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Potts: Take it one week at a time

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more of a decision or attitude than it is a skill. Your intentionally working on building a healthier family is both a sign of your commitment and a way to make it stronger.)

Check your progress at the end of each week by coming back together to talk about the changes you've made. Rather than evaluating each other, I suggest you share what you personally have tried to do and how you feel

you have done.

Then decide whether you want to spend another week working on the same characteristic, or move on to the next item on your list. And remember to give yourself a pat on the back for the work you have done and the progress you have made.

Some of our families have serious enough problems that we should not try such a process on our own. Our family may lack the trust and commitment to work together. Or

we may be so overwhelmed by life in general that we lack the energy to do any more than survive day to day.

If this is the case, we ought to consider enrolling in a family life seminar, or consulting a marriage and family therapist to give us that extra boost we need.

There are healthy families. The research proves it. It does take work, often hard work. But then, that's how it is with most things that are worth having.



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Taste of Fall

Thursday, October 6th, 2:30 pm
Savor the sights, sounds and tastes of fall, with live music and seasonal refreshments.

Estate Planning

Thursday, October 20th, 12:00 pm
Experts explain why estate planning is essential. Lunch will be provided.



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Business Insight

Mr. Handyman primes you for fall, football and family

Fall is in the air – a time for picking apples, carving pumpkins and walking on crunchy leaves. Friends and family gather to watch football games and the World Series. We settle into familiar routines. Kids dream of costumes and Halloween treats.

Traditionally, fall is also the busiest time of year for the home improvement business. To-do lists have grown because of busy summer schedules and family vacations.

And then, suddenly, that work must be done before winter appears and guests arrive for the holiday season. Wayne Owczarzak, owner of Mr. Handyman, Wheaton-Hinsdale, will be happy to help you tackle your to-do list.

Typical fall projects include refreshing bathrooms with new tile, paint or cabinetry. If your guest room isn't ready for overnight visitors, now is the time to spruce it up and make it shine. Repair drywall, clean carpets, check the roof. Replace windows, schedule a furnace inspection, seal gaps and add insulation. Home maintenance should be done to keep your home and property in peak condition during the winter months. Every home has a to-do list this time of year – what's on yours?

This is where Mr. Handyman can help.

At Mr. Handyman, Wheaton-Hinsdale, we believe in offering something different – Distinctive Service, Quality Staff and a Worry-Free Guarantee. If you're tired of leaving messages with no return call, substandard work, worthless guarantees or having to contact several service providers to complete your project list, then you need to experience the Mr. Handyman difference.

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arguments, no foot dragging, we stand behind our work and quickly address those few instances where something didn't go as expected. You're also working with a contractor that is fully insured for your protection. All this is done so that you have a worry-free experience.

Although the holidays are still a few months away, guests will be arriving soon for the big game. It's not too early to start knocking out your home improvement to-do list. Work can be organized into multiple projects to spread out the expense if needed. Getting an early start avoids schedule conflicts as the holidays get closer, and won't it be nice to have your list completed so you can enjoy your home before the holiday rush?

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