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Comedy benefit in Malden

The Boston Globe

By Wendy Killeen

Globe Correspondent / February 26, 2009

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A REASON TO LAUGH: "Comedy for a Cause," a fund-raiser to benefit the Greater Medford Visiting Nursing Association, is next Thursday in Malden.

The event includes a dinner buffet, followed by a performance by **Paul D'Angelo** of Wakefield.

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D'Angelo, whose real name is Paul Murphy, spent 10 years as an assistant district attorney in Massachusetts before becoming a criminal defense trial lawyer. He worked as a comic under a pseudonym.

Dennis Cataldo of Cataldo Ambulance Service is master of ceremonies for the evening. Medford Mayor **Michael McGlynn** is honorary chairman.

Live and silent auctions follow the performance. Proceeds benefit the nursing association's tele-health monitoring program, which helps improve the quality of patient care.

The event begins at 6:30 p.m. at the Irish American Club, 177 West St. Tickets are \$35 and advance reservations are required. Contact **Lynne D'Amico** at ldamico@gmvna.com or 781-396-2633, ext. 232.

SWEET DREAMS: At least 40 million Americans suffer from chronic sleep disorders, according to the National Institute of Neurological Disorders and Stroke.

As a result, sleep clinics, which diagnose disorders, are more prevalent, and sleep technology is a growing career.

Northern Essex Community College in Haverhill offers a one-year sleep technology program that prepares students for jobs. It also has a sleep technology club, the Knight Owls.

To mark Sleep Awareness Week, which coincides with March 8 - when the nation observes daylight saving time and moves the clock forward, resulting in the possible loss of an hour of sleep - the club offers a day of informative events

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