

“Call your power company to see if you can switch to renewable sources like wind or geothermal energy. In Oregon, **Pacific Power** offers the Blue Sky Usage plan, which uses renewable energy sources and costs the average homeowner \$8 more a month. “

Small Steps to Save the World

Bigger Steps



Put Your Money Where Your Planet

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MAGAZINE

**In Praise of Manly Men**  
Who are they where are they and why do we still want them?

Oprah talks to **Meg Ryan**  
about using fame well her mission to India her new baby.

What would it take for you to **Feel Beautiful?**  
Give us 30 minutes and you'll be whole lot happier with your looks

**Beauty and the Bitch**  
Silencing your inner critic before he does some real damage

**Eat, drink & be shocked**  
A bacon-loving reporter chows down with the Queen of Healthy Food. Who will live and who will diet?

**Full up a couch**  
The Oprah Show's kind new shrink will see you now

**Kenzi Snider did not murder her friend**  
So why did she confess?

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