



LifeStyles

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Television

Oprah gives \$100,000 to Atlanta program

(AP) - Talk show host Oprah Winfrey donated \$100,000 to Cool Girls, an Atlanta program that teaches pregnancy prevention, violence prevention, nutrition and entrepreneurship, to poor girls.

Winfrey gave the check to the group's executive director, Michele Reiner, during a television show that was broadcast Thursday.

Discover South Africa—Rediscover Yourself

By Dolores Bundy

Anyone with a thirst for adventure will think "safari" when first considering South Africa as a destination to travel. And why not? Safaris are exhilarating, a once-in-a-lifetime experience. Adrenaline seekers can feel their heart beating through your chest as a lion approaches your vehicle. You freeze as he begins to roar. You cannot believe your luck. A few minutes later, as you race along a dirt road trying to beat the sunset, a herd of buffalo is spotted. How Many are in the herd? You ask, imagining how thrilling it would be to see 20, or even 50. "Four hundred, maybe five," the ranger matter-of-factly answers. You find yourself exhilarated beyond belief. You can't believe it! You're in the South African Bush, 7000 miles or more from the United States. It might as well be a million because you're truly out of your element, yet more alive than you have ever felt.

You've just experienced South Africa's big five—the lion, buffalo, rhinoceros, leopard, and elephant undisturbed in their natural habitat—you've hiked, climbed rocks along the Garden Route, taken to the air in a hot-air balloon, plunged into the waters, encountered dolphins, swam with sharks, cycled, explored on horseback, traveled through game reserves, rode on an elephant, fished and hunted. Now imagine this!

Imagine a place of utter solitude as you wind-down with a glass of South African wine and pamper your palate with the multiple strands of world culture foods, honed and shaped by the winds of South African history.

You've discovered South Africa, now rediscover yourself!

South Africa offers a multiplicity of unique spas at prices far less than in the U.S. To an experienced traveler, a hotel is just another hotel, no matter how unique the setting, or how impeccable the service. But in South Africa, few will disagree that these hotels are like any elsewhere in the world. These hotels ensure pure escape and total wellness of body, mind and soul.

The Westcliff Hotel, located in the peaceful residential suburb of Johannesburg, cascades down through landscaped gardens in a series of picturesque villas surrounded by lush greenery, sparkling fountains and cobbled pathways. It is the ultimate in spa experience, a haven to rest, relax and revitalize yourself with numerous message therapies —Swedish messages, aromatherapy, hydrotherapy, holistic, kuhuna, hot stone, reflexology, etc. and skin care therapies that are unparalleled. www.westcliffhotel.orient-express.com

If you prefer the outdoors, Mount Grace Country House & Spa, is an hour drive from Johannesburg, an ideal place to take the time to enjoy the healing and relaxing benefits of water therapy. In an outdoor hydrotherapy spa garden where you feel at home and pampered, Mount Grace features the luxury of an outdoor heated Jacuzzi pool, and a refreshing waterfall



LUXURIOUS ACCOMMODATIONS: Visitors get to enjoy nature and its creatures while staying in first class accommodations at the Royal Malewane game lodge in South Africa



that flows with therapeutic water. An Elixir Liquid Sound Flotation Pool is designed for floating in a tranquility in a shady part of the garden conducive to mediation and quiet reflection while listening to soothing echoes of music. www.grace.co.za

The very word Cape Town conjures up an aura of natural beauty, soaring mountains, white beaches and incandescent oceans. Enter Eden, the village hotel on the Spier Wine Estate, a blissful experience located along the banks of the Eerste River at Stellenbosch near Capetown. Spier's promotional sound byte is "unexpected pleasures" and supplies a hefty course of it. You must stroll gently through the gardens to reach this various delights, but its well worth it. The spa offers holistic treatments of various messages and body wraps that recreates and redefines the spirit. www.spier.co.za

The Royal Malewane is an advance on the senses.

On the Western fringe of the Kruger National Park in the heart of South Africa's "Big Five" territory at Hoedspruit, Royal Malewane balances an exquisite synthesis of nature's wild, plus a quiet and sophisticated sublimity of colonial comfort, elegance and style. It is an exclusive getaway for those who value privacy. Luxury is in its purest form at Malewane. It tran-

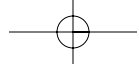
See Discover South Africa, page 13.

CAU Art Galleries presents Hayward Oubre

Clark Atlanta University Art Galleries will present the multimedia artwork of Hayward L. Oubre, who participated in the Atlanta University Art Annuals held between the years of 1942-70. The exhibition opens March 23. Remembering the Atlanta University Art Annuals focuses on the artwork of Oubre, one of the most prolific contestants in the Annuals still active in his studio in Winston-Salem, N.C. Between 1946 and 1969, Oubre participated in 23 or the 29 Annuals and had 55 of his works presented at the exhibitions. For ten of these, he received recognition - eight awards and two honorable mentions. Now 86-years-old, Oubre has had an exceptional career as an artist and educator.

The opening reception is Sunday, March 23, 3-5 p.m.. Gallery talk by Jerry Langley at 4 p.m.. Gallery hours: Tuesday-Friday, 11 a.m. - 4 p.m.; Saturday noon - 4 p.m.

The Galleries is located on the 2nd level of Trevor Arnett Hall at the corners of James. P. Brawley Dr. and Greensferry St.



Discover South Africa

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sends both the material and the sensual. The luxurious spas offer treatment of choice indoors at the exquisite facility or in the sala with only natural surroundings. This is a pannier for the soul. www.royalmalewane.com

The Table Bay at the waterfront in Capetown is a unique celebration of intimate style and taste. In perfect harmony with an ambience that saturates the senses, The Table Bay combines a subtle blend of understated nautically styled elegance with luxurious relaxation which provides an ideal setting for pleasure. Relaxing in the private spa or on a sunowner harbor cruise, every experience is punctuated only by intense sunsets. By the pool, turquoise ocean or dramatic vistas, you will indulge yourself with a host of traditional holistic and international spa therapies. www.suninternational.com

Then there's the Fancourt Hotel and Country Club Estate. It is the ultimate in golfing experience. Africa's premiere golfing estate located in George, at Cape province, The Fancourt is a world class property, and host to the presidents Cup 2003 in November. Fifteen thousand hectors of gorgeous property, a place of tranquility and style that allows you to enjoy the serenity and cherish each moment—the mountains, the

water, the wildlife, nature and bird life. Surrounding Fancourt's four golf courses, are health spas which offer the ultimate in relaxation and in the most tranquil of settings. You can experience an interlude that soothes the body, mind and spirit in a facility offering all the options the health-conscious person desires. From its relaxing heated "Roman Baths," and sophisticated gym, to unparalleled selections of the finest body, beauty and therapeutic spa services, the emphasis has been placed on creating a quiet and complete adult facility. Whether you choose a treatment with a professional or just a treat after golf or tennis, one thing is certain—you will walk away refreshed and revitalized. www.fancourt.co.za.

Agatha Spa at The Coach House located in Pretoria, adds life to your lifestyle. You will feel the stress lifting as you walk into the Spa. Set in lush subtropical gardens and overlooking glorious mountain views in the country, this luxurious new health spa has been beautifully designed to help put life back in your lifestyle. Agatha Spa is where ancient Roman hydrotherapy meets advanced modern health. Using natural hot spring water first used by the Romans, are marble steam baths, sauna rooms and cold pools for health benefits. The spa embraces an ancient wisdom and knowledge of modern medicine in creating a range of beauty and spa treatments, including facials, mud wraps, massages, pedicures, all designed to revitalize and restore. www.coachhouse.co.za

Soul in the Kitchen

Continued from page 12.

large, shallow mixing bowl. Add the vegetable shortening. Sift the flour and salt into the bowl and mix well. Chill the flour mixture for 30 to 40 minutes.

Gather the chilled flour mixture in the palms of both hands and rub handfuls together briskly, letting the mixture drop back into the bowl through your fingers, alternating rubbing the dough with your fingertips. Continue doing this until the mixture resembles coarse cornmeal. This should take no longer than 5 minutes.

Place 5 tablespoons of the ice water in a small

cup. Stir in the vinegar. Sprinkle the ice water over the dough 1 tablespoon at a time, lifting with a fork to dampen all over. After adding 5 tablespoons of the water, squeeze a little of the dampen dough with your fingertips; if it doesn't hold together add more water, a tablespoon at a time, until the dough just clings together but is not mushy and wet.

Quickly stir together the dampen dough with a fork and gather into a disk or ball, dusting lightly with flour if it sticks. Wrap the dough in plastic wrap or wax paper and chill for 30 minutes to 1 hour.

Rollout the dough according to directions in the above recipe.

-Makes 1 double crust for 9 or 10 inch pie.

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