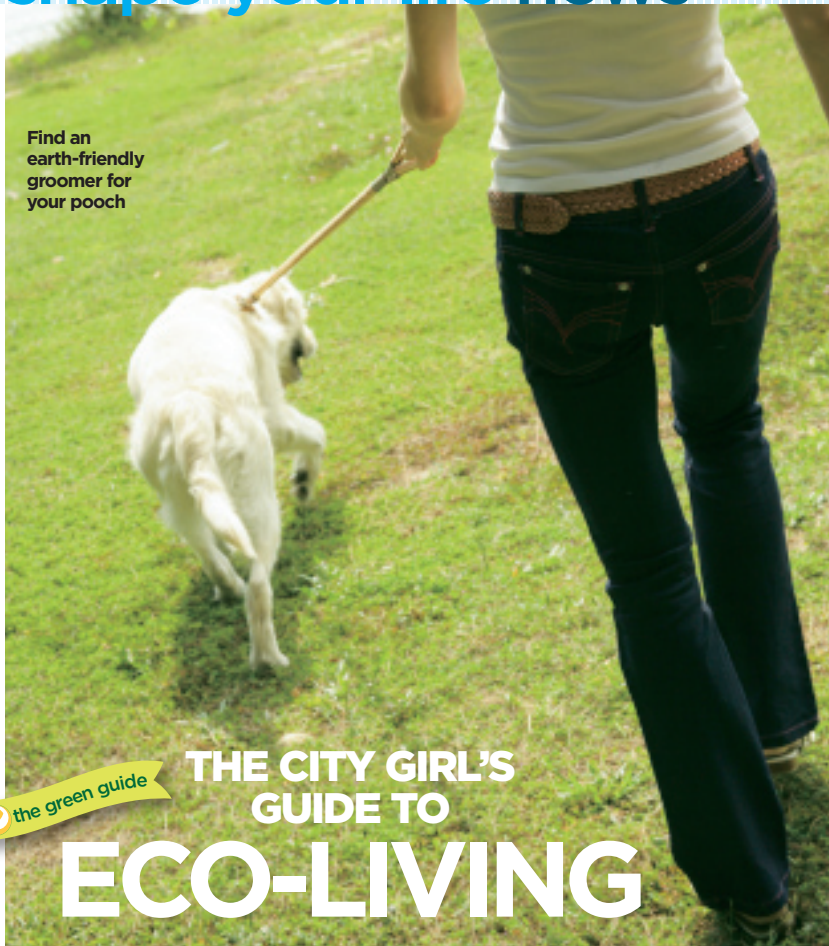


Find an earth-friendly groomer for your pooch



the green guide

## THE CITY GIRL'S GUIDE TO ECO-LIVING

We all need to buy groceries, get haircuts, and put stylish clothes on our backs, so why not put your hard-earned dollars toward goods and services that also support a healthier planet? That's the idea behind *Greenopia: The Urban Dweller's Guide to Green Living* (\$13; [greenopia.com](http://greenopia.com)). This purse-size book lists 800-plus earth-friendly retailers—from dry cleaners that use nontoxic solvents to furniture stores specializing in renewable resources—and offers tips on saving energy, buying organic produce, and more. The guide is available in L.A. and San Francisco, but editions for other cities are in the works. Even if none are tailored to your area, the book is still worth a look—most of the businesses have websites, so you can shop responsibly online.



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A must-read for green urbanites



## a clever way to save

Your marital status may put you in a higher tax bracket, but it can also pay off: [utango.com](http://utango.com) rewards newlyweds with up to \$200 a year for making purchases at popular stores such as Gap and Barnes & Noble. The hitch? Couples can cash in only if they remain married. But if you stay in it for the long haul, you're eligible for major payouts in addition to the annual ones—up to \$1 million at the 30-year mark. Not a bad anniversary gift! —MARY KEARL

Little awards add up fast

body image success story

## A FASHIONABLE WAY TO FIGHT EATING DISORDERS

Tifani Dembek was just 16 and had already been in and out of treatment programs for her yearlong struggle with anorexia and bulimia when she started seeking a creative outlet for her recovery. Using iron-on letters, the then-high school student crafted T-shirts emblazoned with **I AM BEAUTIFUL** on the front and **NO MATTER WHAT THEY SAY** on the back (a tribute to Christina Aguilera's song "Beautiful"). She gave them to friends Laura Rank, 20, and Ari Carlson, 16, to wear to an eating-disorder candlelight vigil. The trio received such a positive response to the tees that they started selling them for \$12 ([geocities.com/angel\\_strength](http://geocities.com/angel_strength)), with a portion of the proceeds going to the National Association of Anorexia Nervosa and Associated Disorders. "Wearing a shirt that says you're beautiful isn't an egotistical thing," says Dembek, now 19. "It's a positive affirmation."

—LESLIE GOLDMAN

Dembek, Carlson, and Rank's tees boost self-esteem



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\_09 SENT 1/8 BUT NOT ON FTP PLS PLACE AS SHOWN, DELETE FPO



\_10 SENT 1/8 BUT NOT ON FTP PLS PLACE AS SHOWN, DELETE FPO



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