

Ladies' Home Journal February 2007 Issue Highlights

SALLY FIELD IN THE FEBRUARY ISSUE OF *LADIES' HOME JOURNAL* Plus Secrets of the Stress Free; Heal Your Skin; Money Matters

SALLY FIELD: FUNNY, WICKEDLY SMART AND ENTIRELY GENUINE; Page 94

Two-time Oscar winner and star of *Brothers and Sisters*, Sally Field opens up to *Ladies' Home Journal's* Jeanne Marie Laskas about motherhood, her relationships with men and soul mates: "It would take a whole lot for somebody to come in, and I mean they'd really have to bang on the door so loud that I would notice that they were even there." Also, Field candidly discusses her secret dream: "I desperately want to go to college but I'm terrified of taking the SATs!"

IN THE NEWS: THIS MAN WANTS YOUR CHILDREN; Page 110

Sergeant First Class Chad Christenson is one of the Army's top recruiters. Driven to show young Texans how the military can enrich their lives, Christenson is targeting the 17-24 year old demographic—drawn to a stable salary, health benefits, money for college and a structured lifestyle—to think positively and enlist in the U.S. Army. But...with Bush's new Iraq strategy calling for as many as 20,000 additional troops, will these recruiters realistically be able to deliver?

FIVE HEART HEALTHY DINNERS; Page 167

With meals this delicious, it's hard to believe they're good for you, too. Feed your heart, and your health, during February's American Heart Month with wholesome recipes meant to soothe your heart. Indulge in Lacquered Chicken with Roasted Leeks, Fennel and Shitake Salad and Roasted Vegetable Lasagna, and our recipe contest winner's low-sodium, high-fiber and heart-healthy Stir-Fry Sunday Supper. The only thing that will set your heart aflutter is the sweetheart you decide to share this indulgent feast with.

HEAL YOUR SKIN; Page 34

You've fantasized about having a clear, pretty complexion. Haven't we all? Find here a compendium of strategies to counteract and clear adult acne, rosacea, eczema and psoriasis—complete with dermatological care suggestions and results to expect with over-the-counter products.

MONEY MATTERS; Page 68

Will your adjustable rate mortgage payment skyrocket turning your American dream into a nightmare? *Ladies' Home Journal* shows you how to best navigate the inevitable payment hikes that lie ahead: know thy mortgage, negotiate, refinance, and, perhaps, ditch that ARM all together.

About *Ladies' Home Journal*

Founded in December 1883, *Ladies' Home Journal* has been inspiring, informing and entertaining women for 123 years. Published monthly by Meredith Corporation (NYSE: MDP), *Ladies' Home Journal* has a circulation of 4.1 million and a readership of 13.5 million. The magazine's interactive online companion, www.lhj.com, has 1.8 million unique visitors and 20 million page views each month.

Contact:

Mariela Azcuy
212.551.6955
mariela.azcuy@meredith.com

Anna De Souza
212.551.7072
anna.desouza@meredith.com

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