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**For Immediate Release
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**Glenview's Sweet Dreams Organic Bakery
Helps WINGS Women and Children**

On Wednesday, March 8, 2006 from 7pm to 9pm, staff from WINGS – Women In Need Growing Stronger and Sweet Dreams Organic Bakery and Café are encouraging local residents to join them in celebrating International Women's Day. The event is also designed to promote WINGS transitional housing program and emergency services for women and children fleeing domestic violence or facing homelessness.

Refreshments, raffle and door prizes, and live music by jazz violinist Rick Veras will be a part of the festivities. Representatives from WINGS will also be on hand to answer questions about the program and WINGS Resale Store which opened in Niles last year. An entrance fee is not required, however Sweet Dreams Organic Bakery (located at 1107 Waukegan Road in Glenview) is suggesting a donation of \$5 or \$10 – all of which will go to WINGS housing and services.

“We are so pleased that Sweet Dreams has stepped up to help WINGS. Support from local communities is so important to continuing our services. We hope people will come out and learn more about what we do for women and children,” says Gwen Kessler, Director of Resale for WINGS.

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WINGS, which opened in 1985, offers transitional housing and emergency. The Safe House, a 15,000 square foot facility opened in January of 2005 and has already helped over 150 individuals flee from domestic violence. When full, the facility can house up to 45 women and children each night and will provide women with medical, legal, and financial advocacy as well as therapeutic counseling and access to housing and other resources.

In addition the agency has 23 apartments and homes located in Skokie, Des Plaines, Park Ridge, Schaumburg, Hoffman Estates, Mount Prospect, Arlington Heights, Palatine, and Barrington, which provide transitional housing for over 90 women and children each night. WINGS Niles Resale Store located at 8341 Gold Road, features gently used clothing, household items, shoes, books, toys and furniture. Donations are accepted and donation pick-ups can be arranged by calling the store at 847-410-0194.

Sweet Dreams Organic Bakery and Café in Glenview, owned by Mary Sopczic, opened in September. The idea behind her bakery is to promote the use of organic and fair trade products for better health and to encourage fair trade and labor practices. Metromix recently featured the restaurant and described it as “a cozy spot for casual eats”. The site also talks about their food: “Look for French- and Croatian-inspired pastries alongside freshly squeezed juices, gluten-free and vegan and bakery items. For lunch, try hand-stretched strudel with veggies and low-fat ricotta cheese; you won't find it anywhere else. Other lunch options include grilled sandwiches, salads and a daily soup. It's all made fresh on site using organic, fair trade and local produce when possible.”

To RSVP for the event call Anne Stevens by March 1, 2006 at 847-410-0194 ext.12. Raffle tickets can also be purchased at the Niles Resale store prior to the event. Visit www.wingsprogram.com for information about WINGS programs and services. For more information about Sweet Dreams Organic Bakery and Café please call 847-657-1092.

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