

# Time again for tips on storing your winter clothing

THE ASSOCIATED PRESS

It's an end-of-winter ritual some would rather ignore: packing up sweaters, coats and other cold-weather essentials. Unfortunately, there's no ignoring the holes you may find in that favorite cashmere sweater when seasonal clothes aren't stored properly.

"The care you take when you're storing your clothes away is going to have an effect on how they look when you take them out the next season," says Mona Williams, vice president of buying for The Container Store, based in Dallas.

Leaving garments unprotected for several months is an invitation to pests and can lead to mildew, discoloration and fading. Still, developing and executing a storage plan

can be daunting, especially when space is tight.

Cynthia Braun, a Long Island-based professional organizer, often finds clients "overwhelmed by how to keep the clothes, where to keep the clothes."

She and other experts offer these suggestions:

• Before you pack, purge. Donate the garments you didn't wear all season, along with the clothes your children have outgrown, Braun says.

Many people struggle with this step, says professional organizer Michael Nowlan, recalling a client who instead curtained-off half the living room of her one-bedroom apartment to create a walk-in closet.

"Some people can't help themselves," says Nowlan, also a feng shui designer

based in New York and Sydney, Australia. "But what are you doing with six winter coats?"

Retirees Stephen and Susan Bennett enlisted Braun's help when they moved to a new townhouse in Coram, N.Y. Before purchasing wood veneer wardrobes for winter clothes storage in their finished basement, they gave away what they didn't need and immediately saw the benefits.

"Now I know what I own," says Stephen Bennett. "You love your home more after clutter is gone."

• Start your washer. Insects and mice are attracted to natural fibers, especially wool. Perspiration or food stains make garments even more enticing. The pros' advice: Wash or dry-clean

everything, except leather and fur, before storing it.

"You never want to store a soiled garment," says Alan Spielvogel, director of technical services for the National Cleaners Association. In addition to attracting pests, "stains will oxidize over time and become even more difficult to remove," he says.

Don't be deceived just because clothes look clean.

"The food that we may not even see on them—that's what the insects go after," says Lorene Bartos, a home environment columnist and University of Nebraska-Lincoln extension educator.

Pests also can be attracted to starch and fabric softener, so avoid those when laundering before storage, Bartos says.

The insects that do the most

damage—primarily clothes moths and carpet beetles—"avoid the light and hide in the cracks and crevices," she says. That's why you should disinfect and vacuum storage containers and closets before filling them. If you have a cedar closet or chest, rub the cedar with sandpaper to revive the scent.

Please see TIPS/5B

## Pain hallmark of sickle cell disease

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vention less than three times per year. However, a small percentage of patients will have more frequent pain requiring multiple hospitalizations. In 1997, hydroxyurea, a new drug to prevent the frequency of painful episodes was approved for use in adults with SCD; it has since been found safe to use in children (ages 5-15 years).

In the late '70s, those with SCD were not expected to live past the age of 20. However, due to advances in screening and pediatric care, many patients are living well into adulthood and experiencing a much-improved quality of life. Doctors have known for many years that bone marrow transplantation can cure SCD. However, bone marrow transplantation is a very

risky procedure and may be associated with serious side effects and even death. As the procedure is being refined to make it less dangerous, transplant is presently offered only to those with severe sickle cell-related complications or risks.

If you or a family member has SCD, having a health care provider who is knowledgeable about the complications and treatment of SCD is critical. Knowing your own sickle cell trait status, allows you to make informed reproductive choices. Remember, knowledge is power, but it is what you do with it that makes all the difference!

Contribution by Kristy F. Woods MD, MPH

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### Preparation For Success

The beginning of our journey on the road to success can be one of the most optimistic times of our lives. This can be especially true if for a long time we have been dreaming of what it is that we really want to do. Once we see a chance to pursue our dreams, there seems to be nothing that can get in our way. We cannot imagine anything happening that would make us give up on our dreams.

However, as we work on making our dreams real, we discover that our plans do not always go as designed. Our efforts at success meet some obstacles despite our trying to anticipate problems that may arise. We may discover that it takes more time to invest in our dream than we thought it would take. It may be that the financial plans we had made to finance our dreams fall short of what we really need. The people that started out supporting us may drop to the wayside. What looked like a sure fire project for success ends up in failure.

After a series of failures, we may feel like giving up on our dreams. We may think the time has come to agree with those who said that we could never make it on our own.

But along the journey to success, one of the things that we have to realize is that there are going to be times that we do not reach our goals. There will be times that no matter how carefully we may have planned something, that our efforts will not yield the degree of success that we envisioned. A part of the journey is knowing that there will be disappointments. The key is to expect them so that they will not catch us off guard.

One of the best ways to look at your disappointments and failures is to think of them as preparation for your success. As you experience each of your failures, do not let them go to waste. Learn the valuable lesson that each holds for you. Know that the more you learn from each disappointment, the better prepared you are to meet any other challenges that you may encounter along the way. *These failures are simply stepping stones to help you pave the way to your success. Use them wisely!*

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