

# Kearsarge



MAGAZINE

Fall 2007

**Cedar House**  
Sound's Barn Full  
of Music in Sutton

**Kayaking with**  
Paddler's Retreat

**It's Earth Day Every Day at**  
Proctor Academy in  
Andover

**Old Games and New Friends**  
with Old School PE  
in Newport

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## Going green

Where can you get a massage, learn about biodiesel technology, take a hike, hear local musicians play and have your chakras realigned? You can do all this and more at Sunapee SunFest 2007, Mountain Spirit Institute's sustainable living/holistic health festival. About 650 people attended this new event last year, held on a gorgeous sunny day at Mount Sunapee State Park in Newbury, and learned about living sustainably on the earth.

"The response to the event was overwhelming. It appears we struck a chord with the community's need to know more about holistic living and sustainable lifestyles," says Randy Richards, founder and executive director of Mountain Spirit Institute. Sunapee SunFest serves as the main fundraiser for the nonprofit's Annual Fund as well as educational and scholarship programs.

"People had a good time learning about a variety of topics, and some even got in a little dancing."

Look for new topics from last year's speakers (Laura Richardson, founder of the New Hampshire Sustainable Energy Association, will talk about what individuals can do to lessen their personal energy footprint), new speakers, many more vendors (Richards hopes to double the number of vendors from 30 to 60) and music (Sunapee CoffeeHouse musicians and possibly the Peruvian band Chimu). Don't forget to go upstairs — massage therapists, iridologists, healers and hypnotists offer services for free or for a small fee.



Photo: David W. White, www.sunapee.org

**WHAT:** Sunapee SunFest 2007

**WHEN:** Saturday, Sept. 15, 10 a.m. to 5 p.m.

**WHERE:** Mount Sunapee State Park, Newbury

**WHY:** Learn what you can do to save the earth

**HOW MUCH:** Free to visit the vendors; some practitioners charge a small fee for services

**WEB:** [www.mtnspirit.org/sunfest.html](http://www.mtnspirit.org/sunfest.html)

## It's good for your health

With 18 doctors from different fields, more than 75 exhibitors, dozens of nonprofit organizations and a variety of health care experts in one room, there's bound to be some healthy conversations. It's just one way that the Health and Wellness Trade Show will get people talking and thinking about things that matter to their health.

"Show attendees will be able to interact with speakers and exhibitors to start a conversation about health issues that their families might have," says Dennis Ford, event organizer and owner of New England Entrepreneur

Development Services, a full service marketing company.

The goal is to provide timely information about today's health issues in a nonthreatening venue with easy access to health and wellness professionals. Educational workshops, free with admission charge, will cover topics from autism to cancer to pediatrics to rheumatology. Exhibitors will offer information on support areas for better health, such as diet, exercise and holistic medicine. You can talk to an insurance representative, or you can get your blood pressure checked. "The Health

and Wellness Trade Show is designed to start each of us on a path to better health through education and awareness," says Ford.

**WHAT:** Health and Wellness Trade Show

**WHERE:** Holiday Inn, 172 North Main Street, Concord

**WHEN:** Saturday, Sept. 15, 8 a.m. to 8 p.m.

**WHY:** The more you know, the healthier you will be

**HOW MUCH:** Adults, \$8; seniors, \$4; kids 12 and under, free

**CONTACT:** 225-0563 or [www.healtheventsnh.com](http://www.healtheventsnh.com)