

# RED & GREEN

MINOT STATE UNIVERSITY

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## Genius Potential Bringing Hip-Hop “Edutainment” to Minot State

**Nengi Daminabo**  
*Assistant Editor*

Minot State University is set to host a thrilling event featuring the renowned motivational speakers and performers, Bert and Det, the dynamic duo of Genius Potential.

This event will be hosted at the Beaver Dam on February 13th from 7pm to 9pm. Sponsored by the Minot State University Power Center, Athletics, and the Office of Title IX, this promises to be an unforgettable experience that combines entertainment and education. Det have made waves across the nation with their signature hip-hop per-stage plays, that captivate students through entertainment while simultaneously educating them on essential information about col-

lege life, societal issues, and beyond. However, what sets them apart is their ability to tailor their performances to address the realistic challenges that college students face daily. At the heart of their repertoire is the flagship stage play, “Surviving College,” a hilariously entertaining journey through the struggles of two students navigating the pitfalls of college life.

What makes their act truly exceptional is that it is just as amazing virtually as it is in person.

The duo specializes in programming for various college events, making them a perfect fit for first year experience, welcome week, student success, student leadership, black history month, and graduation cele-

brations. Beyond their standard performances, Bert and Det offer customized experiences, ranging from Epic Rap Battles of Black History to Hip-Hop Stress Relief Songwriting Workshops.

What makes Bert and Det stand out is their unique method of delivering edutainment—education through entertainment. Their attractive and entertaining approach ensures that students not only have a fun time but also receive real messaging that is crucial for their success in college. This makes them the perfect alternative to mundane lectures and the ever-present Zoom fatigue that students often grapple with.

Katy Allers, TRiO Program Director, and Academic Coach at



Minot State, attests to the impact of Bert and Det's performances, stating, “Their performances are engaging, energetic, and relevant for college students.” This sentiment echoes the widespread acclaim and recognition that Bert and Det have garnered for their ability to connect with and inspire students across the nation. As Minot State eagerly awaits the arrival

of Bert and Det at the Beaver Dam on February 13th, students can look forward to an evening filled with laughter, energy, and valuable insights that will resonate with them long after the event concludes. Bert and Det are set to prove that learning can indeed be fun, memorable, and transformative, all while grooving to the beat of hip-hop edutainment.

# Animals on Campus

Zoe Weishaar  
Comm 281

Beavers aren't the only animal on campus! Many of our Minot State students and faculty have emotional support animals or service animals on our campus. There are lots of different reasons that a student or staff member has a service animal or emotional support animal. Animals can help a person with physical, emotional, and mental conditions.

In order to have a service or emotional support animal on campus, the owner needs to fill out the correct paperwork. Assistance animals that enter any Minot State controlled facility must be registered with Human Resources. If the assistance animal does not get registered with Human Resources, this may result in exclusion of the animal from campus.

Proper registration of an assistance animal includes verification of licensing, if applicable, and updated vaccination records. Along with registering an assistance animal, there

are policies and procedures that the owner must follow.

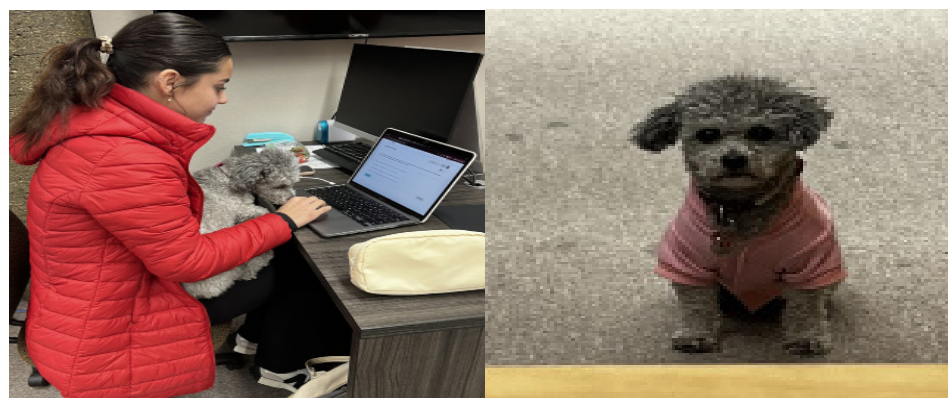
Animals on campus not only provide comfort for the owner but can also provide comfort for the people around them. Katy Allers says, "I had a student from out of state who was extremely homesick. He asked if he could hold Piper in class as it would make him feel better." Students also say that having animals on campus provide an opportunity for them to meet new people. AJ Gorthy says, "Some people want to say hi and come up and pet my doggo. I allow it because it gives me a chance to introduce myself and say hello."

Owning an animal comes with a huge responsibility. Making sure your animal is cared for and healthy is many owners' number one priority. Allers says, "The only obstacle I have faced is not wanting to leave her alone when I have to go to meeting in another building." Allers explains that it is important to be considerate of other people's feelings, since she

knows that there are people on campus that do not like dogs, so for this reason she tries not to bring her dog into an area that they might be located. Allers says, "The staff in the Academic Support Center are helpful with this as they 'dog-sit' if I need to go to another building."

Having an animal on top of being a full-time student can be challenging but also rewarding. Gorthy says that the biggest obstacle is 'time management and trying to make time to spend in my room, with my dog.' Gorthy explains that even though he wants to make quick runs to Walmart or hangout with friends all night, he has commitments that he needs to think of first. "You need to pick when and how you decide to spend your free time."

Assistance animals can be extremely helpful and provide comfort to the owner and to the people around them. Being an owner to an animal requires a lot of responsibility and time management skills but ultimately



can be worth it. Many assistance animal owners are happy to allow others to pet their animal but be sure to ask the owner first! The Minot State Beavers are happy to share their territory with fellow animals. Roll Beaves!

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# Spilling the Tea on Gen Z: How to Effectively Connect and Communicate with the Modern Student

Kyler Meigs  
Comm 281

On January 19th, 2022 MSU alumni and current MSU admissions counselor, Emily Norman, held a workshop session for staff and faculty members to learn more about the main generation on campus, as well as how to be able to communicate with them. For staff and faculty to understand Gen Z, they first had to understand the popular lingo. Norman started the presentation and workshop off with a worksheet filled with phrases that Gen Z often use today, such as “delulu”, “standing on business”, “W”, and “side eye”. The staff and faculty joining the workshop had to try and take a guess as to what these phrases mean before Norman revealed the answers to everyone.

Afterwards, Norman began to dive into the main topic points; who is Gen Z? Accord-

ing to her, Gen Z are “social, multitaskers, entrepreneurs, educated, philanthropists, digital natives, interactive, tech-savvy, less focused, and cautious.”

Norman also went into detail about the best ways she believes that the faculty and staff at MSU can have the most efficient way of communicating. Gen Z prefers more direct lines of communication, via phone calls, texts, or face-to-face conversations. Norman said, “Most prefer when they [the office] sends text messages over phone numbers, which can be for a few reasons, such as a student not knowing the phone number and then not answering.”

It was also mentioned that students within Gen Z often have questions concerning work life balance, and how that can be achieved properly. Many students

of Gen Z worry about juggling the idea of school, a potential job, and their social lives. Or just work and social lives, depending on which path someone decides on in the future.

Norman emphasized the importance of being transparent and supportive to Gen Z students. She said that “students can tell when you are being transparent with them. It also reminds them that they can relate to you as well.” Staff and faculty relating to Gen Z students and having that connection is a big deal.

Norman went on to say that high schoolers in this generation may feel intimidated seeing college officials, so being transparent with them allows the students to feel more relaxed. In terms of staff being supportive with students of this generation, the students find support to

be really significant as well. Finding that trust between a staff member and a student can be really impactful for a student in this generation, because it allows them to be able to feel comfortable to reach out more often. The last thing that Norman touched on is that Gen Z doesn’t take anything too seriously. In her words, Gen Z is more “chill” and “doesn’t get too worked up over things.” Gen Z often seeks ways to enjoy their time in what they are doing, so it was a good reminder for staff and faculty to not get frustrated if students take their time with meeting deadlines.

**Entries are now being accepted for The Coup 2024!!!  
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Submit to [thecoup@minotstate.edu](mailto:thecoup@minotstate.edu) with subject ART or LITERARY.

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# R&G Editorial

## The Health Effects of Make-up

**Mellie Wilson**  
Editor

Make up is a wide spread art that has been popular since 6000 CE in ancient Egypt and hasn't lost its popularity since. It is a practice that has its own style within each culture and most women wear it nearly every day.

There are several reasons why people choose to wear makeup which includes hiding blemishes, enhancing features, or as a confidence booster when going out. However, many makeup products are full of harmful ingredients like lead, aluminum, and parabens which can be very harsh on the body.

Many of the harmful ingredients are used to preserve make up, create heavier pigments, or even to make other chemicals less harsh on the skin. Even though these ingredients may be helpful in preserving the makeup, it creates high health risks like tumor growth, reproductive harm, and

organ toxicity. Products that are mostly marketed towards women like make up and even menstrual products are known to be made of toxic ingredients; therefore, people should buy cleaner products to take better health precautions since makeup companies are not required to get FDA approval.

Buying make up that does not contain harmful chemicals is a better choice as it is better for your skin as well as the environment.

## Campus Players Members Shine at The KCACTF

**Nengi Daminabo**  
Assistant Editor

In a celebration of talent and dedication, students from Minot State University, Kylee Cook, Kimberly Knutson, Jasmine Rogers, Kristin Grubb, Tyler Irmen, Shad Huber, and Evan Putt, attended the renowned Kennedy Center American College Theater Festival (KCACTF). Cook and Putt were nominated for the Irene Ryan Scholarship, for their outstanding performance in *The Shape of Things*, which was directed by Sarah Honerman and performed and produced by the Minot State Theatre Department in the fall semester of 2023.

The KCACTF, a national theater program engaging 18,000 students (about the seating capacity of Madison Square Garden) annually from educational institutions across the United States, has become a beacon for aspiring thespians. With a mission to encourage, recognize, and celebrate the finest and

most diverse work in university and college theater programs, the festival provides a platform for participants to hone their skills, gain insight, and achieve professionalism. This year, it was held in Des Moines, from January 16 – 21, 2024.

Kylee Cook, a senior and Music Education Major at Minot State University, shared her experience at the festival, stating, "The festival has been very engaging, and it's really geared towards students which I really love. The other conference/festival type things I have been to in the past have all been aimed at teachers and/or people already established in their fields. It's a refreshing experience to be able to try new things along with my peers."

Cook, who participated in the Irene Ryan scholarship, shed light on the rigorous process, explaining, "For the Irene Ryan scholarship, I had to prepare two contrasting monologues as well as a partner scene. I had to submit

an online audition and wait to see if I made the semi-finals. The goal is to make finals, where you end up performing for the entire festival. At the end of the week, they announce the winner. It is a stressful process. I personally did not advance, but I have had the opportunity to display my abilities in other ways!"

The Minot State Campus Players club has a common denominator among all the attendees of the KCACTF Region 5 propelling them to expand their limits through theatrical creativity.

Campus Players has been a transformative experience for Jasmine Rogers, a Music Education major at Minot State University, who said, "It has been a wonderful experience and I have learned a lot from it. I always loved theatre in high school and wanted to continue it in college. I am so glad that Sarah Honerman was able to bring the theatre department back. I am incredibly grateful for her. I am also thankful

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**VIEWS**  
Views expressed by this publication may not be those of the university, its administration, faculty, or student body.

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for Katy Allers and her want to bring Campus Players back. Her decision to do a show last spring and getting the club back together was so big for MSU and the theatre department all together.”

Rogers also expressed her excitement about the festival, stating, “The festival has been so fantastic. We have had a blast going to sessions involving stage combat, musical theatre dancing, and seeing student-written plays!” Her enthusiasm for the diverse experiences offered at the festival mirrors the KCACTF’s goal of exposing students to a wide range of theatrical disciplines.

Performing has become the biggest joy in Cook’s life and she finds pursuing a career in performance worth it if the opportunity ever presented itself. Rogers also aspires to contribute to the musical aspect or stage-managing side of theater. As a music education major, she sees a natural fit in combining her passion for music with theatrical productions. The enthusiasm and dedication of the students that attended this festival, repre-

sented Minot State University, exemplify the spirit of our great university and its commitment to nurturing emerging talents in the world of theater.

As the curtain falls on another successful edition of the Kennedy Center American College Theater Festival, the achievements of Minot State University students, including the resilience and dedication of the members of Campus Players, stand as a testament to the transformative power of quality theater education and the pursuit of artistic dreams. The future of American theater is indeed bright, with emerging talents ready to take center stage.

## The History of Valentine’s Day

**Nengi Daminabo**  
**Assistant Editor**

February 14th has been a monumental day for centuries. It is best known as Valentine’s Day, the day of love. The history of its origin, however, is not common knowledge and the celebration of any holiday is more impactful than knowing when, where and why it started.

Valentine’s Day, celebrated on February 14th each year, is a day dedicated to expressing love and affection to those dear to our hearts. While it is often associated with the exchange of gifts, cards, and romantic gestures, the origins of this widely celebrated day are rooted in centuries-old traditions and historical events. Let us look back to the ancient Roman beginnings in ancient Rome, where mid-February was marked by the celebration of Lupercalia. This pagan festival, held from February 13th to 15th, honored the Roman god of fertility, Lupercus.

During Lupercalia, young men would draw names of young women from a jar, and the chosen pairs would engage in festivities, often leading to marriage.

Then came the Christian influence on Lupercalia, usually referred to as the Christianization of Lupercalia. This played

a crucial role in the evolution of Valentine’s Day. Legend has it that the Christian church sought to replace pagan festivals with Christian celebrations. In the 5th century, Pope Gelasius I declared February 14th as St. Valentine’s Day in honor of one or more Christian martyrs named Valentine. The identity of St. Valentine remains uncertain, as there were multiple martyrs named Valentine who lived during different periods.

One popular story suggests that Valentine, a priest in Rome during the reign of Emperor Claudius II, defied the emperor’s decree against marriages for young men, secretly marrying couples in love. Another version attributes Valentine’s actions to helping Christians escape harsh Roman prisons. Regardless of which legend was true, the reason behind it all was love and the freedom to love; for these reasons, we appreciate this day for all that it is.

Further into civilization, during the 14th century, Geoffrey Chaucer, the English poet, began associating Valentine’s Day with romantic love in his works. Chaucer’s poem “Parliament of Fowls” links February 14th with the mating of birds, symbolizing the romantic union of lovers.

Over the centuries,

Valentine’s Day gained popularity in Europe as a day for expressing love through handwritten notes and small tokens of affection. By the 17th century, it became customary for friends and lovers to exchange handwritten letters and small gifts. The commercialization of Valentine’s Day began in the 19th century with the mass production of Valentine cards. Esther A. Howland, known as the “Mother of the Valentine,” was one of the first entrepreneurs to create and sell elaborate valentine cards in the United States.

Today, Valentine’s Day is celebrated worldwide, transcending cultural and religious boundaries. The exchange of cards,

flowers, chocolates, and romantic dinners has become customary, and the day serves as an opportunity for expressing love and appreciation for friends, family, and romantic partners. So as Valentine’s Day approaches, remember the ones that make you smile throughout the year and celebrate them a little extra on February 14th.

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## Minot State Student Government Association Kicks-off with First Meeting of the Year - Gun Policy on Campus

**Siriana Gudino**  
**Comm 281**

The Minot State University's Student Government Association had their first meeting of the spring semester on January 16th, 2024. The SGA holds these meetings twice a month to discuss campus issues and to give students an opportunity to discuss ideas with the SGA.

There were two proposals presented by Travis Smith, a senior at MSU and a senator in the SGA. The first proposal was to form a Campus Firearm Policy. The policy would be a student inclusion in self-defense and the students would act as armed first responders. Smith stated in his presentation that he has many opinions that agree with him; the SGA needed at least an official survey conducted on how the student population felt about these matters overall.

Many other matters within the state legislation and rules were also a major factor and the proposal was objected. Shawn Bennett, president of the SGA and

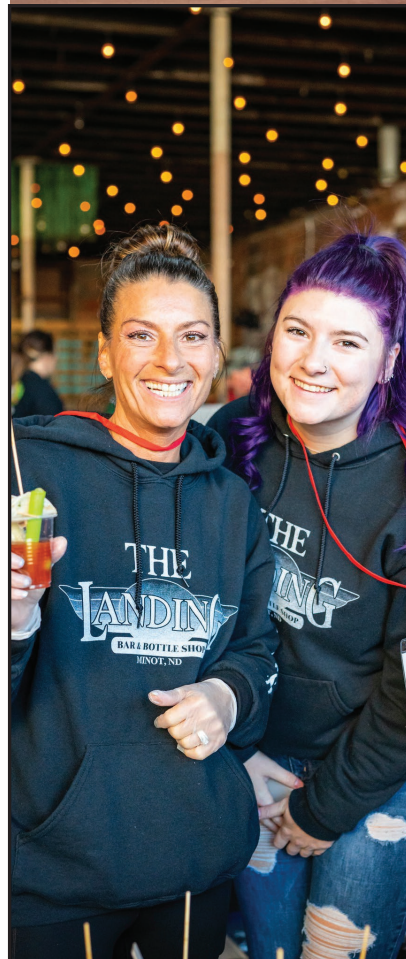
a 4th year psychology major, states his opinion that a gun policy is an issue that is above the SGA. There are other issues that the SGA could focus on that is more beneficial to students at MSU. The second proposal by Smith was to create a Golf Club at MSU. This club would entail teaching students to golf and hosting golf and miniature golf competitions.

After a long discussion about the club and its constitution, the proposal passed, with conditions of changes to the constitution that was discussed by the SGA. No official date has been said of when the Golf Club will be open to join but keep a lookout for any information posted if you are interested!

President Bennett is in his 3rd year in the SGA, where he served as a senator the past two years. As the president of the SGA, his responsibilities include sharing meetings, creating agendas, and once a month he meets with Kevin Harmon and school President Dr. Steven Shirley to discuss SGA activities.

Bennett also has around 7 hours of office hours in a week so that he can be available to everyone at MSU. Recently, the main focus for the SGA has been working on the Student Center renovations for the first and second floor. There are some floor plans prepared and Bennett has hopes of the renovations being done soon for some students to see by the time they graduate.

Bennett speaks highly of the SGA and wishes to have more people join and be involved, "I hope more people would come check it out and I think a lot of people would enjoy it, it's pretty rewarding to be a part of." The SGA meeting schedule can be found on [minotstateu.edu/sga](http://minotstateu.edu/sga) and are held at 5pm on the 3rd floor of the Student Center.



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# R&G Sports Editorial

## AFC and NFC championship games: onto the super bowl

Alex Koontz

Sports Editor

The Kansas City Chiefs secured their spot in the Super Bowl LVIII after their win over the Baltimore Ravens. This is the Chiefs fourth consecutive showing in the conference title match up since 2020. Travis Kelce helped push the Chiefs to lead early in the first half with 11 catches, 116 yards and a touchdown. Mahomes finished 30 of 39 for 241 yards with the touchdown from Kelce, and Pacheco added 68 rushing yards for the Chiefs in the AFC Championship. The Chiefs defense also deserves a shout out. With four takeaways, two being at the goal line, kept the Baltimore Ravens scoreless in the

second half. Winning 17-10, the Kansas City Chiefs head back to the Super Bowl to defend their title.

As for the NFC Championship, the San Francisco 49ers defeated the Detroit Lions 34-31 in an amazing comeback. The Lions blew a 24-7 lead in the 3rd quarter after three dropped in the second half and a fumble and had two failed attempts for a fourth down. The 49ers finally get to go to the Super Bowl after losing in the NFC Championship the last two years. The Kansas City Chiefs and the San Francisco 49ers face off for the final round Super Bowl LVIII on February 11th.



Kelce celebrating

Photo via ESPN



McCaffrey celebrating

Photo via ESPN



# Fresh start for MSU athletics

Trevyn Badger

COMM 281

Minot State University is on the search for a new Athletic Director after the resignation of the former AD, Kevin Forde. Dr. Shirley has been tasked with the job of replacing Forde and finding a new AD. While no news has surfaced, and the search for the vacant job is still ongoing, there must be a temporary replacement until the eventual hire. The one tasked with being the Interim Athletic Director is Kevin Harmon, who was previously the school's Vice President of Student Affairs.

Within the coming weeks, Dr. Shirley will be contacting the school with updates and news of the search. This new job is not entirely new to Harmon as he served as the interim AD before the hiring of Forde. While he has been in this position before, there is still bound to be struggles, as teams and

personnel have changed since then. When asked about how the transition has been Harmon had this to say, "The student-athletes and coaches have been performing at a very high level. We have had a successful winter sports campaign, and we are excited about the stretch drive for winter sports and the beginning our spring sports season next month. The administrative in Athletics is experienced and very strong". He explains that he is not alone in this, as he has the experienced administration by his side. He is very thankful for the work that the student-athletes and coaches have been putting in and is looking forward to the upcoming seasons.

He accepted this job with ease and expects the majority of day-to-day operations to stay the same. During the first couple weeks since accepting the job, Harmon has been

tasked with "assisting the administrative team and coaches in their day-to-day operations". While this may seem like a straightforward job description, it is more difficult than it seems. With the 17 different teams that are on campus at MSU, and around 400 collegiate athletes, it can be a lot to oversee. With the new changes in faculty, a question that should be asked is how it affects the student-athletes. Harmon gave his thoughts on this question and what the athletic department is committed to do, "It is our intention that our student-athletes will notice very limited disruption in their experiences. Every employee is committed to providing our student-athletes the very best experience as student-athletes".

It's important to the community of Minot State to remain unphased and continue to perform at a high level.

The main thing that Harmon said was that he wants there to be little disruption between the athletic department. As a student-athlete myself I can easily say that I have had very little disruptions and have been able to continue to practice and play with no worries.

Despite the difficult circumstances that surfaced this semester, Minot State is in good hands with Kevin Harmon, and he looks to keep the program moving in the right direction. Dr. Shirley and accompanying staff are still looking for a full-time Athletic Director, and we will be notified when they have found the right person for the job.



Kevin Harmon Interim MSU AD  
Photo via MSU Website

# MSU men's basketball takes down #1 in the nation

Alex Koontz

Sports Editor



Ben Bohl celebrating  
Photo by Sean Arbaut

The weekend of January nineteenth, the Minot State men's basketball team took on Minnesota State Mankato, who is currently ranked No. 1 in conference and No. 1 in the nation in D2 standings. It is their first time at No. 1 in the nation since the 2005-2006 season. As for MSU, they went into the game ranked No. 21 in the nation. This is a first for the program since becoming a member of the NCAA D2 in 2012.

others added 36 points combined to finish off the Mankato Mavericks. Minot State wins the weekend overall defeating Winona State 77-70, now putting them 10-2 in conference play.

The Beavers are now going on the road to take on Augustana University and Wanye State College this upcoming week on the 25th and 27th.

Minot came out hot in the first half shooting 56% from the field. While Minnesota State Mankato only shot 31%. However, the second half was a different story, both teams shot 46% from the field, but MSU's three-point and free throw game kept Mankato at bay and ultimately, the Mavericks could not come back from their first half deficit.

Minot State won the game 81-71. Conner Hollenbeck, Khari Broadway, Jaxon Gunville, and Michael Jok finished in double digits for the Beavers, and five



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# MSU women's point guard makes pro debut

Kaif Khan

Sports Writer

In a thrilling journey at Minot State University women's basketball, Kate Head, a recent graduate with a Master of Science in Management is poised to embark on a new path towards her career by turning pro in Australia!

She joins a familiar childhood basketball team, Ipswich. Signing a life changing contract with RPQ Group of a prestigious NBL1 North League. This marks a thrilling new phase towards her promising future career.

Some of her highlights while Kate was at Minot State University include: when she

was a redshirt junior back in 2021-2022 she was named to the Fall 2021 Vice President for Academic Affairs' Honor Roll and the 2022 Spring President's List, she was also Recognized on the NSIC All-Academic Team of Excellence and that was all because she played and started 24 games, averaging 11.8 points and 2.8 rebounds per game and led the team in free-throw percentage at .846.

Kate Head has excelled in both the sporting world and academics which is largely due to her focus and her determination to be the best she can in any aspect of

her life. That reflects directly onto her current achievements and more to come in the future.

Minot State University students and faculty congratulate Kate Head on her professional debut and wish her many more prosperous achievements in the future.



Kate Head signing with Ipswich  
Photo Via MSUWBB Instagram



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