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BAKERSFIELD

WELLNESS

MAGAZINE

NOVEMBER 2013

STICKING TO YOUR RESOLUTIONS

3 local stories about perseverance & determination

Plus: Holiday Travel Tips · Floral Table Centerpieces · Stress-Free Dinner Party

SPECIAL

Food Issue!

**Workout
Moves**
CUTTING
THE CORE

RAELYN RUFFUS
ONCE PARALYZED,
GIVES BACK AS
TRAINER

6 **LOW-CAL
COCKTAIL
CONCOCTIONS**



Healthy Holiday Dinner Recipes ✨ Local Foodie: Nicola Wright
Attention Sweet Toothy: Truth About High Fructose Corn Syrup

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28 RESOLUTIONS

Three Resolvers Share Their Story of How They Achieved Their Goal



Photo by April Massino



COLLEEN BAUER

Colleen Bauer is the owner, founder and principal planner of Fairy Godmother, A Wedding and Event Company. While planning and coordinating nearly 100 affairs a year, Fairy Godmother provides the utmost in professional and creative services. Bauer and her team are well known in the Bakersfield area for their impeccable customer service and attention to detail, always providing their clients with a truly magical experience. Whether it's a lavish wedding or an exclusive corporate party, your event will have a true fairytale ending with Fairy Godmother.



MEGHAN BOAZ ALVAREZ, MS, MFT

Meghan Boaz Alvarez has a master's degree in counseling psychology and is a licensed marriage and family therapist. She has worked for the Kern County Mental Health Department in the Crisis Services Division for more than a decade. Currently, Alvarez is the director of the Crisis Hotline. She is also the Kern liaison for multiple statewide suicide prevention projects. Alvarez is a certified instructor in suicide prevention programs and divides her time between her crisis line duties and community education.



BRJ BHAMBI, MD

Dr. Brij Bhambi is a board-certified interventional cardiologist and chief of staff at Central Cardiology Medical Clinic. Dr. Bhambi has been practicing medicine in Bakersfield for more than 20 years, and also serves as director of the cardiac cath lab at Bakersfield Heart Hospital.



AARON GILLIES, MS, CSCS

Aaron Gillies leads a three-person team at Pair & Marotta Physical Therapy in Bakersfield. Gillies has a master's degree in exercise science and is the only certified precision nutrition coach in Kern County. He specializes in nutrition coaching for fat-loss and exercise programs designed for people with back pain. Find out more and get a free report at pairmarotta.com/fitness.



TIM GOJICH, CPT

Tim Gojich, owner of Fit For Life Gym, Gojich is a certified personal trainer and nutrition and lifestyle coach with 18 years of experience. His knowledge, teaching skills and passion for fitness has lead him to be featured numerous times in local magazines and the media. Gojich's methods for changing people's lives through fitness and nutrition are both cutting edge and practical, making him one of the most sought-after trainers in Bakersfield.

Thank you to our other contributors:

- | | |
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TAKE YOUR FESTIVE SOCIAL GATHERING FROM MAYHEM TO MAGICAL

how to plan a stress-free Dinner Party



CONTRIBUTED BY COLLEEN BAUER,
OWNER OF FAIRY GODMOTHER, A
WEDDING & EVENT PLANNING CO.

{SAMPLE MENUS}

Healthy Make Ahead Menu

Cucumber Slices with Chickpea Puree & Thyme
Spinach Salad with Pomegranate & Avocado
Chicken with Mustard Greens, Olives & Lemon
Orange-Walnut Olive Oil Cake with Sweet Yogurt
(Recipes at wholeliving.com)

Vegetarian Menu

Creamy Mushroom Phyllo Triangles
Lemony Kale Salad
Pumpkin Ravioli with Gorgonzola Sauce with Roasted Root Vegetables & Walnut Pesto
Spiced Winter Fruit
(Recipes at cookinglight.com)

{PARTY HOSTING 101}

No Royal Feast Necessary Keep it simple. Use fresh ingredients that pack a healthful punch. Think about dishes with kale (queen of greens), salmon, chicken (vitamin B12) and spinach or walnuts (magnesium).

Make Believe Pretend your dinner party is the day before its date. When your actual day arrives, you will have already made

those three last-minute trips to the store and you can instead, find a few minutes for yourself. Walk around the block or do a little yoga and get ready with the luxury of time.

Charm & Enchant Your guests are only as relaxed as you are. If you are constantly running around and fussing over things, then your guests will feel like they

should be helping. Let them know you're grateful they came, enjoy their company and conversation. If you are having a good time, they will have a good time.

{WAVE YOUR WAND}

Change Your Décor Instantly Candles, candles, candles. Some of the discount retailers sell little votives in multi-packs. Pick up several dozen, place them everywhere it's safe and light them just before guests arrive. (Don't forget to turn off most of your other lights!) Watch your home fill up with a soft, welcoming glow.

No Chamber Orchestra?

Go tech. Technology allows you to have as much or as little control over the music as you'd like. Try creating a playlist on your iPod for the occasion, but don't forget to add some jazz or party songs to your holiday mix to avoid burnout! A simpler option would be to set Pandora to a favorite station or just turn the TV on to a holiday music channel (and shut the cabinet doors).

{TIMELINE}

Stick to a timeline so that you can plan and prep in advance and aren't stressing out with last minute details.

4 weeks out:

Invite your guests. During the holidays, it's never too early. Call them, email them, Evite them — just invite them.

2 weeks out:

Plan your menu, make a shopping list and make the recipes you can freeze.

1 week out: Buy non-perishables, call your guests, give them necessary details and make your playlist.

3 days out: Finish shopping, pick up table flowers and prepare make-ahead dishes.

2 days out: Shine silverware and crystal, find a station for your punch bowl and set your dining table.

Day of: Sleep in, go for a walk, prepare final dishes, light the candles, breathe in, breathe out and enjoy.

{IN FESTIVE FASHION}

Not So Cotillion Party punch is retro chic. This social and engaging drink has made a comeback! It takes the pressure off the host and there are now hundreds of cocktail concoctions. Try Pineapple Mint Punch, Winter Sangria or Spiked Sparkling Cider. Find recipes at realsimple.com.

Feed The Kingdom Send guests home with extras. Buy Chinese to-go boxes so everyone can pack some food to go. It's a real treat to have holiday leftovers when you didn't even cook!

Reason For The Season Play the gratitude game. Ask everyone to write something they're grateful for on a small card and drop it in a bowl (or pumpkin, cornucopia, stocking). During dessert, invite guests to pull a card and read it aloud. Being thankful brings out the good in everyone.

