

MOVING IDEAS

Six Simple Steps To A Smooth Move

(NAPSA)—Moving can strain more than just back muscles. It can put pressure on the pocket book, test organization skills and try patience. According to the Employee Relocation Council, moving is only less stressful than coping with death or divorce.

With a little guidance and a few tips, even a first-timer can conquer a move and come out on top of the packing boxes. Some important things to remember include:

- For a do-it-yourself move, start early by collecting sturdy, medium-sized boxes and stocking up on magic markers, heavy-duty tape, newspapers and twine. Arrange to rent a moving van six to eight weeks prior to the move.

- If a moving company will be handling the packing, research companies and associated costs six to eight weeks before the move by asking them to survey the items they'll be moving. At that time, the company can provide more details on the packing process and give an accurate estimate of their fees.

- Contact the U.S. Postal Service to fill out a change of address form and notify important people and organizations about the upcoming move, including friends and family, banks, insurance and credit card companies, healthcare providers, government agencies and the IRS. Also remember to cancel or change the mailing address for any magazine or newspaper subscriptions.

- At least one month before the move, rummage through storage closets, the garage and the attic and identify items that won't make the move. Dispose of them by organizing a garage sale or donating the goods to a local charity.

- Research gas, electric, cable and telephone service providers at the new address and arrange for new utilities to be connected the day of arrival. To quickly and



Arranging for utilities, such as phone service, is an important part of the move.

easily arrange long-distance telephone service at your new address, call Sprint at 1-800-877-4646. Remember to ask current providers to disconnect service the day after the move.

- Using a magic marker, write the contents and destination on the outside of each box so it's easy to identify where it belongs at the new address. Make sure boxes are marked with "fragile," "open first," or "load last," if applicable.

"In the midst of a move it can be difficult to remember easy ways to save time and money," said Cindy Rock, vice president of sales and services at Sprint. "For example, a lot of people assume their discount long-distance calling plan will automatically be available at their new location. People need to make a point of contacting their long-distance provider, not just their new local phone company, to retain any cost savings after the move."

Doing preliminary research and following a few guidelines can start even the most inexperienced mover off on the right foot.