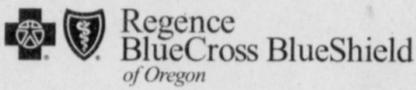




**We recognize and appreciate
all of our heroes, big and small.**

Regence BlueCross BlueShield of Oregon celebrates
the legacy of Dr. Martin Luther King, Jr.



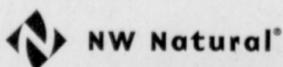
For your health

An Independent Licensee of the Blue Cross and Blue Shield Association

**“We must
accept finite
disappointment,
but we must
never lose infinite
hope.”**

- Dr. Martin Luther King, Jr. (1929-1968)

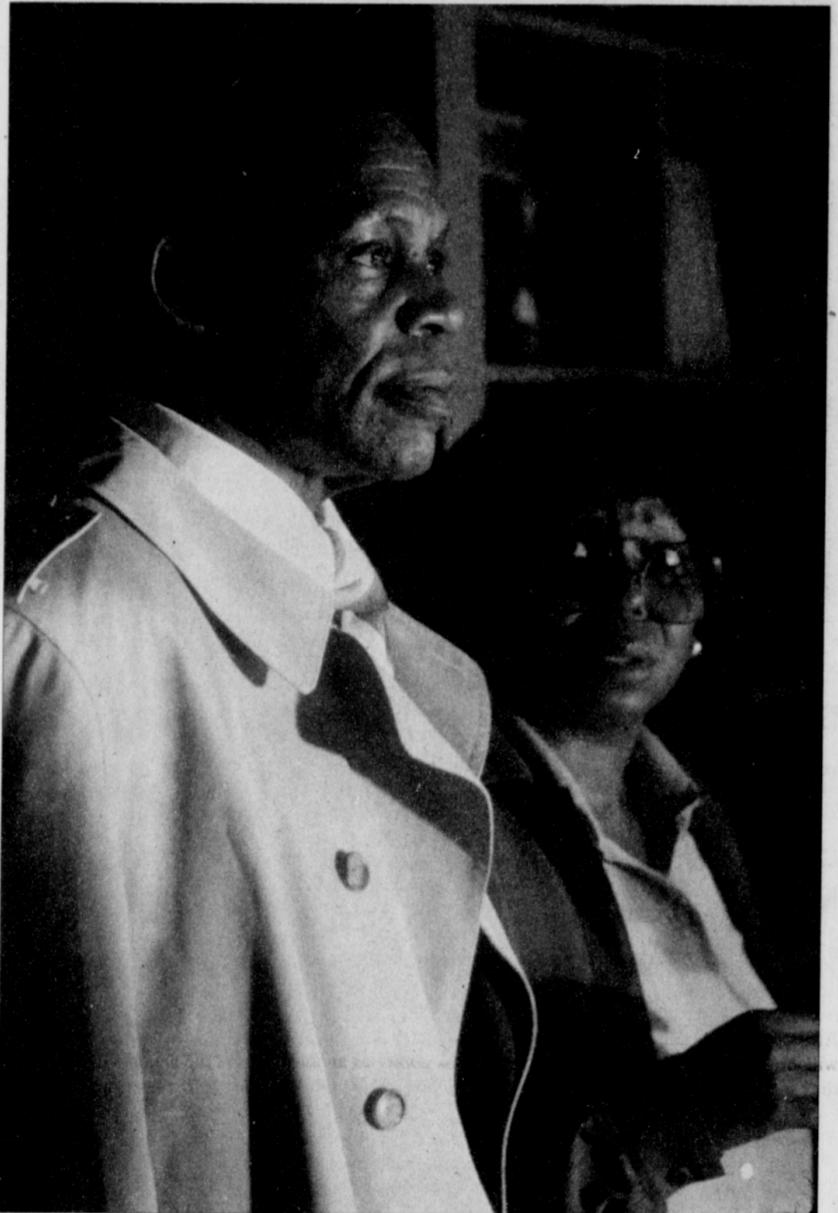
Though he suffered through disappointments, Dr. Martin Luther King's legacy to us all is the invaluable gift of hope. NW Natural proudly stands with our African American community in celebrating Black History Month.



Black History Month



Paul Lawrence Dunbar: The son of former slaves, this poet and writer attended public schools, worked as an elevator operator, and spent most of his life in Dayton, Ohio.



Whoopi Goldberg and Danny Glover star in "Good Fences" the story of an upwardly mobile African American couple.

TV Movies Celebrate Black History Month

continued ▲ from A6

plays Tom, an attorney who is determined to "end the Colored man's losing streak."

When he takes on and successfully wins a high-profile case by defending a white man who set some black vagrants on fire, he is thrust into the limelight and moves from a mixed lower income town to the wealthy, white enclave of Greenwich, Conn.

The Black Filmmaker Showcase was designed several years ago to show Showtimes's commitment to develop and support the up-and-coming African American filmmakers.

This year's winner, "Unjust Cause" is the story of a man's death at the hands of overzealous police officers as told through the spoken word poetry of his girlfriend.

The filmmaker showcase began airing this week and will repeat through the month.

AFRICAN AMERICAN ACHIEVEMENTS NOTED

The U.S. Commission on Civil Rights is pleased to celebrate February 2003 as African American History Month.

"During this month, we celebrate the many achievements and contributions made by African Americans throughout our nation's extraordinary history," said Commission Chairperson Mary Frances Berry. "We are a better nation because of our diverse and multicultural peoples, and we are stronger when we recognize and celebrate that diversity."

African American History Month had its genesis in 1926, when Dr. Carter G. Woodson, under the auspices of the Association for the Study of Negro Life and History, successfully lobbied for the creation of a "Negro History Week" to promote awareness of the achievements of African and African American peoples.

The Week was expanded to Black History Month in 1976.

The Commission has been at the forefront of promoting African American causes since its founding in 1957.

"Our recent work on voting irregularities in Florida and the inadequacy of percentage plans as a replacement for affirmative action programs in colleges and universities continues the commission's contributions to the nation's public policy discussion, a history that has earned the Commission the title of the 'Governmental Conscience of the Nation' on civil rights matters," Berry said.

She said "the commission is dedicated to the promise of an America that overcomes the burdens of its past and helps all its people achieve a better tomorrow."