



Westport resident Amy van Arsdale is using her expertise as a home stager and organizer for a new, local radio station, *Simply Organize It*, on *NEWSTALK WSTC 1400/WNLK 1350* every Friday night from 8 to 10 p.m.

# The uncluttered life: A matter of mind over mess

By Rachel Guetta

Amy van Arsdale knows how to organize a busy life.

It come from first-hand experience, given her own life juggling work, kids and dogs.

"In today's fast-paced world, people are juggling more than ever before ... Between kids schedules, housekeeping, meal preparation, work and socializing with friends, people are just plain too busy and disorganized. With a heavy duty list like this, it is no wonder the clutter is bogging us down mentally and physically," Arsdale said in a press release.

The Westport resident is now using her insights as a home stager and organizer to help others get their lives under control on a new show, "Simply Organize It," broadcast by radio stations WSTC 1400/WNLK 1350 on Fridays from 8 to 10 p.m.

On the show, Arsdale takes callers' questions about organization and advises them based on her own experiences.

According to Arsdale, getting organized comes down to two things: decision making and commitment.

She admits that making decisions often is difficult. "We all put off making decisions in our lives. When you hire a professional home organizer, be ready to make decisions about personal objects and how they make you feel. We push you in order to get the organization process flowing," she said.

Commitment is the other challenge.

"Follow-through is the main reason people do not stay organized. They finally get that attic or home office cleaned out, yet things seem to creep back in and stay," Arsdale said.

A commitment to keeping a space clutter-free is all about maintenance, she said, adding, "If we maintain our spaces, then we do not have as much emotion attached to it."

Although being neat and organized is not easy, Arsdale tries to help listeners learn to enjoy it.

"I'm having so much fun. I find it fascinating. You can organize just about anything — a funeral, a blind date, a family kitchen, or your retiring fund. It's endless, and that's what makes it so exciting."

The radio show is designed to help people rid themselves and their spaces of clutter. It also emphasizes how good it feels to donate things.

"We all have so much, especially here in Fairfield County. With the way our economy is, and the destruction in the environment, we owe it to ourselves, our children and Mother Earth to simplify," Arsdale said.

Arsdale previously worked in radio throughout the Northeast for 15 years, before moving to Westport over a decade ago.

To contact Arsdale for more information about, "Simply Organize It," send an e-mail to [amy@simplyorganizeit.net](mailto:amy@simplyorganizeit.net).

"You clear the clutter, you clear your brain," Arsdale said.