

FAMILY

Wash or sanitize your hands?

Dear Readers: What's the difference between hand-washing and hand-sanitizing? According to the Centers for Disease Control and Prevention (www.cdc.gov/hand-washing), hand-washing is done with soap and water, and you are removing all types of dirt and germs from your hands. Hand-sanitizing is killing particular germs on the skin.



Hints from Heloise
The more effective method of these two options is hand-washing. However, if you are away from running water and soap, hand sanitizer is an OK option to discourage the spread of germs. But hand sanitizer is not a good choice if your hands are caked with dirt, and it may not remove harmful chemicals or heavy metals like lead.

Read the label. Choose a sanitizer that is AT LEAST 60% alcohol, and put enough on your hands to cover all surfaces, from the tips of your fingers to the heels of your hands and up your wrists, too. Rub hands together and wait for the alcohol to dry (around 20 seconds).

Keeping safe and healthy is everyone's responsibility. — *Heloise*

Seasoned citizen

Dear Heloise: In response to a reader's disdain of the moniker "senior citizen," I have an option. Last fall, I turned 65, and I decided to use an expression I'd heard 20 years ago. An older woman referred to herself as a "seasoned" citizen. How profound! How true! How fun!

No one reaches their sixth decade without having faced victories and defeats, blessings and challenges, losses and gains. It is an inevitable part of aging, and it's all about perspective. Life is like a good spice; it "seasons" each of us perfectly. — *Mary S., Wyomissing, Pennsylvania*

Mary, I love this! Thank you so much for sharing! — *Heloise*

Motion mover

Dear Heloise: I wanted to share a hint that has been a lifesaver for us. My mother had dementia, so we started using a driveway sensor in our home. We put the sensor in the hallway, facing her bedroom. Whenever she would walk around the bed toward the door, this motion would set it off. We could even carry the main unit downstairs when needed. While at night we kept it on our bedside table. We could sleep well, and also help her immediately when the sensor alerted us. I hope this can help someone else. — *Wendy M., via email*

Wendy, what a smart and thoughtful thing to do for your mother, and the peace of mind it gives you is invaluable. — *Heloise*

Great-smelling closet

Dear Heloise: My teenage son's closet can be a little stinky at times, so I took a mesh bag (the kind used for oranges) and filled it with fabric softener sheets and hung it in the closet. It works great, and even he said how nice his closet smells now. — *Camille in Kansas*

Freezing cookies

Dear Heloise: What is the best way to freeze cookies? — *Jo in Ohio*

Jo, a lot depends on the cookies. If you're freezing the cookies right after baking, make sure they are completely cooled before you freeze them. Store them in a single layer in a flat bottom container with wax paper between the layers. Label the container as well, with the date and type of cookie inside.

If your cookies have frosting, you might not like the results after freezing because chocolate, for example, can develop a "bloom" that looks like a white haze on the chocolate. Colors can run and moisture may collect on the icing. — *Heloise*

Leftover broth

Dear Heloise: I always seem to have leftover broth when I make stews or soups. I used to toss it out, but now I freeze it in ice cube trays and save it for future use. It's easy and economical to just remove what I need the next time I cook. The rest goes back in the freezer for another supper at another time. — *Glenda in Nebraska*

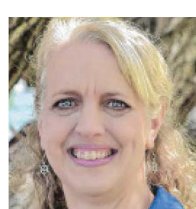
Send a hint to Heloise, P.O. Box 795001, San Antonio, TX 78279-5001, or you can email it to Heloise@Heloise.com.



It's never too early to start packing. Include box contents on the label as specifically as possible. Label the top and the sides (in case boxes are stacked).

Tips for an organized move

There are a few particular times in our lives when being organized is especially critical. Preparing for a move is definitely one of those times! Whether you're moving



across town or across the country, moving is one of the most stressful activities of all. Planning well for each stage of the move can significantly decrease the stress level and increase your odds of success on move day. Having just completed two local moves in the past year, I'd like to share the tips that proved most helpful for us.

CHECKLISTS

You'll need to make and check off a lot of lists during this process. Here are my suggestions for the lists you'll need and how to make and share them.

Since you'll need several individual lists that will likely need to be shared among several people, my recommendation is to create these lists in a cloud-based digital format so that the lists can be accessed by any person with any device. My favorite digital tools that would work well for this are AnyList and Trello. Yes, you can use paper, but it's easy to lose and difficult to share.

- Here are a few lists you may need:
- Items to return/sell.
- Changes of address to send.
- Utilities/services to cancel, change or begin.

- Home repairs to do before the move.
- People to contact regarding the move.
- Items to purchase. This will be needed throughout the process. I use AnyList and have a separate list for grocery, Lowe's/Home Depot, Walmart/Target, etc.
- To do on move day.
- Packing list room by room.
- Cleaning list room by room.

TASKS TO DO ASAP

- Schedule the movers.
- Schedule cleaners for the old and new houses. You can do it yourself, but if you can afford to delegate this one, you'll be so thankful you did. You'll be exhausted on move day.
- Depending on the season, schedule lawn care at the old and new houses.
- Get started on the home repairs list. Delegate if possible!
- Declutter ruthlessly! It's NEVER too early to start decluttering. Figure out where donations are going and take them quickly. Don't take a lot of time to find the perfect place to

donate each item. You're way too busy.

Get started selling items. Take pictures and list on Facebook Marketplace. I and my clients have had good results with this option.

Purchase packing supplies: Boxes, packing tape, paper or bubble wrap. To save money, you can also use excess linens and then donate later.

PACKING TIPS

It's NEVER too early to start packing.

Include box contents on the label as specifically as possible.

Include the box's destination. If the new house is large enough that particular rooms aren't obvious, use a color system. Pick a color for each room. Put this color on the box and on the room sign in the new house. You can use paper with colored markers or different color duct tape.

You can't overlabel!
Label the top and the sides (in case boxes are stacked).

When setting boxes down, make sure the label is showing.

Pack things you aren't using first. Continue in this order until the end.

Make sure everything needed to set up the bed(s), including all tools, linens, etc., is clearly labeled. This will be the first thing you'll want to set up.

If you're using movers, figure out what you want to pack yourself (especially fragile items, valuable items, sentimental items you don't want to risk getting damaged, etc.). Clearly mark them, set aside, and be sure to tell the movers about them.

For electronics, pack all of the necessary equipment including connectors, cords, games, etc., in one labeled box for each system.

APPROACHING MOVE DAY

Confirm movers, cleaners, essential utilities/services. You can't over communicate.

Start using any groceries you can. Plan meals around what you have, and don't buy many new groceries.

Pack a suitcase(s) with two days of clothes and essential toiletries. Put them in a place where they won't get lost amid boxes.

As you get down to essential items, clearly label those last few boxes "OPEN ME FIRST."

Get cash to tip the movers.

Figure out a lunch and dinner plan for move day. This can be as simple as "We will order pizza" or "I will pick up sandwiches." You can even pre-order and pay to really make it easy. Keep in mind that you may

want to feed the movers.

Designate who will stay at the old house and the new house.

Buy snacks and essential groceries for the new kitchen, and keep a few snacks in the old kitchen. Move day is crazy, and if you've got some snacks in both places, you'll be happier.

Keep basic cleaning supplies, paper towels, hand soap, toilet paper, trash bags and toilet paper at the old house. You'll need them until the very end.

Keep a cooler(s) and ice (depending on move distance) available for moving refrigerator and freezer items.

Paper/plastic plates and utensils are handy the last few days.

At the new house:
— Figure out furniture arrangement. Use signs on the walls/floor to identify the arrangement.

— Label the rooms. Put the label right beside or over the door. Use the color system if needed.

— Put toilet paper, soap, towels and/or paper towels in all of the bathrooms and the kitchen. Make sure you have at least one trash can.

MOVE DAY

Get as much rest as possible the night before!

Make sure one person stays at each house.

Communicate who is going to get lunch and who will tip the movers.

Get your suitcase(s) and "OPEN ME FIRST" boxes identified and set aside ASAP.

As soon as coolers of refrigerator and freezer items are moved, unpack quickly so that no food will be wasted.

Set up the beds first.

Make sure you have everything needed for getting ready for bed (these items should be in your packed suitcase).

Work on your kitchen next, starting with daily use dishes and utensils.

Eat. Rest. You'll be in the new place for a long time. There's no award for getting set up most quickly.

I hope you found these tips useful. Please share with anyone who could use them. I'd love to hear from anyone who uses my suggestions and how the moving tips helped. If you aren't moving for a while, keep in mind that you can access all of my articles on my website (<https://shipshape.solutions>).

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Revisiting the basics in time of crisis

By LORI BORGMAN
TRIBUNE NEWS SERVICE (TNS)

In a time of crisis, it is helpful to review the basics.

The most trustworthy basic I know is the Golden Rule. An expert in the law heard Jesus debating in public, admired his answers and so asked, "Of all the commandments, which is the greatest?"

Jesus answered, "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

It sounds so easy; but we all know it's hard.

For starters, we're terribly busy these days. That "love the

Lord your God" business gets pushed down further and further on the To Do list.

Then there are our hearts and souls shriveling from poor nutrition and outright neglect.

Our minds are occupied with social media, browsing the net, online shopping, and streaming Netflix.

Strength? It sounds so, well, tiring. Maybe someone will make an app for it.

Moderns have put a spin on "love your neighbor as yourself," claiming the verse is actually a command to love yourself first because you can't love others until you love yourself.

That might be true for a few, but for most of us, love of self comes naturally. Often, too naturally. Dangerously naturally. It is our loving others that needs cultiva-

tion and examination.

C.S. Lewis, author "The Chronicles of Narnia," once wrote, "There are no ordinary people. You have never talked to a mere mortal..." It's a shocking claim on the surface, but the reason there are no ordinary people is that we have been created in the image of God.

Lewis went on to say that our greatest joys in life come from relationships between people who take one another seriously with no flippancy, no superiority, no presumption — relationships in which people think before they act or speak. If only. Yet, things impossible to man are possible with God.

There is one more "basic" that keeps running through my head. It is the prayer that never fails. It was told to me by an older

gentleman, a former Marine thrust into World War II as a young man with brief preparation.

He and his fellow soldiers were basically abandoned on the battle-trenched island of Guadalcanal. The soldiers were sick with dysentery and malaria, surviving on meager rations. When one of the soldiers threatened mutiny, he knew he had to act quickly, so he prayed the prayer that never fails, "Lord, help."

A fine prayer then and a fine prayer now.

Lori Borgman is a columnist, author and speaker. Her new book, "What Happens at Grandma's Stays at Grandma's" is now available. Email her at lori@loriborgman.com.