



QUEST *Food For Thought*

If you enjoyed viewing QUEST *Food For Thought*, you may want to participate in activities and events or look for further information about our surroundings in northern New England!



Interactive Health and Wellness Fair

■ Millinocket Hospital hosts a number of events and services to promote good health practices. Join professionals and their staff for fun and information at this day-long Interactive Health and Wellness Fair:

When: Saturday, April 26, 2003
Time: Call for scheduled hours
Where: Millinocket Hospital, Millinocket, ME

For more information, contact:

Millinocket Hospital, 200 Somerset Street, Millinocket, ME 04462
 (207)723-5161 / www.millinockethospital.com



The Mt. Washington Valley Chocolate Festival

■ No! It's not all bad for you...This annual event attracts hundreds of chocoholics who love to burn the calories they ingest throughout the day. During this festival, participants cross country ski or snowshoe from inn to inn and also stop at businesses along the trail for sweet chocolate indulgence. Free admission with the purchase of a day-long trail pass of \$14.

When: Sunday, February 23, 2003
Time: 10 am - 3 pm
Where: North Conway, NH

For more information, contact:

Mt. Washington Valley Ski Touring & Snowshoe Center, P.O. Box 646, Intervale, NH 03845
 (603) 356-5701 / <http://www.crosscountryskin.com/events.html>

Second Annual Maple Open House Weekend

■ Enjoy several days of sugar on snow, maple candy, pancake breakfasts and an endless supply of maple treats!

When: Friday, March 21 - Sunday, March 23, 2003
Time: To be announced
Where: Vermont; location to be announced



For more information, contact:

Vermont Maple Sugarmakers Association, c/o Mary Croft, Secretary/Treasurer, 491 East Barnard Road, South Royalton, VT 05068
 (802) 763-7435 / <http://www.vermontmaple.org/openhouse.htm>

Culinary Delight

■ The Vermont Cooking School is a nutrition-centered culinary program. Each 2 1/2 hour class includes a brief and informative lecture that explains the science of nutrition. Then, you will learn to translate that knowledge into easy-to-prepare delicious foods. Classes are taught by Jane Kirby, a registered dietitian, as well as other guest instructors. Each class is small and hands-on and classes are offered to meet individual wellness goals. Call for specific class fees.

When: Classes vary according to number of students registered
Time: Class times are scheduled upon completed registration
Where: The Vermont Cooking School, Charlotte, VT

For more information, contact:

The Vermont Cooking School, 4571 Lake Road, Charlotte, VT 05445
 (888) 593-4292 / www.vermontcookingsschool.com



Sap Gathering Contest

■ Join teamsters as they show their farm draft horses in competition and help tell the story of maple sugaring in New England. Enjoy hayrides, sugarhouse tours, sap boiling, syrup samples, children's activities and more!



When: Saturday, March 22, 2003
Time: 10 am - 4 pm
Where: Stonewall Farm, Keene, NH

For more information, contact:

Stonewall Farm, 242 Chesterfield Road, Keene, NH 03431
(603) 357-7278 / www.StonewallFarm.org

Heart and Diet Health

■ Dartmouth-Hitchcock Medical Center in Lebanon, NH, hosts Dr. Torkelson who will talk about what kinds of foods are heart-friendly and can actually lower the risk of heart disease and how much exercise is really enough.

When: Wednesday, March 5, 2003
Time: 6 pm - 7 pm
Where: Alice Peck Day Hospital, DHMC, Witherell Center, Lebanon, NH

For more information, contact:

Dartmouth-Hitchcock Medical Center, One Medical Center Drive, Lebanon, NH 03756
(603) 650-5000

Eat the Heat Chili Cookoff and Firefighters' Race

■ Sample the best efforts of New England's top cooks, and watch firefighter teams race through a slalom course dressed in full gear carrying a fire hose. The event benefits Maine Handicapped Skiing.

When: Sunday, March 16, 2003
Time: To be announced
Where: White Cap Base Lodge, Sunday River Ski Resort, Bethel, ME

For more information, contact:

Sunday River Ski Resort, P.O. Box 450, Bethel, ME 04217
(207) 824-3000 / www.sundayriver.com



Maine Maple Sunday

■ Join Maine's maple producers as they celebrate Maine Maple Sunday. You'll have fun with sugar makers around the State as they open the doors of their sugarhouses for the public to join them in their rites of spring — making maple syrup.

When: Sunday, March 23, 2003
Time: To be announced
Where: Maine; location to be announced

For more information, contact:

Maine Department of Agriculture, Food and Rural Resources, 28 State House Station, Augusta, ME 04333-0028
(207) 287-3871 / www.getrealmaine.com/fairs/maplesyrup



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