

A BAHÁ'Í COMPANION FOR YOUNG EXPLORERS

Brilliant Star

www.brilliantstarmagazine.org

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ARE YOU TERRIFIC
AT TEAMWORK?

SPACE ACE:
GOING TO MARS

Together in Harmony

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.

WHAT'S INSIDE

FAVORITE FEATURES



Riley's Rainforest

Build up your mental muscles—with sports!



Bahá'u'lláh's Life: Mission of Peace

His nobility changed a prison-city.



We Are One

Explore and care for the place we all call home.



Radiant Stars

Get to know kids who shine, like you.



Lightning & Luna: Episode 67

Everyone has powers to help the world.



Nur's Nook

Make a bullseye game to play with friends.



Stargazer: Lorraine Héту Manifold

A world citizen with a musical mission



Treble Chef's Music Café

Sing a song of oneness.



Maya's Mysteries

How is the whole world like the human body?



Shining Lamp: Queen Marie of Romania

The first Bahá'í leader of a country



Cosmo's Corner

A crossword and more from our favorite chameleon



aMAZEing ADVENTURE

Experiment with formulas for peace.

NEW DESTINATIONS



3 **Magic of Cooperation**
Discover the charm of virtues.



5 **Are You Terrific at Teamwork?**
Quiz your cooperative skills.



8 **TEAM:**
Together Everyone Achieves More



9 **Stuart & Gabriella**
Tree-mendous teamwork in action



10 **Who's in Your Pack?**
Family and friends help us thrive.



14 **Global Champions**
Which Olympic sports do you love?



15 **Launching Peace**
Draw the spacecraft of your spirit.



16 **Space Ace**
Learn about an epic mission to Mars.



22 **How to Lift Up Your Team**
Reach high with a poster to color and share.



23 **Cooking Up Leadership**
What are recipes for success?



24 **Splash into Service**
Dive in, and add up your earnings.



25 **Games for Change**
Bring fun and games to your community.



28 **Go, Team!**
Win with good sportsmanship.



29 **Mindful Music**
Get in tune with positive thoughts.



30 **Flying Smart**
What do geese have to teach us?



31 **Zeke & Rhombus**
Decode cosmic tips for teamwork.



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DEAR FRIENDS,

Have you ever been on a group backpacking trip, played in a rock band, or joined a robotics club? Do you

do service projects with your faith community, bake treats with your family, or invent games with your best friends?

Chances are, you're often doing things with groups or teams of people. We all live, work, and play with others, so it's vital to know how to get along, be encouraging, and cooperate.

Those skills don't always come easily. Diverse personalities, backgrounds, and cultures can make teamwork tough. But they can also make it fun and interesting! A true team values each person's contribution and brings out the best in everyone.

In this issue, explore and celebrate teamwork. Discover the many benefits of team sports. Examine what good sportsmanship looks like. Quiz yourself on your cooperative skills. Create a bullseye game. Find out what humans can learn from wolf packs. And meet conductor Lorraine Héту Manifold, who encourages kids and adults to find their musical voice.

From basketball to band, swim team to scout troop, you can have a blast collaborating with others. GO, TEAM!

LOVE, BRILLIANT STAR ☆



UPDATE ABOUT YOUR SUBSCRIPTION



Creating *Brilliant Star*'s new website at www.brilliantstarmagazine.org has been an important part of our work for some time. With *Brilliant Star Online*, we're reaching and connecting with more kids and families around the globe.

However, you may have noticed that your magazine has been late getting to your mailbox. We're excited to announce our plan for getting back on schedule. We're producing four expanded issues which will have eight extra pages of fun.

After these expanded issues, we'll return to our bimonthly schedule for March/April 2016. If you have an annual subscription, you'll still receive the same number of magazines. Thanks for your patience with us as *Brilliant Star* grows to serve you better! For more details, check out:

www.brilliantstarmagazine.org/about/otd

MAGIC OF COOPERATION

The greedy monsters of Corrupted Castle are plotting to steal magical treasures from the Enchanted Forest. But they didn't count on friendship and unity among the many fantastical creatures who live there. Using their incredible powers and virtues like patience and respect, the forest friends combine their forces in wonderful ways. In your world, you can also use compromise and compassion to overcome any challenges. Cooperation works like a charm!

Fill in the blanks to conjure magical qualities of cooperation.

ELM OF
E__PA__HY 1

DI__IGE__T
DWARF 2

PHOENIX OF
FAI__NE__ 3

UNICORN OF
UNI__ 5

DE__ENDA__LE
DRAGON 4

EN__OURAGI__G
ELF 6

OP__IMIS__IC
OWL 7

FRIE__D__Y
FAIRY 8

__O__LE
GNOMES 9



RILEY'S RAINFOREST

“Send down... from the clouds of Thy mercy the rains of Thy healing...” –Bahá'u'lláh

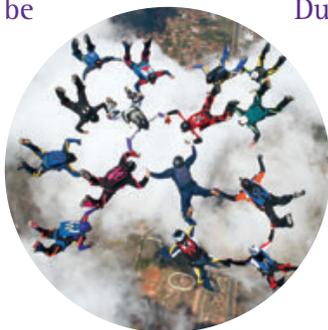
Success with Sports

From softball to soccer, basketball to badminton, team sports can be loads of fun. They're good for your body, of course, but sports can improve your life in other ways, too.

Scientists find that kids who stay active tend to get better grades in school. This may be because an area of the brain involved in learning and memory—the **hippocampus**—gets bigger during exercise, and new brain cells get created there. Regular physical activity can also help you sleep better, which makes it easier to think and concentrate.

The planning involved in sports can help build mental muscles, too. It takes self-discipline and good time management skills to balance sports practice with school and other stuff in life.

Playing sports can even boost your mood and ease depression.



During exercise, your body releases feel-good chemicals called **endorphins**. One study found that teens who participated in sports had lower symptoms of stress and depression when they reached adulthood than those who didn't.

Cheering on teammates and working together toward a goal can lead to strong friendships. And a supportive coach may turn into a lifelong mentor.

You don't have to be a star athlete to enjoy the many benefits of team sports. Play casual ball games with friends, go for bike rides or hikes, or roller blade together through your neighborhood. Just grab some friends and go!

Explore & Soar: Discover Your Sport

How do you decide which sports to play? Try these tips for finding a good fit.

- ☐ Do you like individual activities that let you achieve your personal best? Think about tennis, running, and cycling.
- ☐ If you prefer working in groups, look at team sports like soccer, basketball, and baseball.
- ☐ If thrilling speeds and epic adventures are your thing, skiing, surfing, or mountain biking might be your style.



- ☐ Does combining creativity and activity appeal to you? Try dance, gymnastics, or cheerleading.
- ☐ Try out a sport you enjoy watching older kids or professionals play.
- ☐ Ask friends who play sports why they love their sport.
- ☐ Talk to your parents and gym teacher. They may have ideas about how your strengths match different sports.

Curiosity Canopy



T rue or False? Football is the most popular sport in the world.

True—but not what Americans consider football. The sport that most of the world calls football is known as soccer in the U.S. Globally, it has more participants and fans than any other sport.

ARE YOU TERRIFIC AT TEAMWORK?

“Let them see no one as their enemy, or as wishing them ill, but think of all humankind as their friends . . .” —‘Abdu’l-Bahá

“Go, you guys! Great play!” Encouragement is BIG when you’re on a team. Whether it’s a sport, a club, a band, or another group, cheering on your teammates brings joy and unity. You can even be a great sport by encouraging your opponents.

On a team, your attitude makes a big difference.



Being trustworthy, modest, and helpful can inspire those virtues in others. Performances and games are more fun when you can count on people, and they can count on you.

Take a good look at your group’s spirit. What supportive actions will help you and your team make progress on the road to victory?

How are your teamwork skills? Circle your answers, then add up your points.

- 1 I’m reliable by doing what I promise to do.
Often = 3 • Sometimes = 2 • Rarely = 1
- 2 When I have an idea that will help our team, I speak up and share it.
Often = 3 • Sometimes = 2 • Rarely = 1
- 3 I cheer for other members of my team and find ways to be helpful.
Often = 3 • Sometimes = 2 • Rarely = 1
- 4 I show respect for my group’s leader or coach.
Often = 3 • Sometimes = 2 • Rarely = 1



- 5 I’m honest and tactful when someone asks for my opinion.
Often = 3 • Sometimes = 2 • Rarely = 1
- 6 When I make a mistake, I stay optimistic and try to learn from it.
Often = 3 • Sometimes = 2 • Rarely = 1
- 7 I’m friendly and courteous with competing people and teams.
Often = 3 • Sometimes = 2 • Rarely = 1
- 8 I listen carefully to others’ ideas, even if I don’t agree with them.
Often = 3 • Sometimes = 2 • Rarely = 1
- 9 I have a positive attitude and stay focused on doing my best.
Often = 3 • Sometimes = 2 • Rarely = 1
- 10 I practice, so I’m prepared to contribute to the group’s goals.
Often = 3 • Sometimes = 2 • Rarely = 1
- 11 I share the spotlight instead of always trying to be a star.
Often = 3 • Sometimes = 2 • Rarely = 1
- 12 I’m flexible if the group wants to make a change or try doing something in a new way.
Often = 3 • Sometimes = 2 • Rarely = 1

MY SCORE

36–28 points You’re definitely a positive team player. Way to support and encourage your group!

27–20 points Your cooperative skills are starting to shine through. Keep up the good work.

19–12 points You’ve made it through teamwork tryouts. Add some skills to boost your score.

Bahá'u'lláh's Life: Mission of Peace

'Akká, the Prison-City

A Brief Timeline

The Life of Bahá'u'lláh

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

1817 November 12

Birth of Bahá'u'lláh in Tihrán, Iran

1844

Recognizes the Báb as a new Messenger of God

1852

Imprisonment in the "Black Pit" of Tihrán

1853–1863

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

1863 April 22

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

1863–1868

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

1868

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

1877

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

1892 May 29

Bahá'u'lláh passes away at Bahjí.

Imagine being sent to a prison within a filthy, walled city. To get there, you have to cross the sea in a sailboat. There is almost no wind, and the blazing August sun beats down on you during an eight-hour journey.

That's what Bahá'u'lláh and about 70 companions, including His family, endured in 1868. Though He had committed no crime, Muslim authorities felt threatened by Bahá'u'lláh's religious teachings. They thought that by sending Him to 'Akká, in what is now Israel, they could stop the Bahá'í Faith from spreading.

When the exiles arrived at the sea gate in 'Akká, they waded through the water to enter the city. The men were ordered to carry the women on their backs, but Bahá'u'lláh's eldest son, 'Abdu'l-Bahá, insisted that the women be treated with dignity. He managed to get a chair, and each woman was carried respectfully over the water.

'Akká was a desolate prison-city of about 9,000. It was said that birds flying over the city would drop dead from the stench. 'Akká's inhabitants had been told that Bahá'u'lláh and His followers were evil criminals who deserved cruel treatment. When the exiles entered the city, they were met with jeers from the crowd.

The Bahá'ís were led to an old army barracks that served as their prison. Conditions were dire. It was so hot and foul-smelling that Bahá'u'lláh's daughter, Bahíyyih Khánum, fainted. There was no clean water to drink, and their only food was a few loaves of salty bread. All but



Bahá'u'lláh and His companions arrived at the sea gate in 'Akká in 1868.

two of them became ill. Three men died, including two brothers who died in each other's arms.

Bahá'u'lláh said of the imprisonment in 'Akká, "None knoweth what befell Us, except God, the Almighty, the All-Knowing . . . From the foundation of the world until the present day a cruelty such as this hath neither been seen nor heard of."

Three days after their arrival, the judgment from the Ottoman ruler, Sultán 'Abdu'l-Azíz, was read at the mosque. Bahá'u'lláh was sentenced to life imprisonment. The Bahá'ís were not allowed to associate with anyone.

However, despite the vicious rumors about the Bahá'ís, some citizens of 'Akká recognized Bahá'u'lláh's noble character. One man among the hostile crowd, Khalil Ahmad 'Abdú, said he could see in Bahá'u'lláh's face signs of greatness, majesty, and truthfulness. He said that the people of 'Akká should be thankful to God for Bahá'u'lláh's presence in their city. Another man, 'Abdu'lláh Tuzih, saw radiance, power,

“Deal ye one with another with the utmost love and harmony,
with friendliness and fellowship.” — Bahá’u’lláh

and glory in Bahá’u’lláh. He later became a Bahá’í.

In time, others grew to respect Bahá’u’lláh and the Bahá’ís. ‘Abdu’l-Bahá became known for his care and concern for others, especially those who were poor or sick. Bahá’u’lláh’s strength and integrity impressed the authorities, and they gradually eased the harsh restrictions. He was eventually given the freedom to leave the prison-city and live in the nearby countryside.

Bahá’u’lláh spent His final years at Bahjí, near ‘Akká. After His passing, a shrine was built at His resting place. Bahá’ís around the world consider it the holiest spot on Earth.



Bahjí, the home where Bahá’u’lláh spent the final years of His life, is near ‘Akká, Israel.

Bahá’u’lláh urged us to live together in peace. Use the key to decode His words.

“T_e well- ein_ o_ _n_ in_ , its pe_ e

n se_ urit_ , _re un_ tt_ in_ _le unless

n until its unit_ is _ir_ l_ est_ _lis_ e_ .”





TEAM: TOGETHER EVERYONE ACHIEVES MORE

Journal about the joys of teamwork

A favorite experience I had with a team was when:

The best strengths I contribute to my teams are:

Three things that make a good leader:

Three things that make a great team player:

Cool name for a band or team:

A team I admire and why:

A goal I have for a team I'm part of is:

A team can overcome a challenge when they:

Some friends I love to work with:

My family works together as an awesome team when:



STUART & GABRIELLA

TREE-MENDOUS TEAMWORK



Hey, there! Stuart and Gabriella here. Did you know that there are about three *trillion* trees on our planet? We couldn't survive on Earth without them. Trees and other land plants give us about 30% of our oxygen. The rest is from ocean plants. These plants and trees pull toxic carbon dioxide pollution out of the air. They're like the lungs of the planet! Forests and rainforests

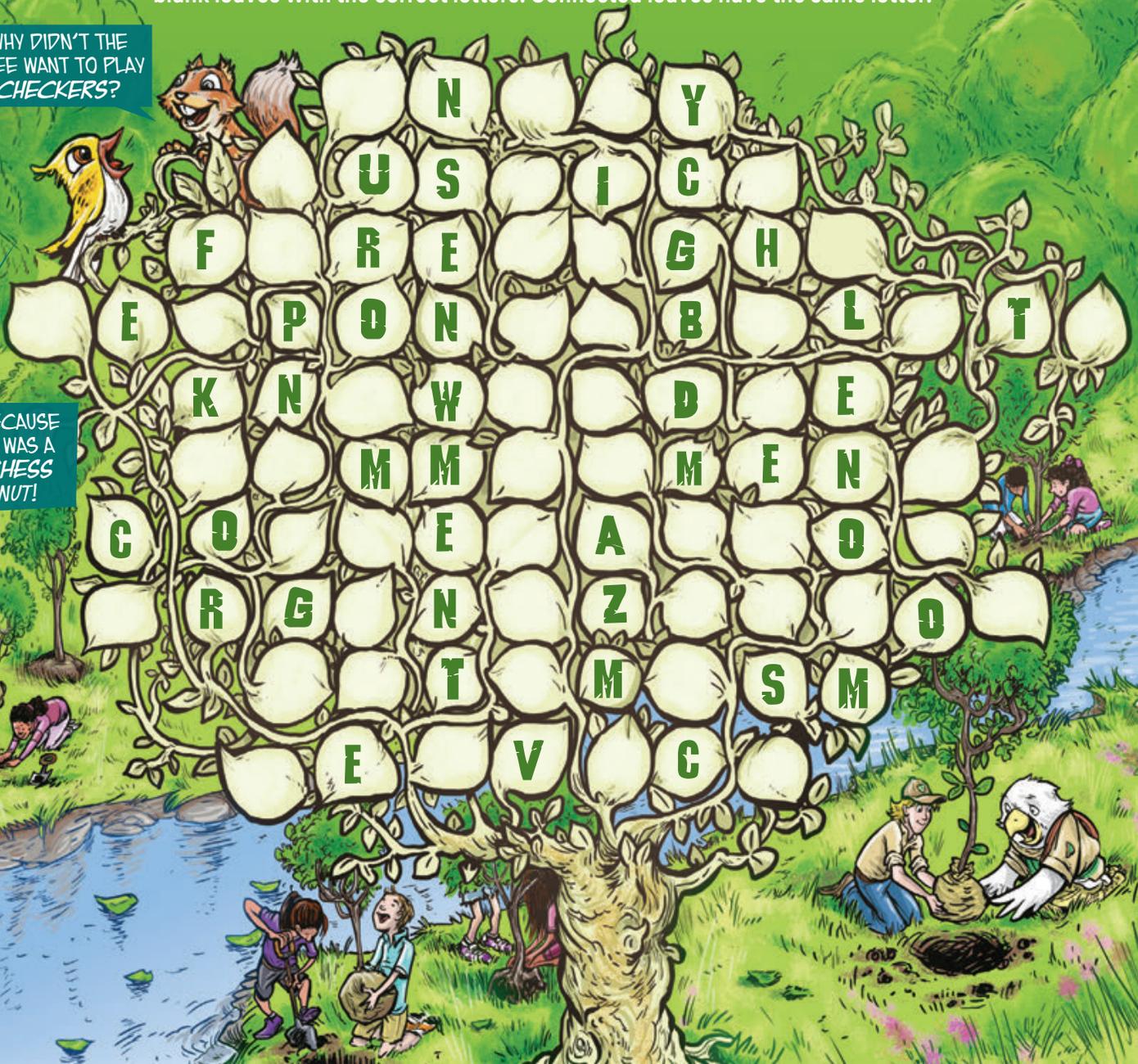
are also home to birds, bugs, and millions of creatures.

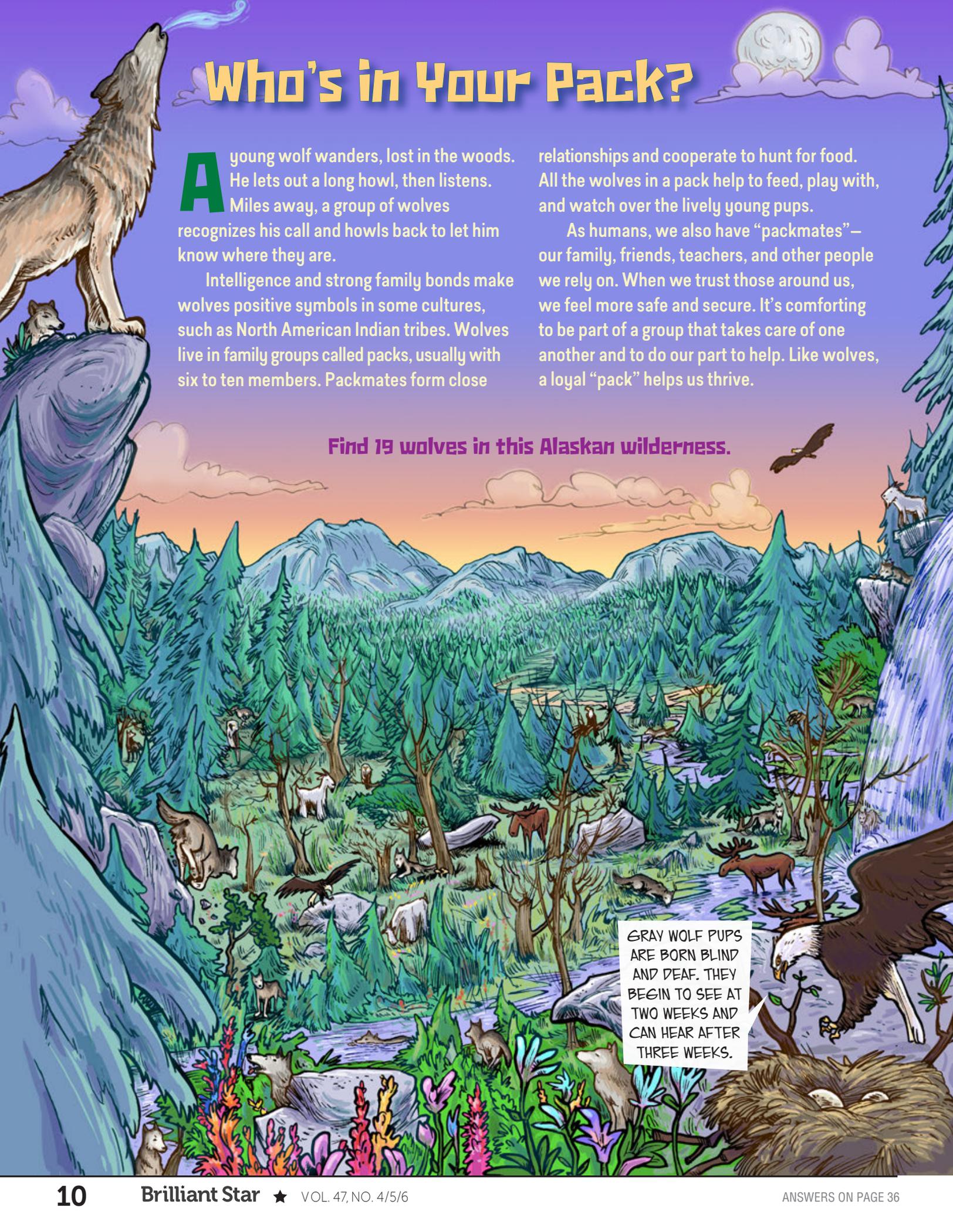
Billions of trees have been destroyed to make products, including furniture, lumber, and paper. Forests are cleared to make room for cattle ranches and cities. So we're planting new ones. From digging to watering, everyone is working together to make our service project a success. We're growing trees *and* friendships!

Time to *branch* out. Discover words that help us work together. Fill in the blank leaves with the correct letters. Connected leaves have the same letter.

WHY DIDN'T THE TREE WANT TO PLAY CHECKERS?

BECAUSE IT WAS A CHESS NUT!





Who's in Your Pack?

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

Intelligence and strong family bonds make wolves positive symbols in some cultures, such as North American Indian tribes. Wolves live in family groups called packs, usually with six to ten members. Packmates form close

relationships and cooperate to hunt for food. All the wolves in a pack help to feed, play with, and watch over the lively young pups.

As humans, we also have “packmates”—our family, friends, teachers, and other people we rely on. When we trust those around us, we feel more safe and secure. It’s comforting to be part of a group that takes care of one another and to do our part to help. Like wolves, a loyal “pack” helps us thrive.

Find 19 wolves in this Alaskan wilderness.

GRAY WOLF PUPS ARE BORN BLIND AND DEAF. THEY BEGIN TO SEE AT TWO WEEKS AND CAN HEAR AFTER THREE WEEKS.

EXPLORE AND PROTECT THE EARTH AND ITS CREATURES



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

EARTH-SAVING TIP

Plastic is harmful to animals and pollutes Earth—but 500 billion to one trillion plastic shopping bags are used every year! Stand up for the planet by bringing your own reusable bags.

WOW, REALLY?

In one cubic centimeter of the brain, there are as many connections between brain cells as there are stars in the Milky Way galaxy.



OUR CONNECTIONS



Trash—it's a messy problem. Worldwide, landfills collect over 1.4 billion tons of garbage every year! They can spread disease by attracting vermin and leaking germs into local water supplies. And trash is often burned, releasing toxic fumes and **methane**—a gas that leads to global warming. Since many countries export trash and recyclables, dealing with them requires global cooperation. So reduce, reuse, and recycle. How close can you get to creating *zero waste*?

PROTECTING OUR PLANET

Dr. David Eagleman of Texas is a neuroscientist and author who hosts the TV series *The Brain*, where he explores how our minds work and what it means to be human. He says, "If you are curious about something and find the answer while you are still curious that answer will stick in your memory."



WHERE IN THE WORLD?



Thinking they had discovered the mouth to a river, Portuguese sailors named this place "River of January." Rio de Janeiro is now a diverse and thriving city in the largest country of the southern hemisphere. *Unscramble the letters to find the country:*

Z A B L I R

AMAZING ANIMALS



These smart, social monkeys gather in troops of about 20 in trees. A baby will cling to its mother's back until it's three months old. *Fill in the blanks to find their name:*

C P U C H N M N K Y 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?

Solomon M.

Age: 13

I live in: **South Dakota, U.S.**

I want to be:
LEGO designer or chef

These careers interest me because:
They let me be creative.

Virtue I admire most:
Respectfulness

A hero or role model:
My parents

My family works as a team:
With family meetings ... walks, prayers, game nights, and road trips.



Hobbies or sports:
Building with LEGO [bricks], making YouTube videos, Minecraft, cooking, and playing with friends

Favorite Bahá'í activities:
Great Plains Bahá'í Summer School in ... Nebraska [U.S.]

I enjoyed being part of a team:
[In] my friend group, C.A.P.E.S.: Caleb, Al, Phoenix, Ethan, Solomon!

Teams I admire:
Agents of Shield, the Flash, and Doctor Who. They solve the problems in front of them, help each other, and they save people's lives. I like working on teams that communicate well.

Juliana R.

Age: 13

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

I want to be:
Fashion designer

This career interests me because:
I love fashion, and I've always wanted to have my own clothing line.

Virtue I admire most:
Loyalty

Hobbies or sports:
Swimming, playing piano and saxophone, and singing

Favorite Bahá'í activities:
Service and devotionals

Qualities of a good team player:
Good sportsmanship, having a positive attitude even if you don't win, and helping your fellow players



A favorite food: **Sushi**

A hero or role model:
My sister (Anabella)

I enjoyed being part of a team:
Going to a food bank with my Bahá'í school to help plant different ... plants

Teams I admire:
My swim team works together to make everyone do their best ...

When a team disagrees:
They should come up with a compromise, so everyone will agree.



Sebastián P.

Age: 13

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

I want to be:
Civil engineer

This career interests me because:
I love math, and it will give [me] a chance to better serve humanity, and I want to be able to build cool structures like the Eiffel Tower.

Virtue I admire most:
Humbleness

Place I'd love to visit:
Mars

Hobbies or sports:
Marching band and wrestling

Favorite Bahá'í activities:
Junior youth program

Favorite animals or pets:
Monkeys and dolphins

A hero or role model:
'Abdu'l-Bahá

I enjoyed being part of a team:
When I had a project to do in school, me and my friends were assigned together, and we got 100%.

When a team disagrees:
Listen to everyone's arguments, and then vote.

Team I admire:
The Coast Guard, because they are focused always in doing the right thing and saving people.

Mina E.

Age: 11

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

I want to be:
An author, an entrepreneur

These careers interest me because:
I love writing, and I want to have my own company when I grow up.

Virtues I admire most:
Perseverance (stubbornness!), humor, and kindness

Hobbies or sports:
Robotics, basketball, dance

Favorite Bahá'í activities:
Green Acre [Bahá'í School in Maine, U.S.]

Favorite animal or pet:
My dog, Lila Bean!

Place I'd love to visit:
Paris

I enjoyed being part of a team:
[My] robotics team . . . got along really well and had great ideas. We built an awesome robot and went all the way to regionals!

Team I admire:
The team behind [J.K. Rowling's] covers, because each of them is so intricately drawn and painted, and they're just so gorgeous!

My family works as a team:
We will all help each other [with chores] and talk and listen to music . . .



“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

Anik N.

Age: 9

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

I want to be: **A doctor**

This career interests me because:
It involves helping other people.

Virtue I admire most:
Truthfulness

Hobbies or sports:
Piano, cello, violin, guitar, ukulele, and reading

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

Favorite animal or pet:
I like all the animals, because they all have different qualities.

Place I'd love to visit:
Egypt . . .

A hero or role model:
‘Abdu’l-Bahá



I enjoyed being part of a team:
Unscrambling words as part of a team and also playing in an orchestra and singing in a choir

Qualities of a good team player:
Accepting when your team loses, having fun, and working together

Teams I admire:
Bahá'í youth groups, because they work together on . . . projects that help people . . .

My family works as a team:
We help each other, especially by taking care of my little sister Lua.

Sirin B.

Age: 9

I live in: **Slovenia**

I want to be:
Medical doctor

This career interests me because:
I want to help people.

Virtue I admire most:
That [people] are friendly and kind

Hobbies or sports:
Basketball and karate

Favorite Bahá'í activities:
Bahá'í children's classes

Favorite animal or pet:
Horses, because I like horse riding.

Place I'd love to visit:
Iran, because that's where my dad was born.

I like to help people by:
Standing up for them

A favorite song:
“The Call,” by Jack Lenz

A hero or role model:
Táhirih, because she was brave.

I enjoyed being part of a team:
[When our] children's class visited an old people's home and sang for them and shared homemade biscuits and brought happiness.

Qualities of a good team player:
Friendliness, fairness



How to be a Radiant Star:

1. If you're age 7–14, go to www.brilliantstarmagazine.org and choose “Explore,” then “Bahá'ís & Friends in Action,” then “Radiant Stars.” Click “Apply Now” and fill out the form. Or e-mail us at brilliant@usbnc.org. Include your name, age, birth date, mailing address, and phone number.
2. When it's your turn to shine, we'll send you questions and a form for you and your parents to sign.
3. Answer the questions and send them to us with the signed form, along with at least two good-quality, close-up photographs of your smiling face. Photos should be in sharp focus and show your eyes clearly. Please don't send color copies, low-resolution digital images, or copyright-protected images (like school portraits).

*Ayyám-i-Há is February 26–29, 2016, days of hospitality, charity, gift giving, and preparing for the Bahá'í Fast. Naw-Rúz is the Bahá'í New Year on March 20, 2016.

GLOBAL CHAMPIONS

Olympic champions break world records with incredible feats of speed, strength, endurance, and grace. And in most events, teamwork is the key to winning.

In summer 2016, over 10,000 athletes from about 200 countries will compete in the Olympics in Rio de Janeiro, Brazil. It's the first time the Olympics will be held in South America.

Many of the 42 sports are group efforts, like soccer

(football) and water polo. Even athletes who perform individually train together on national teams. We can learn a lot about teamwork and good sportsmanship from athletes at the Olympics and other world sporting events. It's also an awesome opportunity to experience diversity and build unity through international cooperation.

Whether your goals include sports, the arts, or science, working well with others makes you a true champion.

These athletes are in Rio to test their Olympic skills. Read their clues, then match them to their flags.

1 Brazil
2 Germany
3 Japan
4 Kenya
5 Netherlands
6 New Zealand
7 U.S.

A IN JAVELIN, WE COMPETE TO THROW A LIGHTWEIGHT SPEAR THE FARTHEST. *SWAHILI* IS ONE OF THE LANGUAGES OF MY COUNTRY.

B GYMNASTICS WAS PRACTICED BY THE ANCIENT GREEKS AND WAS ONCE PART OF MILITARY TRAINING. *MOUNT FUJI* IS THE TALLEST MOUNTAIN IN MY COUNTRY.

C BMX BIKERS RACE DOWN AN OBSTACLE COURSE WITH JUMPS AND TURNS. WE SPEAK *DUTCH* IN MY COUNTRY, WHERE *CYCLING* IS A WAY OF LIFE.

D IN THE *PARALYMPICS*, I'LL RUN WITH A GUIDE WHO CAN SEE, SO WE WORK TOGETHER TO WIN. MY COUNTRY IS HOSTING THE OLYMPICS!

E IN BASKETBALL, *PASSING* IS A KEY SKILL YOU NEED, ALONG WITH STRONG COMMUNICATION WITH YOUR TEAMMATES. MY COUNTRY HAS STATES IN THE TROPICS AND IN THE ARCTIC.

F SCULLING, OR ROWING WITH TWO OARS, TAKES PRECISE TEAMWORK. PEOPLE FROM MY COUNTRY ARE SOMETIMES CALLED *KIWIS*, AFTER OUR NATIONAL BIRD.

G I DIVE FROM A PLATFORM 33 FEET (10 M) ABOVE THE POOL. THE FAMOUS *COMPOSERS* BEETHOVEN, BACH, AND BRAHMS ARE ALL FROM MY COUNTRY.

LAUNCHING PEACE

“The light of a good character surpasseth the light of the sun and the radiance thereof.” –Bahá’u’lláh

“Bweee, bweee, bweee . . .” It’s the alarm system in your spaceship! There’s a disturbance in the galaxy causing chaos, confusion, and conflict. Your help is needed! You’ll cooperate with your galactic neighbors to visit outlying planets and help them listen to each other and work out a peaceful solution.

In a similar way, diverse people around the world are working to build unity on Earth. Dark forces such as racism, violence, and injustice cause distress and disunity. You can help humanity with your forces of light, such as kindness and love. When we put our strengths and virtues together, we can reach a far brighter future!

Design your own spaceship for peace on the station below.
Add strengths and virtues you use to help create the light of unity in your universe.





DESTINATION: MARS

Our universe is full of mysteries, and some of the most mind-boggling are in space. In this issue, George Hatcher from the National Aeronautics and Space Administration (NASA) answers our questions about his ambition to live on Mars. What sparks your curiosity about space? Send your questions to brilliant@usbnc.org (with your name and age), and our friends at NASA will answer them.

Q: What inspired you to want to go to Mars?

A: I remember being captivated by space exploration when I was very young . . . My parents sent me to space camp when I was in sixth grade . . . and that was when I learned about Mars as the destination for humans in space that made the most sense, after the moon . . . I'm still excited about space exploration. I still think that humans need to get out there.

Q: How would you communicate with Earth?

A: [By using] some frequency of light . . . the same way we send signals between Earth and Mars now . . . I think the average time delay to Mars is around 20 minutes. So you will record a video or an audio message, and once you're finished recording it, you'll send it to Earth. It will take 20 minutes to get there.

Q: Do you want to be the first to set foot on Mars?

A: When I was younger, I wanted to be first . . . Given the fact that I'm a Bahá'í now, and I know that the first crew will be two women and two men . . . it would be important for . . . one of the women to go first. I think it's time for us to demonstrate to all humans the equality of men and women.

Q: What are three things that most people don't know about Mars or about traveling in space?

A: Mars has very ephemeral weather. There are clouds. There are dust storms. There are changing seasons . . . But what I would really want to impress upon people is that the environment on the surface of Mars is effectively a vacuum . . . And it's also incredibly cold.

Q: Tell us about the Mars One mission.

A: Their . . . goal is to start the first permanent human colony on Mars. And they would like to . . . [send] crews of four every two years . . . and slowly build a colony, four people at a time . . . They really want it to be a representative sample of humanity, so male and female, all countries, all backgrounds, all races.



Q: How would you grow food on Mars, and what kinds of food would you eat?

A: A certain percentage of the Martian diet [will] be self-grown vegetables, probably hydroponically, probably with artificial lighting, probably in an inflatable habitat covered with Martian soil to protect from radiation, and to gradually increase that percentage of fresh vegetables and herbs and whatever else [can] be grown economically in the diet of the settlers.

Q: When do you think the mission will be ready to go to Mars?

A: I think . . . they would be shooting for the 2026 departure window at the earliest . . . That would be an arrival in . . . 2027 . . . My eldest child will be 14 in 2026, and our second child will be 12. So if I am not a member of the first four-person crew, I will not be heartbroken.



Mars One Transit Vessel (MTV)



Mars One lander



Mars One settlement

Q: What are the most important skills you would need?

A: The most important skill for a Mars One mission . . . would be interpersonal relationships . . . the manner in which you conduct yourself with your fellow human beings . . . Not only are you in a confined space for the rest of your life, but your lives are in constant danger. So resolving conflict is probably the single most important skill for a current settler of Mars.

Q: What do you think you'd miss most on Earth?

A: Everything . . . Thinking about what it would be like to live on an airless frozen block, you know, tens of millions of miles away from everything that sustains life as we know it for the rest of your life, *really* puts you in a mood for appreciating everything that this planet has to offer . . . What would you *not* miss?



Mars One habitat

Q: How did you like *The Martian*? Did the movie portray a realistic idea of what it would be like to be on Mars?

A: I loved *The Martian* . . . [It] is without question the most realistic depiction of human exploration of Mars to date . . . It will likely be years before another film portrays humans on Mars so authentically. When they do, they would do well to show just how pitifully weak Martian dust storms are in the barely-there atmosphere of Mars. They will have to invoke CGI [computer-generated imagery] or use parabolic flights [with periods of weightlessness] to properly showcase human locomotion in [.38 of Earth's] gravity. And the easiest improvement will be to show Martian sunsets as they truly are: blue, not orange. But it will be a tall order to do all that with a plot that is simultaneously as accurate and plausible as that of *The Martian*.

Q: In *The Martian*, the characters face one disaster after another. How do you personally handle problems under pressure?

A: I tend to function best under pressure . . . When it comes to emergency situations, you train as much as you can . . . and you understand your systems that keep you alive like the back of your hand . . .



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



Q: What else do you want to tell our readers?

A: Don't give too much credence to the naysayers, because there are going to be a lot of people out there that, for whatever reason, are going to be discouraging. So whatever it is that you are pursuing, whatever it is that you feel like is your calling, do not be discouraged.



INSIDE THE SECRET CHAMBER...

I CAN'T BELIEVE THE SYMBOLS ABOUT UNLOCKING POWERS ARE *MISSING!*

THESE COULD BE 12,000 YEARS OLD OR MORE. THEY'VE ERODED OVER TIME.

THERE WERE UPLIFTERS THAT *LONG* AGO?

YES, WE'RE PART OF A LONG LINE OF SUPERHEROES.

WOW!

IT'S FASCINATING TO THINK ABOUT HOW OUR ANCESTORS MADE ART AND COMMUNICATED WITH EACH OTHER.

WE'VE BEEN DECODING OTHER SYMBOLS, BUT THIS CHAMBER WAS HIDDEN. A MESSAGE FROM ANCIENT UPLIFTERS—IT'S *ASTONISHING!*

THERE ARE SO MANY *STORIES* BEING TOLD IN THESE SYMBOLS!

WE'LL DECODE MORE. NOW WE HAVE TO GO SEE *PULSAR* AND *QUASAR* AND CHECK OUT THE DAMAGE.

YOUR SOLAR FARM IS COMPLETELY DESTROYED!

WE'LL REBUILD IT. MORE IMPORTANTLY, YOU HELPED SAVE THE PRICELESS HISTORY IN THE CAVES.

GREAT WORK STOPPING THESE ERASERS. CHROMA TELLS ME YOU'VE BEEN A BIG HELP.

YOU'RE... *PULSAR*, A LEADER OF THE UPLIFTERS!

WELCOME TO THE TEAM, COLIN. I'VE HEARD ABOUT YOUR BRAVERY.

CLAP CLAP CLAP

AND YOU'RE *QUASAR!* I'M SO EXCITED TO HELP.

WE'VE MADE AN *AMAZING* DISCOVERY IN THE CAVES.

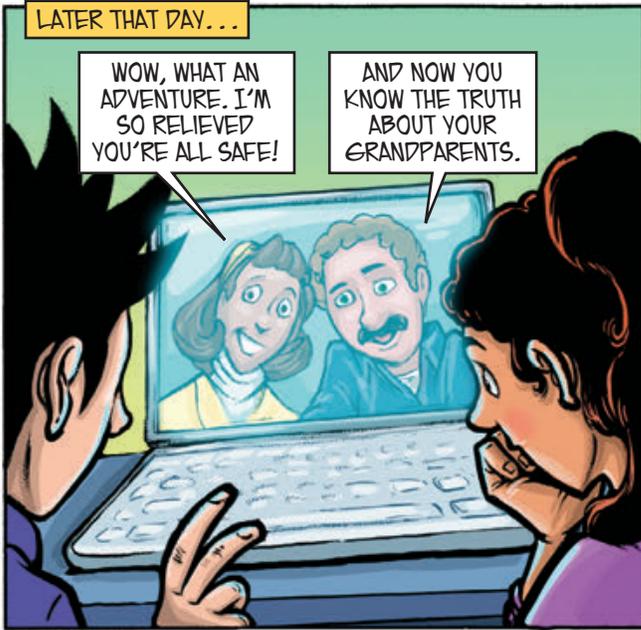
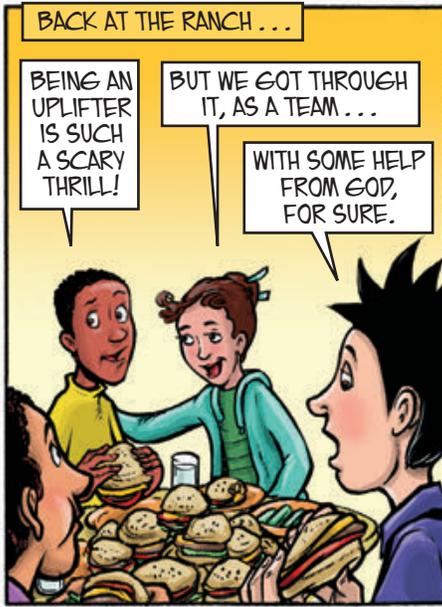
ADMIRAL CHROMA, DURING YOUR COMMAND, YOU PUT THESE CAVES UNDER WATCH. GREAT INSTINCTS!

ADMIRAL? YOUR GRANDMA WAS A LEADER OF THE UPLIFTERS?

WE'RE ON ALERT FOR THE ERASERS' NEXT STEPS.

BUT WHY DID THEY ATTACK US?

THEY'RE *VILLAINS* WHO WANT TO *ERASE VIRTUES*. THEY THINK IF THEY DEFEAT US, THEY CAN CONTROL THE WORLD.



CHECK OUT PAST EPISODES OF LIGHTNING & LUNA AT WWW.BRILLIANTSTARMAGAZINE.ORG

Scoring Skills! Make a Bullseye

“Consort in a friendly spirit with everyone . . . and show loving-kindness and tender regard to all . . .” —‘Abdu’l-Bahá

What are your favorite games or sports? It’s fun to compete or team up with friends and family. You can pick up skills that go beyond the game’s board or boundaries. Cheering on others builds team spirit and excitement.

Trying out a new move could boost your creativity and courage. Dealing with defeat can strengthen patience. Looking for ways to improve your game may build your problem-solving ability. Create a bullseye game to play with your family and friends. Have fun scoring points and skills!



You'll Need

- 9" x 12" (22.9 x 30.5 cm) felt pieces in 5 or 6 colors
- two pieces 12" (30.5 cm) ribbon
- hole punch
- round bowls, cups, or lids for tracing: 7" (17.8 cm), 4.5" (11.4 cm), and 2" (5.1 cm)
- dark ballpoint pen
- scissors
- tacky glue
- three table tennis balls
- ruler
- 23" x ¾" (58.4 x 1.9 cm) regular or self-adhesive Velcro strips (scratchy/hook portion)
- duct tape (optional if using self-adhesive Velcro)

- 1 With pen, trace three different-sized circles onto different felt colors. Cut circles out.



- 2 Stack circles, with the smallest on top, and glue together. Glue stack to center of 9" x 12" (22.9 x 30.5 cm) felt piece.



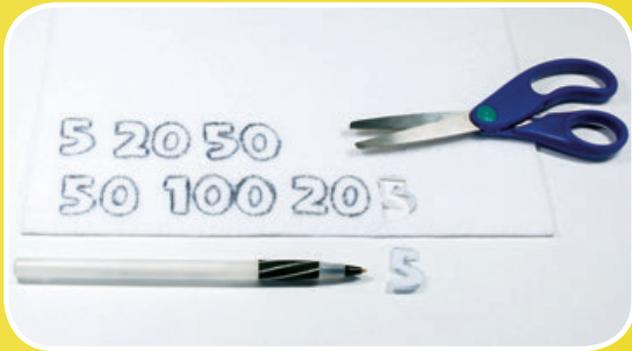
- 3 On another piece of felt, draw a star that fits inside the smallest circle. Cut star out.



Game



- 4 Draw felt numbers 5, 20, 50, and 100 on a contrasting color. Cut numbers out.



- 5 Glue star to center of bullseye. Glue numbers to each section in decreasing order, with the most points at center.



- 6 With self-adhesive or tape, secure edges of Velcro strip (scratchy/hook portion) around center of entire ball. Then secure edges of 1" (2.5 cm) piece of Velcro to each end.



- 7 Punch hole in each top corner of game. Thread ribbon through holes and knot. Tie ribbons to a tree branch, hooks, or anywhere game can hang evenly without support of a wall.



TO PLAY: Make a start line about 5 feet (1.5 m) in front of game. Each player takes turns standing behind line and tossing 3 balls, aiming for high points. Winner is the first to score 500 points. Or work together to reach 500 points as a group.

How to

Lift Up Your Team

“Make us as waves of the sea, as flowers of the garden,
united, agreed through the bounties of Thy love.”

—‘Abdu’l-Bahá

Be kind and loving

Trust each other

Stay positive

Seek inspiration everywhere

Set high goals together

Express your gratitude

Be flexible

Try something new

Push your creativity

Strive for excellence

Be a good listener

Speak with courtesy

Treat each other with respect

Be confident, yet humble

Share and teach your skills

Play games together

Keep your cool

Bake treats to share

Have lots of fun

Volunteer as a group

Cheer for each other

Express your enthusiasm

Be reliable

Be patient

Sharpen your skills

Give your best effort

Suggest big ideas

Share your favorite life stories

Learn from mistakes

Ask thoughtful questions

Tell jokes

Give gifts from the heart

Laugh together

Celebrate originality

Be forgiving

Give sincere compliments

Make art together

Celebrate with your team



Cooking Up Leadership

If you stepped into a busy kitchen of a restaurant, you'd see a team of people chopping, mixing, cooking, and baking. From seasoning soups to frying French fries, each person has a specific job to do. But they need a leader. If everyone tried to take charge, they'd cook up chaos!

That's where a head chef comes in. The head chef often plans the menu, creates new dishes, helps train the staff,

assigns duties, and inspires everyone to cooperate as a team.

When you're working toward a goal with others, having a leader helps. Good leaders motivate each person to do their best, so the whole group can excel. They help the team figure out what needs to be done and how to do it. Like a skilled chef guiding a kitchen crew, a leader combines everyone's talents into a delicious stew of success.

Find the ingredients of good leadership. Search for 17 words going forward, backward, up, down, and diagonally.





Splash into Service



“Blessed and happy is he that ariseth to promote the best interests of the peoples . . . of the earth.” –Bahá’u’lláh

You lower your goggles, wait for the signal, then dive into the pool. You swim hard as you and your teammates work toward the same goal—to complete as many laps as you can to raise money for people in need.

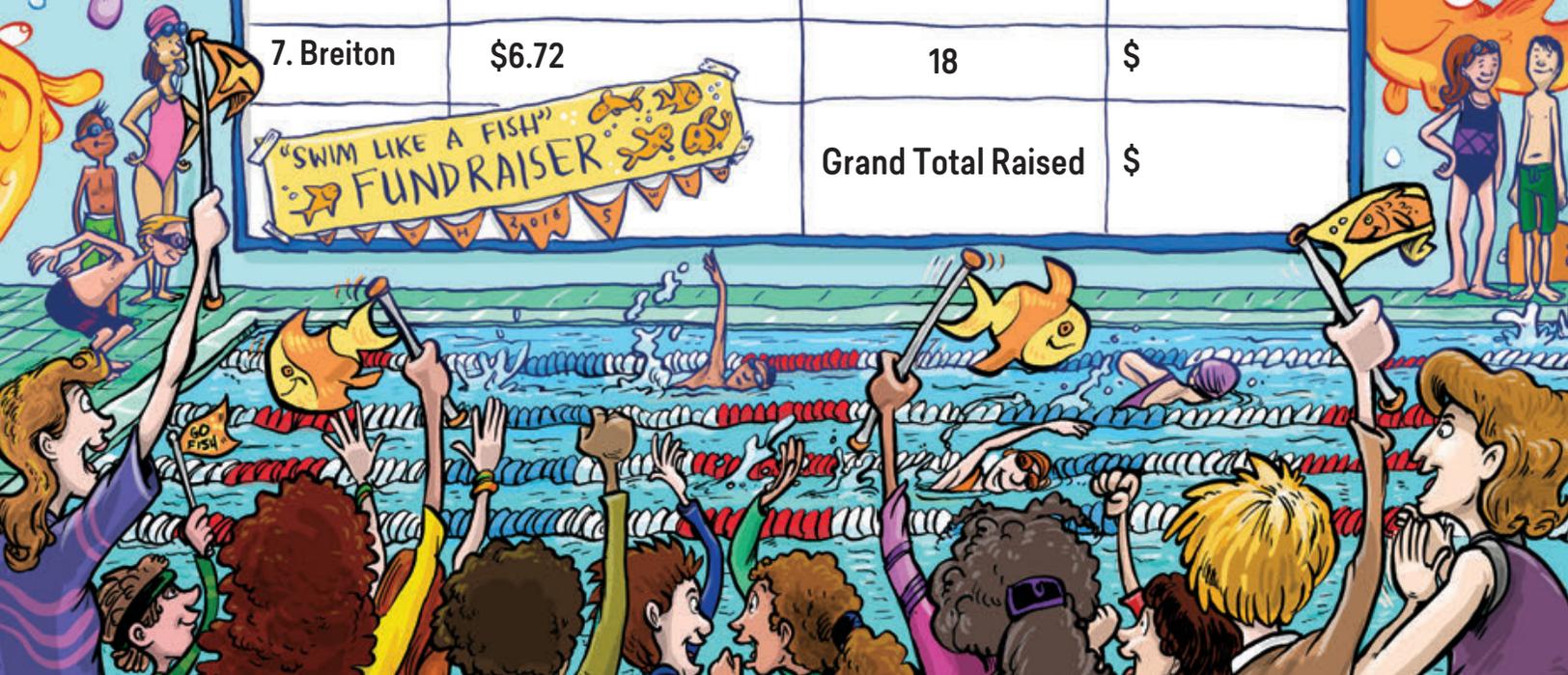
There are lots of ways to work together to help our human family. You could ask some friends to help bake

cookies to sell for charity. You could collect supplies for shelters. Or see who can pick up the most litter at the park.

We can do more as a team than we can by ourselves. So gather with others to talk about local or global needs. Brainstorm ways to help. Set goals and make plans. Then dive in together to make your splash of service!

Swimmers are raising money to help kids in need. For each lap they swim, they’ll collect a donation. Multiply or divide to find the missing amounts, then add up the grand total raised.

NAME	Donations per Lap	Number of Laps	Total Raised
1. Ethan	\$2.50	20	\$
2. Juan	\$	19	\$63.27
3. Aliyah	\$5.34		\$90.78
4. Soheil	\$4.05	16	\$
5. Yuki	\$	21	\$87.99
6. Jessie	\$3.89		\$77.80
7. Breiton	\$6.72	18	\$
		Grand Total Raised	\$



GAMES

FOR

CHANGE



Did you ever think that playing games could help change the world? It's true! Whether you love video games, board games, or sports, playing helps build communication. Everyone gets to practice focus, determination, and handling challenges. Why not invite a neighbor or your classmates to play? Your time together can help bring change and friendship to your community.

WALK AS ONE



Form teams of 4–6 people. Everyone on a team links arms. The outsides of their shoes must touch the shoes of the people on either side. The whole team moves from a starting line to a finish line without their feet losing contact (as if glued together). If anyone's feet stop touching, the team goes back to start. The first team to reach the finish line wins.

MAKE WHAT YOU HEAR



Divide into pairs. Each partner gets the same set of 20 LEGO pieces. Sit so partners can't see each other's work. One person builds something, then explains to the other how to assemble it, without saying what it is. No LEGO bricks? Draw a picture and describe it instead. Compare your art, then switch roles.

HULA HAPPINESS



Invite the group to stand in a circle. Place a hula hoop on one person's arm, then ask everyone to join hands. Challenge people to move the hula hoop all the way around the circle without anyone releasing hands. It takes cooperation to maneuver the hoop over people's heads and under their feet—and it leads to laughs!

CATCH A QUESTION



Write questions in permanent marker on a beach ball. For example, "What's your favorite way to help others?" Everyone stands in a circle. Play music while tossing the ball from person to person. Stop the music! The person holding the ball reads aloud the question closest to their right thumb and gives the answer. Start the music again and keep playing.

Lorraine Héту Manifold



I imagine going for a walk and counting 60 kangaroos! Lorraine Héту Manifold says the creatures are gorgeous and come within a few feet when she explores an Australian forest reserve near her home.

Born in Canada where her father was an orchestra conductor, Lorraine grew up surrounded by music. She took piano and violin lessons and sang in a choir. During college, while volunteering at the Bahá'í World Center in Haifa, Israel, she realized that she wanted a musical career. She returned to Canada to study music at the University of Ottawa. Then she earned a Master's degree in the U.S. in vocal pedagogy—the science of teaching people how to sing. Lorraine now lives with her husband, Alan, in Melbourne, where she teaches music and conducts choirs of kids and adults with laughter and joy.

Q: What did you like best about singing in a choir as a kid?

A: I started singing in a choir when I was 11 years old, and it was just so much fun. The friendships I think that we made, just learning about singing. Just singing brings you joy, really . . .

Q: What are important qualities for successful musicians?

A: Hard-working . . . Determination . . . Humility is wonderful in the musical world, because so much of music nowadays is . . . about obtaining glory. It's all about their personality . . . versus really offering singing as a service to humanity . . . to touch their souls and to bring them happiness.



Left: Lorraine was eight years old when she started going to Bahá'í classes. Right: At age 11, she sang in a choir in Belgium. She's second row from bottom, sixth from left.

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

A: [My parents'] divorce was one of the most challenging things I ever went through, because I kind of lost both my parents at the same time. My father left, and then my mother kind of became depressed, so she was, you know, kind of out of business for a whole year. So basically, my sister and I were pretty much on our own, taking care of ourselves . . . I had to write an essay [for school] . . . I kept stalling and stalling . . . I think finally the school wrote to my mother . . . And then my mother helped me, and then I was happy . . . We survived. As everybody does.

Questions and
Answers with an
Inspirational Bahá'í



Left: Lorraine conducted the choir in the first Australian Sacred Music Festival in Sydney in 2015 at the Bahá'í House of Worship. Right: Lorraine and her husband, Alan

Q: Why did you choose to serve at the Bahá'í World Center in Haifa, Israel?

A: I felt like my life was in two separate areas . . . my regular life . . . [and] my Bahá'í life . . . I didn't know how to bring them together . . . My mother [said], How about going to Haifa to serve? And I just really liked the idea . . . It was so wonderful, because it was like a spiritual university for me . . . I prayed a lot. I went to the shrines. I read. The first year, the only books I read were Bahá'í books . . . I just really grew in my understanding of the Bahá'í Faith.

Q: What do you like best about being a team leader?

A: I'm a bit of a clown sometimes, and so when I'm conducting a group, I get to be silly or make jokes. And if there's a mistake, we kind of make a joke about it, to laugh about it. At the same time, we work hard, and we try to improve. And everything is done in a spirit . . . of friendliness.

Q: What's your advice for kids who would like to be choir conductors?

A: It's important . . . to know about the singing voice, so . . . study singing . . . Study piano as well, because piano is excellent as a conductor, to be able to accompany the choir . . . or just play the notes so that they could hear them . . . Study conducting . . . It's amazing the change of sound you can get out of a choir by learning how to use your hands to get the sound you want.

A lot of people think conducting is just beating the pattern, you know, and just giving 1, 2, 3, 4. But if you put 10 conductors in front of the same choir and repeat the same phrase, you will get 10 different sounds out of the choir because of what the conductor is emulating consciously or unconsciously . . . Conducting is . . . a study. It's a science. It's an art.

Q: How does giving encouragement affect a choir?

A: The only way to get the choir to try to get to a higher level is always by encouragement and pointing out the good things they've done . . . Our little muscles in the vocal tract are just so miniscule and so sensitive to our emotions. If you're really sad or angry, you tighten up inside in the voice . . . Or if you're really happy and excited, then it opens up . . . The sound changes just by changing the muscles inside . . .

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

A: Follow your dreams and work hard at them . . . Sometimes we dream about following our dreams . . . Or we don't dream, and we just go along . . . It helps you to become a happy person when you're actually doing . . . [what] you enjoy, *and* . . . what's going to bring you your income at the same time. It's the best combination.

GO, TEAM!

“It behoveth everyone to traverse this brief span of life with sincerity and fairness.” –Bahá’u’lláh

What would sports and games be like if nobody played fairly? Imagine what would happen if every player threw a fit after losing a game or mocked their opponents after a win.

Competition can be fun when everyone practices good sportsmanship. That includes integrity, fairness, and a positive attitude. It’s not always easy to keep your cool when you’re

frustrated, but you can still respect others, even if you’re having a bad game. When you play by the rules and treat all players, coaches, and officials as you want to be treated, everybody wins.

Look at the volleyball game. List at least seven ways kids are showing respect and being good sports. Then list at least seven ways kids are being unfair or disrespectful.



MINDFUL MUSIC

"Through the power and charm of music the spirit . . . is uplifted." — 'Abdu'l-Bahá

Have you ever heard musicians warming up their instruments? The random sounds often clash painfully. But when everyone practices their parts and plays them smoothly, music emerges like magic.

When you're working with others toward a goal, sometimes you'll hit a sour note. Maybe someone acts bossy. Others skip practice. Two people might argue. Teamwork isn't always easy.

Keeping a positive attitude helps. Optimism makes you happier and uplifts others, too. Compliment a team member who does a great job. Tell a joke to lighten the mood if things get tense. Ask everyone to imagine a successful performance—how will it make you feel at the end?

It may take time for everyone to get in tune, but when you have faith in yourself and in your group, you'll learn to play in harmony.

These kids are preparing for a band concert. Match each negative thought with the positive one that can replace it.

1 THESE SONGS ARE BORING. WHY CAN'T WE PLAY SOMETHING *GOOD*?

2 I'M TOO NERVOUS. MAYBE I SHOULD SAY I'M SICK AND CAN'T MAKE IT TO THE CONCERT.

3 IF SAM MESSES UP HIS PART AGAIN, I'LL LOSE MY COOL! HE MAKES US *ALL* SOUND BAD.

4 I'M NEVER GOING TO PLAY LIKE A PRO, SO WHAT'S THE POINT?

5 WHY BOTHER WITH ALL THIS PRACTICE? WE SOUND *GOOD* ENOUGH.

6 I HATE MAKING MISTAKES. I FEEL SO STUPID.

7 WE'LL *NEVER* BE READY FOR THE BIG CONCERT TOMORROW. IT'S GOING TO BE A DISASTER!

8 YESTERDAY'S PRACTICE WAS AWFUL. I BET TODAY'S WILL BE WORSE.

9 HARDLY ANYONE CAME TO OUR LAST CONCERT. *NOBODY* CARES ABOUT BAND.

A THIS IS HARD! I MAKE MISTAKES, BUT I'M LEARNING *SO MUCH*!

B TOO BAD MY FRIENDS COULDN'T COME TO THE LAST CONCERT. I'LL ASK ABOUT THE NEXT ONE.

C TOMORROW'S CONCERT WILL BE TOUGH, BUT WE'RE PREPARED. WE CAN *DO THIS*!

D IT'S GOOD THAT WE'RE PRACTICING A LOT. EVEN SMALL IMPROVEMENTS WILL HELP.

E IT'S SO COOL TO EXPLORE ALL DIFFERENT STYLES OF SONGS.

F I'M NERVOUS, BUT WE'VE WORKED *HARD*. I'LL TRY VISUALIZING A GREAT PERFORMANCE.

G WE HAD A ROUGH PRACTICE YESTERDAY. BUT I'M SURE WE'LL DO BETTER TODAY.

H MAYBE I'LL INVITE SAM TO PRACTICE WITH ME. IT WOULD HELP US BOTH.

I IT'S GREAT TO HAVE MUSIC AS A HOBBY. IT'S CREATIVE AND *GOOD* FOR MY BRAIN!



WHAT DO YOU GET WHEN
A GOOSE LAYS AN EGG
ON TOP OF A BARN?

AN EGGROLL!

FLYING SMART

Have you ever wondered why geese and other birds fly in a “V” shape? When a goose flies, its wings create an upward air flow behind it and to the side. If the next bird flies in that spot, it can save energy. That way, the group, or wedge, travels more efficiently. When the leader gets tired, another bird takes over.

Like a wedge of geese, cooperation can make any

team stronger. It may seem like the leader is the most important person in the group, but a good leader serves the team and brings out its best.

Whether you’re working on a group science project or playing a basketball game, sharing leadership gives everyone a chance to test their wings. Putting all of your talents together is fair and fun, and it helps the whole group fly even higher.

In this scene, find eight hidden letters, and use them to complete the quote below.



Hidden letters:

“_nit_ in di_ersit_ _f _cti_ns is c_lled f_r...
E_c_ _ers_n c_nn_t d_ e_er_t_in_ _nd _ll _ers_ns
c_nn_t d_ t_e s_me t_in_.” —Bahá’í Writings

ZEKE & RHOMBUS: TEAM UP

Hi! Zeke here, with my pet, Rhombus, from Planet Zilizag. We're having an awesome time playing our favorite sport, Zolooky. Our team tries to zip the ball through the hoop without getting swished off of our hoverboards. It takes balance, skill, and lots of cooperation. We love being part of the team. When we're

working together, there's a cosmic, fun feeling of unity.

Rhombus and I also make an awesome team as we travel around the galaxies searching for peaceful planets. We've been learning about Earthlings and if there's peace on planet Earth. Throughout the galaxy, when you get onboard with teamwork, things really zoom along!

USE MY DECODER TO CHECK OUT THESE TEAMWORK TIPS.

1. Shoot for the stars! Set high _____


and stay focused in practices and games.

2. Follow the rules of whatever planet you're on, and encourage everyone to play _____.


3. Work on improving your own _____, not criticizing others.


4. Keep an _____ mind. The universe is full of

 diverse beings with different ideas and opinions.

5. Take care of your body so you can play well and _____ your team.


6. Try not to compare yourself to others. Aim for _____ your personal best.



7. Competition can get stressful. Remember to keep the game _____.


8. Intergalactic players have a variety of talents. Be patient while others _____ new things.


9. If you lose, congratulate your opponents with a _____ attitude.


10. If you win, don't space out! Celebrate with _____ for the other team.


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



MUSIC CAFÉ

“Music, sung or played, is spiritual food for soul and heart.” —Bahá’í Writings

YOU KNOW WHAT I LOVE BEST ABOUT THE MUSIC CAFÉ? THE **PEOPLE!** EVERY DAY, OUR BAKERS, SERVERS, MUSICIANS, AND OTHERS ALL WORK AS A TEAM TO PITCH IN AND MAKE THE CAFÉ—WELL, **DELICIOUS!**

AND WHEN OUR GUESTS JOIN IN WITH SONG AND FRIENDSHIP AND LAUGHTER, I FEEL AS IF WE NEED...

NOTHING MORE By The Alternate Routes

Am G C F F G

To be hum-ble, to be kind... It is... a giv-ing of the peace in your mind.

5 Am G C F

To a stran - ger to a friend. To give in such a way... that

8 G C G Am F

has no end We are Love... We are One... We are how we treat each o-ther when the

12 C C G Am

day is done. We are Peace... We are War... We are

15 F G C G

how we treat each o-ther and No-thing More And tell me what it is that you see

18 Am F G sus G

— A world that's full... of end-less poss-i-bi-li-ties... And

21 G Am G G

he-roes don't look like they used... to, they look like you... do. D.S. al fine

VERSE 2

To be bold, to be brave.
It is the thinking that the heart can still be saved
And the darkness can come quick
The Danger's in the Anger and the hanging on to it.

CHORUS

BREAK
CHORUS

Maya's MYSTERIES

OUR BODIES ARE AMAZING EXAMPLES OF TEAMWORK!



"How much the organs, the members and the parts of the body . . . are . . . connected for mutual aid and help, and how much they influence one another!" —'Abdu'l-Bahá

TEAM EARTH

I love tennis so much! When I play, I can feel the different parts of my body working together. My eyes track a fast-moving ball. My brain figures out where it will go. I race to the spot, exercising my heart, lungs, and a bunch of muscles. When I hit it back, I'm using hand-eye coordination. I'm not the best player on my team, but Coach says I'm a fast learner and I have quick reflexes.

Our bodies are fascinating examples of teamwork. So many organs and systems cooperate all day long, as we breathe, eat, run—or do anything.

The Bahá'í writings compare the whole world to a human body. We're all connected. We can affect the environment, people, and creatures around us. Staying healthy helps us feel great and do our best for *everyone* on Team Earth.

THE BODY QUIZ

Check out my quiz to test your knowledge of our amazing bodies.

1 We need at least an hour of physical activity a day, to exercise our hearts and build muscle.

True False

2 Babies are born with 150 bones.

True False

3 About half of our bodyweight is water. Drinking extra when we're hot or exercising keeps us hydrated.

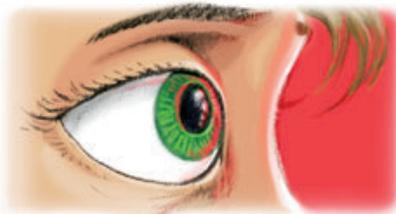
True False

4 About 80% of the flavors we experience come from a combination of smell and taste. (Try holding your nose while eating.)

True False

5 To repair the body, grow muscle, and store memories, kids need 9-11 hours of sleep a night.

True False



6 We have about 86 billion nerve cells in our brains. They can send information as fast as 249 miles per hour (400 kph).

True False

7 A liquid in our ears helps with balance, telling the brain the position of our head.

True False

8 Eating plenty of fruits and veggies may reduce the risk of heart disease, diabetes, obesity, and some kinds of cancer.

True False

9 The eye is most sensitive to red.

True False

10 Our hearts pump the equivalent of about 50 gallons (189 L) of blood every day.

True False

11 Cigarette smoke has about 7,000 chemicals, and at least 70 can lead to lung cancer.

True False

12 Skin color comes from the pigment **melanin**, which also protects us from the sun's rays. People whose ancestors lived in northern climates with little sun tend to have less melanin; those from sunny areas have more melanin.

True False

SHINING LAMP

A Bahá'í who served humanity with radiance

Queen Marie of Romania (1875–1938)

Imagine sending the queen of a country a book that you want her to read. Then imagine she really does read it—and invites you to the palace to talk about it!

Marie Alexandra Victoria was born in England in 1875. As a granddaughter of Queen Victoria, her title was Princess of Great Britain and Ireland, but her family simply called her “Missy.” When she was about 11, her family moved to the island of Malta for three years, where Marie grew to love eastern architecture, flowers, and horseback riding.

In 1893, at age 17, Marie married Ferdinand, the Crown Prince of Romania. They had a family with six children. In 1914, Ferdinand and Marie became King and Queen of Romania.



During World War I, a Russian plot to imprison or assassinate Ferdinand and Marie was uncovered.

Marie’s relatives offered her and her family a safe haven in England, but she refused. Despite the dangers, she chose to stay and help Romania any way she could.

Marie’s three-year-old son, Mircea, died of typhoid fever in 1916.

She comforted herself by imagining him in the next world, welcoming soldiers who had been killed in the war. When World War I ended in 1918, Marie helped with peace negotiations to reestablish Romania’s boundaries.

War and Tragedy

Marie loved people and wanted to help others. From 1913 to 1918, Romania was involved in two wars, including World War I. Marie organized field hospitals and helped care for soldiers. She also wrote a book about life in Romania called *My Country* to raise money for the sick and wounded.

“I was never tired or discouraged,” Marie wrote in her diary. “I would allow no difficulty to beat me, the harder the work the more strength did I find . . .”

A Book and the Bahá'í Faith

Marie, her parents, her husband, and their children all belonged to different Christian churches. Sometimes religious differences caused tension in the royal family, and this frustrated Marie.

In 1926, an American Bahá'í journalist, Martha Root, traveled to Europe to share the Bahá'í Faith. She went to Bucharest, Romania’s capital, hoping to meet Queen Marie. Martha sent the queen a letter and a book called *Bahá'u'lláh and the New Era* and asked to meet her. To Martha’s great joy, the queen invited her to the palace!

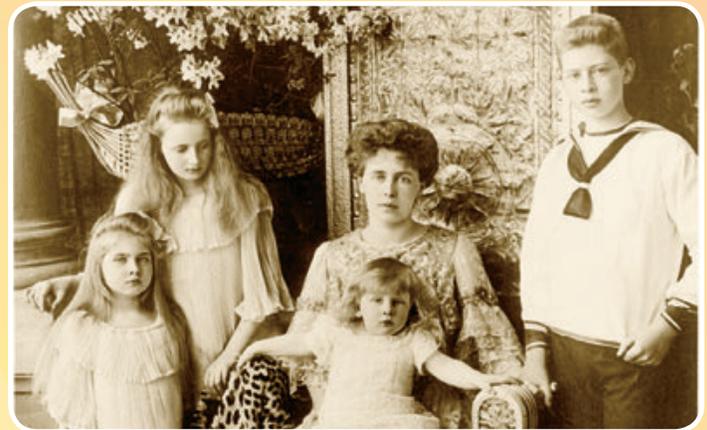
Martha wrote of meeting Marie, "One can understand how all love and adore their Queen, for she possesses beauty and charm of mind and manners, while from her grave blue eyes flashes the light of a great spirit . . ." She described the queen as "daring," "enthusiastic in all that she undertakes," and dedicated to "universal principles of right and justice." Marie thanked Martha for the book—in fact, she had stayed up until three in the morning reading it! She told Martha, "I believe these Teachings are the solution for the world's problems today!"

After Martha's visit, Marie kept studying the Bahá'í teachings. She wrote to a friend, "I have found in . . . Bahá'u'lláh's Message of Faith all my yearning for real religion satisfied."

Sharing with the World

In 1926, Queen Marie wrote an article about the Bahá'í Faith that appeared in many U.S. and Canadian newspapers. "It is a wondrous Message that Bahá'u'lláh and his son 'Abdu'l-Bahá have given us . . ." she wrote. "Search out their Books, and let their glorious, peace-bringing, love-creating words and lessons sink into your hearts as they have into mine."

Marie wrote several more newspaper



Queen Marie in 1906, with four of her children (left to right): Princess Maria, Princess Elisabeth, Prince Nicholas (seated), and Prince Carol. Below: While visiting the U.S., the queen received a headdress from two American Indian tribes. They also named her "Morning Star" and "Winyan Kipanpi Win," meaning "The Woman Who Was Waited For."

articles sharing Bahá'í teachings. She also exchanged letters with Shoghi Effendi, the leader of the Bahá'í world community at the time.

Martha's friendship with the queen continued, and Marie found joy and comfort in Martha's letters and visits. Though political pressure kept her from officially announcing herself as a member of the Bahá'í Faith, Marie told Martha, "In my heart I am entirely Bahá'í."

Near the end of her life, Marie called the world to Bahá'u'lláh's message: "To those searching for light, the Bahá'í Teachings offer a star which will lead them to deeper understanding, to assurance, peace and good will with all men." When Queen Marie of Romania passed away in 1938, Bahá'ís around the world held memorial meetings in her honor.

Look for clues throughout the magazine.



ACROSS

2. In one cubic centimeter of the _____, there are as many connections as there are stars in the Milky Way galaxy. (p. 11)
5. Trees and land plants give us 30% of our _____. (p. 9)
9. George says _____ conflicts will be the most important skill for a settler on Mars. (p. 17)
11. Lorraine says this is an important quality in a musician. (p. 26)
14. The 2016 Summer Olympics will be held in _____. (p.14)
15. The Bahá'í writings compare the whole world to a human body. We're all _____. (p. 33)
16. Helps build mental muscles (p. 4)
17. A good _____ serves the team and brings out its best. (p. 30)

DOWN

1. Wolves have strong _____ bonds. (p. 10)
3. Juliana and Anik both play _____. (pp. 12-13)
4. Works like a charm. (p. 3)
6. _____ everyone achieves more. (p. 8)
7. Seek inspiration _____. (p. 22)
8. Dealing with defeat can strengthen your _____. (p. 20)
10. Shoot for the stars! Set high _____. (p. 31)
12. Cheering on your teammates brings joy and _____. (p. 5)
13. Queen Marie of Romania said, "In my _____, I am entirely Bahá'í." (p. 35)

ANSWERS

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

Page 3: 1) empathy, 2) diligent, 3) fairness, 4) dependable, 5) unity, 6) encouraging, 7) optimistic, 8) friendly, 9) noble

Page 7: "The well-being of mankind, its peace and security, are unattainable unless and until its unity is firmly established."

Page 9: unity, justice, foresight, responsibility, knowledge, commitment, cooperation, organization, optimism, service

Page 10: 2 at far TL, 1 at TR, 5 at CR, 3 at BC, 3 at BL, 3 at CL, 2 at C

Page 11: Brazil, Capuchin Monkeys

Page 14: A) 4, B) 3, C) 5, D) 1, E) 7, F) 6, G) 2

Page 24: 1) \$50; 2) \$3.33, 3) 17 laps, 4) \$64.80, 5) \$4.19, 6) 20 laps, 7) \$120.96, Total = \$555.60

Page 28: Respectful (from TL): Eating off court, cheering from bench, pumping air into ball, cheering teammate on court, listening to coach, patting teammate on back, giving serving tips. Disrespectful: Talking or sleeping on bench, shouting at official, kicking ball, wearing skates on court, tampering with lines, being rude to opponent, laughing at opponent, littering on court.

Page 29: A) 6, B) 9, C) 7, D) 5, E) 1, F) 2, G) 8, H) 3, I) 4

Page 30: P at TL, V at TC, Y and H at BR, A and U at BC, G at BL, O at CL. "Unity in diversity of actions is called for . . . Each person cannot do everything and all persons cannot do the same thing."

Page 31: 1) goals, 2) fairly, 3) skills, 4) open, 5) support, 6) achieving, 7) fun, 8) learn, 9) positive, 10) respect

FROM OUR MAILBOX



I really like Lightning & Luna and Radiant Stars . . . [Brilliant Star] makes me feel like I want to learn more about Bahá'í teachings and helping the earth more.

—Wen Jie P., age 12, California, U.S.

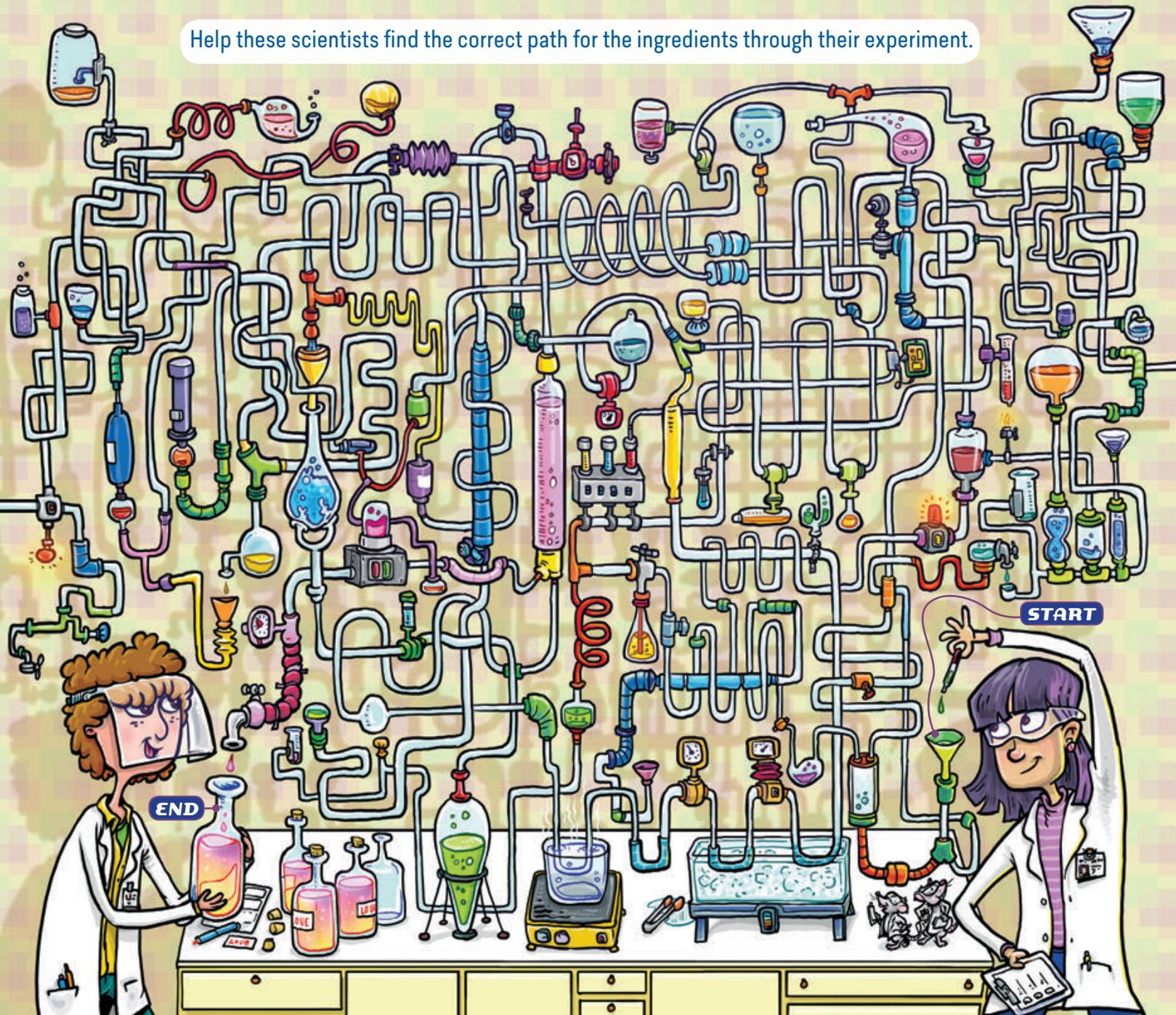
PEACE POTION

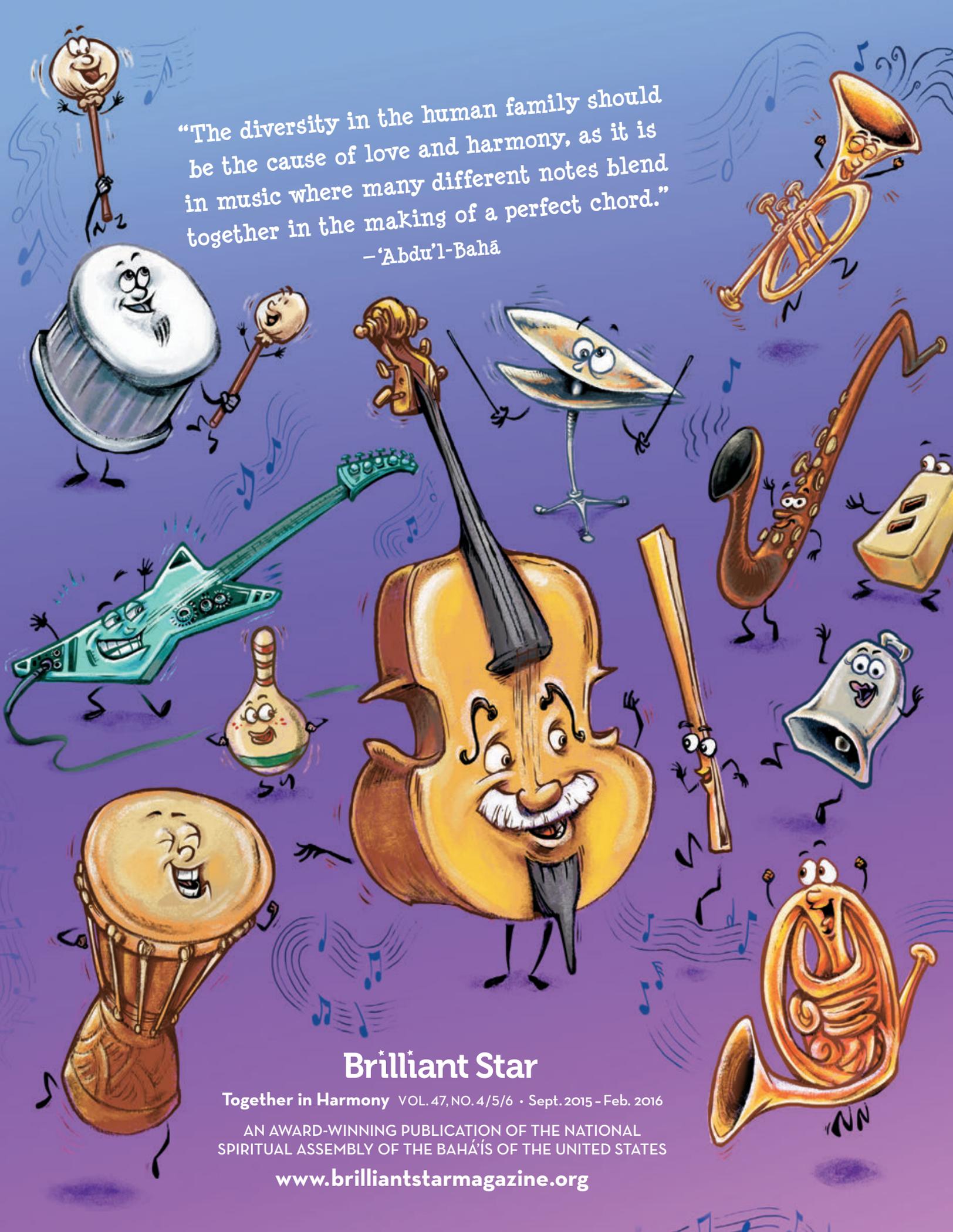
“Science is the discoverer of all things . . . By intellectual processes and logical deductions of reason this superpower in man can penetrate the mysteries of the future . . .” –‘Abdu’l-Bahá

What if we could create an incredible potion that would inspire everyone to get along and work together in peace? Imagine no more bullying or violence, because everyone wants to be friends. No more hunger or poverty because we all share what we have with others. Global warming has been reduced because people are taking action to save Earth’s environment.

This potion would be an easy way to solve the world’s problems. But it’s not so simple. Just as scientists conduct research, we have to look at the evidence and reach for new discoveries. We need patience to experiment and learn about what works and what doesn’t. It’s not easy to solve humanity’s challenges, but with ingredients like love, compassion, and determination, we’ll concoct a whole new world!

Help these scientists find the correct path for the ingredients through their experiment.





“The diversity in the human family should be the cause of love and harmony, as it is in music where many different notes blend together in the making of a perfect chord.”
—‘Abdu’l-Bahá

Brilliant Star

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