

All Things Natural



The Lion Dance celebrating the Chinese New Year in 2001 at Sheepish

Chinese New Year and Feng Shui

The first day of the New Year by the Chinese calendar this year is February 18th -- starting the Year of the Pig. As we have since 2001, Sheepish will be one of the many Racine hosts of the traditional **Lion Dance** for good luck and prosperity. The lions will be at Sheepish on Sunday afternoon February 25th.

New Year is traditionally a time to remove clutter and renew and beautify your living and working environment. Often Feng Shui consultants are called to help in this process. Feng Shui is a 6000 year old science from China that helps guide the subtle energies in a building. When the energies move freely, the atmosphere is healthy and enriching. When it is not, it can cause difficulties and hardships.

Sheepish carries books and items used for cures. They can also put you in touch with Niiti Gannon and Sea Daniels of Wind Water Feng Shui for a home or office consultation. Our experience is that their effort and your intention can make lasting changes.



New and Notable -- Making Changes and Revealing Beauty

Baked clay figures from the Bell Pine Art Farm are now available. Their sculptures are reminders of the amazing potential we have at every turn in life, to learn and grow when we tap into our own creativity and wisdom.



Six new rustic jewelry boxes from artist Darwin Ruwe of Nebraska are available. If you have not seen them, you should. Darwin finds his wood in the discard and burning piles and reveals their beauty through extraordinary skill with a band saw. We have been selling these boxes since 2002. Darwin will be in the shop in the middle of February.



Three Kings Day celebration in Puerto Rico

Día de los Reyes (or Three Kings Day) is celebrated 12 days after Christmas (Jan 6). Where this holiday is celebrated, it is often the day gifts are exchanged. Children on the eve of the holiday collect grass to put under their beds for the camels of the Three Kings to eat. In the morning, they check under their beds for their gifts.

This year, Anne and Steve were in Puerto Rico during the celebration, seeing the famous decorations in Juana Diaz in the south and Old Town San Juan.

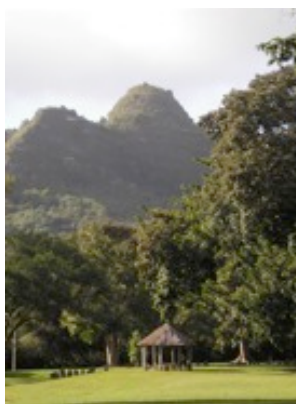
At right, lights from Three Kings Day at San Juan in 2007. Photo: Anne Huber



Caguana, Puerto Rico

Taino Indians, migrating from Venezuela in about 900 BC settled many islands in the Caribbean including Puerto Rico. By 1200 AD, the ceremonial center at Caguana in the central mountains was established. It contains 7 ballfields (batey) outlined with standing rocks, many containing petroglyphs. These batey are in the shadows of a wonderful 3 peaked mountain.

Anne in front of a Corcho bobo tree (Pisonia albida) at Caguana, Puerto Rico.



Tea Corner -- Colds and Flu Teas

Besides a large number of teas from Traditional Medicinals and Yogi for sore throats, stuffy nose and the other symptoms of a cold, we carry Traditional Medicinals cold teas for children, Yin Chiao Tea, to be taken at the first hint of a cold to prevent many colds and Alacer Emergen-C in many flavors for that vitamin C dose that many find effective. Sheepish also has teas from South America, Symfre (a loose tea) and Sympacho which are effective against colds. Try a sample and bring some home!

A few new products at Sheepish

- Bell Pine Art Farm **figurines** (see p.1)
- New **creams from Kuumba Made** (the people who make the great perfumes)
- New **astrological oil blends** (all in stock)
- Many **Chinese New Year items and charms**.
- New **t-shirts and buttons**

In Store Specials (until February 28, 2007):

All yogi teas \$1 off! (markdowns at register)

Online specials (until February 28, 2007):

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