

STARS AND STRIPES

dandelions



Comics
vs.
Manga



TM

ARMY & AIR FORCE
EXCHANGE SERVICE

STARS AND STRIPES

dandelions

What's inside

- 3 All about me!
- 6 American Comics
- 7 Word Scramble
- 8 Comics Chatter
- 9 Create Your Own Comic!
- 10 Manga Magic
- 11 Put a face on it
- 12 Create your own character
- 13 Marvelous Manga Search
- 15 Labyrinth or Maze?
- 16 Fun with Origami
- 17 Making Flower Leis
- 18 Tongue twisters



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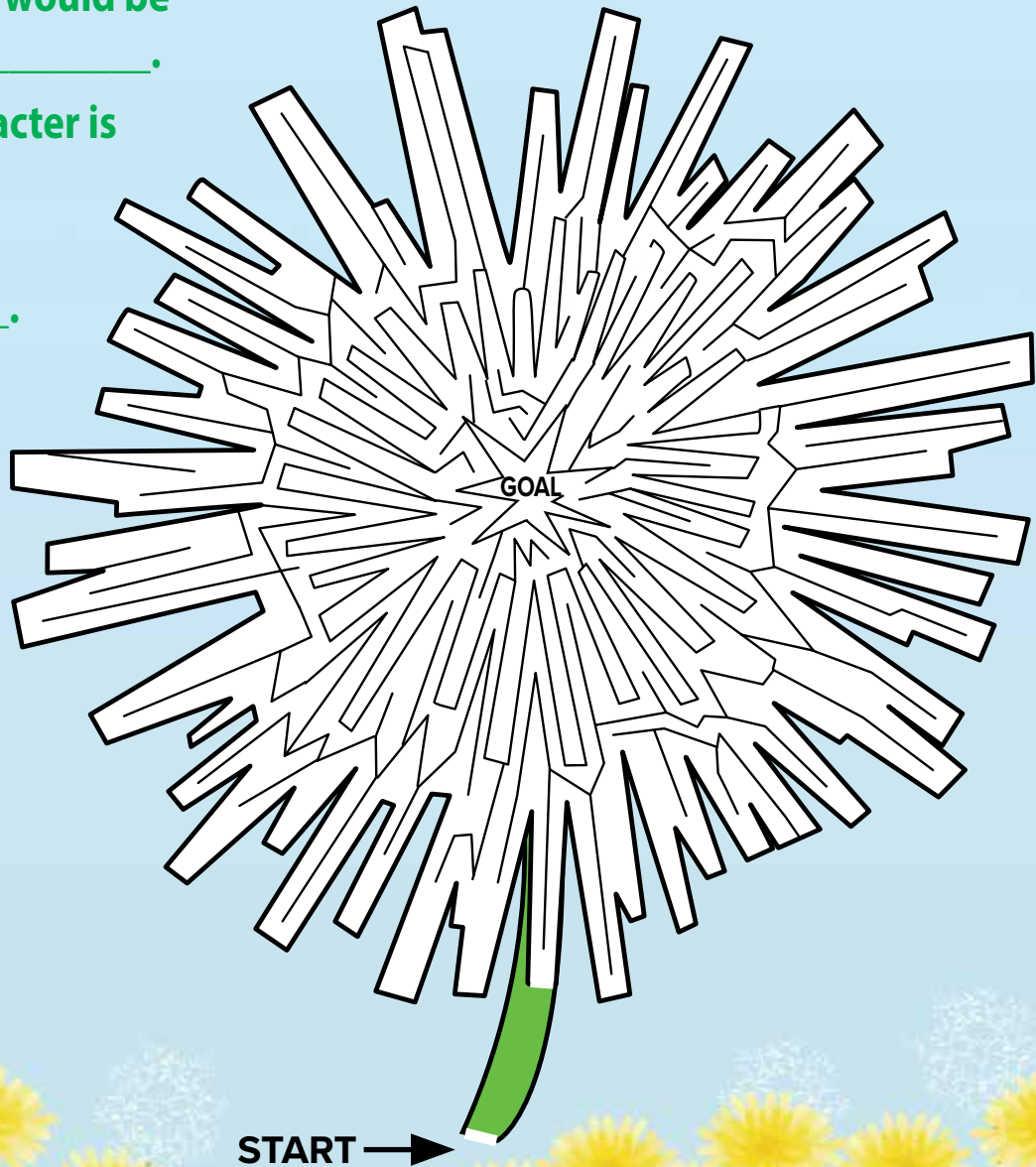


INSTAGRAM

All about me!

- My name is _____.
- I was born in _____ but live in _____.
- My favorite action hero is _____.
- If I could create a new action hero, I would call him/her _____.
- My action hero's powers would be _____.
- My favorite manga character is _____.
- My favorite movie is _____.

Fill in the blanks above then have an a-maze-ing time finding the middle of the dandelion.



The dandelion is the official flower of the military child because it is adaptable, has strong roots and can grow almost anywhere, just like military children. While they may move a lot, their tenacity and strength help them thrive!

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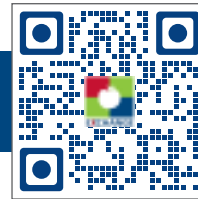
1

Have the DoDEA Student ID Number of your Child(ren) ready.

2

Scan QR Code or apply using the link below.

linqconnect.com/public/meal-application/new



3

Enter “AAFES DoDEA” in the search field then click next.

4

Fill out the application (one per family) for Free and Reduced Meal benefits. Include all household members and all income as described in the Letter to Household.

- » Families must meet eligibility requirements to qualify.
- » AAFES DoDEA uses Alaska income eligibility guidelines.
- » **Remember** to enter your email address as this is how you will receive eligibility notifications; notifications will be sent within 10 business days.

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KAPOW!!!!

A Crash Course in American Comics

By Tamala Malerk

Did you know that zombies were not allowed in comic books for over 20 years? What about the fact that there are FIVE different eras of comic books? Comic books have a history that goes back over 100 years! They can be scary, funny, sad, imaginary or based on real life. **There is a comic book out there for everyone.**

The Golden Age of Comics (1938–1950s)

The first comic book published in America was “The Yellow Kid in McFadden Flats” by Richard Outcault in 1897. However, it took almost 50 years for comic books to become super popular. The start of the Golden Age was in 1938 when **Superman** made his first appearance in comic books.

Superheroes took over comic book stories during the Golden Age. This had a lot to do with World War II happening during this time. Superheroes, including **Captain America** who was introduced in 1941, made it clear who was “good” and who was “bad.” This was when the two big publishers Marvel (1939) and DC (1934) were founded.



Silver Age (1950s–1970s)

Many adults thought that comic books were too violent or too scary for children and the **Comics Code Authority** (CCA) was created to make rules about what could be in a comic.

Zombies, werewolves, vampires, horror and terror were not allowed in comics with the CCA seal of approval. Adults felt better letting their kids buy comics that had the CCA label on them. All the big comic publishers put the logo on their books. However, the CCA also led to weird characters that got around the rules such as **Vampiresaurus Rex** and **Zuombies**.

Even with the strict rules of the CCA, many popular characters were created during this time. These include the **Teen Titans**, **Batgirl**, the **Justice League** and **Iron Man**.



Bronze Age (1970s–1980s)

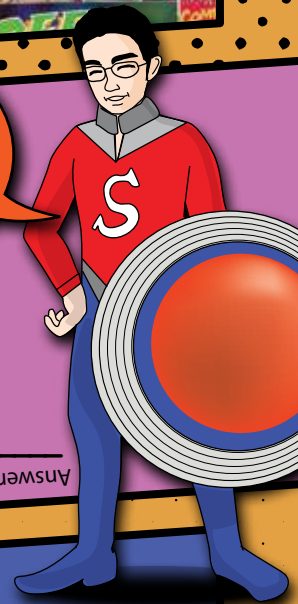
This is when publishers started ignoring the rules of the CCA. This is also the era when the popular X-Man, **Wolverine**, first appeared. His first appearance occurs in “The Incredible Hulk” number 181 in 1974. Other popular characters that came out during this era include **Luke Cage** (1972), **Storm** from the X-Men (1975) and **Rocket Raccoon** from The Guardians of the Galaxy (1976).



Word Scramble

- | | |
|--------------------------|-------------------------|
| 1. scoicm _____ | 6. lirtgab _____ |
| 2. nmaspuer _____ | 7. xnam _____ |
| 3. niro nam _____ | 8. kluh _____ |
| 4. naitapc amicaer _____ | 9. morts _____ |
| 5. ecistju elaeug _____ | 10. tekroc noorac _____ |

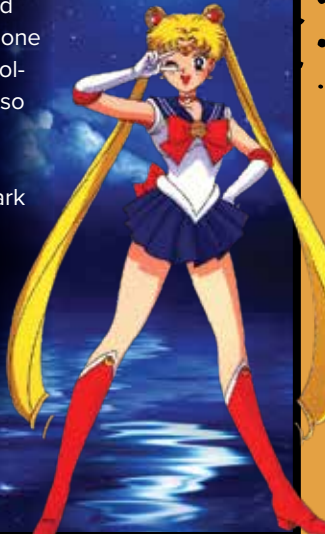
Hey, be a superhero and unscramble these words!



Answers: 1. Comics | 2. Superman | 3. Iron Man | 4. Captain America | 5. Justice League | 6. Batgirl | 7. X-man | 8. Hulk | 9. Storm | 10. Rocket Raccoon

Dark Age (1980s–2000)

During this time, there was a rise of comic books with darker stories and the creation of the **anti-hero**: someone who isn't a villain but also doesn't follow the rules of a hero. This time also led to a rise in smaller comic book publishers outside of the big two. These newer publishers include Dark Horse, Valient and Image Comics. This is also the era when **Manga**, which are Japanese comic books and graphic novels, became popular in America.



Modern Age (2000–Today)

Today, comic books can be read in different ways. They are no longer just short print paper books. You can buy graphic novels, which are book-length stories told using comic style. You can also read comics digitally. Some of these digital comics are animated with voiceovers. You can even watch comic books come to life in the movie theater and on television screens. ●





The Man Behind the Marvel Movie Cameos

By Tamala Malerk

When you are watching your favorite Marvel superhero movies, you may notice one man always appears. Who is that guy?

In 1922, Stanley Martin Lieber was born in New York. You may know him as **Stan Lee**. Comic book movies are popular today. However, it was not always like that. Lee helped to make comic books and movies cool.

He started working as a comic book assistant editor in 1938. He went on to be one of comic books' greatest creators and cheerleaders. Lee helped to create many characters you may know: The Fantastic Four, Spider-Man, The Incredible Hulk and The X-Men.

Because of his important role in the Marvel world, he has appeared in over 60 Marvel movies, TV shows and video games. He usually says one or two lines, if any. These appearances are often short, sometimes even just a photograph. The quick appearances are known as "cameos." Unfortunately,

Stan Lee passed away in 2018, but his story lives on in Marvel media. He appeared on a poster in "Deadpool and Wolverine" in 2024.

We don't have enough room on the page to list all of his cameos, but here are some of the most notable.

1. **First Marvel cameo on television:** "The Trial of the Incredible Hulk" in 1989
2. **First Marvel movie cameo in movie theaters:** "X-Men" in 2000
3. **First video game cameo:** "Spider-Man" in 2000 for the PlayStation 1
4. **First and only cameo with his wife Joan:** "X-Men: Apocalypse" (2016)
5. **Last live Marvel movie cameo:** "Avengers: End Game" (2019)

Have **you** seen a Stan Lee cameo? ●

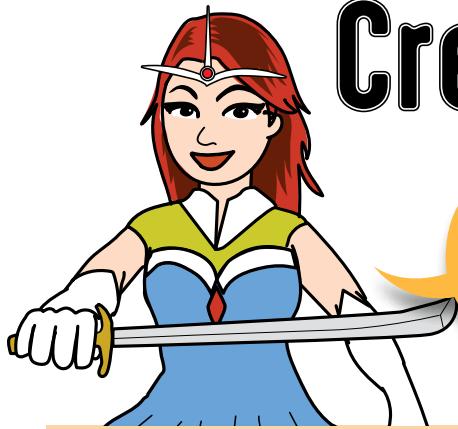
COMICS CHATTER

- | | |
|----------|-----------|
| COMICS | STAN LEE |
| SUPERMAN | DEADPOOL |
| XMAN | WOLVERINE |
| BATGIRL | SPIDERMAN |
| HULK | AVENGERS |
| STORM | CAMEO |
| IRON MAN | STORY |
| MARVEL | PLOT |

V A P O L B O O R S V E M R N P T T
 V E S R A S T O R Y E M E M D D K P
 A E O T N T P E T L O O P D A E D I
 V N M R O T S M N A T O L O A S O P
 C I L Y L M A A K R X L U P L R S C
 B R L E E R T C E C T R E R O A I S
 E E M V V S C I M O C S I E M C L D
 N V P E W D M P L O T G T O R R E S
 M L L P S M X M A N T O L N I T R Y
 R O N O R E T N C A G N L S L E S S
 S W S M R T T A B M L P L A O S N V
 S O T N K E E M S R E G N E V A R E
 O R S E E N M R H E E M R O I M E U
 A O T B S A P E L P O A D T I C H G
 O O R Y M A O D O U N N M D N U I A
 E N A M N O R I M S G W E A L A R M
 A O I S N E N P R O X U T K L E M S
 L E N A A D M S R P G R O B R S M N



Help me search for the words above!



Create Your Own Comic!

Making a comic strip is like telling a fun little adventure with pictures, all on one page. Use the blank panels to make your comic.

Step 1: Start the Story [Panel 1]

This is where we show:

- Where the story is happening (Is it in a castle? A forest? A kitchen?)
- Who's in it (A wizard? A burrito? A superhero?)
- What they want to do (Make a magic spell? Find their way home? Eat a huge sandwich?)



Step 2: Uh-oh! Something Goes Wrong [Panel 2]

Now something bad or funny happens that stops the character from getting what they want.

- A mistake, a silly mix-up or a surprise problem to solve.



Step 3: What Now?! [Panel 3]

This is where your character:

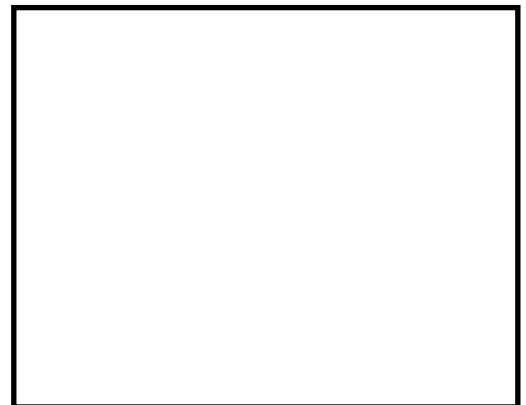
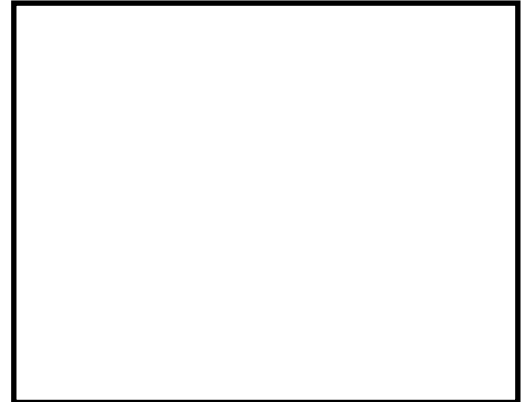
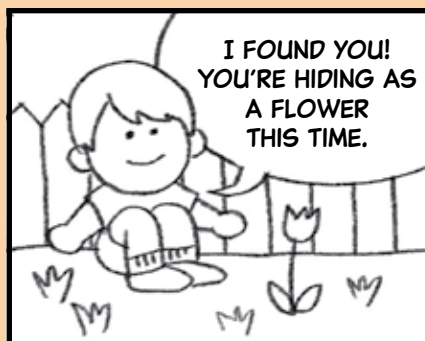
- Feels surprised, sad, mad or confused.
- Thinks of a new plan or tries something different.



Step 4: The Ending! [Panel 4]

Here's the big surprise or funny moment—the conclusion.

- Something silly or totally unexpected happens.
- Your reader laughs or says, "Wow!"



MANGA MAGIC

Manga is a type of comic book that comes from Japan. It's a special way of drawing stories with pictures. Manga is drawn by an artist called a 'mangaka,' which in Japanese means cartoonist. The mangaka uses colors and symbols to show feelings and actions.

The word "manga" can mean one comic book or many comic books. Some popular manga for kids are Hello Kitty, Doraemon, Pokémon and Dragon Ball.

Manga is also an art style used to create animes, which are animated cartoons based on manga stories. Famous animes include My Neighbor Totoro, Spirited Away and Little Witch Academia.

Quiz Time

1. Manga is a type of _____.
2. A Japanese cartoonist is called a _____.
3. A mangaka uses _____ and _____ to show feelings and actions.
4. Hello Kitty is a type of _____.
5. Animated cartoons are called _____.
6. Famous anime include _____ and _____.

Tools of the trade

Manga is a magical world. But if you want to be a mangaka, you need certain tools!



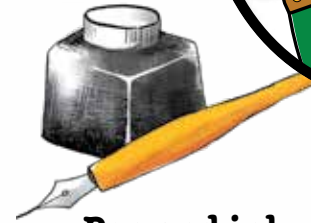
Pencils and erasers

Sketch out your ideas (and erase as needed).



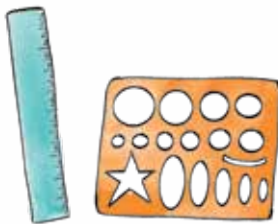
Paper

Use strong, thick paper.



Pen and ink

You can use a regular pen or oil-based felt tip.



Rulers and stencils

Useful when drawing straight lines, curved lines and perfect shapes.



Coloring tools

Bring your characters to life using a variety of tools, including watercolors, colored pencils and markers.



Digital tools

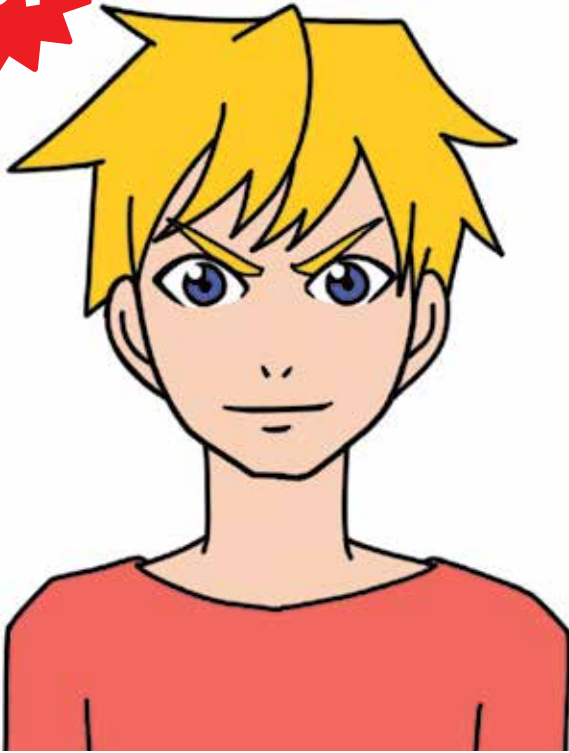
Some kids like to draw manga on computers and smartphones.

Put a face on it

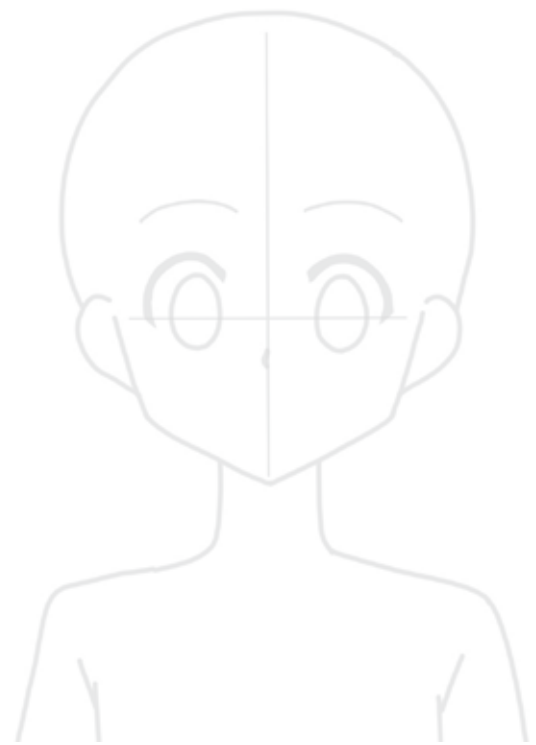
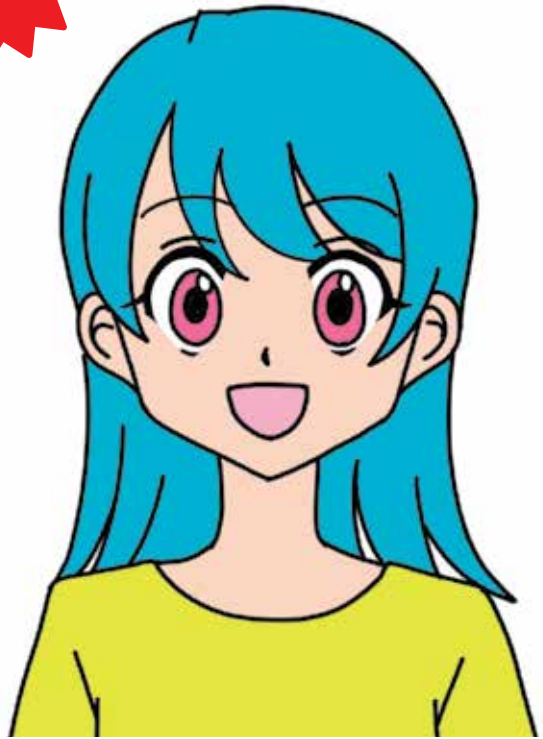


Look at the examples below and put a face on the characters. You can make any changes you want.

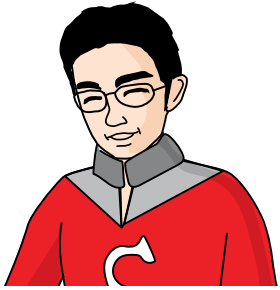
BOY



GIRL



Create your own character



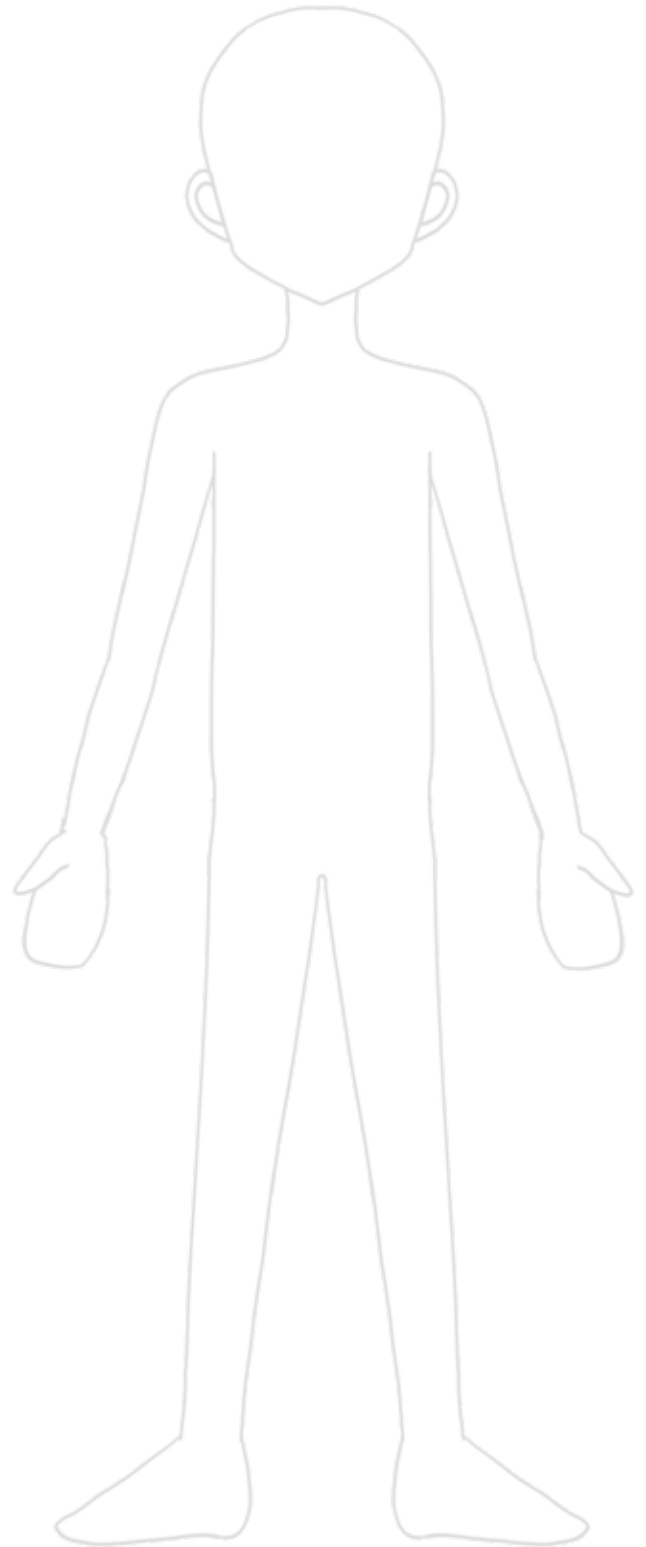
Draw your own character and let it introduce itself.

My name is _____.

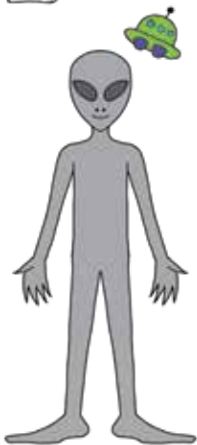
I have the power to
_____.

I am special because
_____.

My favorite thing to do is
_____.



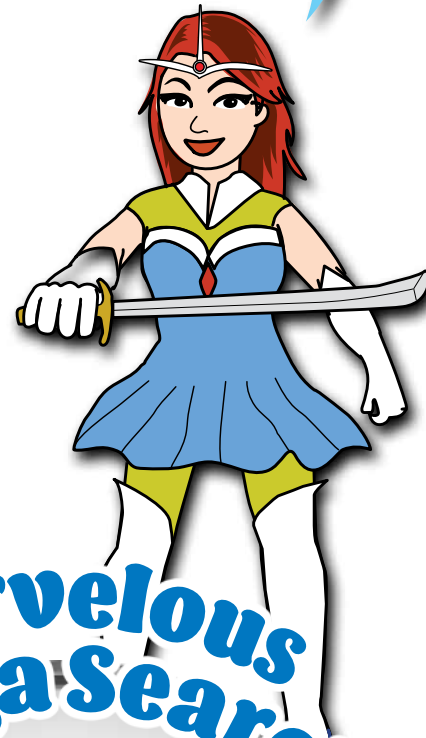
Examples



Dot-to-dot



Connect the dots and then enjoy some coloring.



R L O P P O A U U T A P A A A A A I
 N O O M R O L I A S R N I L A N D G
 M D B O D N L O A I I D O S T O V H
 T M O K I A T O A M R Y M M A M E C
 N A P A J N M N A A D A N S O A N M
 B A O N G T A T G N O T H L A N T N
 L G S N M A I O A A M L R A E G U K
 Y M L A M O N C R L P T I A A A R T
 T O E O N B R M M A N N G A O N E N
 T O T A A S R V U P A M O S D Y P O
 I M T L O D A A E S L A N A D O R A
 K T L O O Y L G E M I N A A K R M R
 O S I A R T N A K N A N N E A N O A
 L D H Y A O Z M N R E T M A L N A E
 L T D N I A T N U G H O U A N M D M
 E N N T S E Y T S A N P A N M A N R
 H A C M A G O M N M P T A A E O N N
 N A N O M E A R O D D N T A O E N O

Marvelous Manga Search

MANGA	DORAEMON
HELLO KITTY	DRAGON BALL
NARUTO	CANDY
ANPANMAN	ADVENTURE
JAPAN	POKEMON
ANIME	SAILOR MOON
TOTORO	SAZAESAN
ACTION	ANIMATION

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Contact your local Exchange for more details on the **YOU MADE THE GRADE** program.

* Students must be authorized Exchange customers in grades 1 through 12. non-traditional or home-schooled students will need to provide written affirmation of their scholastic accomplishments from a teacher, school administrator, parent, or other community authorized education provider. For your convenience, the form is available at your local Exchange or can be downloaded on shopmyexchange.com
** Students must have an overall "B/3.0" or equivalent GPA or higher.



"America's youngest heroes demonstrate incredible strength and resiliency by moving often, changing schools and enduring parental deployments. The Exchange's You Made the Grade program proudly honors military students. Their dedication and hard work yield well-earned rewards at the Exchange."

CMSgt Rich Martinez
Exchange Senior Enlisted Advisor



YOU MADE the GRADE

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Grades
=
Great
Rewards!



Win up to a
\$2,000
Exchange gift card!

A **labyrinth** has one path through the entire thing. It is easy on purpose. The action of drawing the line or walking along the trail can be calming.

Most of you know what a maze is, but have you heard of a labyrinth?



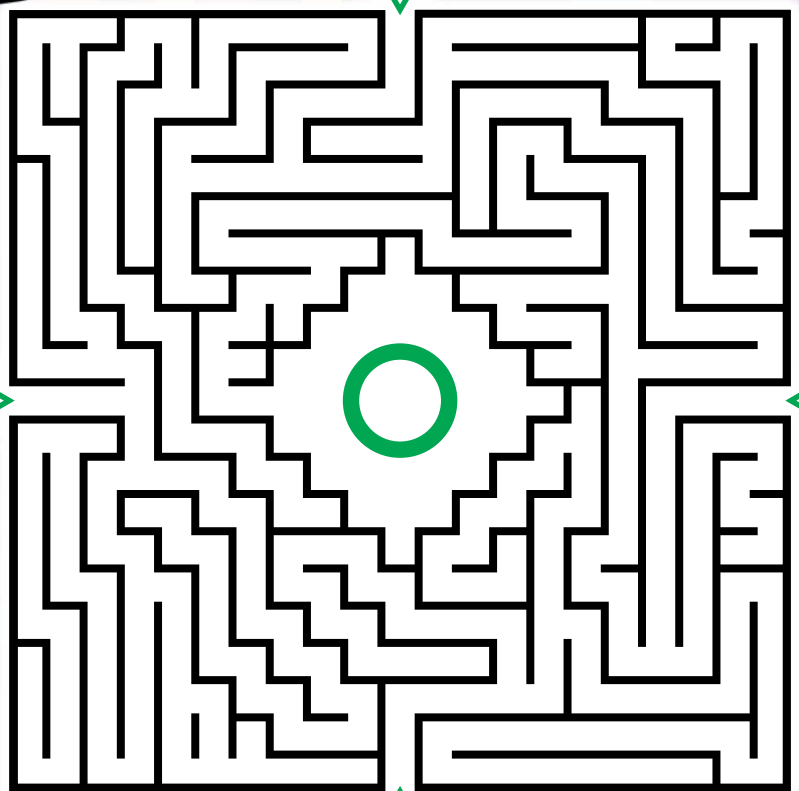
Labyrinth or Maze?

A **maze** is a puzzle you must solve. The goal is to figure out which path to take. There are dead ends and wrong turns.

Word scramble

1. TPAH _____
2. ZLPUZE _____
3. ZEMA _____
4. BALHTNRIY _____

ANSWERS: 1. PATH | 2. PUZZLE | 3. MAZE | 4. LABYRINTH

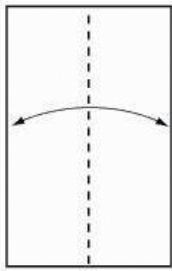
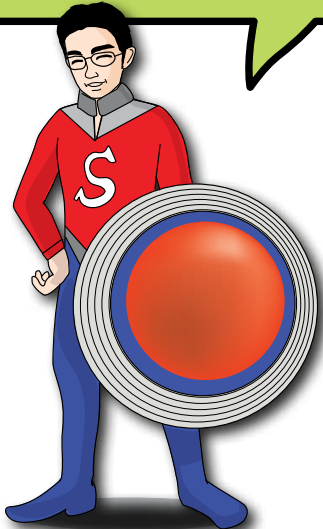


Fun with Origami

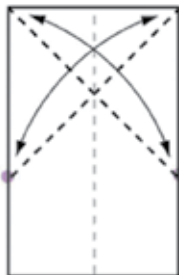


Jumping Frog

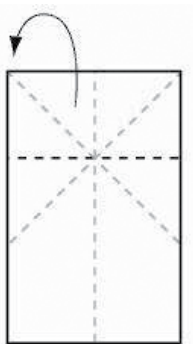
Origami is the Japanese art of folding paper into different objects. Let's have some fun together by making a jumping frog. Hey! If you do it right, it will jump!



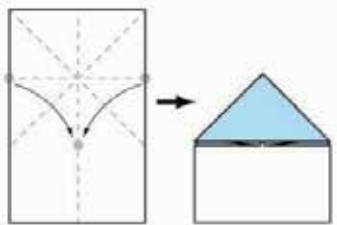
1. Start with a rectangular sheet of paper, white side up.
Fold it in half, and open out again.



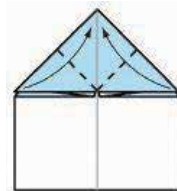
2. Fold both top corners to the opposite edge of the paper then unfold. Your creases should look like this.



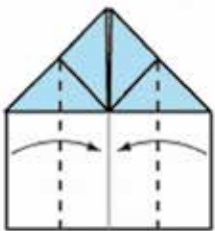
3. Where the diagonal creases meet in the middle, fold the paper backwards, crease well and open.



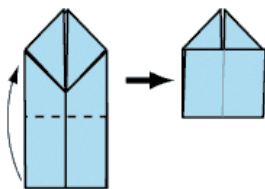
4. Hold the paper at the sides, bring these points down to the center line, then flatten. The creases should do most of the work here!



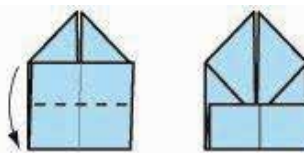
5. Fold the uppermost triangles up to the top point.



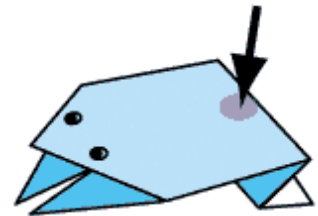
6. Fold sides in to the center line.



7. Fold bottom of model upwards so the end sits in the center of the top diamond.



8. Now fold the same part downwards, in half.



Turn over. Your Jumping Frog is finished!

To make him jump, press down on his back as shown.



More Origami to try

Making Flower Leis

Cut out some paper leaves and string them together into a colorful flower lei. You can also make your flowers and leaves out of craft foam, felt or even from paper coffee filters.



1 Cut string

Cut a length of string for your lei. Make a large knot on one end.



2 Make the flowers

Make 16 or more flowers out of paper, craft foam or felt. Listed below are different ways you can make the flowers.

- ❖ Draw and cut your own flowers from paper, craft foam or felt.
- ❖ Make flowers with 5, 6 and 8 petals by folding and cutting flowers in a few easy steps.



3 Make the leaves

Create the same number of leaves as the flowers. You can draw or cut your own, print out the second page of the flower lei template on green paper or cardstock, or use a leaf pattern.



4 Punch a hole at the center

Punch a hole at the center of each flower and leaf.



5 Cut drinking straws

Cut drinking straws into 1-inch long pieces. You'll need approximately the same number as the flowers.



6 String together

String the pieces together in this order: straw, flower, then leaf.



7 Tie a knot after the last piece

When you've strung enough pieces, make a knot on the string after the last piece.



8 Tie the ends together

Knot the ends of the string together to complete your lei. Enjoy wearing your lei!

In Hawaii, a lei is a common symbol of love, friendship, celebration, honor or a greeting.



Tongue twisters



Let's have some fun with tongue twisters! Say them fast and if they are short, repeat them several times.



Please, Paul, pause for applause.

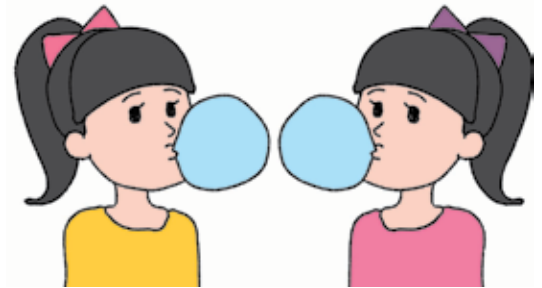


Barbara burned the brown bread badly.



The sun shines on shop signs.

Said the flea to the fly as he flew through the flue,
"There's a flaw in the floor of the flue."
Said the fly to the flea as he flew through the flue,
"A flaw in the floor of the flue doesn't bother me.
Does it bother you?"



Double bubble gum bubbles double.



Rubber baby buggy bumpers.



He ran from the Indies to the Andes in his undies.



I can't stand rotten writing when it's written rotten.



The Exchange School Meal Program is proud to offer healthy, flavorful STAR LUNCHES daily!

STAR LUNCHES

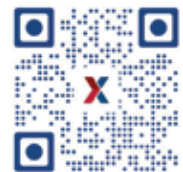
Choose from a variety of options.



A STAR LUNCH, at a minimum, must include at least three of the above components, including either a fruit or vegetable. Students may request additional fruits or vegetables at no extra cost.

BREAKFAST? Check with your students' school to see if breakfast is offered!

Nutrition and Allergen information can be found on our website:
<https://www.aafes.com/about-exchange/school-lunch-program/>



This institution is an Equal Opportunity Provider.

SCHOOL MEAL PROGRAM CUSTOMER SERVICE:

SMPCustSvc@aafes.com

MORE SCHOOL MEAL PROGRAM INFORMATION:

<https://www.aafes.com/about-exchange/school-lunch-program/>

EXCHANGE

YOU MADE the GRADER

you get the REWARDS!

Straight A or equivalent non-traditional or home-schooled students will receive a \$20 REWARDS! gift card & B average or equivalent non-traditional or home-schooled students will receive a \$10 REWARDS! gift card along with a coupon sheet to take advantage of your great Exchange offers.

See an Associate for details and entry forms.

ENTER FOR A CHANCE TO WIN A \$2,000, \$1,500 or \$500 REWARDS! GIFT CARD!

