



BackTalk

WOODY HARRELSON

Jamie Sorcher talks to the natural-born killer turned *Nature Boy* about his health-conscious documentary *Go Further* on DVD, his favorite flicks and tunes, and, of course, *Cheers*.

Which of your movies means the most to you?

Go Further. It all started because I wanted to take a long bike ride with my brothers — they're major bikers, and I'm just a wannabe. We decided to go down the Pacific Coast Highway and have a bus follow us, which became the mother ship. It had a bio-diesel engine and solar power, with hemp lining the walls and ceiling. And then pretty soon I asked other friends to come along, and it turned into a much bigger deal than it probably should have been. But I'm glad I did it. We stopped and talked to people on the way about what we care about, and I thought that was a good thing to do.

I can't tell you how many people have come up to me and said, "You know, that movie changed my life." Like, they quit dairy or this or that. The movie is mostly about a health-giving lifestyle — which probably started for me just because I was living such an unhealthy lifestyle. I had to start to learn these things.

The DVD release of *Go Further* takes it to an audience that didn't get to see it in theaters.

Yeah, that's true. The movie is really powerful because the message we're talking about — which is basically my religion — has exponential growth. If one person gets turned on to, say, not consuming dairy, then it just keeps growing because they then turn on five more people.

What are some of your favorite films?

I think two of the most overlooked movies this last year were the French movie *A Very Long Engagement*, which has a lot of humor in it, and *The Assassination of Richard Nixon*, which just rattles you to the bone. I can't imagine people seeing *The Assassination* and not going crazy for it. It's just a great, great work of art, and Sean Penn probably delivers the best performance of his career.

Do you go to the movie theater?

I go, but it's so rare these days. I miss so many movies that I'll stay home to watch one of them. But by doing that, I'm missing another one at the theater that I'll have to stay home another time to watch.

What does a guy like you get at the candy counter? It can't be popcorn and Twizzlers.

When I'm watching a movie at home, I'll have popcorn with olive oil, spirulina, and a little Celtic sea salt. But you have to put nutritional yeast on there, too, to round out the flavor. Give it a try — it's not bad.

Hootie and the Blowfish actually wrote a song about you called "Woody." Quite an honor.

That Darius [Rucker]. He's a good buddy, and I love him dearly.

What do you listen to?

Everything. I like the Beatles, Peter Dinklage, U2, Beck, Ani DiFranco — very eclectic. I've really gotten into Alabama 3. They do that theme on *The Sopranos*.

How do you do most of your listening?

I have a portable sound system — one of those Bose SoundDocks with the big speaker that you plug your iPod into. That is good sound.

Cheers has been a big hit all over again on DVD. What's your favorite episode?

Well, I really liked that one ["The Gift of the Woodi"] where I sang to my girlfriend a lot. That was fun — you know, "Kelly, Kelly, Kelly, Kelly, Kelly." What an experience that show was. All those guys were amazing to hang out with every day. It was like being asked to go work at a playground.

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