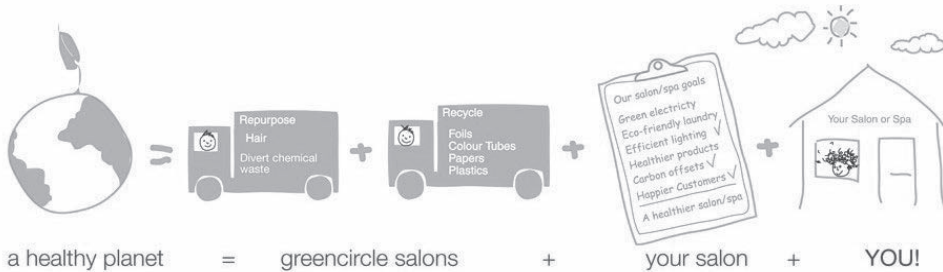


greencircle salons
making beauty sustainable

Be green and feel beautiful about it



Go green with Salon Synergy at our kick off event on Friday, July 31st at 6:00pm

The event will feature live music, drawings for amazing gifts, face painting, balloon art, and caricature drawings. Delicious food will be available for purchase by Hen House Grilling Food Truck and smoothies from The Brick House Cafe and Coffee Shop. The salon will also have more information on how you can continue to help make a difference in our environment!

For more information, please call (717) 665-5885 or visit our website at www.salon-synergy.com



Conflict Resolution Services

Our mission is to promote peaceful conflict resolution through affordable mediation, training and facilitation services.

What is mediation? Mediation is a voluntary dispute-resolution process in which neutral third parties, the mediators, support the disputants in reaching a mutually acceptable resolution. We handle all types of cases, including but not limited to divorce and custody, family, real estate, business, landlord/tenant and neighbor disputes.

Why choose mediation?

- Parties can create their own agreement, as opposed to an arbitrator or judge imposing their decision.
- Mediation is typically a much less expensive process, especially compared to arbitration or litigation.
- Mediation is normally quicker than a court proceeding.
- Mediation is a confidential process.

Upcoming Events, Fall 2015: Basic Mediation Training

The Basic Mediation Training consists of two modules: September 24, 25, and 26 and October 8, 9, 10. Module one teaches participants vital communication and conflict-resolution skills. The structure is a mixture of lecture, group discussion, activities and role-plays. Module two takes trainees through each step of the mediation process. Participants practice their new skills by role-playing three times as a mediator and one time as a disputant with outside role players.

Hours:

Thursdays 9/24 and 10/8: 1-5:30 p.m.
Fridays 9/25 and 10/9: 8:30-5 p.m.
Saturdays 9/26 and 10/10: 8:30-5 p.m.
Blossom Hill Mennonite Church
333 Delp Road
Lancaster, PA 17601

If you register by September 1, the cost is \$425 per module. After September 1st it is \$450 per module. Friday and Saturday lunches are included along with drinks, snacks and program materials. Please let

us know if you have any dietary restrictions/allergies. Both modules are recommended, and Module 1 is a prerequisite for Module 2, but Module 2 is not required. If you are able to only attend the first module, you may do so and take the second module at our next basic mediation training.

CEUs are also available for social workers, professional counselors and marriage and family therapists at a cost of \$50 per module. Attorneys: 19 CLE credits are available per module at a cost of \$50. If you are a law student or a new lawyer, please see the John E. Huber scholarship. Please contact us to learn more about our discount and scholarship opportunities.

To learn more and to register, go to events.r20.constantcontact.com/register/event?oeidk=a07eawnqyvaa4d84d7e&llr=6ldh5ieab.

Fall Fundraising Dinner—Save the Date! October 26, 2015, at 5:30 p.m. at Brethren Village. Go to conflictservicespa.org/calendar-of-events. Invitation to follow.

Spooky Nook Sports Launches Ice Hockey Programming



Spooky Nook Sports is excited to announce the launch of Nook Ice Hockey, a player-development program for youth hockey players. This program is based on age-appropriate competition and training for both boys and girls. New players begin with “First Steps— Learn to Skate” and progress through the program to 20 years old and beyond. Existing local players will have the opportunity to participate in camps, clinics and combines located at both Spooky Nook Sports and Regency Ice Rink in Lancaster, PA.

The ice hockey program will follow the USA Hockey Athletic Development Model (ADM), which emphasizes hockey skill building and long-term general athletic development. The Nook Ice Hockey ADM blueprint has been created in conjunction with USA Hockey and the NHL for the best possible youth hockey experience.

Nook Ice Hockey will initially focus on integrating The Nook Sports Performance Training Center into the local ice hockey market. Jim Launer, Director of Sports Performance states, “I’m looking forward to using sports performance training to further develop these athletes into well-rounded individuals and players.”

Scott Porman, Head Coach of the Central Penn Panthers, will assume the role of Director of Ice Hockey and work closely

with Launer. He states, “With Spooky Nook Sports Performance in our back yard and the dedication of the entire Spooky Nook Sports team, it seems like a no brainer to pull a fragmented hockey community together and form a singular development path while working with existing programs.”

Spooky Nook Sports believes Nook Ice Hockey will be able to work with local teams and facilities to strengthen the Central Pennsylvania ice hockey talent pool. Having a progression of development that allows players to improve their skills without having to leave the area, will strengthen existing local programs, and allow Nook Ice Hockey to re-develop Tier I “AAA” hockey. Furthermore, by using an academy style program, Nook Ice Hockey players will have access to state-of-the-art training facilities as well as top of the line coaches and staff.

Sam Beiler, owner of Spooky Nook Sports, is also excited about this new collaboration. “The opportunity to add another sport offering is rewarding as we continue to work with youth, help them build lifelong strength of character, increase resilience, and create a focus of habit that improves health and wellness as a way of life,” states Beiler.

2913 SPOOKY NOOK RD., MANHEIM, PA 17545
(717) 945-7087
WWW.SPOOKYNOOKSPORTS.COM