Greetings, North Park Students, Faculty, and Staff:

With an arctic blast headed our way next week, outdoor activities will likely be limited. It’s more important than ever that we continue to abide by the physical distancing, masking, and hand-washing protocols that are keeping our campus safe. With the vaccine becoming more readily available, we can see the light at the end of the tunnel.

Check out the 2021 NPU Art Faculty Exhibition
Elevate your culture quotient by visiting Carlson Tower Gallery to browse faculty art works, including a mix of watercolors, photography, drawings, and sculptures. The show, titled *E Pluribus Unum*, (One from Many), will remain in the gallery for the next few weeks.

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**Quinones Earns Player of the Week with 20 Kills**

Men’s Volleyball avenged a 2020 3-0 loss against Adrian College two weeks ago, beating the Bulldogs 3-2. Sophomore outside hitter Armando Quinones, from San Juan, Puerto Rico, was named the American Volleyball Coaches Association (AVCA) National Player of the Week after driving a career-high 20 kills while maintaining a .450 hitting percentage in the win. He also averaged 1.80 digs per set and added one service ace. Congrats, Armando!

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**Need a Mental Health Tune Up?**

Student Engagement has kicked off a number of spring counseling sessions:

- Mindfully Managing Anxiety meets Mondays, 4:30-5:30 p.m.
- Self Worth Series meets Wednesdays, 4-5 p.m.
- Good Grief! A Grief Support Group meets Wednesdays, 4:30-5:30 p.m.
- Black Student Support Group meets Thursdays 4:30-5:30 p.m.

All groups will continue meeting virtually through April 6. For more information, contact Director of Health and Wellness Laura Ebner at *lmebner@northpark.edu*. 

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TIP OF THE WEEK

Look up! As you walk around campus, be on the lookout for falling icicles and snow sliding off roofs. With more snow coming and the temperatures fluctuating, ice and snow melt is inevitable. Avoid walking directly under buildings and look up when you enter to avoid getting an unwelcome snow shower!

Keeping you in the loop

The University is reporting all cases that involve campus community members. Check out our new Campus Alert System Dashboard.

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

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