

# Ladies' Home Journal March 2007 Issue Highlights

## **PAULA DEEN IN THE MARCH ISSUE OF *LADIES' HOME JOURNAL***

**Plus Funny Ladies We Love; The Cancer Connection; Will You Afford Retirement; and More**

### **PAULA DEEN: LADY OF DOWN-HOME COOKING; pg. 110**

Paula Deen is a self-made success story, recognized Georgian restauranteuse and host of Paula's Home Cooking on the Food Network. In her new memoir, *Paula Deen: It Ain't Only About the Cookin'*, excerpted in *Ladies' Home Journal*, Deen reveals the heartbreak and pain she faced as a young woman and how, in cooking, she found the courage to survive and thrive. For the first time ever, Deen shares the story of her debilitating agoraphobia: "I tried to keep my panic attacks a secret, but fear of death was beginning to take over my life. If I had to be outside by myself, panic would start in and drop me to my knees."

### **FUNNY LADIES WE LOVE; pg. 120**

*LHJ* applauds the dozen women who made us laugh the most this year including Meryl Streep, Ellen DeGeneres, Salma Hayek, Julia Louis-Dreyfus, Amanda Peet, Nancy Meyers, writer and director of *The Holiday*, and Shonda Rhimes, Executive Producer of *Grey's Anatomy*. The feature, written by New York Times' Columnist Gail Collins, also includes a timeline of notable comedic moments – from Louise Brooks in *Love 'Em and Leave 'Em* (1926) to the premiere of Kathy Griffin's *My Life on the D List* (2005) – and illustrations by Glenn Hilario.

### **THE CANCER CONNECTION; pg. 144**

Breast cancer cases in the U.S have dropped seven percent in 2003—the biggest drop in any single year and the biggest drop in two decades! Doctors speculate that this seems likely to be the result of millions of women abruptly discontinuing hormone therapy in 2002. Is there bad news for the estimated 4.3 million American women still taking HT for menopause? *LHJ* asks top doctors what the latest scary headlines really mean for menopausal women.

### **MORE ENERGY IN 10 MINUTES A DAY; pg. 164**

Skipping breakfast has been shown to increase obesity fourfold! Eating can actually help you prevent weight gain, give you energy and rev up your metabolism and *Ladies' Home Journal* shares the perfect breakfast plan. Learn how to maneuver away from sugar-packed nutritional disasters, which breakfast bars to grab, which muffin can be a good choice, and the healthiest breakfast meats and other protein sources to keep you going all day.

### **IN THE NEWS: MORTGAGE SCAMS; pg. 128**

You hear a knock on your door—unexpectedly you're served with foreclosure papers for property you don't own. *Ladies' Home Journal* explores the alarming trend in identity theft—securing fraudulent mortgages for huge sums in an unsuspecting victim's name. Evaluate why you're vulnerable, who might be scamming you now, and how to safeguard your identity on the internet. Sign, support and mail in the Stop Fraud Act petition (reintroduced by Senator Barack Obama in the 110th Congress) form to *Ladies' Home Journal*, to ensure that more is done to ensure consumer identities aren't stolen.

### **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](http://www.lhj.com), has 1.8 million unique visitors and 20 million page views each month.

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