

# SECOND HAND STAR

THRIFTING: THE APPARENT BEST “TREND” OF THE GENERATION

Thriftling: the cycle of donating and purchasing clothing or other items that have already been worn or used before. In a world engulfed by fast fashion and overconsumption, many students turn to shopping second-hand in attempt to make up for the environmental and economic damage.

The comeback of the so-called trend known as thrifting is seen as the perfect opportunity for more students to get involved in the many benefits that come with it.

Whether it's a simple t-shirt, various accessories, home decor, CDs, books-thrift stores contain it all. Each item contains a story from the person who once had it before.

Senior Morgen Wittleder dedicates her time to thrifting, and admires the many differences in quality that second-hand items have over various fast fashion comparisons.

“Older garments are often thicker and more likely to be lined. Additionally, they are less likely to be made from synthetic fibers such as polyester, which are known for shedding microplastics,” Wittleder said.

As it is known, clothing production cycles are a major factor that contribute to the environmental impacts of barely worn clothing piling up in landfills. However, there is a potential fix to this,

as long as more people can follow in each others' footsteps.

“More people embracing thrift stores can contribute to reduced clothing waste and a more sustainable approach to fashion consumption,” Wittleder said.

Whether it's a plain and simple old Goodwill in Castle Rock, or a smaller antique store up in Denver, there are various options to choose from.

“With [antique] stores like these, everything is curated, so they have filtered out specifically vintage clothing from a broader selection like what you may find at the [Goodwill] bins,” Wittleder said.

Finding clothing that suits a person's style is easy when knowing exactly what to look for.

“It's mainly just a matter of looking around and getting a feel for the type of clothing different stores carry,” Wittleder said. “Thrift stores often have different selections depending on what area they are located in.”

Getting into the habit of going to thrift stores and not minding wearing clothing that has been worn before has become a positive mindset and encouragement for students like Wittleder.

“The growing popularity of second-hand shopping is a step in the right direction,” Wittleder said.

So, help be a part of the change. Buy that shirt from Goodwill. Donate those outgrown clothes. Every bit makes a difference.

**EA  
MARKETS,  
CONSIGNMENT  
SHOPS, ANTIQUE  
STORES  
AND THRIFT  
CONVENTIONS  
ARE ALL THE  
BEST PLACES TO  
SHOP SECOND  
HAND.**

Written by Lily Steinbrunner and  
photo courtesy of Morgen Wittleder

## FACT FINDER:

- 64% of Gen Zers will look for a specific item in a thrift store before buying it new.
- Thrift stores can recycle over 90% of donated clothes.
- The term “thrift” comes from 1300's Middle English: “prosperity or savings.”

Data collected from Census.gov



Wittleder shares one of her most unique finds, a victorian-esque jacket. She found the piece at a second-hand market, and it caught her eye immediately. “It looks like something a british ghost would wear,” Wittleder said.



Wittleder shares a prized thrift find: a vintage faux fur coat. In finding this at a small vintage store in Illinois, it was like nothing she had seen before. “It kind of reminded me of Gwyneth Paltrow in The Royal Tenenbaums,” Wittleder said.