



the Scoop

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Price: FREE!

Welcome To The Aerobic Newspaper!

By Aly and Ezra



What is the aerobic newspaper? How is it aerobic? Why is it aerobic? Do you ever wonder about the shops and restaurant businesses around the

Highland Park area? Well, if you do here's the Aerobic Newspaper! The Aerobic Newspaper is a camp in the MITY Explorschool program of St. Paul (www.mity.org). The name Aerobic Newspaper means what it says: We move as much as possible to report our stories, and even find creative ways to do small movements while we write, such as marching--or at least take movement breaks while we write. Extra movement of muscles requires more oxygen, and in this sense, our newspaper is aerobic because so much muscle goes into it.

The Aerobic Newspaper is all about being active because continual motion is healthy. It opens your blood vessels and keeps them flexible, and it helps your heart stay strong. It is also a fun way to work because we get to walk, run, jump, hop and climb!! We always like to walk to places, and find all this walking takes us to interesting and exciting topics you'll read about in this paper. We decided to make the aerobic lifestyle our habit now so as we grow, we can grow in health, too.

Aerobic Outings

Monday

Practical Goods
Walk along with us to

get the goods. Page 3.

Tuesday

Regina's/ Sidewalk Poems

Learn about one of the sweetest deals in St. Paul! Page 4.

Wednesday

Rainy Day Fashion Show

Even when the weather's not perfect for walking,

we're still on the move--with our imaginations! We make rainy day fashion gear from clean (unused) trash bag liners and duct tape. Page 8.



Thursday

The Nook, Lynden's, Treasure Island Playground

Hamburgers, fries and a summer day picnic. What could be better? Page 5.

Friday

SmashBurger, Horace Mann

It was so fun on Thursday, we did it again today, this time comparing different burgers, Page 5, side bar.



Along the way...

Sidewalk Poems

By Jadon

Have you ever wondered why people put handprints in the sidewalk? If you have then you should read this!

In St. Paul, Minnesota a contest is held to show who can write the best poem. The winner gets his or her poem engraved in the sidewalk somewhere in St. Paul. Quite a lot of poems are engraved into the sidewalk on Macalester Street. For a better chance to win something some people enter multiple poems.

You can enter any type of poem. it can be a haiku or a traditional poem or anything else. There are 20 winners and 14 honorable mentions. The idea came from seeing company names stamped in the sidewalk, such as "Standard Sidewalk." The creator of the program thought the city needs more poetry and metaphor, so he started a contest to encourage citizens to share their poems in wet cement.

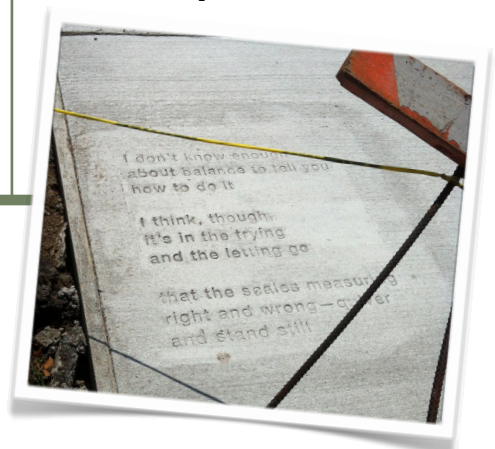
We saw several poems during our aerobic reporting. As we went to

Regina's Candy Store we saw 3 haikus in the sidewalk. Also, on the way to Saint Paul Corner Drug to report on a community institution that turns 90 years old this year, we saw several more.

One example is:

The sky fell on my toes and I ran fast.

Next time you write a poem that you think is wonderful, save it, and enter it to hope to be a winner!



Free Libraries



Look for a Little Free Library in your neighborhood!

By Lily

The little free libraries, which resemble a cross between a mailbox and a birdhouse, offer books for passersby to exchange. It started off as a two person project by Todd Bol and Rick Brooks of Wisconsin.

The little free libraries have a slogan, "Take a book, leave a book". Also nearby, a group of students and educators constructed a number of the little free libraries in St. Paul's Frogtown neighborhood as a part of the 23rd annual National Service-Learning Conference and You thrive PeaceJam Leadership Conference. The libraries that they decorated have been planted in the neighborhood's various community garden spaces.

"What we have found is that the neighborhood starts to feel like it's theirs," Bol said in an online interview. "The neighborhood starts caring for it, talking about literacy, education--community things that we define so well but lack so much. There is such polarity these days. This is a little common place that we're comfortable with."

Practical Goods: So good, it's practical!

By Beth and Lindsey

We went to the second hand store Practical Goods today and visited the owner Wendi. Practical Goods is like a thrift store, cheap, but like an antique store because all of the old stuff. We had fun looking around the store to find something that spoke to me. We found polio crutches which were fun to try on but they were too small, so definitely not our size! My friend and I had a lot of fun with a old mirror and many other Practical Goods. We enjoyed walking around together and joking around with cameras, instruments, and mom's-finest china. We found the oddest baby carriage and the oldest ever. If you're looking for non-expensive clothes, Practical Goods is the place to go . We found a fun little baby



Wendi's sense of color helps array objects to form a colorful rainbow in Practical Goods second hand storefront window on Randolph Avenue in St. Paul.

toy that we had so much fun playing with! And for all you weavers out there, in the basement, on a shelf, is a weaving hook with needles that you can pull out and re-close to keep the

thread in. Practical Goods has all those items and more. I think you could set some time aside to visit Practical Goods, so good it's practical!

By Najma

Practical Goods is store that recycles clothing and sells it cheaper than elsewhere. I took advice from people writing online and agree with their descriptions: There's a rainbow of wool blankets and kids boots. Another person says the owner has a great sense of color. There are dishes, pots, belts, tools, candle holders and more. You should take the time off and visit her store sometime. Nice things you can find are deals on baseball equipment. If you went to the mall and tried to buy baseball equipment it would probably be about \$70. But if you went to Practical Goods it would probably be about \$10.

By Aly

Looking for any variety of old items and utensils? I know where to find them! Come on down to Practical Goods on 1561 Randolph Avenue, Saint Paul MN. Even the building itself is very interesting. Practical Goods is a second-hand store run by a woman named Wendi. Wendi believes very strongly in recycling. She runs this store herself.

She sells items found in pawn shops, garage sales, antique shops etc. Some of the stuff she sells is clothing, hats, wooden toys, baby clothes, dishes, musical instruments, wool blankets, and a lot more.

Regina's Candy

By Astrid

A walk in 95 degree heat is not fun, but if there is a prize at the end, it feels like it is worth it. The real question here is, was the walk to Regina's candy worth it.

Are you looking for candy that tastes like tooth paste? If you are, I can tell you were to look. Regina's candy is good, but some students think that the taste is way too strong.

"The mint candy tastes like tooth paste" is a little of an extreme comparison, some of the candy is really very good.

Was it Worth it? Well, let's start at the beginning. Regina's is a family owned store they sell Handmade candies and chocolates. Handed down generation to generation, the store was started by a Greek craftsman and his wife Regina. Now it is almost the same. Full to the brim with candy like chocolate, hard candy and fruit slices made out of sugar. You can get a grab bag, for only 50 cents. A grab bag has candy that is old or broken, but still great tasting.

I think that the walk was worth it. The candy was good in the end.



By Thomas

On Tuesday, June 19th, our class went to Regina's candy store. Unbelievable sights and smells filled our senses. It's like any kids dream. The walls are lined with hard candies, chocolate, licorice, any type of candy imaginable. We talkers to her for a while and learned that the candy shop had been in her family since 1926. That's over

85 years! Kathy, who ran the store, said that her favorite candy was english toffee. We all got the grab bags, which are white bags with about 30-35 pieces each. If you think about it, it's a great idea. They could have gum balls, gummy bears or worms, little chocolate balls, and other assorted hard candies. It was really high quality candy, and to top it all off, they were only 50¢ each! Overall, Regina's is one of the greatest candy stores I have ever been to in my life. I will hopefully be making a stop back very soon.



Zotz: The fizz candy

By Najma

Zotz is a candy that is made in Italy. Once you lick it, fizz comes out: sour and sweet. I would recommend it! And if you are interested in Zotz, you should take a trip to Regina's candy shop. On 2073 St. Clair Avenue, St. Paul, MN. There's also other candy and chocolate there like the assorted caramels : 1 lb. is \$18.95. In the fruit slices you get 13 slices of fruit-flavored candy for \$11.95. If you go to Regina's candy shop you'll find something you like!

At a glance

A Burger Comparison

By Lily

NOOK BURGERS:

- Thick burgers
- Juicy burgers
- Basic Burger: Burger, Cheese
- Fries: Skin-on fries



Nook Burgers!

SMASHBURGERS:

- Thin burgers
- They don't drip, but they're not too dry
- Basic burger: Burger, onion, lettuce, tomato, cheese
- Fries: Rosemary; Chili cheese; Sweet potato



Our snack from Smashburger!

Reviews: Food

Burgers and Ice Cream!

By Aly

For lots of families, summertime food highlights burgers. We compared burgers from The Nook and Smashburger in Highland Park. And since the new ice cream shop Lynden's was right next to The Nook, we sampled it, too. Lynden's sells malts, ice cream, sodas, and candy.

Lynden's is based on a 50's soda shop idea. The workers even have the word "Jerk" sewn on their uniform shirts as if it is their name! They laughed when we asked him why their parents named them all "Jerk." Really why that word is there is to recall the era of the 50s, when this kind of soda fountain job was popular and the workers were called "jerks" after the motion of pulling handles down to operate the soda dispensers. Lynden's has these kind of dispensers. It also has old-time bar stools and a marble-topped counter that you can sit at. They also have old soda flavors such as a Lime Rickey.



Hanging out with the "jerks" at Lynden's!

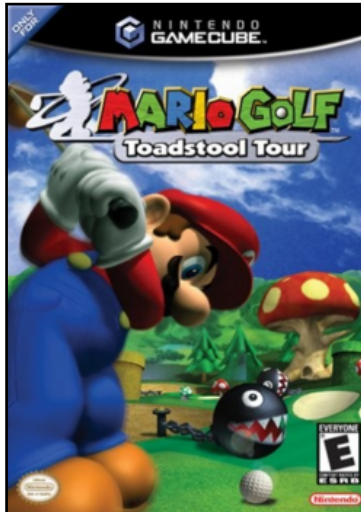
Entertainment

Thoughts on Mario Golf: Toadstool Tour and Double Dash!

By Ian

I have Mario Golf: Toadstool Tour. It is very fun. I recently unlocked Boo. It's fun because it's challenging, and there's no "last chances". There is a full set of clubs to choose from, and a ton of modes, like Tournament, Near-Pin, and Side Games. Beginners should use Lessons often, which is basically a big how-to, with driving, approach, and putting strategies.

There are many modes you can only play by yourself and friends, no computer players. It's a very fun game, great music, difficulty, and feel.



What Makes a Good Video Game?

Q and A with the Aerobic Newspaper!

Q) What is the key to having fun and staying safe playing video games?

- A) Friends.
- A) There is no perfect game. Some are better than others. What really makes a good video game, in my opinion, is when the creators achieve what they aim for.
- A) You need OK, but not great or splendid graphics, but you need a good story line, unless it's one of those non-story games.
- A) You have to have a constant feeling of success.
- A) Multiplayer is helpful for sharing that feeling of success. It makes it more fun to play with someone else because you share the sense of purpose and achievement.

Q) Do you run into too many people online you don't know?

- A) No. You can go to a place called a party and talk or play with the people you know. You don't have to play with people you don't know.

Q) What's it like to play with people you don't know?

- A) It's kind of fun because you can meet new people. You can make friends. And if it's someone you don't like that much you can leave the party or turn off your headset.

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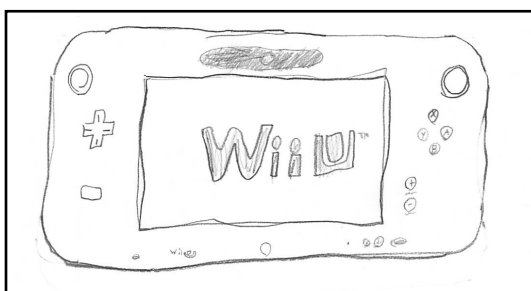
WiiU : Features of the New WiiU System

By Duran

We've reviewed game consoles/console extensions ever since we started going to this camp in 2010. We reviewed the Kinect, Ezra reviewed the PS Vita, and I talked about whether the 3DS or the PS Vita would be more popular. Only until now has Nintendo given enough info for me to start a review on the successor to the Wii, the Wii U. Our review is so comprehensive that we print it in its entirety on our Website.

Check online for a full review!

mityaerobicnewspaper.weebly.com

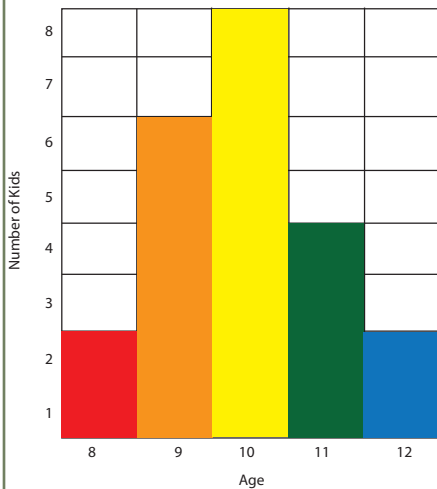


TECHNOLOGY

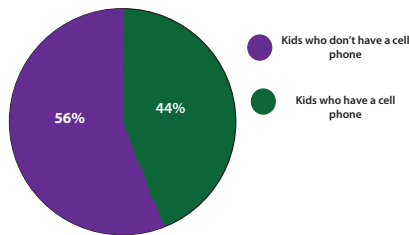
What Makes a Good Video Game - Cont'd.

Up Close and Personal: MITY Kids and Cell Phones

Age MITY Kids Get Phones



What percent of MITY kids have a cell phone?



Article and survey by:
Isabel and Aria

When did you get your first cell phone? Aria and I found that kids think very differently about phones than adults do. We talked to some adults and here is what they said:

Phones are nice for emergencies, but not for playing with. They said that only responsible and mature kids should get a phone, because they could use them correctly (only for emergencies). They said kids should get a phone at about 10 years old. Maturity would be really important, even if they were as old as 15. It would be really important because if they texted while driving, it would be bad. Not only because it is illegal, but they could get hurt. After that, we also did a survey asking kids about phones. We gave them little slips of paper asking them if they had phones or not. If they had a phone, we asked

them when they got one. If they didn't, we asked them if they wanted one or not. This is what we found:

We asked 50 kids, 22 said they had one and 28 said they did not have one.

Out of the ones who did not have one, 26/28 wanted one and 2/28 did not want one. Out of the kids who had one, 2 kids got their phones when they were 8. 6 kids got their phones when they were 9. 8 kids got their phones when they were 10 years old. 4 kids got their phones when they were 11, and 2 kids got their phones when they were 12.

In conclusion, we found that 10 years old is the age for phones nowadays, based on our MITY sample. But it depends on how mature they are. We were very surprised that most people got a cell phone at about 10 years old. I thought that most people get cell phones at like 12 years old.

Q) Have you met creepy people online?

A) Not really, just sort of some scamming-type people occasionally. A kid last night said, "Hey, I'll give you a million points if you give me your email address". Of course I don't do that ever.

Q) What are good manners and safety practices for video gaming?

A) Never give away your information: Where you live. Your real name. Your email address or your passwords.
A) Pick good user names and passwords - don't have your password be 12345.
A) Stay away from angry people. Just mute them, or leave the space.

Q) Do you have limits for screen time?

A) No. Not really. I just try to get exercise, too. But, oh my gosh, I did play last night until 10:30, but I took a 2 hour soccer break.
A) The average kid watches 3 hours a day of television, and spends 4 hours and 48 minutes on the computer (that's for kids age 9-13). That seems like a lot if you are only awake for, like, 14 or 15 hours.

Rainy Day Fashions!



When the rain came down, the Aerobic Newspaper did not despair! Instead, we turned from journalists and artists to tailors, creating stylish rain ponchos to beat the weather.



Parks and Recreation

Horace Mann Park: + or - ?

By Beth

-My favorite part about Horace Mann was that there was so much sand and things to climb.

-Something to look forward to is that there are many rocks and climbing things for instance there are small tubes and rock climbing walls.

-A recommendation I would make would be not to wear sandals because it had a floor of sand and sometimes that may feel irritating with sandals, if you wear sandals anyway, don't worry, you could take them off!

By Lindsey

-My favorite part was playing Cops and Robbers, with all the tubes, it had a great layout.

-On a hot day, there is some shade that we took a break after running around, it's got a great soccer field, and basketball court.

- It had monkey bars that were fun to play on. The sand was good for little children to put it in pails and water to make a sand castle, you'll have to travel around just to make sure that you have enough sand for the sand castle entirely.

In Other News...

Feel the Glee



By Beth and Lindsey

I visited Feel the Glee and next year I really want to go. Patty Hall, the teacher, is very kind and interactive to her class.

One fun thing they do is they they all have notebooks of where they write new vocabulary they learn in class. Then they go and do what they learned.

The class builds confidence in all students because they learn to dance, sing and act--all great ways to feel the glee!

Cookies & Doughnuts & Cakes, Oh My!

By Beth and Lindsay

For the last week or two I have gone to P. J. Murphy's before MITY Camp. They have the best cookies, baked perfectly with colored glaze and frosting to make cookies shaped like flowers or smiley-faces. They have many types of muffins such as pumpkin or blueberry. They are known for their wedding cakes, which I must say, look amazing! I typically get their smiley-face cookies.

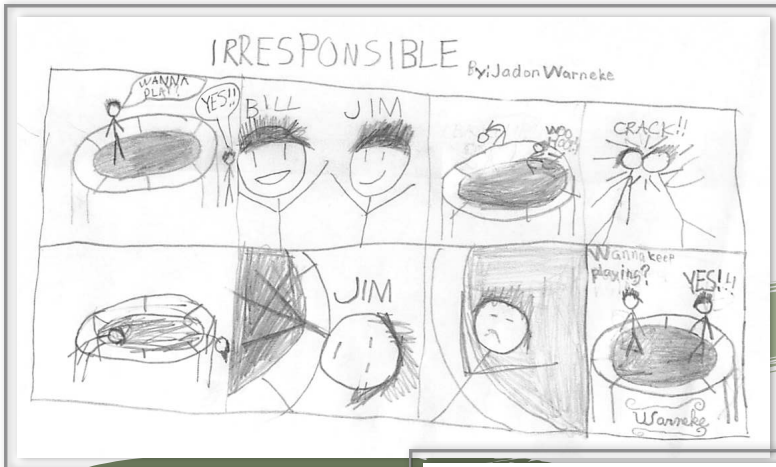


LEFT: Jadon and Duran enjoy a reviewer's break on the swingset



RIGHT: Thomas peers down from the heights of Treasure Playground

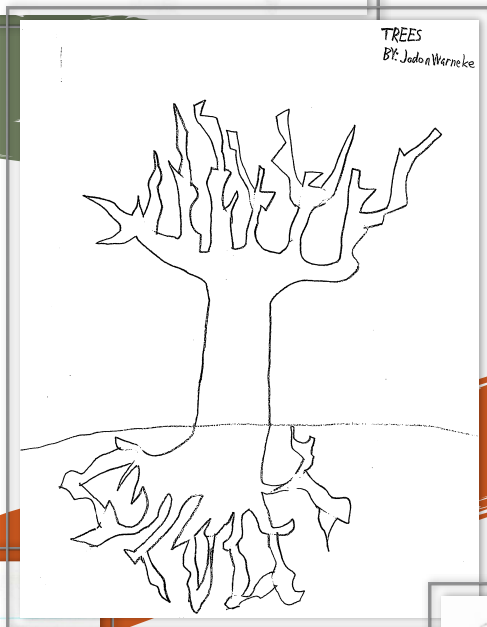
MITY ART



By Jadon



By Lily



By Jadon



By Aly



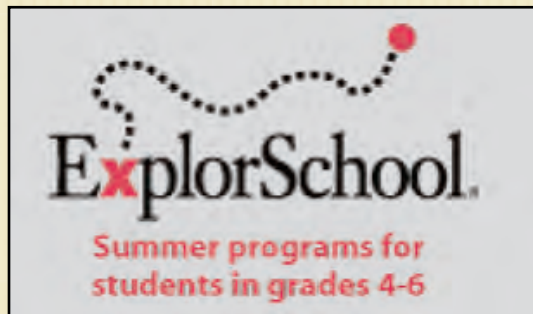
By Jadon

Aria's Cellular Word Find

M	Z	W	D	A	P	I
P	X	Y	5	7	S	6
3	P	10	C	6	X	A
P	R	Z	O	K	C	N
L	I	A	M	E	E	G
A	N	S	P	Y	L	R
Y	T	R	U	B	L	Y
E	E	E	T	O	P	B
R	R	K	E	A	H	I
7	S	A	R	R	O	R
X	E	E	6	D	N	D
A	S	P	Z	7	E	S
C	I	S	U	M	5	W

Word List

Angry Birds
 Cell Phone
 Computer
 Email
 iPad
 Keyboard
 Mp3 Player
 Music
 Printer
 Speakers



Lots of thanks (with a cherry on top!) to all of the writers, illustrators, photographers and cartoonists who contributed to making this a MITY good paper. We had a MITY fine time!

Brought to you by:
Minnesota Institute for Talented Youth
www.mity.org

At right, The Scoop staff cool off in a sprinkler after walking back from St. Paul Corner Drug for an ice cream taste test. See mityaerobicnewspaper.weebly.com for results.

The Scoop is written and illustrated by kids who just finished 4th, 5th and 6th grades, most of whom just met each other because they go to different schools. All are enrolled in the Minnesota Institute for Talented Youth's (MITY, www.mity.org) ExplorSchool Aerobic Newspaper class. The class was created by Anne Brataas, a longtime MITY teacher who is President of The Story Laboratory, LLC (www.thestorylaboratory.com), a St. Paul science writing, curriculum development and e-learning company that likes to move and make ideas move! Copyright 2012. Our work, like the American press itself, is to remain free to circulate with credit as an instrument of civic betterment.

