

Continued from Page 9

ship Series. Experienced relationship counselor Mariah Ureel uses humor, supportive techniques and practical solutions in her lively workshops.

The cost is \$20 a class. The series will take place from 9 a.m. to noon on three Saturdays at Zimmerman Community Center, 916 N.W. Lovejoy St.:

- **Anger Management for Couples (April 17):** Learn how to skillfully handle this misunderstood emotion and keep your relationships sage and more authentic. Techniques for self-soothing and self-empowerment are key.

- **The "Priceless" Emotional Bank Account (May 15):** According to relationship researcher and guru John Gottman, no skill is more important in determining the success of a couple. Learn dozens of fun, rejuvenating ways to know and love your partner.

- **From Unconscious to Conscious Loving (June 12):** Take a look at the spiritual side of mature loving. This class will explore the ways that couples can grow together and support one another in expanding their true selves and their ability to love.

For more information call 503-614-7308.

SPRIT OF PRIDE AWARD NOMINATIONS SOUGHT

Pride Northwest is seeking nominations for the 2004 Spirit of Pride Awards. Recipients will be honored during the Pride Festival on June 19 at Waterfront Park.

The awards recognize individuals or organizations and their outstanding contributions within



Vancouver queers celebrate at Saturday in the Park 2003

the gay, lesbian, bi, trans, intersex, queer and questioning community. Consideration for the award includes visibility and leadership in the sexual minorities community, years of voluntary service and service to the wider community.

Send letters of nomination to board@pridenw.org by April 19. For more information visit www.pridenw.org/awards.asp.

DESIGN LOGO FOR VANCOUVER PRIDE

A \$50 prize will be awarded to the designer of the winning T-shirt logo for Saturday in

the Park 2004, Vancouver's 10th annual Gay Pride. The celebration will be held from noon to 5 p.m. July 10 at Esther Short Park.

All contest submissions must feature this year's theme, "Our World Is Your World: Freedom, Faith and Equality." Designs should be in good taste and be appropriate for a family-oriented event.

Printed or drawn entries are due April 24; no electronic submissions will be accepted. Entrants must include their name and contact information, and submissions are not guaranteed to be returned.

Saturday in the Park 2004 will have all rights to reproduce the winning design for souvenir T-shirts and other event materials. Any proceeds go to the organizing committee as a fund-raiser.

Winners will be chosen during a special meeting from 4 to 6 p.m. April 25 at NorthBank Tavern, 106 W. Sixth St. in Vancouver. All members of the community who are 21 or older are eligible to vote.

For more information call Brent at 360-695-3862, e-mail Gina at gdhoggan@hotmail.com or Lou at louisedeb@earthlink.net, or visit groups.msn.com/SITP2004.

SALEM PRIDE CHANGES VENUE

Capitol Pride, Salem's annual Gay Pride celebration, will be held from 11 a.m. to 6 p.m. July 25 at Cascade Gateway Park. The event previously was staged at Pringle Park Plaza.

Another new aspect of this year's celebration, "Picnic in the Park," is a free barbecue. Capitol Pride organizers will furnish hamburgers, hot dogs, buns, condiments and chips; people are welcome to bring other items to grill and are asked to provide their own refreshments.

Drugs and alcohol are prohibited. Donations to help defray the cost will be accepted but are not necessary.

The event will feature live music, a softball game, races and other activities for kids and adults. Information booths and voter registration cards will be available to encourage education and solidarity in the queer community.

For more information e-mail CapitolPride2004@aol.com. An Internet site will be up soon at www.capitolpride.org.

Continued on Page 13

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