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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Before You Move

By dan the roommate man

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It's said that Rome wasn't built in a day. Many strokes topple mighty oaks. You can eat an elephant a bite at a time. If you are facing a move, old axioms like these can offer some encouragement, but how about some practical advice? What you really need are step-by-step tips that will help you chip away at the daunting task of packing, moving and settling in.

Courtesy of North American Van Lines, here is a checklist of things to do to prepare to move:
Two-Three Weeks

- * Fill and transfer prescriptions for family and pets. Pack them to travel with you.
- * Arrange for shipment of plants and pets. Get immunization records for pets.
- * Dispose of or give away all flammables.

One Week

- * Defrost refrigerator and freezer, plus allow thorough air-drying to prevent mildew. Dispose of perishables.
- * Transfer checking and savings accounts.
- * Drain fuel and oil from lawnmowers and other power equipment. Drain water hoses.
- * Pack items to be carried in the car, and label "Do Not Move."
- * Gather valuables from safe deposit box, drawers, jewelry cases as well as personal records. Pack them safely to take with you.
- * Send clothing, draperies, curtains, rugs out for cleaning and leave in wrapping. Take down curtain rods, shelves, and TV antenna.
- * Have the car serviced for the trip and have proof of insurance in car.

Moving Day

- * Remember to pack a box of basics you'll need on move-in day (tools, paper products, all-purpose household cleaners, etc.) Be sure to have it loaded last so that it will be first off at your new home.

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- * Pack suitcases for trip. Remove all bed linens.
- * Be available to check items on inventory sheet. .
- * Conduct a last minute walk through with your van operator. Make sure windows are closed, closets empty, lights out and doors locked.

Dos and Don'ts

* Do keep your copy of inventory, Bill of Lading, Order for Service, Estimate, household booklet, numbers to call, etc. with you at all times when moving begins. Don't pack these items with the shipment.

* Do carefully wrap liquids, cleansers, and shampoos in plastic wrap or liners.

* Don't pack paint, bottles of bleach, gas cans, or other inflammables. It is against federal law for

movers to transport flammables and combustibles.

* Do back up your PC with copies of all your files. Put in a scratch diskette to park your hard drive. Try to pack the PC in its original carton. Remove CD's from your player before packing and put the discs back in their cases. Wrap multi-play cartridges separately.

* Do moisten plants before placing them in cartons. Know that professional movers are prohibited from moving plants unless delivery is scheduled within 24 hours or is less than 150 miles away.

* Do have your appliance motors bolted to ensure safe arrival.

Since 1989 dan the roommate man has helped 1000's of people find roommates. Need help? Contact him at 800-487-8050 or www.roommateexpress.com

WHAT TO LOOK FOR WHEN YOU INSPECT YOUR APARTMENT

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MOVE-IN DAY

Your landlord will give you or should give you a move-in inspection sheet on the day that you take possess of your new apartment. It is very important that you take about 30 minutes and do an inspection of your new home before you move-in. Indicate on the move-in condition sheet any pre-existing damage i.e. spots on the carpet, wall damage, the general condition of the appliances.

Promptly return your completed form to the landlord and be sure to sign and date it. Your landlord should sign it as well and provide you a copy to keep for your records.

MOVE-OUT DAY

Remember that the key to having your damage deposit returned to you is to leave the property clean and in the same condition in which you received it less normal wear and tear. You should not be

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leaving behind any damage, trash or a place in need of cleaning.

Once the apartment is empty and clean, accompany your landlord for a final walk–thru inspection. This is the time to pull out your copy of your move–in inspection sheet which both you and your landlord signed. Walk from room to room with your landlord and compare the current condition of the apartment with the notations that you made on your move–in form. Take advantage of this opportunity to discuss with your landlord any cost of repairs which will be held out of your deposit. And lastly, it is always wise to take some pictures of the rental unit just to document the condition.

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