

# LADIES' Home Journal

MARCH 2009

**ELLEN**  
Oops...  
We Made  
Her Cry!

## BE THE BEST FRIEND EVER!

- What Your Buddies Need From You Now
- How To Stay Close Online

## LEARN TO FORGIVE AND NOURISH YOUR SOUL

TURN A SIMPLE SALAD INTO A POWER MEAL

## GET FREE STUFF Every Time You Shop

## FLATTEN YOUR BELLY WITHOUT DIETS

## HOW TO BE SOMEONE YOU LOVE IS VERY SICK

AMANDA BOLSTER  
151 ELLIS STREET  
ATLANTA GA 30303-2420  
CG 0192  
RG 0192  
NOV18 2009  
#BXCHFS \*\*\*\*\*5-DIGIT 30303  
#LHJ18294994477#

# Watch For It!

The Best Events, Promotions and Products for Women



## Feeling Off?

Nip flu-like symptoms in the bud with Oscilloccinum®. Supported by clinical studies, Oscillo® works safely and naturally without causing side effects like drowsiness, and it won't interact with other medications.

Get Oscillo and feel like yourself again.

[www.oscillo.com](http://www.oscillo.com)

**BOIRON®**

## A POWERFUL NOISE Live

### Celebrate Women— See A POWERFUL NOISE Live!

On March 5, CARE and ONE present A POWERFUL NOISE Live in theatres nationwide. This one-night event features the acclaimed documentary and a discussion with experts and celebrities broadcast live from New York.

Visit [APOWERFULNOISE.org](http://APOWERFULNOISE.org) for theatres and ticket information.

See it.  
Find it.  
Get it!

See a product you must have in the pages of *Ladies' Home Journal*? Find exactly what you are looking for with this exclusive online shopping opportunity. Get it by visiting [www.lhj.com/shop](http://www.lhj.com/shop) each month to find your favorite fashion, home and beauty products featured in the pages of *Ladies' Home Journal*.

[www.lhj.com/shop](http://www.lhj.com/shop)

# LADIES' HomeJournal®

**JULIE PINKWATER**  
VICE PRESIDENT/PUBLISHER

ASSOCIATE PUBLISHER/MARKETING ALICESA YONGLUENIAT-BAUTISTA  
EASTERN ADVERTISING DIRECTOR SAGE EDDON  
WESTERN ADVERTISING DIRECTOR VALERIE THIEL

#### NEW YORK

NATIONAL HEALTH DIRECTOR JOANNE BORDAN CARRARA  
ACCOUNT DIRECTOR JENNIFER DIETZ  
ACCOUNT MANAGERS EMILY ADAMS, PETE HOLFELDER,  
SCOTT O'CONNOR  
ASSISTANT TO THE PUBLISHER RACHEL SHIPPY  
SALES AND MARKETING ASSISTANT KATHLEEN NAGLE  
SALES ASSISTANT MEGAN BRUND  
EXECUTIVE DIRECTOR  
DIRECT RESPONSE AND TRAVEL GROUPS PATRICK FOLLO  
TRAVEL DIRECTOR LISA BOOKWALTER

#### CHICAGO

MIDWEST MANAGER KEVIN HOULDSWORTH  
ACCOUNT MANAGERS SUE PETERSON, MEAKA ZALKIN  
SALES AND MARKETING COORDINATOR TOM RUSSELL

#### DETROIT

CORPORATE DIRECTOR GERRY GOLINSKE  
SALES ASSISTANT PAT SHEPLOW

#### WEST COAST

WEST COAST MANAGER MARY PAYNE  
SALES ASSISTANT ANNA HOLLAND

#### DIRECT RESPONSE

ADVERTISING DIRECTOR GRACE CHUNG-MUI  
ACCOUNT MANAGER CATHERINE BORELLI

#### MARKETING

PROMOTION DIRECTOR KENSRA BRADLEY  
CREATIVE DIRECTOR, MARKETING CHRISTINE HELD  
SENIOR DESIGNER JEANETTE MANNING ESTOYE  
MARKETING MANAGER HILLARY BILINGSLEY  
CREATIVE SERVICES MANAGER SELENA LORUSSO  
ASSOCIATE PROMOTION MANAGER CHRISTINA CONA  
ASSOCIATE RESEARCH DIRECTOR KIM PESIKI  
RESEARCH MANAGER SARRINA CARLLO  
SENIOR ASSOCIATE DIRECTOR, PUBLISHING GROUP COMMUNICATIONS MARIELA AZCUTY  
ADVERTISING OPERATIONS DIRECTOR DANA L. GUSLI  
PRODUCTION DIRECTOR KENT POLLPETER  
PREPRESS OPERATIONS AND PRINT QUALITY DIRECTOR JOHN FRANCESCO  
PREPRESS OPERATIONS AND PRINT QUALITY ASSOCIATE DIRECTOR RICH LOFFREDO  
CONSUMER MARKETING DIRECTOR BRAD CLARK  
ASSOCIATE CONSUMER MARKETING DIRECTOR BECKY MCWILLIAMS  
BUSINESS DIRECTOR JEFF POTTHOFF  
ADVERTISING BUSINESS MANAGER STEPHANIE RABBANI  
PUBLICIST, PUBLISHING GROUP COMMUNICATIONS ANNA DE SOUZA

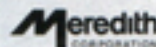
#### MEREDITH INTERACTIVE

MANAGING DIRECTOR, BRAND DEVELOPMENT PETER JUREW  
MEREDITH INTERACTIVE-PARENTHOOD GROUP CATHERINE LEFEBVRE  
SENIOR EDITOR, LHJ.COM MARISSA GOLD  
EDITOR, LHJ.COM

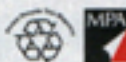
**TOM HARTY**  
EXECUTIVE VICE PRESIDENT

#### MEREDITH PUBLISHING GROUP

PRESIDENT JACK GRIFFIN  
CHIEF REVENUE OFFICER TOM HARTY  
EDITORIAL DIRECTOR SALLY LEE  
FINANCE AND ADMINISTRATION MIKE RIGGS  
MANUFACTURING BRUCE HESTON  
CONSUMER MARKETING DAVID BALL  
MEREDITH 360° JEANNINE SHAO COLLINS  
CORPORATE SALES MICHAEL BROWNSTEIN  
INTERACTIVE MEDIA DOUG OLSON  
INTERACTIVE MEDIA SALES LAUREN WIENER  
MARKETING NANCY WEBER  
RESEARCH BRITTA WARE  
CHIEF TECHNOLOGY OFFICER TINA L. STEL  
NEW MEDIA MARKETING AND SERVICES ANDY WILSON



PRESIDENT AND CHIEF EXECUTIVE OFFICER: STEPHEN M. LACY  
CHAIRMAN OF THE BOARD: WILLIAM T. KERR  
IN MEMORIAM — E. T. MEREDITH III (1933-2002)





We had an expert source for "Do-Good Getaways" (page 102): Executive Editor Kate Lawler has taken two Sierra Club service trips to repair hiking trails in Wyoming and Idaho.



Kudos to Avon's Hello Tomorrow Fund. Its grant helped support the community garden we profile on page 114. To learn more, visit [avon.com/hellotomorrowfund](http://avon.com/hellotomorrowfund).



LHJ is proud to partner with CARE to bring you *A Powerful Noise, Live*, a documentary about ordinary women creating extraordinary change. See page 20 for details.

**O**n my daughter Pearl's eighth birthday, her Uncle Tim, who lives in England, sent her a beautiful midnight-blue party dress. Pearl was so excited that she stripped down to her socks in the kitchen and put it on right away. I snapped a picture with my digital camera, and 10 minutes later, Tim, the rest of my family in England and about 40 of our good friends were admiring her new outfit on their computers. How was that possible? Thank the magic of Facebook.

When I tell people I'm an active member of a social networking site, they seem puzzled. Some are downright alarmed. Aren't Facebook and MySpace for kids? Isn't that where Internet predators lurk? And how could an overworked mother of two possibly find the time and energy?

I try to reassure them. No, social networking sites are not just for kids—in fact, 41 percent of baby boomers have visited sites like Facebook and MySpace. No, I don't worry about Internet predators, since I have full control over who sees my profile and pictures (and besides, at 47, I'm not exactly pedophile bait). And Facebook isn't time-consuming; in fact, it helps me be more efficient. Now I can share photos and updates with every member of my family in just a few seconds.



Pearl strikes a pose in her new dress from Uncle Tim

If you've ever considered joining a social networking site, get inspired by reading "Social Networking 101" on page 63. You can also become an online fan of *Ladies' Home Journal* at [lhj.com/facebook](http://lhj.com/facebook). There are almost 4 million LHJ subscribers out there. Wouldn't it be fun if we could meet, share and connect with just one click?

Sally  
Editor-in-Chief



## ROSIE REACHES OUT

You may wonder why Rosie O'Donnell agreed to star in and executive-produce the Lifetime movie *America*, about one boy's journey through the foster care system. The reason is simple: O'Donnell is a parent to four kids, three of whom she adopted. We asked her to tell us a few things about the foster care system that you may not know.

**1** There are more than half a million kids in foster care—that's about as many people who live in Alaska or Boston.

**2** More than 25,000 kids age out of the system when they turn 18. "Imagine if a parent did that to her child," says O'Donnell. "The kid graduates from high school, and suddenly you shut the door, change the locks, and say, 'Good luck.'"

**3** Nearly 130,000 kids are available for adoption right now.

For information on O'Donnell's foundation for kids, go to [forallkids.org](http://forallkids.org).

## Lessons from an Advice Columnist

**W**hen men leave, relying on female family members is not only okay, it can be great, says Amy Dickinson in her new memoir, *The Mighty Queens of Freeville*. That's what Dickinson (whose syndicated advice column "Ask Amy" replaced Ann Landers's in 2003) learned when she returned home to tiny Freeville, New York, after her husband informed her that he had a girlfriend. Dickinson took her toddler daughter, Emily, and moved into her sister Rachel's house.

"Our first days in Freeville," Dickinson recalled, "involved lots of coffee drinking and toilet paper. We are not Kleenex people, so when it looked like my case of chronic crying might be . . . terminal, Rachel gave me my own roll of Charmin."

The *Mighty Queens*



Dickinson reveals the power of women and small towns

(named by Dickinson's daughter because "like the best monarchs, we rule fairly and from a distance") immediately set about doctoring mother and daughter. With the help of rituals, like regular

visits to the diner, "These women taught me what family is about," she says. "They helped me pick up the pieces when my life fell apart, and we reassembled them together into something new."

## Movie With A Message

On March 5 more than 440 theaters across the country will show the emotional, empowering film *A Powerful Noise, Live*. The documentary features an HIV-positive widow in Vietnam, a survivor of the Bosnian war and a slum worker in Mali—all striving to educate the women in their own communities. After the film (which is presented by CARE and the ONE campaign), a panel discussion will be broadcast live. To learn more, visit [apowerfulnoise.org](http://apowerfulnoise.org).