

Out of the frying pan, into the fire

Ted Vaden is one of the nice guys in the newspaper business and there are not a lot of them around. Ted tried for years to be the so-called public editor of the Raleigh News and Observer. He tried to explain why newspapers do some of the things they do. It was like asking the family Labrador so good with children to explain the actions of a two-ton elephant in the front yard.

Sometimes he disagreed with the editors and reporters on the little things such as obituaries or why some neighborhoods get more and better coverage than others. He was never able, however, to answer allegations of the N&O's hard, left wing epoxy-glued adherence to the Democrat party, its candidates, office holders and platforms. In short, he simply denied the allegations in spite of daily

front page reminders of where the paper stood.

The current economic problems might have done Ted a big favor. Although I still believe the N&O's screaming headlines "THE SKY IS FALLING, THE SKY IS FALLING" contributed to the mess, things ain't like they were under Ronald Reagan. In the middle of widespread newspaper cutbacks, Ted Vaden got a bailout—from the state.

The N&O has been whining a lot lately about reduced advertising revenue. It has also reduced news staffs and other departments but does not like to talk about the \$2 billion bucks they borrowed to buy out Knight-Ridder at outrageous prices. The publisher had no comment on whether or not Ted would be replaced. I'll bet Ted's annual salary that the position

will be not be filled.

Several other big city editors in troubled newspapers have signed on with the Obama administration at high paying jobs. Television network stars, not under the financial stress, continued to support the administration free of charge.

Ted is going to work full time for the N.C. Department of Transportation for \$117,000 year. His job is to help explain why and how the DOT screws up just about everything it does. My guess is he will pile up a lot of overtime and headaches.

For instance, the DOT has a hard time dealing with stationary objects—such as sign posts. For years and years, local motorists driving west on US 64 approaching Raleigh had to know the new by-pass led to Wake Forest, Durham, Highway I-85, Greensboro, Asheville or Charlotte.

Did the signs tell them? No. There was just one big old sign: "CREEDMOOR." I always thought somebody

at the DOT had a grandmother living in Creedmoor.

And somebody else there had a great affection for mules. When I-40 was opened to Wilmington and the Atlantic Ocean, the sign out of Durham told drivers they were bound for "BENSON." Unless you were dead set on going to Benson's Mule Day, a better destination would have been the Smithfield barbecue joint down the road a bit.

I guess they left off directions to I-95. Nobody wants to get on that.

Somebody finally fixed the signs but Ted Vaden will have to help unravel the mystery of the DOT's ability to really screw up moving traffic, both local and interstate.

R.L. Taylor is a regular contributor to Chatham County Line. He has been a newspaperman for more than 50 years. He has also been an advisor to newspapers in Slovakia, Romania and Russia.

Media Meditations

by R.L. Taylor



ODDENINO

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Spiritual Philosophy, which she calls the "science of life." She is the author of eight published books, and several more that remain unpublished. These books have helped many to discover the truth of health and healing and understand how they can heal themselves of physical, mental and emotional disease and discomfort. They heighten our awareness of how fear, judgmental thinking, and an unwillingness to change breed disease and keep us from realizing the joy and love we so desire. In a world that seeks external "solutions" to internal problems, Kathy invites people to know themselves.

At the age of 73, Kathy moved to Pittsboro to "retire," and now only works six days a week instead of seven. (Her idea of retirement is a little different than most people.) Kathy uses her knowledge to help others heal, in the same way that she has healed herself. She developed and trademarked a nervous system therapy she calls Neural Depolarization (TM), which she has used for many years to help individuals heal numerous illnesses, some of which were considered permanent, and she is having great success. Today she works mostly with those who are experiencing "terminal" illnesses, and in many cases, she is helping them get well. She offers new hope to those who are labeled as "incurable."

Today Oddenino fills her days seeing clients for Neural Depolarization, counseling individuals and teaching seminars, almost monthly, on Spiritual Philosophy. When she is not busy with all of that, she is working on her next book or writing the thorough handout she offers to her seminar students, to help them gain additional knowledge, to "know thyself." She believes, "When our world understands spiritual philosophy as the true pattern of self and life, we will live in a world of loving energy."

Kathy Oddenino's life has truly been a life dedicated to health and healing. Her selflessness has impacted the lives of so very many people, while living an unassuming, quiet lifestyle in Chatham County. Kathy Oddenino is the epitome of humility and an inspiration for the masses.

To learn more about Kathy Oddenino's books, seminars or Neural Depolarization, visit www.kathyoddenino.com, www.spiritualphilosophy.blogspot.com, and www.ndpstories.blogspot.com.

Carole Hoffman, CNDP has been a Spiritual Philosophy student of Kathy Oddenino's for 16 years and is one of her certified practitioners of Neural Depolarization.

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REFORM

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the New York Times, American children are twice as likely to die by the age of 5 as children in Portugal, Spain or Slovenia, and an American woman's lifetime risk of dying in childbirth is more than three times that of a woman in Greece, Spain or Germany.

Our health care system is hideously expensive. It costs nearly \$7,000 per person per year, nearly twice what they pay in Canada and Europe. And Canadians and Europeans have longer life expectancies.

On the positive side of the ledger, the United States has the best doctors, nurses and medical equipment on earth. It offers the best medical care on earth if you can afford it.

The last attempt at health care reform, led by Hillary Clinton during her First Lady days 15 years ago, failed miserably. Her plan "coded" before anybody actually read it and it was DOA when it went before Congress, which was then controlled by Democrats. The Democrats lost control of Congress during midterm elections

YOGA

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became strong enough, she went into yoga teacher training. She was a natural.

In March 1999, Holt opened her first class in the parish hall of St. Bartholomew's Episcopal Church. "My goal was to have one class with 10 students," Holt says. "Almost immediately I had enough students for six classes a week." Her students came from all over—Siler City, Bear Creek, and north Chatham, as well as Pittsboro. "I even had one who came for six years all the way from Durham," she says.

Two years later she had her own private studio as part of the new WDL offices in Pittsboro, built by brothers Mark and Lyle Estill. "They designed a beautiful room for me, with windows, wood floors, sound insulation, and a separate entrance and bathroom—all because Mark loved his yoga and wanted a studio close by."

Holt leads her classes gently through each one-and-a-half hour session, demonstrating and fine-tuning poses, providing encouraging readings, and helping individuals focus on "breathing through" challenging poses. Certified with 500 hours training in 1999, she frequently spends

that year, and remained out of power their for the next 12 years.

Leading the charge against Hillary's plan was the health insurance industry, which employed a famous ad campaign featuring Harry and Louise, a couple who worried that government involvement in health care would ill serve them.

This time the health care landscape is different. Businesses and health care providers accept the fact that the system is in need of an overhaul. Even the health insurance industry has not signaled any opposition yet – they appear ready to leave Harry and Louise in mothballs.

The groups that worked to get Obama elected president are getting out front to support health care reform, with fundraising, TV ad campaigns, and mass petitions to legislators.

All of the constituencies of our health care system will be heard. Let's hope that they all come up with a system that will serve all Americans well.

Julian Sereno is editor and publisher of Chatham County Line.

weekends studying with yoga masters from varied disciplines. The practice of yoga builds strength, equanimity, and awareness and acceptance of personal challenges for people at any level of fitness.

Class members are known to enjoy themselves so much they burst out laughing mid-pose. Holt believes that much of her success is due to her down-to-earth way of handling the class. "I think my students do love me because of my 'ordinariness,'" she says. "I don't have matching outfits. My body is not perfect. I don't try to pretend that I can do every pose to the nth degree."

The classes and the training have transformed Holt's life. "Physically, I feel so much better now at 55 than I did at 30," she says.

Cathy Holt has accomplished something quite rare in the profession. She has created a successful independent yoga studio on her own, what she likes to call "a hometown yoga studio." Transforming the lives of Chatham people, one breath at a time.

For more information, check the website www.cathyholtyoga.com or call 542.4103.

Marjorie Hudson is a writer who resides in Chatham.