

CAIRN Chronicle

aerobicnewspaper.weebly.com

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Communities Through Cairns

By Elise

Do. Move. Learn. **Why An Aerobic Newspaper?**

Welcome to The Aerobic Newspaper! It is a novel kinetic curriculum developed right here in St. Paul for MITY ExplorSchool kids who like to move, create, connect, collaborate and communicate.

The Aerobic Newspaper is a new genre of curriculum. It is designed to improve and deepen elementary-school aged kids' reading, writing, analytical and planning abilities--and their health. It does this by combining physical activity in the public spaces of sidewalks, parks and friendly neighbors with storytelling.

KIDS who produce The Aerobic Newspaper (below) stay active and creatively connected ~ with ideas, community and each other.

MOVING in an era of **passive** consumption, these kids buck the trend.

COLLABORATE is our ruling verb. Kids kinetically collaborating create deep and expansive understanding in their news reports.



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Cairns are rocks stacked upon rocks, stacked upon rocks, stacked upon rocks and so on.

Though it doesn't sound that delicate of a structure, you would be amazed if you saw one, for it takes great balance and patience to build a cairn.

To make a cairn you have to get a big base rock with a pretty flat top and a medium-sized flat rock, then add another rock smaller than the last one-- but make sure it still has a pretty flat top, and repeat the pattern. But don't put on too many rocks, it might fall!

Cairns bring neighbors and friends together. The more cairns that are made, the more and more people start pitching in to help the rocks to be built back up if the cairn falls, or consider making their own. Doing this ties the lost bond between humans and rocks, and also shows the love of nature.

Lynden's Soda Fountain Will Remind You of The 20th Century!

By Robert



It has classic soda fountain drinks such as the original lime rickey and the orange dreamsicle. Its signature drink is the “Big E”. It was named after one of the employees who drank one every day. It consists of a cherry lime rickey and a scoop of raspberry ice cream. Its old time pricing signs truly making Lynden's a spectacular soda fountain.

Regina's Candy Review

By Aurora

Regina's candy store has been around since 1926, and their candies are only getting better! They probably have every candy you could want! In the summer fruitily melon slices and taffy such as vanilla, chocolate, raspberry, cherry, orange, banana, peppermint, chocolate chip mint, cupcake, rootbeer, strawberry, lime, grape, lemon, watermelon, spearmint, maple, licorice, caramel, muckleberry, molasses, caramel apple, and chocolate mint are a big hit. In the spring anything ranging around chocolate eggs and bunnies are popular. In the winter peanut brittle is quite tasty. Fall, anything fudge is an all time best-seller. I heard from some candy makers that ribbon candy (candy canes) are the hardest to make. The candy makers also said that caramel is the easiest. I recommend this store only for people who have the self control not to buy everything.

Carbone's Pizza

By Staff Reporters - Illustration By Grace



Family-owned Carbone's Pizza is a welcoming place for lunch that serves great pizza. We tried the cheese pizza, and had all 15 people agreeing it was great! It's the thin crust kind of pizza. It has special cheese that they order as a kind of secret ingredient, and it is really flavorful, gooey and stringy. Go there!

Tea Source Review

By Sophie

When our class walked into Tea Source, it had a very relaxed vibe. The decorations had a laid-back look and comfortable furniture for people to sit in while doing their homework and socializing. It has a true community sense. Then we all had some iced, bright red-colored green tea with berries. The tea tasted really good. In my opinion I would like it better if the berry taste was a little stronger, because it seemed a bit bland, but I would still recommend to others. In class we had hot Tea Source tea. I had strawberry kiwi, and I thought it was pretty good, although I personally like iced tea better. Others had tea named Evening in Missoula and they described it as “caramel tasting; not good if you like fruity tea; amazing.” Tea and coffee shops are great community builders. After trying their cold and hot tea I would give Tea Source 4.5 stars.



Did Someone Say Lynden's? By Isabel

- Illustration By Nika



When I first walked into Lynden's I got a warm greeting from an employee, and then I sat down to look at their menu. When I saw their menu, I saw they had a wide variety of choices. They had everything from chocolate ice cream to rootbeer floats! There was one thing I didn't like about the store in general, and that was there wasn't much room to sit in the store. If there was more than about 15 people, then not all of them would have

a place to sit. Overall though, I was really pleased with the ice cream selection. I think I would recommend this store to anyone who enjoys a cold treat, but not just a cold treat. They also had a variety of old candies. One thing I like most was how they incorporated an old soda fountain feel and selection, with a modern store. Overall I was really happy with Lynden's and I would definitely go there again!

Regina's 4 1/2 stars! "Beans We Would Like to See" By Victoria

Regina's is a candy shop that sells anything from homemade chocolates to holiday treats. It is a family owned business that started in 1926. Regina's is a very CREATIVE store because:

1. The GRAB bag: the grab bag is a little bag that costs 50¢. It contains expired holiday treats, mistake chocolates, and candy that is not selling well. This shows creativity because it is so unique, I have never seen it before anywhere.
2. Family owned: Regina's is a family owned business and it started way back in 1926. We interviewed some of the employees and they said that the chocolates are a tradition that started when it opened in 1926. Same with the names, they said.
3. And, finally, the creative names. They call their jelly beans a variety of names including dirty diaper, rotten egg and snot monster jelly beans!

I recommend this store to: families, kids, adults. They have thank-you chocolates, graduation and any special candy for any event!!



Playing “What’s It?” With Wendy

By Staff Reporters

The bags were plain and brown with simple labels: Clue 1, Clue 2 and Clue 3. Best of all, they covered something — but what? What’s it?

That’s the way we interact with one of our Aerobic Newspaper friends, Wendy Ward: We play What’s It? She—or we—bring a strange item from her recycled goods store and she leads us through clues and questions to figure it out. It’s lots of fun and so educational. This makes her an important part of the strong sense of community in this neighborhood: Wendy has time to teach kids using what historians would call primary sources—real artifacts. In our Aerobic Newspaper class, creating and maintaining a positive, healthful community is the main idea we explore and write and draw about.

In our last round of What’s It?, there was a brush with bristles.

“Make-up brush!” we all said, sure of our answer.

“Not quite. But the face is the focus, you are right about that,” Wendy said.

After several more minutes looking, questioning and guessing the What’s It? revealed its identity: an old-time shaving brush for applying lather to the face!

Wendy owns a recycling store called “Practical Goods” that was once near MITY. Because she is dedicated to the value of helping reduce waste and the environmental impact of making new things, her store sells nice, used, excellent quality and functional things—practical goods. Unfortunately, her store lost its lease so she had to close it in early June. She is now shopping for a new space so she can open her store again. In the meantime, Wendy made a classroom visit to us and brought a few interesting What’s It? items.

If you visit our Open House today...you might just be able to crack the mysteries at our What’s It? table!



Greg Lindsey: Cairns

by Victoria



- Greg likes balancing, imagery, and meaningful neighborhood activity.
- The community keeps up his efforts, as passersby create new cairns in his yard.
- The cairns are purposefully not glued or fixed together— Greg sees an artistic message in the destruction and recycling of the cairns.
- It is a feat of balancing to create a cairn.
- Sometimes Greg breaks a stone to create two smaller elements of a cairn.
- Cairn building is free and anyone can do it!

The Pavék Museum of Broadcasting: A Diamond In The Rough

By Jack

People always tell you not to judge a book by its cover, but it’s hard not to when looking at the Pavék museum of broadcasting. The Pavék is conveniently located 45 minutes out of Saint Paul and hidden next to a tire shop. Yes, a tire shop.

But let me personally tell you that it is like nothing else you have ever done (Note: if you’re in radio, it’s what you do everyday). Once you step inside the main gallery, you see microphones, speakers, record players, really anything that lets people be heard.

Here’s some tips:

- Ask about the HUGE black speakers hanging from the ceiling

and the’ll play the Star Wars theme on them.

- In one of the corners there is a metal-box-looking thing, with a movie poster above it that says “Theremin”. It is actually an instrument that you play by moving your hands. And for your germ freaks out there, no you don’t have to touch anything. The theremin senses the electric waves in your hands so you don’t even have to touch it. makes spooky noises, like from alien or sci-fi movies.

And if you ever visit the Pavék, tell them MITY sent you.

Big Sister and LITTLE BROTHER Inukshuk

Two poems written and illustrated
by Hanna Saveraid

The cairn
that goes by
many other names,
stands
gray and still, looking
like a grave,
perfectly balanced.
Since long, long ago,
the cairn, inukshuk, etc.
has been a guide,
a representation,
sometimes practical,
other times religious,
and even philosophical.
When it falls,
someone will build
it back up,
an unspoken agreement.
Though in its current
form perhaps just hours,
the rocks themselves
and the tradition
have been around
thousands of years,
and therefore seem
ANCIENT AND WISE.

WE LIFT
THEM EAGERLY,
CARRY,
CROWD AROUND
SET DOWN
SEARCHING FOR BALANCE
WITHIN THE ROCK.

Little Free Libraries

Icons by Grace



Little Free Libraries are another great community feature we see during our aerobic reporting. See cartoon story about them on p. 8

In 9 days of a St. Paul summer,
our Aerobic Newspaper class
saw and visited:

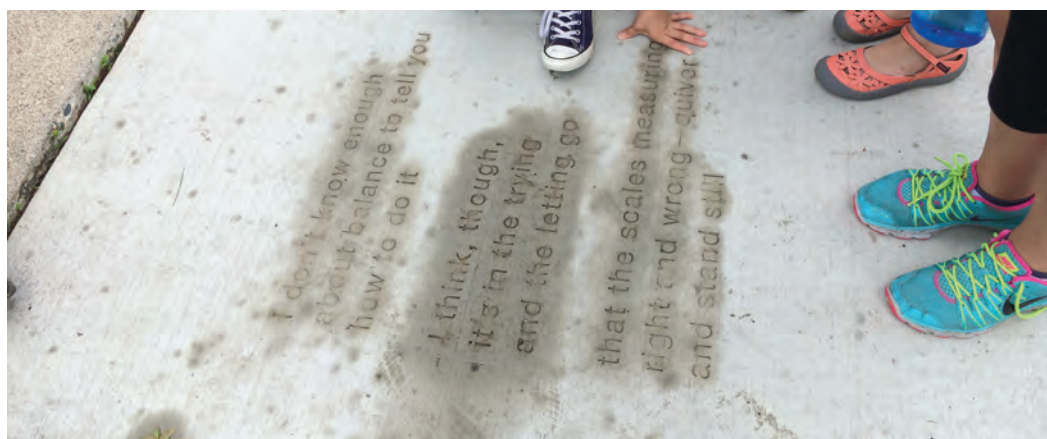
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Sidewalk Poems

By Staff Reporters

One of the things we notice walking about 3 miles a day in St. Paul are the Side Walk Poems. This is a program the city sponsors to create community when it puts in new sidewalks in a neighborhood. We think that's a good idea. Some poems we like. Some we think people should keep to themselves, such as romantic love poems. Nature poems and general life poems are a better choice for public spaces.



World Cup USA vs. Portugal

By Nathan

The game was played at the Arena Amazonia. The USA started the game with the opening kickoff. In the 5th minute Portugal's Nani scores on the defensive error by the USA's Geoff Eameron. Eder of Portugal comes into the game for the injured Hélder Postiga. Tim Howard made three great saves before half times. The second half is underway. William immediately comes off the bench to replace Andre Almeida for Portugal in the 46th minute. In the 64th minute Jarmaine Jones shoots a rocket into the back of the net. In the

69th minute Varela comes in for Portugal to replace Raul Meireles. Yedlin comes in for Bedoya of the USA. Jarmaine Jones is yellow carded for a late slide tackle from behind. Clint Dempsey scores from the assist from Zusi in the 81st minute. Clint Demsey comes in to replace Clint Demsey in the 87th minute and Gonzalez comes in for Zusi both for the US. In the final seconds of extra time Varela scores on the header from Ronaldo to tie it up. The US kicks off and the whistle is blown. The final score is 2-2 and each team receives 1 point.



Illustration by Lousia

New Games

By Akshay

Mario Kart 8 is now 1 month old. I had the privilege to play it early at GameStop. Later that day, I preordered the game and with my friends played it for hours. Now here is my review.

- **Gameplay:** The game play is very simple if you have played Mario Kart or Mario Kart Wii. Wii Motes are used in similar way as in the latter, while the Gamepad/Procontroller is the same as the former. Even if you haven't played either, the controls are very easy to learn.
- **Characters:** This is one of the only parts of the game that stinks. The new characters are Koopalings (Bausser's children), which are actually great, but other characters are horrible choices. For example Pink Gold Peach is a character that doesn't exist, and creates a paradox, and Baby Rosalina is the same. Also there are way too many Metal and Baby characters already.
- **Tracks:** The tracks are more creative than those in other games in the franchise. There is a candy track (like Sugar Rush from Wreck-It Ralph) an airport track, a straight-down mountain track, a waterfall track and more! These are definitely the most creative tracks in the history of Mario Kart and use the Anti-Gravity concept very well.
- **Gamemodes:** The gamemodes are also very similar to previous games with one main difference.: The Battle Modes. In previous Mario Karts, everyone was in a specially designed for battle mode arena, and each person has 3 balloons, for each one you hit you get a point. If you lose your balloons, you lose some points. In the new battle mode, you race on racetracks from the game, and your score is the number of balloons you have plus the number of balloons you have plus the number of hits. While many people hated these new ideas, I personally loved them.

FIFA, Heroes or Cheaters?

By Cecilia

The World Cup has begun! Brazil is hosting the biggest fútbol tournament in the world!

The Federation International Fútbol Association (FIFA) has celebrated this for 19 years. Many people love this event! However, people in Brazil are angry. Citizens are in poverty, yet the government has enough money to host a tournament that costs billions of dollars.

FIFA has also done something that doesn't make sense. There are two countries representing Africa, two from North America, but five from South America!

Nothing we can do now. Just my observations.

The Perfect Playground: A Playground Review *By Joy*



If you are looking for a great playground, Expo School's Treasure Island is a great place to start.

My absolute favorite thing about this park is that it's shaped perfectly for a great play time. It's a maze! Hidden inside this maze is a tunnel of tires leading to a fun tire swing and a rock climbing wall. It is also very large and great for hide and seek.

A few negative things about it are that instead of sand there are little pebbles that could hurt little kids' feet and there are no drains to drain the water with. When I went it was flooded.

Even with the few negative things about Expo's Treasure Island, I saw little kids having lots of fun and I still think that it's an awesome park and I hope you go there soon!



Expo Playground - 5 Stars

By Nika

What I liked about Expo School's Treasure Island playground was that it was a maze. It was also big so you never got bored of a couple things. I really liked that there were three different areas to play on.

Next time, I think that Treasure Island could have used sand instead of pebbles so your feet don't get hurt. Also so if you fall you wouldn't get badly injured. Also a bathroom and a drinking fountain would be nice. This is a great playground. I would give it five stars.

GO Pinky GO!

By Xander - Black Lined by Robert - Story By Staff Reporters



In a Kansas City neighborhood called Leawood the Zoning Board says Little Free Libraries don't fit a zoning regulation that prohibits structures in front yards!! The mayor ordered 30 people to take down their Little Free Libraries while the council meets to amend the zoning ordinance. The Aerobic Newspaper saw at least four Little Free Libraries on our walking coverage of our St. Paul neighborhood, and we were always happy to see them because Little Free Libraries are a sign of community spirit and so welcoming to walkers! They are a hand-built way to recycle good books and encourage reading and connection among neighbors and walkers, like us. The first little library was built by Todd Bol of Wisconsin in 2009 to honor his mother, who taught school and loved to read. There is now a Little Free Library Foundation (<http://littlefreelibrary.org>) that promotes the expansion of this great way to recycle books around the country through its motto: "Take a book, return a book." If you have an opinion about this, please tell Publisher Anne Brataas: anne@thestorylaboratory.com.



The Aerobic Newspaper 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 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, LLC (www.thestorylaboratory.com), a St. Paul science writing, curriculum development and e-learning company. Graphic Designer Paige Sandvik helped design the newspaper; Writing and Movement Editors Kip Hathaway, Tori Frecentese and Aaron Hathaway kept us creating kinetically.

Rock on to all Aerobic Newspaper Staff Writers, Illustrators, Photographers and Cartoonists!



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