

OF MICE AND MARINES | 10 WINNING DEVELOPERS

# SIERRA

Explore, Enjoy, and Protect the Planet



green cuisine

SPREADING  
THE HEALTH

YOUR  
SUPERMARKET'S  
SECRETS

WHAT FOOD  
NATION DO YOU  
CALL HOME?



THE MAGAZINE  
OF THE SIERRA CLUB

\$2.95 (US) \$3.50 (CAN) \$4.00 (INTL)  
NOVEMBER/DECEMBER 2004

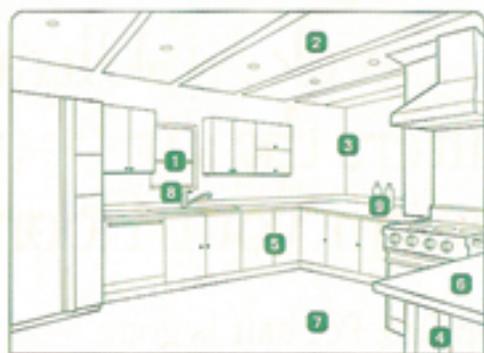
## Pop Corner

In between comedian Jack Black's hosting antics and Shakira's shaking hips, MTV made time for a speech by Al Gore at its annual Video Music Awards. With the channel's audience sharing Gore's concern about global warming—81 percent of 13- to 24-year-olds surveyed say that action must be taken right away—MTV has launched a two-part Break the Addiction Challenge, including a 12-step program to reduce personal contributions to global warming and a contest for U.S. and Canadian campuses to switch to 100 percent green energy.

[think.mtv.com](http://think.mtv.com)

\* \* \*

Holiday film releases will include *The Blood Diamond*, a political thriller starring Leonardo DiCaprio and set in Sierra Leone, where control of diamond exports fueled a bloody civil war in the 1990s. Though the industry has taken steps to keep "conflict diamonds" off the market, some companies are trying to address human-rights and environmental issues in other ways, such as by using diamonds from more strictly regulated Canadian mines ([brilliantearth.com](http://brilliantearth.com), [cred.tv](http://cred.tv)) or creating gem-quality synthetics ([greenkarat.com](http://greenkarat.com)).



1. natural light
2. compact fluorescent fixtures
3. low-toxicity paint
4. formaldehyde-free cabinets
5. bamboo cabinet doors
6. salvaged-stone countertops
7. natural linoleum flooring
8. on-demand hot water
9. ecofriendly cleaners

## Eaters' Oasis

In the ultimate eco-eating experience, environmentally friendly food would be cooked by energy-efficient appliances ([energystar.gov](http://energystar.gov)) in a kitchen built with safe, salvaged materials (floor-to-ceiling suggestions from [greenhomeguide.com](http://greenhomeguide.com) are outlined above). But it doesn't take a big investment to add some sustainable flair to your meals. Set the table with recycled-beer-bottle tumblers ([elsewares.com](http://elsewares.com)); some colorful, naturally lacquered bowls made of fast-growing bamboo ([bambuhome.com](http://bambuhome.com)); and a sleek serving tray made of an old washing-machine drum ([www.seccoshop.com](http://www.seccoshop.com)). An in-kitchen composter (the "Happy Farmer" version from [scdworld.com](http://scdworld.com)) will take care of the scraps.

