



Ruth D. Antebi-Guten, PE (Inactive), CHC, AADP

Profile

I wear many hats. I am a wife and mother, a civil engineer and certified holistic health coach. I believe that we have the power to make a difference in this world and that it is our responsibility to build communities that are sustainable and that promote healthy lifestyles.

Experience

Independent Consultant, 2010-Present

I am a certified holistic health coach, civil engineer, public speaker and author. I am the founder of DFW Health Coaches, a collaborative group of Health Coaches in the DFW area whose mission is to collaborate on efforts of regional significance in order to promote and create health and wellness in our community. I am also a speaker on the Speaker's Bureau for Vision North Texas. As an engineer, I am known throughout the N. Central Texas region for my efforts to promote regional sustainability and quality of life. I have over twenty years of public sector experience in the areas of water utilities and public works and have served as Director of Public Works, Capital Projects Manager, Capital Projects Coordinator, and Civil Engineer in full service municipalities with populations ranging from 43,000 to approximately 1,000,000.

I offer a wide variety of consulting services as a civil engineer, integrative health coach/lifestyle educator & technical coach/web designer as owner/partner of the following business enterprises:

- Ruth D. Antebi-Guten, P.E., Firm #12958 (inactive)
- DFW Health Coaches
- Diabetes Free DFW
- Gushin Designs
- E-Scentially Yours

Public Works Director, City of Cedar Hill, Texas 2003-2010

As the Public Works Director, I was responsible for project delivery of an unprecedented number of Capital Improvement Projects during a period of rapid growth in the City of Cedar Hill as well as the management and direction of activities and operations of the Public Works Department. As a member of several regional committees, I participated in transportation and water resources planning for the region as a member of the Water Resources Council, Surface Transportation Technical Committee and Regional Stormwater Pollution Prevention Task Force.

Capital Projects Coordinator/Civil Engineer, City of Miami Beach, Florida 1990-2003

As the Capital Projects Coordinator, I was responsible for technical review and analysis, program management, contract administration, community and public relations. I assisted in the development and tracking of a \$59 Million bond issue for infrastructure improvements. I assisted in the development of the Stormwater Utility for the City of Miami Beach, including drafting the existing ordinance and budget preparation.

Civil Engineer, Dallas Water Utilities, Dallas, Texas 1984-1990

As a Civil Engineer, I performed engineering design work on water and sewer construction projects, developed water distribution system studies and master plans, analyzed the impact of proposed developments, enforced city platting requirements, wrote contract specifications and provisions, and scheduled and supervised the competitive bidding process.



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Education

The Institute for Integrative Nutrition, New York City / The State University of New York (SUNY) Purchase College Professional Training and Certification Program – 2010

Dr. Bruce Berkowsky, LaConner, Washington – Spiritual PhytoEssencing™ Diploma & Master's Courses

The University of Texas at Arlington, Arlington, Texas – Bachelor of Science in Civil Engineering – 1983

Richland College, Dallas, Texas – Associate in Arts and Sciences – 1983

Certification and Accreditation

Texas Board of Professional Engineers – *Licensed Professional Engineer*

American Association of Drugless Practitioners (AADP) – *Board Certified and Accredited Member*

Therapeutic Lifestyle Certification – *First Line Therapy Lifestyle Educator*

Licensed Provider of the Diabetes Free America System

Certified Laughter Yoga Leader

Skills

Talent to create and implement a vision. ▪ Astute ability to maintain effective relationships within the region. ▪ Exceptional aptitude to anticipate challenges, identify alternative courses of action, prepare pro-active recommendations, present, defend and support those recommendations before an agency board or commission, City Council, advisory groups or citizens. ▪ A proven record of high personal standards and high performance standards. ▪ Outstanding personal management and leadership skills, including the ability to relate to a broad range of people both inside an organization and in the community. ▪ Visionary with a track record of innovation, resourcefulness, and influential leadership within the community and interfacing entities.

Vision

I envision a world filled with healthy and joyful communities that flourish as caretakers of this precious earth in a holistic and sustainable manner.

Mission

My mission is to incorporate my experience in the field of public works and engineering with my training as a health counselor to build communities that open doors to excellent health, clean air, clean water, nutritious foods, efficient transportation systems and sustainability.

Intent

I intend to dedicate myself to working within a regional context to improve the quality of life for our children.

References

Available upon request.