

# Au Naturel

June 2008

## Salon Greetings

The month of May was one of thoughtful reflection and recovery. After April's whirlwind month, I for one, welcomed the respite! June, in turn, has been a month of change and transition. Over the past two months, I have been taking a more hands-off approach with day-to-day operations. Systems are in place and the stylists are enthusiastic. So, I've decided to see if the systems work. Overall, I would say that we've got a great thing going. We've had a few glitches here and there, but overall, things are going well. All the same, we don't want to compromise quality. Please do not hesitate to contact me or the receptionist if there is anything that you have concerns about. We will do our best to arrest the situation with all urgency.

At this time, I would like to formally recognize the stylists of *Schatzi's* who are hard-working, efficient, caring, attentive and oh-so-gifted. Tonya, Etheopea, Tamioka and Martina: You ladies embody grace and unity. I appreciate the team spirit that you bring to the salon and the positive energy that you put into everything that you do. If you weren't so good at what you do, I would never have the opportunity to step back AND BREATHE. Bless you!! Truly!

Well, this month's issue of Au Naturel is much later than any of its predecessors have been. On a personal note, I have been going through some transitions in my own life. I changed my daytime job on Friday, June 13<sup>th</sup> and what a blessed day it was!! I have moved from the

realm of international development, returning to service provision for and on behalf of the great citizens of NC. So far, I'm lovin' it! With my new office literally a stone's throw from the salon, I appreciate being able to take lunch at the salon and

greet clients that I have otherwise been unable to meet. It's great to be able to see the clients and stylists

during the daytime hours. All the same, the ladies are holdin' things down with grace and beauty.



Anyway with these personal changes and transitions, I have not taken the time to complete the newsletter as I ordinarily would. I apologize to those who may have been waiting. I will soon return to the usual style and format to which you've grown accustomed. ☺

This issue of Au Naturel, as a result, is short and sweet. It is dedicated to change and transition. We continue to regularly serve transitioning clients who have numerous questions about the naturalization process. So while this information is not new, some things just bear repeating. ☺

Embrace the Beauty of You.

**Transitioning** (Abstract of an Article published on [naturalhaircareguide.com](http://naturalhaircareguide.com))

*Note from Schatzi:* This article is available at: <http://naturalhaircareguide.com/transitioning.html>. There you will find useful links with more detailed information on the issues raised in this article. So if you still have questions, check it out!

There are literally thousands of women who have made the decision to stop chemically straightening their hair. You are in good company.

Even though there is more of an awareness of the benefits of going natural there are still a lot of myths about going natural and natural hair. More and more women are proving that ideas like – natural curly/coily hair is impossible to manage – just aren't true.

As you are beginning your transition from perms or relaxed hair to natural, you will want to know what to expect. Knowing where you are going and how you are going to get there makes any trip more enjoyable. The same is true with transitioning. *[Note from Schatzi: Check out our website for more transition tips!]*

What you will have in store for you all depends on how much you know and how you plan to transition. Do you want to grow your hair out slowly and get some length before you do away with your chemically treated ends? Or are you ready to be completely done with your relaxer or perm now and are ready to do a big chop (BC) and wear a teeny-weeny-afro (TWA)? *[Note from Schatzi: Please be advised that Schatzi's provides free consultations to all clients to assist you in making informed decisions.]*

### **Staying Natural**

After going through the whole process it would be a shame to go back to relaxers or perms. The best way to keep that from happening is to be informed of all your hair options. Here are some things that you can do now:

- Write out your reasons for going natural.
- Start collecting pictures of natural hairstyles that would work with your texture of hair. It is a good idea to have styles for the various lengths of your hair especially if you are planning to do the BC and start short.
- Buy or make pretty scarves that will match some of your favorite outfits. Invest in barrettes, hair clips and other hair accessories that you can use to jazz up your hair.
- Find other natural people to support you and encourage you.
- If you don't already know how to braid and cornrow your hair learn and start practicing.
- Invest in a few nice looking wigs for those days or occasions when you just feel like having a different look.
- Learn all you can about natural styles and maintenance. Knowledge is power.
- Don't believe the lie. Your hair is beautiful and it can be styled and maintained without the use of perms or relaxers.

If you will do this before you get overwhelmed by your circumstances you will be less likely to find yourself going to chemicals and having to start all over again.

### **Poetically Speaking...**

This month's session of Poetically Correct, which ordinarily meets on the 3<sup>rd</sup> Friday of the month, was not held. Instead, we ask that fellow poet laureates meet us at Jamaica Paradise Café on Sunday, June 29<sup>th</sup> at 8pm for poetic vibes with Georgia Me, Tommy Bottoms, Max Parthas and a host of other nationally renowned poets. Tickets are \$12 in advance and \$15 at the door. The night promises to be unforgettable! Please phone (919) 231-3505 if you have any questions. We will resume Poetically Correct, hosted by Row Lewis of [www.libertyfellowshipcenter.org](http://www.libertyfellowshipcenter.org), during the month of July. We hope to see you then.

Embrace the Beauty of You.

## Poems by Jamar Akil McCarthy

Before closing out this month's edition of Au Naturel, I wanted to share some original pieces. The following poems were all penned by my 14 year old son, Jamar. I was ecstatic when I read them! As they say, the apple doesn't fall too far from the tree.... ☺

### River/ Haiku

The River runs straight  
Throughout the woods and forests  
It can be so nice

### Forest/Haiku

We went to the woods  
No longer were we alone  
The trees were watching

### Great Expectations/ Ballad

I walk these streets with my head held high  
Ambition in my eyes and music on my mind  
I hum to the rhythm of the cranking bass  
With a pen in my hand a smile on my face  
I cover my true feelings in art  
For the world isn't ready for what I have to offer point blank  
Some people try to waste my time  
Bu they all are dusted aside like flies,  
Because I have greater expectations.

### Imagine/Limerick

Imagine a world without crime  
Where people would have endless time  
Where every one's sober  
And no one's run over  
There is just the wonderful rhyme.