

EVENTS

Want to burn 175 calories in the next 30 minutes?

Gardening can be moderate to high-intensity form of

BY KATHLEEN PIERCE
BDN STAFF

On rare, warm days in Maine, don't head to the gym and grab a dumbbell. Head outside, thrust a spade into the earth, drop a few seeds and plant a garden.

"Gardening is one of the best forms of strength training," said Jessica Loney, a Brunswick-based health coach who encourages people to do things they love for physical exertion.

Everything from lugging bags of stones, to spreading mulch, to lifting a watering can "invites using different muscles of the body," she said.

The popular hobby is the perfect form of multitasking. General gardening activities such as squatting and pulling while weeding do more than improve your yard.

"In 10 minutes, you can burn 58 calories. In 30 minutes, you are up to 175," said Loney.

Gardening can be moderate to high in intensity depending on your approach.

"Any physical exercise is good for you, but at the end of the day, you are also producing something," said Don Sproul, executive director of Maine Landscape and Nursery Association.

The government-backed nonprofit recently launched Plant Something Maine, a chapter of a national program to get people to grow and landscape more. According to its site, plant somethingmaine.com, "gardening helps maintain a healthy weight and does wonders for mental health. It's calming, and it has been found to reduce stress, improve mood and support brain health as we age."

Connecting with nature, versus a treadmill, stimulates the sense.

"You have the smells, the sights, the colors ... the feeling of great hormones mo-



ED ZELINSKY

tives you to continue to move," said Loney.

To engage diverse muscle groups, Loney suggests gardeners walk more and leave the ride-on mower in the garage.

"Any activity that has a

weight-resistance component, like push mowers, use more muscles. From lifting pots, to hauling mulch, it all counts," she said.

The American Heart Association recommends 10,000 steps per day, and you

can achieve that goal by adding cardio. One tip is to garden in bursts.

"Look for increments of 10 minutes or more, which is just a few trips back to the shed," said Loney.

And as an added bonus,

the results are twofold.

"You transform an area in your home space. You can see an end product," said Loney. "It's not only how many calories you burn, but how you enrich the environment you live in."

Things to Do

BANGOR — "Rock of Ages," through July 2, Penobscot Theatre, 131 Main St. Performance times vary. 942-3333 or penobscottheatre.org.

BANGOR — Exhibit of Maine landscape and other paintings in acrylics and watercolors, by Martin Gallant, through June 16, Husson University.

BAR HARBOR — Dr. Mark Hutton talking about growing edibles in small spaces, 4-5 p.m. Monday, June 13, Garland Farm, 475 Bay View Drive. Hosted by Beatrix Farrand Society. \$10 society members; \$20 others. Benefits the society. To register in advance, programs@beatrixfarrand.org.

BLUE HILL — Flash in the Pans street dance, 7:30-9 p.m. Monday, June 13, Blue Hill Town Park. Benefits ARK Animal Shelter. Flashinthepans.org.

CASTINE — Castine Historical Society House and Garden Tour of more than a dozen elegant and artful homes ranging from early federal to the modern era, together with gardens, 10 a.m.-4 p.m. Monday, June 13. A unique opportunity, held once every five years, for history, architecture, maritime and horticultural buffs alike to experience delights of an almost island-like seaside village where time seems to have stood still. Benefits a community fund. castinehistoricalsociety.org.

DEER ISLE — "The Measure of All Things: Recent Work by Ted

Lott" on display, through July 8, Haystack Mountain School of Crafts Center For Community Programs, 22 Church St. 348-2306 or haystack@haystack-mtn.org.

DEER ISLE — Summer Evening Program Series, 7:30 p.m., Gateway Auditorium, Haystack Mountain School of Crafts, 89 Haystack School Drive: June 13, Gerit Grimm, ceramics, and Lia Purpura, visiting writer; June 14, MaJo Keleshian, drawing, and Greg Wilbur, metals; June 15, Susie Brandt, fiber, and Adam John Manley, wood; June 16, Stephen Yusko and Daniel Suoto, blacksmithing; June 20, technical assistant presentations; June 21, Haystack staff presentations. Free and open to the public. Haystack-mtn.org.

EASTPORT — The Eastport Moonlight Movies, 8 p.m. Fridays, Sutherland Amphitheater, 80 Water St.: June 17, "Night at the Museum;" June 24, "Penguins of Madagascar." 214-0040 or lolly@sweetiesdowneast.com.

ELLSWORTH — Hancock County Parkinson's Support Group, 2-4 p.m. Wednesday, June 15, Moore Community Center. Machele Latteyn, physical fitness trainer, yoga instructor and life coach, demonstrating basic stretches and exercises. Group meets third Wednesdays. Anne, 667-3166.

ELLSWORTH — Phil Lapsley, "Exploding The Phone," 5-7 p.m. Friday, June 17, Telephone Museum, 166 Winkumpough Road. Meet Lapsley, enjoy appetizers and beverages with museum volunteers and board members. Reservations

requested. \$20. 667-9491, 978-973-0356 or switchboard@downeast.net.

ELLSWORTH — Six-wicket golf croquet, 2-4 p.m. Tuesdays, June-October, Woodlawn Museum, Gardens & Park, 19 Black House Drive, Route 172. \$10 per week for noncroquet members. Equipment is provided if needed. No experience necessary. 667-8671 or woodlawnmuseum.com.

NORTHEAST HARBOR — Laurie Schreiber, freelance writer, signing books, 5:30-7 p.m. Wednesday, June 15, Northeast Harbor Library. 276-3333.

ORONO — University of Maine Intermedia MFA program exhibit "Without Borders XIII: Play on Worlds," Lord Hall Gallery, University of Maine. Free. Gallery hours, 9 a.m.-4 p.m. Monday through Friday, through July 1. Wheelchair-accessible. Intermediamfa.org.

ORONO — Second International Conference of the Sustainable Consumption Research and Action Initiative, Wednesday through Friday, June 15-17, Wells Conference Center. Free and open to all. 1 p.m. Wednesday, June 15, "To Transform Consumption, Throw Out the Modernist Concept of Human Nature," by John Ehrenfeld, editor of the Journal of Industrial Ecology; 9 a.m. Thursday, June 16, "Political Ecological Economics," by Giorgos Kallis, ecological economist, political ecologist and professor at the Institute of Environmental Science and Technology in Barcelona, Spain; 1:30 p.m. Thursday, June 16, "Getting Serious About Urban

Sustainability," by William Rees, bio-ecologist, ecological economist and professor emeritus, University of British Columbia School of Community and Regional Planning; 9 a.m. Friday, June 17, "Implementing Sustainable Consumption: The Science Policy Interface," by Lucia Reisch, professor of consumer behavior and policy at the Copenhagen Business School, editor of Journal of Consumer Policy, member of the German Council for Sustainable Development, consulting the German Chancellery, and chair of the National Council of Advisors on Consumer Issues. Cindy Isenhour, cynthia.isenhour@maine.edu.

SEARSPORT — Searsport Historical Society meeting, 7 p.m. Tuesday,

June 14, Curtis Hall Vestry, Searsport Congregational Church. Town Historian Charlene Knox Farris talking about "The Poor Farm and the Pest House."

SKOWHEGAN — Taco night, 5-6:30 p.m. Friday, June 17, New Horizons Community Church, 31 East Madison Road. \$5; \$15 family. Benefit student ministry. 474-2957.

WATERVILLE — Recycled Shakespeare Company performance of William Shakespeare's "Two Gentlemen of Verona," 7-9:30 p.m. Friday and Saturday, June 17 and 18, Studio 93 in The Center, 93 Main St. \$10 in advance guarantees front row seat. Emily Rowden Fournier, 314-8607 or facebook.com/RecycledShakespeare/.

WINSLOW — Family dance with DJ Larry Thibodeau spinning classics of the 1950s and 1960s, 6:30-8 p.m. Thursday, June 16, Winslow Public Library, 136 Halifax St. Punch and cookies. Pin the hair on the Elvis and paper skate decorating area. Sign up for summer reading program. 872-1978 or scote@winslow-me.gov.

WINSLOW — Teen Summer Reading Program launch, 4-6:30 p.m. Friday, June 17, Winslow Public Library. Features pizza, popcorn and watching "Catching Fire." Open to grades six through 12. 872-1978 or scote@winslow-me.gov.

For a complete listing of calendar items or to submit your event, visit www.bangordailynews.com.

Monday prime time

MOVIES

	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM
BROADCAST	2 NBC 207 Inside Ed.	American Ninja Warrior (N)	(HD) [25]				Spartan-Team Challenge	News	
	4 CBC Murdoch Mysteries	Comedy	Comedy	The National (N)			CBC Coronation	Blackstone	
	5 CBS Big Bang	Broke Girl	Mom [15]	Broke Girl	Scorpion (HD) [15]		(9:59) BrainDead (N) [15]	News	
	52 CW Family Guy	Family Guy	Reign (N) (HD) [15]	Whose Line	Whose Line		News Seinfeld [25]	Cougar	
	6 NBC 207 Inside Ed.	American Ninja Warrior (N)	(HD) [25]				Spartan-Team Challenge	News	
	7 ABC Wheel	Jeopardy! [25]	J. Kimmel	NBA	2016 NBA Finals Cleveland		Cavaliers at Golden State Warriors. (N)		
	WAGAM FOX The Insider	Ent. Tonight	So You Think-Can Dance	Houdini & Doyle (N) [15]			News Big Bang	Big Bang	
	8 ABC Wheel	Jeopardy! [25]	J. Kimmel	NBA	2016 NBA Finals Cleveland		Cavaliers at Golden State Warriors. (N)		
	MPBN PBS PBS NewsHour (N) (HD)	Antiques Roadshow [25]	Antiques Roadshow [25]				POV (HD) [25]		
	9 IND Lucifer [15]	American Ninja Warrior (N)	(HD) [15]				News-Lisa	CTV News	Daily Show
KIDS	13 CBS Ent. Tonight	The Insider	Mom [15]	Broke Girl	Scorpion (HD) [15]		(9:59) BrainDead (N) [15]	News	
	22 FOX Mod Fam	Mod Fam	So You Think-Can Dance	Houdini & Doyle (N) [15]			FOX 22 News at 10 (N)	Law-SVU	
	33 IND M*A*S*H [25]	M*A*S*H [25]	Andy Griffith	Andy Griffith	Happy Days	Gilligan Isle	Hogan Hero	Hogan Hero	C. Burnett
	38 IND Big Bang	Big Bang	Law & Order: SVU	Law & Order: SVU			WBZ News (N) (HD)	Seinfeld [25]	
	NICK Thunder	Thunder	Nicky, Ricky	Kingdom	Full House [25]	Full House [25]	Full House [25]	Full House [25]	Friends [25]
	DISN Liv-Mad.	Austin	Judy Moody-NOT Bumme	Summer	(:40) Jessie		K.C. Under.	Girl Meets	Stuck
	FREE (5:45) *** The Hunger Games: Catching Fire		Guilt (N) [15]				Monica the Medium (N) [25]	700 Club	
	HIST Barbarians Rising Hannibal	builds a rebel alliance. [15]	Barbarians Rising Spartacus	leads a slave uprising. [15]			Barbarians		
	DISC Fast N' Loud [15]	Street Outlaws: Full Throt	Street Outlaws (N) [25]				Fat N Furious: Rolling	Outlaws	
	TLC Deadly Women [25]	Deadly Women [25]					Ghost Brothers [15]	Deadly	
LEARN	A&E The First 48 [25]	The First 48 [25]					The First 48 [25]		The First 48
	ANPL Yukon Men [25]	Yukon Men [25]			(:01) Yukon Men [25]		(:02) Dark Woods Justice		North Wds
	CSNE SportsNet	Early	Quick	The Baseball Show			Sports	SportsNet	Sports
	ESPN MLB Baseball Chicago Cubs at Washington Nationals. (N Subject to Blackout)						Baseball Tonight (N) (L)	SportCtr	
	ESPN2 College Baseball NCAA Super Regional: Teams TBA. (N) (L)						2016 UEFA European Championship		
	NBCSP Triathlon ITU Triathlon. (Taped)				Mecum Auto Auctions				
	NESN Bruins	Behind B	Heartland Poker Tour [15]		Fight Sports MMA		Sports	Sports	Sports
	CNBC Jay Leno's Garage	Shark Tank [25]		Shark Tank [25]			Shark Tank [25]		Jay Leno's
	CNN Erin Burnett OutFront (N)	Anderson Cooper 360 [25]		CNN Tonight			CNN Tonight		Cooper 360
	FNC Greta Van Susteren	The O'Reilly Factor (N)		The Kelly Factor (N)			Hannity (N)		O'Reilly
NEWS	MSNBC Hardball Chris Matthews	All In With Chris Hayes		Rachel Maddow Show			The Last Word		All In With
	AMC Magnum	(:45) *** Dirty Harry (1971, Action)	Clint Eastwood. (R)				TURN: Washington		TURN
	BRV Southern Charm [15]	Southern Charm (N) [15]		Housewives/OC			Real Housewives-Dallas		Happens
	CMT Last Man	Last Man	Last Man	*** Jarhead (2005, War)			Jake Gyllenhaal, Peter Sarsgaard. (R)		
	COM Futurama [15]	Futurama [15]	South Park	South Park	South Park	South Park	South Park	South Park	Daily Show
	E! News (N) [25]		Botched [25]	Botched (N) [25]			Botched [25]		E! News [25]
	FOOD Guy's Grocery Games [25]	Kids BQCH Championship [25]	Cake Wars (N) [25]				Chopped [25]		Chopped [25]
	FX Rise of the Guardians (PG)	*** Despicable Me 2 (2013, Comedy) (PG)					*** Despicable Me 2 (2013) (PG)		
	GAC Big Time RV	Big Time RV	Big Time RV	Big Time RV	Big Time RV	Big Time RV	Big Time RV	Big Time RV	Big Time RV
	HALL Last Man	Last Man	Last Man	Last Man	The Middle	The Middle	The Middle	The Middle	Golden Girls
VARIETY	HGTV Love It or List It [15]	Tiny House	Tiny House	Tiny House	Tiny House		Hunters	Hunters Int'l	Tiny House
	LIFE Devious Maids [25]	Devious Maids [25]	Devious Maids (N) [15]				UnREAL (N) [15]		UnREAL [15]
	MTV Teen Mom 2 [25]	Teen Mom 2 [25]					(:01) Are You the One? [15]		(:02) Scream
	OXY (:13) Sex and the City [25]	(7:46) ** He's Just Not That Into You (2009) Ben Affleck.					He's Just Not		
	SPIKE (5:30) The Expendables 2	** The Expendables (2010, Action) Sylvester Stallone, Jet Li. (NR)					** The Expendables 2		
	SYFY Teenage Mutant Ninja Turtles II: Secret of Ooze	12 Monkeys (N) [15]					** Teenage Mutant Ninja Turtles		
	TBN Rodriguez	Potters	Trinity	GregLau	Franklin	J. Duplantis	Praise the Lord		
	TBS Family Guy	Family Guy	Family Guy	Amer. Dad	Angie	Family Guy	Family Guy	Full Frontal	Conan (N) [15]
	TCM MGM Is on the Move	*** Anna Christie (1930) (NR)					(:45) ** Let Us Be Gay (1930) (NR)		Girl Said No
	TMC (6:30) * Underclassman	(:05) *** The Seven Five (2014) (ESP) (R)					** State Property 2 (2005) (R)		
PREMIUM	TNT Rizzoli & Isles [15]	Rizzoli & Isles [15]			Rizzoli & Isles (N) [15]		Major Crimes (N) [15]		Rizzoli
	TRAVEL Bizarre Foods America [25]	Delicious	Delicious	Bizarre Foods/Zimmer			Hotel Impossible (N) [25]		Bizarre
	TRU Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers	Imp. Jokers		Genius	Genius	Imp. Jokers
	TVL Andy Griffith	Andy Griffith	(:12) George Lopez [25]	George	Raymond		Raymond	Raymond	King
	USA Mod Fam	Mod Fam	WWE Monday Night RAW (N) (L) [4]						West Texas
	VH1 Why Did I Get	Love & Hip Hop: Atlanta [25]		Love & Hip Hop: Atlanta [25]			Love & Hip Hop: Atlanta [25]		Hip Hop
	WGN-A Funniest Home Videos	Funniest Home Videos	Funniest Home Videos				** U.S. Marshals (1998) (PG-13)		
	HBO (6:30) * Jumper (2008) Hayden Christensen.	*** Furious 7 (2015, Action) (ESP) Vin Diesel, Paul Walker. A dead man's brother seeks revenge on the Toretto gang. (PG-13)					Boxing Vasyil Lomachenko vs. Roman Martinez. [25]		
	MAX Matchstick Men (2003)	(:25) ** Street Kings (2008, Crime Drama) (ESP) Keanu Reeves. (R)			(:15) *** John Wick (2014, Action) (ESP) Keanu Reeves, Michael Nyqvist, Alfie Allen. (R)		Outcast (ESP) [25]		
	SHOW (6:45) *** Good Kill (2014, War) Ethan Hawke, January Jones. (R)	All Access: Stanley Cup			Penny Dreadful [25]		Billions Axe and Chuck are spinning. (ESP) [25]		House of Lies (ESP) [25]
STARZ	Arlington Road (1999)	*** Glengarry Glen Ross (1992, Drama) (ESP) Al Pacino, Alec Baldwin. (R)			Girlfriend Expr.		(:45) *** Intolerable Cruelty (2003, Romance-Comedy) (ESP) George Clooney. (PG-13)		
	STZENC (5:35) **** The Shawshank Redemption	** Hannibal (2001) (ESP) Anthony Hopkins. A disfigured victim of cannibalistic Dr. Lecter seeks revenge. (R)					(:15) *** Red Dragon (2002, Suspense) (ESP) Anthony Hopkins. (R)		