

# Au Naturel

## Love is In the Air & Salon Updates

I've been grappling with the writing of this newsletter a bit because it was my original intention that it would be a showcase of pictures of hot styles performed by the stylists during the month of January. I had a camera full and was psyched to follow-up until I learned that one of our beautiful ladies errantly "deleted all" when she meant to select one picture only. ☺ It's kind of funny when I think about it. Man plans, God wipes out. So instead, I'm free-styling today. Can you feel my vibe? I'm not quite sure where this issue will end but it's beginning as a stream of consciousness. Come and ride the wave. I'll try to make sure it's worth the ride.

Within the salon, the ladies are doin' their thang! And I'm ever watchful like a protective mother. It's funny because my girlfriend told me last week: "You think God didn't give you daughters, Schatzi but you have a whole lot of them." That's pretty cool! I guess I do--some more so than others. I'm truly inspired by their energy and their willingness to learn. Through it all, I'm learning some pretty funky things of my own. The more I think that I want to focus my personal skills on non-extension services like twisting, locking, coils and braids, the more the energy of our team pulls me out of my comfort zone. As we passionately seek to serve our clients with authenticity and real solutions to real problems, we embrace our expanded vision and endeavor always to please.

The lead photo for this issue of Au Naturel is a beautiful photo of our client Sabrina and her handsome new husband. I LOVE THIS PHOTO! When she first shared it with me, I knew I'd use it for a future newsletter issue. She graciously agreed. I use it this month as it IS Valentine's Day month (February), although love cannot and should not be confined to a day of the year anymore than the ocean can be held in your hand. I share this picture not only because it's beautiful but also because the style that Sabrina is wearing was done here at Schatzi's, courtesy of Jamie Mitchell. Sabrina likes simple, no fuss styles. For her wedding, she wanted more of the same. So, she and Jamie put their heads together and came up with this style. It is graceful, classy and super easy, working totally with the client's natural texture. Since spring is just around the corner and wedding season is almost here, stop by for a free wedding consultation. The absolute LAST thing you want to worry about on this important day is your hair. We can accommodate you. If you have a teen who needs a prom service, we've got that covered too. You won't be disappointed. And we rock on!

## Vote for the Future of the Natural Hair Care Field

Over the past couple of months, several natural salon owners in the area and I have joined forces to form the [NC Natural Hair Coalition](#). It is a new organization that is still developing its mandate and mission. **But, we need your voting support.** Please check out our Facebook page to learn more about the coalition and click the [petition link](#) to support our cause. We are seeking 5,000 signatures to advocate for equal representation of licensed natural specialists on the NC Board of Cosmetic Arts. If you have questions after reviewing these links, just send us a message on Facebook. If you're a natural stylist and want to join the coalition, let us know that too! Thanks in advance for all of your support!



### Contents

#### Special Interest Articles

Salon Updates	1
Vote: The Future of Natural Hair	1
The Loving Story on HBO	2
Men: What will you do with this life?	2
Tips to Care for Your Young Daughter's Hair	3
Indigenous Peoples: Past, Present and Future	4
Black Beauty Supply on Capital	5
Black Expo Tour Comes - Raleigh	5

#### Individual Highlights

Health News - Prevention	2
Poetically Correct: Poetry, Prose and a Tribute to Whitney	3
Style of the Month: Lace or Tree Braids	4



## The Loving Story on HBO

Valentines' Day is right around the corner. This is a special day that means a lot to many so I thought it was most fitting that HBO will celebrate this day with a bit of love history that's truly significant to us all. Check out the link [The Loving Story on HBO](#). It's the story of the first inter-racial couple to challenge the US court system and WIN!! I always say, "What's in a name?" I don't believe names are ever a mistake, and the name of this couple is surely most fitting-- Loving. Destiny could not have picked a better name to give this couple making *love history!*

The Loving Story is a beautiful story that I look forward to seeing because it

exemplifies honor, faith and nobility. You could say that it was a type of Romeo and Juliet saga as the "powers that be" simply did not want this couple to be together. Despite the onslaught, they persevered. My girlfriend calls me a hopeless romantic, though I'm not a chick-flick gal in the least. Maybe I am? But what I do know is this story is far more inspiring than Romeo and Juliet because it's powerful, passionate and TRUE! It's actually rather easy to kill yourself out of youthful exuberance. But, to stand up, face the tempest and endure to the end: that's the stuff that life is made of. And to change the course of history, that can only be dubbed Divine!" Check it out!

## Health News – Prevention!!

North Carolina-- Women in North Carolina who have questions about Cervical Cancer have a new place to get that information.

A new online resource is now available to connect women and adolescents to life-saving cervical cancer-related services.

The NC [Cervical Cancer Resource Directory](#) includes county-specific information on where uninsured or underinsured women can go to find screening, or Pap test, services.

The site also has information on HPV (human papillomavirus) vaccination, answers to frequently asked questions and additional resources.

The directory, which is in English and Spanish, was developed by Cervical Cancer-Free NC, an initiative based at the Gillings School of Global Public Health at the University of North Carolina at Chapel Hill.

The program is working to eliminate or substantially reduce cervical cancer in North Carolina.

Each year, more than 12,000 women are diagnosed with cervical cancer and more than 4,000 die from the disease in the United States. Health-care experts say a majority of these deaths could be avoided through regular cervical cancer screenings, commonly known as Pap tests, and timely HPV vaccination.

Connecting women to cervical cancer resources in North Carolina is an important step in reducing unnecessary deaths, according to the Cervical Cancer-Free NC initiative and its collaborators.

## "Men, What Will You Do with This Life?"

This question is one which demands careful reflection as it is critical to the survival of the Black family and culture. With *Black History Month* in full swing, I too wonder about the relevance of this cultural month. But even more than that, I wonder what is it that we should be focusing on: Our past or our future? An old African proverb states: Look to the past to inform the future. So in short, we should grow wise through experience. When I consider the state of the Black family, I pray for a brighter future. But, there are real action steps that must take place in order for that to happen. And many of them rest with male leadership. So with that in mind, I was encouraged to learn about the [Man Up 2012 Conference and Concert Finale](#) that will be hosted in Atlanta, GA from April 13-14, 2012. The question: "Men, what will you do with this life?" comes from the video link advertising this event. Check it out. When I see youthful energy directed in such a positive way as this, I feel inspired. As a mother with two sons, I feel the magnitude of challenges facing the Black family. Do I see my sons leading households and living the example of manhood, authority and respectability that prayerfully will be their destiny? Well, let's just say they've got a ways to go yet. ☺ Whew!!! Thank God for guidance because the ball is out of the "home court" now.

I encourage all reading this post to make donations to the conference, if you are able. The conference is trying to raise funds for those young men who can't afford to attend but should be there *in full force*. So make a love gift by donating to this worthy cause. And if you feel so inspired, send your sons. I've offered an invitation to my own. I'll wait to hear their decision though with their class schedules this semester, I honestly wouldn't be surprised if they bow out of this one. And that's all good too. They have clear priorities right now so if they are mindful of these priorities, they are answering the question: "what will you do with this life" very loudly and clearly. And that is good. I have often told my sons over the years, "Your purpose in this life is to serve others. Lose sight of that purpose, and you will be lost." Sometimes, you can only wonder if they were listening when you felt you were delivering your most profound lessons. Only time will tell. But if you feel the men in your life need a refresher course on purpose, send them to the conference, and let them be blessed.



## Tips to Care for your Young Daughter's Hair

Have you ever wondered why things that should be easy never are? We often have young girls come by our salon to have their hair done. The experience can be anything from entertaining to heart-wrenching. The outcome largely depends on the state of mind and disposition of the child. Because of the observations that I have noted over the years, I thought I'd share a few pointers that hopefully will make your next hair care experience a smooth one. These tips can be applied to at-home or in-salon care.

### Preparation Tips

- First, it is important to begin hours before the service. Let your child know ahead of time that you will be working on her hair so that she can prepare her mind for the experience. Tell her what to expect from the service: shampoo, blow-dry, styling, and emphasize how beautiful the final outcome will be. '
- On the day of styling, select a time for hair care when your daughter is likely to be well rested and preferably has already eaten. In this way, she will not be overly tired and prone to irritation.
- Also, it is important to ensure that you have reserved ample time for the service. If you're rushing, she will feel it and discomfort will manifest.
- In the same way that you must prepare your daughter for the experience, you must prepare your own mind as well. If you're styling your daughter's hair, you must guard your thoughts. If you dread the experience, she'll know it and it will become a self-fulfilling prophecy.
- Finally, ensure that you have plenty of age-appropriate entertainment on hand for your daughter to distract her mind from the actual process of hair styling.

### Hair Care Tips

I cannot over-emphasize the need to use proper tools and techniques for actual hair care. Please refer to the following past issue of Au Naturel for [shampooing and combing advice](#). All the best for a joyful and rewarding experience!



## Poetically Correct

Last month's Open House & poetry event was truly inspiring with a very nice complement of attendees. I heard from a few people who wanted to attend but were unable, for differing reasons. We encourage you to come out to the next session. It will be at *Schatzi's* on Thursday, February 23, 2012 from 7-9pm. Please bring your original works and/or feel free to read from your favorite authors. All are welcome, and as always, feel free to just listen.

Last month, Muriana graced us with song. She has a beautiful voice! Other engaged in recitations and readings. I shared a few original pieces as well. Much of my poetry will never see the light of day, as my girl Denise confessed of her own works. But, I felt inspired to share one piece that I wrote in the spirit of love of humanity, world peace and understanding. This piece has several voices: one being the voice of present "understanding", another being the voice of the past, another is the voice of apathy and another being God Himself. When the message behind this piece came to my consciousness, I marveled at how much of a poet God is!! Because of this truth, I don't worry about AIDS in Africa, famine or world hunger in the same way that I used to. Take a read and see if you can pick out the differing perspectives. I think they're pretty obvious but then, I DID write it. ☺

For this month's event, I personally won't be reciting poems in the traditional sense. Instead, each piece that I share will be a tribute to the incomparable Whitney Houston. I was in college during her heyday and she was truly a force to be reckoned with. Even now when I choose to sing for an audience, it's Whitney Houston that I often to go first. So on Thursday, Feb. 23<sup>rd</sup>, I'll be singing "The Greatest Love of All" and "I'll always love you." And I intent to KNOCK IT OUT!!!!...Out of respect and love for a beautiful spirit that is surely gone too soon. Come and share in the tribute!



### Style of the Month: Lace or Tree Braids

With so many sisters transitioning to natural hair, stylists are charged to find styles that meet varying client preferences. The lace or tree braid style is one such innovation that some ladies prefer. The big challenge to going natural is the transition process. Many ladies absolutely HATE IT! You are basically forced to manage two different hair textures without looking as dually minded as your hair, and to do so with minimal stress and damage. © This balancing act is often short-lived as many opt for the “big chop.” But some don’t want to go “cold turkey.” So, they may be inclined to opt for extension braids. That’s fine, IF YOU LIKE BRAIDS! If you don’t like the look of braids, you can opt for weave services. But what if you want the flexibility to shampoo your hair when you want without the challenges of a weave? Then, you can opt for lace or tree braids. With this service, the client’s hair is blow-dried for a uniform texture and then extension braids are added in a way that looks like loose, free hair. In reality, the client’s hair is braided and protected underneath. If you think this style may work for you, stop by for a free consultation. Ask for Kamice or Jamie!

## Indigenous Peoples: Past, Present and Future

Countless numbers of souls lost forever.

*Lost forever, you say?*

*Never say forever.*

With small pox filled blankets

The Smith and Wesson became the playmate of choice

And children toys fell from blood stained hands.

Mothers’ screams died before their release.

There was no CNN to record the latest fratricide.

Would it have mattered anyway?

Does it matter today?

Red everywhere...and suddenly, red nowhere.

*Red nowhere you say?*

*Don’t say nowhere.*

The breeze carries hauntings of the past: ‘Where’s my aunty Sunshine.

She told me to follow her past the Cyprus trees and into the swamp.

She said she’d be waiting for me here, Sir.

No, I don’t want to follow you.

Please help me grandfather Burning Spear!

Where are you?’

Millions of souls, who asked nothing of life but LIFE, vanished, gone missing.

*Gone missing you say?*

*Wishing you didn’t say missing.*

We’re not to discuss these events.

We’re now “civilized” and understand the error of wicked ways.

Some say, “They met their dance with destiny.

It was inevitable.

Why bring up the past?”

Is it really the past?

*You think you understand what you see.*

*When you understand nothing.*

*I AM the author of humanity.*

*I AM not the author of confusion.*

*I blew the breath of life into the antelope, the bison, the dolphin, the snail and the Iroquois.*

*I know why you have 23 chromosome pairs on your DNA strand; not 24.*

*When I say go forth and multiply, even the trees will stand up and walk.*

*Yet, you say that my children procreate too much.*

*You know not of what you speak.*

*I ask you how do you treat my Aztec children who are your next door neighbors?*

*Next door neighbors, YOU say?*

*The ones who love their loud music to play?*

*Yes, the descendants of the Aztecs, the Mayans and the Incas.*

*My children, who are here to reclaim the legacy that I gave them.*

*Did you not see the redness in their skin, the high cheekbones and the black sleek hair?*

*They are not in disguise my misguided soul; they are as they always were.*

*But it is you who have become blind to your own Cain-ish tendencies.*

*You dare to judge others; but done to the least of these, is done also unto me.*

*Only I AM the Alpha and the Omega.*

*Only I will say when a people begin and when their time will end.*

*Do not concern yourself with things that you understand not.*

*Focus on how you are treating your brother who you can see.*

*Leave the dance with destiny to ME!*

Schatzi H. McCarthy

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## Schatzi's Design Gallery & Day Spa, LLC

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## Black Beauty Supply on Capital Blvd.

I'm not sure how many of you are aware, but there is a black-owned beauty supply store on Capital Blvd. Koreans do NOT have a total lock-down of this business though they're pretty darn close. It's called [Sensational Beauty Supply](#) and the address is: 3029-107 Capitol Blvd, Raleigh, NC. The owner is Mabel, an engaging African sister with two beautiful daughters—one a teenager who often helps out in the shop, and the other whose almost one year old. They sell many of the beauty supply products that are most in demand by ladies today and her prices are VERY competitive! In fact, we buy our extension hair from Mabel, as some of her store suppliers are based in Africa. If you have questions about the shop, please call: (919) 981-0707. The service is always prompt and professional, and Mabel is just a gem of a lady—always warm and gentle. Her motto is: There is no cosmetic for beauty like happiness. She lives that truth! Tell her Schatzi sent you.

## The Black Business Expo comes to Raleigh

On February 18, 2012, the [Black Expo Tour](#) is coming to Raleigh, NC. It is a networking opportunities for Black businesses in the area, so if you get a chance, check it out! I personally have not attended but I definitely want to help my people by getting the word out. The show has exhibitors, entertainers and seminars. If nothing else, the event will put you in contact with entrepreneurial minded African-Americans in the area who are seeking networking opportunities. The event is dubbed as a "family affair" so it promises to have wholesome entertainment. If you're able, check it out.

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