

## THE PAPER TRAIL

*As a working mother with two teenage sons, a 9-year-old daughter, and a husband with ADD, I have not been able to keep in front of the clutter and it's driving me nuts!!!*

As family physicians at a church-based clinic, Sandra Hoogland and her husband, Jim Melia, keep busy managing everyday life. Hoogland says she can remember a time when her house wasn't so messy, but the amount of papers and clutter that have accumulated in their Chicago home over the past 13 years can no longer be ignored. "I do a pretty good job keeping track of everyone's schedules, and I have the laundry under control," she says. "But I just can't keep up with the paper! It got to the point where it felt so overwhelming, I couldn't figure out where to start."

"You have to focus on one area at a time," says Linda Goldman, owner of Altogether Organized in Chicago, who helped Hoogland organize her dining room and entertainment center. "Find a place for everything and put things away every day."

Goldman approached the mounds of paperwork systematically, giving Hoogland an inch-thick stack at a time to sort. "It was wonderful and encouraging to see the progress," Hoogland says. "But I have to really work hard to protect any progress I made."



Photo courtesy of Sandra Hoogland (top) • Photos by Tylee Mallory (middle, bottom) • With the help of organizer Linda Goldman and 1-800-GOT-JUNK?, Sandra Hoogland cleared and organized her bookshelf and surrounding area.