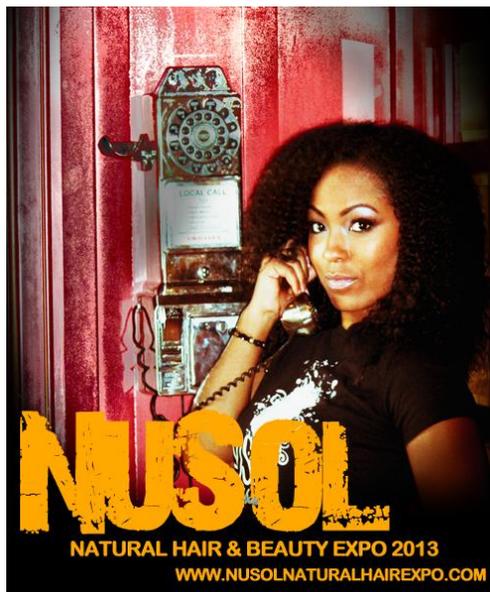


AU NATUREL

SCHATZI'S DESIGN GALLERY & DAY SPA, LLC



IN THIS ISSUE

- *Blow-Drying Blews: Is Blow-Drying Bad for My Hair? 2
- *Poetically Speaking... 3
- *For the Luv of Skittles 3
- * Loc-Connaissance: Interlocking vs. Palm-Rolling 5
- *About Us 6

NUSOL NATURAL HAIR & BEAUTY EXPO: SATURDAY, APRIL 20TH

I'm actually getting nervous about this event!! I haven't been nervous about something like this in a VERY LONG TIME!! I think that's a good sign. I want to say "BIG UP" to the beautiful sisters who organized this event. The organization is EXCEPTIONAL!!! When I see how smoothly the "behind the scenes" process has flowed, all I can say is: "Watch out, world!! Sisters have found their groove, and you are about to be AMAZED!!! Wall Street is about to get tapped! Better yet with sisters like Malaika Cooper and these ladies on the train, I think we'll just make our own financial district. Besides, walls are exclusionary. Our vibe has got to FLOW!!! So with that said, Schatzi's will be represented on center stage at 11:00am for the hair show and 1:45pm for my lecture "Why Natural Hair: A Historical Perspective on Beauty." We will also have a booth to distribute discount cards, have Au Naturel newsletter sign-up and answer your hair care questions. If you're not there, all I can say is: YOU MISSED IT! SORRY!

WHAT'S THE 4-1-1?!

Natural Hair and Salon Updates

Well, the NuSol Natural Hair and Beauty Expo 2013 is this weekend! We have a few tickets left in the salon so if you want to secure a spot, stop by to get them. Tickets will also be available at the door. This show is going to be OFF the HOOK!! With [Leela James](#) and the entire entourage of lead cast members, all I can say is that these lady organizers were NOT playing when they said they were going to "make it happen!" I'm really proud of them, and the show hasn't even started yet. Check out the write up to the right for more information on how Schatzi's will be represented at the show. Or visit their website at www.nusolnaturalhairexpo.com.

The show is Saturday, April 20th from 10am-10pm. There will be hair shows, vendors and entertainment galore. At only \$15, that's an absolute steal!!! Did I say, Leela James is the keynote speaker?! Even if you can't stay the whole day, check out the event schedule on the home page of the website. You will find a whole lot to do whenever you drop in. So, we hope to see you there!!

Well, the spring has come in with a flurry of activity. Our ladies are all getting set for the hair show, and I still haven't decided on my final hair show style! There's still way too much to do and too little time. At any rate, we'll work it out. And you WILL be pleased! Other recent events in the area included the Women's Empowerment Expo 2013 which featured Bishop T.D. Jakes and my girl Erika Badu!!! I LOVE HER!!!! A few people tagged me to say that they saw me on the [evening news segment](#) for the Expo. The clip was so short, it's a wonder anyone saw me at all!!! I was representing the University of North Carolina School of Public Health; but, you know: I'm ALWAYS representing Schatzi's!! No doubt! My favorite part of the show was Erika Badu though. Yes, Bishop Jakes brought it!! It's truly no small feat to bring 18,000 BLACK women to their feet in applause. But, my girl Erika is just ALL THAT!! DID I SAY I LOVE HER??!! She sang a lot of my favorites. [One recent favorite](#) that Brother Siddiq turned me onto was not sung as [Black Thought](#) did not accompany her, but it's a winner if you haven't heard it. I'll also be hosting a UNC booth at the Southern Women's Expo April 26-28th so, if you want to schedule an appointment with me, please request the week-nights. I'll fit you in some kind of way. Otherwise, I'll be available on the week-ends in May. Peace & LOVE!

BLOW-DRYING BLEWS: IS BLOW-DRYING BAD FOR MY HAIR?

A message to Naturalistas

I thought about writing this article after touching base with a sister who will be one of my models for the NUSOL Natural Hair and Beauty Expo. This sister came into the salon with a head full of long, thick natural hair and a question: What do I do? Her texture is very curly so she mostly pulls it back into a braided pony tail. NOT sexy! But, it does the job. Understanding that her hair is prone to tangle and will be highly responsive to humidity, I asked her if she ever tried a two-strand twist. She hadn't!!! I was floored and excited at the same time!! I basically said, "Let me work. Come!" As I worked, I smiled. We talked about UNC (she's a student), life, relationships, etc. Well when chic left the salon, I thought: "She doesn't have a boyfriend currently but, it won't be long. She WAS



Photo borrowed from [hellowebbeautiful.com](#)

SMOKIN' HOT!!!" She flung her hair naturally, and it was poetry in motion. So what's the parallel with this article? Well, sister acknowledged that she doesn't blow-dry her hair EVER. She just washes, braids and goes. Well, I love the natural as much as anyone else but sometimes, the blow-dryer just adds length and versatility that can't be easily appreciated without *stretching* to reach it. We live in a world that prizes beauty. Flowing tresses are just one

manifestation of that beauty. So, I say: If you got it, flaunt it! She wondered, "Will it damage my hair?" The truth is: No, it won't. Natural hair is typically ultra-healthy hair. What that means is that it can be manipulated without breaking. We have had such a sketchy history of relaxation horror stories that "once bitten twice shy." Now that our hair is growing and is healthy again, we have gone to the other extreme to maintain it, meaning NO heat. That's fine if it's your preference. But, it's not an imperative. **Blow-drying your hair won't prevent it from reverting.** I have about 30 years of personal testimony to add to that fact. **It also won't cause excess split ends or breakage when the hair is styled into protective styles**—meaning a style that protects the ends of the hair rather than

having them freely exposed to the elements. Protective styles are often maintained anywhere from one to several weeks, so the resulting infrequency of blow-drying means the hair is not be abused or over-manipulated. Now if you're blow-drying your hair daily for some reason, then we need to talk. I would not recommend this practice as it is excessive treatment. Natural hair flourishes best when you **leave it alone**. Some other quick tips to consider are:

- Leave ample time for blow-drying. Rushing never gets good results and only leads to over-stressing the hair.
- Use a leave-in conditioner before blow-drying. This step infuses the hair with moisture prior to be blow-drying for added protection.
- Section the hair when blow-drying to be sure that you are getting good coverage for all segments of your hair.

- Blow-dry on a lower heat setting to avoid over-drying the hair.

So in summary, whether your hair blow-dried or not, protect your ends, minimize styling, maintain good hair care methods, and you'll see positive results for many years to come. Take these steps, and the blow-dryer will have no noticeable effect other than to complement a winning toss of the head! ☺ Happy Styling!

POETICALLY SPEAKING

Poetic License

I have a license to chill.
 I can see a world of black and blues, and rules and shoes,
 I can pull out my pen and paint the sky with a kaleidoscope of colors
 I can paint the birds and the trees...
 I can even paint you.
 I can add a kinesthetic dimension to my lines by borrowing the musicality of my fellow laureates, Though the words are uniquely their own.
 And depth is born. Okay, that's cheating.

I can conjure images of rivers, streams, a peaceful brook
 Where I walk peacefully with a friend and share a precious moment and depart.

I may not have the multi-dimensional depth of India Arie or the anti-gravity physicality of Debbie Allen,
 I have a pen and imagination.
 The rest is my dream.

The world is no perfect place, and yet it is.
 With all of its hard knocks and hard lessons,
 There is beauty and sunshine in every circumstance, in every measure.
 What is poetic license?
 It's a license to be absolutely, 100%, positively free.
 I'll take it!

July 14, 2012

FOR THE LOVE OF SKITTLES

Ode to a Sugar Rush

Note from Schatzi: I wrote this piece back in March but wasn't going to include it in the newsletter because it's really rather silly. I can be silly squared at times. But, I had to include it this month as I need some help from fellow Skittles fans. If you're one, read on to the end to understand my plight.

Okay, one of the ladies in the salon gave me some very disturbing news the other day. As I sat at the computer trying to cap off a few details while conversing with her, she announced "Did you know that Skittles

and Starburst have pork in them?" I stopped everything I was doing. She now had my full attention. "REALLY?!" Yes, she said. A vegan told me about it some years back. I looked at her a time with no response. I can only imagine what she thought of my silence. In essence, my thought process went something like this: *"Is that really true?! Gosh, I love Skittles. In fact, I was going to ask Siddiq to get me another 54 oz. bag like the one he gave me for my b-day. What in the world?! (Incidentally, the bag is gone, as Skittles were often times my dinner over the past few months...If I knew where such a massive bag of Skittles could be found, I'd get them myself. But since I don't...hint hint ☺) So, where would the pork be? It must be the chewy, savory center that kind of smoothly slides down the palate like bacon grease, leaving only the delectable sugar crystals that can only be captured and incised between your front teeth before sliding over the tongue, leaving the eyes to capture the next morsel for consumption. Yes, I eat Skittles one by one. As a connoisseur, I savor them. I hold one and contemplate it lovingly as I devour the predecessor. And I've been a vegetarian since Jan. 1, 1999. So as a vegetarian, what am I going to do now?...Then, an interruption from the voice of reason: Who am I kidding? I'm not going to do anything now! In fact, I'm not even going to look up whether she's gotten her facts confused because, it's irrelevant. If her statement is true, then I've never been a vegetarian...and worst yet, I guess I'll NEVER be one 'CAUSE I AIN'T GIVIN' UP NO SKITTLES!! Oh WELL! All I can say is: please don't ever let me get diabetes because if I do, I'll be in TROUBLE! Starburst, I can do without. Not SKITTLES! Guess I'm just a pork lover after all.*

You see, I never became a vegetarian for some lofty ideal of the perfect state of oneness with nature and an all-encompassing desire to save the planet. Yes, I had an idea of doing "no harm" and feeling that another animal did not really need to die to sustain my existence when so many more other wonderful options exist! That was my fundamental rationale. But as it relates to Skittles...if they truly have pork in them...well...that pig is already dead! Far be it for me to deny it one last opportunity to bring joy to the world through the co-mingling of its fat cells with my own! In fact, I would venture to say that's love. Yes, I know why the Native Americans honored the hunted game before eating it. It had nothing to do with worship, as the colonials so mistakenly interpreted it. It was about respect for the life that had to be given up to sustain another. Respect due! So for the future, I'll look at the Skittles bag with a jaundiced eye of wonder, and I'll eat it joyfully all the same. Hope you enjoy too! ☺

P.S. On April 14th while chillin' with my cousin who had driven from Wisconsin to visit my Grandmother, I decided to take him for a spin in my drop-top. He was all about the wind in his hair and was pretty excited to drive out. We went to the store so he could buy some Copenhagen. As he exited the car, he said, "What do you want, cuz?" Of course, I said, "Skittles." He returned with a respectable bag. I tore into them as we peeled out of the parking lot. I noted the bag said "New Green Apple flavor." Well, five skittles into my pleasure, I realized something was horribly wrong!! "Lance, they did something to the skittles. Someone changed the recipe. OMG!!!! They're awful...or stale!!!" I hoped it was the latter. I checked the expiration, hoping to see 2012. NO DICE!! "March 2014." "OMG, someone changed the recipe!!!" Now, Lance is comical!! He's the only man I know that co-mingles cursing with SAT vocabulary words. He started cursing the other day about some "N-word" with a "girlish vernacular", and I howled at his use of prose!!! I LOVE HIM!!! In true fashion, he retorted, "That's what's wrong with the world. Someone's always trying to change what's f@#\$%in' workin' just fine. That's what f@#\$*#in' happened to Coke. He took some Skittles from the bag, tasted, considered and tasted some more. Then, he concluded, "You're right, cuz! Someone done f#@%#ed with the Skittles. They have an aftertaste and everything! We were both two mad puppies. Check out the new bag and let me know what you think. If you catch me, I'll give you mine. They're in the arm rest

of my Swedish chariot right now. They'll probably be there a year from now. Yes, they're THAT BAD!!!! ☹️ Upon consideration, maybe they actually took the pork out of the recipe!! Wonder of wonders... Well, my advice to Skittles is this: IF YOU TOOK THE PORK OUT, PUT IT BACK!!!! Add pork to the label and call it a day. You ain't foolin' nobody with THAT hat trick. Not real Skittles connoisseurs anyway. Your revenues are about to drop. Mark my words. Because what you're created now is just a HOT MESS!!!! As for me, I'm praying that I just got a bad batch; but somehow, I don't think so. Some things seem just too good to last.... But I have faith in a brighter tomorrow. I'll continue to search for the right connection. And one day, I'll land home! ☺️

LOC-CONNAISSANCE: INTERLOCKING VS. PALM-ROLLING

Some Decisions are More Permanent than Others

This brief article came to me recently after a consultation with a new client. She started her locks a few months before and wanted to get a lock maintenance service. She's been advised that she should inter-lock her hair and wanted to know the pros and cons. I gave her the following pointers which hopefully will help you with your decision.

First to explain what these techniques are: inter-locking and palm-rolling are both terms used to describe lock maintenance or tightening services. These techniques **are not** typically used to start the locking process. The starting lock process is typically initiated with a two-strand twist, coil twist, braid or free-form. When the hair is ready to be shampooed and retightened at the roots, the interlocking or palm-rolling process is initiated.

Interlocking is a tightening process whereby the segment or lock of loose hair at the root is woven using a four-point

method to foster balance and continuity in the finished lock. Some people use a latch hook or other tool to facilitate the process but a tool is not necessary, depending on the size of the lock. **Palm-rolling** is a process of tightening the hair by holding the lock between your two hands and pulling the right hand downwards as the left-hand moves upwards. This movement rotates the hair naturally in a clockwise direction to facilitate lock tightening. A clip is often used to hold the tightened palm-rolled hair until it is dried. After starting locks, it is advisable to choose one method and stick with it for greater consistency in your locks. You can initiate palm-rolled locks and switch to interlocking, and vice versa; but, the density of your locks will vary, though perhaps not noticeably. Interlocked locks are denser and tighter than palm-rolled locks. So, do your research first to decide what fits best with your lifestyle.

Interlocking Pros/Palm-Rolling

Cons:

- Interlocking is a technique used to get tight, neat results with a minimal amount of *wait* time. Interlocked hair is "locked" almost instantly so you can swim, play and frolic freely without worrying about frayed roots. Palm rolled hair, on the other hand, is locked more naturally so it will be inclined to fray at the roots over the days and weeks following styling. It can take about 7 months for palm-rolled locks to fully establish themselves—meaning they can be shampooed without coming loose. Typically hair in the nape of the head locks before hair in the crown due to varying hair textures on the head.
- Interlocked hair tightening can be done less frequently as the hair at

the roots will stay neater longer than palm rolled hair. This can mean an early cost savings if that is a concern for you. However, interlocking is not done well by everyone and can be more costly as it is more time consuming than palm-rolling. So, this issue can quickly become a con depending on your concerns and your experiences.

Palm-Rolling Pros/Interlocking

Cons:

- Palm-Rolling is a more natural and organic way to lock the hair. Conversely, interlocked hair is, in essence, knotted to achieve this look and

therefore cannot be easily loosened or undone.

While this may not be a concern from the outset, it can be a problem should you ever decide to loosen your locks. If you should make this move, it can only be successfully achieved with palm-rolled locks. See my article "[Unlocking locked tresses](#)" for more information.

- Palm-Rolling is easily done at home. It's always difficult to know when you'll be in a pinch and will need to work your own magic in the comfort of your own home. With palm-rolled hair, you can easily tighten your own

locks without requiring the services of a stylist or a friend. Interlocking can be done at home as well but it is more difficult to do in order to maintain balance throughout the interlocked strand. You will require considerably more time and patience than with palm-rolling.

These are just a few thoughts that quickly come to mind regarding interlocking and palm-rolling. I'm sure others can think up some ideas that I have not mentioned. But, hopefully these ideas will help you to make a final decision that you can happily live with. Happy Locking!

About Us: *Schatzi's is your gateway to natural beauty. Come and feel the peace and serenity of our natural hair care oasis, designed with you in mind. We provide the full range of natural hair care services to meet all of your service needs. Raleigh's first full-service natural hair salon has been faithfully serving the Triangle community and beyond since 2006.*

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