

SUNDAY, DECEMBER 14, 2008 | LIFE, IN THIS ISSUE...

SP Recession-friendly last-minute shopping list



Everyone is making a budget, and checking it twice this holiday season. Here are our top 10 suggestions to get your creative juices flowing but keep some cash in the bank

By Kirsten Ott

DOIN' IT WELL

Courtesy of Nike

Nice gym shoes aren't cheap, but Nike's new Cortez kicks are only \$55 a pair. Designed to look 30 years old, the Cortez is an original style from the beginning years of Nike. If you're feeling generous, snag a Heritage Club Bag for another \$80, and you're beginning to look like the jolly man himself in someone's eyes. If you shop at the Nike store in Lenox Square, you can save some of your dough. Select items are 40 percent off right now and this weekend, select footwear and apparel will be marked an additional 40 percent off. Want to get even more done in one shopping trip? Buy a Nike's Youth Venture gift card, which results in a \$5 donation by Nike to Ashoka's Youth Venture, an international organization that helps kids change their community through sport. Nike will donate up to \$75,000 to existing "Dream It, Do It GAMECHANGERS" programs this season. And that \$5 comes out of Nike's wallet, not yours. www.nike.com.

SPREAD THE LOVE

Newly minted Embrace Only Love is an über-cool eco-friendly graphic apparel company. The super-soft tees and hoodies are hand-printed on hemp, bamboo and organic cotton. The Brooklyn, N.Y.-based do-gooder company is on a mission to spread the message that actions based in love can only result in love. Karmic bonus: Seven percent of all profits are donated to Vipassana Meditation Centers, including Dhamma Patapa, the Southeast Meditation Center in Jesup, Ga. www.embraceonlylove.com.



FORE!

For the green golfer, Bag Boy's new automatic push cart is environmentally friendly (mind your carbon footprints!) and encourages a healthy lifestyle. Features such as a one-step folding frame, adjustable bag brackets, front wheel alignment, a beverage holder, a parking brake and smooth rolling G-Force wheels only sweeten the deal. \$199.95 at Dick's Sporting Goods, Edwin Watts Golf Shop, Golfsmith Golf Center, John A. White Golf Course, PGA Tour Superstore, Players World Inc. and www.bagboycompany.com.

Courtesy Embrace Only Love



IN THE BAG

More than just another reusable bag, the FEED bag folds into an all-natural woven clutch—and it zips! So you can stow it in your purse while you're shopping, and then whip it out to load your groceries up after paying. Each bag purchased provides 100 nutritious school meals through the United Nations World Food Program. \$29.99 at Whole Foods Market. www.wholefoodsmarket.com.

NATURAL WOMAN

With so many creams and moisturizers on the market, it's hard to tell the difference between good and evil, especially with clever packaging. But locally made HollyBeth's Natural Luxury products have won our hearts, and they make for an excellent gift anytime of year. We heart the marigold and sweet basil shea butter hand cream, a 99.7 percent organic blend of rejuvenating fragrances and honest moisturizing that lasts the entire day. Shop for it and other HollyBeth products at Natural Body Spa & Shoppes around town, as well as Sage Naturalceuticals, Entebello and Mims. www.hollybeth.net.

Courtesy of Bag Boy



SOUND EFFECTS

An affordable kid's gift, the Hello Kitty digital MP3 player from Sakar is pretty cool (er, is that word even cool anymore?). This sweet character's still popular among adolescents, teens and adults alike, and this gadget is a best bet for girls (and even some boys) ages 7 to 14. With three changing face plates, USB cable, 250MB free hard disk space, straightforward software, earphones (earbuds tend to fall out of little ones' ears) and weighing less than an ounce, this 1GB battery-operated doodad's features are the cat's meow. \$39.99 at Toys R Us, WalMart and Target.

HAVE A LITTLE FAITH

Pregnancy is an exciting but terrifying time, and parents-to-be naturally worry about their baby's health. Atlanta mother and author Zuaquis Ross wrote "We are Expecting!," a prayer book for expectant parents to encourage them to pray every day for their developing baby. The wonderfully illustrated book leads mothers and fathers on a prayer journey from conception to birth and then through adulthood, using Bible verses and poems, as well as places to record special milestones. Available in hardcover (\$23.50) and paperback (\$13.95) online at www.weareexpecting.com.

Courtesy of Whole Foods Market



STOCKING STUFFERS

Wintery chills lead to chapped lips, which are terrible for kissing under the mistletoe. Solve that problem by slipping a tube of Yes to Carrots C Me Smile Lip Butter in your loved one's stocking. The balm feels heavenly—not sticky, not greasy, just right. Paraben- and petroleum-free, this smile-saver is also 95 percent USDA certified organic, made from extracts of carrot, orange, pumpkin and melon, as well as coconut oil, olive fruit oil, jojoba seed and sunflower oils, vitamin E, beeswax and shea butter. It's deliciously nourishing and conditioning. \$3.69 at Target and Walgreens.

Courtesy of HollyBeth's Natural Luxury

VINO FOR EVERYBODY

Gary Vaynerchuk dubs himself "the wine guy for the average Joe," and he nails this moniker with his book "101 Wines Guaranteed to Inspire. Delight.



Courtesy of Sakar



Courtesy of We Are Expecting Inc.



Courtesy of Yes to Carrots

and Bring Thunder to Your World.” Unlike wine guides that lecture rather than encourage, Vaynerchuk’s humorous and informative writings show you how to develop the right attitude and tools to enjoy your vino. He gives two in-depth and instructional pages to each of his recommended 101 wines, including palate primers to help you pick up on the flavors in the glass, such as fruit roll-ups, coffee grounds and even dirt. This book really is for everybody—from the connoisseur to the novice. \$19.95. www.winelibrarytv.com.

RAINBOW BRIGHT

BareMinerals’ “Ultimate Indulgence” Collectors Edition might not seem recession-friendly at first glance. But it really is quite a savings. You get 20 coveted complexion-perfecting and hard-to-find eye colors in subtle and bold shades in textures that range from sheer glow to vibrant shimmer to velvety opacity, which can be layered together for endless originality. Available at Nordstrom. It’s a \$200 value for \$75. Spend \$25 and get free shipping at www.nordstrom.com with promo code HOLIDAY08. **SP**



Courtesy of Bare Escentuals