

contributors



jenny bair, mhe, the inner organizer

is a Professional Organizer, Coach, Speaker and Motivator. If you are ready to get your life in order, Jenny and her team are ready to help you at Living Well Dallas Health & Wellness Center. With over 15 years of working in corporate wellness, clinic management, leadership, teaching, healthcare consulting and coaching, Jenny has the know-how to organize you from the inside out. Contact Jenny at jenny@livingwelldallas.com or 972-930-0260.



ellen sackett

"Good judgment comes from experience, and experience comes from bad judgment." That sums up Ellen in a nutshell. She's got a lot of experience and guess where it comes from? You guessed it! But now she's got help—lots of it—and she's going to be sharing her dilemmas, with advice and solutions from noted experts. Contact Ellen at ampersandesign@yahoo.com.

andrea ridout

Tune into Ask Andrea - The Radio Show each Saturday afternoon on WBAP-820, which airs on over 50 stations from New York City to Los Angeles, plus her lively tips-of-the-day, Ask Andrea's Hip Home Ideas, reach listeners on close to 300 stations per weekday, including satellite and cable. Look out for her upcoming book, "If I Had a Hammer - Easy Weekend Project," (Regan Books 2007) this summer. Visit www.askandrea.com for more info.



john hunt

is a horticulturalist, Master Gardener and VP of promotions for the First Men's Garden Club of Dallas. He has been a regular on TV and radio programs and is a member of the Garden Writers Association. Contact him at gardenguy@dallasgardeners.org.



christy ilfrey

Christy and David Ilfrey founded Native Texas Garden Designs (now known as Nativedave.com) to restore Texas' natural beauty through design and consultation, and to inspire others through their writing and educational programs. David completed the prestigious Longwood Gardens Professional Gardener Training Program in 1992 and holds a B.S. in Environmental Studies. With Christy's B.A. in English, together they have combined David's passion for plants and the environment with Christy's love of words and education to form Nativedave.com.



chris strempek

is president of Dallas-based Complete Landsculpture, one of the largest landscaping companies in the Metroplex. Since the company's inception in 1985, Chris has built a successful business by creating the ultimate outdoor experience for both commercial and residential landscapes. For more information, visit www.completelandsculpture.com.

cathy coker martin

is a Stone Legends Certified Architectural Design Specialist and a licensed Interior Designer in the state of Texas. She has her B.A. in Interior Design from the University of Texas at Austin and over 20 years design experience in Dallas. She designs for clients from across the U.S. and is strategically involved in product development, public relations and business development for Stone Legends. Contact Cathy at cmartin@stonelegends.com or 214-432-9999.



dr. shawn-the natural vet

was recently awarded Best Pet Radio Show by the Dog Writer's Association. Hosted by integrative veterinarian Dr. Shawn Messonnier, Dr. Shawn-The Natural Vet teaches listeners how to take care of themselves and their pets using a natural, integrative approach. It is the only show heard in North America that focuses on natural people and pet care. Dr. Shawn-The Natural Vet is heard live each week on Martha Stewart Living Radio on Sirius Satellite channel 112 on Tuesday nights from 8-10 PM EST.



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