

MOVING IDEAS

Move Without Stress: Take Command

(NAPSA)—Forty-three million Americans moved last year, according to the U.S. Census Bureau. Experts list the experience as one of life's most stressful events.

"The level of stress depends on how much control you perceive you have," says Paul S. Rosch, M.D., professor of psychiatry at New York Medical College and president of the American Institute of Stress, Yonkers, N.Y.

"The most unsettling part of moving is not being able to see beloved objects that make me feel at home," says Ann Scott, who has moved four times in a decade. This veteran mover packs some "beloved objects" in one box, labeled exactly that. When she moves in, she opens that box first and scatters treasures around: A vintage potholder by the stove; the coffee pot and her favorite mug on the kitchen counter and her robe, hung on the bathroom door. "When I wake up, these familiar things give me a sense of continuity."

Because the Keiffer family moved just a few doors away, continuity was especially important. "We had no down time," Carl Keiffer explains. "To keep our teenagers' lives on track, we hung the appointment calendar temporarily in the entryway."

Self-adhesive hooks, clips, and hangers with Command adhesive from 3M make it easy to keep essential and beloved items within reach. The mounting devices don't mar surfaces or create nail holes and leave no residue. Spring clips grab papers and potholders. Hooks hold robes and other objects, while picture hangers allow people to test different



Self-adhesive hooks and picture hangers with Command adhesive by 3M allow people to try different arrangements of wall art and decorations without committing to final placement.

arrangements of wall art. Because these 3M products don't penetrate the wall, there's no need to locate studs behind sheetrock or to determine the right kind of permanent hanger.

Access to move-related paperwork is critical. "The moment I land, I anchor delivery schedules, utility cut-off/turn-on notices and bills to a clipboard next to the kitchen phone," Scott says. Next move, she can install a line of spring clips with Command adhesive replacement strips; use the devices again and again.

For privacy, Pauline Allison, brand manager for 3M Command adhesive products, suggests hanging bed sheets from 3M clips along the top of windows, until more attractive treatments are ready.

For a free brochure, "Command Adhesive Decorating Tips," call 1-800-577-8778, ext. 70.