

Vigil Held to Shed Light...

CONTINUED FROM FRONT

the life of Tyre Nichols. The group spoke out on the need for change. Chief Chuck Lovell called the officers' actions "shocking and unconscionable" and pleaded with local protesters to stay peaceful.

"We know this atrocious act will breed further distrust and anger toward law enforcement. We understand these feelings, but we are asking our community to honor the wishes of Mr. Nichols' family who have asked

people to protest peacefully," Lovell said.

Former state senator Margaret Carter stood alongside Mayor Wheeler, James Posey and Chief Lovell in a virtual meeting stated "As a Black mother, we've been here too many times. This time even being a worse time than before when you look at the footage," Carter said. "Today I join our leaders from across the state in expressing my deep sorrow for the parents of Tyre Nichols."

Nichols' family hired lawyer Ben Crump, known for repre-

senting the families of others struck down by police, including George Floyd. Floyd's death at the hands of Minneapolis police in 2020 led to nationwide protests and raised the volume on calls for police reform. Rowvaughn Wells, mother of Tyre Nichols described her son as a "beautiful soul" who "touched a lot of people." She continued to say "No mother should have to go through this. I'm still trying to understand all of this and trying to wrap my head around all of this. It's still like a nightmare right now."

Celebrating Black Historical Figures

African American Doctor and Rights Activist in Portland



Dr. DeNorval Unthank, M.D.
1899 – 1977 Courtesy Oregon Health & Science University

Dr. DeNorval Unthank completed medical school at Howard University in Washington D.C. He was recruited to Portland in 1929 and for several years after 1931 was Portland's only black doctor. It was a time when black families were turned away from Portland hospitals. In the 1940s Dr. Unthank began tirelessly advocating for civil rights while building his medical practice. He became the first black member of Portland's City Club, served as president of the local chapter of the NAACP, and was a cofounder of the Portland Urban League. He encouraged the club to publish a significant 1945 study called "The Negro in Portland," which opened the eyes of many citizens to ongoing discriminatory practices.

In 1958, the Oregon Medical Association named him Doctor of the Year, a recognition that was just one of a long list of awards in

his 40 years of service. In 1969 the city of Portland dedicated this park to Dr. Unthank in commemoration of his years of activism in humanitarian efforts. Lang Syne Society of Portland – 2017.

Unthank was often quoted as saying: "I have always felt in my life that a person should set his own goals and then head toward them. You may have some bad experiences along the way, but if you're determined you can make it. A Negro may have a few more doors closed to him and he may find them a little harder to open, but he can open them. He must keep trying."

FOOD



Southern Cheesy Grits & Shrimp

Ingredients

- 3 cups chicken broth
- 1 cup corn quick or regular grits
- 3 ½ tablespoons heavy cream
- 3 tablespoons unsalted butter
- Pinch of salt
- Pinch of black pepper
- 1 teaspoon smoked paprika
- 2 cups shredded Cheddar cheese
- 2 pounds medium shrimp, peeled and deveined
- 1 tablespoon fresh lemon juice
- 1 teaspoons Worcestershire sauce
- 2 tablespoons chopped fresh parsley
- 5 green onions, chopped
- 2 garlic cloves, minced

Directions

1. Bring chicken broth to a boil over medium-high heat; stir in grits. Cook, stirring occasionally, until thickened. Add cream, cheddar cheese, and 2 tablespoons of butter. Remove from heat; stir in salt, black pepper, and smoked paprika. Set aside, and keep warm.
2. Meanwhile, melt 1 tablespoon of butter in a large nonstick skillet over medium-high heat and add shrimp. Sprinkle black pepper over shrimp and cook until curled and pink.
3. Stir in minced garlic, parsley, green onions, Worcestershire sauce, and lemon juice.
4. Spoon grits onto shallow bowls and top with shrimp mixture. Serve and Enjoy!

SELF-DOUBT? IGNORE IT. SELF-CONFIDENCE? BELIEVE IT.

It's a delicate balance between the two. Just ask Ravonne Byrd. She ventured down a couple career paths, but neither one suited her. Doubt began to creep in. She was nearly 30 with a newborn. Had time passed her by? It's a foolish question now considering all that Ravonne has achieved since — a new degree earned online from Oregon State University, a promising career in the tech world, and a firm trust in her abilities to do the unbelievable.

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