

# 24 HOURS IN THE LIFE of

SARAH  
*Lockwood-*  
TAYLOR

Sarah Lockwood Taylor  
is a gifted artist, wife  
and mother of two.

Captain Black Jack has won many blue ribbons  
and is so much fun to work with!





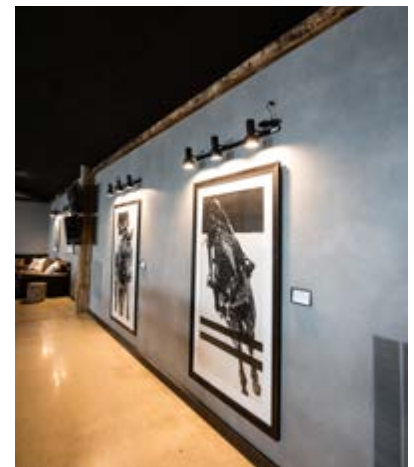
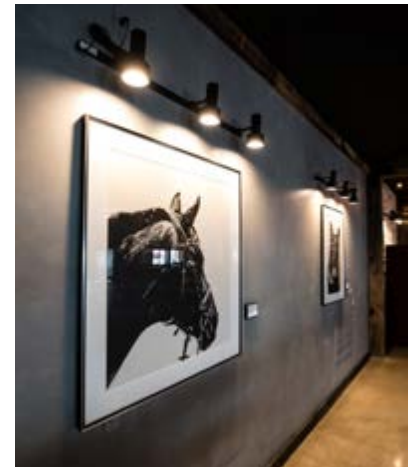
chance meeting in the World Equestrian Center coffee shop led to an art opening at the Paddock Club.

“This past year has been an amazing journey – I wouldn’t change anything!”

We are a busy family – we all have our projects. My daughter (Georgie)

has the horses and my husband’s been restoring his Grandfather’s 1927 English sailing boat. He’s just finished renovating it after 4 years and it finally launched this year. He also just qualified for the Boston Marathon. My son Harrison races Go-karts.

I can spend 10 hours per day on





Sarah has spent up to 10 hours a day drawing and carving her pieces. Left: Some of Sarah's personal work includes her love for Asian culture and influences.

### 3:30 a.m.

I have three dogs – Captain Black Jack, Charlie Bear and Bobbie Girl – Charlie's 13, so I get up with him in the night and let him outside.

I have family and friends all over the world, who start their day 5-13 hours before us, so once I'm up I normally start to answer messages and connect with them!

I have a twin sister Jo in England and we message everyday.

### 5:45 a.m.

In the morning, I have British Breakfast tea and watch BBC News. I'll try to have 30 minutes to myself.

My husband Patrick travels with work and my daughter Georgie is at Ohio State University; but I have Harrison at home, he's going to be a senior in high school.

The day starts by straightening up the house – I have a to-do list that never seems to end.



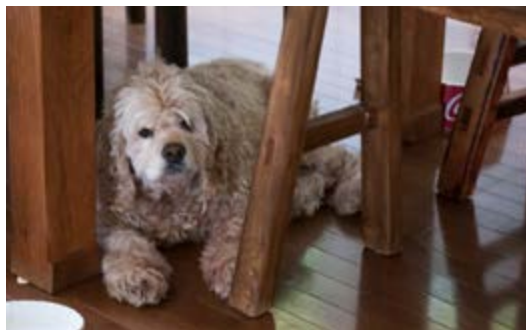
This past year has been an *amazing* journey – I wouldn't change anything!

commission work. In 2017, I had many commissions lined up so it was a successful year. In-between commission work, I do try to squeeze in some of my own work!





Sarah's booth and gallery can be seen right outside of the entrance to the R+L Arena. Sarah and her daughter Georgina with their jumpers Ch Cha and Luxella.



I'll also walk the dogs. I have run three marathons and love the training, but after a knee injury, it's now strictly walking for me!

### 8:00 a.m.

I'm really disciplined. I'll do 4-6 hours straight of drawing and carving. When the tendons in my arms get inflamed, I'll stop.

Then, I will start the other things on my list: calls, emails, bills, etc.



Sarah has spent up to 10 hours a day drawing and carving her pieces. Left: Some of Sarah's personal work includes her love for Asian culture and influences.

I'd usually spend some time training with my black German Shepherd, Jack – or Captain Big Nose – He's won many blue ribbons – he is fantastic to train and so much fun and loves to work. He has titles in agility, certificates in therapy, and has now been training for Rally and Nose work.

### 12:00 p.m.

I don't really stop for lunch. I love avocado toast at the moment with some marmite (an English product.) Lunch is always something quick and easy.

If Georgina is home, then I'll go help her at the barn – tack up, groom, set jumps, get the girls in

from the field, graze, bathe etc.



When Georgie was 6 we started riding together in Malaysia and then in Singapore. We leased our first horse in America at David Beisel's stables. Now her horses are out of my capability league

Georgie took over the riding and





I am the  
groom  
/ show

Mom. I'm really happy to do all of the helping at the shows, like tacking up, hand walking, mucking out, icing, braiding, etc. We have two mares, Cha Cha and Luxella – both jumpers with very strong personalities. They make us all laugh so much.

**6:00 p.m.**

I love to cook, and like to cook things that are fresh and full of flavor – a lot of **fish and vegetables**. The food is light and almost always Asian -inspired. Although Harrison loves Shepherd's Pie.



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We try to sit down as much as possible as a family, and will always sit down together to talk about the day. On Sundays, I always do a traditional roast with all of the trimmings – Yorkshire pudding, roast potatoes and red wine gravy.

**9:00 p.m.**

I normally sit down and watch something on TV, normally a cooking show. I always fall asleep on the sofa.

Things Sarah can't live without...

I work in black ink all day so



I use industrial soaps to get the oil-based black ink off my hands – I love GOJO.

I use Aquaphor hand crème to soften my hands

PG Tips is my favorite English tea.

I always use Windsor and a Newton paints.

**SARAH'S MUST HAVES**

**GOJO Soap**

**Aquaphor**

**PG Tips**

**Windsor and Newton**

