

REGISTER NOW | LOG IN

Powered by Forsyth County's most trusted news team



Home > News > LIFE > Article

PRINT | E-MAIL STORY | NEWSLETTER SIGN UP | COMMENT | FONT SIZE [ + ] [ - ] [ DEFAULT ]

## Clean up your act

The new year a good time to organize



Dawn McCloskey uses a combination of plastic storage containers and extra shelving to organize her pantry. **Jim Dean**

3 of 3 [View Larger](#)



**Kristen Morales**  
FCN Regional Staff  
[editor@forsythnews.com](mailto:editor@forsythnews.com)  
POSTED Jan. 3, 2010 10:30 a.m.

There's that drawer in the kitchen that everyone dreads going into.

You know the one. It's crammed with pens that may or may not work, old coupons and a few random tools.

There may even be some paperclips and a ball of string tucked in the back.

Well, if the messy contents of that drawer — or, of the entire house — put a pit in your stomach, you're not alone.

January is National Get Organized Month, thanks to millions of Americans who have too much stuff strewn about the house.

So with a new year comes a new start.

Dawn McCloskey, owner of Ultra Organized, a Cumming business that specializes in helping people organize their homes and their lives, recommended those of us with a messy side take the clean-up slow. But stick with it.

"I suggest they take baby steps, instead of tackling an entire room," she said of the advice she gives her clients, who usually call her when they're feeling overwhelmed by their stuff.

"Let's say my New Year's resolution is to tackle a kitchen," she said. "I say tackle a drawer. It's a small area."

The idea, she said, is similar to going on a diet.

Dieters not only need to change what they eat, but also need to change how they eat.

Cleaning up and getting organized, she said, involves changing a lifestyle.

"Just like you did not gain the weight overnight, you're not going to get organized overnight," she said.

Catherine Gentile, public relations manager for Bed, Bath and Beyond, suggested the organizing start with the basics and move on from there.

For example, expandable, spring-loaded drawer dividers partition drawers, making things easier to find.

She and McCloskey also swear by clear, plastic storage bins, which allow users to label the contents and quickly store away odd-sized items.

"Put a label on the storage piece so you know what's in it and won't have to pull it down from the

**Discover the best in child development**

*"For the past two years, our daughter was enrolled in another private school. I can honestly tell you that she has learned more in the first two weeks of your program than she did on the entire two years she was in the other school."*

**4th Week FREE**

**DISCOVERY POINT**  
Child Development Centers  
[www.discoverypoint.com](http://www.discoverypoint.com)  
**5850 Bethelview Rd.**  
**770-205-5170**

Center of Distinction

**INSURE YOUR HOME WITH ALLSTATE.**

**Allstate.**  
You're in good hands.

**Granite & Marble**  
Tops & Tiles  
**770.889.2241** >>>CLICK HERE to visit website

attic only to find it's not what you were looking for," Gentile said.

"If out of sight, out of mind isn't your style, try a clear storage item that eliminates the guess work," she added. "If you need constant access, consider a canvas utility tote."

The tote can hold shoes next to the front door, hold oversized items on kitchen shelves or hang in a bedroom or linen closet for easy access to stored items.

But above all, make time to get organized.

McCloskey said it takes 30 days to establish a new habit. And if looking to get organized, this new lifestyle needs to include to-do lists and a few minutes each day to put things away.

Gentile agreed.

"Make sure you have enough time, even if you organize one room at a time," she said. "We have all been in the situation where we start off with the best intentions, but eventually wind up putting things back where we took them out of, the same way they were when we started.

"Allowing yourself time will allow you to organize your space in the best way that works for you and eventually save you precious moments searching for things that can be better spent with friends and family," McCloskey said.

"Schedule time for yourself to pay bills. A lot of disorganized people lose money because they do not pay their bills on time. They suffer bank fees because checks bounce. Get in the habit of paying a few times every month. A lot of disorganized people don't have that routine."

It's also important to keep a calendar — either in a notebook or as part of a smart phone or PDA — to make sure not to take on too many things.

After all, one extra task a day could derail someone trying to find time to keep his or her home and life organized.

"And when something comes up where someone asks you to do [something], you look on your calendar and can say, 'Sorry, I can't do that, I have an appointment,'" she said.

"And that appointment can be spending time with your family, paying bills or having 'me' time."

[Print Article](#) | [E-mail Article](#) | [Sign up for our E-mail Newsletter](#)



[« Previous Story](#) | [Next Story »](#)

You must be logged in to post comments.[LOG IN](#)

<http://www.forsythnews.com/> encourages readers to interact with one another. We will not edit your comments, but we reserve the right to delete any inappropriate responses.

To report offensive or inappropriate comments, [contact our editor](#).

The comments below are from readers of <http://www.forsythnews.com/> and do not necessarily represent the views of The Newspaper or Morris Multimedia.

[Post A Comment](#)

#### MOST POPULAR ARTICLES

- » [Residents resolute in plans for new year](#)
- » [Cookie time closing in](#)
- » [Too much of a party?](#)
- » [New church will debut Jan. 10](#)
- » [A man, a plan — and not much else](#)
- » [Mounted rescue unit forming in Dawson](#)



**Sections:** ABOUT FCN | DELIVERY | LIFE | LOCAL | NIE | OBITUARIES | OPINION | PHOTO REPRINTS | SPORTS  
**Services:** Subscribe | Advertising | Customer Service | Delivery Issue | Back Issues | Vacation Stop-Start  
**Submit News:** Contact Life | Contact Sports | Contact News | Send a Letter to the Editor | Anniversaries PDF | Engagement PDF | Births PDF | Wedding PDF  
**Online:** Archives | Contact Online Editor  
**Regional News:** Barrow County News | Dawson Community News | Covington News | The Times

Contents of this site are © Copyright 2008 Forsyth County News, Cumming, GA. All rights reserved.  
Privacy policy and Terms of service

