Age: 11

I live in: Illinois, U.S.

I want to be:
Biomedical engineer, pediatrician, or meteorologist

This career interests me because:
I use a device made by biomedical engineers and it really helps me, so I want to make even better devices for others; I like medical stuff and kids; and I find weather really intriguing.

Virtues I admire most:
Kindness, curiosity, and truthfulness

My favorite way to help my family:
I like to do little chores without telling them or put a note with a joke in my brother's lunch box.

A hero or role model:
'Abdu'l-Bahá and my grandmother



Favorite Bahá'í activity: Feast*

A new skill I'd love to learn:
American Sign Language

What helps me deal with stress or negativity:
I like to spend time with my friends and family, and if it isn't too embarrassing, tell them my problem, because it feels better to tell someone. I also pray.

A big challenge I faced:
Two years ago, I got diagnosed with Type 1 diabetes. I was really sad and scared, so I did a lot of research on tips and tricks and how to handle the disease easier.

Kunal C.

Age: 10

I live in: Texas, U.S.

I want to be: Scientist

This career interests me because:
Science is cool, and you get to do cool stuff. I'd like to build robots. I like artificial intelligence.

Virtue I admire most:
Kindness

Hobbies or sports:
I like video games, playing with LEGO bricks and toy cars, reading, and coding.

Favorite Bahá'í activity:
Decorating for holy days

Favorite animal or pet:
I have two pet guinea pigs, Lily and Snowball.

A place I'd love to visit:
Outer space

A goal I've achieved:
Building a giant pirate ship in Minecraft... I thought about how to build it step by step. I started from the bottom and worked my way up. I had to make a plan.

A new skill I'd love to learn:
Coding in Python [a programming language]

What helps me deal with stress or negativity:
Staying in my room and doing nothing



How to be a Radiant Star

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



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

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

*Feast is a Bahá'í community gathering with prayers, consultation, and fellowship.

Leon R.

Age: 9

I live in: **Melbourne, Australia**

I want to be: **Environmentalist**

This career interests me because:
I'd like to get involved with waste management and fix all the waste management problems we have in our communities.

Virtues I admire most:
Kindness and helpfulness

Hobbies or sports: **Soccer**

Favorite Bahá'í activity:
Service projects

A hero or role model:
My mum

My favorite way to help my family:
Doing the dishes and helping to put out the [trash] bins

A new skill I'd love to learn:
[How to] do special tricks on my bike

What helps me deal with stress or negativity:
Taking deep breaths and positive thinking

What helps me focus:
I put sticky notes on the top of the iPad that remind me to stop . . .

A big challenge I faced:
I get nervous sometimes when going to new places. I try to give everything a go, even when it's hard.



Amelia G.

Age: 8

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

I want to be: **Interior designer**

This career interests me because:
I love design, and I like to decorate the house.

Virtues I admire most:
[Being] kind, helpful, thankful, sweet, caring

Hobbies or sports:
Drawing, writing stories, Taekwondo

Favorite Bahá'í activities:
Bahá'í summer camp

A hero or role model:
'Abdu'l-Bahá, [because] he is kind and caring.

Important skills for a happy, healthy life:
Eating healthy food and being active in sports



My favorite way to help my family:
Help with cooking

A goal I've achieved:
I got better at drawing by practicing every day.

A new skill I'd love to learn:
Flexibility and patience

What helps me deal with stress or negativity:
Hug my parents! Talk to my friends, listen to music, and draw doodles

What helps me focus:
Read a book, listen to music

Sage L.

Age: 8

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

I want to be:
Waitress, singer, librarian

This career interests me because:
I love to make people happy, [and] I love to sing and read.

Virtues I admire most:
Kindness and forgiveness

My favorite way to help my family:
Being a kind sister

A hero or role model:
Dr. Martin Luther King Jr.

Favorite Bahá'í activity:
Ayyám-i-Há,* because I give gifts to my little brother, and when I see him smile, it is the best part!

Important skills for a happy, healthy life:
Peacefulness, contentment, kindness

A goal I've achieved:
Getting my tooth pulled out. My dad helped by comforting me . . .

What helps me deal with stress or negativity:
Spending time with my dad and our two kittens

A big challenge I faced:
My . . . teacher moved away, and when I get sad, I look at our class memory book and kindness cards.



Adib O.

Age: 8

I live in: **North Carolina, U.S.**

I want to be:
Computer engineer

This career interests me because:
I want to build computers that people could not hack into.

Hobbies or sports:
Football (soccer)

Favorite Bahá'í activities:
Children's class, children's class camp, Ayyám-i-Há, and Naw-Rúz**

A goal I've achieved:
Making new friends and making them happy because I want to make sure that they have a kind best friend

A new skill I'd love to learn:
How to be better at following instructions



A hero or role model:
'Abdu'l-Bahá

Important skills for a happy, healthy life:
Eat fruits and vegetables, exercise, be of service

What helps me deal with stress or negativity:
Talking to my mother and [saying] prayers

A big challenge I faced:
Someone told me something that was very unkind. I handled it by talking to my mother, and she spoke to the teacher and principal.

ONE-DERFUL

A one-drous thing all humans have in common is math! It helps us in uncountable ways. We use math skills for games, cooking, building, and managing money. Inventions that connect us, like phones, computers, airplanes, and bikes, were all created with math.

Math is more than just problems you do in class. You use it throughout the day. When you think about size,

directions, distance, or time, that's math. Whether you love to explore the stars, play the violin, bake terrific treats, or shoot soccer goals, you can count on math to help.

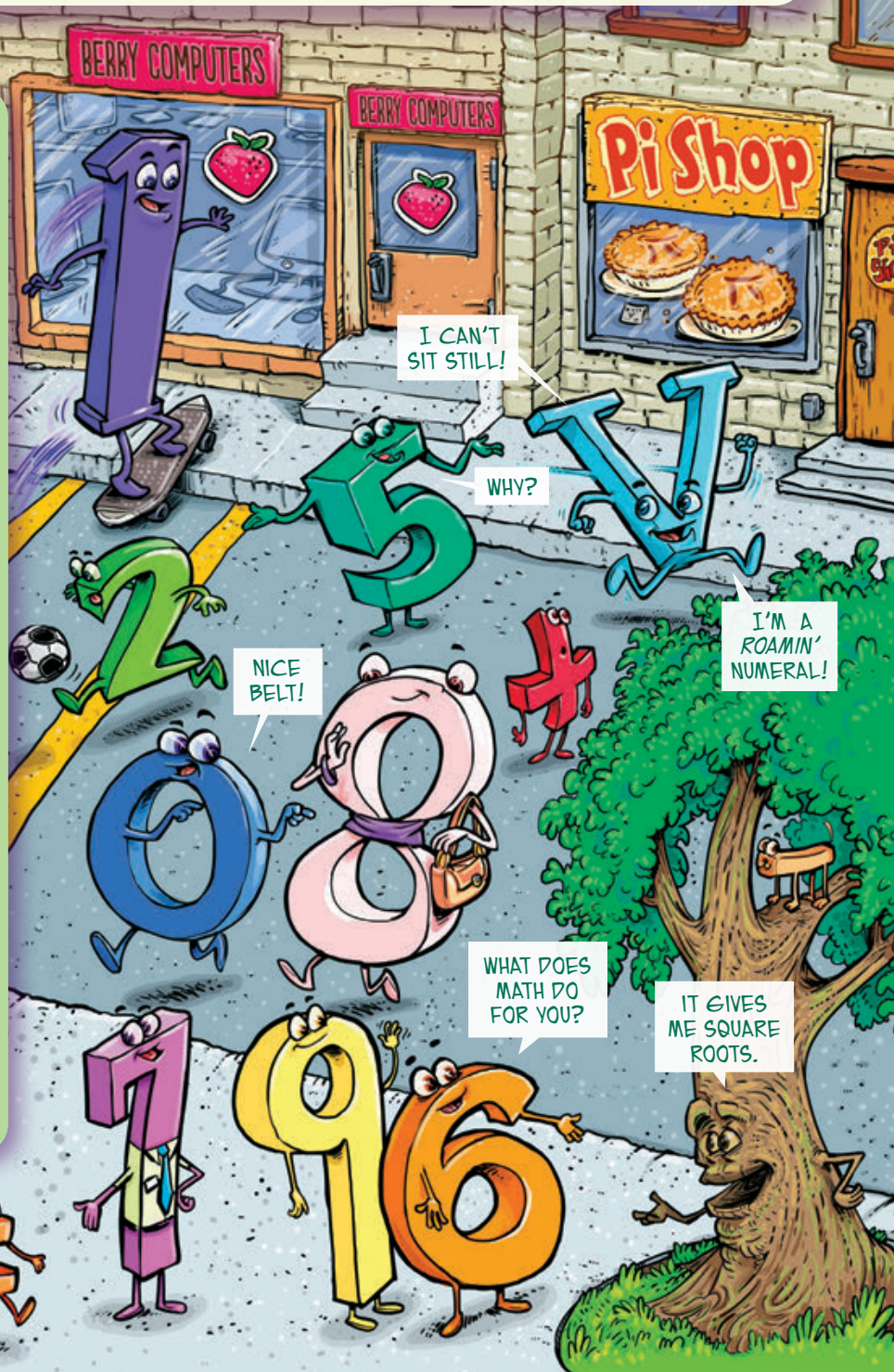
You can develop your math superpowers. Math helps us build better communities and understand the universe. So celebrate the *one-ness* of humanity and enjoy the marvels of math!

Fill in the blanks to solve this fun math trick.

- 1 Pick any number (n) $n =$
- 2 Add 3 $+ 3 =$
- 3 Double it $\times 2 =$
- 4 Subtract 4 $- 4 =$
- 5 Divide it in half $\div 2 =$
- 6 Subtract number in Step 1 $- n =$
- 7 Try different starting numbers. What happens each time?

How does it work? The calculations in Steps 2 through 5 are designed to equal one. In Step 1, you add a mystery number, and you subtract that number in Step 6. So for any mystery number, the answer will always be one!

Challenge! Can you change Steps 2 through 5 and still end up with the answer of one?





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 a space scientist. Have questions about space? Send them to brilliant@usbnc.org (with your name and age).

What are some cool things we might be doing with space or science technology in the next generation?

— Kiyon, age 16

Hi, Kiyon,

There are so many cool things that we might do in science and space in the near future! I can give a couple of examples that excite me. In recent years, space scientists have discovered that many stars have planets in orbit around them. But scientists have only seen a few of these planets, and they were tiny specks of light. With new telescopes on Earth and orbiting observatories, such as the James Webb Space Telescope, we'll be able to see images of these planets better and perhaps even tell if they can support life.* Another advance in science that is nearly here is electricity from **nuclear fusion** (producing energy from combining hydrogen atoms to form helium). We've known about fusion for decades. But with recent advances, such as strong, superconducting magnets that contain hot fusion gases with magnetic fields, we're close to having fusion power plants. Fusion and other green energy sources will help reduce the carbon dioxide in the atmosphere that is causing climate change. — Steve



The Tarantula Nebula is a star-forming region about 161,000 light-years away! This image from the James Webb Space Telescope revealed thousands of stars never seen before.

COSMIC QUIZ

UY Scuti is one of the largest stars, *five billion* times the volume of the Sun. If our Sun were that big, it would almost reach Saturn! Even bigger than a supergiant, this star is a:

- A) Hulk star
- B) Hypergiant
- C) Superstar
- D) Mammoth star



Westerlund 1 star cluster has stars nearly as large as UY Scuti.



What process do you use when you encounter a problem with what you're working on? — Adayna, age 13

Hi, Adayna,

My favorite approach has three aspects: 1) figure out the basic facts, 2) find solutions used with similar problems, and 3) make an attempt, learn from the results, and try again if needed.

For example, let's say you want to fix a broken wooden step. You need to understand why it broke (the **root cause**). You search the internet or talk to builders and learn that the wood may have rotted, it wasn't strong enough, or it wasn't thick enough. In all cases, it couldn't handle the stress of using it (#1). You also learn that the strength of the step you need depends on the stress in the wood when you walk on it, and there's a formula for that (#2). You replace the step with wood that's 50% thicker, because the formula shows the step will get less than half the stress of the original. You test the new step. If it breaks again, you can get stronger or thicker wood (#3).

You solved the problem by learning more about it and about similar problems, taking steps to solve it, checking your solution, and improving it if necessary. — Steve



Problem-solving skills help you in all types of sciences and arts.



STEVE SCOTTI is *Brilliant Star's* STEM Education Advisor and a Distinguished Research Associate at NASA Langley Research Center in Virginia, U.S. His background is in developing lighter, stronger materials and structures for aircraft and spacecraft. Watching the first astronaut launched into space inspired his interest in space exploration.

ON THE WEB

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



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

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



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

BACH IN TIME

Dr. Carl Sagan (1934–1996) was an award-winning American astronomer and writer. He's also famous for:



- A) Hosting *Cosmos*, a popular TV show
- B) Co-founding the non-profit Planetary Society
- C) Working on NASA missions to other planets
- D) All of the above

Barbara Talley



Could you pick apples from sunrise to sunset almost every day? For Barbara Talley, that was part of childhood. She was born in New York, U.S., in 1954. When she was two, her mother passed away, and she and other siblings spent time in foster care. Later, three siblings lived with relatives, while Barbara and two sisters lived with their father, a migrant farm worker. The kids worked when they weren't in school. They moved often, so it was hard to make friends.

Barbara was determined to create a different life. In high school, her math skills earned her a chance to learn computer programming. After graduation, she worked as a programmer and trainer in New York and Washington, DC. Training others sparked her interest in teaching people to end racism, appreciate diversity, and develop life skills. In 1987, she started a training company. She's now a motivational speaker and author of six books.

Since 2019, Barbara has focused on encouraging African American and Indigenous Bahá'ís with conferences and study programs. She lives in Maryland with her husband, Gile, and their daughter, Radiance.

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

A: At the [migrant worker] camps, after we worked all day, we'd go into the camp, and grown folks would be laughing ... or shooting dice. But we could put some money in the jukebox ... I loved dancing.

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

A: At two years old, I [lost] my mother because of a car accident ... My dad fell asleep at the wheel ... They immediately put us in [short-term] foster care. Some of the people were very, very mean ... My earliest memories are people just beating us or yelling at us.

Q: What qualities helped you succeed, despite the difficulties you faced?

A: I never took no for an answer ... I never said no to an opportunity. ... I have resiliency because I'd gone through so much, and I survived ... I like learning. I like books ... Learning gives you opportunities ... If you stop learning, your options are limited ... If you continue learning, you strengthen [your brain's] neural connections.

Q: What's your advice on finding a career path?

A: What would you do even if you didn't get paid? If you do what you love and you're continually getting better at it, life is joy, and people want to see joy ... Follow the joy and the unique gifts God has put into you.



At age 19, Barbara moved to Rochester, New York, to work for Eastman Kodak, a photography company. She also did fashion modeling part-time. She taught herself to model from a library book.

Questions and Answers with an Inspirational Bahá'í



Q: What life skills are most important for kids to develop?

A: “Regard man as a mine rich in gems of inestimable value,” [the Bahá'í writings say]. So look for your own gems. It's that stuff that you get excited doing . . . Then try to figure out, how can I use this in service to humanity? Become excellent at it. Continue every day . . . And don't be afraid, because fear will stop everybody . . . Just try, and don't beat yourself up if you're not perfect . . . your own spirit will guide you.

Q: What tips do you have for making a conversation meaningful?

A: The best conversations [begin with] being interested in the person . . . Find out what they're already interested in, what they're already excited about, what questions they already have . . . I think we should listen more and talk less . . . 'Abdu'l-Bahá did a lot of listening.



Above: Barbara (center) and her husband Gile (behind her) gather with their kids and grandkids near their home in Maryland in 2021.

Left: Barbara reads one of her poems at the 2017 Bahá'í National Convention in Illinois.

Q: When kids experience prejudice, what's your advice about how to respond?

A: If you experience it, tell people how you feel. Now, they may not change . . . I've learned [that] maybe others won't stand up for me, but the greatest injustice [is] if I don't stand up for myself . . . If you are witnessing it, stand up for that person so they know they're not alone . . . If they continue to do it, remove yourself from that space . . . You don't have to put up with it.

Q: In 2019, you launched the ARISE Pupil of the Eye Conference, mainly for African American Bahá'ís. Tell us about that.

A: I had this vision of bringing Black people together so we could heal each other. My co-chair Sue St. Clair and I created a safe space to nurture and encourage people. The Bahá'í writings emphasize Black people's paramount role in the Faith. Bahá'u'lláh said we're like the pupil of the eye through which the light of the spirit shines forth. No other faith gave us this importance. We needed to come together, just be ourselves, and not have to educate other people and fit into their cultures . . . Studying these teachings helps Black people find meaning and know they matter. People are walking with their backs a little straighter and their hearts fuller of love. Now there are a lot of different [outreach] things people are doing . . . the race conversation is front and center, where it ought to be.

RILEY'S RAINFOREST

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

—Bahá'u'lláh



BOOST YOUR IMMUNITY

I've been feeling nervous lately. I have lots of friends who aren't feeling well because of a virus going around. Most birds who get sick only have mild symptoms, but some get really sick. How can my family, friends, and I stay safe? It makes my feathers shiver!

I talked to my friend Vita. Her parents are doctors, and she likes to learn about health. She said a big key is to strengthen your **immune system**. Your immune system is like the heroic guardian of your body. It's made up of a network of organs and white blood cells that fight off viruses, infection, disease, and other harmful stuff.

Vita says it can boost your immune system when you drink plenty of water,

eat a variety of fruit and veggies, and stay away from sugary food. I love my sweets, so—not gonna lie—that one's hard for me!

Vita shared another tip that she said I *especially* needed to hear: don't stress out! Constant stress can flood your body with hormones. They're helpful if you're flapping away from a crocodile, because they give your body a boost of energy to escape. But your immune system may not work well if you're *always* stressed.

Thankfully, I feel a lot better after talking to Vita. Check out all the ideas we came up with to boost your immune system. I'm going to go home and eat a kumquat!



CURIOSITY CANOPY



Have you heard the saying "Laughter is the best medicine"? There's some truth to that. Laughter releases feel-good chemicals in your brain. It can reduce stress, help your heart, and improve your immune system. So if you're feeling run-down, find something to laugh about!

EXPLORE & SOAR: STAY HEALTHY

Check out these ideas to keep your immune system strong.

- Wash your hands for at least 20 seconds. For a timer, hum a song like "Happy Birthday" twice.
- Exercise for at least an hour a day (either all at once or in 10-minute bursts). You can go for a walk, dance, or play a sport.



- Make healthy food choices. Try a salad with leafy greens *and* fruit.
- Carry your water bottle to remind you to drink enough fresh water.
- Put away screens before bed, and get at least 8 hours of sleep every night.
- Find ways to reduce stress and stay calm. Try praying, meditating, making art, or reading.
- Talk with your parents or doctor if you have questions about your health.

FOOL'S GOLD

What would you do if you found lots of gold? When it was discovered in California, U.S., in 1848, thousands rushed there, hoping for a fortune.

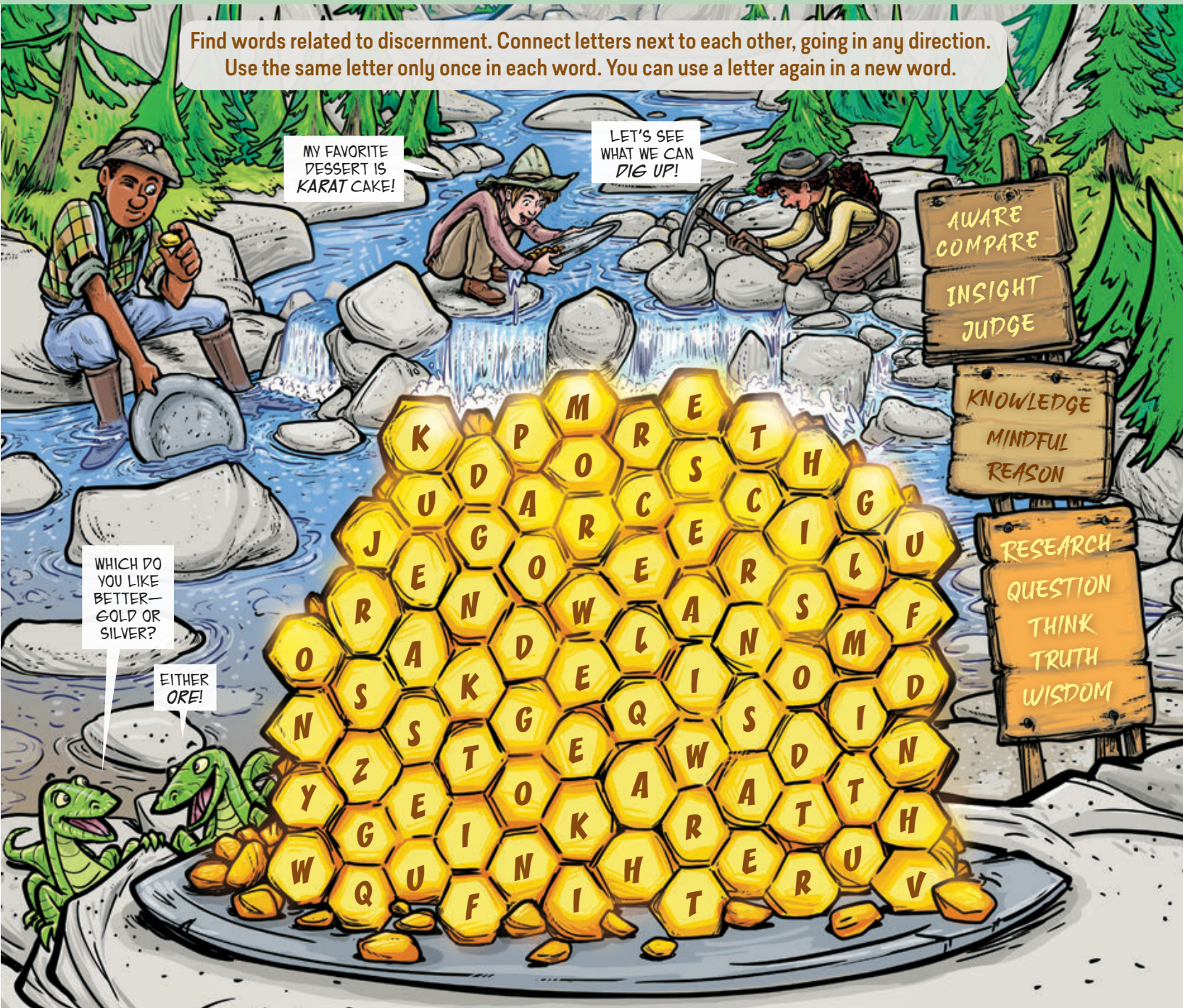
Some got lucky, but others were fooled by **pyrite**—a shiny, yellow mineral that's worth little. Miners learned to tell the difference, or **discern**, between “fool’s gold” and the real thing.

Today, humanity is going through another kind

of gold rush. Thanks to the internet, we’re rich with information. We can find all kinds of videos, images, and stories in seconds. But some of them aren’t true or helpful.

Like miners, we need to judge if what we find is genuine. When you unearth facts, check that the source is trustworthy. Then compare the story with other reliable sources—do they give similar facts? With discernment, you can find treasures of truth!

Find words related to discernment. Connect letters next to each other, going in any direction. Use the same letter only once in each word. You can use a letter again in a new word.





SHINING LAMP

A Bahá'í who served humanity with radiance

Amelia (Milly) Collins (1873–1962)

As a kid, Amelia (Milly) Collins loved fancy gates. She tried to make them for her doll house and dreamed of one day having a beautiful gate of her own.

Born in Pennsylvania, U.S., in 1873, Milly was the middle of 14 kids. When she grew up, she married Thomas Collins, a mining engineer. His work was successful, and they grew wealthy.

Milly learned of the Bahá'í Faith from a friend and became a Bahá'í in 1919. The Faith's leader, 'Abdu'l-Bahá, wrote to her of his "hope" that she would become "heavenly" and "erect a structure that shall eternally remain firm and unshakeable..."

A Loving Friendship

Tom joined Milly on her first visit to what is now Haifa, Israel, in 1923. They began a strong friendship with Shoghi Effendi, 'Abdu'l-Bahá's grandson and the leader of the Faith after his passing.

One day, Shoghi Effendi invited Milly on a walk. She hoped he would explain mysteries about prayer. Instead, he talked about helping Bahá'í communities grow. She was disappointed but did her best to learn from him.

When Milly returned to the U.S., she realized Shoghi Effendi had actually given her a priceless gift. His insights helped Milly assist fellow Bahá'ís and deepen their understanding of his guidance.

For over 20 years, Milly served on the national governing body for the Bahá'ís of the U.S. and Canada. She traveled across the United States and was one of the first Bahá'ís to share the Faith with Indigenous peoples of America.

In the years following Tom's passing in 1937, Milly visited and encouraged Bahá'í communities all over the world. Her friendship and service were a great support to Shoghi Effendi and his wife, 'Amatu'l-Bahá Rúhíyyih Khánúm. With no children of her own, Milly said she loved Shoghi Effendi like a son.

A Generous Spirit

Shoghi Effendi gave Milly the title of Hand of the Cause of God* and invited her to work in Israel. Milly lived in a single room so she could give as much as possible to the Faith. Her donations helped build the Shrine of the Báb in Haifa and Bosch Bahá'í School in California. She supported many other projects, too. Shoghi Effendi wrote to Milly that he was "deeply touched" by her "great devotion" and "shining spirit of self-sacrifice..."

In the 1950s, Milly tried to give Shoghi Effendi money for his personal needs. Instead, he used the funds to buy a lovely gate for the entrance to the Shrine of Bahá'u'lláh. He surprised her by calling it the "Collins Gate." Milly was greatly moved that he had fulfilled her childhood dream.

Shoghi Effendi passed away in 1957, but the inspiration he left for Milly and others lived on. She said, "Whatever step I took in my life... I would first ask myself whether my vote, words, trip or thought would make him happy. When I was sure, then I would take action without fear."

Despite painful arthritis, Milly served tirelessly until her death in 1962 at age 88. Bahá'ís around the world honored the beloved friend whom Shoghi Effendi had called the "outstanding benefactress of the Faith."

TIME FLIES



Have you heard the expression “Time flies when you’re having fun”? It’s often true! Time feels different when you’re doing something enjoyable or exciting. Feel-good chemicals like **dopamine** are released in your brain, so you’re content in the present moment.

But what if you have homework or a chore that you need to do? It can be hard to focus and avoid dizzying distractions.

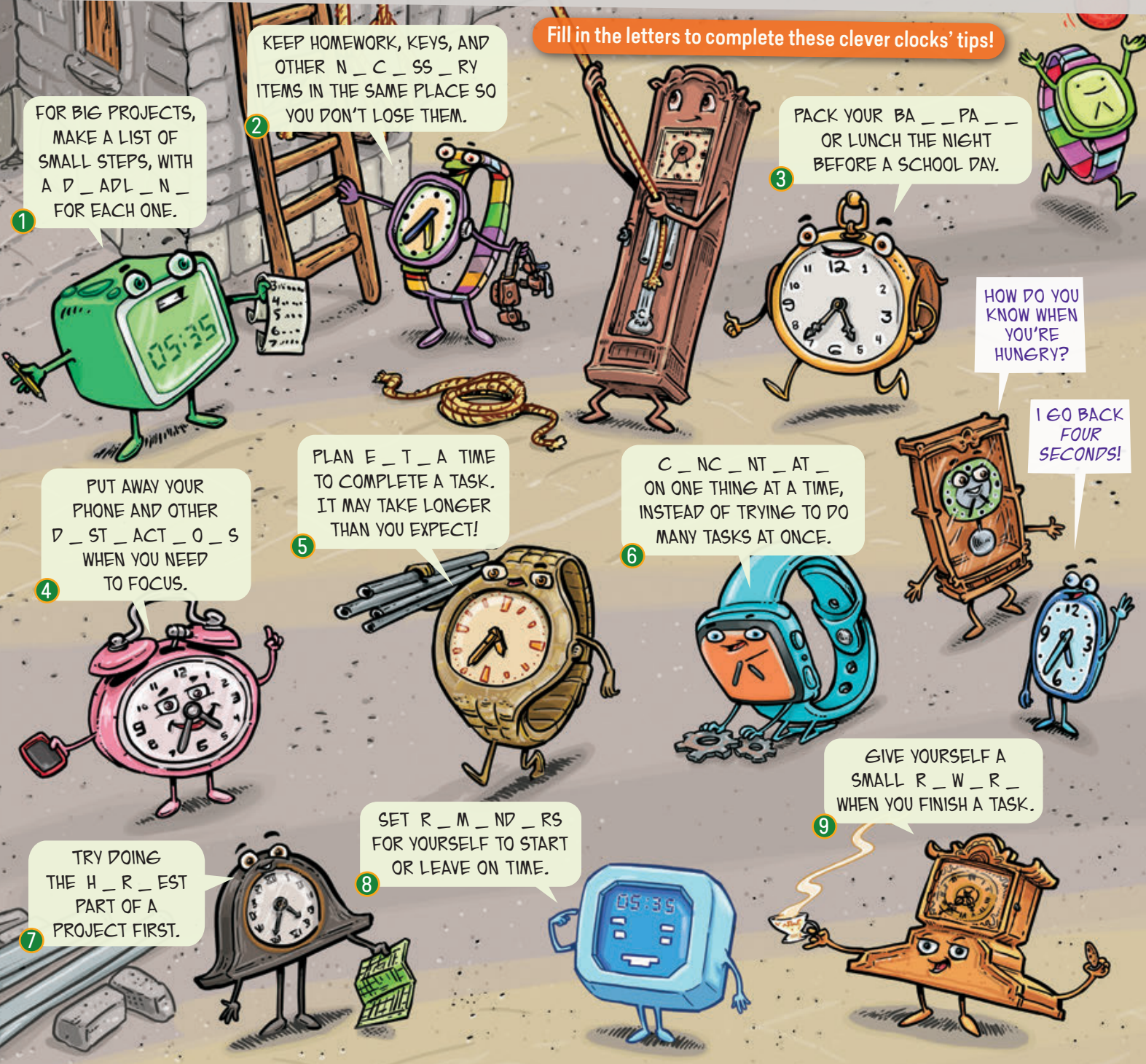
No need to be *alarmed*. When you learn to manage your

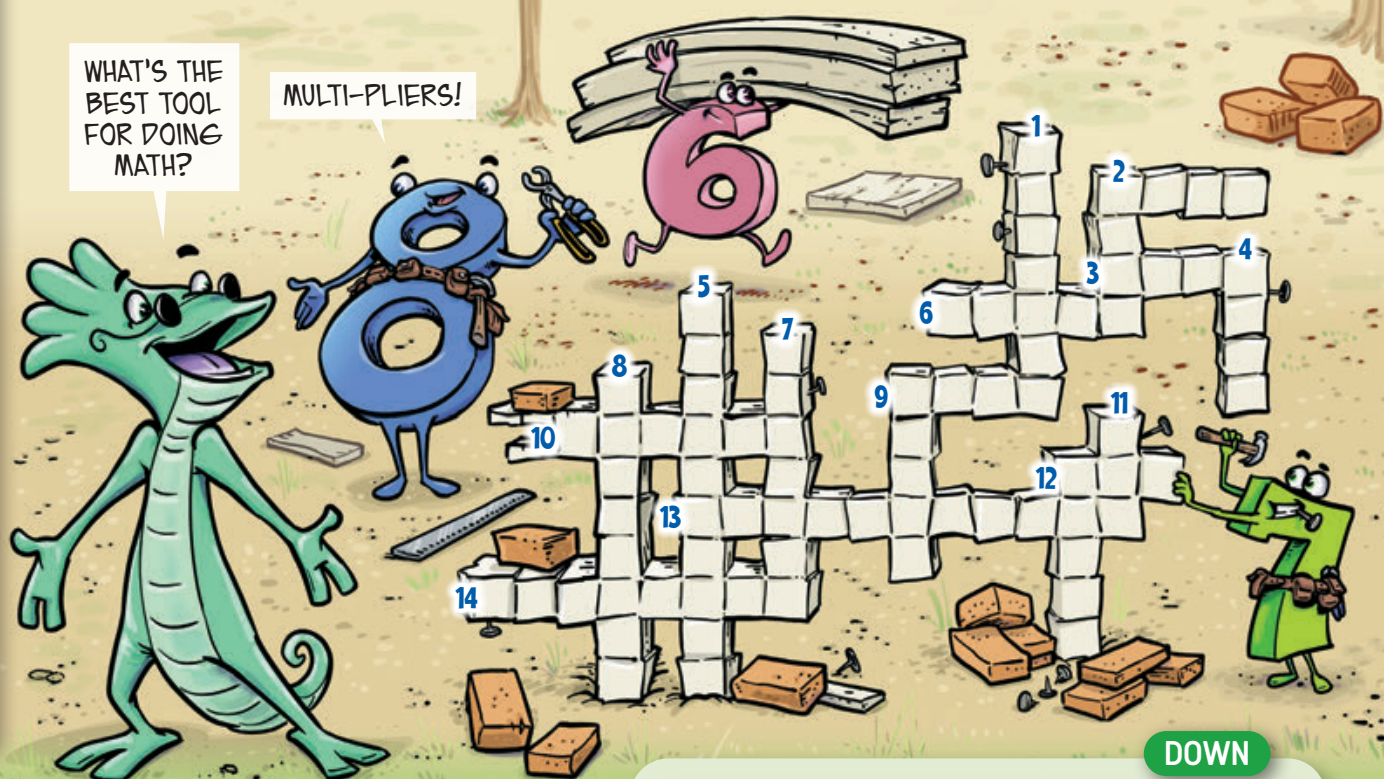
time, you can have fun being focused and achieving your goals. You can also unwind stress and boost self-confidence, because you feel empowered to tackle your to-do list.

Everyone’s time is valuable and deserves respect. Being mindful of time shows friends they can depend on you to be there when you say you will.

With terrific time management, you can make every minute count!

Fill in the letters to complete these clever clocks’ tips!





ACROSS

2. Pyrite, a shiny yellow mineral, is sometimes called fool's _____. (p. 25)
3. Inventions that connect us, like phones, computers, airplanes, and bikes, were created with _____. (p. 19)
6. As a kid, Amelia (Milly) Collins loved fancy _____. (p. 26)
9. We can focus on our spiritual selves when we _____, help others, and practice gratitude and other virtues. (p. 7)
10. Tesina and Yusef want to be _____biologists. (p. 16)
12. It's often true that time flies when you're having _____. (p. 27)
13. Dr. Scotti used his science skills to create a new art app, _____ Station 2. (p. 8)
14. When Maya's team shared and _____ with respect, their solutions took shape. (p. 12)

DOWN

1. Watching your pet's behavior for clues about what they want and need may build your _____. (p. 10)
2. The _____ inside you are unique qualities you can share with the world. (p. 2)
4. If you're motivated to _____someone who's having a hard time, that's compassion. (p. 6)
5. _____is the ability to handle setbacks and face the unexpected. (p. 29)
7. In _____, families rescue lost baby puffins. (p. 7)
8. _____ can reduce stress, help your heart, and improve your immune system. (p. 24)
9. On Meatless Mondays, you can start your week with _____ protein such as nuts, seeds, beans, soy products, or quinoa. (p. 11)
11. The star UY Scuti is *five billion* times the volume of the _____. (p. 20)
12. Squeezing a stress ball when you're upset can boost _____ and ease tension. (p. 3)

FROM OUR MAILBOX



I like the articles and fun activities that [Brilliant Star] gives us. It helps me learn more about my religion and helps me be a better person in life. [For an issue theme,] I would choose perseverance, because I do not like to give up, and I like to keep trying to achieve my goals.

—Sofia L., age 12, Arizona, U.S.

ANSWERS

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

Page 3: 1) deep, 2) kind, 3) create, 4) pray, 5) sing, 6) nature, 7) scents, 8) game, 9) help, 10) diet

Page 5: Friendship, Generous, Helpful, Kind, Love, Patient, Teamwork, Selfless, Unity, Flexible; "Strive for the betterment of the lives of one another."

Page 7: 1 at far TL, 1 at TC, 2 at TR, 2 at C, 1 at CR, 3 at BL, 4 at BC, 2 at BR

Page 10: 1) Chicken, 2) Horse, 3) Guinea Pig, 4) Camel, 5) Koi, 6) Cat, 7) Dog, 8) Alpaca

Page 11: Chile, South America; snow leopards

Pages 20–21: B) Hypergiant, D) All of the above

Page 25: One extra word is LEARN

Page 27: 1) deadline, 2) necessary, 3) backpack, 4) distractions, 5) extra, 6) Concentrate, 7) hardest, 8) reminders, 9) reward

BUILD UP RESILIENCE

A-MAZE-ING
ADVENTURE

It's moving day! You're packing boxes and loading the truck. Excitement's piling up over new places and experiences ahead. But you may also feel sad to say goodbye. You might be nervous about going to a new school and making friends.

Big changes like moving can create a maze of mixed emotions. Building up **resilience**—your ability to handle setbacks and face the unexpected—can help you navigate the route ahead.

Talk to your family, and unpack how you're feeling. Be patient with yourself and others while you find your way around. And focus on what you *can* control, such as getting good sleep and keeping up healthy habits. You can't always choose what happens in life, but you *do* get to decide how to handle it.

With practice, resilience can help you turn the confusion of change into a path toward great adventures.

Help these kids get moving through big changes with resilience.

START

END

"Divine Civilization . . . is to be built upon the most foundational qualities, ones for which the world stands in great need: unity, trustworthiness, mutual support, collaboration, fellow feeling, selflessness, commitment to truth, a sense of responsibility, a thirst to learn, the love of an all-embracing heart." —Bahá'í Writings

