

90 words, 30 seconds

DE-STRESS YOUR MOVE

IF YOU'RE AMONG THE FORTY MILLION PEOPLE EXPECTED TO MOVE THIS YEAR, DESIGNER, AUTHOR AND MAKEOVER TELEVISION PERSONALITY LIBBY LANGDON HAS SOME USEFUL ADVICE: (BEGIN SOUND BITE) "PACK A FIRST-NIGHT SURVIVAL BOX WITH BOX CUTTERS, LIGHTBULBS, DEVICE CHARGERS, BED LINENS, SHOWER CURTAIN, TOILETRIES—AND THE COFFEEPOT. EVERYTHING YOU NEED IN ONE PLACE." (END SOUND BITE) THE COMPLETE LIST OF SURVIVAL BOX ITEMS, TIMELINES, AND LIBBY LANGDON DESIGN TIPS ARE AMONG THE MANY RESOURCES IN THE NEW CUSTOMIZABLE MOVING GUIDE FROM CABLEMOVER. FOR A MORE ORGANIZED AND STRESS-FREE MOVE, VISIT CABLE-MOVER-DOT-COM.

Note To Broadcasters: Sound Bite available on CD. For more information, please call the Media Relations Department at 1-800-222-5551.