

AEROBIC JOURNAL

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From the Pros: HOW TO EAT CANDY

By Clara



Some people will buy a bag of candy, and eat it in two days. Some people will buy a bag of candy and eat it in two months. It all depends on the person. I suppose there is no "correct" way to eat candy, but I've gathered some information from our walking field trip to Regina's Fine Candies that may help us find a reasonable way to eat candy and still be healthy.

One customer I met, who comes in regularly to Regina's, said that he goes through a two-pound box in about three weeks. He limits himself to a few pieces a day, and said he doesn't have a problem making it last.

As a class, we decided it was OK to eat a little candy because we walk so much—4 miles roundtrip checking out the Regina's neighborhood!

Playground Q & A:

What Makes a Playground Fun?

By Eva

Q: How would you make the playground at Maddocks Park better?

A: I would put more swings and a bigger and better climbing wall.

A: The kids always play under the equipment. So I would build, like a play place under the playground equipment designed for that purpose.

A: Plus I would put big animals so the little kids could climb on them.

A: I would make the slides kind of taller and bigger.

A: The park is a good place to read or write because it is usually quiet, but sometimes

it might be loud, so it would be nice if there were always a quiet corner.

When I go to the park or playground, I like that the little kids are having fun. And when I go with my family I like to play with them. In my opinion, the bigger parks are more interesting, but I do like small parks, too.



PAVEK MUSEUM OF BROADCASTING

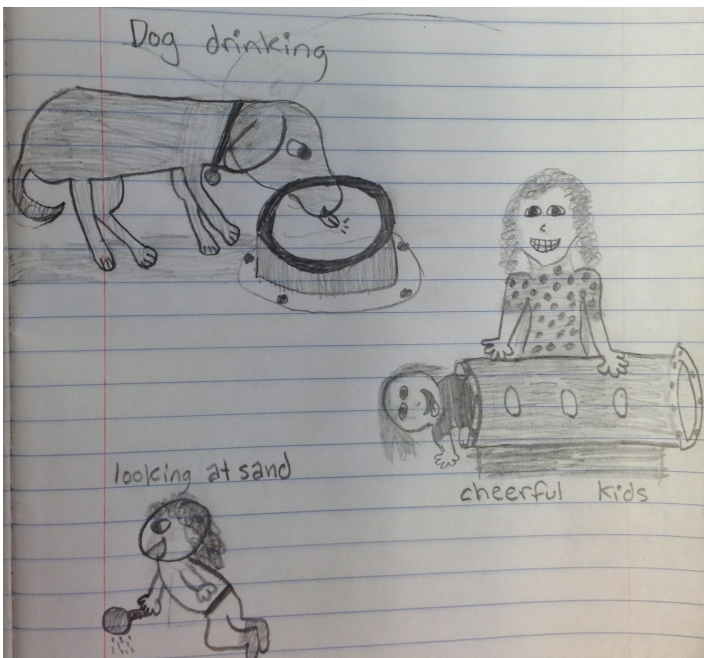
By Frederick

The Pavek Museum of Broadcasting in St. Louis Park can teach you about how to make old-time radio news reports, and you even get to be in one! Creating a radio broadcast news show is a lot of fun! The Pavek guides help you do this by handing out a script that gives everyone a part to play with things to do and lines to read. When you are doing the news report at Pavek, there are options like the news reporter, the engineer, and the people who start the show with an introduction.

I think that being the engineer is the hardest job in this, because engineers have to flip switches at the right moment to make sure microphones for the newscasters come on or go off at the right time, or that a recorded commercial plays at the correct time. If they mix up the switches, you might hear kids laughing and talking instead of a professionally-recorded commercial for Wheaties!



By Faith



Old Fashioned Soda Shop

By Mary and Staff

Did you know that there is an old-time soda fountain in St. Paul called Lynden's Soda Fountain on Randolph Avenue?

Some day this summer, go check it out. At Lynden's you'll find all different kinds of candy and ice cream, and old-time drinks like phosphates, lime rickeys and egg creams. One favorite ice cream with customers--both for flavor and for the name -- is the Elvis. It contains bananas, peanut butter and chocolate--some of Elvis' favorite foods. Rainbow ice cream is all the colors of the rainbow, with each color a different flavor.

Inside, the store looks like a real 50's soda shop: a marble counter, twirling stools, mirrored wall that reflects the malt maker and the "fountain" machine that requires the workers to pull hard on its long lever handles to dispense the carbonated, or "charged" water used



to make the drinks. The motion the levers requires to operate--a strong jerk--are why the workers are called "soda jerks". "Jerk" is even written right on the name badge on their uniforms!

Opposite the fountain, there are shelves of old-time treats like candy sticks, bubble gum, licorice shoe strings and Turkish taffy. One woman we talked to said her friend stops here to find a kind of peanut-butter filled taffy made in California that she hasn't seen since childhood. A white-haired man smiled as he recalled summer hours spent scheming with his little brother on how to get permission from their mom to bike to the corner candy store to buy little wax pop bottles filled with colored sugar water. He can drive to them now; they are at Lynden's. Lynden's is that kind of place. It's a great stop on a summer day for cooling drinks and treats, and a nostalgia candy counter where adults can meet some of their childhood "friends" from penny candy counters long gone.



Storms and **Power** Outages

By Roan

In light of the recent furious summer storm, I decided to write about storms and power outages. You probably all got severe thunderstorm warnings on your smart phone and wondered, "What is a severe thunderstorm?" I researched it on the Internet, and here are some of the more interesting and helpful things you should know:

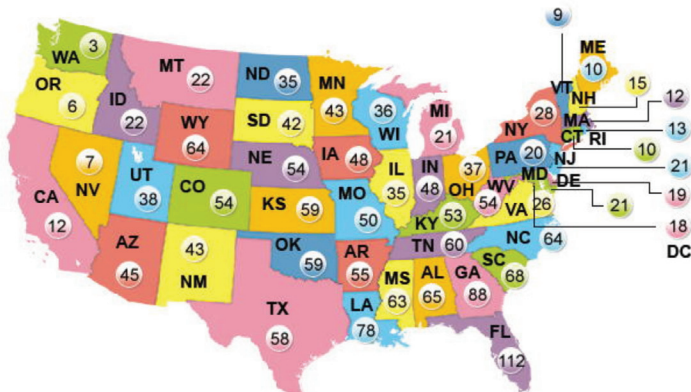
First, a thunderstorm is a storm with rain or hail and lightning. The accompanying map shows the number of days per year that

thunderstorms are occurring nationwide ((See weather map). A severe thunderstorm is any thunderstorm with winds of 58 mph or hail with a 3/4 inch diameter. About ten percent of all thunderstorms are severe. The high winds and heavy rain/hail are more likely to make power go out than normal thunderstorms.

Power is taken for granted in some places but isn't needed in others. The first questions in the U.S. are: what happened, and how do I fix it? Well, if you have a back-

up generator, then you can turn that on, if you don't you can wait it out. However, other power systems are available. The power company will have a hotline for how long until the power comes back on, but it is just an estimation. If food stays in the freezer for more than four hours without power, then it will keep 24 hours at half-full, and 48 hours at full. Refrigerators keep for four hours, then perishables should be packed in coolers. So, those are storms and power outages.

**United States (Contiguous)
Average Number of Thunderstorms Days Per Year**



THREE KEYS TO LEMONADE STAND

By Sophie

Lemonade stands are all over the country as a fun activity and money-making opportunity for kids. I talked to some little girls (age 7 and 8) in their St. Paul neighborhood one sunny June day about their lemonade stand. Some advice they gave me included:

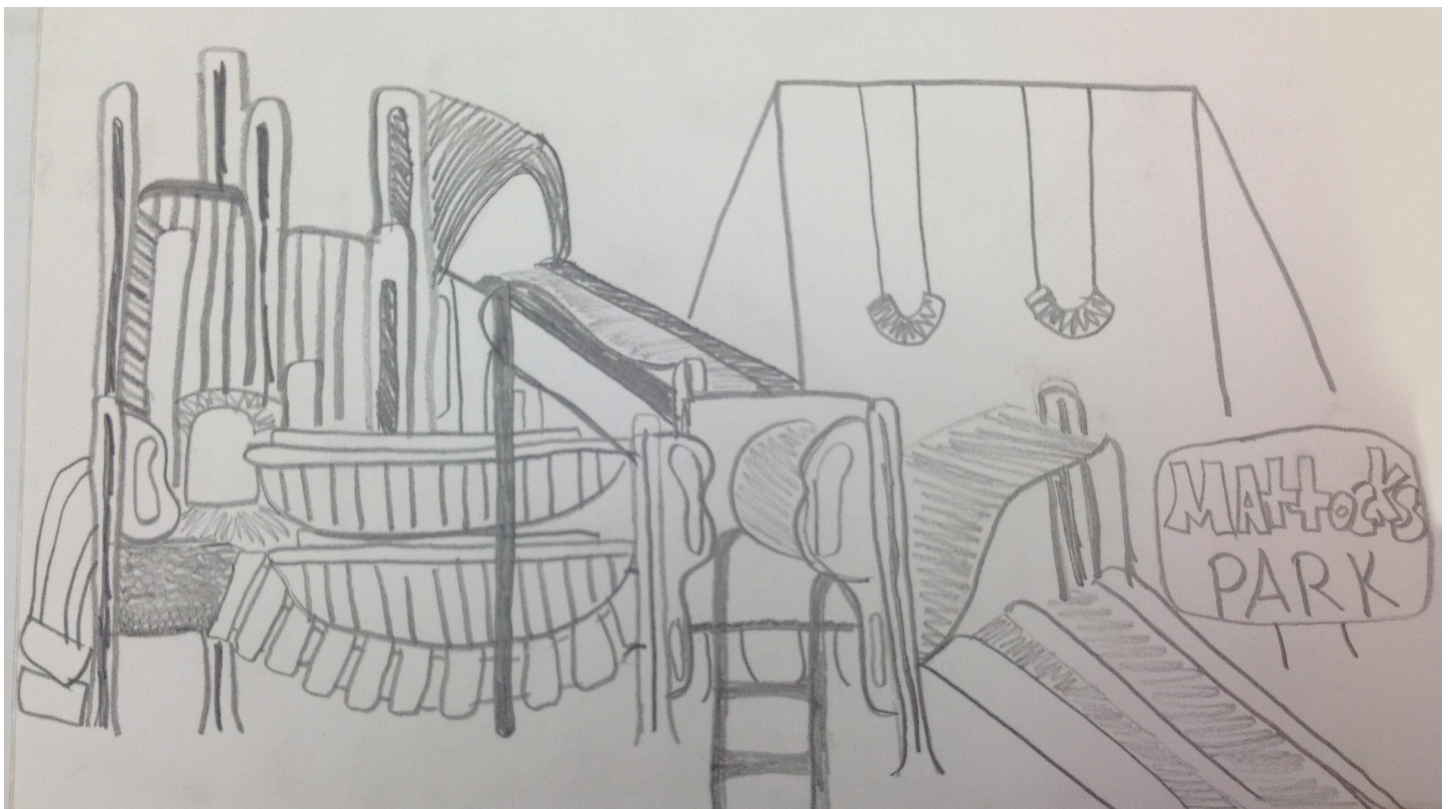
- "Have it on a hot day."
- "Also, have it on a corner."
- Most importantly, "Have lemonade, and put up a sign."

The general price for lemonade is 25 cents, but I've seen it for as much as \$1.00 (plus a bag of chips or other snack). There are also Kool-aid stands, Sno-cone stands, and basically, any stand you can think of!

Some kids get lucky by meeting 9 thirsty MITY reporters who were out walking to investigate stories for their Aerobic Newspaper class—we're good customers! But construction sites and sports practice fields also make for strong sales and lucky stand operators. Lemonade stands, in my opinion, are a great way for kids to make money.



By Mary



A Day in the life of a MITY: MOCK TRIAL EDITION

By Thomas

In the Mock Trial class, we do many fun public speaking challenges, like trials, debate and mock United Nations. At a Mock UN, you each receive a country. The countries all have something to do with an issue decided in class. You research your country's opinion on the subject. You start with a resolution, like with our subject, landmines, the resolution was to ban them. Countries may add exceptions or other rules (amendments)

and you vote on each one to see if you keep it. At the end, you vote on the resolution. If you get a majority, it passes. Another fun thing we did was the state slam. You each receive a state. You research about your state and bad things about your opponent's state. During the debate, you get 30 seconds to tell why your state is great, 20 seconds to say their state is not so great, and 10 seconds to sum up. It is a bracketed competition. Last,

but certainly not least, are the trials. There are 3 attorneys for each side, 3 witnesses for each side, a bailiff, a judge (add 1 more if you have more kids in the class), and a pre-set case. The attorneys decide who says the opening and closing arguments and who is in charge of objections. You then try the defendant (considered a witness). If the defendant is guilty beyond reasonable doubt, he has to "face the punishment".

TOUR OF A CANDY GRAB BAG

By Mia

For 50 cents you can get a grab bag from Regina's Candy Store in St. Paul. It is a white paper bag with mis-matched candy in it. Part of the point of the grab bag is for it to be a surprise and mystery because you cannot see in the bag.

Inside the bag all the candy is either out of season, or so misshapen the owners didn't want to sell it because it didn't meet their quality standards. The types of candies in the bag include: Christmas red, white and green candy corn; sweet hearts; weird-flavored jelly beans; salt water taffy; red, pink and white candy corn and cinnamon gummy hearts.

I think grab bags are a good idea because you are still selling candy that would normally go to waste, and even if you don't like all the candy, the surprise is still fun. It's especially fun if you get a grab bag with friends and can compare and trade candies.





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students in grades 4-6

The Aerobic Journal 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 schools throughout the metro region. All are enrolled in the Minnesota Institute for Talented Youth's (MITY) ExplorSchool Aerobic Newspaper class. The class was created by Anne Brataas, a longtime MITY teacher who is President of The Story Laboratory (www.thestorylaboratory.com), a St. Paul science writing, curriculum development and e-learning company. Graphic Designer Paige Sandvik helped design the newspaper; Writing Editors Kip Hathaway, Sam Arsenault and Aaron Hathaway kept us moving.

Hats off to all Aerobic News Staff Writers, Illustrators, Photographers and Cartoonists!



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