

# CREATIVE EXPRESSIONS

By: Terri Bennett



If we're honest with ourselves, we are all looking for creative ways to express ourselves every day. It can be with our hairstyle or shoes or even a cute bag. However, as we embrace a more frugal and eco-friendly time, there are ways to look current while still keeping a close eye on our eco-footprint. No matter how fashionable you are (or aren't!) there are some great, green places to find something in style for a lot less money that will leave less of an impact on the planet.

Let's start with what to wear. Doesn't having a Zac Posen, Vera Wang, or Stella McCartney outfit sound divine? But the price tag certainly doesn't. For fashionistas who want a deal, check out [WearTodayGoneTomorrow.com](http://WearTodayGoneTomorrow.com). At this designer rental website you can rent a dress for a week for 90 percent off the retail price. There's a small cleaning fee but the company guarantees the cleaning is done in an organic and environmentally conscious manner. Or, shop for vintage clothes. Shopping for these once-worn clothes instead of pieces off the rack means fewer natural resources are used to manufacture new ones. And, when you consider that 11 tons of clothing are trashed each year in America, that's something to brag about!

...YOU CAN STILL  
DO YOUR PART  
FOR THE PLANET  
WITHOUT SACRI-  
FICING MONEY  
OR STYLE!

We ladies are also known to drop a lot of money on the right bag, whether it's for day or night. This is another good reason to try a rental on for size. [BagBorrowOrSteal.com](http://BagBorrowOrSteal.com) refers to itself as the "Netflix for handbags."

It has thousands of purses from every name possible and it also rents out watches, jewelry and even sunglasses. Members can rent items for a week at

a time or even a month.

Or, if renting a handbag isn't your "thing," why not make a bold statement by owning a purse made purely from recycled items? These days you can find bags made out of recycled billboards, phonebooks or inner tubes to name a few. These bags are functional, relatively inexpensive and one of a kind! One place to start browsing online is [GoGreenItems.com](http://GoGreenItems.com).

And, who can forget the shoes? If you want to put some soul into your soles—think recycled! Nike, New Balance and Payless are just some of the brands with a line of shoes made from recycled content and organic natural fibers. Nike also has programs to collect old shoes to turn them into things like indoor basketball courts.

So whether you are shopping for a new outfit, the right bag or even what to put on your feet, you can still do your part for the planet without sacrificing money or style! ♣

Terri Bennett is an earth scientist and mom. Visit [www.TerriBennett.com/DoYourPart](http://www.TerriBennett.com/DoYourPart) for more information or email [doyourpart@terribennett.com](mailto:doyourpart@terribennett.com).





**TNT**  
Total Nutrition Technology  
Transform Your Body, Health and Performance

**Personalized and Professional**  
Total Nutrition Technology has been celebrating the joys of healthy living for over 16 years.

- Customized weight loss, health management, and sports performance programs
- One-on-One Coaching Sessions
- No special foods required
- Learn how to take it off and keep it off
- All New Customized Supplement Line

**Choice and Convenience**  
We have multiple locations in the Charlotte and surrounding area.

**So what are you waiting for? Call today!**  
Get started on the path to optimal health.





CEO & Founder  
Angela Gallo

Mention this ad and receive a complimentary Visual Fitness Planner (\$100 Value)

**704-549-9550** [www.TNTGetFit.com](http://www.TNTGetFit.com)



**The Golf Studio**  
at NorthStone

**Affordable Winter Lesson Packages!!**  
Juniors and Adults  
Lessons must be taken between November 1, 2009 and March 1, 2010  
For further details visit:  
[www.thegolfstudioatnorthstone.com](http://www.thegolfstudioatnorthstone.com)



Julie Sovesky  
Director of Instruction at The Golf Studio  
PGA Member  
[jsovesky@thegolfstudioatnorthstone.com](mailto:jsovesky@thegolfstudioatnorthstone.com)

**704-787-5868**