

EVENTS

Things to Do

BANGOR — “Haroutunian: Riffs of Maine,” paintings by Joseph Haroutunian, through May 31, Boyd Place, 21 Boyd St. Open daily 9 a.m.-7 p.m. through May 31. 963-6005, 941-2837 or info@littlefieldgallery.com.

BANGOR — “The Last Five Years,” written and composed by Jason Robert Brown, starring Dominick Varney and Brianne Beck, 7 p.m. through March 27, Penobscot Theatre, Bangor Opera House, 131 Main St. Showtimes vary. 942-3333 or penobscottheatre.org.

BANGOR — Pulitzer Prize winning journalist Kathleen Kingsbury of the Boston Globe, “Service Not Included,” 6:30-8 p.m. Tuesday, March 29, Bangor Public Library.

BANGOR — Pulitzer Prize winning journalist Jim Sheeler of Case Western Reserve University, “Final Salute,” 3 p.m. Wednesday, March 30, 6:30-8 p.m. Wednesday, March 30, Bangor Public Library.

BANGOR — The Foundation for Development: Plan Your Work and Work the Plan workshop, 1-4 p.m. Wednesday, March 30, Rangeley Hall, Eastern Maine Community College, 354 Hogan Road. 871-1885 or

Learn@NonprofitMaine.org.

BANGOR — Budgeting workshop, 9 a.m.-noon Wednesday, March 30, Rangeley Hall, Eastern Maine Community College, 354 Hogan Road. Learn how to develop a real budget that will improve your organization. 871-1885 or Learn@NonprofitMaine.org.

BANGOR — Eastern Maine Community College’s annual Maine Trivia Tournament, 5-9 p.m. Thursday, March 31, Johnston Gymnasium, 354 Hogan Road. Proceeds benefit EMCC Foundation, which develops resources and scholarships to assist students. Registration \$200 for one team of three to five people. eventbrite.com/e/maine-trivia-tournament-2016-registration-20833513600.

BANGOR — “Through the Looking Glass” annual spring auction, 5:30-9 p.m. Friday, April 1, John Bapst Memorial High School, 100 Broadway. Dinner, dessert, cash bar, raffles and auction to support the school. For tickets, http://bauction.bpt.me/ or 947-0313, ext. 115.

BANGOR — Lobster stew dinner, 5 p.m. and 7 p.m. Saturday, April 2, All Souls Church, 10 Broadway. Take out meals

available beginning at 4 p.m. \$15. Tickets must be purchased in advance. 942-7354.

BAR HARBOR — Mount Desert Island Hospital’s Lisa Stewart Women’s Health Center annual Spring Frock Swap, 5-8 p.m. Thursday, March 31, Wolf Conference Center, second floor, 330 Main St. To participate, \$10. Benefits health of women in MDI region. 288-8100 or carmen.sanford@mdihospital.org.

BAR HARBOR — Giuseppe Taibi, whose family creates Olio Taibi, hosting a talk and tasting with Pat O’Brien of FIORE Artisan Olive Oils, 7 p.m. Wednesday, March 30, Jesup Memorial Library. 288-4245 or kchagnon@jesuplibrary.org.

BLUE HILL — “The Art of the Book” exhibit, during library hours through March, Howard Room glass cases, Blue Hill Public Library, 5 Parker Point Road. 374-5515.

BLUE HILL — Former education professors Bernadette and Vivodh Anand of Milbridge lead series of discussions of Ta-Nehisi Coates’ book “Between the World and Me,” 6:30-8:15 p.m. Monday, March 28, Blue Hill Public Library. 374-5515.

BREWER — Twice monthly

Bluegrass Jams, noon-5 p.m. first and third Sundays, Brewer Grange 1266, North Main Street. Concessions available. Joan Richert, 989-5848, for first Sunday; Sandra Moon, 827-3698, for third Sunday information.

BREWER — Bluegrass Jam, 6-8 p.m. Tuesdays, Between Friends Art Center-Next Generation Theatre, 39 Center St. Pick or listen. \$3. 989-7100 or nextgentheatredirecting@gmail.com or nextgenerationtheatre.com.

BREWER — Experienced or new knitters, crocheters or needleworkers invited to Brewer Public Library, 9:30-11 a.m. Fridays. Bring your own yarn projects and socialize in conference room. 989-7943.

ELLSWORTH — International Folk Dancing, 5:30-7:30 p.m. second and fourth Mondays, Moore Community Center, 125 State St. Beginners welcome; no partners needed. Dances taught first hour, followed by requests. \$6. 460-3408 or esherwood1@roadrunner.com.

ELLSWORTH — Ellsworth Chess Club, 6-7:30 p.m. Thursdays, Ellsworth Public Library. 667-6363.

ELLSWORTH — Tuesday Readers book discussion group, 2-4 p.m. Tuesdays, Riverview

Room, Ellsworth Public Library. 667-6363.

ELLSWORTH — Knit, crochet or spin, 10 a.m.-noon Saturdays, third floor Knitting Nook, Ellsworth Public Library, 20 State St. 667-6363.

FORT KENT — Alzheimer’s Dementia Support Group for caregivers of persons with dementia, 6:30-7:30 p.m. first Wednesday of every month, Forest Hill Rehab and Skilled Nursing Center, 25 Bolduc Ave. 834-1353 or j.fortin@nmrmc.org.

LINCOLN — Save-A-Life Task Force free talk on “Understanding Substance Abuse and its Impact on Maine,” given by Marjorie Withers, co-director of Community Caring Collaborative in Machias, 6-8 p.m. Tuesday, March 29, Gillmor’s Restaurant. S-A-L@river-coalition.org.

ORONO — Pulitzer Prize winning journalist Kathleen Kingsbury of the Boston Globe, “Service Not Included,” 3 p.m. Tuesday, March 29, Wells Conference Center, University of Maine.

PORTLAND — An evening with Wu Man and the Shanghai Quartet, 6:15-8:30 p.m. Wednesday, March 30, Osher Hall, Maine College of Art, 522 Congress St. Also, screening of Wu Man’s short film. Concert will feature traditional music for pipa, major Western classical work and new work commissioned by film composer Zhao Jiping. 775-3052, info@meca.edu or meca.edu.

THOMASTON — Friends of the Weskeag hosting Hammon Buck of Plants Unlimited discussing “Native Plants for Watershed Gardens,” 7 p.m. Thursday, March 31, South Thomaston Historical Society Building, corner of Route 73 and Dublin Road. Free and open to all. Vivian Newman, 691-2120 or newviv@roadrunner.com.

WINTER HARBOR — Community welcome reception for new Acadia National Park Superintendent Kevin Schneider, 5-6:30 p.m. Monday, March 28, Rockefeller Hall Welcome Center, 9 Attisbury Circle, Schoodic Institute campus. Free and open to all. 288-1310 or info@schoodic-institute.org.

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



BDN FILE

Bob Guerette of Carmel rototills his garden at his home in 2005. Incorporating compost — including shellfish meal — has many benefits for enriching the soil and creating a healthy, fertile garden.

Adding shellfish waste to garden soil beneficial

BY BARBARA DAMROSCH
THE WASHINGTON POST

The longer I live, the more I appreciate food that is simple and knowable. It might seem easier to make soup from an envelope of dehydrated mix. But filling the pot with real potatoes, leeks and thyme is easy, too, and results in a tastier soup.

I want the same clarity when feeding the soil in my garden or, more precisely, the microorganisms that live in it. Their consumption of organic matter makes the soil fertile, by making nutrients available to my plants’ roots. So I feed them what I know: manure, kitchen scraps, plant parts — either broken down in the compost pile or incorporated directly into the soil.

The same impulse led my husband to a crab processing plant many years ago. The owners were happy to give him crab shells they’d otherwise have hauled away for incineration. The shells enriched his soil and helped him grow healthy, productive plants. Since then, he’s sought any crustacean shells he could find, tilling them into our gardens and fields.

Here’s how they work their magic. The exoskeletons of crabs, lobsters, shrimp, crayfish and countless insects contain a substance called chitin (pronounced KYE-tin), a slow-release source of the

nitrogen that plants need. Because it doesn’t leach out of the soil, it doesn’t pollute waterways the way soluble nitrogen fertilizers do.

But that’s not all. When crustacean shells are added to the soil, they stimulate and increase populations of chitin-devouring bacteria and fungi. Once these have decomposed the shells, they go on to devour certain chitinous pests, most notably root-knot nematodes, which can lead to poor yields in a number of crops.

The exoskeletons of crabs, lobsters, shrimp, crayfish and countless insects provide nitrogen that plants need

The shells also contain calcium carbonate, the key ingredient in garden lime. Calcium is another essential element for plant health, and it raises the pH of the soil in areas that are too acidic. The shells of mollusks such as oysters, mussels and clams are also rich in calcium. Those don’t break down as rapidly as crustaceans do, but that’s not a defect. We see the white clamshell fragments in our dark earth as time-release calcium pills at work.

Gardeners who don’t live near a coast where shellfish

waste is plentiful might make a deal with seafood restaurants, offering to take it away as an even exchange. But they can also buy dried, ground crab or shrimp shells in bags. This is also a good option if neighbors object to fresh seafood waste. (Look for pure meal without additives, such as urea.) If local stores don’t carry them, check online sources such as Peaceful Valley Farm Supply (groworganic.com).

Shellfish meal can be added, raked in or tilled just before planting, but whole crustacean shells are best chopped up, turned under and allowed to mellow in the soil for a month or more. Leaving them on the soil surface, as we once did with some crab shells when the ground was frozen, is a bad idea. They attracted flocks of sea gulls, whose habit it is to pick up shells and break them by dropping them on shoreline rocks — or in this case our neighbors’ cars.

A better idea: Invite the neighbors to a big lobster or crab feast, and after dinner put all of the shells on the compost pile. Burying them with a garden fork will not only hide them from birds but also set the heap to “bake,” cooking up the best compost you’ve ever made.

Damrosch is the author of “The Four Season Farm Gardener’s Cookbook”; her website is www.fourseason-farm.com.

New England Brew Summit April 1

PORTLAND — The 2016 New England Brew Summit hosted by the Maine Brewers’ Guild is the business-to-business conference covering the technical aspects of brewing and running a brewery.

It will take place 8 a.m.-6 p.m. Friday, April 1, at the University of Southern Maine, Abromson Center, 88 Bedford St.

Keynote speaker Dick Cantwell, co-founder of Elysian Brewing Co. and Brewers Association Quality Ambassador, will present “The

Future of Craft Depends on Quality.” Cantwell, one of the most well-respected and experienced craft brewers, co-founded Elysian Brewing Co. in 1996, where he served as head brewer until its sale in 2015. Cantwell recently was named the Brewers’ Association’s Quality Ambassador. He travels nationwide working to promote a vision of quality and develop a membership that consistently produces beer of high quality.

Brewmasters from Maine

and New England will lead the technical brewing discussions, with topics ranging from yeast and barrel usage to a hands-on microbiology workshop.

Registration and sponsorship information may be found at nebrewsummit.com.

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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. The Voice Guest adviser Miley Cyrus. (N) (HD)						(:01) Blindspot (N)	News	
	4 CBC And Then There Were None (N) (Part 1 of 2)				The National (N)		CBC Coronation Rick Mercer		
	5 CBS Big Bang Broke Girl Supergirl (N) (HD)				Scorpion (N) (HD)		(9:59) NCIS: Los Angeles News		
	52 CW Family Guy Crazy Ex-Girlfriend (N)				Jane the Virgin (N)		News Seinfeld	Cougar	
	6 NBC 207 Inside Ed. The Voice Guest adviser Miley Cyrus. (N) (HD)						(:01) Blindspot (N)	News	
	7 ABC Wheel Jeopardy!				Dancing With the Stars (N) (HD)		(:01) The Catch (HD)	News	
	WAGM FOX The Insider Ent. Tonight				Gotham (N) (HD)		News Big Bang	Big Bang	
	8 ABC Wheel Jeopardy!				Dancing With the Stars (N) (HD)		(:01) The Catch (HD)	News	
	MPBN PBS PBS NewsHour (N) (HD)				Antiques Roadshow (N)		Independent Lens (HD)		
	9 IND Blindspot (N) (HD)				Gotham (N) (HD)		News-Lisa CTV News	Daily Show	
KIDS	13 CBS Ent. Tonight The Insider Supergirl (N) (HD)				Scorpion (N) (HD)		(9:59) NCIS: Los Angeles News		
	22 FOX Mod Fam Mod Fam Gotham (N) (HD)				(:01) Lucifer (N) (HD)		FOX 22 News at 10 (N) Law-SVU		
	IND M*A*S*H	M*A*S*H	Andy Griffith	Andy Griffith	Happy Days	Laverne	Hogan Hero	Hogan Hero	C. Burnett
	33 IND Big Bang Big Bang Law & Order: SVU				Law & Order: SVU		WBZ News (N) (HD)	Seinfeld	
KIDS	NICK One Crazy Cruise (2015) Kira Kosarin. School Full House				Full House		Full House	Full House	Friends
	DISN (6:00) The Incredibles (PG) How to Build a Better Boy (2014) (NR) Stuck						Liv-Mad. K.C. Under.	Best Fr.	
	FREE (6:00) *** Matilda (PG) The Fosters (N)				Recovery Road (N)		The Fosters	700 Club	
LEARN	HIST Swamp People				Swamp People		(:03) Billion Dollar Wreck	Wreck	
	DISC Street Outlaws: NOLA Street Outlaws: Full Throt				Street Outlaws: NOLA		Misfit Garage (N)	Outlaws	
	TLC Who Do You Long Lost Family				Long Lost Family		Long Lost Family	Long Lost	
	A&E The First 48				The First 48		(:01) Damien (N)	Bates Motel	
ANPL	Insane Pools				Insane Pools: Deep End		(:03) Tanked	Treehouse	
SPORTS	CSNE SportsNet Quick NBA Basketball From Feb. 10, 2016.						Celtics Pre. NBA Basketball		
	ESPN 2016 NCAA Women’s Basketball Tournament						2016 NCAA Women’s Basketball Tournament	SportCtr	
	ESPN2 NFL Live (N)				High School Basketball		NBA Coast to Coast (N) (L)		
	NBCSP NHL Live (N)	NHL Hockey Buffalo Sabres at Detroit Red Wings. (L)					NHL Hockey: Kings at Sharks		
SPORTS	NESN Boating Golf Dest. Fight Sports MMA (N)				Red Sox	Red Sox	Sports Sports	Sports	
NEWS	CNBC Secret Lives Secret Lives Shark Tank				Shark Tank		Shark Tank	Billion Buyer	
	CNN Erin Burnett OutFront (N) Anderson Cooper 360				Anderson Cooper 360		CNN Tonight	Cooper 360	
	FNC Greta Van Susteren The O’Reilly Factor (N)				The Kelly File (N)		Hannity (N)	O’Reilly	
	MSNBC Hardball Chris Matthews All In With Chris Hayes Rachel Maddow Show						The Last Word	All In With	
VARIETY	AMC (5:57) *** The Rock (1996) Sean Connery. (R) (5:56) Better Call Saul						Better Call Saul (N)	Call Saul	
	BRV Vanderpump Rules				Vanderpump Rules		Housewives/Atl. Vander		
	CMT Last Man Last Man Last Man Last Man				Last Man Last Man		Action) Mel Gibson, Danny Glover. (R)		
	COM Futurama	Futurama	South Park	South Park	South Park	South Park	South Park	South Park	Daily Show
	E! E! News (N)		Hollywood Medium	Hollywood Medium	Hollywood Medium		Hollywood Medium	E! News	
	FOOD Chopped Junior		Chopped Junior		Cake Wars (N)		Chopped	Chopped	
	FX (5:30) * That’s My Boy		** Just Go With It (2011) Adam Sandler, Nicole Kidman. (PG-13)				** Just Go With It		
	GAC Building Alaska		Building Alaska		Building Alaska		Building Alaska	Alaska	
	HALL Last Man Last Man Last Man Last Man		The Middle	The Middle	The Middle	The Middle	The Middle	Golden Girls	
	HGTV Love It or List It		Listed Sisters (N)		Tiny House	Tiny House	Hunters	Hunters Int’l	Tiny House
VARIETY	LIFE (6:00) ** The Switch		*** Walk the Line (2005, Biography) Joaquin Phoenix. (PG-13)					Little	
	MTV Teen Mom 2		Teen Mom 2		Teen Mom 2		Teen Mom 2 (N)	Teen Mom 2	
	OXY (6:02) When in Rome (G) (:07) When in Rome (2002) Mary-Kate Olsen. (G)						(:12) ** The Last Song (2010) (PG)		
	SPIKE Cops	Cops	Cops	Cops	Cops		Cops	Cops	
	SYFY Chronicles of Narnia: Lion, Witch and the Wardrobe				The Magicians (N)		The Internet	The Internet	Bitten (N)
	TBN Rodriguez Potters Trinity GregLau Franklin J. Duplantis						Praise the Lord		
	TBS Family Guy Family Guy Family Guy Amer. Dad Angle Family Guy						Family Guy	Full Frontal	Conan (N)
	TCM (:15) MGM Parade		*** The Art of Love (1965) (NR)		(:45) *** F for Fake (1973) Orson Welles. (PG)				
	TCM (6:00) *** Rampart (R)		** Need for Speed (2014) Aaron Paul. (PG-13)				(:10) *** Snowpiercer (2013) (R)		
	TNT ** Red (2010, Action) Bruce Willis. (PG-13)		** Red 2 (2013, Action) Bruce Willis, John Malkovich. (PG-13)						
PREMIUM	TRAVEL Bizarre Foods America		Delicious Delicious Bizarre Foods/Zimmer		Bizarre Foods/Zimmer		Bizarre Foods/Zimmer	Bizarre	
	TRU Imp. Jokers Imp. Jokers Imp. Jokers Imp. Jokers							Imp. Jokers	
	TVL Andy Griffith Andy Griffith Everybody Raymond				Raymond Raymond		Raymond Raymond	King	
	USA Mod Fam Mod Fam WWE Monday Night RAW (N) (L)							Chrisley	
	VH1 Love & Hip Hop		Love & Hip Hop (N)		K. Michelle K. Michelle		Hit the Floor (N)	Hip Hop	
	WGN-A Outsiders		Underground		(:05) Underground		(:05) Underground	Person	
	ENC (6:20) Austin Powers: The Spy Who Shagged Me		*** Die Hard With a Vengeance (1995, Action) (ESP) Bruce Willis, Jeremy Irons. (R)				(:10) *** National Lampoon’s Animal House (1978) (ESP) John Belushi. (R)		
	HBO (6:40) ** Unbroken (2014, Biography) (ESP) Jack O’Connell, Domhnall Gleeson. (PG-13)				Only the Dead See the End of War (2015, Biography) (ESP) (NR)		*** Magic Mike XXL (2015) Channing Tatum. (R)		
	MAX (:10) *** Dawn of the Planet of the Apes (2014) (ESP) Andy Serkis. (:20) * Barb Wire (1996, Action) (ESP)							Banshee (ESP)	
	SHOW The Lovely Bones (ESP) Inside		Shameless Frank offers to pay for the reception.		Billions Axe and Wendy search their souls. (ESP)		Shameless Frank offers to pay for the reception.	Billions (ESP)	
STARZ	(:10) ** Rudderless (2014) Billy Crudup. A grieving father forms a band in hope of finding peace. (R)								

LET’S TALK

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