

# Au Naturel

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## COMMUNITY EVENTS

One of our valued clients will be hosting "Meatless Monday Cooking Classes" running every Tues. (6:30-9:30pm) from Jan. 13-May 5, 2009 at Wake Forest Rolesville High School. Pre-registration at \$80 per participant is required. Please call 554-1413 for more information.

*"After seeing the crowd, I knew he would win the election. I don't know who could command a crowd of that size with only a few days notice."*



Photo by Schatzi McCarthy  
October 29, 2008

## Letter from the Editor

By Schatzi H. McCarthy

*Producer: Tamiëka Vick  
Editor: Schatzi H. McCarthy*

Autumn is truly my favorite time of the year. As a child, I always loved how it ushered in the holiday season...beginning with my personal favorite—Halloween!! I think that's why I'm a candy junky today. In fact, I'm eating candy while writing this piece. I may need to re-evaluate my dietary preferences. Anyhoo, I love to watch the changing of the seasons with autumn leaves being by far the most spectacular visual display that nature provides at this time of the year. I was blessed to travel to New York last week. Watching the changing leaves from overhead was truly breath-taking. I never cease to be amazed by the majesty of it all.

Within the salon, we were privileged to visit Shaw University for a natural hair care discussion forum on Wednesday, November 5<sup>th</sup>. The turn-out was lackluster but in light of the previous days events, who could blame the students for wanting to be out and about, celebrating and giving thanks for much needed change. Those who attended will surely spread the good news, so it's all good.

Please see *Letter from the Editor* on page 2

## All Hail the Prez!!!!

By Schatzi H. McCarthy

I'm sure the regular readers of Au Naturel Newsletter are about as ecstatic as I was to see the making of history last November 4<sup>th</sup>. I've been celebrating ever since! It was truly a momentous day that will reverberate through the annals of American history for many decades to come. Being as blessed as I am, I was fortunate enough to see then Senator Barack Obama live and in living color, on none other than my birthday, October 29<sup>th</sup>!! He came to Raleigh, NC that day to give us all a shout out and I had to be there. I stood for over five hours but it was truly a birthday treat that I will never forget. I was about 20 paces from the podium, front and center. I couldn't have paid for better standing room only. With 28,000 people estimated in attendance, I was among the very lucky ones. But, it was my b-day!! I claimed a good location by birthright! ☺ After seeing the crowd, I knew he would win the election.

Please see *All Hail the Prez* on page 3

## Myths De-bunked: Top Five Reasons Most Women Use for Not Going Natural

(Reprinted from [www.naturallyyoumagazine.com](http://www.naturallyyoumagazine.com))

### Reason #1: My new growth is already very nappy so I can't imagine going natural. My hair is just too thick and nappy for that.

The "new growth" that you feel growing under your perm is not what your true natural texture will feel like. The new growth's overall appearance and feel is still affected by the chemicals from the relaxer. Even after you cut your relaxer, your natural hair will still be affected initially. You may not see and feel your true texture for some time.

### Reason #2: Natural hair is not professional and may not be accepted at my job.

I have discovered since being natural that we tend to magnify the way we think others will feel about our hair. That's not to say that negativity toward natural hair does not exist, but I have found that no one seems to be as hard on our natural hair's appearance as we are. Natural hair is very professional; there are a number of styles such as two strand twists, twist outs, a chic twa (teeny-weeny afro), or an afro puff with a decorative scarf, that will give you great professional style and flair. Also be aware that society as a whole will not change its opinion if there is no one to question or challenge it.

### Reason #3: Natural hair doesn't grow.

This is one of my all-time favorite myths. Regardless of whether the hair is natural or not, on average a person's hair grows anywhere from a fourth of an inch to a half of an inch per month. The beautiful thing about natural hair is that it shrinks into coils and kinks, which allows for flexibility and resilience. The assumption is that natural hair doesn't grow, but actually shrinkage masks the length of natural hair.

Please see *Myths De-bunked* on page 4

### Letter from the Editor from page 1

Well, overall, we are giving thanks for God's blessings. Since the announcement of the recession, business has been noticeably slower but I don't doubt that the holiday season will usher in a new influx of clients eager to have holiday styles!! Tamioka is making it her business to find really hot and innovative styles to feature in the regular newsletter editions so keep an eye out for them. We look forward to hookin' you up!

On the community side, I would like to consider revamping the poetry - sharing series a bit to have at least a quarterly feature on childbirth. I sit on the board of a non-profit called Childbirth Connection ([www.childbirthconnection.org](http://www.childbirthconnection.org)) and I would love to have the salon host opportunities for new mothers to meet and discuss their childbirth stories, fears, hopes and dreams, as well as to get general information from other ladies in attendance. What are your thoughts? Please phone the salon and vote! Depending on the feedback, we'll organize the first meeting accordingly. We look forward to hearing from you.

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*"I have found that no one seems to be as hard on our natural hair's appearance as we are."*

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Photo by Schatzi McCarthy  
October 29, 2008



## Producer's Style of the Month

By *Tamieka Vick*

*This 3 in 1 style consists of freshly twisted locks set on rods with the "wrap roll" technique in the front. To achieve this style, locks should be washed one time with a clarifying shampoo to remove any buildup then two more times with a moisturizing shampoo. Towel dry thoroughly and apply a light moisturizing gel to the root of each lock. While holding it taut, twist lock in either a clockwise or counter-clockwise direction and secure it with a metal clip. Repeat this process until all locks have been twisted. After that, set each lock on perm rods (larger for bigger curls and smaller for tighter curls.) After that, hair should be dried under a hood dryer for about 30 minutes to an hour; depending on length and thickness. Once dry, carefully undo each rod by gently pulling it down to preserve the spiral pattern. Section off the locks in the front (stopping at the ears) and apply large plastic clip(s) to the locks in the back that are going to be worn out to keep them out of the way. Decide on the number and the direction of the rows and section each one off with a clip. To start the roll take the first two locks and twist them around each other in the direction that the individual locks are twisted in. While holding the end of the twist, grab the next lock and wrap it around in the same direction. Keep wrapping the remaining locks in that row around the twist until you achieve a "roll"; then secure with a rubber band close the scalp to allow locks to be loose on the ends. Repeat this process for each row until all of them look like "rolls". Take fingers and blend the loose ends with the locks that are already hanging in the back (can also be secured with bobby pins.) Last, adorn with decorative hair accessory. I picked this style because it's easy to maintain and will last for weeks. Just make sure hair is covered with a silk or satin bonnet before going to bed to keep style neat. This style is also elegant enough to wear to any holiday party and is sure to turn heads!*



Photo borrowed from a friend on myspace page: [www.myspace.com/tamiekavick](http://www.myspace.com/tamiekavick) (screen name earthtone)

*All Hail the Prez* from page 1

I don't know who could command a crowd of that size with only a few days notice. Not even Oprah has that kind of pull.

You'll see a few of the great photos that I got of him interspersed through this newsletter. Yes, sure, it's a natural hair newsletter. But what could be more natural and more beautiful than seeing a young girl with two-strand twists in the White House?! I wonder if they need a stylist for the girls...Hmmm. I may need to work on that. Does anyone have Alfre's phone number? Just kidding. ☺ About the phone number that is. But, I do want to put that out there. You never know what gifts the universe will bring to you when you ask, seek and knock. So, I'm asking. Does a sister need a natural stylist for the girls?

Well, I hope you enjoy the photos. I felt truly blessed to see him before he was elected President. But, truly, it was a long time coming. I wish him and his family all of the God's richest blessings. May the bounty of the universe flow freely to his home and may his touch be like King Midas himself.

Godspeed my brother! Lead on....



Photo by Schatzi McCarthy  
October 29, 2008

*"...what could be more natural and more beautiful than seeing a young girl with two-strand twists in the White House?!"*

*Myths De-bunked* from page 2

#### **Reason #4: Natural hair is too hard to manage and care for.**

There hasn't been a time in my life when my hair was healthier or required as little time and money, yet it is "done" everyday. I have been able to do away with curlers and blow dryers, and have the freedom to wash my hair every day if I so desire.

In addition, natural hair doesn't require nearly as much upkeep. You can wear twists for two weeks without having to comb your hair, and you have the freedom to rinse and keep your scalp and hair clean at your leisure. There are also some great resources that exist today to

### **Tis the Season to be Curly**

*Reprint of an article by Mahisha Dellinger, posted on [www.about.com](http://www.about.com)*

Winter is the season that wrecks the most havoc on curly tresses. From the seemingly instant change in climate to the daily assault of dry, brittle wind and frizz-producing rain -- a curly girl just doesn't have a chance!

However, you can counter the evils of winter by incorporating a good hair regime and using only quality products for your curly angel's hair. Product choice is paramount. Look for moisturizing cleansers and conditioners and hydrating stylers and leave in products for her curls. Remember curly hair is as delicate as it is beautiful; therefore it is imperative that you treat her hair like you would a fine silk blouse – with extra care. Regular conditioning, daily moisturizing and quality hair care products are a must!

Give her curly hair a pre-holiday deep treatment, with heat, especially if you plan to heat style her hair. This extra step will help protect the cuticle from damage.

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help us learn how to properly take care of our natural hair - including Naturally You! magazine of course.

#### **Reason #5: I will not attract a man with natural hair.**

This is another one of my favorite myths. Contrary to popular belief, many men that I have asked have shared with me that they love a natural woman. They love the fact that that woman embraces her natural roots, and wears her hair with pride and confidence. They also love the fact that it's different - a natural woman does not project the image of what's beautiful according to European standards.

Overall, it takes an open mind and receptiveness to the beauty of natural hair. Those things will allow you to ask questions and get them answered correctly. From there, you can make an informed decision about natural hair, versus one that is formed from natural hair myths.

**Note from the Publisher:** It's not really a question of whether or not natural hair is "for you," because you were born with it that way. The real question is: how can I fully embrace it?

Don't overdo the heat styling. Excessive blow drying, flat ironing and curling will perpetuate dryness and encourage breakage.

Nothing is more unattractive than sparse, stringy ends, especially on curly girls. Regular trims should be a part of her hair care regimen. Curly hair should be trimmed at least every 3 months, and 1 week before a major event or party. But don't just trust anyone with her gorgeous locks. Ensure that her stylist is familiar with styling and cutting curly hair.

Use the right tools when styling her hair.

Always opt for natural boar bristle brushes and not nylon brushes, as they tend to break the hair especially during winter months.

Go natural! Explore her hair in its natural glory. Cleanse, condition, and moisturize her curly tresses and let them be. Curly Q Milkshake is the perfect wash and go curl reviver, definer, and defrizzer.

Let the sparkle and shimmer of the holiday season inspire you to have fun with her curly hair. A pretty princess dress, darling patent leather shoes, and the latest accessories are all she needs for the festivities. Top it all off with the perfect curls and she's got a look that's simply stunning.