

TO YOUR HEALTH



Loosening the blood pressure cuffs.

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▶ Q&A with filmmaker Mackey Alston

▶ Del Turner at the inauguration

▶ Woods Charter School grad returns to teach



Trabajando juntos. Page 12

Working together. Page 9

Oddenino's healing touch

Life dedicated to stopping suffering.

By Carole Hoffman

A life well lived is a life worth noting. One such life is that of Pittsboro's own Kathy Oddenino, RN., a remarkable woman who has devoted her entire life to health; the healing of others and herself. Having experienced severe illness and pain at a very young age, Kathy learned, through her own intuition, how to heal herself of her disease and her extreme pain. She was able to heal her rheumatic fever and the resulting rheumatoid arthritis, and many years later, as a student nurse, she healed Hepatitis B, which she was told was "incurable". This developed in Kathy a strong desire to help others in much the same way, and she directed her desire toward the field of nursing.

Kathy's nursing career spanned

over 40 years and included research in Tuberculosis. She was on the research team that discovered the cure for TB, which is still used to this day. She worked as a hospital administrator for many years, responsible for as many as 350 patients and staff. Her NIH team (under the auspices of transplant research) began the first groundbreaking research on the Human Lymphocyte Antigen to identify the chemical patterns that make up our human design. This was the beginning of successful transplantation in the United States.

This knowledge has transformed how medicine understands the human design and has led to many resulting successes in the field of medicine. Kathy's extensive research in kidney transplants



Kathy Oddenino

has shaped the field of organ transplants into the success it is today. She was also part of the original team that developed the Alternative Health Department at the National Institutes of Health, in Bethesda, MD. Her significant achievements have paved the way for great advancements in the fields of medicine and science.

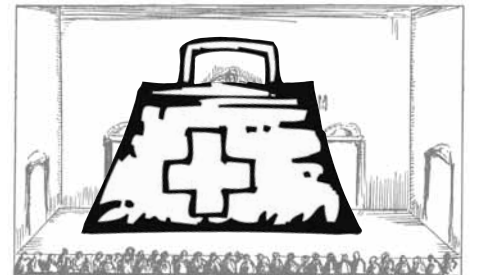
Becoming increasingly unhappy with the direction traditional medicine was moving, Kathy chose to leave nursing to pursue her love of writing and teaching

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The stage is set for health care reform

By Julian Sereno

Health care reform is coming. President Obama was clear about that in his address to Congress the other week. He has set aside \$660 billion in the budget and called for a system that approaches universal coverage. He has also opened channels of communication for all interested parties to weigh in. Let the discussion begin.



Problems with health care are myriad. Nearly 50 million Americans – one-sixth of our population – don't have health insurance. So they don't go to the doctor for routine checkups and minor ailments. They only seek treatment when the problems become acute. They enter the health care system through Emergency Rooms, which are expensive, but where they cannot be denied treatment. Hospitals absorb the costs of indigent care, but pass the costs on to the paying patients, making health care costs skyrocket. If they have cancer and need chemotherapy or radiation, or they need open heart surgery, they are probably not going to get it without health insurance.

Most people with health care get it through their work. If they lose their job, they lose their coverage, and their families do too. If they are sick enough to demand extensive health services, such as prolonged hospital stays, they lose their jobs and the health insurance to pay for their treatment. Catastrophic health care expenses are by far the leading cause of personal bankruptcies. Businesses that provide health insurance to employees and their families face a crippling expense that foreign competitors do not face. The United States is the only industrialized country in the world that does not provide health care for its people. For America's much maligned auto industry, health care costs add thousands of dollars to the cost of each car they make.

For the country as a whole, it means that we are at the bottom the statistical heap in terms of public health. According to Nicholas Kristof of

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Cathy Holt's transformative yoga

By Marjorie Hudson

In March, Cathy Holt celebrates her tenth year as downtown Pittsboro's premier full-time yoga teacher. She's not the only one celebrating. Her 85 students are celebrating also.

One student comments that Holt has "a unique ability to make everyone in her class feel loved and cared about." Another says, "When you sign up to be in her class you are signing up to be cared for – and to be on a path that transforms your life."

Transforming lives is part of what yoga is all about, and Holt's path to a career as a yoga teacher, and her success, have been an ongoing transformation for her as well.

Holt came to Chatham in 1991 as a metal smith, creating original jewelry designs in gold and silver, with a national reputation she'd built over a 20-year career in Florida and Georgia. She chose Pittsboro after a Chapel Hill gallery owner told her about its terrific artist community. In search of that community, Holt became Chatham Arts Council director and sought out other artists to create the first annual Chatham Artists Studio tour in 1994 (now in its 15th year).

Flush with success of her art work and the studio tour, Holt had no reason to change horses. Though she had kept up a personal yoga practice and studied with local teachers for years, she had no ambition to emulate them. Then, in 1998, came an opportunity for another transformation.



Cathy Holt (center, black shirt and shorts) with her students on a retreat outside Asheville in a group version of "Tree Pose."

"I developed a debilitating repetitive motion injury," Holt says, "with nerve damage in my neck and arm. Doctors said I'd have permanent paralysis if I continued as a metal smith."

It was a devastating moment. Her art career had taken a toll. A single woman living alone, Holt was faced with a life in which she could not do her chosen work — she could not even turn the key to her

front door. But as Holt tells her students, "Problems are opportunities in work clothes."

She made lifestyle changes, and after acupuncture and Rolfing, she began to heal. Then came the task of considering her options for a new way of making a living. She had the natural fearlessness required of entrepreneurs. Her local yoga teacher had closed shop, and she missed the classes. Holt thought there might be a place for her as a teacher. When she

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