

The Kearsarge/Concord Connection

BY Laurie Reynolds Rardin

Looking for something new? Hop on the interstate and take a drive to the Concord area. No matter what route you take, there's a restaurant, shop or event just 30 minutes away. Here are some ideas for winter.

Try a Product: *Healthfulicious Cookies*

It's hard to avoid too much sugar and fat these days as cookies get rounder, brownies grow thicker and ice cream is scooped higher. What's a conscientious body to do? Rest assured. Claire Metzger of Bow has created Healthfulicious, Inc., a business that specializes in baking homemade cookies with half the sugar, one third the fat and no artificial ingredients. And they taste terrific. One 12-year-old, after hearing she was eating a healthy cookie responded, "Are you kidding me? This tastes just as good as a regular cookie, even better!"

Metzger, diagnosed with diabetes, went to work several years ago to develop recipes for all of the age-old favorites: chocolate chip, oatmeal, sugar, peanut butter and ginger. Not only did she find ways to cut the fat, sugar and carbohydrates, she uses only the finest locally made ingredients and absolutely no artificial anything. She has also made sure that her cookies meet the standard serving size for use in special diets and the portion size matches the nutritional value index.

"It's not rocket science," Metzger says. "By making simple changes to the recipes, and keeping the cookies to a one portion size, they are better for you, taste great and satisfy that craving for sweets."

LEARN MORE:

www.delicioushealthycookies.com
or (866) 373-2578



photo by Aaron Constant

Claire Metzger of Healthfulicious Cookies

Learn Some History: *Covered Railroad Bridge*

History buffs, train fanatics and quintessential New England lovers alike will enjoy seeing the Covered Railroad Bridge located east of Route 103 in Contoocook Village. Identified as the country's oldest covered railroad bridge still standing, it was originally built in 1849-1850 and completely rebuilt in 1889.

The bridge served as part of the Concord and Claremont Railroad line and, during its early years, trains ran regularly from Contoocook to Concord. Spanning the Contoocook River at a little over 140 feet long, the bridge was retired from active use by the Boston and Maine Railroad in the early 1960s and now serves foot traffic only.

Restored several times — most notably in 1936 and 1938 when flooding washed off its abutments — the bridge is maintained by the New Hampshire Division of Historic Resources. It is listed on the National Register of Historic Places.

DIRECTIONS: Take exit 7 for Route 103 toward Contoocook/Davisville, turn left at Route 103/Route 103 East and follow Route 103 to center of Contoocook Village



photo by Dennis Ford

Contoocook's Covered Railroad Bridge

Take a Class: *FreedomWeavers Studio*

Creativity abounds at FreedomWeavers Studio on Village Street in Penacook. And the good news: if you think you have made a “mistake,” it just may add to the artistic quality of your work.

Even if you have never set eyes on a loom, when you walk into the world of weaving the SAORI Way, you won’t want to stop. Owner and weaving coach Bobbie Herron had been weaving traditionally for many years, but it wasn’t until the year 2000 that a friend introduced her to the SAORI style of weaving. SAORI comes from the Japanese word ORI, meaning “weaving”, and



of the five SAORI looms, which are designed to be accessible, comfortable and easy to operate. As the shuttles fly across the warp, Herron says a new world opens up for each person. “Imagination is more important than technique here. My goal is to help people create stunningly beautiful weavings with no stress at all.”

(Classes are held three days a week.)

Herron has created an environment where people of all ages and abilities can weave together and have fun doing it. “Laughter is a huge part of FreedomWeavers. When you can laugh



Bobbie Herron of FreedomWeavers Studio in Penacook

while you weave, you share the joy of your creative spirit coming alive with no limitations,” she says.

LEARN MORE: www.freedomweavers.com or 568-8336

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SA, the first syllable of the word meaning “respect for individual dignity”. Developed in 1968 through the pioneering efforts of a Japanese woman named Misao Jo, the SAORI Way is based on the understanding that weaving should be an experience that allows one’s inner creative spirit to come alive, and not be restricted by technology or societal expectations.

“Having had a background in helping people with disabilities bring the arts into their lives, it wasn’t a big stretch for me to fall in love with Misao Jo’s weaving philosophy,” Herron says. “The SAORI Way helps people of all skill levels connect to the innate creativity born within everyone.”

Color, texture and light fill Herron’s one-room studio. Newcomers are immediately put at ease as their eyes take in the brightly colored tapestries decorating the walls and ceiling, and the shelves brimming with thread in every hue imaginable. Students use one



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(day after Thanksgiving)

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55 South Main Street



55 Pleasant Street



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Photos by Elizabeth

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Mark Your Calendar:

Winter Solstice Ritual

Recent studies are showing that we will all be much healthier if we get 20 minutes of sun every day. The pre-Christians knew what an important role the sun played in their lives, especially as it related to a successful harvest each year. They celebrated the winter solstice — the date the sun began returning its light to their world, making longer days and signifying that winter was halfway over.

On Sunday, Dec. 21 at 7 p.m., the Concord Unitarian Universalist Church at 274 Pleasant Street will hold a Winter Solstice Ritual. Presented by the Earth-Centered Spirituality Group, the ritual celebrates the divine as nature and the lengthening days as the sun travels around the earth. The religious service of singing, dancing and dramatic role playing lasts about one hour and is followed by a potluck social in the church parlor. All are welcome.

Lorraine Ellis has coordinated the event for six of the 15 years the church has held the service. "Removing light from the sanctuary symbolizes the longest night of the year," Ellis says. "When the light is returned and spread throughout the congregation at the end of the service, it is a powerful and visceral symbol of the wonder of the divine in earth and its seasonal changes."

LEARN MORE: www.concorduu.org/ecsg

Laurie Reynolds Rardin lives in Concord with her family. She writes children's books, and continues her environmental protection career by working to link spirituality and earth stewardship.

Imagine a kitchen...

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