



THE LEXINGTON CONCORD

Vol. 4 No. 2

March 2021

Happy Earth Day!

By Olivia W.

Earth Day promotes awareness of the environment and green living in communities. Celebrated in almost 200 countries, nearly 1 billion individuals participate in rallies, assemblies, and meetings each year.

The History

The first Earth Day was celebrated on April 22, 1970. The U.S. Senator Gaylord Nelson founded Earth Day bringing environmental issues into the public eye. The American people lined the streets of Philadelphia, Chicago, Los Angeles and many other large cities. Mayors like John Lindsay closed Fifth Avenue and other popular streets to hold big rallies.

2021 Earth Day

Earth Day's theme this year is "Restoring Our Earth". This theme challenges communities to come together and protect air, water, and land. April 22, 2021 marks the 51st anniversary of National Earth Day.



Faculty Spotlight

This month we will be finishing up our administration spotlight with Mr. Young. He graduated in 1987 from Lexington before moving onto the University of South Carolina. Mr. Young finished his education by attending Ashland University and earning a MA in Education Administration. Mr. Young is the principal and his favorite thing about being an administrator is the opportunity to have a positive impact on students every day. In his free time, he enjoys going to his kids sporting events who play for Lexington. He hopes to have more time to play golf in the future. Mr. Youngs favorite sport to watch is basketball and especially loves March Madness. Something he thought students might find interesting is that he coached varsity basketball for 18 years. His favorite food is pizza, although his favorite school lunch is not pizza. He enjoys fall in Ohio but loves summer the most. He would have a hard time choosing one class to take at Lexington due all the great classes it has to offer.

Note from the IT editor

Federal law says that schools can only use first names when referring to minors on the internet. So you will see the authors and anyone else mentioned by first name only, sorry for any confusion this might cause.



Follow us on
twitter:

[@lexconcordnews](https://twitter.com/lexconcordnews)

Click above or scan below



List of Articles

Click below to be taken directly to the page. *

Quick Tech Tip:

If you are working on a group project use your student OneDrive accounts and the whole group can work on the same file at the same time in real time.

You can access it by going to the Lexington Home page > Parents and Students > Student Email > login with your school computer login > OneDrive > create the files you need > then click share in the upper right > type in the person(s) name click share > have them check their school email (by clicking Outlook where you clicked OneDrive earlier) then you can all collaborate on the same document at the same time

Columns

Putting Fun in Stimulus.....Page 5 and 6

Cowboy Awards.....Page 11

Culture

Earth Day.....Page 1

Life

Mr. Young.....Page 1

SpringPage 10

Lex Argue.....Pages 3 and 4

Fashion.....Page 9

Spotlight On Swim and Dive.....Page 11

Being Beautiful.....12

Art & Music

Prom..... Page 8

Politics

Keystone Pipeline.....Page 7

Sports

Next Issue

[Note from the IT Editor](#)

[Quick Tech Tip](#)

* Please note, due to problems in the Microsoft Edge browser the links will not load correctly. Please use Google Chrome for the best experience.

Lex Argue

Chloe D.

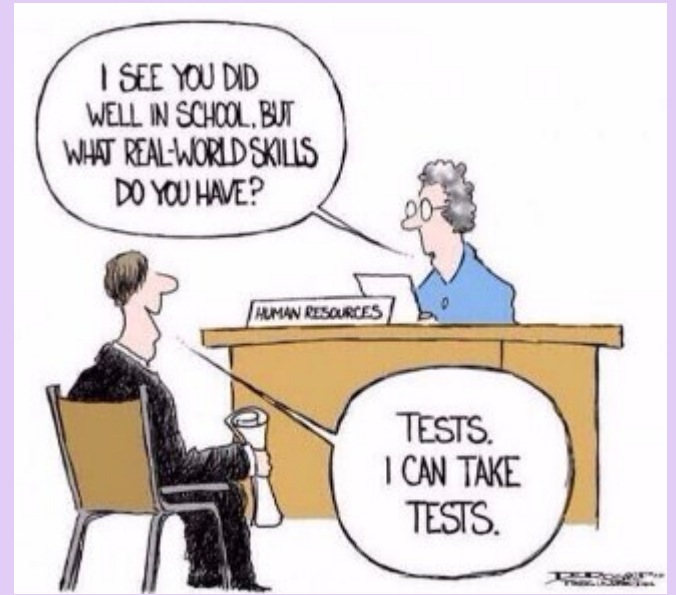
Students Speak Up: Testing and Stress Levels

Should testing (standardized, finals, typical in-class tests) become limited?

Throughout the years, testing has consumed the school week. It is not uncommon for a student to have a major test or quiz-- per class-- once a week, not to mention the other state-mandated tests adding to an already full week of testing. To some, this may not seem like a big deal. However, others feel testing as a whole contributes to the drastic increasing levels of stress students are experiencing.

Background

In 1929, the first significant statewide tests for high school students were given in Iowa. These tests were introduced by Everett Franklin Lindquist, who was an education professor at the University of Iowa. This became a widespread trend in other states in the mid to late 1930s. Standardized testing became mandatory in 1965 through the Elementary and Secondary Education Act of 1965.



Student Opinions

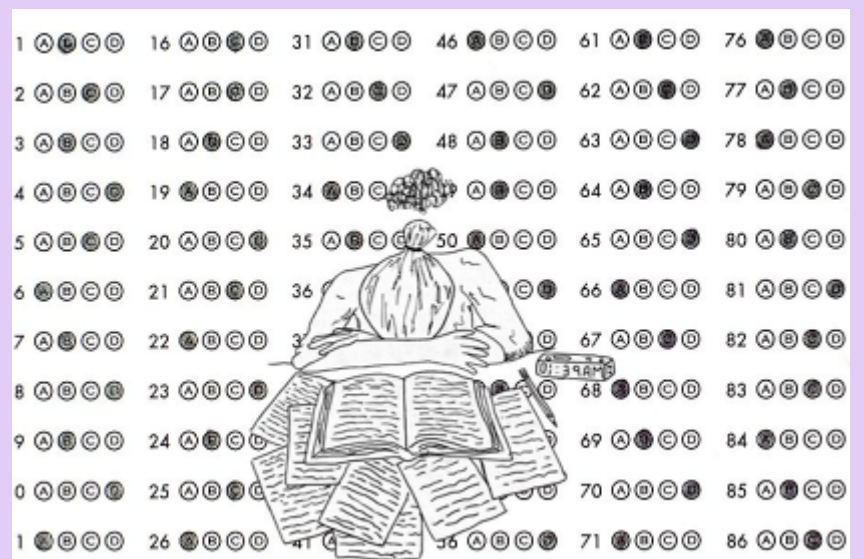
Many students argue the tests add unnecessary stress. A junior explains, "Having too many tests and things to study only adds to students' stress." another student adds, "Tests like those [standardized and finals] put lots of unneeded pressure on us. It can cause students a lot of anxiety and make mental health a lot worse than it already is." Other students argue the stress of tests can negatively affect their performances. One student stated, "Some kids, myself included, are just bad test-takers and get really bad anxiety. How is that really helping kids and teens learn? They are very stressful, which can lead to worse performances on the tests." One student argues for tests, describing, "Tests can allow teachers to see how well the students paid attention in class and this is how they are able to check your abilities." However, a sophomore student counters, "We spend too much time worrying about the tests instead of focusing on actually learning the material." Though some may argue tests are necessary in school, one student suggests that the amount of tests given are simply cut down, "I don't know how often there have been days where I will have three to four tests in a row. Not only does this affect the amount of study time, but it also affects the quality of studying I do. It's a major issue, and if the amount of tests given were merely cut in half, I would feel a lot less stress and be more prepared.

Results

150 students and teachers were interviewed throughout the county. A whopping **99%** of the interviewees voted that testing should be limited, while only a mere **1%** voted testing should remain as is.

Video Links for More Information:

<https://youtu.be/YtE00sRWeYI> <https://youtu.be/woVtj8GH678> <https://youtu.be/rlArEdgnYKA>



Lex Argues, cont...

Are Student Stress Levels Rising?

School. Homework. Extracurriculars. Sports. Chores. Maintaining good grades. Friends. Family. Self-care. 9 hours of sleep. Eating. Jobs. Planning for the future. Relationships. Social Media. All of these things and more are expected daily from the average high school student. Could this constant pressure to be involved and present be causing student stress levels to rise?

Background

The COVID-19 pandemic has greatly impacted stress and anxiety levels. A recent study done in October of 2020 by the Anxiety and Depression Association of America shows that 80% of students feel stressed.



Student Opinions

Some may argue that stress is simply a byproduct of the average high school experience. However, others argue that there has been a recent increase in stress and anxiety in students. One student explains, "There are hours of homework on a typical school night with no regard or concern for mental health." A freshman describes, "The stress level is rising because the amount of pressure being put on top of us is rising as well." Many students are concerned with the current state of the world and education. "The state of the world and the way teachers are handing out homework has not helped my nerves." Another depicts, "the world is a crazy place and it's quite challenging to learn at our 'normal' pace." While most argue school is stressful, one student explains "I think stress levels are only rising because of COVID. Once everyone is mostly vaccinated, the level of stress will decrease majorly." However, one student counters with, "All the homework, classwork, tests, extracurriculars, and sports we currently have will only increase after COVID cases decline, thus our stress levels will rise even more than they already have."

Results

150 students and teachers from the surrounding area were interviewed. **97%** of people said stress levels were rising, while **3%** said the level of stress was not.

More Information and Resources:

Coping with stress: <https://www.cdc.gov/violenceprevention/about/copingwith-stresstips.html>

Students speak about stress: <https://youtu.be/FhG-VoRtkKY>

<https://youtu.be/dbic3JCX1jo>

<https://youtu.be/69MLx9m1ctQ>

Negative effects of stress: <https://youtu.be/WuyPuH9ojCE>

<https://youtu.be/KnHeX6fZBW4>

The relationship between stress and memory: <https://youtu.be/hyg71cU4g8E>

Stress from a scientific standpoint: CrashCourse <https://youtu.be/4KbSRXP0wik>



Put the Fun in Stimulus

Throughout the past few months, COVID-19 has had a huge impact on our lives, affecting them in ways we would never think of. Many have suffered the loss of jobs, forced to stay home due to the spread of the illness. Due to the suffering of the pandemic, we were offered a helping hand: Stimulus money. This money has been used for many things over the course of the last year. It was used for food, bills, or even for small little things. It's helped many get through these troubling times. But exactly how has it helped? With many being stuck at home and not able to do much, some ideas to help brighten your mood and give you a positive side to this disease is to buy some new cool products. It may seem silly and almost wasteful of money, but toys and products are a way that helps bring happiness and joy. Some of these products can include interesting musical instruments, wacky decorations and just pure crazy objects, but these objects are the best ones to put money towards:

1. Mberry Miracle Fruit Tablets

These small circular tablets may look rather suspicious, but once put to use, these tablets can change your entire view of food. Originally used as a taste-modifier, these berry tablets can switch your taste buds to become all sorts of confused. Making lemons taste like lemonade and apples to taste like candy, these tablets are a fun treat to experiment with and give your quarantine food a whole new flavor



2. The Yodeling Pickle



Want a way to annoy those in the house with you? Me too! With the yodeling pickle you'll be able to annoy whoever you want with such an unsuspecting item. One push of a button and the whole room will be filled with the best, most beautiful singing you've ever heard.

3. LightSaber Chopsticks

If you're a fan of Star Wars, you'll definitely get a kick out of these. With the light-up LightSaber chopsticks, not only can you protect the galaxy but also can eat all the food you want with them. They're great for all the dedicated fans to have, and trust me, nobody will be around you to judge! Even if you despise using chopsticks, these little things can be great for, not only, Barbie sword fights but even for just decoration.



4. Useless Box

Are you bored and just want SOMETHING to do that does not require much effort? Well, if you are easily entertained like me, you'll enjoy the Useless Box! It does absolutely nothing, or at least that's what you're led on to believe. But, what if it did exactly do something? With the flick of a switch, this box will keep you entertained for days with its many secrets that it holds within. Just one delivery later and you'll find out what exactly this thing does and what all it holds within.



5. Otamatone

You may be asking about what this weird note creature truly is. Well, this weird creature is an Otamatone. Otamatones are note looking musical instruments that make the best tunes and songs in all of the music industry. With its funky shape and cute face, this creature will keep you playing the top 10 songs such as "Mary Had a Little Lamb" and "Twinkle Twinkle Little Star". In order to use the musical instrument though, it is an easy thing as all one must do is simply squeeze the mouth of the Otamatone open and slide their finger across the note board on its tail. With those two simple steps, you are set for days and your musical career path is on its way to making it big.



6. Dwight Schrute Pillow Case

If you are a fan of *The Office*, this is a must have decoration you will fall in love with. With its beautiful sequins pattern, this pillow goes great with any room theme. Sitting at 16 by 16 inches, this Dwight colored case is a comfortable decorative fun item that will make you smile everyday as you see it. Its glow and shine of the sequins also helps to give your room a pop of color and definitely brings great attention to it as the stunning face of Dwight Schrute is front and center of the pillow.



7. Mini Drone



Have you ever wanted a drone before but it was too much to buy? Don't worry, with the mini drone you'll be able to accomplish that dream. Although it may not be able to fly you around like some superhero, it surely will help you explore the skies in a mini way. With a small controller, this little thing will be soaring so high you won't be able to tell if its a bird or not. Though, there is not guaranteed as to whether or not it will work, but there is a guaranteed that this thing will fill your day with sky high happiness.

8. Dinosaur Costume

Almost everyone has seen Jurassic Park and loves the movie, but, what if the roles in the movie were switched? With this fantastic costume, you are easily one step closer to becoming the dinosaur you've always wanted to be. Coming in many different sizes and styles, this dinosaur costume is not only the perfect way to avoid people, but also a good way to light up someone's day just like the meteors did to the dinosaurs. With one click and order away, you too can become an amazing dinosaur just like this beautiful creature in the picture.



9. Crazy Forts



This wacky little toy may seem childish and just for kids, but I assure you it is more than you think. With this crazy kit, the possibilities of creation are unlimited. You can create a castle, a house, or even somehow make a rocketship out of these fun little sticks. All it requires is blankets and that's it! No more using makeshift weights to keep your forts from collapsing or rearranging the living room to fit your fort. Now you can build around the house with this mini house creator. So snap and click with those sticks and soon you'll have a cool mansion fort... just make sure you're small enough to fit into it before buying.

10. Dehydrated Water

Feeling thirsty? Maybe you need some dehydrated water! This delightful drink gives you all the oxygen you will ever need. Stuck in a close space and feeling lightheaded? Drink some dehydrated water to get your senses back! This miracle and magical drink will help you with all your daily needs, and the cup looks pretty cool as well. This drink will spice up your quarantine adventure with some nice fresh dehydrated water to fill up on, and with a low sodium count in this can, it will align perfectly with your diet.



There are many different items that help to bring joy to many during these tough times, and you can find a whole bunch of items online. But, these items shown are the ones that stuck out the most as they seemed the most interesting and affordable ones to select from. So, even if you decide to spend your stimulus money on something else, there is always a chance you can pick up one of these bad boys to help give your quarantine experience some spice to it. Don't hesitate to spend that money on something that will make you happy... unless you spend all of the money.

The Keystone XL Pipeline and its Consequences

By Thomas S

The Keystone XL oil pipeline has been a subject of debate for seven years, sparking controversy from both the right and the left side of the political spectrum. Almost all of it has been centered around its impact on the ever-worsening climate. Essentially, the pipeline transfers tar sands (a sticky type of petroleum that can be converted into fuel) from Alberta, Canada to various parts of the U.S. for refinement. According to the National Resources Defense Council, or the NRDC Inc., it can transport 830k barrels of oil per day from Canada to the U.S., which is incredibly efficient. Pipelines such as these create a large amount of jobs during their construction, and make oil transportation extremely fast and relatively cheap.

However, this pipeline comes with a cost. Since tar sands oil is extremely thick and corrosive, it is likely that it could cause a pipeline to leak. In fact, this pipeline has already leaked more than a dozen times, and most recently on October 19, 2019. The Keystone pipeline was shut down after a



378,000 gallon spill occurred in South Dakota. Tar sands oil spills are harder to detect and clean, making them very risky to transport. When it leaks into rivers, streams, and other wetland environments, it's completely devastating to the animals that live there, posing yet another threat. Actually, it's possible that it could leak into aquifers which provide water for millions of people. As if this wasn't scary enough, the actual tar sands oil mines destroy vast amounts of land, pollute all environments around them, and threaten the lives of First Nation people who live near the dig sites. In addition, it is 3-4 times more harmful to the environment overall than regular crude oil.

Following his first week in office, President Biden shutdown of the XL pipeline. Biden has received written pushback from at least six states, warning him not to "overstep his bounds" when it comes to climate change legislation. However, some of the biggest energy production states did not sign the letter, like Oklahoma, North Dakota, Wyoming, and Kentucky. While Texas senator Ted Cruz claims that Biden has simply destroyed 11,000 jobs, it is a necessary economic price to pay for environmental safety. States such as Texas, Arizona, Alaska, and others rely heavily upon oil drilling and refining to power their economies. This makes moving towards sustainable energy nearly impossible for them. However, according to "green energy" advocates such as Amazon, jobs in and around renewable energy are higher paying and much more sustainable. Since the start of the pandemic, Amazon has increased their global workforce by 400,000 to nearly one million. When compared to the 83,000 people employed in gas and oil extraction as of November 2020, this seems like a much more logical, and safer, choice of career.



Preserving and nurturing the environment is necessary, now more than ever. Pipelines like Keystone XL have many more downsides than positive effects, and at some point America needs to begin prioritizing the environment over the economy. While the world may never be entirely independent of fossil fuels, we as a global community can take action against the drilling and use of oil. The fossil fuel industry is the largest contributor to climate change and destruction of nature on Earth, and it must be stopped.

Junior and Senior Prom 2021: Details and Interview with Prom Committee Member Emma H.

By Ariella W.

An exceptionally out-of-the-ordinary year, during 2020, we had to forgo many of our usual activities which would normally be considered highlights of the year. From going to sporting events, to not being able to meet at school in person. Everyone had to give up something during this past year. One of these things was the Junior and Senior Prom. However, the Prom Committee was overjoyed to announce on March 11, 2021, that this year Lexington will be holding a Prom. It will be adapted to allow for a safe and fun experience for everyone! It will be held on Saturday, May 15th, at the Mid-Ohio Conference Center in Mansfield. There are two student leaders of the prom committee, Sohpie L. and Emma H. Emma was gracious enough to give out some more exclusive details in an interview. Many students have been wondering about Prom, and what a COVID-19 friendly Prom would look like. Making sure that everyone is safe is the Prom Committees first priority, and they are doing everything in their power to ensure that the regulations and guidelines for gatherings are being met. That being said, they also want to ensure that students attending the Prom are having an enjoyable evening, celebrating the positives of this past year rather than only mourning the negatives. Although exact details of Prom are a little nebulous right now, the Prom Committee plans on having many decorative sets for pictures. Along with the "selfie-stops" which will allow friends and couples to take photos together, they plan on setting up some COVID-friendly games that the Prom attendees will be able to participate in. As of right now, the Prom Committee is unsure if people will be able to dance. Although without dancing, this year's Prom will certainly be different from precursory Proms, the Prom Committee has been working on being able to dance. Along with the indefinite regulations with dancing, there are also some uncertainties as to whether or not underclassmen and students from different schools will be allowed this year. The current maximum number of people that can be held in the Mid-Ohio Conference Center in accordance to COVID-19 safety regulations is 372 people. With the Junior class size being about 212, and the Senior's being about 187, students looking forward to going to Prom should make sure that they get tickets as soon as they are available. In an average year, tickets for Prom are free, as the Prom Committee tries to keep things under budget so that the students of LHS can have an enjoyable evening without having to pay to get in. According to Emma, in the off chance that they would have to charge for tickets, it should be only about \$5 to \$10 per person. While there is not a set dress code, the recommended wear is formal wear for both guys and girls, typically being longer dresses or suits. Since none of the Juniors or Seniors this year have been to a Prom before, excluding those who went as underclassman.



As many of you may have heard over the announcements, the Prom Committee is asking for pictures of the good memories over this last year. The reason for this being, since Prom is one of the last major events of this school year, they want us to focus on the positives and truly make Prom a happy, cheerful time for everyone. If you do send in pictures, the Prom Committee plans on incorporating them into the decorations, so that the Prom is filled with the little memories and joyful moments of the students that make the Prom such an important event. For any students interested in helping set up for the Prom, or even donate, you do not have to be a part of the Prom Committee in order to volunteer, nor do you need to be a Junior or Senior. To volunteer to help out, students can talk to Mrs. Bigley, the teacher supervisor for the Prom Committee. Along with Mrs. B., students can talk to Sophia L. or Emma H, the two student leaders of the Prom Committee. Any help would be much appreciated, and it would be a fun and community-building experience as well! With all the work spent to make this Prom an exceptional one, even through the twists and turns of the pandemic, it promises to be a fun and exciting occasion! With this being such an abnormal school year, many students are looking for ways to end the year on a high note. Thankfully, although the Prom will not be exactly as it has been in previous years, the Junior and Senior Prom this year will be a way to remember the good times of this past year.

New Fashion Trends

By: Kailee R.

Why Fashion?

Fashion tends to be something anyone can talk about. It's how a person expresses themselves. Now looking at how someone dresses may not be important to some people, but to others it's an outlet. People express themselves through many different ways whether that's art, music, or even fashion.

What's New?



Some new pieces we are going to see are blazers. Blazers have been everywhere lately. Blazers are a unisex fashion piece, therefore, anyone can wear them. You can wear a blazer with almost anything. You can add it to a casual outfit like adding a beige or black blazer to a plain white shirt and a pair of jeans. Or, you can even add a more exciting color like a blue or purple or even a patterned blazer. You can also go for a more professional outfit and throw on a pair of pleated pants with a matching blazer and have a more formal top to go with it.

Another thing that's in are pearls. Pairing a pair of simple pearls with any outfit adds uniqueness to a simple outfit. A pearl necklace is also a unisex item. Adding it to an outfit with a white t-shirt and jeans or any pants adds a bit of a statement to the outfit.

A statement outfit is a simple outfit that is a matching set. Wearing a matching shirt and a pair of pants that are pleated, denim, or cotton, would be a great pairing. It also makes some appear more put together. Now if just a plain matching outfit is too boring, to add a touch of a little uniqueness would be to add a statement piece whether it's a jacket, a patterned shoe, a bold jewelry piece or a haate.



And lastly is patchwork denim. You can add this to any outfit to make the outfit something outgoing or a statement. This would bring a little life to the outfit and a fun touch to the overall look.

Repeat History



Something that is getting brought back are wide legged pants. Giving a 70's sort of feel to an outfit this can make the outfit more exuberant. Adding that little piece of fabric to that basic pair of pants makes a small but huge statement. It will pull all the pieces together. With these pants you want to make sure you don't wear too many statement pieces otherwise it won't look put together. The eye would be drawn to the pants.

Another fashion trend being brought back are standout collars. Whether you're putting a collared shirt under a crew neck or wear a Peter Pan collar under a dress or tank top adds flair to any outfit, making it stand out.

Fun Things To Do In Spring

By Darcie R.

With longer days and warmer weather approaching there is an opportunity to try many new things. Spring symbolizes change, and this spring you can learn many new things. This spring spend time getting to know yourself better and making stronger relationships.



The snow has melted away so that means golf courses are opening. Golf has many benefits, both physical and mental. It is low impact and fun. It is also a great opportunity to meet more people. High school senior, Devon R. explains, "I love golf, you get to spend time outside and learn an awesome skill". Golf is a skill that once learned, one can build on it for the rest of their life.



Another fun thing is gardening. It is just about warm enough to start planting flowers. Make a mental plan on how the area should look and then achieve it. When planting flowers and other flora a great question to ask is what type you want to plant. Annuals last one growing season, meaning you have to replant them each year, and perennials last more than one growing season, meaning you can plant them

one year and they last for many. Some native perennials in Ohio include goldenrod, white wood aster, ox-eye sunflower, wild lupine, and many others. Depending on the time it takes for plants to germinate, it also is a great time to start growing vegetables and herbs from seed in order to prepare for a garden.

Ohio is a great state to go birding in, and as spring comes: so do the birds. There are over 400 bird species in Ohio meaning there is a lot of diversity. A great place to go to see some birds is the Ohio Bird Sanctuary, which is located just 15 minutes away from Lexington High School. The Ohio Bird Sanctuary allows the opportunity to see many unique birds. Although it is fun to go somewhere to see birds, one can witness the miracle of birds from their own window. Try and learn some bird names and identify them when you see them.



There are many other fun skills to learn this spring. Most importantly remember to not be afraid to try something that you are afraid of because you might end up loving it. Make this spring the best yet.

Spotlight On:

Like the phoenix rises from the ashes the Student of the Month recognition has been resurrected. Each Academic Department will nominate one Freshman, one Sophomore, one Junior and one Senior. These students will receive a treat from the school and recognition in the cafeteria. Each department will develop its own criteria to choose it's four nominees. This months nominees are:

Health—Ellie R., David M., Madison C., and Carter W.

Science—James P., Anna B., Claire V., and Teddy T.

Social Studies—Jacob H., Chloe D., Brandon S., and Jonathan F.

Math—Harrison H., Lexia B., Rachel M., Gavin D., Ashley M., Raine W., and Michael M.

English—Reese N., Kendra T., Sam P., and Anna M.

Art—Abby H., Owen S., Ava Swanson, and Caroline Schlorb

World Language—Jenna L., Conner M., Megan C., and Joanna H.



Cowboy Awards

Jacob H.— Politeness and courtesy is a big part of cowboy life.

Jonathan F—lead a project to bring happiness to all.

Alaina K.—Selfless acts of kindness to all animals.

