

Frequently Asked Questions

about the care and feeding of Lyric

Pets?

Sorry, no. What!?! You don't like my cat!?

That's not it at all. Lyric loves creatures of all varieties. Even snakes. 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 an entirely pet free house.

Food?

Before a lecture or during class: Green salad with some protein such as chicken (not fried.) No garlic, onions, or beans - ever had a teacher lean over your shoulder to help and knock you out with garlic breath? Not pretty.

Breakfast: Plain greek yogurt and fruit, or any kind of egg or omelette. Carbs for breakfast, especially packaged white bread hotel breakfast carbs leave her feeling pretty sick while teaching.

Dinner: Is she a picky eater? Nope. Not at all. She LOVES food and is a very adventurous foodie and loves to find the local flavor of a place. She would be an international food-travel-writer-quilter-artist if she could. But she is not a food snob.

Drinks: Sometimes she drinks lemon ginger herbal tea but mostly no caffeine or alcohol. She is perfectly happy with water and is perfectly happy to be around others who like their glass of wine.

Night Time?

Lyric is not really a night owl. At 9pm (unless she tells you otherwise) she needs to be alone for a little down time before bed. She's a very social creature which means that if she doesn't have time to quiet down her brain before bed it will just buzz and keep her awake all night. That doesn't bode well for making sense during class the next day.

Spare Time?

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. Her suitcase is usually so stuffed with teaching supplies that there isn't room to bring any home. She loves going to museums and galleries and seeing architecture or being out in nature with some light hiking.

Her favorite thing about teaching?

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

