

FAMILY & CONSUMER SCIENCES

**Garrard County  
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*De-Cluttering  
Divas*  
Newsletter

Vol. III

Welcome *Diva!*

Well, the rainy weather has not inspired much de-cluttering for me these past few weeks! What we can do when the weather is not cooperating, is make plans and write them down—think about what we want or what we want to do when the weather breaks. This may seem silly, but unless we plan and actually have something written down, a lot of the time we don't follow through. Remember how great the feeling is when you strike something off a To-Do list? That's one reason to make your plan and write it down—YOU get to strike it off the list!



*Happy Listing,*  
*Mary Hixson*  
*Mary Hixson*  
*FCS Extension Agent*

**Stop & Stretch**  
During regular daily activities, stop and stretch every 2 hours or so. When working at a de-cluttering job—don't forget to Stop & Stretch every 30 minutes!

**Handbag Havoc!**

Does your handbag weigh **10% of your body weight**? Put it on the bathroom scale and find out! The American Chiropractic Association recommends that a bag not be more than 10% of your body weight, but if it does or even comes close, then it's time for a **Handbag Clutter Intervention!**

Get serious about the essentials-only carry around what you really need.

**Things you don't need.** Every business card you ever received. Large bottles of pills—they make small ones! Giant hand lotion tubes—they make small ones. Keys to everyone's house or vehicles—even the ones no longer used. Have extra keys in a safe location outside of your home. Your coupon stash. Have a coupon holder you keep in the car between cleaning it out and adding to it. Extra underwear or any article of clothing! Do I need to put a reason? Your make up bag. Carry multi-use beauty products and limit the lipstick choices. Receipts. This is a healthy reminder to me! Have a system for storage of needed receipts and use it! **Now, take a serious look at what you carry and De-Clutter!**



## When you start to organize, remember to recycle!

Okay! Let's start with the fast & easy stuff. Grab a trash can and a recycling bag or box and go through your home and start picking up the trash and putting recyclable items in the recycle box. Grab the old newspaper, magazines, calendars, unusable coupons, opened mail, outdated catalogs, etc. Shred the things that need to be shredded and don't stop until the trash/recyclables are outside in their proper place for removal. Don't spend a great deal of time, this is a QUICK pick up!

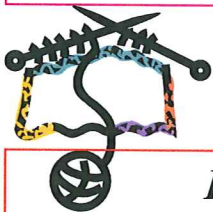
Tips on how to feel a little bit more organized! Focusing on clothes closets this month.

When you look into your clothes closet, it should be visually neat, not look chaotic! To help with visual calmness, get the shoes off the floor, coordinate the hangers, neatly fold the items that are stacked, and use see-through stackable storage bins; the large shoe size that work for scarves, purses, or belts as well.

You don't have to have a fancy or expensive closet system to have a neater looking, less chaotic clothes closet. Besides doing the already mentioned tips, try arranging your clothes by length, colors and purpose. Being organized shortens the time to get dressed and gives an appearance of neatness and calmness.

Now, be aware of what's in your closet! Are you holding onto so many items from the past, there's no room for items you want to wear now? The only clothes in your closet should be the ones that fit you now and make you look and feel great! How about how much you have? Do you really need 10 white blouses? If you have the space—multiples are great, but many of us need to get serious about how many articles of clothing we really need in our closet!!!

**Great Rule! One item in—two items out!**



If you have something to share with other 'Divas' —don't be shy. Contact me by email and share your story, tip or idea at [mhixson@uky.edu](mailto:mhixson@uky.edu)

### ***Knitting It All Up...***

*Today, each the Extension Secretaries in my office gave me some good advice. Surprisingly, both sentiments had to do with organizing. I'm trying to finish sewing the costumes for Daisy Mae for the local high school production of Lil' Abner. As I lamented over the phone about wanting to work on other more interesting sewing projects, one secretary reminded me about finishing one task before moving on to the next. Just like we recommend when de-cluttering. Later when discussing closet clutter and this newsletter, the other secretary suggested not needing to keep clothes not worn in the last 6 months. (We actually recommend 18 months, but you can appreciate the advice!) I hope May will be a good month for you and your De-Cluttering!*

*See you next month, Mary*