



Spring Yourself From the Annual Clean

Marie Kondo challenges the traditional view of spring cleaning as an “annual” event in her best-selling book *“The Life-Changing Magic of Tidying Up.”* After one marathon tidying session (and she means *marathon*) with the KonMari Method, you could be free from the annual clean...forever!

The KonMari Method (in brief)

1. **Discard First:** Take hold of each of your possessions and ask “does this spark joy?” If it does, keep it. If not, discard it.

Order of approach (this is important):

- Clothes
 - Books
 - Papers
 - Miscellany (CDs/DVDs, Electronics, Kitchen Goods, etc.)
 - Mementos
2. **Store Later:** Designate a place for each thing. Store all items of the same type in the same place and don’t scatter storage space.

Imagine your home clean, tidy and filled with only things that bring you joy!

Before trashing your discarded possessions, consider:

Donation

For new and gently used items, consider donating them. Before donating, consider the best charity for your specific donations. Places like [Purple Heart](#), [Goodwill](#) and the [Salvation Army](#) accept a variety of items and are convenient for the donator, but may not have the greatest need for your items. Consider also animal shelters, local libraries, schools, women’s and homeless shelters, and other local charities.

Tip: Call ahead before making the trip. You can determine: level of need, hours of operation, requirements for tax deductions, instructions for special items, or better yet, schedule an at-home pickup.

Recycling

For items beyond the “gently used” stage or not eligible for donation.

Clothing Recycling Programs: [H&M](#), [Blue Jeans Go Green](#), [Mid-Atlantic Clothing \(MAC\) Recycling](#).

Hazardous Waste: Not everything is safe for disposal in the trash (e.g., batteries, electronics, automotive products, fluorescent light bulbs). Many local communities organize “take-back” events for these items. If not or you just missed one, check with your trash removal company; some, including [Waste Management](#), offer home pickup services.