

Schatzi's Design Gallery & Day Spa, LLC, 258 W. Millbrook Rd., Raleigh, NC 27609
Phone: (919) 844-1933; Website: www.schatzisdayspa.com

Event's Calendar:

- Poetically Correct – Our next session of Poetically correct will take place in June. Stay tuned for more information!

At our last session in April, we were graced with the presence of our several people who shared their own favorite poetry pieces. Also, special thanks to Noriko Kondo for teaching us all Origami. What a special treat and surprise it was!

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Salon Greetings and Update

With Mother's Day 2007 a recent memory, some of our clients blessed their moms with spa packages. Aren't you delighted that they are available all year round! ☺ Maybe you moms out there want to treat yourself for no reason at all. If so, please call Latisha, our receptionist for more information.

A few years back, I bought my own mother a day spa package and I must confess, she still talks about it today. However, self indulgence is not a bad thing. You may be surprised how relaxed you

feel at the end of the session. All the better if the package is here at Schatzi's. ☺ We are happy to wash and style all hair types, whether chemically treated or otherwise. Likewise our massage therapists are eager to hear from you. As a friendly reminder however, we don't provide relaxer or perm treatments services.

When putting together this edition of *Au Naturel*, I was swamped with so many themes to consider, with "Nappy Headed Hos" being the dominant theme for

obvious reasons. The article below is written in that vain by one of our readers. Please read and enjoy. If you have any questions, comments or thoughts for future editions, please let us know. We're happy to consider all possibilities.

As always, we wish to extend a gracious word of appreciation to all of our valued clients. Thanks so much for your patronage and your encouragement. And by the way, don't forget that Father's Day is coming soon.

Embrace the Beauty of You.

Speaking of Nappy Headed Hos...Who's a Ho?

Article by Jonnelle P. Sacqui, submitted to *Au Naturel* on April 17, 2007

Back in the day, in the "hood", the word "ho" was very much in place and was used selectively, but not at random. As Snoop Dogg recently stated, all women (black) are not 'hos.' It would then appear that "behavior" makes the determination and years ago, and maybe still today, there were strict rules of behavior to which the black of the "hood" adhered. Let us look at some of the unwritten

"rules of behavior" and see if we can determine: who's a 'ho'?

Women were expected to respect themselves and their surroundings and in order to avoid the 'ho' category, they did not:

- 1) Spit in the street in the presence of others (and Heavens forbid, hawk...you catch the drift.)
- 2) Speak in a loud and

offensive manner—at home or abroad.

- 3) Smoke in the street-period!
- 4) Occupy the curb side of the sidewalk while walking with a man. (It appears that if the opposite happened, the woman would be understood to be a 'ho' and the man with her would likely be her pimp.

(continued on Pg. 4)



A Treat for Mom: Natural Hair Care Maintenance from Dad's Perspective

Reprint of an article titled "I Have Taken on My Daughter's Hair and Won" by Randal C. Archibald (The New York Times—March 22, 2007.)



"Combing and brushing and, most important, braiding her hair seemed another way to help out and participate in the joys of having a daughter."



Here's one for the Dad's. I just returned home after a six-day visit with my dad in Hampton, Virginia, so I really could relate to this article. It's very sweet!! It reminded me of the days when my own dad used to do my hair. I must confess that he was never very adept at this responsibility but it is a fond memory all the same. For you dad's out there who have yet to be initiated, try your hand at it. You may surprise yourself. I mean, if Brad Pitt can style his black child's hair, what are you waiting on? ... ☺

Schatzi

OFTEN, the women let out a little gasp. I look up, a hair twisty dangling from my mouth, a clump of my 5-year-old daughter's hair clenched in one fist, a comb in the other, ready for attack. She squirms on the bench in the family locker room at the local Y, freshly showered after a swim class and bracing for her hair appointment with me, her father, hellbent on taming those tresses.

"Wow, you are really good," one approving mother says one morning as my fingers weave three strands into a tight braid. I nod thanks and press on, fussing with another braid as I demand again and again, "Lyla, keep still for heaven's sake."

As Lyla and I depart, the receptionist at the counter coos.

"Who did your hair, sweetie," she asks, knowing the answer.

"Daddy," Lyla says matter-of-factly.

"Nice job, Dad," says the receptionist. In another context, the look she gives me might land

us in trouble with my wife.

The gushing, I have noticed, is particularly heavy from black women like the Y receptionist, as well as from family and friends, who no doubt appreciate the challenge of combing, brushing and braiding hair like Lyla's. Hers is a glorious mix of kinks, knots, semicurls and straight strands.

I can't imagine my wife garnering these compliments, and when I boast to her of my female fans, she confirms the suspicion. Nobody compliments her braiding when she takes Lyla into the girls' or women's locker room.

I've been doing Lyla's hair since she has had enough hair to do, receiving my first lessons from my wife and subjecting Lyla to my continued training by my sister, mother-in-law and other female relatives. Combing and brushing and, most important, braiding her hair seemed another way to help out and participate in the joys of having a daughter.

But Lyla's locks have given me a closer glimpse into the angst, not to mention politics, that is black women's hair. Sure, I have ridden the highs and lows of my wife's hair-care odyssey. Go natural? Braids? Relaxer? A weave? Cut it all off? She has tried almost everything and been stressed about it all along the way.

Does having a relaxer to straighten natural kinks bow to white society's notion of good hair? Do free-form 'fros and braids with fake hair extensions look "professional" enough?

This was all fairly abstract to me until I had the chance to participate in the look of a black female's hair, my daughter's. I was introduced to the panorama of twisties, barrettes, hair and scalp conditioner (basically hair grease), brushes for every occasion and narrow- and wide-tooth combs.

This little person has her own basket of hair stuff. Her dad, hair shorn conservatively close, pretty much steps out of the shower and calls it a day. But with each trail of the comb through her hair, each braid I snarl tight, I have a better understanding of what her looks convey.

As I read Bell Hooks's children's book "Happy to Be Nappy," I silently look for the illustration that most closely resembles Lyla's hair, never quite finding it and mildly disturbed that such a book is even necessary. After her mother took Lyla for her first haircut (a trim really, because her mother says she will never cut her hair) and had it straightened — as is the way of many of our relatives — we tried not to cringe too much when Lyla exulted over her new look. I felt relieved when she seemed

(continued on pg. 7)



Versatility Has Its *Natural* Advantages: Focus on Loc-celligence

In the March issue of *Au Naturel*, we presented the first in a series of article called "Versatility Has Its *Natural* Advantages." In that issue, we focused on the two strand twist. Well, as promised in March issue, we are now focusing on loc-celligence. Through the attached photo kaleidoscope, we hope to highlight the beauty and diversity of natural locks.

Prior to the opening of Schatzi's, there was no salon in Raleigh that focused on

the needs of natural black hair. Well, we have arrived and we aim to please. From a review of our records, the two strand twist and locks are our most requested services with braided services taking a distant third place. Through these articles, we are highlighting the work of our accomplished stylists. Please feel free to bring copies of styles seen in this newsletter to your appointment when requesting services.

From the work presented, it is clear to see

that the style possibilities are almost endless. Perhaps you can create your own ideas for replication by our stylists. Most of the styles on this page were done by our loc-titian Shaundrelle Todd.

Our next article in this series will highlight the numerous style capabilities of short to medium length hair. So stay tuned.

Schatzi



Baby Locs or Coils



The Braided Updo



The Fishfin Fantasy



A Nubian Crown of Glory



A Locked and Flat Twisted Sea Shell



A Crowning Labyrinth of Beauty



Super Curly Cues



You



Go



Boy!!





“..it’s flippin crazy how much better my hair looks and feels since I stopped trying to chemically straighten it.”

“Yes, there was great respect in the “hood” and those “unwritten rules of behavior” were accepted and adhered to by young and older black women, alike.”

Testimonial from a Friend of Schatzi’s...

For several months now I’ve been focused on improving my health by going “au natural”. It’s amazing how great you can feel when you try to eat all natural, veggies, fish, nuts, soy products and when you stop putting trash in your body. That in combination with working out...woohoooo!! Organic products have been great for my inner and outer beauty too. I think I’m converting into a new breed of hippie or sumthin! Nuevohip! I don’t know. But if a special occasion arises (ahem...Nicole!) I’ll still know how to indulge in a

big o’l plate of bbq ribs! Anyways I highly recommend doing what you can to get rid of some hormones, pesticides and synthetic chemicals from your daily diet and hygiene stuff...it gives me real satisfaction everyday. Speaking of ‘au natural’ by the end of this month I will have gone 1 year and 2 months since the last time I put chemical relaxer in my hair...it’s flippin crazy how much better my hair looks and feels since I stopped trying to chemically straighten it. I just set into little curls by twisting it into

Nubian knots with a little natural oils and voila!! No more dang curling iron for me!! It’s taken me 26 years to figure out how to live with my own natural hair!! And I’ve never ever gotten so many compliments from strangers on my hair before!

BSoriano
Fayetteville, NC

Speaking of Nappy Headed Hos Continued from Pg. 1...

5) Whistle in the street or in the home. (It appears that a whistling woman was on the same level as a crowing hen – no good would come from such behavior.)
6) Let her hair “go back to natural – nappy” while presenting herself in public. (It appears that hair half-nappy and half straight was not “acceptable” in public. If that happened too often and under certain conditions, she might risk being referred to as a “nappy-headed ho.”)
7) Get in strange men’s cars.
8) Go to men’s homes--strange or familiar.
9) Solicit men. A phone call to a man was discretionary.
10) Accept money from men—strange or familiar.
11) “Cock up her legs” in the presence of males, any males.
12) Allow her bra strap to show in public.
13) Allow her slip to show or a panty line to be observed.

14) Allow underarm hairs to show with short-sleeve clothing. (Leg shaving was virtually unheard of in the “hood.”)
15) Drink alcoholic beverages in public.
16) Heavens forbid, jiggle, undulate or wag her behind in public.
17) Expose personal parts in public—breasts, behind, etc.
18) And finally, “sell themselves short” in any way.

Yes, there was great respect in the “hood” and those “unwritten rules of behavior” were accepted and adhered to by young and older black women, alike. To do less, was to fall in that “other” category where one’s behavior could label one a ‘ho,’ by common understanding. However, could it be that some of these rules of behavior were inherently contradictory in

their dictates? Let’s come back to this idea a little later because it is central to the argument that I am making. But for now, let’s say that Snoop Dogg is a “hood” guy and apparently, *some* of those “rules” still survive in the “hood,” even today. Yes, times do change and a man can be a ‘ho’ by modern day standards: witness—the “Down-Low ‘Ho.””

“Selling Oneself Short” – What did the non-black TV personality Imus see or understand when he callously used the incendiary phrase in a recent talk show episode? First, he saw black women, doing well to be sure. Next, he saw their appearance and that appearance included the hair. Question: Based on appearance only, was the hair seen as straight or otherwise? Well, the women
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Can Acupuncture Treat Insomnia?

Reprint of an article titled “Insomnia Relief by Alyssa Giacobbe found in *Body & Soul Magazine*, May 2007, p.g 72.

When I saw this article in Body + Soul, I felt a real connection to the author. I must confess that I've been an incurable insomniac for several years now. It's not fun!! In fact, the writer's symptoms mirror my own to a "T." For me I can fall asleep at the drop of a hat. But 3 a.m. is the hour of reckoning! Well, as I have had great success with acupuncture therapy for my knees, I believe this treatment may be a viable option for my sleeplessness as well. So in the spirit of sharing, here you go! Now the only question that remains: How do I get my insurance provider to pay for alternative medical treatment? Socialized medicine...now, that's another discussion completely...

Schatzi

I used to be one of those annoying people who can fall asleep anywhere—on planes, in cars (while a passenger of course), on other people's couches. At night, attempts at reading in bed lasted mere minutes. I'll admit, I bragged about it to the insomniacs in my life—and there are many. But then I developed a disturbing habit of dozing off at 11 only to wake around 3. For hours, I'd lie in bed wide-eyed and exhausted; if I did manage to fall back asleep, it was moments before my alarm rang.

I shied away from sleeping pills fearing dependency,

while over-the-counter remedies left me groggy for the 9 a.m. meeting at the magazine where I work. White-noise machines, earplugs, soft music, toast and tea before bed—nothing helped. As insomnia sufferers know, a lack of sleep means more than a slow start the next morning; it can contribute to problems ranging from weight gain to heart ailments, according to the National Sleep Foundation (NSF). In my case, the consequences were showing up in my relationships. I was cranky with everyone—writers, other editors, my mother. Some days, my motivation to do just about anything, from exercising to dealing with a difficult situation at work, was at an all-time low.

Feeling desperate, I decided to explore an alternative to the standard medical and supplement-aisle solutions: acupuncture from a practitioner of Traditional Chinese Medicine. “Think of an ailment as a plant,” says Claudette Baker, L.Ac., president emeritus of the American Association of Oriental Medicine. “Western medicine targets the branches, while Chinese medicine focuses on the root.” TCM theory dictates that the body's energy, or *qi*, circulates through 12 meridians, which are linked to internal organs and

emotions. The heart meridian, for instance, relates to anxiety, the liver meridian to stress and anger, the sleep meridian to worry. (Organs are more conceptual than literal in TCM; you may have a heart meridian imbalance, for instance, but have a perfectly normal heart from the Western medical perspective.) Too much of any emotion can affect its correlating meridian, creating a disturbance in *shen*. “Shen is the energy of our emotional body,” explains Baker. “If it is affected by work or stress, it can keep us from falling asleep, prevent REM sleep, and cause us to wake easily.”

As I set out to restore my shen, I met Weidong Lu, L.Ac., a senior faculty member at the New England School of Acupuncture in Watertown Massachusetts. During our appointment, he checked my tongue (“slightly filmy,” he said) and my pulse (“too fast!”), and asked me about work, my personal life, and the details of my sleep troubles. When I told him I was waking at 3 a.m., he noted that this is when *qi* peaks in the liver meridian. Along with what he knew of my life, this, said Lu, was a clue that my imbalance originated in my liver meridian.

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Can Acupuncture Treat Insomnia Continued...

“Lu told me he aimed to improve my body’s ability to adapt to stress. With acupuncture..., a minimum of six sessions is typically needed to inspire change.”



“Your job—deadlines running around, lots of unexpected outcomes—that sort of thing can be problematic for many people,” he said. “It can result in constant emotional stress and a hyperactive shen.” It’s true, I often found myself forming to-do lists as I woke. Of course, at 3 a.m. I couldn’t do anything about the phone call I forgot to make, but I found it upsetting nonetheless.

Lu told me he aimed to improve my body’s ability to adapt to stress. With acupuncture (which is ideal for many since it’s safe and free of side effects), a minimum of six sessions is typically needed to inspire change. “Acupuncture has a cumulative effect,” he explained. He encouraged me to forgo coffee, even on my most tired days, and suggested a diet free of stimulants, tobacco, and sugar as well, which work to deplete *yin*, the body’s

inward feminine energy.

During each treatment, Lu inserted thin, three-inch needles into 16 to 20 points around my body, concentrating most on my legs and feet, my forearms and hands, my ears, and the top of my head. “Points in the legs correlate to the liver; arms and hands to the heart; and the top of the head to the brain,” Lu said. “Needling them all together was a synergistic effect.” The needles didn’t hurt going in, but I was quite aware of them once they were in, especially when Lu rotated them to increase their effect. Once they were in place, I cooked beneath low-heat lamps meant to further stimulate the needles’ effectiveness. Remarkably, the heat worked to warm me to sleep. A midday nap is a near-miracle for me. (Now, if only I could convince Lu to come home with me, I thought.)

Slowly but surely, my symptoms decreased with each session. At first, I still woke up but started falling back asleep faster as the treatments progressed. Three weeks later, I’m waking up maybe once or twice a week, a vast improvement if not perfection. Following Lu’s suggestion, I’ve started writing out my to-do lists before I go to sleep to “release them from my mind.” Since the most significant underlying cause of my sleeplessness seems to be the one thing I’m not willing to change—that is, a job that’s fun and fulfilling and often incredibly stressful—I’m faced with a challenge. As Lu said, there’s no cure for my insomnia, but with some careful effort toward finding time for myself—a recurring difficulty—and continued acupuncture, my body can gradually find restful balance. I’m hoping.

Speaking of Nappy Headed Hos Continued from Pg. 4...

“Straightening is a ‘mask’ for the hair and like a mask, it hides the real thing.”

were clearly black, but the hair wasn’t. (Traditionally speaking, hair and how it is presented in public, has always been a serious issue, mostly having to do with class and status.) Straightening is a “mask” for the hair and like a mask, it hides the real thing. What is the real status or condition of black hair? Clue: It is not straight. And back in the day, it was referred to as nappy or kinky. The TV

personality saw beneath the hair “mask” to where the real hair was and described just what he knew was there, beyond a doubt. Despite the effort to reclaim the term “nappy”, to be called nappy-headed, has never been acceptable in black America. In the day, there was always a fight when one was called ‘nappy-headed.’ As such, a great deal of effort was put into the presentation of the ball

players’ “mask”—straight hair—as a means of denial. If one can still see the nappy-head beneath the costly straight hair, I say why bother to mask the real condition? Let us all go back to natural and save time, money, our health and embarrassing moments. Some cosmetic companies might be upset, but blacks don’t own them anyway. Let them focus on perms for straight hair.

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A Treat for Mom: Natural Hair Care Maintenance from Dad's Continued...

equally excited — well, almost — at the return of her tight curls after her first post-straightening swim.

With some limitations, we give Lyla a say in her hairstyle. One braid? Two, three, four? Part in the middle or on the side? Sometimes she prefers to let it all hang out, curly, frizzy and wild. When we eventually braid it again, fretting over those knots and dirt accumulating in the thicket, I wonder if we are then crimping her style, making a political statement?

Who knew hair could be this complicated?

I'm sure I am not the only man going through this, but it often feels lonely. I never played with my sister's dolls as a child, beyond occasionally beheading them. But perhaps doing Lyla's hair taps into some deep-buried curiosity about women's hair that I like to think lots of men secretly share.

Or maybe not. Friends and relatives, black and otherwise, do not seem to relish taking on their daughter's hair — some refuse, declaring it too difficult or feminine — though I credit my cousin's husband, Kirk, with some inspiration.

Years ago on a visit, I looked at him somewhat astonished as he broke out the comb and brush and in minutes weaved his daughter's hair into cute little braids, clearly not for the first time. Well, if Kirk could do it ...

When the time came, there I was standing over my own daughter, trying to remember and put in practice what my wife, mother, mother-in-law, sister and sister-in-law all taught me. A female friend gave me a picture-filled book on braiding, but it has humbled me more than anything else.

Still, from all these sources I distilled my own approach, including, most tricky of all, mastering that braiding technique so that my fingers, too, look like some earnest spider quickly spinning a rope.

My wife watches me do Lyla's hair, still looking like the master observing the pupil. She listens to my occasional boasts, amused and a little annoyed. Add it to the list of things women do with little fuss that practically earn men a medal.

Yet I could relate when I read in *Esquire* last October that Brad Pitt endorsed Carol's Daughter hair

products for his adopted daughter, Zahara.

"For white people who might be having a little trouble with black-person hair, Carol's Daughter is a fantastic hair product," he said, earning him a mention in the Say What? column in *Essence*. "We got it for Z. Now her hair has this beautiful luster. And it smells nice, too."

Maybe a clumsy way to say: I have taken on my black daughter's hair and won. But I know the feeling of triumph.

Me, Brad, Kirk. We'll accept a little credit, thank you, for taking on those knots. The ones in our daughters' hair, too.



Speaking of Nappy Headed Hos Continued from Pg. 6...

But what about 'hos'? Did those women fit into any the categories mentioned above? This writer does not think so. However, there could be an issue with "selling oneself short" or reducing ones value for whatever reason. In black America, "selling oneself short" appears to have become a way of life as demonstrated by the straightening of the hair. For example years and years ago, the idea of black hair straightening was thought to be a ridiculously absurd notion. And the black people with straightened hair were thought to be ridiculously absurd-looking people. (Alright Rev. Al!

We'll leave you alone today. To each his own!) Now, the straight or relaxed hair is the thing! There is even relaxed hair for children's heads! What is the cost of all this "masking"? What is the cost of all this denial? According to newspaper reports, black hair maintenance is the highest of all hair care in the world. And those involved in this high maintenance can least afford it. What is the meaning of this?

Overall, did the women ball players "sell themselves short"? By their performance, no. By appearance, yes. When team officials paraded the ball

players before the cameras after the comments were made with all of the members having straight hair, they, unwittingly and not by design, did indeed, not only sell themselves short, but their race as well. Why not display the diversity of black hair among the ball players? Will players now stop wearing cornrows while touring because of fear of being called "nappy-headed"? What is the subconscious damage that was done to the players and young black women watching by parading them as all straight haired, and thus "civilized?"

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We're on the Web!

See us at:

www.schatzisdayspa.com

Speaking of Nappy Headed Hos *Continued from Pg. 7...*

Will the players continue to feel comfortable sporting creative designs? Where was the accurate representation the black hair experience through diversity? I'll be curious to see the hair styles worn next season. Maybe *Dark and Lovely* should give Imus his next stint as a spokesperson for their relaxer system.

Black people do not have straight hair, by design. By relaxing or straightening the hair, the true ethnic value of the person declines. Perhaps the decline in value or the "selling short of ones worth" by "masking" the hair was what was perceived by that infamous TV personality. Thus, we have the term "hos."

Is anything gained by relaxing or "masking" the hair, particularly when it is a permanent process? The only thing that straightening or relaxing the hair does is assure the black person of a permanent place in the role of the apologist, where any one can take pot-shots at her at will. At some point in time, we must begin at the nappy roots and start the arduous process of upward mobility by no longer "selling ourselves short" of our true value.

So it must be.

Note from Schatzi: I have known the author of this article for many years and highly respect her views on numerous issues from politics, to religion, to the

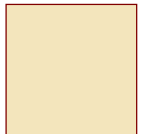
general state of world affairs. When she forwarded this article to me following the infamous Imus comments, I knew this issue to be one that she feels very passionately about as she has taken the time to put pen to paper. In that vain, I respect her right to state her views for wider consideration. They are indeed provocative and controversial! But then so was the entire ordeal.

Embrace the Beauty of You.

Jonnelle P. Sacqui is a freelance writer and first time contributor to Au Naturel newsletter. She resides in Greensboro, NC. Further comments on this article can be emailed to our website at www.schatzisdayspa.com for forwarding to Ms. Sacqui.

About Our Organization...

Schatzi's is a natural hair and personal care salon 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 Rds. *Schatzi's* design gallery provides services that nurture natural hair, with a two-floor art gallery provided courtesy of local artist Jasmine Hawthorne. Our day spa encourages mental, spiritual and physical well-being through a range of relaxation services. Come in and.... Embrace the Beauty of You.



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