

# Au Naturel

July 2007

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## Upcoming Events

Poetically Correct Poetry Series:  
Friday, July 20, 2007 (7pm) – 2<sup>nd</sup>  
Floor Sharing Room.

### First Anniversary Celebration

1) Faux-tography Art Show: Friday, August 10, 2007 (7pm). As part of our first anniversary customer appreciation celebration, we will be hosting a wine and cheese evening affair. Dress will be evening casual. Come out and enjoy an evening of music, celebration and art appreciation. Artist Jasmine Hawthorne will be on-hand to discuss and sell her original works.

2) Teen Workshop: Natural Hair Care Tips for College and Forever: Saturday, August 11, 2007 (1-5pm) – Limited Seats for Girls ages 15-18: RSVP by Wednesday, August 1, 2007. Cost: \$40.00.

## Countdown to our First Anniversary

Just a few weeks away from our 1st anniversary, I am happy to announce that we will be having a wonderful customer appreciation special. Schedule an appointment for the week of August 6-11<sup>th</sup> and receive 20% off of your requested service!

Also, please view the list of upcoming events (to the left, to the left) for details on 1<sup>st</sup> anniversary celebration fun. Our biggest customer appreciation activity will be a wine and cheese affair scheduled for Friday, August 10<sup>th</sup> at 7pm. By the way, we throw great parties at *Schatzi's* so you don't want to miss it. And by customer demand, we are scheduling our first natural hair care workshop, targeting teen girls ages 15-18. Please phone Latisha, our receptionist, to reserve a place. Seating will be limited.

This month's edition of Au Naturel is a mélange of varying issues with the summer months being the major theme throughout. Read, enjoy and as always...Embrace the Beauty of You.

## Eye on Health: "Sicko" - A Must See

Many die-hard naturalists will wonder why I've given a summer movie the front page op-ed, particularly when the movie is NOT about hair. Well, let's face it: health is life! Without it, we are bankrupt...physically, socially, emotionally. Michael Moore's documentary *Sicko* speaks very eloquently of the extent to which the American society is MORALLY bankrupt in the provision of healthcare to its people. It is one of those classics that you will never forget on this side of Heaven.

In a July 10th interview on CNN's Larry King Live, Moore strongly justified his presentation of America's healthcare system as BROKEN. The debate included a vociferous presentation of the fact that 'Cuba's medical system is ranked 39<sup>th</sup> in the world, behind the US which is 37<sup>th</sup>.' Imagine!! A country that has had an embargo for more than 40 years has managed to create and maintain a healthcare system which is ranked on par with the most developed country in the world!! Also perhaps more disturbingly '*medical difficulties* is the leading cause of individual bankruptcy filing in the US.' This is unacceptable!

Upon reflection, I believe that Moore is one of those few people who represents the conscience of our country. I thought so after Fahrenheit 911 but believe so even more after viewing *Sicko*. We have a responsibility to our children and to ourselves to create a system that is at least as good as the one we inherited or at minimum is merciful. *For when we have done so onto the least of these....* Michael Moore challenges us all to be worthy of our predecessors and of the legacy that we have inherited. View Michael Moore's film and decide for yourself. Viva Michael Moore!! Viva la vérité!! Viva le courage!!

## Summer Hair

Abstract of an article printed in Essence Magazine, August 1, 2002

***My decision to include this article came while relaxing in sunny Orlando, FL with temperatures soaring in the high 90s. The intense heat felt much like a sauna on my skin. I honestly didn't mind it at all. But with all of the humidity in this place, I felt great relief to be a "femme naturelle." I couldn't imagine trying to maintain any other lifestyle in this heat. So, particularly for you newly transitioning ladies, here are some great summer "beat the heat" tips. As for the suggestion to use "a good hair spray to fight humidity" (below),...well, I always prefer not to fight Mother Nature when I can avoid it. When I arrived in Orlando, I was wearing a very chic twist-out 'fro. After assessing the humidity factor, I switched to wet set twists pulled in an up do, achieved after only one hour in the shower with a great deep conditioner. Humidity couldn't affect this style if it wanted to. I'm now ready to relax!!! ☺ Embrace the Beauty of You.***

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*Afrocentric hair styles--such as braids, locks, twists, and Afros--are the best styles to handle the elements of summer.*

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THE temperature is 90 degrees and rising. Can your hair style take the heat? Or are you one of those Sisters who dodge the swimming pool and other outdoor summer activities out of fear of messing up your crown of glory? Instead of snubbing the sunshine, get out there and make a splash with the following summer-friendly hair styles and healthy hair tips that are sure to make you shine.

Keeping your summer style simple is the way to go, says Dasha Ross, a hotel marketing/public relations manager in the D.C. area. The Maryland native relies on low-maintenance hair styles during the summer months. A good hair spray to fight humidity also helps. Many Black women are combating the elements of summer with Afrocentric styles.

\* Go natural. Afrocentric hair styles--such as braids, locks, twists, and Afros--are the best styles to handle the elements of summer. When done professionally, these styles are especially beautiful. They are also versatile. If you wear a natural `do, keep your hair moisturized (especially the edges and ends) and conditioned. There are various spray-on, light conditioners. Ask your stylist about the best maintenance tips for you and your style....

\* Get Hollywood hair. The latest summer hair styles include big, bouncy spiral curls, wet sets and short straw sets that look fabulous and can take the heat and humidity. Another good summer style is the short feather, fly-away style that Halle Berry has made popular.

\* Love your mane and keep it healthy. Whatever you do to look your best, be sure not to overdo it. Some of the biggest evils women commit against their hair include relaxing the hair too often and too straight, braiding the hair too tightly (which can pull hair from the roots and create a receding hairline), leaving braids in too long, and using the wrong hair products. Consult with your stylist to determine the best summer style for your lifestyle and your hair.

\* Creatively use hair accessories to help you cruise through summer in style. Smart hats and caps come in handy for those days when you don't have time or want to fuss with your hair. You can also achieve a cool look by using artsy hairpins, barrettes, headbands and ponytail holders. When the occasion is more upscale, rhinestone and jeweled hair accessories help to create an elegant look.

## More Summer Hair Care Tips with Young Ones in Mind

*(Abstract from the article Summer Hair Care Tips by Mahisha Dellinger posted on adoption.org)*

- Before your angel enters a pool, lake, ocean, or any body of water, drench her hair with water and apply a coat of conditioner to the hair. This water/conditioner mixture will fill up the gaps in her hair shaft and act as a barrier from the chlorinated water. Follow up with a little club soda; it makes for a good post-pool rinse.
- I recommend wearing a swim cap as often as possible. Although most hate wearing them for many reasons - it's uncomfortable, unattractive, or it never stays on, etc. - using a cap, that securely protects the hair, is always the best option.
- Over-shampooing and under-conditioning is a common culprit to dry and frizzy hair...especially in the summer months. Shampooing more than 1x a week is not recommended.
- Avoid products that contain synthetic oils such as mineral and/or petrolatum oil, as they further dehydrate her hair. Also avoid products that contain drying alcohol, such as hair spray, mousse and some gels. Instead, opt for a finishing lotion.
- Pay special attention to the ends of her hair; after all, they are the oldest part of the hair. Mix a bit of a conditioner with a natural oil, apply, and comb through ends; leave in for extra protection.

## Local Business Review: Focus on Contractors

As we approach our first anniversary as an independent, Black-owned business, I have cause to reflect over the past year and the wonderful people who have helped us to achieve such a magnificent milestone. The following list of contractors is a veritable gold mine in and of itself. When I reflect on what the men on this list have done for me in their own respective trade, it nearly brings tears to my eyes. They were all extremely patient and even nurturing as I waded in an ocean of contracting requirements that I had never seen or known. They are priceless and are invisible members of our team, without whom success who have been IMPOSSIBLE!!!! Please, call them. They're all EXCELLENT!! If you've been inside Schatzi's, you have seen and appreciated their work and you know, I AIN'T LYING!! These men rule and they work fast!! Gentlemen, we thank you immensely.

- John White – licensed electrician (residential & commercial) – He reminds me of my own father. Even my husband thinks so. He is the absolute best!! Without him, we would never have opened our doors on schedule. He went above and beyond the call of duty. His work is TOP QUALITY. Contact: (919) 801-1441
- Dwayne McClures – general handy-man (residential & commercial) – One pre-opening night, I was leaving the shop at 2:30am to get a few hours sleep before returning. Through the blinds, I see the headlights of Mr. McClures car. He says, "I know you wanted to finish by your deadline, so I'm here to finish painting the bathroom." I almost cried. To his wife, I say, "Thank you for your EXTREME PATIENCE!!" Contact: (919) 278-8202
- James Scott – sound system & home electronics contractor (residential & commercial) – This man is a saint! I asked for "A," and he gave me "A squared" for no other reason than he wanted to do it right!! He installs home theater systems, flat screen TVs, etc. If you've got an unusual problem, he'll figure out the solution!! Trust me on that one. Contact: (919) 215-2454
- Wayne Jordan – licensed plumber (residential) – Mr. Jordan is the person that helped me realize that he could not do the plumbing that I was requesting because I needed a commercial plumber. His honesty from the outset saved me hundreds of dollars and weeks of delay. His payment was minimal. He has since replaced our residential water heater, staying after midnight to finish the job. In his words, 'Who wants to wake up in the morning with no hot water?!' His work is A+. Contact: (919) 633-8514
- Ronald Highsmith – licensed plumber & carpenter (residential and commercial) – Rev. Highsmith moonlights as a very competent and capable contractor. He's also handy with some aspects of HVAC work. He's very capable and accommodating. Contact: (919) 624-1917
- Undrea Copeland – licensed heating & cooling (residential and commercial) – Mr. Copeland is an excellent HV/AC professional who works very flexible hours. Contact: (919) 599-7302

## Poetically Speaking...

June's session of our poetry sharing series was a truly righteous experience. Do I sound like a throw-back from the 60s? If so, I would argue that maybe the 60s were short-circuited and they are now coming to full fruition in this new millennium; maybe we are experiencing a resurgence, a renaissance, that needed some of the rawness and bitterness of the past to be slowly aged and matured into full ripen perfection. An under-ripened fruit is often a bitter seed to swallow. Have you ever had a green mango? It begs for the sunlight of truth...and time. Have you ever had a fully ripened mango that is ready to fall to the ground under the warm embrace of the sun? Absolute poetic expression and perfection!!

Reflecting upon my own past association with literary clubs in college, I pulled from the archives and vibed with some of the soulful lines of one of my all time favorites—Ms. Giovanni. In all, we had great difficulty pulling ourselves away from this evening of sharing and openness. All present shared some form of written word, with several dipping into their own reservoir of original works to give audience to dreams. Yonica Patrick, who attended for the first time, shared the attached piece as a living testimony of her own naturel journey. To all you naturel ladies: Does anything in these lines sound familiar? And the fingers snapped into the night....

### *Nafro (by Yonica Patrick)*

*Going back to the times of yesteryear*

*thinkin bout the times that mother dear laid me*

*across the kitchen counter*

*to put that God awful Jheri Curl in my hair.*

*My hair.*

*My hair in which used to be so nappy and hippy*

*before she decided "she" wanted it to be curly and drippy.*

*Wait, did I say "she", damn, I thought this was my hair?*

*Lying there in agonizing pain, those chemicals to the flesh,  
burning*

*why do i have to suffer this, its obvious the two won't  
ever mesh*

*Hours later, she was finally done*

*if she could only go back to when BEFORE she begun*

*Ok, ok, I must admit, I did, I really did*

*I thought I was the shit!*

*Years aged and the curl was still in place, my hair  
underneath*

*wanting to show its face.*

*Twenty years later and no more chemicals I say,*

*NO MORE CHEMICALS, barber shave it all off!*

*"All off?" he said, "YES...all off to the skin"*

*Lets start this thing all over again.*

*My scalp badly damaged from years of abuse*

*My hair though its gone, was ecstatic to the roots*

*Finding its own way to sprout, so nat-ur-ally*

*So un-che-mi-cally*

*So beau-ti-fully*

*and licious.....AFRO-licious*

*There's no turning back*

*I'm way too ambitious to;*

*Let my naps grow into the fro that were meant to hold them*

*Nafro*