

FAMILY & CONSUMER SCIENCES

*De-Cluttering
Divas
Newsletter*

Vol. IV

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Welcome *Divas!*

Oh Boy, finally good weather and clear skies and guess what? Now I have other things I want to do besides de-clutter or clean house! Isn't that the way it goes? I know 2009 will be the year to have some work done on my house since we will receive some tax breaks—so...I have been determined to work on the action plan. Yes, we need an action plan for all the things we really want to get done around the house. My action plan seems to get longer and longer, but we all need a plan and we need to write it down and post it somewhere we can see it regularly. That way we may actually get some of the things listed done in the near future!



Happy Planning,

*Mary Hixson
FCS Extension Agent*

Did you know....
The average American owns clothing valued at over \$3,000.
Women age 45-64 spend more on clothing per capita than any other group.
From Homemaker Survey 1999—57% of women keep clothing 5-10 years.

This seems like a good time to remind....

Don Aslett, a cleaning expert, in the past has suggested the following points to **DEJUNK** your life:

1. Think about starting your **dejunking** at 5:00 am—you're the most cold-hearted at that hour!
2. While your working, wear no clothes with pockets—you won't be tempted to save something!
3. Always a great help—Put on some Peppy Music!
4. Locate 4 empty boxes. Label one "junk", the second one "charity", the third one "sort", and the fourth, "emotional withdrawal". It might help to have a "friend" there for support.

He suggests the 4 box method helps you to make quick and simple decisions about your stuff and leads to a faster cleaning out.^a



When you start to organize, remember to recycle!

If you haven't done it already—this is a good time of year to go through the coats your family wears and see if there are any that can be donated away. And remember last month when we were de-cluttering our purses? Now is a good time to recycle winter and fall purses that you won't be using again.



Tips on how to feel a little bit more organized! Let's talk about the family vehicles!

Water bottles, loose trash, wayward clothes, food containers, CDs, DVDs, old maps, etc... it's easy to let things get out of control in your car. It's not just a mess, though, it can be quite dangerous to have objects go flying if you have to come to a sudden halt in traffic.

First, take out all the stuff that's not needed and this includes recyclables and trash. Use what you have. Most vehicles have some built in storage compartments and cubby holes you can use for the things that you need. These need de-cluttering once in a while!

Second, there are all kinds of organizers on the market for your vehicle, but remember to not overload what you use. **A tip that works**, keep a large bin near where you enter and exit your vehicles and get in the habit of rotating the 'stuff' you need for the road. Longer trips have different needs than shorter trips to ball fields or shopping centers. Another good habit—when everybody exits the vehicle, have them take all the 'extras' with them. To deposit in the large bin, the recycle bin or the trash bin or return to the house.

A cargo organizer is another good investment to keep groceries from moving around or even to store road necessities for your car such as flashlight, jumper cables, extra water bottle, emergency blanket, first aid kit, etc... Extra straps for keeping things in place are another good idea.



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

Knitting It All Up...

*Have you ever looked around your house and thought—"I really need to get rid of some of my". You can fill in the blank. This happened to me recently when I realized I had purchased some more yarn after I said I wasn't going to do this until I got rid of some of what I already have. I had been really good! For several months! And then I found myself somewhere I couldn't resist the temptations. I've had to get ruthless with some I've had for a while. And this means people around me are going to be invited to a **yarn sale** soon. So if anybody is interested....*

See you next month, Mary

^a*Clutter's Last Stand* by Don Aslett, Writer's Digest Books, Cincinnati, Oh, 1984

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