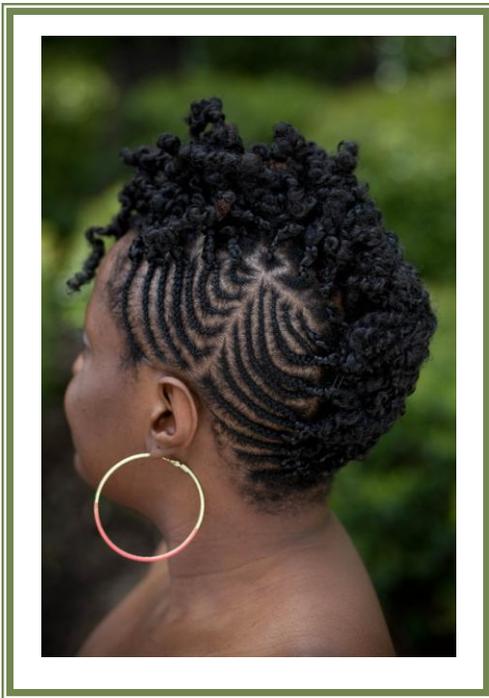


AU NATUREL

NATURALISTAS ON THE CATWALK & IN THE CLASSROOM Salon Updates

Well, April was a jam-packed month of fun and



excitement! I want to give special thanks and appreciation to our beautiful team of stylists, who let their fingers do the walking in ever creative and imaginative ways. Lead stylist Jamie Mitchell,

licensed stylist LaRhonda Moore, stylist Martina

Jackson and apprentice Dahney Bey. These ladies put it down with 15 imaginative styles that emerged from nothingness into being. I was impressed. Also, the show could not have been a success without our beautiful models. Thank you ladies and girls! I'll introduce the models over the next few issues as I release their style photos.

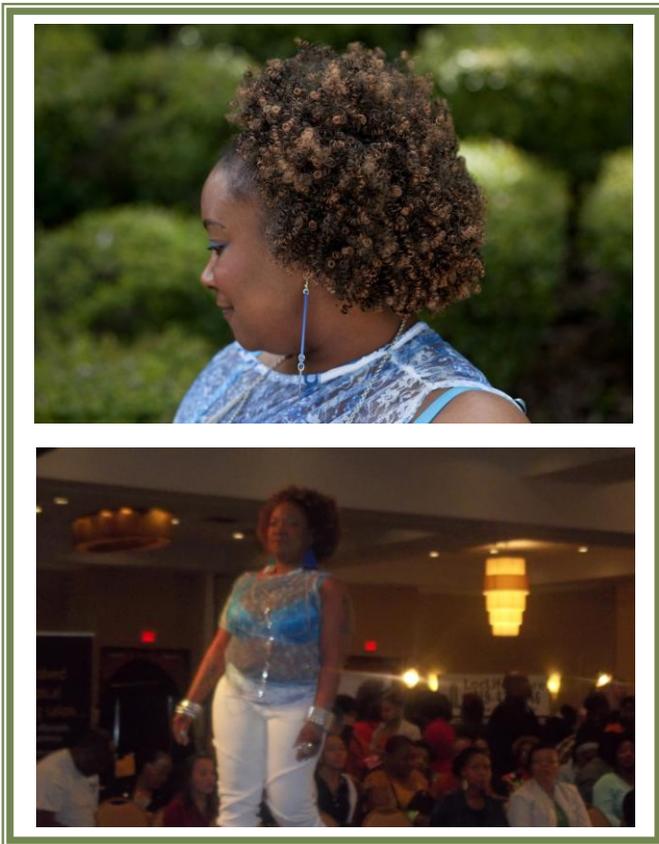
Our theme for the show was "Natural Simplicity." Ordinarily, successful hair shows are predicated on the extent to which the styles are innovative, awe-inspiring and sometimes "outer worldly." Well, I love seeing the unexpected like anyone else. But, we really do emphasize the practical and the professional more than anything else. We know that people who come into our salon are working women primarily. So, they want to wear what is attractive and fits with their lifestyle. So, that is ever our focus and will continue to be so. The first photo in this segment (page 1) is of LaQuisha Brown.

A MOVING MARCH MOMENT

While sitting at the bus stop on a beautiful day in March, I sensed an epiphany coming. I looked at all of the people passing in their cars, jogging, walking...and it occurred to me that the Matrix analogy is inadequate. In the movie [the Matrix](#), the plot suggests that we must unplug from the Matrix (i.e. the material, social construct that we live in) to find true reality. For spiritual growth, this is true; but, only partially so. It occurred to me that we can't unplug from the material and hope to experience the divine by default. We must plug into that which is more real than our material state: the Spirit. The Spirit energy that flows through me is the energy that flows through everything and everyone. The problem is that most people are unplugged from the Spirit. For this reason in our state of being unplugged from God (plugged into the material), we live a dualistic and conflicted life. Even when we profess a belief in God, that belief is a thought process rather than a knowing and a doing. As a result, we live in an unloving and ungodly way. My question to myself this beautiful March morning: How do I stay plugged into the Spirit 24/7 to experience the true joy and gift of life as God intended?

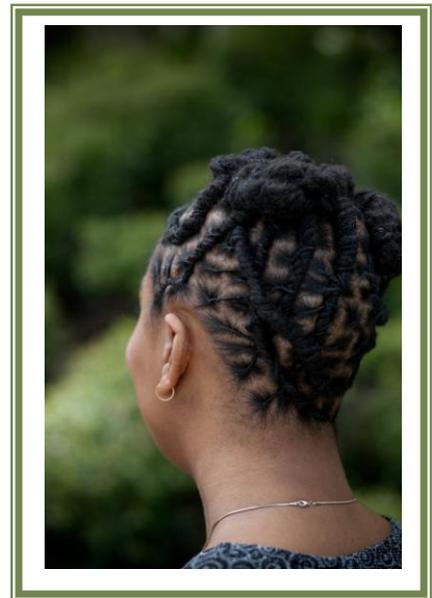
This style is a cornrowed and extended Nubian twist style by Jamie Mitchell that is available in our salon for about \$100. If this style is requested without extension twists, it is only \$70.00. LaQuisha wears it very well! This is the style that was featured in our salon ad for the April 24th edition of the Independent Weekly. It was a definite favorite at the show!

The next style is worn by Kiesha McLendon. This style is a natural afro weave by LaRhonda. The style is a great transitioning style, as is the style by Quisha. It is also good for when you feel like you want to



have a change of pace while protecting your hair during the process. Kiesha definitely took the award for the boldest, hottest fashion statement at the show with fur boots and an attitude that would not quit! I wish I had the outgoing nature to carry that look off! Somehow, life couldn't help but be exciting all the time! ☺ Kiesha's style (hair only please ☺) is available in the salon for only \$100.00.

The next style is worn by Yoneka Trent. Yoneka locked her hair about a year ago, and mostly wears her hair down. This style, by Martina Jackson, is a freestyle updo that keeps the viewer guessing which way the hair connects. This style is available in our salon for only \$70.00



The final style photo on this page is of Laticia Graham. Laticia is wearing a cornrowed updo style with curl twists as an accent by Martina Jackson. This style is only about \$55 in our salon. But, it looks like a million bucks! The second photo is of Laticia on the catwalk. Her outfit spoke volumes to the power of subtle and demure, and was a beautiful complement to a beautiful essence. She showed that presentation is indeed everything!



The final photo for this segment (top of page 3) is a shot from my lecture: "Why Natural Hair: A Historical Perspective on Beauty." This lecture



addresses where we've come from, how we got here and where we're going. I'm always energized after coming out of these talks! The session was engaging and rewarding. Special thanks to all of the beautiful ladies who attended and posed such wonderful questions for discussion. These lectures are ALWAYS my favorite part of the show. Your lively energy is the reason why we love to do these shows. We hope to see some of you at the next one soon.

In all, the NUSOL Natural Hair and Beauty Expo was a resounding success! The other hair shows were pretty hot as well! I want to give special mention to Jey from Natural Roots by Jey, Roxanne of Loclife, Taji of Taji's Natural Hair Salon and my beautiful sisters LaShawn and Karma of Knotti by Nature. We all are fierce competitors in this game but, whenever I see these beautiful sisters, I feel nothing but love! Truly!! And ladies, I haven't forgotten about the Natural Hair Care Coalition. Maybe it was an idea before it's time. At any rate: when you're ready, I'm ready! Yes, Timesha, that includes you too! ☺ I hope to meet you soon.

Be sure to check out the Independent Weekly over the next few months to see more of our best style photos in the *Schatzi's* ad on the Go Local Page!

Embrace the Beauty of You.

WHAT'S LOVE GOT TO DO WITH IT? Nurturing an Obsession with Neo-Soul Vibrations

One of my clients is convinced that I'm a hopeless romantic. One day, she came into the salon with her engaging New York accent and motherly tone and proclaimed: "You're playing love songs again. That's all you listen to." Indeed it is. Neo-soul is my preferred genre of music although I like to vibe with a healthy mix of traditional R&B. Both genres are replete with love lyrics to sooth and caress my poetic heart. ☺ On occasion, you might catch [a contemporary jazz piece](#) for the jazz lover, though we don't have many of these titles in the salon. I often pepper this publication with personal favorites in order to share the love and expand the feel of our salon into the universe. I figure the songs will bring joy, love and light to the listener, because love energy is infectious. Is love not God's greatest command? Think about it this way: As someone before me once said, 'Life is hard and then you die.' Well, that's not quite ALL there is! There's love. Without love, what would make the journey of life worth taking at all?! I personally think I'd rather chill in the clouds with the angels and just meditate if it did not exist. Love truly is the elixir of life. So, our salon, this newsletter and prayerfully my life are all focused intentionally on sharing love and nurturing it in others. What greater purpose could I possibly hope to achieve with my life and the time that I'm given?! Many people spend their lives in this way as well. I just talk about it more than most! ☺ I believe our salon is an incubator of love. I believe you can feel that energy when you walk in the door. This is our intention anyway. A client recently came in and said to me: I feel so at home here. She could not have paid us a higher compliment. Truly! Love is the foundation on which we build. Besides, we cater to women primarily, and women spend a lot of time discussing love in some form or another: relationships, children, shoes, you name it. It's all good.

Well, case in point: a client of ours recently touched on the topic of soul love. She was preparing to visit her boyfriend out of state and wanted a fresh look. While we talked, she spoke of the beauty of being “in love”. Sister was experiencing a neo-soul vibe of her own. In her words (paraphrasing), *Now, that I know what being “in love” is, I appreciate how beautiful it is. But I don’t believe all the talk about soul mates. That just seems ridiculous to me. There’s no such thing as one person to love who you’re just bonded with. There are too many people in the world for that.* I totally see her rather pragmatic perspective on the matter. We love who we are blessed to have in our lives; and prayerfully, we hope to love them well. So, she and I chatted and pondered life. But, curiosity has piqued my interest of late so, I did an internet search of “soul mates” to see what it had to say and found an interesting [link](#). It is true that everything under the sun is on the internet! And obviously, the topic is far more complex than one would ever have imagined! This link tends to embrace my client’s views AND the notion of a perfect partner! I don’t purport to say what anyone else should believe on the topic of soul mates. In fact, some stuff on [this site](#) and [another site](#) seems pretty questionable. But, the people writing sure believe. So if inspired, read through. Consider. Take what resonates with your heart and leave

Personal Note: When I deeply consider widespread use of the term “soul mates”, I realize that it may presuppose a belief in reincarnation. Some years back, I would never have considered the concept because I believed it was not Bible-based and couldn’t be rationalized in a sensible way. Then, I came across the work of [this man](#) and learned of this [Bible-based reference](#) (now out of print) by a Southern Baptist preacher. Since I’m not prepared to pay over \$200 for a book, I haven’t read it. But another source I read references the book’s citing of two passages of scripture which clearly intimate Christ’s and/or the culture’s belief in (at best) or entertainment of (at worst) the notion of reincarnation: [John 9:1-5](#) and [Matthew 16:13-16](#).

Because I have taken my own role as a wife and helper to my husband very seriously, I have believed it a personal responsibility to help him to “see the light” in the very highest sense and meaning of the phrase. He is an agnostic. The challenge is that he is also a [materialist](#). So if it can’t be rationalized through science, he’s skeptical at best. I respect that. So, I have had to put on my rational thinking cap in an effort to speak a God language that he will at the very least hear. I have pursued knowledge from the four corners of the globe much like an emissary with an urgent message in full gallop; only instead of seeking the message (which I already KNOW), I’ve been seeking the language to interpret or translate the message to even the most stubborn heart. I have found many wonderful and beautiful sources. When I find them, I match them up to the Bible and pray for enlightenment. My quest continues; brother aint convinced! (*I need an emoticon with a pouting bottom lip.*) I know God is working on him; but, I’d be remiss if I didn’t take some responsibility for shining a light. My ultimate goal is translatable truth. (*God in my mind is a given. Some things: I KNOW and so, I am unapologetically biased on that accord. Therefore, my methods are not scientific at all. But then, I do not need scientific methodology to rationalize MY beliefs in God.*) The irony of it all is that instead of my quest pulling me away from God; it has pushed me towards God. Through this quest, I have come to love Christ more than I ever could have without seeking this expanded knowledge. Why? Because He was the True Emissary with the full message and knowledge—the new wine. Yet, He had to speak to the hearts of the old wineskin world—the hard hearted, as the paradigm shift truly shatters all that we know and can fathom. A message of love should be the simplest message in the world to deliver. Instead, the world wanted to *kill the messenger*. Thank God the Messenger, the message & the love are still here! Amen.

the rest. And as a reminder to us all, love those you are blessed to have in your life. [If you believe the internet sources](#), they are ALL your soul mates and are in your life for a reason--the paramount reason being *to love*. And if you stop by the salon, we'll be sure to love you too, as well as play you some neo-soul love vibes. ☺ Most likely, that's all we'll be listening to anyway! ☺

BRAIDS ANYONE? For Carefree Summer Love

Okay, it's official. I'm going to wear braids this summer. I know Jamie is having a conniption fit as she reads this! ☺ If I'm reading her mind correctly, she's thinking: "Yeah right, I'll believe THAT when I see it!" ☺ I've threatened to wear braids SO MANY times and just don't. She's happy to put them in for me but I always change my mind. I wore extensions one time in my life back in college. It was convenient and easy maintenance but I left the experience feeling I had two heads of hair! I already have a good amount of hair so more hair is really a bit much! But this summer, something in me wants to recapture my youth and to swim with abandon!! I want to swim often, and I want to be able to go to work or the salon or wherever right after without worrying about maintenance. So, it's going to be braids. My natural hair tangles very easily in water and I'm definitely not trying to lock. So, braids are the neatest alternative for me.

As a word of caution, I often speak to clients about the frequency of wearing braids and about proper care of braids while wearing them. Because they can be so harmful when worn too frequently or when too tight, I advise moderation in braiding. Moderation in sizing is essential. We do mini-braids in our shop. Never micro-braids! The reason is that micros are really not a practical thing to wear—EVER! Many will notice how the [Poetic Justice](#) braids are now back in style. That's because now that sisters are natural again, they're paying attention to what make sense and they're trying to minimize damage to the hair that they work so hard to grow. Large braids are really the most practical

type of braid to wear to minimize damage during loosening and especially around the edges. Check out my past article on [traction alopecia](#) or my article on [braiding taboos](#) for more information. In addition, Senegalese twists are a healthy alternative as they don't unnecessarily stress out the hair as they are much easier to take out than braids. The loosening process is when the vast majority of damage and breakage occurs. **My word of advice:** If you're loosening your braids, never do so in a hurry. Make a day of it and relax. Only invite friends to help if they will be as calm and relaxed as you are.



The attached style photo for this article is of our salon stylist LaRhonda wearing side-sweep Senegalese braids by Jamie. This style was one of our NUSOL Natural Hair and Beauty Care Expo favorites.

In all, I would say that my main concern with wearing braids is having them come down past the middle of my back. For me, that is really a must because braids should adequately cover and protect the wearer's natural hair to avoid tangling and to maintain a neat look. The result for me will be a

flowing mane of synthetic or yarn braids that I know I will have to get used to when I look in the mirror. But, my own hair will remain healthy and protected during my double-life as a mermaid. ☺ So, I'm cool with it. If you want to join me in this quest, I'll be happy to have you. Martina and Jamie are both quite competent in braided styles and if you mention this article when you call, we'll give you a discount for your service. Wishing you much spring and summer fun!

BUSINESS SPOTLIGHT

Everything Chocolate and More

Note from Schatzi: With such a strong love focus for this issue, it seemed only appropriate to highlight a chocolate company to round out our Business Spotlight. Did you know that [chocolate is considered the love drug](#)? Well, my recommendation to all reading this piece is to indulge and enjoy. You'll be most impressed with the quality of these love treats as prepared by this husband and wife team.

I've been a bad girl—kind of! On the week-end of April 26th, I spent three days at the Southern Women's Expo in Raleigh. I was there representing the UNC School of Public Health so, I stayed with my booth mostly and met the beautiful ladies who stopped by. But when I eventually ventured from my corner, I consistently made a bee-line to the confectionary vendors. My favorite, hands down, was *Everything Chocolate and More*. I first encountered these good people at a natural hair show and have since become a true fan. The attached photo includes all of the chocolate that I bought from them (back row) and one other chocolate cherry vendor over this past week-end!! Is it really sinful if I say that I have no intention of sharing these treats? That doesn't mean that I won't but, my *intention* is NOT. My chocolate treats go in my nightstand by the bed and I savor them at my leisure, hoping my son does not raid the cupboard. ☺ For this past week-end, it's mostly

brittles that I bought though I love chocolate more. I got a penchant for brittle and was most pleasantly surprised. Their brittle is TO DIE FOR!! I usually stay away from brittles because they're too hard (possibly too stale), or too chewy or too salty. But, these brittles have the perfect balance of butter, sugar and crunch and they melt away in your mouth with no residuals lingering. In fact, I shared some (despite my *intention* ☺) with the vendor next to me and one of the models in our show when she stopped by my booth and there was a unanimous opinion: Delicious!! That should tell you something. Try the almond,



cashew brittle for a real homemade treat! That treat (purchased and sampled on Friday) sent me back to their booth to buy three additional varieties on Saturday! So trust me: You won't be disappointed. I'm also pleased to announce that *Everything Chocolate and More* is a locally-owned (North Raleigh, NC) black-owned business. So, there's even more reason to support excellence. Check out their [wares!](#) Let me know what you think when you do.

***About Us:** Schatzi's is your gateway to natural beauty. Come and feel the peace and serenity of our natural hair care oasis, designed with you in mind. We provide the full range of natural hair care services to meet all of your service needs. Raleigh's first full-service natural hair salon has been faithfully serving the Triangle community and beyond since 2006.*

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