

Get Rid of Clutter

At the top of almost every to do list for preparing a house for sale is to remove clutter so the rooms look bigger, are easier to walk around and buyers will then focus on the house and seeing their things in it and not on your stuff. In fact studies prove that clutter has a profound effect on our mood and even our self-esteem. Men, it seems, are not as bothered by a messy room as women and social scientists have actually shown a link between high cortisol levels in females in relation to a high density of household objects. Clutter also creates anxiety and a messy bedroom can even impact sleep patterns. There is no question it can lead to family arguments, too, as one person's clutter is a precious item to another. Here are some simple things you can do to get rid of clutter and raise your spirits at the same time:

- **Adopt the Rule of Five.** Every time you get up from your desk or walk through a room, put away five things or devote five minutes of every hour to de-cluttering and by the end of the day you have made an hour's worth of progress.
- **Focus on the Kitchen Sink.** Clean it every single day and do not let things pile up. It only takes a few seconds to either load the dishwasher or wash a few dishes as you go along and you are also more likely to cook in a clean kitchen than one with a sink full of dirty dishes.
- **Put Photos Away.** Have a few special photographs framed and displayed but put the rest into an album or a special photo box for safekeeping and store them in the closet or on a shelf.
- **Unburden the Refrigerator Door.** Researchers have found a correlation between the number of items stuck on the fridge door and the amount of overall clutter in a house, so leave out a few nice magnets and a calendar but file away restaurant menus, photos and articles.
- **Find or Create More Storage.** With so many stores selling boxes, bins and baskets, you can store things nicely even if closet space is limited and with attractive shelving ideas you can better utilize basement and garage space, too.

For those items you want to sell or donate, check out the local area for specialty stores or upcoming rummage sales or visit online sites like eBay, Craigslist or these others:

Earth911.com, helps you find places to get rid of household hazardous waste;
Best Buy Recycle will take appliances, TVs, etc., even if you did not buy them there;
Gazelle.com will buy your smartphone & give you a free shipping label;
Catalogchoice.com will keep catalogs from being mailed & becoming clutter;
Discover Books and *Cash 4 Books* can match books to buyers;
Once Upon a Child buys gently used clothing, toys and baby gear;
The *ASPCA* site can provide shelter locations for old towels and blankets;
Krrb.com lets you buy, sell, rent, trade or give away & reposts your listings.

Recent Sales in Bradford

- 689 West Road, 1973 Saltbox w/addition on 20.40 acres for \$306,500
- 82 East Shore Drive, 1930 Waterfront Cottage on .84 acres for \$340,000
- Loon Island, Lake Massasecum, .35 acres for \$60,000
- 0 West Road, 2 lots of record, 29.60 acres for \$45,000

There are 18 active and 5 pending residential listings ranging in price from \$68,900 to \$599,000, 23 active and 2 pending land listings ranging in price from \$27,500 to \$3M, 2 active and 0 pending commercial listings ranging in price from \$275,000 to \$299,900 and 1 active and 0 pending multi-family listing priced at \$72,000 in Bradford. 2 active and 1 pending residential listing, 1 active commercial listing and 1 active multi-family listing is a foreclosure or a short sale.