

• **Wendy McMillan** is a kindergarten teacher and freelance writer who specializes in health and nutrition. She has written feature articles, short pieces, and recipes for *Natural Solutions* and *Natural Health*, both national health and wellness focused magazines. She has also written for *Delicious Living*, *Trail Runner*, *5280* magazine, *CCIRA (Colorado Council International Reading Association) Journal*, *CCIRA Communicator*, and numerous other publications (clips available on request.).



McMillan's crustless turkey and spinach quiche was selected as the main story in *Cooking Light* magazine's "Reader Recipe" section in the June, 2008 issue, and has received over 85 outstanding reviews online to date. The positive response was such that she was featured by her local paper as a budding recipe developer. She has since become a regular features contributor. McMillan plans to enhance her home chef and recipe development skills further by enrolling in a nutrition consultant program in the next year. She maintains a writer's website with samples of her work at [wendymcmillanwriter.com](http://wendymcmillanwriter.com), as well as a blog focused on healthy cooking and living, "Fit and Frugal Natural Kitchen" (<http://www.wendymcmillanwriter.com/blog/>). McMillan is an active member of Boulder Media Women, a social networking group for women professionally involved in media in Boulder, Colorado.

A dedicated triathlete and passionate health foodie, McMillan loves combining her personal and professional passions by working to inspire others to have fun achieving healthy lifestyles. She finds this particularly rewarding in the case of children. In her 10 years of teaching, McMillan has had the opportunity to teach children around the world: Taiwan, England, and here in the US. Her enriching experiences working with children, along with professional studies, have brought invaluable insights into how children learn best, and have allowed her to sustain the joyful sense of wonder so fundamental to childhood. McMillan holds a master's degree in creative writing from the University of St. Andrew's, Scotland, where she studied under renowned Scottish poets Robert Crawford and Douglas Dunn and was awarded a distinction in poetry. She also earned a master's degree in education, and continually learns and grows from sharing a love of knowledge and the natural world with her kindergarteners. Each summer, McMillan works toward greater sustainability at home by nurturing raised beds in the back yard, poised to burst with fresh produce and providing superb raw material for numerous activities and recipes in this book. See attached statement for McMillan's publishing credentials.

- **Melissa Real** is currently a second grade teacher, as well as a wife and mother of two. She holds a bachelor's degree in music therapy from the University of Miami and a teaching certificate in the state of Colorado. Her background includes seven years working as a board-certified music therapist, more than a decade in early childhood education, and several years teaching kindergarten and early literacy. She has worked in diverse settings, including Miami Children's Hospital, an adult psychiatric facility, and an adolescent day treatment program, with clients ranging in age from toddlers to adulthood. Her experiences as a therapist led her to the undeniable importance of early childhood experiences in the formation of living and learning attitudes and thus to early childhood education. In all settings, Real has observed the wonders of connecting with nature and nurturing oneself through gardening.



Real grew up in a Colorado home where the love of growing, cooking and creating were central. She remembers fondly the yearly spring traditions of planting peas on St. Patrick's Day and starting bedding plants indoors while the snow was still on the ground, as well as the fall frenzy to pick and preserve the abundant corn, zucchini and tomatoes before the frost. A mother of two, Real has brought her love of the natural world home. Favorite family activities include hiking, gardening, baking, cooking and crafting, with the boundaries between these pursuits often overlapping. She delights in the new life and perspective her husband and daughters bring to these continuing and evolving traditions.

- **Elsi Dodge** is a single, retired teacher who lives in Boulder, Colorado, with her beagle and a small saber-toothed tiger cleverly disguised as a tabby cat. When she's not writing, she co-leads a women's Bible study, facilitates a Christian writing group, advocates—from a quarter century's experience teaching special needs children—for children and families tangled in the special education system of the public schools, consults for a private Christian school in Denver, co-leads a youth group (5<sup>th</sup> grade through college) for the Boulder Chinese Baptist Church, and writes curriculum for her church's pre-teen Sunday school.



Asked to write a kindergarten/first grade book on God's view of beginning school skills, Dodge turned the simple project into an interactive series to help parents

and teachers develop and expand a Biblical worldview in their children. Her writing is focused on devotionals, travel articles, and children's curriculum. She also leads a writing critique group and edits manuscripts in her spare time. With a master's degree in special education (University of Northern Colorado) and a quarter-century experience teaching elementary-age students, Dodge is knowledgeable about children's physical, emotional, social, and spiritual development. Dodge blogs at [www.RVTourist.com/blog](http://www.RVTourist.com/blog). See attached statement for her publishing history.