Greetings, North Park Students, Faculty, and Staff:

We are now over the half-way point in our Fall 2020 Semester. We experienced an uptick in positive coronavirus cases last week and in keeping with our commitment to the health and safety of the campus community and the educational progress of our students, we enacted some temporary new restrictions and updated and strengthened our sanctions for non-compliance with wellness protocols. We have seen fewer positive cases this week, and we expect to see results improving in the coming week or two.

Let’s all double-down on our faithful observance of masking, physical distancing, hand-washing, and self-screening – and let’s finish the semester Viking Strong!

Now that we are in the midst of midterm exams, staying healthy and well-rested is of utmost importance. Avoid studying in groups, get at least eight hours of sleep a day, stay hydrated—and keep active by participating in one of Helwig’s virtual workouts.
NPU’s group fitness classes are all available via Zoom: No more excuses! Click here for a full schedule of Zumba, Kickboxing, and Yoga classes, among other offerings.

Physical fitness and mental sharpness go hand in hand. Good luck on finals!

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**Homecoming from Home**

Thanks to all who took part in our virtual Homecoming! The festivities wrapped up last weekend with Saturday’s **Reunion & Awards Brunch; the Virtual River Run 5K finish line celebration; the Office of Diversity and Intercultural Life’s Tailgate; a replay of The Vikings vs. Elmhurst from Nov. 9, 2019;** and the weekend was capped off with a Virtual Class Reunion for several milestone graduation classes.

One of the highlights of the week was the celebration of the **50th anniversary of North Park’s Black Student Union, presided over by its first president, Cornelius DuBose ’72.** Students, faculty, and staff also took part in the Oct. 2 virtual event, which included a question and answer session at the end.

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**DuBose, on the founding of the BSU in 1970:**

“We wanted something we could have, that was ours. We could get together and say these are the things we need you [the administration] to do for us. The fact that the BSU still exists is a great benefit to the students here,” he said.
SMAT Alum Enlists his High School Students to Create Inspiring Covid-19 Video

Trevor Nicholas C’08, the Choral Director at Chicago’s Senn Arts High School, knew his students needed a lift after a series of tragedies at his high school was compounded by the Covid-19 pandemic. Along with other Senn artists and alumni, Nicholas’ choir collaborated to produce a music video for his original composition “Who Will Carry Me.” The visual art project features more than 30 Senn Arts students singing, dancing, and playing instruments from their homes.

Says Nicholas:

“The song is a creative response to the Covid-19 pandemic and the trauma of experiencing and watching anti-Black violence repeatedly displayed on the news while in isolation. The song is also a call to action: As school districts across the country are cutting arts budgets to address the financial impact of Covid-19, the 4-minute video reaffirms the arts’ ability to connect, heal and strengthen communities”

Senn Arts student Mia Mendoza said the process was healing. “Being alone all the time and stuck with your own thoughts is not something that’s easy to do. But for me personally, I felt that doing this project collectively truly portrayed the message of the piece that even then, and now, we aren’t alone.”

Find the performance on YouTube

TIP OF THE WEEK

This is not just a tip, it’s a clarion call. We are appealing to ALL students, faculty and staff to use the Campus Clear app every morning. Set a daily reminder! Our campus staying open depends on every student, faculty, and staff member checking in daily even if you aren’t going to be on campus that day. This simple tool will help us monitor campus health—and get testing and care quickly to those who might need it.
We’re all in this together, and we all have a role to play in maintaining a safe, healthy campus.

Thank you!

**Keeping you in the loop**

The University is reporting all cases that involve campus community members beginning August 1, 2020. As of today we are reporting 48 cases in the last 14 days and 75 cases since August 1.

Until next week: mask up, keep your distance, and stay healthy!

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