

The MITYTON POST

OFFICIAL NEWSPAPER OF THE 2017 EXPLORSCHOOL REPORTERS
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OUTDOORS

All the dirt on the latest local outdoor fun!
Pages 3 & 4



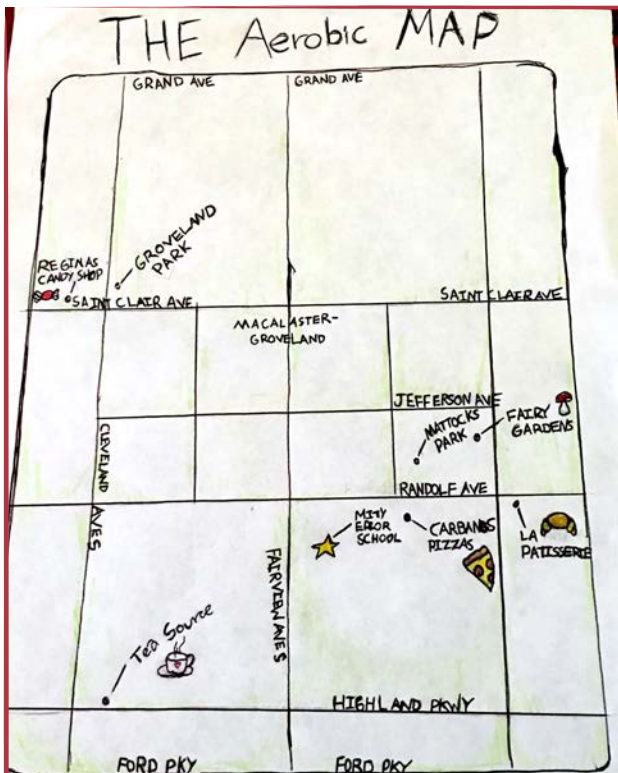
DECISIONS

Trading a birthday for a different kind of party
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TECH

How young is "too" young for a kid to have a phone?
Page 7



STEP BY STEP

Hand-drawn map by Penelope

Here at the Aerobic Newspaper we think the best way to explore the stories of our local neighborhoods is by getting out and about on our own two feet! MITYton Post artist Penelope drew a map to help orient you as you read our stories. ★

DID YOU KNOW?

4 things in 8 blocks to do in Minneapolis

By Liz, Penelope, Siri, Ria, Clara, Maggie

Here are 2 hours' of active fun in 4 field trip stops in Minneapolis that you can easily walk to within 8 blocks, departing from Minneapolis City Hall.

1. The Minneapolis Grain Exchange

Did you know Minneapolis was once the center of the world's grain trade?!

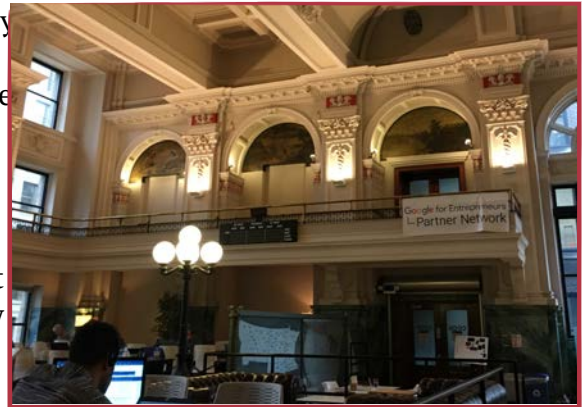
Continued on Page 2



MITY reporters examine the stock prices as frozen on the last day of the Minneapolis Grain Exchange, Dec. 19, 2008.

“Did You Know” continued from Page 1

The Grain Exchange started as a building where many people worked to exchange or trade grains. It was an important part of Minnesota’s economy. Farmers and businessmen created a way to market grain and make money hopefully for the farmer, the traders, and the big trading companies. The Minneapolis Grain Exchange ended in 2008. Now the beautiful space is a co-officing space where people and companies rent desks and share work space. The Grain Exchange is a great place to visit, filled with great history and architecture. *See picture at right.*



2. The Guthrie Theatre Did you know the Guthrie Theatre is a public park as well as a world famous theatre?!

As a public park, the Guthrie space welcomes all visitors, starting at 8 a.m.! Ride the elevator up to the 4th floor Bridge to Nowhere and see the breathtaking scenery of the Stone Arch Bridge and I-35E memorial. Use elevators on the east side of the building to get to the 9th floor Amber Box — yes, it looks like Ikea — and see more amazing vistas, including the slightly freaky feeling you might fall through the see-through floor of plexiglass. But you won’t.



3. The Mill City Museum

How many times in your life have you been able to go to a place that explodes? For us, at least once: the Mill City Museum, built on the ruins of what was once the world’s largest flour mill, the Gold Medal Flour building. In fact, the Mill City Museum was a working flour mill before it exploded! Now it is visited by thousands of schools and families each year, and has lots of hands-on activities and exhibits--from the baking test kitchen, to the Flour Tower, the water mill, a history of Betty Crocker and so much more. It is a great place to go. We reported on it in 30 minutes--but budget 2 hours to get the most out of it.

Life Imitates Art in Minneapolis City Hall

4. Minneapolis City Hall

Did you know it has a beautiful statue call Father of the Waters, honoring the Mississippi River?! It’s an awesome statue. But it was in need of updating. So we struck the pose we call “Daughters of the Waters” because we want people to know that we want to live our lives in a way that will take care of this river that is so important to our state — and to the whole country! Take care of the planet , people! ☺

PERFECT PARK

By Siri

Parks and playgrounds are a big part of what makes a good community, but you need to make sure that your local park is safe.

What makes a perfect park is a close by bathroom that is open the whole year. Also a good drinking fountain, because when you are playing hard on the park you will get thirsty and it's important to be hydrated. For the playground to be attractive it needs to have colorful paint on it. A good park also has shade so you and your kid don't get too hot. It also needs a big field so you can play tag and football while you are at the park. You have to make sure the park has fun but safe equipment that will entertain your kid. It has to be fun for a wide variety of kids. ★

PLAYGROUND PHILOSOPHER

By Clara

In the Aerobic Newspaper we have a lot of interviews. One that really stuck with us was Bill. We met Bill at Mattocks on Monday. He told us playgrounds are good for kids because it gives them a new perspective. Instead of seeing legs and feet, they can climb up and see heads and faces. He told us about Emerson, a little girl that followed him around saying "hi" over and over. He has since befriended her and she clung to his leg during the whole conversation.

On Wednesday, we had an illustrator come and we described Bill to her. Then we walked to Mattocks and showed it to him. Bill is a great storyteller and community member. ★



From top: MITYton reporters interview a city worker at Mattocks Park; "Philosopher Bill" tells MITYton reporters a good story.

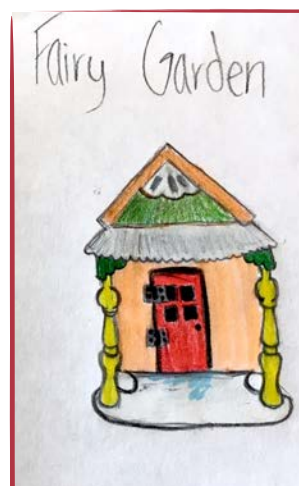
FAIRY GARDEN

by Clara

How many times have you thought about mowing your grass or worried about the dandelions and clovers taking over your perfectly green lawn? A house close to Macalester College has found a way around this: A garden. But not just any garden: a fairy garden.

The whole yard is alive with multi-colored roses. A large tree covers the garden with shade. And sheltered under the tree and surrounded by flowers are little houses, parks, pavilions and even gardens—all populated by fairies. Children stop everyday to marvel at the little Ferris wheel and fairy wishing well.

All of this is set up by one woman who takes the time to write back to all the kids who leave notes in a mailbox. She writes back on fairy stationery and thanks kids for visiting the garden and writing notes. She has redefined the community. ✨



Middle: MITYton Post journalists investivate the fairy garden. Details illustrated by Ria.

TADPOLES, WET CEMENT & BALLERINA SKIRTS

By Maggie

— What do they have in common? The fact that the Aerobic Newspaper saw sidewalk poems on each topic!

The best poem was “Wet Cement Opportunity”:

*Wet cement
opportunity.*

*It only takes a second
to change this spot forever.*

The poem was meaningful, permanent, and related to its surroundings. ✨

FAMILY DECISIONS: Go To a Wedding or a Birthday Party?

By Maggie

It was crazy and cool at the same time.

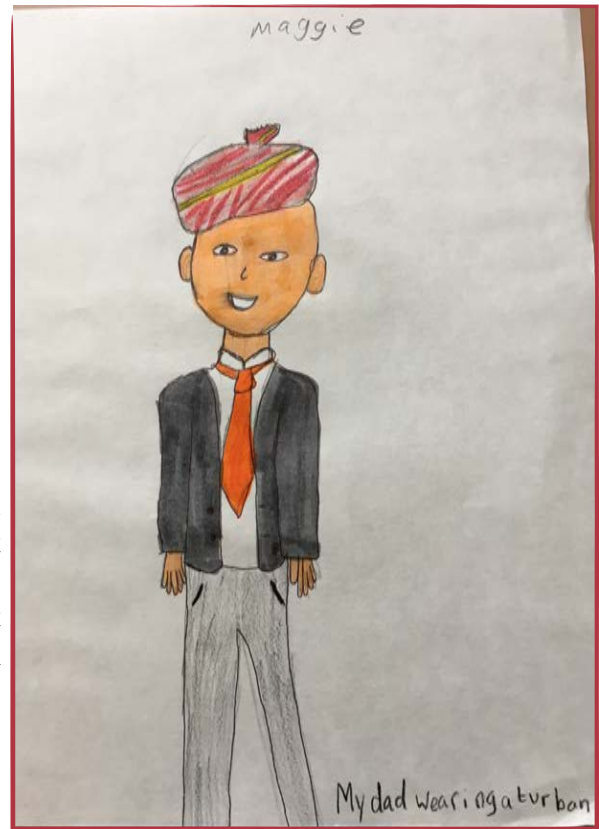
My dad's colleague, a man named Shri, invited us to his son's wedding. But not just any wedding. They were having an Indian wedding. They requested we wear traditional Indian dress. It was a year in the planning so we didn't worry.

Two weeks before the wedding Shri sent us traditional Indian dress-wear, saying we'd look beautiful. With the outfits he also sent news that we'd be dancing at the Mehndi and Sangeet ceremonies where you get henna tattoos and a few people do dances. We (my sister Abby and I) met with two girls that we would dance with named Eesha and Riya.

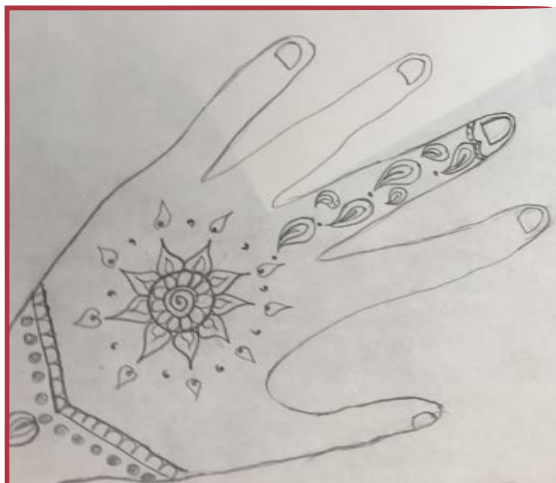
During our prep, we discovered that my friend's birthday party was on the same day as the wedding. I was so mad, but I couldn't go, because I knew how hard Shri worked on that wedding.

We were invited to the actual wedding ceremony and the reception. My dad was given a red turban-esque hat for the ceremony but he took it off for the reception. My family had a lot of fun, but many challenges and newer experiences.

If you get an invitation to an Indian wedding, always say yes! 🍀



Above: "My dad wearing a turban" by Maggie. Below: "Henna hand" by Ria





INTO THE WOODS

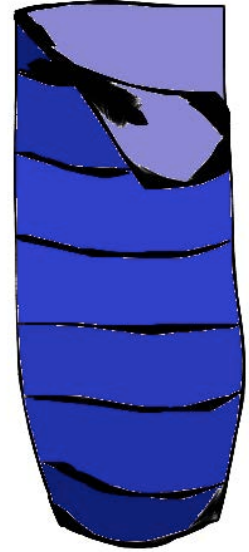
Camping tips and tricks

By Penelope

S'mores on a campfire, sleeping underneath the stars, and long hikes through the woods. These are all camping activities that you can experience, but you need to know the supplies you will need. If you want to know where to start, keep reading! *Nutella illustration by Penelope.*

Sleeping bags and sleeping pads To enjoy camping, you need a good sleeping bag and a sleeping pad. But what makes a good sleeping bag, and what are good stores?

A good sleeping bag has a zipper, it fits you, and it is insulated. A good sleeping pad is inflatable and is made of strong material. Even if the sleeping pad is strong, it can still be popped, so be careful! Some of the best brands and stores to get these from would be REI or The Northface. They have good quality merchandise that will fit your needs. If you don't already have a tent, these would be good places to get those as well.



Campfire cooking Whether you're cooking on a camping stove or over a campfire, food is an important part of camping. Here are simple recipes for delicious camping desserts.

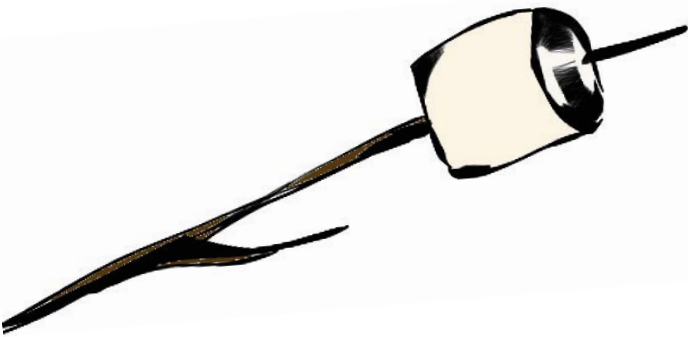
A TWIST ON S'MORES

Instead of using the original chocolate on your s'mores, try using Nutella, or even peanut butter! You will be begging for s'more s'mores!

PUDGIE PIES

Butter both sides of two slices of bread. Next, fill the middle with jam or pie filling. Wrap with tin foil, and cook on a campfire for 10 minutes or until golden brown. Let cool, and enjoy! Now you have tasty personalized pies.

I hope this was helpful! Now that you know some supplies you need, you can face the great outdoors for your first trip. I recommend a local state park. Happy camping! ☆



MOBILE MUSINGS

by Liz

In a world dominated by mobile phones, our group decided to tackle the age question: Should the minimum age to have a cell phone be 13?

“YES”

I think that younger kids should not have their own phones. They should actually be talking to people and playing outside! Even adults should have screen limits. — Clara

Yes, because I don't think you really need a phone when yo are under 13 years old. — Siri

Yes, because kids shouldn't stay up until 10 p.m. texting or gaming on their phones. That's bad for you! Also, phones emit blue light and too much might give you cancer. — Maggie

“NO”

I think that people between ages 10-13 should have a phone because those are the times when people have activities and need to contact friends/classmates for homework questions etc. They should get Screentime. — Ria

So! You've heard what we have to say. What do you think? ➡

ABSORBED IN SCREENS

by Ria

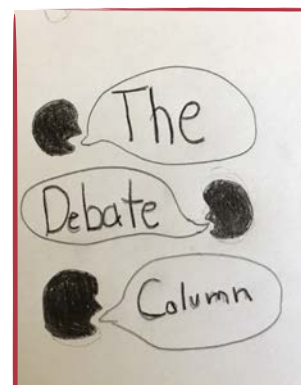
“Screentime”. One word. One app that can change a person's life forever.

Many people in this world are absorbed in their screens and don't know when to stop, but Screentime can change that. Screentime is an app that controls the amount of time you have on social media and games.

If you are a parent and decide to get your child Screentime, you have to know that you are now in control of how much time your child gets on social media and games. You can also take away and give away if they earn or lose their right to it. After a while, your child will get adapted to less time on devices and might start to spend more time outside and exercising.

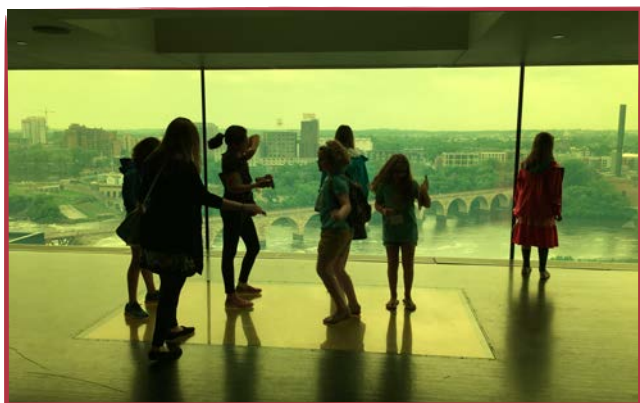
Although Screentime is a great way to lose the habit of screen addiction, it glitches sometimes, which is very frustrating for you and your child. Even though Screentime can have some bad elements, it has many more good elements.

You decide. Do you control your screen, or does your screen control you? ➡



Illustrations by
(above) Clara and
(below) Siri and Ria





MiTY MINNESOTA INSTITUTE
for Talented Youth



The Story Laboratory, LLC
Science Communications, E-Learning, Curriculum Creation

Welcome to The Aerobic Newspaper! It is a novel, project-based kinetic curriculum for kids who like to move, create, connect, collaborate, and communicate.

The Aerobic Newspaper is a new genre of curriculum. It was conceived and developed by the award-winning science communication, curriculum development and E-learning company, The Story Laboratory, based in St. Paul, Minn. The Aerobic Newspaper is designed to improve and deepen elementary-school aged kids' reading, writing, analytical and planning abilities — and their health. The Aerobic Newspaper does this by combining physical activity with story telling in words, pictures and data graphics. It also leads to mastering the rapidly evolving communication and technology skills that underlie and drive the collaborative writing, teaching and learning model of the future.

— Anne Brataas, publisher, teacher, creator of The Aerobic Newspaper,
www.aerobicnewspaper.com and www.thestorylaboratory.com

DO. MOVE. LEARN. CREATE.