



From:
Blueprint

Because You Have Too Much Stuff

1. 1.4 million Americans suffer from chronic hoarding & clutter.
2. People burn 55 minutes a day looking for things.
3. 80 percent of what we own we never use.
4. 1800GotJunk.com

Pay someone else to take out the (big, cumbersome) trash.

5. Publicstorage.com

Lock it up in more than 2,100 locations around the U.S.

6. redshield.org

Schedule a pickup with your local Salvation Army.

7. earth911.org

Find local recycling and reuse programs for all kinds of household items.

Because It's Fun

8. 127sale.com

Set up shop at the World's Longest Yard Sale, August 2-5, along 450 miles of Highway 127 in the southeastern U.S.

9. Or peddle your wares in your own front yard on National Garage Sale Day, August 10.

10. Swaporamarama.org

Attend nationwide clothing exchanges and do-it-yourself alteration workshops.

11. Wildzipper.com

Watch as a pile of your favorite old T-shirts is converted into a quilt.

Because Someone Else Needs It

Cell Phones

12. Verizonwireless.com

Put a refurbished phone (of any brand) into the hands of a domestic violence victim.

13. Eco-cell.com

Or let its sale benefit an environmental charity.

14. Care.org

Send a phone to the field staff of a poverty-fighting mission.

Digital Cameras

15. Operationhomefront.net

Help keep service members in touch with their families.

All Technology

16. Rethink.Ebay.com

Work with charities to find homes for consumer electronics.

17. youthfortechology.org

Put scanners, computers, and cameras in the hands of deserving, impoverished kids around the world.

Air Miles

18. Redcross.org

For Red Cross staff and volunteers

19. Heromiles.com

For deployed soldiers

20. Marrow.org

For transplant patients

21. Childrenscancerassociation.org

For terminally ill kids

Furniture & Appliances

22. excessaccess.org

Match your household items with a local non-profit's wish list.

23. help1up.org

Furnish homes for disaster victims.

24. dressforsuccess.org

Give interview and work clothing to disadvantaged women.

25. makingmemories.org

Donate a wedding gown to benefit breast-cancer patients.

26. www.operationfairydust.org

Send formal wear to teenage girls who need help getting to the prom.

27. onewarmcoat.org

A free coat to anyone who needs one.

28. boulderrunning.com

Ship shoes and sportswear to struggling athletes around the world.

Other

29. Suitcasesforkids.org

Supply children in foster care with luggage.

30. Uniteforsight.org & givethegiftofsight.org

Send eyewear to men and women in underdeveloped countries.

31. Savethechildren.org

Convert American Express credit card points to cash donations.

32. Cartalk.com

Donate a used vehicle to support your local public radio station.

33. Booksforafrica.org

Give everything from storybooks to encyclopedias.

34. Cap4pets.org

Send towels and newspapers to animal shelters.

35. Goodwill.org

Fund job training programs and social services.

36. Freecycle.org

Post donations for charities (and regular folks) to claim.

37. Habitat.org

Donate leftover building supplies to Habitat for Humanity's ReStores.

Computers

38. Cristina.org

Technology and training for the disabled and disadvantaged.

39. Sharetechnology.org

Connecting donations with charities across the U.S.

40. Worldcomputerexchange.org

Send computers to more than 50 developing countries.

Because It Can Be Turned Into Something Else

41. Nikereuseashoe.com

Recycled footwear materials become sports and playground surfaces.

42. Patagonia.com

Donated Capilene base layers become polyester fibers for new Capilene garments.

43. Pangea organics' packaging becomes an herb garden when planted in soil.

44. Cargo cosmetics' PlantLove lipstick tubes come in plantable boxes that sprout wildflowers.

45. Pencilthings.com

Old newspapers become colored pencils.

46. Vivaterra.com

Rubber tires become sleek purses...

47. Passchal.com

...or rugged iPod covers.

48. Gaiam.com

Plastic soda bottles become durable hammocks.

49. Recycline.com

Yogurt containers become colorful plates, flatware, toothbrushes, and razors.

Because It Will Make Your Life Better

50. Getting rid of clutter will reduce housework by 40 percent.

51. Erase a \$10K credit card debt (with an average interest rate) 65 percent faster -- and pay 75 percent less total interest -- when you pay double the typical minimum monthly payment.

52. Download security software like Stopzilla to keep a lid on computer pop-ups.

53. Around 23 percent of people pay late fees on bills they cannot find.

Because You Can Get Something Back

54. Return six MAC Cosmetics containers to any MAC store and receive a free lipstick.

55. Trade in an old iPod and receive a 10 percent discount on a new one.

56. Coinstar.com

Easily convert spare change into "real" money.

57. Craigslist.org

Sell it to your neighbors.

58. ebay.com

Sell it to anyone.

59. giftcardbuyback.com.

Get cash for gift cards you'll never use.

60. Paperbackswap.com

Trade the books you have for the ones you want.

61. Peerflix.com

Trade the DVDs you've seen for the ones you haven't.

62. Spun.com

Clear off your CD shelves, and make money in the process.

63. Titletrader.com

The great entertainment exchange: books, music, movies, and games, all swapped in one place.

Because It's Old/Expired

64. energystar.gov

Replacing old appliances with new, energy-efficient ones saves money and fuel.

65. Running shoes should be retired after 300 to 500 miles in order to prevent injuries.

66. Deep-six your toothbrush every three to four months.

67. Swap your pitcher's water filter every two months (or as directed).

68. Change out disposable air conditioner filters once a month during cooling season.

69. Replace the batteries in your smoke detector at least once a year.

70. foodsafety.gov

Find the USDA's recommended storage limits for refrigerated and frozen food.

71. Throw out mascara and moisturizer after three months.

72. Discard foundation and sunscreen after six months to a year.

73. Keep concealer, lipstick, eye- and lip liners, fragrances, powders, blushes, and shadows for only a year and a half to two years.

74.-76. Say goodbye to the dried-out remnants of your favorite no-longer-available lipstick, and check out threecustom.com, T.J.Maxx stores, or Lancome's beauty bye-bye program for replacements or duplicates of

discontinued cosmetics.

Because You Don't Want to Suffer from "Stuck Song Syndrome"

77. And these five tunes are among the most persistent: Chili's "Baby Back Ribs" jingle, "We Will Rock You," the "Mission Impossible" theme, "YMCA," and "It's a Small World After All." (Tip: Try drowning them out with classical music, which is less likely to haunt you after it's turned off.)

Because the Last Thing You Need Is More Paper Lying Around

- 78. File your taxes through an authorized IRS e-file provider.
- 79. Eliminate paper statements by banking and paying bills online.
- 80. Call 1-888-567-8688 to stop unwanted credit card solicitations.
- 81. Opt out of mailing and telemarketing lists by logging on to dmaconsumers.org.

Because There's a Better Option

- 82. Search for phone numbers online instead of storing bulky Yellow and White Pages volumes.
- 83. Lose the road maps and get a GPS system to download up-to-date travel guides.
- 84. Read "Dating Up: Dump the Schlump and Find a Quality Man," by J. Courtney Sullivan (Warner Books, \$14, 2007).

Because You Don't Want to End Up Like Them

- 85. Miss Havisham in "Great Expectations"
- 86. Big Edie and Little Edie Bouvier Beale in "Grey Gardens"
- 87. Oscar Madison in "The Odd Couple"
- 88. The family in the documentary "Packrat" (packrathemovie.com)
- 89. The Bronx, New York, man who, in 2003, was trapped in his home under an avalanche of books and newspapers for two days before being rescued.

Because If They Said It, It's Probably True

- 90. "Simplicity is the ultimate sophistication." -Leonardo da Vinci
- 91. "Less is more." -Ludwig Mies van der Rohe
- 92. "Have nothing in your houses that you do not know to be useful or believe to be beautiful." -William Morris
- 93. "You've got to accentuate the positive, eliminate the negative." -Johnny Mercer
- 94. "The joy of giving is indeed a pleasure, especially when you get rid of something you don't want." -Frank Butler and Frank Cavett, "Going My Way"

Or Just Because...

- 95. It has no value, sentimental or monetary.
- 96. It hasn't been used in over a year.
- 97. There is no logical place to keep it.
- 98. It doesn't work.
- 99. An ex gave it to you.
- 100. And what's the worst that can happen if you throw it out?