

## **Frequently Asked Questions!** about the care and feeding of Frieda

1 - 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 cooked much and loves to find the local flavor of a place. No food allergies. HOWEVER she does not like sushi!

2. 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.

Her usual breakfast is plain eggs with a piece of whole wheat toast or muffin with tea and water to drink. Her fancy-not-in-a-hurry breakfast is seeing what crazy things will go in an omelette.!

3 - Coffee or Tea?

Decaffeinated.

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, getting old, 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 Frieda dyes 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 Loooooves 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!