

Doctor

Continued from Page C1

we'll see more collaboration [between medical doctors and alternative practitioners, including naturopaths] in the future."

Yori said one of the things that appeals to her about naturopathy is the idea of proactively supporting a person's health. Back when she was a student at Mount View High School in Thorn-dike, a medical doctor at the small clinic in her home-town of Brooks made a big impression because of the positive way she treated Yori.

"She talked to me," Yori remembered. "That was something I've never experienced before with a doctor. That experience was really great. She talked to me like a human being, which at 16 is so important. And she was really interested in what was going on with me — as a person, not as disease maintenance."

High school was an interesting time for Yori because that is when she got intrigued by the sport of wrestling. She had joined the basketball team at Mount View but was spending a lot of time on the bench.

"I realized I'd have to look elsewhere to be active," she said.

In 1996, a Title IX decision officially allowed girls to wrestle in Maine. After an informational session at her school, Yori went home and told her parents she wanted to try the sport.

"They were both confused, but my mother said, 'You should try this, because if you can do this, you can do anything,'" she said. "I didn't know much about it. I knew absolutely diddly. But I went out, and I loved it. What I ended up loving was the individual talent. It's really you against yourself."

After high school, Yori was a pre-med student at St. Joseph's College in Standish and graduated cum laude in 2002. After that, she looked around at medical schools but didn't like what she found.

"The phrase that went through my mind was 'McDonald's medicine,'" she said. "Get them in and get them out."

So she waited, working at an animal shelter in Rock-land and then moving back to the farm in Brooks after a family crisis. That's when she got into coaching wrestling with the junior high school team at Mount View and then picked up the high school varsity team when its coach was deployed with the military.

"I fell in love all over again," Yori said of wrestling.



GABOR DEGRE | BDN

Dr. Elizabeth Yori talks to Shannon, who is a patient, at her office in Belfast on Tuesday.

She worked as an educational technician at Mount View, then as the full-time alternative education teacher. But although she loved her students, by 2008 she decided she wanted a change and cast her gaze back to medicine. Yori trained as an emergency medical technician, volunteered with an ambulance service and then wondered, "What else could I do in the field of medicine?"

She went to the website for Maine's state licensing division and saw the letters

"ND." She didn't know what they meant and looked it up online. That's when she saw that others out there thought about medicine in the same way she always had.

"It gave me goosebumps," Yori said. "I said to myself, this is what I've been waiting for my whole life."

She decided to attend Bastyr University in Kenmore, Washington, and graduated last June. In her training, she covered anatomy, physiology, herbs, the principles of naturopathy and much more.

"I really think this medicine is for everybody," Yori said. "I don't see the medical field as an us versus them. I feel that naturopaths address the person and that MDs manage disease. The training is different."

Medical doctors are really good at acute care, she said, while naturopaths have a holistic approach to health that she feels makes them particularly good at treating pain management or chronic diseases such as diabetes or Lyme.

"That's where we really

shine," Yori said. "I feel that my role is to really support the person going through the medical treatment."

Toward that end, the first visit with a new patient usually lasts at least 90 minutes, as she listens and finds out what is happening in that person's health and life.

Yori loves her work, even though she is saddled with a large student loan from Bastyr University. And while there is an idea that all doctors are well reimbursed for their skills, it is a little bit more complicated for naturopaths. The Affordable Care Act prohibited insurance carriers from discriminating against licensed providers, including licensed naturopathic doctors, but several insurance companies in Maine are balking at complying, she said. So Yori's practice is cash-based, and she aims to keep her services accessible to regular Mainers — the people she has long wanted to help.

"I think Mainers are really independent. They don't like being told what to do, and they really don't like going to the doctor," Yori said. "I think there is a self-reliance and independence here that really fits with naturopathic medicine."

Dr. Elizabeth Yori, naturopathic doctor, is practicing at Belfast Natural Medicine at 38 Spring St. in Belfast.

Dirt

Continued from Page C2

bring it up with lime so something grows well," said Erich, whose team recommends what crops will grow best where.

Soil health is a growing field of study across the country, and in Maine's agricultural circles the topic has evolved accordingly.

When Living Acres launched in 1979, selling organic compost to farmers was a hard sell. "It took 15 or 20 years of trying to educate people and retailers. By 2000 retailers knew what we were saying," Ramsey said.

He composts dairy and poultry manures, peat and other materials for all-natural fertilizers and potting mixes in 4,000-square feet barns. Johnny's Selected Seeds is his top client.

"The foodie movement goes hand in hand [with soil health]. Offering varieties of plants that have better flavor that chefs and restaurants care about is very exciting," he said. "More and more people that care about growing food in ways that are sustainable and healthy."

Ramsey is on the road daily delivering a melange of organic manure and potting mixes to farms across the state. His products, including the emulsion and seaweed fertilizers, are shipped throughout the country to key markets such as the Carolinas and Illinois.

"In the last 10 years, the knowledge base of the average gardener has really



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Assistant scientist Bruce Hoskins marks his results after using a machine to check the color of the carbon dioxide indicator to determine how much the soil gave off in 24 hours. Hoskins explained that testing for carbon dioxide levels allows farmers to learn how many microorganisms are living in the soil. The higher the carbon dioxide levels, the more microorganisms, which indicates a healthier soil.

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TONY RAMSEY, LIVING ACRES IN NEW SHARON

exploded," he said.

Genetically modified crops is one reason. Unhealthy chemicals in the garden is another.

"People are more and more aware of toxic materials in farming and gardening, pesticides and caustic material," Ramsey said. "If it's caustic to insects, what is it doing to me?"

Such growing consciousness has kept business brisk at the Maine Soil Testing Service on the Orono campus. Seventy-five percent of gardening samples come from people seeking organic recommendations. "One-third are for home gardens," Hoskins said. "It's an exciting time to be here."

Organic

Continued from Page C2

allium family, onions, leeks, garlic and shallots, you need to rotate them to fend off insects, pests and blight that looks ugly."

Rule of thumb: Root to fruit to leaf to bean. Plant a root crop one year. A fruit crop the next. Example: carrots this year, tomatoes the next. "Mixing families of vegetables is one of the best ways to avoid planting the same family type over and over."

Take a class: "People come away with an appreciation

that food production is doable. To do it well takes training and practice. When you can garden with an experienced gardener it's helpful," said Jemison, who encourages students taking his class to volunteer in the Orono garden for hands-on instruction.

Why grow your own? "You value what you grow and you have ultimate control. It's hard to get much fresher than going snip, snip snip. You can't beat the freshness factor," he said.

Grow Your Own Organic Garden classes start April 5 in Hampden and April 6 in Orono. To find a class in your community, visit www.mofga.org.

Farm

Continued from Page C1

helped them get started this spring, they said.

They have been accepted to the Ellsworth Farmers Market and are seeking customers for their first-ever community-supported agriculture, or CSA, share. With so many small organic farms in Maine, it can be hard for a new farm to find customers, but they are trying. One of the farmers, McLaughlin, has been selected for the MOFGA Journeyperson Program, which offers hands-on support, training and mentorship for young farmers.

"It's technically for one person, but it really benefits the whole farm," MacPhee said, adding that the odds that a MOFGA Journeyperson will succeed in farming are good. "The success rate of those farmers is extremely high, with 92 percent of the farmers who have participated since the program began in 1999 still farming today. And the vast majority are farming in Maine."

That sounds good to Rubin and Simmons. The



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Clothes dry on a mild spring day at Streamside Farm in Brooks. The farm was started by five friends as a cooperative effort, where they pool knowledge, resources and their energy.

two women, who have their boot-clad feet firmly grounded in the rich brown soil of their new farm, said they might like to expand into mushrooms, pigs, ducks and a dairy in the future. But for the moment they are concentrating on growing some beautiful vegetables and giving back to the community.

"Organic produce can be so expensive," Simmons said. "We want the people of Brooks to be able to afford it."

Rubin, who sports a delicate tattoo that showcas-

es her passion for farming, pointed out the various components. There's a finely detailed bunch of carrots, a calf, a pig, a sunflower, tomatoes and a hand holding peonies. Next to the images is a quote from Willa Cather's book "O Pioneers!" that means a lot to the young farmer who is just settling into a farm of her own.

"We come and go, but the land is always here," the words read. "And the people who love it and understand it are the people who own it — for a little while."



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Molly Rubin shows off her love of farming with tattoos of vegetables and animals on her arm. Rubin is one of five farmers at Streamside Farm in Brooks who started a cooperative farm.

Hampden Historical Society sale in June

HAMPDEN — Hampden Historical Society book and yard sale, 8 a.m.-1 p.m. Saturday, June 11, at the Kinsley House, 83 Main Road South. Kinsley House will open for the season on April 5, and items for the book and yard sale will be accepted 10 a.m.-4 p.m. Tuesdays. hampdenhistorical@gmail.com.

Pesticide training in Whitefield

WHITEFIELD — Knox-Lincoln Soil & Water Conservation District is sponsoring an opportunity for growers to attend a training session and take the exam for the Agricultural Basic Pesticide Applicator license 8:30 a.m.-3 p.m. Tuesday, April 5, at the Whitefield Fire Station, 24 Town House Road.

The Agricultural Basic license is required for growers who annually sell more than \$1,000 of plants or plant products intended for human consumption and who use only general-use or over-the-counter pesticides, including those certified for organic production, on property they own or lease.

The training, presented by Gary Fish, manager of pesticide programs, Board of Pesticides Control, is an excellent primer on integrated pest management practices and state regulations, which are applicable to conventional and organic growers. Morning refreshments will be provided, and there will be a one-hour lunch break between training and exam. Lunch may be purchased nearby or participants may bring their own.

There is a \$10 fee for the training, payable to Knox-Lincoln SWCD, and registration is required. For information and to register, contact knox-lincoln.org/beginning-farmer-2016, 596-2040 or hildy@knox-lincoln.org. A Core Exam Training Manual may be downloaded as a PDF for \$7 at extension.umaine.edu/ipm/pesticide-safety/pesticide-applicator-license-categories-training-manuals/.

Library to host talk on native landscape

BLUE HILL — Blue Hill landscape gardeners Avy Claire, Pam Johnson and Cathy Rees will talk about the use of native plants in home landscaping from 7 to 8:30 p.m. Thursday, April 7, at Blue Hill Public Library. The talk is sponsored by the library and Native Gardens of Blue Hill, a local nonprofit. The group has been designing and landscaping a public garden at the Bagaduce Music Lending Library's new location on South Street in Blue Hill.

The speakers will discuss why and how native plants can be used in a home landscape. Admission is free and open to all. For information, call the library at 374-5515.