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## Painting the town



Volunteer effort: Three houses in Detroit's Bright-moor area have a fresh look after nearly 100 Detroit Edison employees and their families volunteered in the "Paint the Town" program last month. About 300 houses owned by low-income and elderly resi-300 nouses owned by we income a case of your dents were selected for the seventh annual volunteer effort. Martina Pickett (left) of Farmington Hills and John E. Lobbia of Northville apply a coat of paint to one of the houses.

## Cable show finds homes for pets

By BANDRA ARMBRUGTER

Heldi Pederson has a pet
project that's going to the dogs,
quita literally. And to the cats
and whatever lest the Bloomfield

Hills resident can film.

Actually, she's sharing the
project with Scott Foco, Jamie
Peters and Tony Gorkievicz, coowners of AMERA Communications Inc. in Permington Hills.

Pederson, who met Gorkievicz while working years ago at Bloomfield Community Cable TV, came
up with the idea of a half-hour
show dedicated to finding homes
for adoptable peta at the Michigan Animal Rescue League in
Pontiac. So far she has done a
short demonstration film and is
looking for sponsors for the program.

"The animal idea came un after

looking for sponsors for the pro-gram.

"The animal idea came up after I went to the Humans Society, and I thought There's got to be a way to get these animals adopted. So I thought video would be good, "Pederson said. Last year, the Michigan Humane Society received 55,000, animals, according to Pederson, and that deem! include other shelters operating in the metro-politan area.

shelters operating in the metro-polition area.

She hopes to start the program on a cable system operating in the Rochester, Auburn, Clarkston and Royal Oak areas. Letters have been sent to 12 major corpo-

rations.

"We're trying to iron out how much it will cost to produce the show. We're trying to cut costs

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get involved with advertising that teaches. Not only does she want to produce a show about pets, she is the proud owner of a mixed breed she calls Champ, who is the latest in a series of a mixed breed she. "At one point, I had it of the call of t

ry."

Well, not quite. When not rid-ing, or playing with Champ, Pederson works doing archival vi-deotapes for sculptor Marshall Fredericks.

Anyone interested in helping Pederson with her cable show for animals can contact her at (810) 851-2300.





## If snoring is keeping you or someone you know from a more productive life, call the Providence Sleep Disorders Center.

An estimated 10 to 30 percent of adults snore, and for most, snoring has no serious medical consequences. However, for an estimated one in 100 persons – typically, overweight, middle-aged men – extremely loud, habitual snoring is the first indication of a potentially life-threatening disorder, called obstructive sleep apnea.

Snoring is caused when the airways are not fully open. A particular pattern of snoring interrupted by pauses, then gasps, reveals that the sleeper Intermittently stops breathing.

Obstructive sleep apnea affects people in different ways and often disrupts personal lives and work. Some people fall asleep at Inappropriate times, while driv-ing, for example. Other people have difficulty concentrating or become unusually forgetful. And some become irritable, anxious or depressed. Often, family mem-bers, employers or co-workers recognize a pattern of changes in mood or behavior that prompts a visit to the doctor.

The physicians at Providence Sleep

Disorders Center provide state-of-the-art diagnostic testing and therapeutic solu-tions for sleep-related problems in adults. Services at our Center are provided by professionals who are specially trained and experienced in diagnosing and treating sleep disorders. Patients are seen by physicians who are board-certified sleep specialists.

William T. Allen, MD, is medical director of the Center. Dr. Allen com-pleted his undergraduate and medical de-grees from Michigan State University. He completed a residency in internal medicine at St. Joseph Mercy Hospitol in Ann Arbor and a



fellowship in pulmon-ology at the University of Michigan Medical Center. He is a Diplomate of the American Board of Internal Medicine and Pulmonology and of the American Board of Sleep Medicine. Dr. Allen is also a Fellow of the American Sleep Disorders Association.

Timothy Hsu. MD, is the associate director of the Center, Dr. Hsu graduated from Harvard College and received his medical degree from Michigan State University. He completed residencies in both Internal medicine and Clinic, and a fellowship



in sleep medicine at the University of Michigan.

Dr. Hsu is a Diplomate of the American Board of Psychiatry and Neurology and of the American Board of Sleep Medicine. He is a Fellow of the American Sleep Disorders Association.

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