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The Movie Biz
From Idea
2
Silver Screen

goes to the movies!

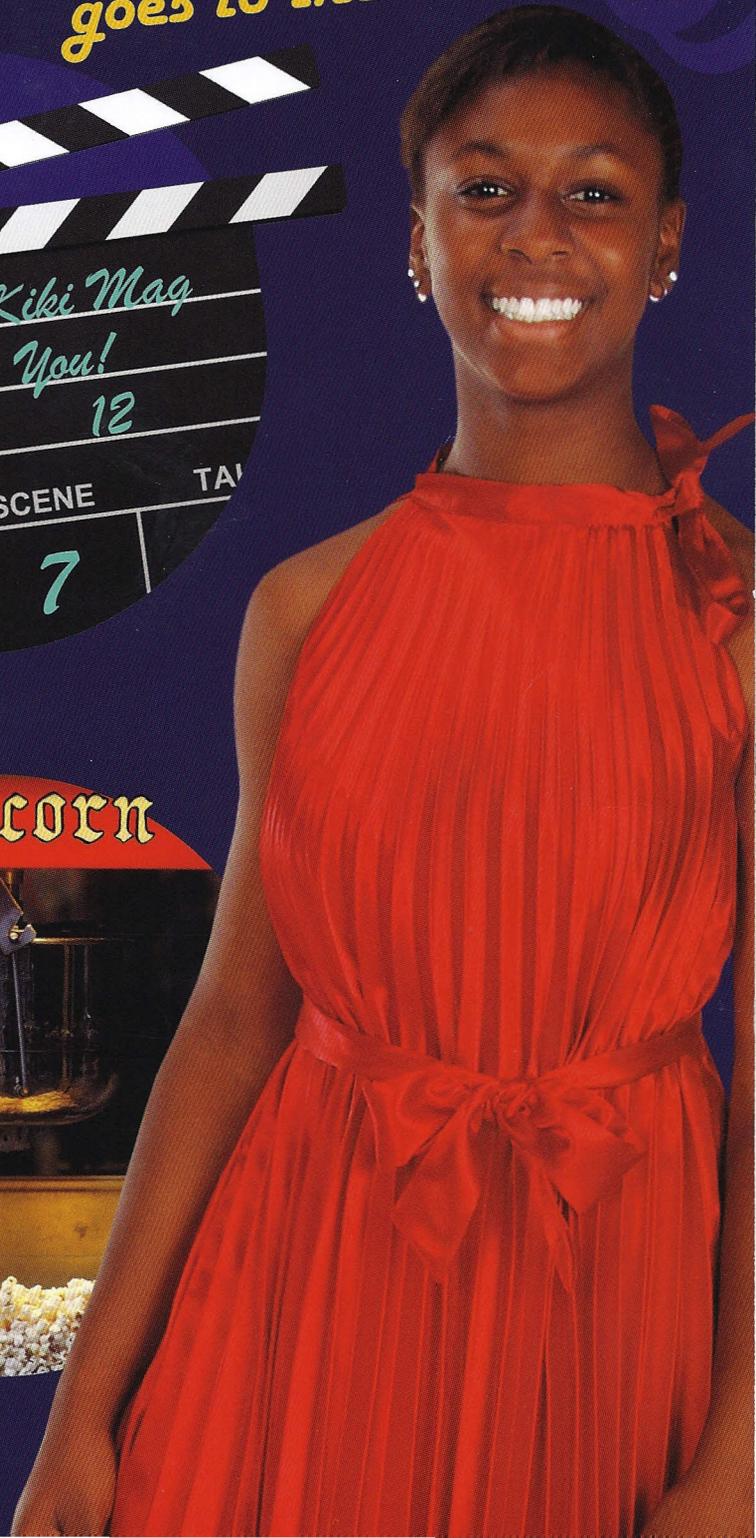
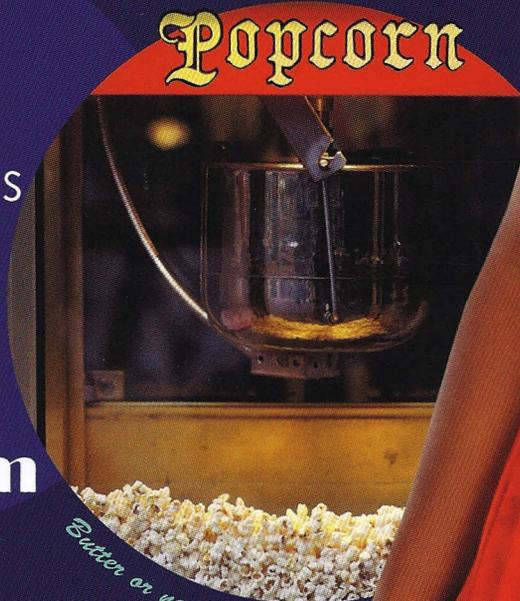
Home Is
Where the  Seamstress Is



Iconic Film
Fashion
+ looks 4 you!

2010
Winter Olympics
+ speed skating

Travel to
Brussels,
Belgium



Organize Your Undies and Change Your Life!

BY GAIL E. HEDRICK

How many minutes do you spend every day looking for stuff?

If you added up the time spent hunting for pencils, your keys, your homework, a pink sock, a blue cami, or your favorite black-ribbed tights, who knows? Whether 15 minutes or an hour, it would be time you could have spent doing the things you really want to do, like texting your friends, playing a computer game, reviewing for a test (you know you need to do that), or practicing your free throws. So, to spend less time looking and more time living your life, you need to get organized.



Sound too terrifying? It isn't, if you tackle just one category at a time. Start where you begin your day, with your underwear.

Step 1 This part takes the most time, but find everything and wash items if necessary. Quickly, scurry around, look under your bed, the back of the closet, behind your dresser, inside the drawers, and heap everything onto your bed.

Step 2 Sort the pieces into piles (or in the case of socks, piles of pairs.) Separate everything into piles of boxers, briefs, bras, camis, T-shirts (put them on the floor for another day as they probably won't all fit in your underwear drawer), tights, heavy socks, and gym socks.

Step 3 Now, as you look at the empty drawer, visualize it sectioned into areas. Go back to your closet and find an empty shoe box; no lid is needed. Also grab a few sandwich bags from the kitchen.

Step 4 Roll stockings, tights, and socks into balls and nestle them egg-like into the shoebox. If any are frilly or fragile, put them into a sandwich bag first, then place them in the box. The box will anchor one end of the drawer.

Step 5

Fold your bras in half and stack them next to the box like a fancy deck of cards. Fold your underpants in half lengthwise, and roll them up. These will go like fabric hot dogs in a package, lined up from the front of the drawer to the back. Stuff them in tight. When you open

the drawer, you should be able to instantly see where your favorite pair of purple or pink panties are.

Step 6

Have bunches of boxers? Try folding them in half and stacking them in the drawer, like they were on display in a department store. Otherwise, use the rolling technique. If you have camisoles and want them in the drawer, fold them and stack them in the next section. The drawer should be about $\frac{3}{4}$ full.

Step 7

Are you a dancer? A soccer player? To keep wads of socks or tights straight, find a second box to hold these items to keep them ready for practice or rehearsals.

Step 8

Love the holidays? For items only worn a few days a year (the Christmas socks or St. Paddy's Day briefs), tuck them in a back corner of the drawer. They'll be ready when you need them, out of the way the rest of the year.

Step 9

Do the same thing with long underwear or leggings for cold weather. Keep them rolled up and tucked in the other back corner of the drawer, ready but not in the way.

Step 10

With the bed empty, close the drawer, then slowly open it and gaze upon your work. Imagine hopping out of bed tomorrow and not screaming, "Where are my _____?" Okay, you still might have to hunt for your jeans and sweater, but consider them your next project. Right now, by applying a bit of self-discipline, you are one step closer to controlling the chaos. Today, it's your socks. Tomorrow? Well, tomorrow is up to you. But at least you'll have underwear!

