



*You Through Fashion
And Music*

By: Elizabeth Bergman

Ooh girl I like it. Oh there are people looking sorry. By the way I am Elizabeth Bergman and I will be talking about 2 different ways to express your self: fashion and music.

One way to express your self is fashion. In an interview with Georgia a student at ps290, on the Upper East Side, she says “I express myself through fashion because sometimes, depending what mood I’m in, I channel it into the clothing that I choose for that day. Expressing myself through fashion is very important to me because it makes me feel like an individual and not like everyone else. I feel that people who dress in the clothes that are ‘in fashion’ don’t have much to say. This is why fashion is so important to me as an individual.” One way to express your self though fashion is nail polish. When I get my nails done I always get sparkly or exotic colors and I guess it is just me. According to Peppermintstyle.com an online fashion website it, says that when you get dressed in the morning it is based on your mood.







Another way to express your self is music. One detail to support my idea is from Hellogiggls.com an online music blog says, if something is bothering you music can really help you out it is like having a good cry. In an interview with Ella Johnson a student at ps290, on the Upper East Side, she says that music helps her understand her self more. In an interview Georgia, she says “that music is away of channeling your inner feelings happy or sad.” For me music is something you have to be able to feel and understand.





Feel the beat and you'll start to groove



Move your feet to the beat



Dance baby dance

All in all I think you have to be able to understand fashion and music in order to express your self through them. Like for fashion you have to capture the look and style and for music you have to feel the groove and the beat.