

DECEMBER 20, 2021

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Many juniors started for the first time during the tournament

THE BOYS (ARE ALMOST) BACK

The Boys Basketball team competed in a tournament on Dec. 9-10 with most of their players benched

IT'S JUNIOR SEASON?

SUMMER KIPP

TEAM LEADERS

The non-official captains of the team share their views on the tournament days



I FEEL LIKE this year will be different than the past we have a shot at playoffs this year and we have a really selfless group of guys that can make a state championship run.

EMMETT HILL



I FELT THE need to get them together and I think I'm the only one who has had varsity minutes in the past so I felt the need to bring everyone together and build up their confidence.

PATTY BERGKAMP

A LOADED BENCH

The players who are hurt or quarantined due to a covid outbreak on the team

PLAYERS 3 INJURED & 4 PLAYERS QUARANTINED

SPENCER BLACKETER

DISLOCATED **KNEECAP**
RETURN:
HOPEFULLY JAN. 08

EMMETT HILL

TORE HIS **ACL & MCL**
RETURN:
STARTED PRACTICING ON DEC. 13

BEN SLICKER

STRESS FRACTURED **FOOT**
RETURN:
4-6 WEEKS



ALEXANDER

WILL ALEXANDER
STARTING FORWARD

I WAS NERVOUS as it was my first varsity game, but most of us juniors played on RSA basketball team together before and during summer league so we already know how each other play.



SUFI

HASSAN SUFI
STARTING GUARD

THE ONLY KID that has really played with a crowd is Emmett, but he was hurt. I didn't realize it would be so loud that I wouldn't be able to hear coach hair yelling at me or my teammates wouldn't be able hear the plays called out. I loved how everyone came out and was rowdy from the start. But at some point we had to learn to block out the noise.



KOPP

GEORGE KOPP
STARTING GUARD

I WAS EXCITED to get to play in my first varsity game but when I heard that I was starting I got kinda nervous. But before the game when the student section was cheering and Hair was giving us his pep talk I think we all felt the energy and kept it through the entire game.

BUT WATCH OUT

A look at the games that Pep Club believes everyone must show out for in the student section



SEC GAME DAY



WHITEOUT



BLACKOUT



SME'S GOT Spirit

A glimpse of homecoming spirit week, with inspiration for each outfit

HOMECOMING WEEK COULD be described in one word: exhausting. Everyone anxiously waits for each detail to fall into place. "Do my nails match my dress?" "Does my suit still fit?" "What time should we get to the dance?" "What if I'm not a good dancer?" The week is filled with hundreds of factors, which can be hard to manage. So instead of adding spirit week to your list of worries, here are the cheapest and easiest ways to show school spirit during the best week of school.



ALL YOU NEED TO KNOW ABOUT:
Important information regarding Homecoming **HOCO**

HOCO GAME	HOCO DANCE
OCT. 07 THURS	OCT. 09 SAT
	
SME ON	8-10 PM
7 PM @ SMN	TICKETS: \$10
	MON-FRI
	- BEFORE/AFTER SCHOOL
	- DURING
	- WIN TIME

FOOTBALL THEME: CLASS COLORS

SENIOR  • JUNIOR  • SOPHOMORE  • FRESHMAN 





THIS PAST YEAR I was the Co-Assistant-Print-Editor alongside my journalism best friend, Francesca. For us, this year is supposed to act as a training period to make for a seamless transition next year as Editor. As assistants we are told to learn, watch and take charge in order to build our leadership styles. This past year, Francesca and I worked with our editors through the COVID education gap, covered our classmates stories that needed to be told and strived to reinvent the environment that Harbinger was before the soul sucking year of 2020. Francesca and I made that our goal — to have the staff fall in love with Harbinger again.

Being apart of the small group of juniors that had three going four years in the program, I got to see three different editorial boards lead this staff. I was a part of the 2019 pacemaker staff where our editors won NSPA story, designs, photo and videos of the year. A year of pure success. Then it was 2020, the year of disappointment — the year of burnout. The attitude surrounding Harbinger shifted from a staff who was passionate and proud of what we produced for our community to frustration surrounding our staff and disappointment on all ends. We couldn't help it — COVID almost killed our community much like many others.

But this year that's what we had to focus on. My co-assistant-editor and I felt as if this year of training was the most important. We had to learn the

ropes from editors that were trained during COVID. We were going to be the first editors who lived through the burnout as a normal staffer. We felt, saw and heard what COVID did to our publication and we weren't going to let 2020 and 2021 kill our spirits.

So we took inspiration from our freshman year staffs charisma, passion and drive to astonish our community with the work we did for the Harbinger and started loving this program again. Starting off the year going to Philly we were jumping in the hotel pool with our clothes on, racing up the Rocky steps and screaming at the actors so loud we lost our voice. Fast forward 2 months and we were gifting tortilla blankets and Hogwarts merch during Harbinger's yearly secret santa. The J-room was filled with laughter again. Freshman finally felt comfortable dancing in the back room with the seniors, sophomores were winning state and national level competitions, I gathered the juniors in the hallways to exemplify Harbingers energy by shouting at anyone with a smile and a good sense of humor to join staff and the seniors left with gifted flowers and tears as they couldn't believe their time with us was over. We reinvented the Harbinger spirit.

And as the attitude surrounding Harbinger shifted, so did our content. At the start of this year I was determined to find my niche. I wanted to take my position as assistant editor to not only reinspire myself but reinspire the staff

to experiment with their own creative brains. I explained to younger staffers that this was our years of Re____. Reinspire, reinvent, reconsider and recognize the impact we can have in our community by telling their stories in photos, designs and writing.

And by leading with this spirit I finally found my place. I reinvented my design style to go against every template ever handed to me. I reconsidered my skill set and wanted to improve on my leadership, adobe skills and writing everyday. And I finally recognized my impact on the staff's design but more importantly the Harbinger mindset. I saw my friends and "Harblings" faces light up from excitement when digging into a story or after finally getting the perfect shot. Harbinger was reinvented into the place where us j-erd's (journalism nerds) could let our creative sides wander.

This year I felt my outlook on design could be described as my personality: lively excitement with a dash of maturity. Finding my personal niche allowed me to develop my leadership style. I found that I am a blunt but optimistic leader who wants everyone to find and develop their niche to fit into the jigsaw puzzle that is the Harbinger staff — where everyone is a perfect fit.

20 • FEATURE

40
THOUSAND
BEES

GEORGIE
THE FARMS
INSPIRATION



BLACK
DOG
FARM

\$6
PER JAR



by maggie kissick

ZIPPING UP HER head-to-toe bee suit, white rubber gloves and polka dot rain boots, SHARE sponsor Sheryl Kaplan was ready for the first hive check-in of the season.

For the last few months, Kaplan's bees had spent the winter sealed in their four hives, staying warm and protecting their queens. But with the warm weather approaching, it was finally time for another bee season filled with checking on the hives, collecting honey and, of course, getting stung a few too many times.

Beekeeping is fairly new to Kaplan — she started five years ago. After wanting to spend more time outside of the city, she and her husband decided to purchase 80 acres of land in Mound City, Kansas. But with all this newfound space, Kaplan decided beekeeping would be the perfect hobby.

"Bees are very important to our environment," Kaplan said. "Without bees, if the plants aren't pollinated, then the plants won't replenish themselves. Whether it's vegetables, flowers or fruit trees, everything is pollinated. So having bees, I think it's exciting that I get to somewhat be a part of that."

Kaplan started her beekeeping journey by taking a class where she learned more about the lives of bees, their different jobs and how to manage a beehive. Then she purchased five frames of bees with a queen that had already mated.

Kaplan knows each hive has a hierarchy. Everyone tends to the queen, the leader and one who lays the eggs. There's only one queen per hive and the strongest queen will persevere — after fighting the other prospective queens to the death. The rest of the bees can collect pollen, nurse the baby bees or haul out the dead bodies — a "beautiful system," according to Kaplan.

Beekeeping itself takes three to five hours of commitment

OH Honey!

SHARE sponsor Sheryl Kaplan is a beekeeper at her farm, Blackdog Farm

for Kaplan every weekend.

"I really tend to kind of have a more hands-off approach [to beekeeping]," Kaplan said. "I don't get into [the hives] if I don't see a big need. So I really just check to make sure that they're all living and I will occasionally take the whole hive apart and kind of explore the lower frames to make sure that the eggs are being laid correctly and see if there's signs of the queen."

Kaplan has four hives that she checks periodically. Checking on them requires the same thing in each hive — making sure they're not overcrowded and making sure the patterns of the eggs and nectar are correct on the frames. Managing each hive is pretty routine, but that doesn't mean things can't go wrong.

I HAVEN'T GOTTEN better at not getting stung. The bees typically sting you when they're protecting their queen or their honey. I've been stung on my hands and feet after harvesting honey, that itched like crazy.

SHERYL KAPLAN • SHARE SPONSOR



"The other day one hive had blown over and I noticed there were a lot of bees up by our house," Kaplan said. "[The bees were] kind of pissy and very angry, and I had to set up the hive and rebuild it for them. But most of the time, if nothing's wrong I don't have to do much."

Kaplan wears a protective bee suit to reduce the amount of times she gets stung. With her rubber boots, hooded suit and leather gloves, she's able to somewhat protect herself from getting stung, but stings still happen almost everytime she handles one of her hives.

"I haven't gotten better at not getting stung," Kaplan said. "The bees typically sting you when they're protecting their queen or their honey. I've been stung on my hands and feet after harvesting honey, that itched like crazy. I've been stung on the inside of my nose and my whole face kind of swelled up. That was not a good look. But getting stung is part of the process."

Towards the end of each bee season in September, Kaplan is able to take her "rent" and harvest honey that the bees have produced. Kaplan harvests towards the end of each season so she can collect as much honey as possible — around two to three boxes of 60 pound honey.

With the honey, she's able to make different flavors like spiced, cinnamon and lavender. She also discovered how common beeswax is in different products, so she collects the wax cappings inside the hive and makes candles, soaps and lip balms.

Being part of the Northeast Kansas Beekeepers Association, attending classes and going to bee stores allows her to interact with fellow beekeepers who have the same passion — interactions she wouldn't get outside of beekeeping.

Kaplan is grateful for all of the benefits of beekeeping, and grateful that she gets to be a part of such a process. Kaplan didn't realize the impact of owning bees until she owned some, a hobby she stresses to anyone curious about beekeeping.

"One little bee can have such an impact on the world," Kaplan said. "Whether on the environment and in the pollination of all the different plants to the things that we create, giving us the honey, the soap making, making all the different products from that one little one little being and also just the hierarchy of how they run their community, it's taught me a lot."



ABOVE • Using the hive tool, Kaplan pulls the frames apart to spot the queen. The queen lays her eggs in the lower box. "I was checking to see that there were signs of the queen and that there was larva in the frames and the eggs," Kaplan said. The queen can be hard to spot sometimes."

RIGHT Kaplan puts on one of her three bee suits. She bought them online and from beekeepers.com, which is located in Lenexa, Kansas.

BOTTOM RIGHT • Kaplan uses the hive tool to push apart the frames to check for the queen.



MARCH 28, 2022
design by peyton moore
photos by elise madden



ABOVE • Three of Kaplan's bee suits hang in her closet. "Sometimes the bees slip in a little space in the hood near the zipper," Kaplan said. "I've gotten them in by my ankles inside my boots and caught in my hood before."

LEFT • Kaplan scrapes the honey and wax off of the frame into a bowl. She has been saving up the wax for five years to create a candle.



h

the harbinger.

SHAWNEE MISSION EAST
7500 MISSION ROAD
PRAIRIE VILLAGE, KS 66208

APRIL 11, 2022

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Inked

IDENTITIES

While adults often view tattoos as unprofessional and irresponsible, they can represent memories and milestones or document time periods for students who have them

Portfolio individual piece description:

Oh, Honey!:

After given this idea in the winter, I was waiting and collecting pinterest inspiration for months to design this spread. One of our teachers is a beekeeper and she was gracious enough to not only let us tell her story, but invited us up to her farm and experience beekeeping first hand. This design is heavily inspired by what I saw while wearing the beekeeping mask: the intricate shape and look of the honey alongside the colors and sweetness of honey itself.

The Boys (Are Almost) Back:

The night before our deadline the story for the page I was designing fell through. So, I was on the spot having to design a full page infographic in under 24 hours, so I went back to what I know best: fonts. After I found the font Binjay (the marker looking font) it all came together: the pictures, font style and abstract layout drove this piece.

SME's Got Spirit:

Being my first design this year, I feel as if this alt-copy is what inspired my design journey and led the way for my own style. Working very closely with my photographer, we creatively directed lively photos that would "pop out" at the reader. After the photos, the only thing that was missing was a font, so after scrolling through every page on Dafont I created my own font: Spirit.

Death In Disguise:

This was most definitely my hardest design this year as it was an incredibly scary, touchy subject for many families in my community. After a week of struggling against a creative-block, it came to me so quickly that I pulled out my acne pills and took a picture on my iPhone against my mantel which I believed gave the intense textured depth I was missing. The perspective of the pills and "fentanyl" which happens to be salt, left my readers in awe at the facts at hand.

Inked Identities:

This was my first cover design which is a part of our training for next year. I actually wrote the center spread that this cover was about so I felt very connected to this piece. I worked with procreate to mesh together the tattoos of the people I featured in my story on the cover which I got immense positive feedback from them.

DEATH IN DISGUISE

With the rising cases of fentanyl overdoses, students should be aware of the dangers of the fentanyl-laced drugs



from fentanyl related overdose deaths, out of the 338 deaths statewide in Kansas. When someone overdoses from fentanyl, the drug slows their heartbeat and their veins collapse. They turn clammy, frigid and pale. The oxygen leaves their body slowly. This scenario is becoming more common as fentanyl spreads.

This was the case for senior Madison Putt's childhood friend, who died this last year from a fentanyl overdose. The only way to reverse the effects of an opioid overdose is through the use of naloxone — a medicine that specifically corrects these overdoses.

According to the National Center for Drug Abuse, only 2 mg of fentanyl will lead to a near-certain death. The lethal dosage for heroin is 100 mg and cocaine is 250 mg. When such a miniscule amount can cause an overdose, fentanyl related deaths are far more likely.

"You can compare it to a grain of salt," Mayer said. "That could be enough to cause an overdose."

In the past XXX years, the addition of fentanyl to drugs such as Adderall, Oxycodone or cocaine has become a more frequent occurrence. Fentanyl is cheap and easy to produce compared. It also only takes a small amount to produce an addictive high.

Whereas with Adderall of cocaine, a greater dosage of the drug is needed to achieve the same intensity of high but it is even more expensive and difficult to produce, as it is derived from poppies. Between the cheaper

price and smaller dosage needed, fentanyl is an appealing additive to drug traffickers. In addition to this, it is highly addictive, creating a clientele for these drug dealers that keep coming back.

"The thing is, drug traffickers aren't exactly scientists either so there's a fine line between building your clientele and killing your clientele," Mayer said. These fentanyl-laced pills or drugs are sold as normal drugs during deals, leaving many not realizing they've consumed fentanyl until it's too late.

"As a whole, last year, across the United States, there were more fentanyl-related deaths than gun related and auto related deaths, which is very unusual," Mayer said. "Typically auto crashes are one of the highest causes of death for Americans, but fentanyl overdoses are increasing significantly."

Despite the rising cases of overdoses, many East students don't have any concerns. This

too was the case for Putt until her childhood friend died.

"I don't think I ever thought about it before [she died]," Putt said.

"A lot of people right now are thinking about it more than they used to, but it's just not something I ever thought about before she died."

Now that she has experienced the loss of a friend to fentanyl, she warns her friends about fentanyl before they go out to parties. She tells her friends that "it's not okay." She doesn't ever consider taking hard drugs.

"It definitely made me not even consider doing types of drugs that would have fentanyl in it," Putt said. "Just because like the tiniest bit would kill you."

Most overdoses occur in cases where the consumer does not realize they are taking fentanyl and many won't ever know until they've overdosed.

"The problem is that they won't know if they're consuming fentanyl, and that's really what we're worried about the most," principal Jason Peres said. "We have to do a better job of raising awareness as to the dangers of doing drugs. Whatever it is you put in your body, you have to really scrutinize and this is new to us. Having that level of scrutiny over drug use, I don't believe we've been there before."

There are few ways to prevent fentanyl overdoses. One of which is to carry naloxone in case of an overdose. However, out of a survey of XXX students, only XXX percent of students who have taken prescription drugs not prescribed to them had heard of Naloxone. Out of that XX%, only XXX said they frequently have it on hand.

"[With] any drug, anyone who takes the

HIDDEN TRUTHS *Shocking facts about the power of fentanyl*

**according to dea.org and richmondtime.com*

1 WEIGHT EQUIVALENT TO
A PINCH OF SALT
OR
A DOLLAR BILL
GRAM

9/10 
OF FATAL OVERDOSES
INCLUDE FENTANYL

1 CAN KILL
500
PEOPLE

LESS THAN
0.2 CAN KILL YOU
GRAMS

53%
fentanyl is a factor in over half of overdose deaths



by kate heitmann

WITH A NEEDLE piercing [LEDE]

Fentanyl is a synthetic opioid and schedule II drug made in laboratories, whereas other opioids such as heroin or cocaine are derived from the opium poppy plant. Most of the fentanyl found in counterfeit drugs are illegally manufactured overseas, not from pharmaceutical misuse, according to Chrissy Mayer, the Chief Community-Based Services Officer at DCCCA Inc.

Fentanyl is a synthetic opioid and schedule II drug made in laboratories, most often found in counterfeit drugs that are illegally

attach to the nerve receptors in the brain and other parts of the body, blocking any pain messages, creating a high for the user.

105,000 Americans died from drug overdoses in 2021 alone — 66% of those deaths

•50-300X•

FENTANYL IS MORE POTENT THAN MORPHINE

involved fentanyl, according to the DCCCA, an organization which aims to XXX. In the first six months of 2021 alone, 149 people died

THE **BOTTOM LINE** **according to bannerhealth.com*

FENTANYL IS: **CHEAP & EASILY TRANSPORTED**

SO STAY CLEAR OF **ILLICIT DRUGS**



ASSUME ANY PERSCRPTION BOUGHT OUT OF NORMAL CHANNELS IS: **DEADLY**