

Au Naturel

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Special Interest Articles:

- Women's Wisdom Unlimited will be hosting the "Writer's Circle" at Schatzi's on Saturday, March 27, 2010 at 4:00pm. Hope to see you there!
- Aesthetician Andrea Richardson is now offering make-up classes for those interested in learning make-up application for personal or professional use. For more information, please call 817-6717.
- Check out locstyle.com or jinsafragrances.com to find local suppliers of natural organic beauty and body care products!

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A Celebration of Womanhood...

This issue is a celebration of womanhood. On the spring solstice 2010, I was with family celebrating the birth of my beautiful grandmother, Mabel McMillan and my pistol of an aunt Joyce McCullom Woodberry. When we celebrate in my family, there's always plenty of music, dancing and reminiscing. The record player (Yes, there are only records played at these soirees!) may have anything from James Brown to Lionel Hampton to Parliament Funkadelics to Bob Marley. Joyce and Grandma have been avid collectors for many years.

These ladies molded and guided me into the woman that I am today, with my mother Greta McCullom Hawthorne running the "anchor" leg. When I reflect on their grace and beauty, I feel honored to have been born into this clan of very strong women. Sometimes, I believe that I don't have half of the strength that they have. They flowered into maturity at a time in history when Black women could be dishonored and abused openly by Whites and Black men alike with little recourse or justice to be realized. I recall being a college student and coming home to visit one

time. I decided I was going out with friends and my mother said, "Where's your knife?" I looked deeply puzzled and she said, "You don't carry a knife?" I said, "No." She then looked at me as if to say 'What have I taught this child?' Her regard then smoothly transitioned into "Well, she does live at another point in time and history." And that was that. I was left to reflect the remainder of the evening on whether she was really serious. It wasn't until years later that my Aunt Joyce shared a story about my mother. She said she used to work as a cocktail waitress here in Raleigh and that all the patrons in the place knew that not only did she carry a knife, she had no qualms about using it on anyone who tried to take liberties with her. She went on to tell of how she herself went to jail for stabbing a man with a steak knife who started to physically abuse her. Not to be outdone, all the family knows of how my grandmother pulled a gun on my uncle for "laying hands" to his wife in his own house. I reflect and I give thanks for their strength, courage, dignity and sheer will to survive the labyrinth of life on their own terms. All three of these women

have transitioned into the autumn of life without a male escort and they are none the worse for the wear. They've always had each other and their bond is a beauty to behold.

I share this tidbit of my personal history because it signifies a strength that is 'worthy to be praised.' After looking over the newsletter and reflecting on the articles which piqued my interest this month, I knew it was the spirit of this gracious McMillan/McCullom clan that reigned in my blood to bring these stories to your attention. The women highlighted here are fighters in their own right. Not only are they fighters, they're victors. The first you will meet is the author of my favorite movie of all times—"The Matrix." As I reflect on the battle she has waged over the past decade to reclaim her work, a part of my spirit says "I should have known a sister wrote that story." The story speaks to my soul in too intimate a way to be otherwise. The other is of little known blues singer Ida Cox. As always, I truly hope you enjoy this issue half as much as I enjoyed putting it together. If so, then mission accomplished!

Embrace the Beauty of You.

Black Author wins The Matrix Copyright Infringement Case

Reprint of an article of the same title posted on www.blackauthors.ning.com/forum/topics, edited by Greg Thomas



Author Sophia Stewart

This little known story has met a just conclusion, as Sophia Stewart, African American author of The Matrix will finally receive her just due from the copyright infringement of her original work!!!

A six-year dispute has ended involving Sophia Stewart, the Wachowski Brothers, Joel Silver and Warner Brothers. Stewart's allegations, involving copyright infringement and racketeering, were received and acknowledged by the Central District of California, Judge Margaret Morrow presiding.

Stewart, a New Yorker who has resided in Salt Lake City for the past five years, will recover damages from the films, The Matrix I, II and III, as well as The Terminator and its sequels. She will soon receive one of the biggest payoffs in the history of Hollywood, as the gross receipts of both films and their sequels total over 2.5 billion dollars.

Stewart filed her case in 1999, after viewing the Matrix, which she felt had been based on her manuscript, 'The Third Eye,' copyrighted in 1981. In the mid-eighties Stewart had submitted her manuscript to an ad placed by the Wachowski Brothers, requesting new sci-fi works.

According to court documentation, an FBI investigation discovered that more than thirty minutes had been edited from the original film, in an attempt to avoid penalties for copyright infringement.

The investigation also stated that 'credible witnesses employed at Warner Brothers came forward, claiming that the executives and lawyers had full knowledge that the work in question did not belong to the Wachowski Brothers.' These witnesses claimed to have seen Stewart's original work and that it had been 'often used during preparation of the motion pictures.' The defendants tried, on several occasions, to have Stewart's case dismissed, without success.

Stewart has confronted skepticism on all sides, much of which comes from Matrix fans, who are strangely loyal to the Wachowski Brothers. One on-line forum, entitled Matrix Explained has an entire section devoted to Stewart. Some who have researched her history and writings are open to her story.

Others are suspicious and mocking. 'It doesn't bother me,' said Stewart in a phone interview last week, 'I always knew what was true.'

Some fans, are unaware of the case or they question its legitimacy, due to the fact that it has received little to no media coverage. Though the case was not made public until October of 2003, Stewart has her own explanation, as quoted at aghettotymz.com:

'The reason you have not seen any of this in the media is because Warner Brothers parent company is AOL-Time Warner.... this

GIANT owns 95 percent of the media... let me give you a clue as to what they own in the media business... New York Times papers/magazines, LA Times papers/magazines, People Magazine, CNN news, Extra, Celebrity Justice, Entertainment Tonight, HBO, New Line Cinema, DreamWorks, Newsweek, Village Roadshow and many, many more! They are not going to report on themselves. They have been suppressing my case for years.'

Fans who have taken Stewart's allegations seriously, have found eerie mythological parallels, which seem significant in a case that revolves around the highly metaphorical and symbolic Matrix series. Sophia, the Greek goddess of wisdom has been referenced many times in speculation about Stewart. In one book about the Goddess Sophia, it reads, 'The black goddess is the mistress of web creation spun in her divine matrix.'

Although there have been outside implications as to racial injustice (Stewart is African American), she does not feel that this is the case. 'This is all about the Benjamins,' said Stewart. 'It's not about money with me. It's about justice.'

Stewart's future plans involve a record label, entitled Popsilk Records, and a motion picture production company, All Eyez On Me, in reference to God. 'I wrote The Third Eye to wake people up, to

"The reason you have not seen any of this in the media is because Warner Brothers parent company is AOL-Time Warner.... this GIANT owns 95 percent of the media...."

How to Tie a Head Wrap Knot Reprint of an article of the same title by Erica Starks posted on www.ehow.com

A head wrap is a practical, convenient way of expressing individual style. It is also the perfect solution for a less than stellar hair day. A head wrap can be worn by anyone regardless of hair length, texture or cut. Although the head wrap comes in a variety of prints and colors, the method for tying it in a knot is relatively similar. Here you will find how to tie a head wrap knot quickly and with minimal fuss.

Instructions

Things You'll Need:

- * Head wrap
- * Bobby pins (optional)

Step 1 : Select a head wrap or hair scarf. Ideally, you want to use one which

resembles a large square when unfolded. Unfold it completely so that it lies flat on an even, unobstructed surface.

Step 2: Diagonally fold the head wrap once so that it resembles an upside down triangle. Depending on its original size as a square, you may have to make another another 1- to 2-inch fold across the top. If the size of the fabric is smaller, bring two opposite points of the square closely together without completing the triangle.

Step 3: Hold the folded head wrap so each hand is grasping either point of the triangle's longest side. You will know that you are

holding it correctly if the top of the triangle is pointing down towards your feet.

Step 4: Lay the long side of the triangle against the top of your forehead. Bring both of your hands together behind your head and tie the two ends together. The motion is exactly that of tying shoe strings without making the final bow.

Step 5: Twist all of the loose fabric lying on the back of your neck into a tight knot--it should resemble a bun. You can either pull any remaining fabric through the middle of the bun, tugging it to firmly secure it in place, or you can secure the loose ends to the bottom of your wrap with bobby pins.



Style of the Month

Photo from Lauryn Hill Doo Wop (That Thing) Single Cover

The Scent of a Woman by Schatzi H. McCarthy

One of the greatest gifts of life that is oft taken for granted is the olfactory sense. Aroma, in my view, is a higher order sense which allows one to move from the third dimension of sight, sound and feel to the more spiritual, more holistic perspective of fourth dimension: the essence. I believe that through the sense of smell, one is able to connect with an entity or an experience more fully than with any other. For instance, the *giving entity* must first expend a portion of itself (its essence) and share it with you in order that you may fully and effectively appreciate it. What would be the experience of lavender or vanilla if we could not consume it's essence through the olfactory

nerves? I can only surmise that the encounter would be flat, at best. It is for this reason that a multi-billion dollar industry has been thriving for decades around fragrance, whether through expensive perfumes, fragrant shampoos and conditioners, floral air fresheners, lemon-scented cleaning agents and limitless varieties of incense. The power of scent has been greatly appreciated for millennia as cited in the alabaster box and the frankincense and myrrh of Biblical reference.

Scent is one of those areas in which we, as women, are allowed to self-indulge without guilt or anxiety saying: Today,

I'll be a flower; tomorrow a spice; next week, a fruit.

There are many essential oils that can be blended to create an alluring and felicitous aroma that you'll enjoy if no one else in the world can ever experience it. The Capital Blvd. & Rock Quarry Rd. Flea Markets have dedicated vendors who sell essential oils that can be blended for infinite possibilities. So this spring, go out and experiment with fragrance. Throw caution to the wind and indulge!! But, please note: fragrance has been known to attract some rather persistent followers who may want to appreciate the full experience! I once had a bee follow me for several blocks before realizing that I wasn't a flower. Since grandma taught me not to fear bees, I actually appreciated the company. But, I did switch to spice scents that summer to lessen their angst.

"I believe that through the sense of smell, one is able to connect with an entity or an experience more fully than with any other...[as] the giving entity must first expend a portion of itself (its essence) and share it with you in order that you may fully and effectively experience it."

Historical Profile of Blues Singer Ida Cox

Reprint of a Biography posted on allaboutjazz.com



IDA COX
Vocalist, composer,
recording artist

"Ida seemed to sing directly to Black women who saw themselves trapped by demeaning racial and social conditions, yet longed for dignity and respect..."

Note from Schatzi: While listening to the Tom Joyner Morning Show, I heard the biography of this little known blues singer who is considered the "uncrowned queen of the blues." She sang during the time of Ma Rainey and Bessie Smith, who you've more likely heard of. I'm always fascinated by biographies and I have a known penchant for blues singing. So, I was focused and attentive during the segment. I became an admirer of Ida Cox when I heard her song "Wild Women Don't Have the Blues" as played by Mr. Joyner. It was a true testimony to her spirit of resistance and her commitment to living life on her own terms. A glimpse of her photo brought a smile to my face. At the time in history in which she lived, she surely had to be a pistol to achieve all that she did in so short a period of time. I certainly wouldn't have had her nerve. So, I hope you enjoy this brief tribute to an unsung heroine of female liberation.

Ida Cox - vocalist, composer, recording artist (1896 -1967)

Born Ida Prather in Toccoa, Georgia, she left home at fourteen to tour with a minstrel revue. Cox excelled at vaudeville singing, but when the popularity of vaudeville shows began to fade, she transformed herself into a formidable blues singer and worked the Southern tent show and vaudeville circuit. She spent some time with pianist Jelly Roll Morton before signing a

recording contract with Paramount in 1923.

In 1923 she made her first blues recordings, "Graveyard Dream Blues" and "Weary Way Blues," for the Paramount label. She met with immediate success and went on to record seventy-eight songs between 1923 and 1929, including "Cemetery Blues," "Handy Man," and her best-known song, "Wild Women Don't Have the Blues." Cox wrote most of the songs that she recorded.

Many of the seventy-eight songs Cox recorded for the label through 1929, and with other labels like Broadway and Silvertone (using pseudonyms such as Kate Lewis, Velma Bradley, Julia Powers, and Jane Smith) dealt with themes aimed at female audiences. Ida seemed to sing directly to Black women who saw themselves trapped by demeaning racial and social conditions, yet longed for dignity and respect, especially from the men in their lives. One of Cox's most enduring songs, "Wild Women Don't Have the Blues," hinted at sexual freedom. Two other Cox classics, "Pink Slip Blues" which dealt with the woes of unemployment, and "Last Mile Blues" a song about capital punishment, revealed a decidedly female view of social issues.

Ida Cox may have been the complete classic blues artist of the 1920s. Ida had a convincing blues delivery that made her one of the more popular female

singers of the era like Bessie Smith and Ma Rainey. Cox symbolized the liberated spirit of some black American blues women in the '20s with her stylish outlook, lavish wardrobe, and business savvy. Cox wrote many of her own songs, often produced her own stage shows, and managed her own touring company, appropriately called Raisin' Cain.

With many blues fans Cox is best remembered for her graveyard songs- "Graveyard Dream Blues" "New Graveyard Dream Blues" "Coffin Blues" "Bone Orchard Blues" and "Cemetery Blues". In the 1930s Cox continued to perform and occasionally record.

In 1939 Cox performed at Carnegie Hall in New York City as part of John Hammond's second presentation of From Spirituals to Swing. She sang "Lowdown Dirty Shame" and "Fore Day Creep" before a sold-out, integrated audience. The historic concert introduced the blues diva to a crowd that was perhaps just beginning to appreciate the artistry and significance of black music.

Cox also recorded with jazz artists Charlie Christian, J.C. Higgenbottom, Lionel Hampton, Hot Lips Page, and Fletcher Henderson for the Vocalion and Okeh labels that same year. Later, in the early '60s, she recorded with Coleman Hawkins before retiring to Knoxville, Tennessee. She died of cancer on November 10, 1967.

Love Inspired Body Care Recipes from Mountainroseherbs.com

Reprint of recipes posted in the January-February 2010 issue of their online newsletter

Brown Sugar & Vanilla Body Scrub

A sweet smelling body scrub which will leave your skin feeling silky smooth.

1 cup organic brown sugar
1/2 cup organic granulated sugar

1/2 cup + 3 TBSP organic Sunflower oil
1/2 tsp organic Vanilla flavoring extract

Blend sugars together in a bowl, add oil and vanilla extract, and mix well.

Package in jars, and enjoy!

Lover's Delight Massage Oil

A floral, earthen, exotic, & sweet blend which will appeal to women & men.

1/2 cup organic Jojoba oil
20 drops organic Lavender essential oil
15 drops organic Cedarwood essential oil
2 drop organic Ylang Ylang essential oil

Drop all essential oils into a glass bottle, add Jojoba oil, and roll bottle between palms to blend oils.

Decorate with a ribbon and

pretty label if desired. Shake well before each use.

Rose & Geranium Bath Bombs

Enjoy taking a bath with these fun and fizzy aromatic bath bombs.

1 cup Baking Soda
1/2 cup Citric Acid
1/2 cup Epsom Salt
1 TBSP organic Rose Hydrosol or water
1 tsp organic Olive oil
Dried organic Rose petals
20 drops organic Geranium essential oil

Combine dry ingredients together in a large bowl. Slowly drizzle in Olive Oil and essential oil while stirring to prevent fizzing. Slowly spritz with hydrosol while stirring constantly until the mixture begins to clump together. The blend should be just moist enough to hold when pressed together with your hands, be careful not to add too much moisture. Add rose petals, press into molds, and allow to dry 2-3 hours

before unmolding. Let bath bombs cure for one week before using them, then store in an airtight container. You can shape your bath bombs by using a melon baller, ice, candy or soap molds, clear plastic two-sided Christmas ornaments, egg cartons, or anything else you have on hand.

Sweet Lavender Bath Salts

Floral and relaxing, these salts are a perfect addition to any bath.

1 cup Salt (Epsom, Sea Salt, Dead Sea Salt, or a mixture)
1/4 cup Baking Soda
20 drops organic Lavender essential oil
1 TBSP organic Lavender flowers

Mix salt and baking soda together in a large bowl. Add essential oil and Lavender flowers, blend well. Package in a jar, or use right away.

(Recipe written by Irene Wolansky.)



Photos borrowed from mountainroseherbs.com

Rejuvenate Your Skin for Spring

Reprint of an article of the same title posted at www.sheknows.com

Lighten up

The heavy moisturizing cream that you used in the winter months may be a little too heavy for spring. Switch to a lighter, oil-free formula instead, but still pay close attention to the skin around your eyes and mouth. Don't forget to apply sunscreen every time you leave the house.

Makeup colors should lighten up too. Put aside your dark lipstick, blush and eye shadow and go for a little more natural look this season. Replace the plum

and wine colors with more pinks. For daytime use a [lip gloss](#), rather than a lipstick, and switch from black mascara to brown. Instead of a liquid foundation, switch over to [tinted moisturizer](#) or mineral powder instead.

Exfoliate your body

As you toss your boots and sweaters to the back of your closet, you probably realize that you will be exposing a lot more skin soon. Shorts weather is almost here and bikini time is right around the corner. Skin care isn't just

about your face. Body care is important too. Exfoliate from head to toe to slough away dead skin cells and rejuvenate your dull complexion. Follow these tips on [how to exfoliate](#) and get a smooth, glowing complexion.

Pamper your feet

Your tootsies have been hiding all winter long but it's time to break out the sandals. If you can't afford a trip to the salon, you can do your own pedicure at home. Add 3 cups of milk

"To catch the reader's attention, place an interesting sentence or quote from the story here."

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Matrix Copyright Infringement cont'd...

remind them why God put them here. There's more to life than money,' said Stewart. 'My whole to the world is about God and good and about choice, about spirituality over 'technocracy'.'

If Stewart represents spirituality, then she truly has prevailed over the 'technocracy' represented in both the Terminator and the Matrix, and now, ironically, by their supposed creators.

Stewart is currently having discussions with CBS about a possible exclusive story and has several media engagements in the near future to nationally publicize her victory. June 13th 2004. Sophia Stewart's press release read: 'The Matrix & Terminator movie franchises have made world history and have ultimately changed the way people view movies and how Hollywood does business, yet the real truth about the creator and

creation of these films continue to elude the masses because the hidden secret of the matter is that these films were created and written by a Black woman...a Black woman named Sophia Stewart. But Hollywood does not want you to know this fact simply because it would change history. Also it would encourage our Black children to realize a dream and that is...nothing is impossible for them to achieve!'

Rejuvenate Your Skin cont'd...

and one cup of honey to a large basin and soak your feet for 20 minutes, massaging the liquid into your skin. Use a pumice stone to remove extra rough patches. Rinse your feet with warm water and pat dry. If you have dry, cracked heels, slather petroleum jelly on

your feet before bedtime and sleep in a pair of clean, white cotton socks.

Drink more water

It's no secret that water is great for your body and your skin. It's very important to stay hydrated in warm

weather. Carry a bottle of water wherever you go, not just to the gym. Make it a habit to drink 8 glasses of water each day. Snack on berries instead of chips, cookies and other munchies. Berries are rich in antioxidants, which help fight free radicals and encourage collagen renewal.

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.

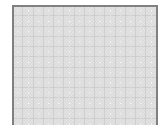
Schatzi's design gallery

provides services that nurture natural hair care with talented stylists who are happy to guide you through and beyond the naturalization process. Our day spa encourages mental, spiritual and physical well-being through a range of relaxation services, including massage therapy, facials and other skin care services. 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.

SCHATZI'S
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