

Time and Tide & Salon Updates

If April showers bring May flowers, what do May showers bring? I feel sure that May has been a record month for rain showers. But despite it all, the flowers are indeed singing a song! North Carolina is a beautiful place where spring magically appears [like a star](#) ☺ --a celebration of new life! I love the spring! I feel blessed. For me, this time has also been one of reconnecting with old friends—the compatriots who color our personal stories with vibrancy and beauty. Shaundrelle—our 1st lead stylist and my sister-- is back from Thailand!! ([Check out the past article of her travels!](#)) I've missed that chic! We skype when she's away but her *real time* energy is infectious!! Her smile is radiance; her spirit is pure and innocent. She has a rare honesty that is brutally blunt, yet endearing. I give thanks for her safe return home.

More surprisingly, I got an email from my old beau Pasan!! If you read the February newsletter and recall mention of a *Zulu knight in shining armor*, that was Pasan. I was SHOCKED after 24 years!! The missive was rather short and sweet: "I must say that I am proud of and not at all surprised at your success. You have always worn your hair naturally when everybody was heavy on chemicals." My mom, who incidentally liked Pasan though not my 1st beau, thought I should save the email to justify a new slogan: "*Schatzi's - Internationally Renowned*". HA! HA! I think that's taking great liberties with truth so, NOT! I naturally wanted to hear the scoop on his life!--2 wives, 1 fiancé & 5 kids later!! ☺ It was a beautiful exchange. The world really has gotten small, compared to yester-year. With all the advancements in technology, we were up to date in no time. It would have cost us a fortune to have that discussion *back in the day!* In all, I thought how much people change and grow over time. When Pasan last knew me, I was a 19 year old girl who looked to him (30 years old) for leadership and guidance. I think that image was frozen in his mind. Prior to closing, he noted "*you have surely grown to be a wise mother (woman)*." I laughed to myself as I considered that Pasan would NEVER have been attracted to a wise woman!! LOL!! This is the man who I snuck into my college all-female dorm room for the duration of my summer exchange program at Virginia State. He would shower by putting on a bathrobe, covering his hair and face with a towel and switching (like a girl) down the hall with me to go shower. HE WAS CRAZY!!! ☺ The only reason my next door neighbors didn't report me to school admin for harboring a man in my room (as they quickly discovered) was that Pasan and I could *BEAT THEM DOWN* at Spades!! Pasan was a lot of fun, and I loved him. So I didn't care! VA State was not my school so if they kicked me out, WHATEVER!! The program did however make me eligible for the scholarship that eventually paid for my trip to South Africa to visit him. That was the trip on which: 1) my mother forbade me to go (apartheid, etc.); and 2) I never saw him though I went anyway! But that's another story... My life IS comical!! ☺

In all, Pasan was there for a moment and then, he was gone. And that's life. But funny enough on the day his email reached me, I was beside myself with angst about my son. Pasan delivered to me a message of love and patience that I could not ignore! In addition, his email said: "*Why I never looked you up is a mystery to me. But yesterday I found the energy to do it.*" Note his word choice: *the energy*. 24 YEARS!! I don't believe in coincidences. I know where the energy came from!! When you get the same advice from different people in different ways: God's talking to you. Coming from Pasan under such non-coincidental circumstances, I'm definitely listening! I also heard a rather nice Mother's Day sermon which strengthened my resolve to pray harder and trust God. ☺ [My son's fraternity/line brother just died rather unexpectedly](#) so I hope *HE'S* getting the message about the fragility of life!! That wassut nut kid! Tsk. Tsk. But if I'm honest, I guess he got some of his rebellion honestly, though mostly from his Dad! ☺

Well like I said, spring has sprung and time and tide move ever forward. Within the salon, we're blessed every day! This issue of *Au Naturel* has a reflective feel to it with hair being more of a subplot or backdrop rather than the main theme. I never know what these issues will be until inspiration hits, and they take on a life of their own. I hope you enjoy. The issue is peppered with NUSOL hair expo photos. Please mark your calendars as well! The **4th Annual NC Natural Hair Care Expo** will be held June 22-23 at The Dream Center (Body of Christ Church), 5616 Fox Road, Raleigh. So, be sure to come out! My lecture this year will be: "**Change your hair, change your mind!**" You don't want to miss it!!



Special Interest

The **4th Annual North Carolina Natural Hair Care Expo** will be held on Saturday, June 22nd and Sunday, June 23rd at the Dream Center (Body of Christ Church) in Raleigh. Tickets are \$10 in advance and \$15 at the door. Check out the ad on page 6!

Hair Show photos in this issue are by Varick Taylor of one12images.com.

Contents

Time and Tide & Salon Updates	1
The Power of the Spirit	2
The Heart Barometer	4
Poetically Speaking: Musings on a Muse	5
Herbal Bath Salts Recipe	6
About Our Organization	6



The above photo is of lead stylist Jamie Mitchell. Jamie is wearing her own creative add-on hair piece to accentuate her natural hair, which makes a wonderful complement for a wedding or for a prom. The pricing for this service is negotiable.

The photo below is of the beautiful Angela Broadnax. This chemist is rather conservative and reserved. With a head full of beautiful, natural hair, the pace of her life makes her typical style preference to be a pony tail. Here, she is wearing a two-strand twist, affectionately called "The Duet"—in honor of its similarity to the double-helix DNA strand. This style is \$70.00 in our salon and was styled by Schatzi.



The Power of *the Spirit* when the Flesh is Weak: A personal testimony

I'm writing this piece as a confession of sorts. As always, these types of articles find me when I'm unawares. It flows from the heart and is mostly about life, challenges and prayerfully victory. It's written mainly to encourage and inspire others, particularly when it feels that the challenges of life are about to get the upper hand. I dedicate this piece to all who struggle to maintain a positive spiritual outlook when the flesh is getting ready to stomp all over your parade--when sometimes it feels that it doesn't really matter at all.

On Sunday, May 5th, I attended the beautiful Earthtones Poetry Jam sponsored by Brother Siddiq of *The Word*. He encouraged me to attend, and I honestly wouldn't say "No." He's very supportive and eternally optimistic about all things that uplift the spirit. And I LOVE poetry! When he said the session would be "dope," I marked my calendar. But on the given day, I was tired to say the very least. The day was overcast. My husband was going to attend with me but was grading final papers for students to prepare for semester close-out. My son was most delighted to take his Dad's seat as he loves hip hop, rap and poetry but when his friend came by unexpectedly, he suddenly *stood me up*. But, that was fine. I was meeting my girl there anyway so, I was good. Always have a back-up plan. ☺ Well when I got there, I took a moment in the car to breathe deeply and center. Did I say I was tired? I then exited the car. I found a seat in the stadium style theater that was *middlin'*—middle section, middle row, middle seat. That's typically my M.O. I then sat and waited. I waved at a few familiar faces and greeted a beautiful baby boy whom I hadn't seen in months. Sweet baby boy was definitely growing!! I then sat and waited and waited and waited. My girl is typically late so I was not concerned on that side at all. But, I did feel a bit outside of myself. I looked around the room at all of the natural hair styles. NICE!!!! ☺ I thought how beautiful it was, as this would certainly NOT have been a reality seven years previously when I opened the salon. Two weeks prior, I almost cried in front of all of my lecture attendants at the NUSOL hair expo when I reflected on how far we've come inside of seven short years. This spiritual awakening is like watching a caterpillar transform into a beautiful butterfly right before your eyes!! I really do love my people!!

As I looked around and reflected on the passage of time, changes in mind and perspective, etc., I asked myself, "Should I still be doing this? The pendulum has swung. Natural hair is everywhere, and it's here to stay; our culture is evolving accordingly. I believe I have been a catalyst for positive change in Raleigh. Maybe that's all I am to do? What does God want me to do? *And why does it sometimes feel so HARD to do things His way?* As I grow in business, I have to fight to maintain a positive vibe and love for the game. If you're not careful, profits and survival can rule your energy vibe. I've learned **way more** than I've **ever** wanted to know about people and about business. While talking with my husband the other day about the telecommunications industry, he said, "This is a dirty business." I countered, "ALL *business* is dirty, by definition!" It's competition which is ego-centered. What I didn't say was that if you can survive with your integrity intact, you've achieved a MASSIVE FEAT! I intend to do just THAT! Specific to hair, I've considered writing a book called, "The Ugly-side of the Beauty Industry" but, I honestly don't want to dive into the negative vibe required to produce such a piece as this. But, the story should be told...

Well that Sunday, my mood was reflective and neutral, as I often engage myself in this way. Neutrality doesn't mean indifference. Rather, I strive to remain detached from the material so that I can stay focused on God's intention for my life. So I continued: "How do I change and adapt to the new climate of natural hair care? What does continuation look like for me and the salon staff? To be honest, sisters in this game are ALL ABOUT HAIR! It's what they live and breathe. For me, it was really never about the hair, surprisingly enough, which is why I sometimes feel "out of sorts." Hair could NEVER motivate me enough to stay the course for this long with all the challenges. For me, it has always been about *the mind—the spirit*. The hair merely reflects what's inside. So *what happens to a message of change and enlightenment when balance has been established?* Maybe the focus now becomes all about the hair?" I then just reflected on the fact that I honestly felt tired. Maybe now was just not the best time to ask myself these questions...

The Power of *the Spirit* continued...

Well, no sooner had this thought process reached a pregnant crescendo in my head than a beautiful, natural sister named Glenda came and sat next to me. (Yes, just like Glenda the Good Witch in *The Wizard of Oz*.) I'm paraphrasing our brief interchange as she reached for my right hand and cupped it in both of hers. Looking me directly in my eyes, she said: 'Are you Schatzi?' I said, 'Yes, I am.' She then smiled and said: *'I thought so. I saw your lecture at one of the hair expos a few years back. Since then, I've heard SO MANY good things about you. SO MANY! I just want to say that I really appreciate all that you're doing. I'm a natural salon owner based out of Durham. So, I'm in the business as well. I feel we should know each other. But, I wanted to just let you know that the education that you're giving is so needed. Thank you for doing it. It's very important!'* I just looked at her a bit incredulous. Sister may have been surprised at how non-responsive I was initially. I eventually smiled and said, Thank you." But my mind was saying, "Is this happening? Was I thinking out loud?! I'm a master at disguising my thoughts and feelings behind a mask of indifference (Mom calls it the *art of diplomacy*) so I know I didn't show anything untoward on my face. If that wasn't a telepathic interchange in real time, I don't know what IS!! It was like sister tapped straight into my brain waves and intercepted my thought process. WOW, God is truly amazing!!!" In short, God sent another *salon owner* to deliver the message that He wanted me to hear! I was dumb-struck to say the least. Needless to say, I stopped asking myself these questions!

I shared this story with one of my clients (shown on page 4) who drives from Greensboro to have her hair styled. We chatted as I did her hair and she indicated that I don't understand my impact. Well, the truth is that in the business world, impact translates into revenues. All else is irrelevant. Our impact is marginal. She then went so far as to say: "You don't have any competition!" I heard Arnold's voice saying, *"What you talkin' bout Jada D?!"* but remained silent. She then told me about how she met a friend in Greensboro after the NUSOL hair expo who admired her hair. Jada replied, "I found this lady in Raleigh who does it." The friend said, "Is it SCHATZI?!" She nodded and the friend said, "OMG!!! You *would* get Schatzi to do your hair! I LOVE HER!" I was again dumbstruck. I thought, "Who are they talking about?" It was another type of "out of body" experience. (Speaking of *out of body* experiences, check this out!!!) I listened and must confess that it felt a little freaky hearing myself spoken of in this way. Besides, the real *me* is a story that my husband could tell you which may have you laughing and crying at the same time. © If I measured public opinion by salon visits, I'd be compelled to rate our efforts *middlin'*.

Jada was under the dryer now, so I had a little time to reflect on the impact of this publication. I recalled the sister I met at the NUSOL expo who I asked about signing our newsletter sign-up sheet. She said, "I already get it." I said, "Oh, so you heard about this show from our newsletter?" She said, "No, I READ IT!! I read about the Skittles!" And she busted out laughing. I laughed too. It also reminded me of a client who recently told me, "Your newsletter is good. We wait for it." I remember hearing those words and thinking: Whose *we*? Maybe she's got multiple personalities 'cause I only see one person sitting in that chair. But, she said, "WE." I thought she was exaggerating for effect but, now I'm not so sure. I never try to really track the newsletter readership. When I get Google messages about website visits, it feels much too bothersome to my spirit so I don't usually open them. I can go south fairly quickly and focus on whose NOT reading! So, I don't look at all. I just write from the heart, click send and move on with life. So, it's really rather awe-inspiring to feel the love energy that you put out into the world come back at you—multiplied!! I feel really thankful and blessed. I guess you could call me an ostrich of sorts. I live in a bubble of my own doing. It's very unusual to live this way in a competitive world; but, I honestly do so to guard my heart. I don't visit other natural hair salon websites; I don't study them AT ALL! But, I love them all. They are my sisters, and I value their work. But in my bubble, I want to see and feel only joy—not angst. I don't want to compare what I'm doing with what they're doing. I believe my calling is different from theirs so, comparison would be inconsequential and unproductive. Years ago, I learned that I'm my best competition. Keep up with Schatzi, and I might achieve something. I also endeavor to point my compass Due North, meaning UP. I don't follow much else. But in all honesty, some days feel a little heavier than others. Thankfully, they're few & far between.



Munchkin Divas: *These little gems all belong to stylist Martina Jackson in some way or another. The top photo is of her 3-year old Janiya. The second is of her elder daughter's best friend Jaylah. Both styles are by Martina. The photo below is of Martina's eldest child Arielle. The style is by apprentice Dahnay Bey. These styles are all between \$35-45 depending on style intricacy.*





Jada Dargan is wearing mini-spirals, as styled by Schatzi. In our salon, starting locks/spirals, which are affectionately called loc-celle, are \$85.00. Lock maintenance (Touché) is only \$60.00.

The Heart Barometer: excerpt of an article titled "What is a spiral?" by Jada Dargan

Note from Schatzi: *Jada is a beautiful sister who came into our salon at the start of the year to receive assistance with hair complications from alopecia. I am her stylist and was truly honored that she agreed to participate in the NUSOL natural hair care expo. So often at hair shows, we are most interested in showcasing clients with the healthiest hair. I'm more interested in showcasing the healthy spirit within. I feel sure it was the first time that a client with alopecia rocked the hair show catwalk! The effect was as expected: surprise and applause. Jada is a bold woman who confessed "I want to love my hair as it presents itself today!" I LOVE THAT!! So, I am the stylist to help her in this journey. When she learned of my desire to become a mid-wife in the future, she recently confessed that she thanked God that I am serving as a mid-wife to her hair. © There's one for expanded scope! Did I say she's a poet? And FUNNY!! She graciously agreed to the re-print of an excerpt of her article on spiral curls. In her words, "she wrote this article for Greater Spiritual and Self-understanding about her uniqueness and the way God created her. She also wrote this to dispel, refute, and disprove ([Isaiah 54:17](#)) the common untruths about what many refer to as "dreadlocs." [She] decided on the day she wrote this to get Spirals, to change the name of her hair choice to what best suited her. [She] decided on a new terminology of "Spirals" for herself in lieu of "Dreadlocks." She decided this because of all the negative connotations of the word 'dread.'" Her words are thoughtful and full of meaning!*

Spiral hair is hair that forms in a concentric circle.  My hair actually looks like this when I pick it up in my tub (prior to binding it). I didn't even realize it looks like this until the 3rd time I went natural in 2010, the 1st being as a child and the second in 2003.

Spiraled hair is curved hair. Some people refer to it as kinky, curly, coiled and those who are least sensible, inconsiderate, or perhaps simply comical or humorous refer to it as "nappy". Yet Spiral Hair is beautiful hair. When naturally spiraled hair is pulled it looks like a helix. Sometimes when it is pulled it goes perfectly back into place, its Spiraled shape. When naturally coiled hair is straightened it becomes linear, it loses its natural bonds.

I can understand many who may read this, may not have grown up in a Christian environment; and, whether you have or not, I am sure you still can get the gist of what is being said here, because we are all pursuing a *better way*. As I grew up in the Baptist Faith, I love the scriptural benediction of [Genesis 31:49](#) as well as the old Baptist Hymnal by John Fawcett and Han Georg Neageli, "[Blessed be the ties that bind...our hearts in Christian Love...what Fellowship of Kindred minds is like to that Above...](#)" We may have different beliefs, but when we seek Higher Paths to UpLift each other it is inevitably a *better way*, and we can listen to each other, sharing minds, which is "like to that Above..." No matter what your faith is, you can only understand what has just been said by your Heart, your spiritual heart. *Let's move on...*

When spiraled hair is bound together, a section of hair has intertwined together. Those who would want to infer that the hair is not up to par with cleanliness, who are without knowledge (another word for ignorance) with the methods and levels of cleanliness of spiraled hair, or who would want to be condescending would say that the hair is "matted," but matting is really Good, because when something is "matted together" it is hard to separate. I want to be matted in my relationship with God and ALL His Glory (i.e. His Goodness, the Fruits of the Spirit of Love, Self-Control, Joy, Faithfulness, Kindness, Goodness, Gentleness, Peace and Patience, His Benefits, etc.). Moreover, I want to be "matted" in my marriage and all of its glory (i.e. the heartfelt concern that two people have for one another, which is the meaning of LOVE; and social support that comes in a marriage, which is the Goodness of a true marriage). And, think about this, "matting photos make them more valuable" to a lot of people. Likewise matting hair makes the hair more valuable to a lot of people. Matting has many benefits.

Hair that is bound or locked together cannot easily be combed or picked apart. That's the kind of person we all need to be. We all need to be confident. We all need to have dignity, a sense of self-respect and self-worth, which is a better way than foolish or haughty pride. ***We all need to be people who have such healthy esteem for ourselves that no one can easily "comb through" us or pick us apart; and, if they try, we are so bound, we are so matted like a photograph to the best parts of who we are, the best parts of us, that their attempts do not penetrate.*** (Note from Schatzi: BRILLIANT!!!!!!!!!!!!!! Emphasis added.)

Poetically Speaking: Musings on a Muse

While reviewing some of the poetry and prose that I've written in the past, the following piece re-captured my heart. I felt inspired to re-print this piece—to remind myself of the beautiful message therein. It first came into being on October 25, 2007—four days before my 40th birthday. It goes to show that discovery, self-awareness, learning are lifelong pursuits....

My muse is a part of me; it inspires me. Always in my head, its very presence encourages me, challenges me, and beckons me to move beyond the limits of my own mind and to be true to self. I believe that God has placed this muse within me because He, in His infinite wisdom, knows how I think and feel; how I am best motivated. He knows my heart and my soul. So, my muse was made for me. I could not leave my

muse anymore than I could sever my own soul. But I can only pray that my muse does not leave me. We have much work to do.

Good night, my gentle and faithful muse.

[Sweet Dreams.](#)

For tomorrow, we shall create a symphony!

Peace.

The Power of *the Spirit* continued...

In reflecting on this article, I note that it may feel rather self-indulgent. But this is not my intent. Rather, my aim is to encourage and hopefully to foster love and self-nurturance. We all have days which are as full and challenging as we would ever want them to be. We all get tired and weak. You are wives, mothers, single care-givers, activists, workers and change agents within your communities. The vast majority of the work that you do will never be seen by anyone but God. Mostly, you effect change in silence. You endure injustice, often through difficult co-workers and bosses, more than the world will ever know. But you endure in silence for the sake of family stability and a brighter future. The hair stylist knows a great deal about the struggles of life on this material plane! It is a vocation for counselors, listeners, cheer-leaders, intuitions and sages. I am honored to be counted in the number. When I see a sad countenance come in for a service (not at all unusual), I know that it is the heart that most needs care and nurturing. I feel blessed to be the hand and/or ear of God, for a brief moment.

So to all of my sisters who may feel me in more ways than they care to share, know this: You are loved and you are blessed. *The Spirit* covers you, even when you feel no one's looking. Whenever you feel the forces of life ganging up on you, pray for strength and then watch the movie, "[It's a wonderful life.](#)" I love the story so much that one of my sons gave it to me last Christmas in colorized and black & white format. He wanted me to be able to watch it when and however I want. That wassut nut kid!! ☺ I loved the story first with the eyes of a child; then with the eyes of a parent; now with the eyes of a business owner, a lover of God and a lover of life. It is here that the true depth and meaning of the storyline crystallizes. The story is brilliant!!!! ABSOLUTELY!! I love Jimmy Stewart and I love George Bailey. I endeavor daily to be George Bailey. And like George, sometimes I get tired and over-whelmed. And when I fall, unlike George Bailey I'm usually cursing all the way down. ☺ ([This brother can feel me!](#)) These are rare unflattering moments but so true! But by God's grace (and to save face), [we get back up.](#) Sometimes, we just need a little divine intervention via an angel named Clarence or Glenda to remind us of who we are. Give thanks that angels wear pants and skirts! ☺ Thanks Glenda! You were the voice of God that particular Sunday.

A psalm of thanksgiving to You Lord is:

A full heart

A peaceful smile

Silent tears

And a long sign of satisfaction.

Thank you for the beautiful heartbeat that quickens through my veins.

I am grateful

And Your grace is sufficient.



Red-heads Have More Fun!

Or maybe, they just look like they do. The above photo is of Martina Jackson. This style is Martina's unique creation of large coil twists and two-strand twists with extensions in a creative updo. You best to believe NO ONE at the expo had anything similar! The price for this style is negotiable.

The photo below is of Dominique Jones. This style, by Jamie Mitchell, is a straw set or coil twist—called "the Helix" in our salon. It's yours for only \$70.00.



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Embrace the Beauty of You.

Herbal Bath Salts by Mountainroseherbs.com

This newsletter rounds out with a nice herbal infusion recipe for fragrant bath salts—one of my favorite things. Hope you enjoy!

Ingredients:

- 1 cup [Salt](#) (Epsom, Sea Salt, Dead Sea Salt, or a mixture)
- 1/4 cup [Baking Soda](#)
- 10 drops [organic Lavender](#)

essential oil

- 5 drops [organic Geranium essential oil](#)
- 5 drops [organic Sweet Orange essential oil](#)
- 1/2 cup organic [Calendula](#), [Rose](#), or [Lavender flowers](#)

Instructions:

Mix salt and baking soda together in a large bowl. Add essential oils and flowers, then

blend well. Package in a lidded jar along with a cotton muslin bag. To use, simply add ¼ cup to a ½ cup bath salts to the muslin bag, drape over the faucet, and allow hot water to run through the bag as the tub fills. Toss the bag in the tub once filled with water and soak your stress away.

About Our Organization

As the first natural hair salon in Raleigh, NC, *Schatzi's* is a *one-stop shop* for all of your natural hair care needs. With a warm and nurturing ambiance for clients to "Embrace the Beauty of You," *Schatzi's* is located in the Park on Millbrook Condominium complex, near the intersection

of Six Forks and Millbrook Roads.

Schatzi's design gallery provides services that nurture natural hair with talented stylists who are happy to guide you through and beyond the transition process. Our two-floor art gallery is provided courtesy of local

artist Jasmine Hawthorne.

Au Naturel newsletter, an essential part of our information sharing services, is a wondrous labor of love that is a joy to create and a gift to you our valued clients and to the public at large.

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