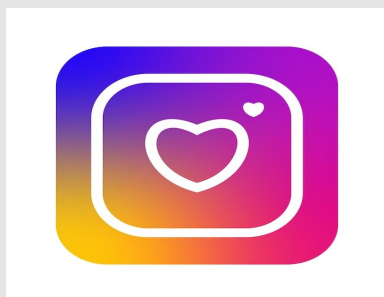


# THE LEXINGTON CONCORD



Vol. 6 No. 3

March 2025

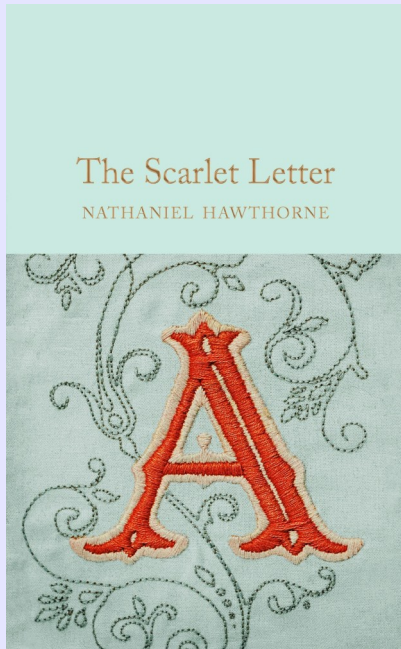


Follow us on  
Instagram:

[@lexconcordnews](https://www.instagram.com/lexconcordnews)

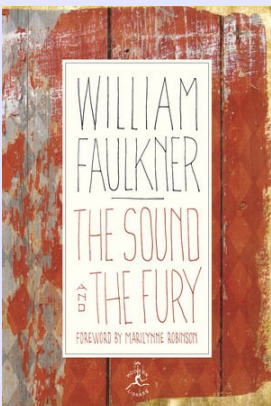
# Looking Through a Lens: The Phoenix Book Club

By: Emily W.

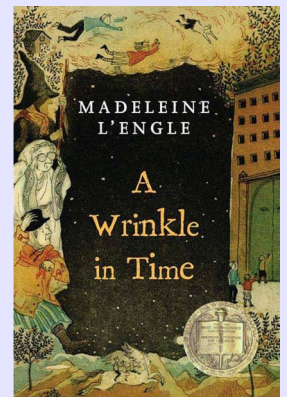


Lexington High School recently started a book club for students interested in reading literature and participating in discussions with their fellow peers. Members of the club meet once every two weeks and they aim to read one book a month. The club is named the Phoenix Book Club because members are resurrecting classic American literature. The club has been meeting for roughly nine weeks and they have completed discussions on three books. They have read *The Sun Also Rises*, *The Scarlet Letter* and *The Sound and the Fury*.

Currently, they are reading *A Wrinkle in Time*, and planning on meeting soon to discuss the book. At their meetings, they talk about their opinions and discuss the plot as well as the characters. Current member Lincoln R. says, "It's a memorable experience for me." He enjoys spending time with his friends and having a good time at the meetings. Reading the books gives Lincoln something to do in his free time and is fun for him because he loves reading. The club provides students that are passionate about reading with an opportunity to connect with others that also enjoy reading. Avid member, Ellie H. says, "I like the conversations that we have, they are about life in general and we debate about things." While conversations occasionally go off topic, the club still can regroup and talk seriously about the books. If you are looking for a club with a friendly environment, positive peers and countless opportunities, check out the Phoenix Book Club at Lexington High School. There are members from all grade levels.



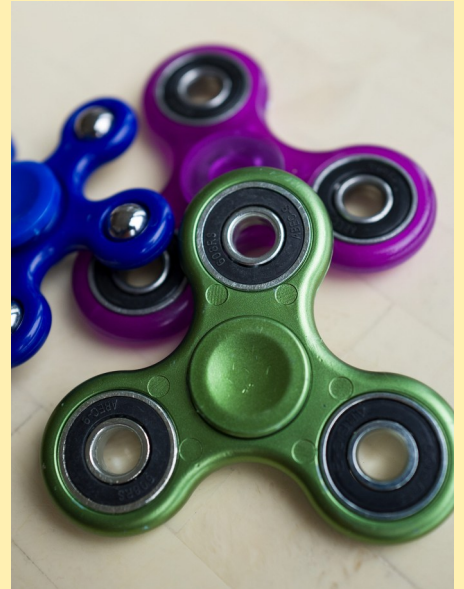
Advisor, Mr. Kathrein would love new members seeking to enjoy classic American literature.



# Coping Skills

By: Rayden H. and Aires V.

Having effective coping skills are a great way to manage any type of situation whether that be stress, anger, sadness, grief, or anything else. Coping skills look different for everybody. Whether by taking deep breaths, fiddling with a fidget, or counting.



Have you ever felt like your emotions are hard to control? Like no matter how much you repeatedly read over the same coping skills it never works for you? Perhaps this is because you just haven't found the right coping skills for you. Even though taking deep breaths is a common coping skill that people use, it doesn't necessarily mean that it's the skill you should use. Popits and Fidget Spinners are common things people use and sometimes they don't even realize it. Although it may just seem like a fun fidget to mess with when you're bored, it also stimulates your brain to calm down and relax. A few other relaxing fidgets may include clickers, slime, squishies, and textured blocks or stones.



## Coping, cont....

Bullying is a big issue in schools, most of the time people think of bullying as someone hitting someone and yelling insults at them but there are other forms of it. Oftentimes it's done by rumors, people spreading lies just for entertainment. In other possible occasions it's verbal harassment, teasing, constantly bothering someone even to the event of standing with their friends and their friends all saying stuff. Bystanders don't always step in to help either, sometimes they can't spot an act of bullying in the moment and feel later it's too late to do anything.



If you need help with anything related to trauma you can contact a counselor or a teacher. They can help direct you to the right people to help you not only cope with issue, but they can help you in many other ways. Everybody needs to find a healthy way to deal with stress and anxiety.

# St. Patrick's Day

By: Addison V.



St. Patrick's Day is a national holiday, most well known for green garments, lucky charms, and backyard hunts for four leaf clovers. This lucky holiday originates from the legacy of Saint Patrick, the Patron Saint of Ireland also known as the "Irish Apostle." Patrick was originally born in Roman Britain but was kidnapped by mercenaries and taken to Ireland. While he was eventually freed and went back home to Britain, Patrick later returned to Ireland. In his return, he converted the country to Christianity as well as promoted law and literacy. He was a beloved missionary, and he was declared a patron saint after his death in the fifth century. The holiday, which is religiously observed in Ireland, takes place annually on March 17th, the anniversary of Patrick's passing. Mass immigration of Irish Catholics following the Irish Potato Famine brought the holiday to the United States.



The holiday is usually symbolized by four leaf clovers and leprechauns searching for the pot of gold just beyond the rainbow. It is celebrated in many different ways. Many Christians observe the day with religious practices such as prayer and feasting. Catholics will often attend daily mass and give Irish blessings to pay homage. Cities participate in fun filled activities, like large fun runs or walk-a-thons in major cities. Certain cities go as far as to dye major waterways green. In Ireland, the day is seen with many parades and festivals usually featuring performances by Irish step dancers. Patrons will oftentimes feast on certain foods including corned beef and cabbage or practice a day of sobriety to honor the late saint. How can you incorporate celebrations of this great day into your life? A popular way in America is by wearing various shades of the color green, some might even pinch people that don't. You might also dye your beverages and foods green or listen to Irish music. Children enjoy making crafts or setting traps to catch leprechauns on their prowl for gold. It is a day for rejoicing in the luck of life.



# Native American Culture

By: Breah R.



There are many indigenous groups throughout America, and each tribe has many different aspects of their culture. As most people know, Native Americans are very primitive people who live off the land. Natives believe in a connection with the earth, and that humans don't own land and it's not ours to possess.

One of the most known indigenous groups are the Cherokee. The Cherokee are located mainly in the Southeastern woodland states such as Alabama, Georgia, North Carolina, Tennessee, and Kentucky. After the passage of the Indian Removal Act, better known as the Trail of Tears most Cherokee are now found in Oklahoma. The Cherokee are the largest indigenous group in the United States. Cherokee believe in the Great Spirit Unetlanvhi, who is present over all things and created the Earth.

Another well known indigenous group are the Navajo. They are originally from the Southwestern states such as Utah, Arizona, and New Mexico. They are actually known for their handmade rugs and silversmith work. The Navajo "Code Talkers" helped the United States defeat Japan during World War Two. The Navajo are one of the biggest native groups to still



have reservations. Navajo believe in Navajo Yeibichai, who is a main deity. Yeibichai is said to be a compassionate and strong advocate for mankind.



The Sioux is also a widely known native group, who originate from the Great Plains. The Sioux are actually a First Nations tribe in America. The Sioux are mostly known for their hunting skills, warrior culture, and nomadic lifestyle. Since the Sioux lived in the Great Plains they were no-

nomadic because they had to follow the bison for food and clothes. Sioux believe in the Great Spirit Wakan Tanka who is a supreme deity who created life.

Lastly, another well known tribe is the Choctaw. The Choctaw are originally from the Southeastern woodlands like the Cherokee, mostly residing in Mississippi and Alabama. The Choctaw are commonly known for their fierce warriors, excellent farmers, and skilled traders. Choctaw believed in The Creator Hashtali who is a supreme being in Choctaw mythology and is responsible for the creation of the Earth, sky, and all living creatures.





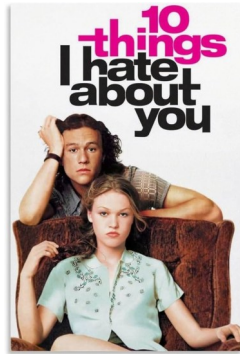
# Movie Suggestions

By Emily N.



## Romance:

- The Phantom of the Opera
- 13 Going on 30
- 27 Dresses
- 10 Things I Hate About You
- Titanic
- La La Land
- Pride and Prejudice
- The Notebook

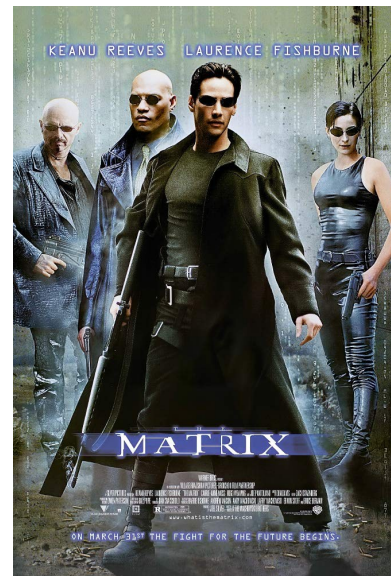


## Comedy:

- Grown Ups
- Happy Gilmore
- White Chicks
- Dodgeball
- Pixels
- Dumb and Dumber
- Step Brothers
- Major Pain

## Action:

- Mad Max
- John Wick
- Blade
- Terminator
- Marvel Movies
- DC Movies
- The Lord of the Rings
- The Matrix



## Horror:

- Psycho
- A Nightmare on Elm Street
- Scream
- Heart Eyes
- Nosferatu
- Jennifer's Body
- Young Frankenstein
- The Blair Witch Project



# 10 Easy Crafts to do at Home

By: Emily N.

1. **Paper Rings** Materials - Paper, markers or pens  
(If you want to decorate the ring!)

2. **Paper Stars** Materials - Paper (Colored paper if you want!), String (if you want to make a garland)

3. **Stickers** Materials - Paper, colored pencils or any coloring tool, clear tape, parchment paper, and a cool design

4. **Mixed collage** Materials - Paper, glue, any coloring tool, and any paper/pictures or “trash” you can use

5. **Paper flowers** Materials - Paper, glue, and pipe cleaners (if you want to add more to it)

6. **Cardboard projects** (such as a cardboard sun, etc.)  
Materials - Cardboard, glue, and your coloring tool  
choice

7. **Felt projects** (for example an animal) Materials - Felt, buttons, needle and thread, glue (if needed), stuffing, or any cloth materials you’d like to use, and beads (if you want to sew onto the felt or cloth)

8. **Paint rocks** Materials - Rocks and paint

9. **Book marks** Materials - Paper, any color tools, hole puncher, and ribbon

10. **Keychains** Materials - Keychain clasp, Shrinky Dink paper, beads/charms, and air dry clay (if you want to make your own charms)





# Top Food Trends for the Month of March

By: Owen G.



Trends of all kinds are constantly changing. One moment, everyone might be wearing this new brand of shoes, and the next, they'll be on to a new kind of hair band. Whatever it is, the "cool" new thing isn't always the same. The same can be said about food. Here are some of the top trending food items for the month of March.

The flavor of fruits have always been popular, and that still holds true. One of the top charting foods is chocolate and strawberry flavored ice cream. This blend of sweet chocolate and fresh strawberries is enough to make anyone's mouth water, even if it's cold enough to find ice outside of the bowl. Ben & Jerry's is one of the brands that capitalizes on this delectable flavor combo with its Chocolate Covered Strawberry flavored ice cream.

Another top food trend is that of sherbet flavored energy drinks. Celsius is one such brand that has utilized this flavor to give its drinkers that sweet taste with the added benefit of being energized. With a variety of different sherbet flavors, there will always be a way to find the drink that reminds you of eating sherbet on a nice, hot day.

A food that has been taking the internet by storm is that of the custard dessert collection that involves cartoonish characters. The Japanese brands of Sanrio and Pastel worked together to bring customers a beloved dog character that they can eat with their custard. This dessert combines both aesthetic and deliciousness when it comes to this creation.

Candy brands have also been seeing an uptick in popularity, especially with Kit-Kat's new cotton candy flavor. This flavor has been on such high demand that it's even making an appearance at the well beloved Costco. The chocolate is a light, pastel blue, and its signature wafer insides has hints of that memorable cotton candy flavor. Both the design and taste brings about memories of fairs and carnivals alike.

Lastly, one of the highest rated food trends is that of another drink. This time, it's one that you could even find at your local Starbucks. Peach cafe drinks with hints of floral



flavors have been loved by many. One of the most anticipated flavors coming to Starbucks is the Japan Sakura Frappuccino. This drink provides that peach flavor that many adore, along with a calm floral flavor that makes you think of springtime.

All of these trends bring about an uplifting quality that makes you happy whenever you indulge yourself in their flavors. And like all trends, these foods will soon be replaced with other interesting and loved flavor profiles that may or may not surprise people.



# Astrology for the Month of March

By: Sol H.

One major astrological event that will take place this month is a total lunar eclipse on March 14th. If weather and the clearness of the sky permit it, this month's lunar eclipse will be visible and fully eclipsed across the U.S for 67 minutes, according to the farmer's almanac. There will be a solar eclipse in Aries on March 29th as well.



Beginning March 1st, Venus will enter retrograde. It begins the retrograde motion in Aries on March 1st, then moving into Pisces later on March 27th. The period of retrograde is thought to spark a focus in navigating relationships, whether they be past or present, as Venus is known as the planet of love and relationships.

Mercury will retrograde in March as well, from the 15th to April 7th, re-entering Pisces. It is believed to be a time for emotional and intuitive communication, and is thought to be a great time for creative endeavors such as creative writing, art, or spiritual activities. However, it is thought that miscommunications and confusion may be caused from this as well, but this can be avoided with reconnecting with past relationships and reviewing old projects and emotional reflection.

All in all, astrological wise, March is thought to be a month of emotional depth, with the Piscean energy beginning this month, as well as shifting astrological energy, as the month will shift from Pisces to Aries, which may change moods from dreamy or imaginative to action-oriented and driven. New starts are expected for this month.



# The Chinese Dragon Legend

By: Rayden H. and Aires V.

The Chinese dragon is probably something most people have seen at least once, whether it was in a movie, anime, but what does it mean? There is more to the Chinese dragon than just a pretty or colorful design.



In Chinese culture there resides nine types of dragons, “The nine types of Chinese dragons are Bixi, Qiuniu, Yazhi, Chaofeng, Pulao, Chiwen, Bi’an, Suanni, and Fuxi.”

The legend of the Chinese dragon originated from the snake. This is easily noticeable due to the Chinese dragon’s slender snake-like body. Unlike some myths, the legend of the Chinese dragon always foresees the dragon as a snake-like creature, often with the legs of a bird, and the ability to fly despite having no wings. In Chinese belief, the winged dragon was the ancestor of all nine of the other dragons. This dragon’s name was Yinglong

There was also a horned dragon, a green dragon, the coiling dragon, the underworld dragon, the treasure dragon, the cloud dragon, and the king dragon. Of all of the dragons the most wise and powerful of all of the dragons is the king dragon of whom can shapeshift into any form. This dragon can even transform into human forms. The Chinese dragons have many mysteries and beautiful qualities and a magical past to go along with it.

