

Frequently Asked Questions

about the care and feeding of Lyric

1 - What!? You don't like my cat!?

That's not it at all. Lyric looooooves creatures of all varieties. Even snakes believe it or not. But if you want her to be up and ready to play with fabric with you and your friends in the morning (instead of covered with hives or wheezing her lungs out in the ER) she needs to sleep in a pet free house. I know. It makes her sad and she still doesn't understand the allergies - having grown up with lots of pets.

2 - Is she a picky eater?

Nope. Not at all. She LOVES food and is a very adventurous foodie, but not a food snob. She would be an international food-travel-writer-quilter-artist if she could and loves to find the local flavor of a place. No food allergies.

The best things to feed her before a lecture or during class are salad and veggie type things with a little protein thrown in. No garlic or onions - ever had a teacher lean over your shoulder to help and knock you out with garlic breath? Not pretty. At home she eats mostly plants, a little meat, and not much sugar or carbs. Unless of course it's chocolate - which she saves for breakfast after the kids have left for school. (Shhhhhh - don't tell!) Her usual breakfast is plain greek yogurt with a few walnuts or almonds and water to drink. Her fancy-not-in-a-hurry breakfast is seeing what crazy things she can throw in an omelette.

3 - Coffee or Tea?

Neither. The only caffeine she ingests is that found in chocolate - and then only before 5pm if she wants to sleep at all that night. No alcohol either. She is perfectly happy with water and is perfectly happy to be around others who like their glass of wine.

4 - Is she a Night Owl?

Not really. And after 10pm it's really nice if she can be alone for a little down time before bed. She's a very social creature but with all the scrambled brain cells (too many children to keep track of) if she doesn't get some rest she doesn't make much sense the next day.

5 - Does she haunt quilt shops if she has time to spare?

Quilt shops are cool. But Lyric dyes and paints her own cloth so she doesn't buy much fabric these days. And her suitcase is usually so stuffed with teaching supplies that there isn't room to bring any home. She Looooooves going to museums and galleries and seeing architecture.

6 - Her favorite thing about staying with a host?

Meeting new friends! The world is full of wonderful and amazing people!