

# Au Naturel

October 2008 Volume III, Issue 8

Schatzi's Design Gallery & Day Spa

Producer: Tamieka Vick; Editor: Schatzi McCarthy

## Special features at Schatzi's!

Please be advised that many of the premier art pieces by Jasmine Hawthorne have been moved to the LongView Center, a conference hall and meeting center, located in Downtown Raleigh! Jasmine's work will be on display for the Downtown 1<sup>st</sup> Friday Art Walk extravaganza that takes place this October 3<sup>rd</sup>! Be sure to check it out!

Visit our website at [www.schatzisdayspa.com](http://www.schatzisdayspa.com) for service pricing.

Gift Certificates are Available!

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*Our Consultation Room Awaits You!*

## Letter from the Editor: Black Cats, Good Luck and Kat

Greetings one and all! I trust that the autumn season is greeting you with cheerful smiles and cozy hugs. ☺ As the thermometer drops, I for one have been trying to get back on the reading train. I've been a bit remiss in the past few years so I'm making a concerted effort these days. I'm appreciating some really new and provocative ideas. One recent read which talks about the spirit and our connection to the wider universe makes me think of a funny story. Call it "connectivity" or the *Creeps*. Hey, Halloween is just around the corner! ☺ Anyway, one night when I was leaving my house in the wee hours of the morning (about 5am) to engage in some type of work assignment, I saw the neighborhood black cat dart in front of my car. It happened so quickly and unexpectedly, that I slammed on brakes and waited to hear the "Meow" of its 9<sup>th</sup> life rapidly leaving its body. ....Luckily, that cat had a few spares. With my heart pounding, I looked to the side of the car hoping to see the cat. There it was. We stared at each other for a time before I drove off and he/she continued on the way. It had to be by a fraction of a second that I missed it.

Well, the thing that makes me crack up when I think about it is that this cat is VERY arrogant now as it relates to me. He/she lays in the street all the time basking in the sun, feeling the warm asphalt under its belly...just chillin.' Now, the peculiar thing is that whenever

this cat sees me coming, it absolutely will NOT move from out of the street! I have to go around it. Even if I attempt to use my car to threaten the cat by coming very close, it will not budge. It's the darndest thing! I'm amazed because I know people in our neighborhood that would flatten that cat without batting an eye. So, to think that he/she has actually pegged me, regardless of what vehicle I'm driving, and thus will not inconvenience him/herself to move out of the street when I'm coming is quite fascinating. And probably the most fascinating part is that I'm the one torn up about it! Why won't he/she MOVE?! What animal stays in the path of oncoming vehicles without care or concern for its safety! Stupid cat! Yet, I'm still fascinated. All I can say is that cat got a good look at me when I came within inches of depriving it of its life. That cat has never forgotten me since...which gives rise to the notion of just how "curiosity killed the cat." ☺ I ain't saying I would but, catch me on the wrong day, and there's just no telling. ☺ Or maybe the cat just sees me as a kindred spirit. I always said that if I ever had to come back to life as an animal, I would be a black panther. ☺ Maybe that cat knows. ☺

Well on the salon side, all is well. I have been out of the writing mood for a few months, so August and September newsletters were absent. With eagerness and intensity Ms. Tamieka has taken on the charge of newsletter production. So, please call her to voice your appreciation for the articles and topics that she has selected! I will prepare editorials and write-ups periodically but for the most part, Tamieka will be running the show. I know you all will continue to appreciate our publication. Please feel free to let her know of ideas you have for future issues. We also have a new stylist named Kathleen Abrahams who will be working primarily on Saturdays. Kat, as we affectionately call her, has many years experience in natural hair styling and has had her styles featured in hair shows and print ads alike. She is a DC transplant, and we're quite happy to have her. She has beautiful waste length locks and is quite adept in twisting, cornrows, locks and varying styles. Please welcome her. And as always, we thank you for your support.

**Embrace the Beauty of You.**

**Poetically Speaking...**

As some of you are aware, Row Lewis, the founder of [www.libertyfellowshipcenter.org](http://www.libertyfellowshipcenter.org) and the host of Poetically Correct, is moving out of the State to embark on a new phase of life. We will miss her terribly. ☹ As a result of this change, we will be revamping the series a bit. We don't quite have a name for the new poetry series so if you have any ideas about that please feel free to share them. Going forward, we will continue to target our meeting dates on the 3<sup>rd</sup> Friday of the month; however, meeting confirmation will only occur through newsletter distribution. So, stay tuned for more information, as it is available.

As I typically share an original or inspiring piece in this section, I have opted this month to share an original that Row wrote for me. It is so beautiful that I can't help thinking when I read it that I should have written it for her. It would be no less accurate. To Row, my dear friend and soul sister, I wish you all the warmth and beauty and happiness that life can muster. And I seal it with a million dollar hug and a kiss! ☺ I love you.

Schatzi

**From First Glance**

By Row Lewis

At first glance  
She is not at all what one would expect  
Unique beauty and a kind of worldly charm  
She has been through much in the land of man  
She still lives with the torments.

From first glance  
She seems terribly uncomplicated  
And that fascinates the complicated soul  
To want to stay awhile inside of her realm  
To want what everyone wants from life,  
from her.

At second thought  
She is absolutely irresistible  
Pulling with magnetic force your intentions  
She is an angel, cloaked in the ways of the world  
Give her a chance and she will most  
definitely change you.

From moment to moment  
She is a great teacher  
Sometimes a weapon  
Sometimes a mirror  
Always though, she is my friend.

**Michael Baisden: Speaks out on 'Sisters with Natural Hair'**

Reprint of an article by Diane Lym-tai Da Costa on AOL Black Voices

***Provocative thoughts and ideas on natural hair in America aired on the Michael Baisden Show***

There are so many questions surrounding the social, economic and political conditions on how black women should wear their hair. Is it more acceptable to wear your hair natural or relaxed? Why can't blacks own beauty supply companies? Does politics play a role in wearing your hair natural or relaxed? Should sisters wear their hair natural in and out of the work place? Are relaxed sisters hating on natural textured wearing sisters? **Or, for that matter, should you wear your hair in its natural texture, EVER?**

"The Michael Baisden Show" aired on September 13, 2007 and focused on the topic - ***Sisters with Natural Hair***. **"Who really has the problem with natural hair?"** Several callers phoned in and proclaimed, **"I Love My Natural Afro and Locs!"** Despite this, is it possible that some sisters really have a problem with other sisters' hair styles?

In today's society, you would think that people of color, as a whole, would accept and love their God-Given natural texture always! Whether you consider relaxing, softening or wearing braids, locs or free textured afros, the decision to wear textured hair, should be solely a matter of choice, not a requirement placed by society's values of any one culture inflicted upon another. Who do you think has the problem with natural hair? Do you think that those who have attended college, law school or graduate school already know what is appropriate for the work place? Of course they do!

***What are the social, political and economic aspects of wearing natural hair?***

***Are sisters hating on sisters - aka black on black hate?*** Apparently, it's the 'sistas' and other women of color who have the problem with natural glorious tresses! Other nationalities stated they loved the way black women wear their natural hair and consistently had positive comments to share with the women who called into the show. While other nationalities do not always comment positively, we have much more work to achieve; especially, on educating other cultures to understand that textured hair can be worn in several ways. A curly fro can be worn big and blown out and then can also be worn more tamed, with a curly product. What is appropriate for the office... Big and Free or Tamed and Curly? What do you think? Both are afros. Do other cultures see it all as one big afro?

***Do Sisters with relaxed hair look at women with natural hair differently?*** Have you every noticed that sisters with bone straight relaxed hair, may or may not compliment others on their natural texture? Or, sisters growing out their relaxers, and those women who soften or texturize their hair, gravitate to women with free, natural, textured styles with various questions? This is surely **FOOD FOR THOUGHT**.

**On a political note**, Baisden, who will enter the talk show arena again on TV One, also announced on air, "President Clinton was very cool with the natural sisters." So think about that? Is wearing your natural hair a political statement or is it your way of life -- loving yourself and your textured hair, regardless? Knowing that you can have versatility by wearing it naturally curly or straight!

**And economically speaking**, on a previous show, Michael featured, a natural hair topic that was also reported on AOL Black Voice's **'I AM MY HAIR: 'Who owns the black hair care market?'** Are black folks just too lazy and not able to motivate themselves to take the next step to work around the Korean-dominated distributors? Why not distribute ourselves and go straight to the source in China and India? This is not only a beauty industry battle. It exists in music, film and entertainment across the board. Where are the black-owned distribution channels? Wake up people... you can, **AND SHOULD**, own a piece of the pie too!

*Schatzi's Design  
Gallery & Day Spa*  
258 W. Millbrook Rd.  
Raleigh, NC 27609

**Phone:**  
(919) 844-1933

**E-Mail:**  
[schatzisdayspa@aol.com](mailto:schatzisdayspa@aol.com)

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## **Pure coconut oil for dry, damaged hair**



**Reprint of an article titled "Coconut Oil?  
A Health Solution for Hair and Skin,  
posted on [hair-n-skin-care.com](http://hair-n-skin-care.com)**

Coconut oil is derived from copra (dried coconut) and is tropical oil that has a variety of health benefits. Coconut oil has been used to relieve stress, aid the treatment of heart diseases, the lowering of cholesterol levels and skin care. It has so many uses because it contains a number of natural acids that have antioxidant, antifungal and antimicrobial properties. Virgin Coconut oil is also used to help speed up the healing of cuts, bruises, burns and as treatment for aching joints and muscles.

Coconut oil helps in replenishing the natural oils produced by your scalp and also strengthens the hair shaft. This is essential to keeping your hair healthy and avoiding excess breakage and split ends. As compared to other oils like sunflower or mineral oil, coconut oil is far more effective in reducing the overall protein loss from both damaged and undamaged hair which is a major factor in hair damage and loss and therefore the use of coconut oil is effective in reducing hair loss. However it is not the only factor that is important. The other part of reducing hair loss using coconut oil is the application of the oil combined with a long relaxing head massage. When done properly, coconut oil and a scalp massage can increase the level of blood circulation and hence the hair follicles can absorb a higher amount of nutrients. The massage also relaxes the skin and stimulates the release of chemicals that help relax the body. This indirectly helps soothe the scalp and increases the hair follicles ability to grow hair. Thus the combined effect of the increased supply of nutrients and the relaxation provided by a coconut oil head massage helps keep the hair strong and healthy and also stimulates its ability to grow consistently, in effect reducing the amount of hair loss that you experience.

Coconut oil is most effective when it is warmed and applied to the hair. Therefore take a spoon or more of coconut oil (depending on the length of your hair) in a bowl and place the same in a vessel of water. Heat the vessel for about two minutes and then apply the now warm oil to your hair scalp. Leave the oil in overnight and then rinse your hair in the morning. For effective results, use a coconut oil massage on your head at least twice a week, if not every other day.

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