

# Arts & ENTERTAINMENT

## Fusing Classical, Country and Jazz

Friends of Chamber Music present the groundbreaking, category-shattering trio Time for Three during a performance on Monday, March 21 at 7:30 p.m. in Kaul Auditorium at Reed College, 3203 S.E. Woodstock.

The group transcends traditional classification, with elements of classical, country western, bluegrass, gypsy and jazz idioms, forming a blend all its own.

The performance will feature an eclectic program that will include Time for Three's own arrangements of traditional repertoire and original compositions.

For tickets, call 503-224-9842 or contact any Ticketmaster outlet.



Zachary De Pue, Nicolas Kendall and Ranaan Meyer blend elements of classical, country and jazz in their group Time for Three.

## Exploring Natural Hair Options

### Author breaks away from chemical products

When many Black women think of maintaining their hair, there are often only two choices: Altering their natural hair with a relaxer, weave, or lace wig; or accepting dry, coarse, natural hair that is difficult to grow and manage. According to Camille Jefferson, author of the new book, "Reclaim Natural Beauty," there is another option.

The book is geared at teaching black women how to grow their own, natural hair to extra-long lengths, develop and define their curl pattern, and grow hair that is soft and strong - all without the aid of chemicals.

"If there is one thing that many black women struggle with, it's our hair," Camille explains. "Relaxers are damaging, wigs and weaves are expensive and not everyone's first choice, and our own natural hair seems to not even be an option. But what if we knew how to grow our own hair longer than it's ever been, develop and define our curl pattern, and nurture it so it's soft, and altering wasn't needed?"

From the author's own hair experience, she knows how hard it is to deal with hair that is constantly breaking due to damage, dryness, and rough treatment. So she decided to do some-



Camille Jefferson

thing about it: she went to natural. Once she did, however, there was one problem: her hair was dry, coarse, breaking, and wasn't appealing to the eye; and what was worse, she didn't know what to do about it.

"It was then I realized how uneducated I was on how to take care of my own hair, because I had a relaxer most of my life," she said.

After educating herself, experimenting and implementing new products and her learned processes, Camille was able to grow her own hair past the middle of her back in less than 2 years - longer than it's ever been her entire life - with no chemicals.

"I think that knowledge is powerful. If every black woman had this information and knew how to take care of their own hair so it grew long, curly and beautiful, I believe that many would choose this option.

"Reclaim Natural Beauty" is available for sale on paperback at Amazon.com, and on E-book at reclaimnaturalbeauty.com.

## Community Celebration Saturday

A celebration of north Portland will take place on Saturday, March 19 in the Bauccio Commons on the University of Portland campus, 5000 N. Willamette Blvd.

The dinner event will begin at 6 p.m. and will bring together and honor community leaders, business owners, service club, neighborhood activists, the faith community, and education groups.

Five people will be presented awards for their community service, while several others will be honored in a specially-made recognition book. The event offers an excellent opportunity to connect with neighbors, find out about ways to get involved with supporting the community, and learn about the history of the area.



"It's a great idea to come together to celebrate and recognize the people who have made north Portland what it is," said Mike Verbout, an organizer of the event.

"There is no shortage of people to honor who have given countless amounts of time and energy to make our community so special."


Tickets cost \$25 and can be purchased by contacting Verbout at [mikeverbout@cheerful.com](mailto:mikeverbout@cheerful.com) or 503-260-7611.

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