



FROM THE PUBLISHER

Well wishes for the New Year

It's January 2006—the new millennium isn't so new any more. We're more than halfway through the decade. And every year at this time, we all start singing the same tune: Let's stay healthy. This issue is devoted to good health, ageless beauty, and everything it takes to stay that way—sleep, nutrition, exercise, and tips on looking great at any age. (I'm making it my bedtime reading.)

It's easy to take for granted, but the fact is that our health—and the health of our loved ones—is really paramount. Reading Tina's column this month brought me to tears. Her journey with Art through his heart attack probably resonates with a lot of our readers. It does for me. My beloved father-in-law, Irv Roston, recently was hospitalized after an injury and suffered from complications. It has shed light on what is most important, and that is the health of our families, friends, and co-workers. So my resolution this year is not to take good health for granted.

This month, we introduce you to two women who have taken nothing for granted—Dr. Ana Nogales (“A cultural catalyst,” page 116) and **Rachel Pusateri (“You are what you wear,” page 46)**. Nogales has been described as “a perfect combination of Dr. Laura Schlessinger and Dr. Toni Grant” in dispensing advice to her clients—who are predominately Latino—as they tackle a variety of emotional challenges. She's gained such a following, and had such an impact, that first lady Maria Shriver invited her to be a part of California's Remarkable Women series.

And Pusateri has made it her mission to share life-affirming messages with anyone who passes by. She founded her company, Goal Diggers (that's right, it's “goal” and not “gold”) after seeing a T-shirt printed with the sentence, “Don't hate me because I stole your man.” Pusateri's slogans focus on much healthier messages like, “Let Love Guide You” and “Happiness is an Option.”

We also bring you the stories of 11 people and some very special members of their families. Some have hooves, some have claws, some have paws. But they are, indeed, part of the family. Just wait till you see the pictures—this month's spread, “Animal kingdom,” starts on page 76.

The new year always brings new things, and this month, you'll meet one of the newest members of our writing crew—Ken Barasch, who has joined our rotation of “Dining on the edge” critics. For the past 15 years, Barasch has been a wine, restaurant, and travel correspondent for Elmer Dills' The Good Life Report, and is a wine adviser, buyer, and appraiser for numerous restaurants, wine merchants, and high-end resorts.

And, of course, we can't let the start of this new year go by without re-affirming our commitment to you. It's a resolution we make every year: We promise to continue to give you the best editorial coverage as we celebrate our great community. This year's toast is to you, our loyal readers, to all of you who continue to beat the odds, and to my favorite family member, Irv Roston.