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April/May 2007 Year 4 **ISSUE 29**

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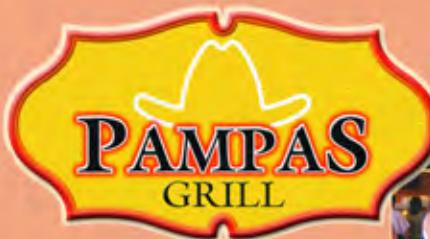
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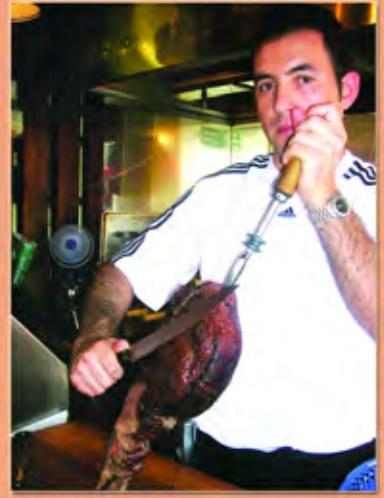


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## Editor's Letter

### CARTA DO EDITOR

Sit comfortably and close your eyes; take a few deep breaths and be aware of your body. Well, imagine something beautiful, as beautiful as you can. It may be something from your memory, or that you have seen or read about, that you make up right now. The important is to think about it strongly. In a moment or so you may feel sensations of relaxation, pleasure or energy. That is your mind telling you that you are now in direct, conscious contact with yourself. This moment is also excellent for conscious communication. And one of the best ways for communication with your "self" is to say thank you. Thank you for the good things your have reach in life. Thank you for the good that is coming. Say "Thank You" is so important and simple, but many times we just miss it. In this issue, just few months before we complete 5 year on the road, we continues our loyalty with our mission of promote the Brazilian culture, but also of promote the universal conscious living.

Love and blessings,

Lindenbergr Jr.

Sente-se confortavelmente e feche seus olhos; faça algumas respirações profundas e sinta você ali, naquele momento. Imagine algo bonito, tão bonito quanto você possa. Pode ser algo de sua memória, ou algo que você leu, ouviu, viu, recentemente ou que você esteja fazendo agora. O importante é pensar fortemente sobre isso. Em um momento assim você pode sentir sensações de relaxamento, de prazer ou de energia. É justamente sua mente ti dizendo que você está em contato direto, consciente com você. Este momento é excelente também para uma comunicação consciente. É uma das melhores maneiras para uma comunicação com seu "EU" é saber agradecer. É dizer "obrigado" a você e ao universo pelas coisas boas que você tem alcançado em sua vida. Obrigado pelas coisas que ainda estão por vir. Agradecer é uma coisa simples, mas muito importante. E que as vezes sim, esquecemos. Nesta edição, apenas poucos meses antes de completarmos 5 anos na estrada, confirmamos nossa lealdade de continuarmos com nossa missão de promover nossa cultura, mas também de promover uma vida mais consciente e plena.

Amor e bom astral,

Lindenbergr Jr.

## Summary

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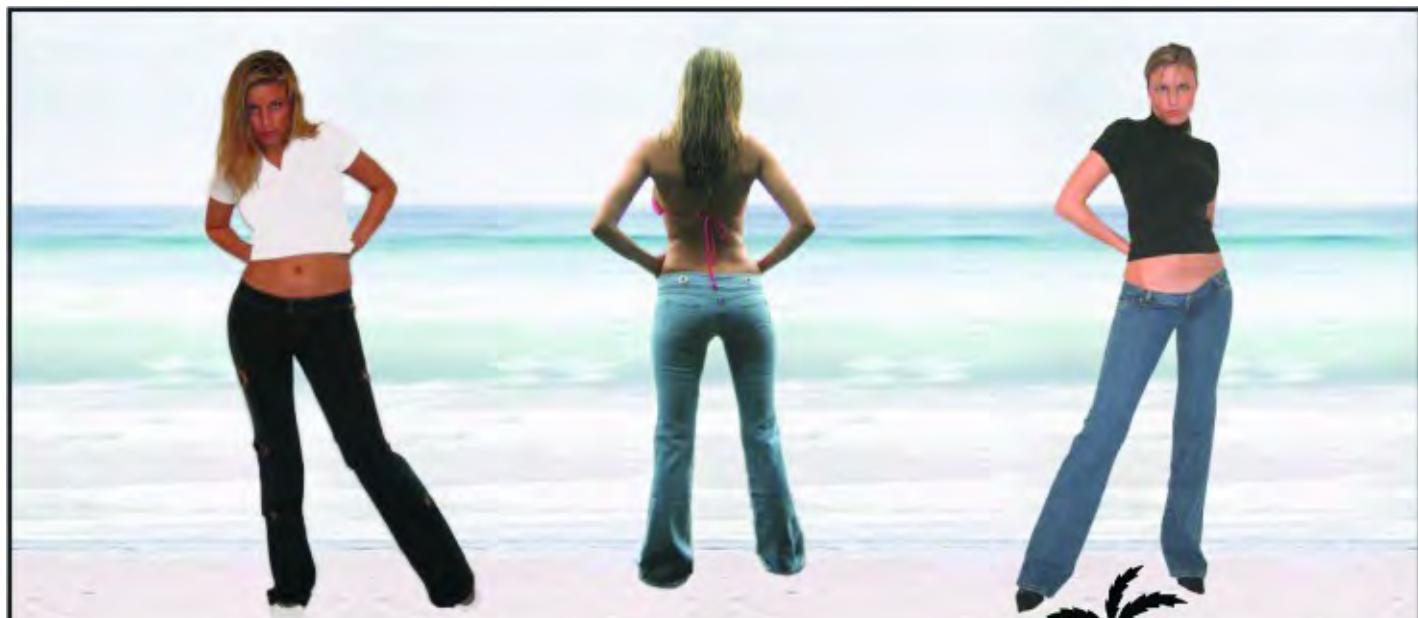
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# That's Hot!!!

with Ana Ligia



## Nightclubs

**Le Deux** on Wednesdays - It has a lounge vibe and most of the people prefer hanging out on the outside tent area. Beautiful people and the staff is very courteous. The Crowd: Eve, Brandon Davis, Tyrese and a lot of TV personalities and models

## Food

**By Brazil BBQ** - Located in Torrance. The food is absolutely great and the service impeccable. Make sure you try the **broccoli casserole**. It is to die for!!! You need a couple of hours there at least to be able to savor all that they have to offer. Seriously!!! The vibe is very family oriented and the business is actually a family business. If you miss the Brazilian "churrascarias" By Brazil is the place to go.



## Training Center

Now this was definitely a find. The place is as first class as they come. If you are serious about getting in shape you must check out this gym. They have **Capoeira, Brazilian Jiu Jitsu, Kick Boxing, Muay Thai, Cardio Kickboxing, MMA**, a great kids program and other stuff to get you ready for whatever. I don't train martial arts for competition, but I am a firm believer that martial arts are one of the best ways to keep in shape. On top of everything they have a weight room and cardio machines. I have not seen a gym tailor made like this one for the self defense and martial arts crowd. All the equipment is brand new and top of the line. Vin Diesel is one of the few people in the movie industry that trains there when he is in town. The **Xtreme Training Center** is located in Eagle Rock, CA close to Burbank where all the movie studios are. You can work out and do some networking as well, if that is your cup of tea. For more information visit [www.xtcla.tv](http://www.xtcla.tv)

## Movies

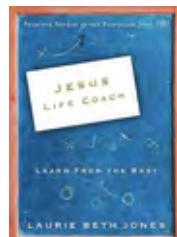


**300!!!** Yes, the movie everybody is talking about. You can see Rodrigo Santoro's wonderful performance and enjoy a very well made feature film. Based on Frank Miller's graphic novel, "300" concerns the 480 B.C. Battle of Thermopylae, where the King of Sparta led his army against the advancing Persians; the battle is said to have inspired all of Greece to band together against the Persians, and helped usher in the world's first democracy. I recommend paying close attention to the makeup effects. It is unbelievable!!!! Thanks to the talented Mr. Shaun Smith.

## Music

**Far Away** - by Nickelback

**Não Me Deixe Só** - by Vanessa da Mata - a new Brazilian talent.



**Jesus Life Coach**, Learn from the best - Laurie Beth Jones

This is not a religious book. No one can deny that Jesus was one of the greatest teachers of all times. It would probably make sense to get some good advice from him. The author uses his life teachings to help you change your life. I found the reading very easy and inspirational. You have daily chapters to read and relevant questions that force you to go within. It is quite interesting how by asking certain questions to yourself, you will find out that you probably had the answers all along. Now take action!!! Hot!!! Hot!!!

should be. Very, very hot!!!

## Quotes

*"Experience is a hard teacher because she gives the test first, the lesson afterward"* - **Vernon Law**

*"There are two kinds of people who fail: Those who listen to nobody, and those who listen to everybody"* - **Thomas M. Beshere, Jr.**

Feel free to email me at [analigia11@yahoo.com](mailto:analigia11@yahoo.com) to recommend what you think it's hot in California and especially in Los Angeles area, and I will be glad to check it out.

**Ana Ligia** is a versatile and beautiful woman, former Miss Brazil USA, singer, model, DJ and the Brazilian Main Host for the TV show "Planet X" ([www.planetxtv.com](http://www.planetxtv.com)) that airs in 80 million homes in the USA. Her website [www.aizza.net](http://www.aizza.net)

# Caminhos Mais Fáceis

Viviane de Avelar Tostes

Ao longo dos últimos anos, o Brasil vem se destacando internacionalmente na esfera da medicina estética. Podemos afirmar que no país se encontra uma boa camada dos principais profissionais da área, e que as técnicas utilizadas nas diferentes áreas, são as mais avançadas e modernas do mundo. Podemos citar entre os mais usados tratamentos estéticos no Brasil, a **Intradermoterapia**, a **Carboxiterapia**, o **Botox**, o **Peelings Químico e Físico**, a **Bioplastia**, e ainda a aplicação de ácido poly-L-láctico (**Sculptra**) - que restaura o volume e o contorno facial em 2 a 3 sessões.

É cada vez maior o número de pacientes estrangeiros que buscam ajuda no Brasil. Estes vão desde grandes executivos e modelos internacionais, a turistas que passam pelo Brasil e tomam conhecimento da excelente qualidade dos nossos tratamentos e dos valores cobrados - bem abaixo da média na Europa e EUA. O número é também crescente entre brasileiros que residem no exterior que vem ao Brasil para visitar familiares e aproveitam a estadia para esses diferentes tipos de tratamentos para enaltecer a beleza e porque não, a vaidade de nós seres humanos.

Em dermatologia estética, quando o grau de envelhecimento é leve a moderado, e desejamos tratar flacidez, nem sempre há necessidade de recursos invasivos, isto é, mais agressivos. Tratamentos como a **Intradermoterapia** com DMAE (um agente anti-envelhecimento, que aumenta a firmeza da pele), e outros tratamentos injetáveis são eficazes para o tônus da

musculatura. O fio de sustentação, como o fio russo, é uma opção para quem deseja reposicionar os tecidos moles da face e pescoço. É usado sob a pele, no subcutâneo, causando rejuvenescimento. Com o envelhecimento, resultado não somente da idade, como também da genética e da exposição solar, além da flacidez, surgem manchas na pele. Uma boa opção são os ácidos usados para Peeling superficial ou médio e o Peeling profundo de fenol. Vale lembrar que estes recursos não são usados somente na face, mas também em braços, mãos e colo.

O uso do **BOTOX** no tratamento das rugas faciais, pescoço e colo, possuem excelentes resultados, oferecendo uma leveza na expressão assim como a opção do levantamento das sobrancelhas. Pode-se ainda, associar um implante facial para atenuar sulcos e rugas. Nesse caso podemos usar a própria gordura do paciente ou o ácido hialurônico - que é um implante temporário com duração em torno de 6 a 8 meses.

Existe ainda o conhecido **PMMA** (polimetilmetacrilato), que é o implante definitivo, usado na **BIOPLASTIA**. Essa técnica é um tratamento não-cirúrgico que age diferentemente dos preenchimentos cutâneos, atingindo uma camada mais profunda da pele. É considerada eficiente para correção de algumas imperfeições no corpo e no rosto. E com algumas vantagens: é mais segura, mais barata e mais rápida que a cirurgia plástica convencional. O polimetilmetacrilato (PMMA) é um biomaterial derivado do petróleo, que é injetado na pele do paciente por meio de microcânulas, uma espécie de seringa sem ponta. Utilizado em medicina desde 1950, o PMMA é usado também na ortopedia, na oftalmologia, na neurocirurgia e em aderentes cirúrgicos.

Outra opção é a **Carboxiterapia**, que é a injeção de gás carbônico, excelente para melhorar a imagem incômoda da "papada" do pescoço, ou na região em volta dos olhos, sem risco de efeitos indesejados. Muito recomendável também para flacidez, celulite ou gordura localizada. Necessita de 1 a 2 aplicações semanais durante 4 a 8 semanas.



Hoje, ficar bela ou se manter bonita se tornou mais fácil graças a ajuda de alguns pequenos aparelhos que facilita a vida dos médicos, esteticistas e dos próprios pacientes.

Aparelhos como o Titan, um laser que utiliza luz infravermelha para tratar flacidez vem tomando lugar de destaque em consequência dos seus excelentes resultados; o IPL Quantum que associa a luz intensa pulsada com laser de Nd:YAG, e que promove mudança substancial na aparência da pele, tratando vasos capilares, vermelhidão facial, e pigmentação provocada pelo dano solar; o Lightsheer que é excelente para o tratamento de depilação a laser; o Asccent, que é um aparelho de radiofrequência para tratar celulite e gordura localizada - e auxilia na Lipoescultura, hoje são estrelas das salas de clínicas de estética em todo o mundo. Por falar em Lipoescultura é bom mencionar que esse tipo de tratamento mais evasivo vem sendo muito utilizado principalmente na região dos glúteos. Essa técnica cirúrgica consiste na retirada de gordura de determinadas zonas e reinjeção em outras zonas deprimidas.

Controverso em nossa sociedade médica são as chamadas **mini-lipoaspirações**, realizadas em consultórios médicos que não estão devidamente equipados para emergências médicas. Na verdade trata-se de uma lipoaspiração de pequenos volumes de gordura. Para finalizar, lembro que antes de qualquer tratamento estético devemos ter em mente a nossa saúde, com alimentação adequada e a prática regular de exercícios físicos.

\* Próxima edição publicaremos um artigo 2, complementar a esse publicado aqui.

\*\* **Viviane de Avelar Tostes** é médica formada pela Fundação Educacional Serra dos Órgãos, fez residência em Pediatria no Hospital Municipal Miguel Couto - RJ, e possui pós-graduação em Medicina Estética pela Sociedade Brasileira de Medicina Estética, além de pós-graduação em Medicina do Trabalho pela Universidade Gama Filho no Rio. Viviane pode ser contatada pelo fone (021)9621-6190 ou email: [vivianetostes@hotmail.com](mailto:vivianetostes@hotmail.com)

# Up Front Brazil 4



Brazil is geographically one of the largest countries in the world; with a large population and also growing economy. In this "Brazil UP Front 4" we continue to show the **BEST OF BRAZIL**.

**EMBRAER**, the leading Brazilian aircraft manufacturer, is one of the largest aircraft companies in the world. As a matter of fact, EMBRAER is the major Brazilian exporter, selling its state-of-the-art commercial and military planes all over the world.



**PETROBRAS**, the Brazilian oil company, has the best deep-sea petroleum field-technology in the world. Thanks to the high-production, all the petrol that is

consumed in Brazil does not depend on the middle-east oil. Brazilian reserves of key minerals such as **URANIUM** and **IRON** are among the largest in the world; and Brazil is a major exporter of iron ore.



The **POTENTIAL OF FRUIT-GROWING EXPORTATION** is becoming more and more evident. The demanding market of European Union was the main responsible for the vertiginous increase in the exportation of apple, grape, orange and melon. Even though the USA produces a little bit more ethanol than Brazil; the "Country of samba" is seen as the world leader. The alcohol made from the sugar cane in Brazil is about half the price of the ethanol made from the corn in USA in the international market.

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The Brazilian "**CACHAÇA**" is the second alcoholic "spirit" that most sale in Germany, just behind vodka and ahead of whisky. The Brazilian cocktail "**Caipirinha**" made from Cachaça is the new sensation of bars and restaurants around the planet.



In Brazilian elections, **THE CANDIDATE WITH THE MOST VOTES WIN**, unlike what happens in countries like the US.

Brazilian voters have cast electronic ballots in every election for more than 10 years now, featuring the world's most sophisticated and reliable electronic voting system these days. **SÃO PAULO**, the largest city in Brazil, is also one of largest in the world, with more than 20 million people living in its metropolitan area, and over 80% of those live above the poverty line.

A recent poll revealed that Brazilians are more **SATISFIED WITH THEIR SEXUAL LIVES** than any other nationality in the world, according to a survey from a poll at a STD clinic in Brasilia. Brazil will **HOST THE NEXT PAN-AMERICAN GAMES** in 2007, one of the largest sports event of all time, with an "state of the art" infra-structure and organization. **Brazil HAS NO ENEMIES**; and being identified as a Brazilian is a guaranteed way of making friends all over the world. Brazilian citizens can travel safely to any country in the world, and will not be harmed because of his/her nationality.

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# Despertando Consciências

By Baby Garroux

**Toda a Humanidade em sua maioria e no seu mais profundo momento íntimo busca o despertar da consciência humana.** Nos seus momentos de silêncio e reflexão, por mais alienada que seja, a sociedade certamente busca o resgate de algo que se perdeu no nosso passado histórico. Há milhões e milhões de anos, seres humanos buscam dignidade de vida enfrentando poderes, não só ocultos, mas poderes culturais e sócio-econômicos. Quero apenas enfatizar que o ser humano é um eterno “buscador”. Ele busca a alegria, a felicidade, a paz, melhores condições de vida para si e seus semelhantes. A maneira que a humanidade encontrou para resistir às adversidades da vida e encontrar as respostas para aquilo que perdeu ou esqueceu é através da religiosidade, da espiritualidade, da concentração e dos estudos, na busca do conhecimento contra a ignorância imposta, subliminarmente forjada pelo Poder. Nesse sentido, aquele que procura, depara-se com o fenômeno do despertar da consciência.

O **xamanismo** é um termo que designa a filosofia de estar em viagem entre mundos mentais, físicos, espirituais, psicológicos. Não é uma religião. É uma forma de estar na vida e no Planeta. Povos contestadores das religiões impostas adaptaram-se a esse estar no mundo, ao longo do tempo. Antigos povos já praticavam essa filosofia. Na modernidade, seres conscientes adquiriram o sentimento de amor pela Mãe-Terra e entenderam que era necessária a prática da conservação do Planeta Terra, daí todo ser xamânico ser



holístico. Aqueles que verdadeiramente estiverem dentro desses padrões, são visionários. Os que mentem ou comercializam a fé, não permanecerão. No Brasil, centenas de organizações indígenas buscam o mesmo objetivo: a defesa do conhecimento ancestral, do patrimônio cultural.

**O povo brasileiro é um povo muito místico.** É intuitivo, importa-se com os sonhos. É religioso. Traz no seu interior a herança dos povos indígenas, povos negros, povos amarelos, povos brancos – como se vê na nossa diversidade de religiões e espiritualidades. O bonito é o respeito entre crenças, fés e doutrinas. O xamanismo e a pajelança são vertentes diferentes, por isso xamã é xamã e pajé é pajé, assim como o padre é padre e o pastor ou pai ou mãe de santo são eles mesmos.

Cada um tem seu tempo de trabalho e formação próprios e específicos. O intercâmbio é maravilhoso e o ecumenismo deveria ser mais ativo no Brasil! Nas tradições indígenas, o pajé é a expressão máxima representada, em forma humana, da espiritualidade e da cura. Seu dom é nato, porque é passado de geração para a geração. Nenhum pajé faz curso para ser pajé, ele adquire conhecimentos através da ancestralidade tribal, e desde a sua infância, ao ver seus avós e bisavós praticarem curas e rezas pelo bem da comunidade. O pajé é um ser totalmente desprovido de valores materiais. É um visionário nato. Seu maior bem é o dom ofertado com honras pelo Criador. Ele está sempre em conexão com o mundo

*Quero apenas enfatizar que o ser humano é um eterno “buscador”.*

atemporal, com atitudes concentradas e observadoras. O pajé é um sábio e está sempre disponível para atender o seu povo, doando sua cura de forma solidária. Não há uma relação capitalista entre pajé e doente, entre o pajé e a comunidade. O pajé e sua pajelança representam, na realidade, a maior expressão nata dos conhecimentos tradicionais, a propriedade intelectual indígena, mesmo que ele não tenha conhecimentos científicos para compreender a defesa dos seus direitos indígenas. Por outro lado, cada pajé pertence a uma etnia específica indígena provida de valores, costumes, crenças específicas. Um pajé de certa etnia pode agir de forma distinta de um pajé de outra etnia. O pajé pode ter se quiser, uma relação capitalista com indivíduos urbanos, pois o seu ofício equivale ao de um médico entre nós.

Nas tradições africanas, é o ialorixá ou babalorixá que representa estes conhecimentos. É ele quem mantém a resistência viva. O pajé, o xamã, os ialorixás, os babalorixás, os padres e os sacerdotes despertam a nossa consciência, nos fazem lembrar que somos todos iguais.

\* Baby Garroux – Oyananda vive em São Paulo e percorre o mundo divulgando e vivenciando a cultura brasileira através da dança. Ela visitou a Califórnia nos meses de Março e Abril. Para informações sobre a autora e seus workshops contate-nos pelo email [info@soulbrasil.com](mailto:info@soulbrasil.com) ou ligue (818)508-8753. Contato em São Paulo (011)4666-5235 or (011)9716-2536.

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## *Awakening Consciences*

By Baby Garroux

Almost all of mankind in its most intimate moments, searches for the awakening of the human conscience. In moments of silence and reflection, even the most alienated of societies certainly wants to rescue something that has been lost in our historical past. For millions and millions of years humans have tried to find dignity in their lives confronting powers, not only those of a darker nature, but also the cultural and socio-economical powers. I would like to point out that humans are eternal "searchers". He searches for happiness, for joy, peace, and a better condition not only for himself, but for all of his selves.

The way man found out how to resist to the adversities of life and find answers for what has been lost or is forgotten is through religion, spirituality, concentration and the studies, searching for the knowledge against the ignorance forced and subliminally forged by the Power. In this sense of things, those who search ended up meeting with a phenomenon: the awakening of the conscience.

Shamanism is a term that designs the philosophy of the fusion of mental, spiritual, physical and psychological worlds. It isn't a religion. It's a way of existing on the planet. Groups of people who contradict the imposed religions adapted to this state of being in the world throughout the times. Ancient civilizations already practiced this philosophy. In the modern days beings



with a conscience acquired the feeling of love for the Mother-Earth and understood the need to practice the conservation of the Planet. For this, we can say that every Shamanic creature is also an holistic being. Those that are really into these patterns are visionaries. Those who lie and make a commerce out of the faith won't last. In Brazil hundreds of indigenous organizations look for same goal: the defense of the ancestral knowledge, of the cultural legacy.

The Brazilians are a very mystical people. They're intuitive and worried about the dreams. They're religious and bring inside themselves the heritage of the Indians, Black, White and Yellow people – as it can be seen through the many kinds of religions and spiritualities. The beautiful thing is the respect shared by all creeds, faiths and doctrines. The shamanism and the "pajelança" are different things and that's why a shaman is a shaman and a pajé is a pajé. Just as a father or a priest are just themselves.

Every person has his own specific pace for working and formation. The exchange is marvelous and ecumenism should be more common in Brazil. In the indigenous traditions the pajé is the maximum human represented expression for cure and spirituality. His gift is innate to his nature because it goes from father to son. No pajé goes to the "pajé's school", he acquires his knowledge through tribal ancestrally, and since his early days watching his grand and grand grandfathers practicing their prayers and cures for the safety of the community. The pajé is a man with absolute no regard for material possessions. He's a visionary by nature. His biggest possession is the gift received with all the honors by the Creator. He is always in



*I would like to point out that humans are eternal "searchers"*

connection with the extemporal world, with focused and well observed attitudes.

The pajé is a wise man and he's always ready to help his people, donating his cure in solidarity. There's no capitalism involving a pajé and the sick, between the pajé and the community.

What pajé and "pajelança" represent, in fact, is the biggest natural born expression of the traditional knowledge: which is considered the Indian intellectual property even if he has absolutely no scientific basis to understand the defense of his indigenous rights. On the other side every pajé belongs to a specific Indian ethnic group, with its own values, habits and creeds. A pajé from a certain ethnic group can act in a different way from one that comes from another group. He can have, if he wants to, a capitalist relation with his urban counterparts because his work is basically the same of a doctor among us. In the African traditions it's the ielorixá or babalorixá that represents this knowledge. It's he who keeps the resistance alive. The pajé, the shaman, the ielorixás, the babalorixás, the fathers, the priests awaken our conscience, and make us remember that we are all the same.

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**\*Baby Garroux** – Oyananda lives in São Paulo and travels the world spreading and experiencing the Brazilian culture through the dance. She visited California last March and April. For further information about the author and her workshops please contact us [info@soulbrasil.com](mailto:info@soulbrasil.com) or call (81)5088-7533 in São Paulo (011)4666-5235 or (011)9716-2536.

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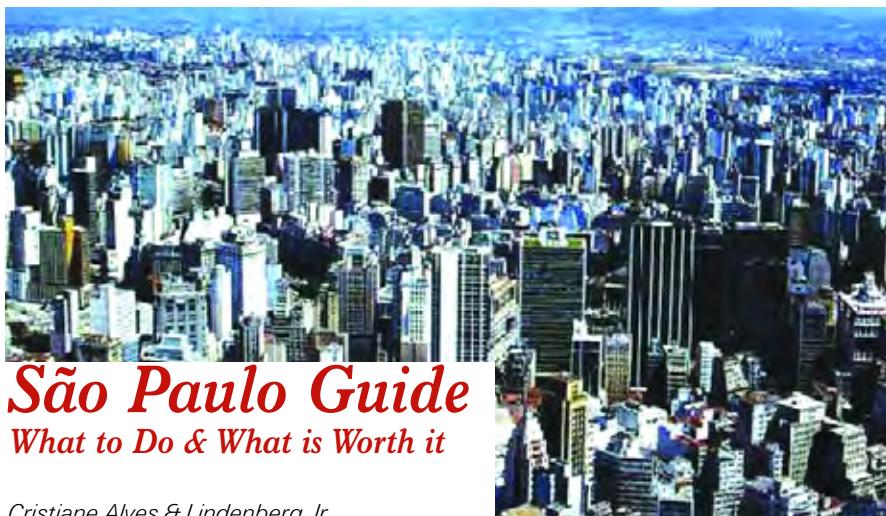
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## **São Paulo Guide**

### **What to Do & What is Worth it**

*Cristiane Alves & Lindenberg Jr.*



Our crew recently traveled to São Paulo to discover what's new there and to experience the wonderful

and traditional things that the city has to offer. The biggest city in South America and considered the most important political and cultural center in Latin America, São Paulo is the heart of Brazil. It is the Brazilian city with the largest companies (national and multinational) and it has a lot to offer: great hotels, giant malls and many options for having fun. You can go to nice restaurants, find great tourist and leisure activities, and enjoy the nightlife, be it at a fancy restaurant, in a club or in small bars, all of them ready to show why São Paulo is considered the world capital of cuisine. Now we give you this text - a guide that can be really useful in your next trip to "Sampa"

### **Fashion:**

People from the city go to the Outlets when they want to buy affordable clothing. In **Vila Mariana** you can find one at the Rua Pelotas (near SESC Vila Mariana). Another good one is the **Stand Center** located at the famous Avenida Paulista. There you will also find import fragrances, cool watches and all kinds of electronic products sold at good prices. Other outlets of interest can be found in **Itaim Bibi** and downtown.

On **José Paulino** and **25 de Março** streets, and the main streets in the **Brás** neighborhood are popular places where you can find fashion articles at an excellent price. If you're interested in large quantities, those places also sell wholesale. These places are visited by Brazilians from every part of the country for a "shopping trip". You will even find many Paraguayans, Uruguayans and Argentines doing some shopping here. One section has several stores that sell cloth and fabrics. Curiously, most of them are managed by Arabian descendants. Lots of patience and a good disposition are required to face this "challenge", since these places are visited primarily by resellers.

If you want to buy trendy or posh clothes, go to the stores that sell the leftovers from past seasons or with small defects from the most famous brands for a nice price. The **Opera Rock** stores (Rua Padre José Antônio, Brooklin or Rua João Cachoeira, Itaim Bibi) are the places to go for these kind of finds. For those with a little more money in their pockets who want to buy high fashion wear, **Oscar Freire** street is still the most traditional place with a "Beverly Hills Style". Over there you'll find, among others, stores by **Forum, Zooland, Zara, Osklen, Diesel, Armani** and **Gucci**. Walk a little more and you'll find the Oscar Freire and Haddock Lobo streets and the Alameda Lorena. There you'll find more sophisticated shops from world famous brands. Take the time to visit the decoration stores, and the **Empório**

**Santa Maria** – the best place in town to buy high quality food, wines, fruits, teas and chocolates.

### **Arts & Culture:**

Without a doubt, the **MASP** (Modern Art Museum of São Paulo) is still one of São Paulo's greatest tourist destinations. It's an obligatory stop if you have an interest in arts and culture, as it always has exhibits and cultural shows. The **Bienal of Ibirapuera** is another place that unfailingly has something worth looking at. Since last January the **Afro-Brazilian Museum** has been open, depicting the trajectory of the influence of the African culture in Brazil.

On Saturdays the **Benedito Calixto Fair** in Pinheiros is the place to go if you're a cool kind of person: sunglasses, potteries and antiques (from old records and record players to jewels, silver pieces and even clothes) can be found there. Close to the fair you'll find the food court where among the many options you can taste a good Acarajé and witness the "Chorinho" meeting.

Speaking of Chorinho, here's two other places where you can hear good music without spending any money: the "old school choro" players are always found in downtown in the many bars at the poetic address (made famous by Caetano Veloso in his song Sampa), **Avenue Ipiranga** with **Avenue São João** or at the **Contemporânea** store (Rua General



Osório close to the **Luz subway station**). This is where some local legends of the chorinho traditionally meet and play every Saturday.

Another important place is the **M.I.S** (Museum of Image and Sound), with its huge cultural archives. The **SESCs** can never be forgotten either, in São Paulo they are cultural and social centers as good as any found in the so-called First World. They consistently present different kinds of cultural workshops, music and dance concerts on a daily basis (except on Mondays). The **Pompéia**, **Vila Mariana** and **Pinheiros** branches usually offer the most sought out programs, but it's always nice to see what's happening on the other branches as well. Finally you can also pay a visit to the **FNACs** (there are two of them: one at the Avenida Paulista and another in Pinheiros). Books, movies and records are always a nice option (also check the **Neto Discos** at Rua Augusta, where you can find a lot of prime Brazilian Music for sale prices).

The **CASA DAS ROSAS** is one of the last standing big houses that used to be such a part of the historic Avenida Paulista. Today you can see exhibitions by famous artists if you go there. This is a must see if you're interested in arts and architecture.

### Capoeira:

In São Paulo you'll find some of the most respected Capoeira masters of the world. People like **Mestre Suassuna**, the legendary

master from the **Cordão de Ouro** group, and **Mestre Tucano Preto** from the biggest capoeira group on the planet: the **Abadá Capoeira**. Tucano Preto gives classes Mondays and Wednesdays at the **Firefighters Headquarters** (Av. Braz Leme). He also promotes capoeira showings in the **Parque da Juventude** in **Santana** (in the north zone). This park is now a place dedicated to leisure and the practice of sports, but until a few years ago was the **Carandiru** Jail, whose stories became a famous book and movie of international fame.

Another attraction is the open "roda" (showing) that happens every Sunday at the **Praça da República**, downtown. It's one of the most traditional Capoeira meetings in town and a large number of people show up ranging from tourists and curious people to professional capoeiristas. The interesting thing is that those events don't require the use of the specific capoeira clothing (the abadá) and the "cordão" (something like a belt in the martial arts) even with the presence of famous names in the sport like **Mestranda Leopoldina** and **Mestre Ananias**. There's a lot of excitement as the game becomes a "Russian roulette" since no one knows how good or strong his opponent will be. Right near there in the **Galeria 24 de Maio** there are two good stores – **Luar Capoeira e Sobrado** with capoeira articles. For percussion enthusiasts, a great place to go is a store called **Batucadas 1000** located at Rua Teodoro Sampaio, 836, Pinheiros.

### Alternative Therapy:

The **Sete Voltas SPA** in **Itatiba** (a little more than one hour by car from São Paulo) is always visited by artists and local personalities. It's a high class place. The **Espaço L'arcobaleno** (in Pompéia) is really cool with its mix of esoteric and alternative therapies (like the reiki applications), plus workshops in subjects such as philosophy and psychoanalysis. They also show movies on interesting topics. The place attracts warm and positive people.



### Cuisine:

In São Paulo you can order your pizza by the meter and the pizza is square! If this left you curious, go to the **Bar Graminha** (Rua Aspicuelta Vila Madalena). And what about a bar where you can take a ride in a charrete (a kind of carriage pulled by horses or mules)? This is at the **Bar Piratininga**, also in Vila Madalena. By the way, it's in this neighborhood that you'll find the most open mind/alternatives bars in town and where artists, poets, journalists and philosophers are found. The **Bexiga** is famous for Italian restaurants such as the **Famiglia Mancini**. There's also the very traditional **Capuano** at the Conselheiro Carrão. This street have many other wonderful restaurants for you to enjoy. Also worth noting is the **Candaluga** (José Maria Lisboa, Jardim Paulista) with its high quality ambience, food and service (it's a Brazilian version of a bona fide Lombardian restaurant).

The Japanese kitchen has a strong presence in the **Liberdade district**. Every Sunday there's a Japanese culture fair where you can buy Japanese pottery and check out the music and arts exhibitions. It's quite easy to spot restaurants and small bars serving kibes, esfihas and other Lebanese specialties. The **Almanara** with almost 60 years is the most famous Lebanese restaurant in town. They now have five different address including one in the Oscar Freire street (Jardim Paulista) and another in downtown (Basilio da Gama street). It's nice to point out that São Paulo has more Lebanese people than any other part of the world (save, of course, for Lebanon).



If Brazilian food is the subject it's impossible not talk about the many churrascarias (Brazilian Style barbecue restaurants), among them the **"Fogo de Chão"** with three different locations (Santo Amaro, Moema e Brooklin – plus a Los Angeles address!) and the **Boizão Grill** (Rua Pedro Vaz de Campos, 33, Pari). The restaurants with typical Bahian food are also a must, especially the **Barra Baiana** (Rua Traipu, 156, Perdizes) and the **Iemanjá** (Avenida Pavão, Moema). The last one in particular is very authentic with a real Bahia feeling. For Caipira food/Country style (that's hillbilly or regarding the inland) try the **Graca Mineira** (Rua Machado Bitencourt, 75, Vila Madalena) and the **Caipira** (Rua Amazonas da Silva, 21, Vila Guilherme). The **Mercado Municipal**, completely revitalized a few years ago, is an obligatory stop on your trip, with every kind of food you can think of (exotic fruits and spices, sweets and much more). The **Bar Sujinho** (Rua da Consolação close to the Avenida Paulista), is another traditional address that deserves your attention and stays open until late (4am). The **"Galeria dos Pães"** (Bread Gallerie) at Rua Estados Unidos, Jardins, located close to the Flats where the major executives stay, is also an interesting places to get to know. There's a huge variety of wines, cheeses and breads to be tasted. On the upper floor there's a "self service" type restaurant where you can buy food by weight. There's quality live music and it's open 24 hours. For the hot and multi-ethnic nights, the **Chakras**

**Espaço Gastronômico e Cultural** (Rua Dr. Melo Alves, 294, Jardins) has the cosmopolitan face of São Paulo. They offer to their clients many attractions such as arts exhibitions, movies, a dance floor and contemporary food.

It's good to know that even on Mondays or Tuesdays you can find high class parties to go to. Take the **Urbano** (at the Cardeal Arcoverde Ave.), for instance, where you can hear nice black music and high quality acid jazz, or the **Bar Avenida** with the famous "Terça Insana" (Insane Tuesdays) where every week the audience sees a mix of improvised theater and stand up comedy. Nice quality concerts with a low price can be discovered through the SESC home page [www.sescsp.com.br](http://www.sescsp.com.br). And there's much more to see, like the **Bourbon Street** and its New Orleans inspiration with daily blues and jazz shows. A must see! Among the most famous concert halls there's always something for you. Don't forget to take a look on the programming of **Via Funchal** (Vila Olímpia), **Credicard Hall** (marginal Pinheiros, Santo Amaro), **Citibank Hall** (formerly known as **Palace** - Rua Jurupis, Moema) and the **Tom Brasil** (Ave. das Nações Unidas, Chácara Santo Antônio). The biggest stars (local or not) will probably be playing in one of these halls.

### Bars & Places to Dance:

At the bar of the **Cambridge Hotel** (downtown, at the beginning of Ave. 9 de Julho) there's always a cool party happening with many foreigners and modern people. The **Afrospot** (13 de Maio 48, Bela Vista) has alternative nightlife style with tribal designs on the wall and three big screens with images mixed live by Dj's on the dance floor. The **Love Club & Lounge** (Rua Periquita, 189, Vila Olímpia) usually has international DJs playing techno and hard techno.

**Vila Olímpia** is the neighborhood for the fancy and rich at night and for executives during the day. **Vila Madalena** is for the people with interest in new and alternative music, a place to find nice and cheap restaurants (always good for those who leave the party hungry). In the **Downtown** area you can find some rock, old school and hip-hop parties, in particular on the Rua Augusta (close to Consolação and the Jardins) there's some interesting alternative clubs like the **Vegas**.

### Other Interesting Places Worth Checking Out:

**Galeria Ouro Fino** – The place for the modern youth. You get the feeling that you're in London, with rock 'n' roll record stores, alternative wearing, tattoos and underground parties (from rock to hip hop).

**Galeria 24 de Maio** – Get a New York feeling here. Hundreds of record stores for all tastes (heavy metal, indie rock, hip-hop, eletronica and more), street wear fashion and hairdressers. The best place in town if you want to find rare records including those on vinyl.

**Cinema Espaço Unibanco** – Great movies with good theaters and a good crowd. Rua Augusta near Jardins and Consolação.

**Praça Pôr do Sol** – At the Alto dos Pinheiros. Have moments of great pleasure and ecstasy stopping your car during a sunset in a sunny day. Just sit and enjoy the astonishing view.



**Jardim Zoológico** (Zoo), **Jardim Botânico** (Botanic Garden) and **Simba Safári** – São Paulo's Zôo is the biggest in Latin América and is worth a visit. It's a beautiful place and attracts people from everywhere. The three places (Zoo, Garden and Simba Safari) are close to each other and it's a great chance to see lakes and enormous green areas. Check out at the Avenida Cursino, Jardim da Saúde.

**Interlagos Autodrome** – an obligatory place to visit if you are a F-1 lover or car race enthusiast.

**Cantareira Ridge** (Serra da Cantareira) – for those who enjoy adventure and hiking (take a look at the Horto Florestal trails). The place is amazing and is really close to São Paulo (in the Horto Florestal neighborhood, 20 km from downtown).

**Museu do Ipiranga** (Ipiranga Museum) – For those who want to know something about the History of Brazil, the story of independence, the land owners and slave houses and much more. A beautiful place, and really close from São Paulo's downtown.

**Rua 25 de Março** – The reference place for the popular commerce in the city, the 25 de Março Street has unusual and quite cheap options for those who want to shop and have "cold blood". Be prepared to face huge crowds (especially on holidays) and to feel tired and thirsty. The street got its name from the date when Emperor Dom Pedro I proclaimed the first Brazilian Constitution in 1824. Despite this, not all the products that can be found there are "constitutionally" accepted. Some sellers and peddlers sell counterfeit or smuggled products without ever being bothered.

**Rua Santa Ifigênia** – The paradise for those who search for electronic products. You'll find everything there and for great prices. Just like on the 25 de Março St., street peddlers sell counterfeit products without a problem.

**Rua do Arouche** – Downtown, this is the street you must go if you want to buy leather (costumes, purses, wallets, shoes and belts). Here they have the best and most famous stores specialist in this business

**Rua da Consolação** – between downtown and the Cerqueira Cezar street – It's the biggest selling center for lamps and lampshades, the biggest light market of Latin America.

**Rua Teodoro Sampaio** – In Pinheiros, it is the place for musical instruments and furniture from many different styles and affordable prices.

**Rua Bem-Te-Vi** – In Moema, this street was the firestarter for the stores that sell clothes from past seasons or with small defects from great producers. Nowadays you can find many stores dedicated to this kind of commerce with huge demand thanks to the low prices and high quality articles.

**Motels** of São Paulo – Some are very luxurious and expansive. Others offer discounts during weekdays. Some worth checking out are the **Studio A**, **Guarujá**, **Caribe**, **Astúrias** (all in the Marginal Pinheiros) and the **Faraós** (Via Anchieta, seashore way, with a special and beautiful decoration). \* Motels in Brazil are used for "love stories" and payable by hour!

**Churches** – The **Mosteiro de São Bento** (São Bento's Monastery - close to the São Bento subway station), the **Catedral da Sé** (Sé's Cathedral) and the exuberance of an authentic **Orthodox Church** (close to the Paraíso Subway station) are the most interesting ones.



São Paulo is a city of great opportunities, perfect for doing business and shopping, excellent for those looking for fun. Even without a beach and the tropical way of life of other Brazilian cities, it

is a cosmopolitan town where everybody can find something to do and enjoy. São Paulo has the biggest Japanese and Lebanese communities in the world (outside their country), and 65% of the population has an Italian surname. For visitors and paulistanos - the residents of São Paulo, this is a city like no other.

\* Special thanks to capoeirista Cristiane Alves from São Paulo for the great research and musician Rebecca Kleinmann for the English edition/ [www.rebeccakleinmann.com](http://www.rebeccakleinmann.com)

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**Last March 14th** The Brazilian/L.A based band **New Cycle** released their first CD in a "dance hall party" at **Temple Bar** in Santa Monica. The band plays the best of MPB and others rhythms from Brazil like Forró (Brazilian "Country") and samba-funk. All music has the signature of the band lider - the Brazilian **Daniel Marcondes**, and we can emphasize the beautiful work in "Homenagem as Mulheres Brasileiras", "Energia Positiva" e "O Sonho Esta no Ar". Congratulations to the band!



**Last March 20th** Santa Barbara PermaCulture Network presented **"Africa to Brazil"**, a Fundraiser Party Event at Pascucci Restaurant. The raised funds is to bring four members of **"Food & Trees for Africa"** from

South Africa to Brazil for the 8th International Permaculture Conference. This year the ONG chose South Africa, and an organization called "Food & Trees for Africa" - FTFA / [www.trees.co.za](http://www.trees.co.za) .FTFA extended its operations to assist organizations working in the field of HIV/AIDS, helping to reduce the potentially devastating effects of the disease by establishing permaculture food growing projects at clinics, schools and in public open spaces. The PermaCulture networking has many social projects in different cities of Brazil.



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**Capoeira Batuque Santa Bárbara e Contra-Mestre Mariano estarão apresentando o 5th Annual Batizado & Encontro** entre os dias 16 e 20 de Maio. Pela primeira vez o encontro será realizado em 5 dias consecutivos

e terá um recorde de Mestres e Professores convidados. Entre os mesmos já estão confirmados Mestre Amen Santo (L.A), Mestre Boa Gente (Slavador-Bahia), Mestre Acordeon (Berkeley), Mestre Courisco (Seattle), Mestre Urubu (SF), Mestre Canguru (Arcata), Mestranda Suelly (Berkeley), Mestre Batata (L.A), Mestre Doutor (Philadelphia), Mestre Penteado e Mestre Elias (San Diego), Mestre Glauber (NY) e Mestre Virgulino (New México). Mais informações (805)258-7874



**20 Years of Oo La Lal Join the fun at the 20th Annual French Festival** (Bastille Day Weekend) July 14 & 15 between 11am-7pm at Oak's Park in Santa Barbara. The largest French celebration in the Western United States, free

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For more information call 805-564-PARIS (805-564-7274), or visit [www.frenchfestival.com](http://www.frenchfestival.com)

## Planning Ahead...Coming your Way!

**Sunday, April 22** at 2pm, also at 5 pm. **Sergio and Odair Assad** will be at **Santa Barbara Courthouse Mural Room in the UCSB**. Recognized for their ability to produce a supple, flawless, unified sound, the Brazilian-born brothers Sergio and Odair Assad are widely considered the most popular and virtuosic guitar duo in the world.

**Friday, May 4** at 8pm (and Sat May 6 at 3pm) **The Bacchae at Getty Villa Auditorium at Getty Center in L.A. Admission is Free** but a ticket is required. Tickets available from Thursday, April 19 at 9:00 a.m. or Calling (310) 440-7300. The beat of Brazilian drums and the bold movements of capoeira evoke the ancient Greek cult of Dionysus in this daring new interpretation by the Ipanema Theater Troupe of Euripides' final drama, The Bacchae. Five actresses and dancers portraying the Bacchae are joined by four percussionists - who will use over 20 Brazilian instruments. An intense mystical and ritualistic experience / [www.getty.edu](http://www.getty.edu)

**June 3 to 9, Aids Life Cycle from San Francisco to Los Angeles.** 7 days you remember for a lifetime! The event is a week of adventure, community, magnificent scenery and commitment. More info [www.aidslifecycle.org](http://www.aidslifecycle.org) or 1-866-245-3424

**Sunday, June 17, 7pm Brazilian Summer Festival** at The Ford Amphitheater featuring " Fundo de Quintal" from Brazil. 2580 Cahuenga Blvd. East., Hollywood, CA [www.braziliannites.com](http://www.braziliannites.com)



### **July 13 to 29, XV Pan-American Games in RIO de JANEIRO.**

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More info [www.rio2007.org.br](http://www.rio2007.org.br) or [www.braziltour.com](http://www.braziltour.com)

### **July, Sunday Afternoon (Date TBA),**

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**July 26 to 30, Artivist Film Festival** highlights films made by international activist artists - ArtVists. This Hollywood based festival aims to raise awareness for issues like children's advocacy and environmental preservation. More info [www.artivists.org](http://www.artivists.org)

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## ***Esse é o Cara?***



**Alyson Silva**, um Brasileiro que vive em Los Angeles, ex-supervisor da companhia Cingular Wireless, e que há aproximadamente 2 anos trabalha como "PAPARAZZI" - ou correndo atrás de fotos de celebridades de Hollywood em situações constrangedoras ou inesperadas, no final do mês de Março passou a ser assediado pela mídia em virtude de um incidente que envolveu Keanu Reeves, a estrela da super-produção Hollywoodiana MATRIX. Alyson que mostra ter uma

personalidade de cara descolado, brincalhão, meio metido e debochado, protagonizou um episódio inusitado em Palos Verdes. Após um dia exaustivo para conseguir fotos de Tom Cruise, dirigia seu BMW 1992 de regresso a casa, quando se cruzou na Sunset

Bld em West Hollywood com Mr. Reeves. Mesmo barbudo e com visual diferente do convencional, a celebridade foi reconhecida pelo Paparazzi Brasileiro, que o seguiu até uma Clínica de Desintoxicação em Palos Verdes, próximo a Torrance. A situação inusitada começou quando o ator saiu da clínica (localizada em uma rua tranquila e sem saída em direção ao seu Porsche, e viu Alyson tirando fotos suas do lado da calçada. Mr. Reeves entrou no seu carro, mas em um momento não pensado, tentou atropelar (ou no mínimo dar um susto) no Paparazzi Brasileiro. Para azar do ator, havia 2 testemunhas que desde sua janela residencial, presenciaram o ocorrido e imediatamente chamaram a polícia. Mr. Reeves, que seguiu estrada, mas voltou pela consciência pesada, foi detido em seguida pela polícia. Esse fato fez o nome de Alyson Silva aparecer em várias buscas na internet nos dias seguintes. De uma hora para outra, o Paparazzi Brasileiro foi assediado pela mídia Americana, apareceu no programa Brasileiro Fantástico, foi agendado para uma participação no programa do Jô, e espera ganhar uma quantia razoável na ação que esta movendo contra o ator Keanu Reeves.



# Say Goodbye To Pessimism

By Fabienne Lopez / Revised: Jennifer Parker

Are you one of those people that believes that Murphy's Law was created especially for him or her and always sees a glass of water as half empty? Beware! Your pessimism might be running overtime.

## **During all 2007, we will be dealing with the Saturn-Neptune opposition.**

Saturn represents restrictions and limitations of reality, practical life with its responsibilities and commitments. Neptune embodies creative inspiration and all things subtle, faith, ideals and spiritual enlightenment.

When these two planets clash, we believe that life is limited, that our efforts and resources are used up in a daily fight for survival. And that dreams are not allowed, only routine serves to bind and limit us.

How can we deal with this hopeless way of facing life? The answer is obvious: By changing our perspective. In other words, by cultivating optimism! Being able to see a positive aspect in any experience is a learnable skill, says Dr. Martin Seligman, author of "Learned Optimism."

First, it is important to understand the difference between optimism and gushing positivism, disconnected from reality, as the famous "Pollyanna Syndrome." To adopt a positive and

trusting attitude does not mean being naive, delusional or wear rose colored glasses, as did the character created by Eleanor Hodgman Porter. On the contrary, the optimist recognizes that life is neither a bowl of cherries nor a hill of beans. In other words, optimism requires that you understand that every setback is circumstantial and can be transformed into an opportunity. The optimist faces each experience, each problem from the point of view that it can be solved. He believes that difficulties can be resolved and acts promptly to find a solution that will allow him to achieve his goals.

On the other hand, the pessimist hopes that everything will go according to his plan, since he does not trust his own ability to take charge of the situation. When something goes wrong, he becomes paralyzed, frustrated, depressed and does not know how to respond to it. The pessimist lacks, what in physics is called, resilience – the propensity of a material to regain its original shape after being bent, stretched or compressed.

There is a story that illustrates this distinction between the optimist and the pessimist. A shoemaker sends two of his assistants abroad to check the potential of

a foreign market. One of them says "No chance. Nobody wears shoes here." The other one says "big opportunity. Nobody wears shoes here." However, if the second assistant thinks that just by coming with a few pair of shoes he will make a fortune, he is not being optimistic, he is being naive. The optimist is the person who sees the potential of the market, but also knows that the market will need to be educated in how to use shoes, understand the product, recognize its advantages, etc...

It is easy to see that the difference between optimism and pessimism lies basically in how we explain our failures and disappointments to ourselves. For example, when there is a setback, the optimistic takes into consideration the external factors and believes that every difficult situation is temporary. Optimists think in terms of "sometimes" or "for the moment". Meanwhile, the pessimist always blames himself and explains failures and disappointments in terms of permanent and universal, that can be observed in the use of phrases like "It's me", or words like "always" and "never".

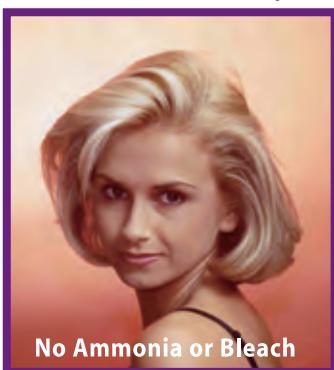
Below, some suggestions to incorporate more optimism in your daily life:

- Check on how you react to adversity and understand that reacting negatively will only delay the solution to the problem;
- Take care of yourself. Rediscover the joy of simple things;
- Visualize your tasks and obligation as opportunities to be creative;
- Treat every day as a chance to learn something about yourself and accept its challenges;
- When feeling insecure, anxious, sad or angered, take a deep breath, as it has the power to cheer you up;
- Try to unwind before going to bed and to be thankful for the good things that happened during the day.

Of course, all this is very easy to say, but difficult to practice, but for sure it is a foolproof recipe for a better and longer life: up to 12 years longer, according to a research published by the Mayo Clinic in the United States.

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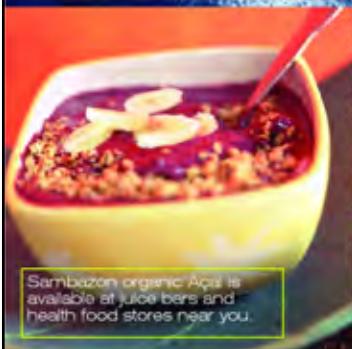
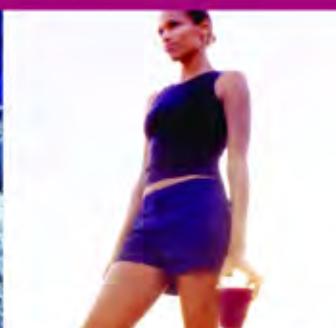
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# Bye Bye Pessimismo

*Fabienne Lopez*

Você é uma daquelas pessoas que acha que a Lei de Murphy foi feita em sua homenagem, e que diante de um copo com água até a metade, o enxerga meio vazio? Cuidado! Seu pessimismo pode estar fazendo hora extra. **Durante o ano todo, estaremos vivendo a oposição entre Netuno e Saturno.** Saturno representa o real, a economia, a vida concreta, as estruturas de sustentação da realidade. Netuno a inspiração criadora, a fé que remove montanhas, o sublime, os ideais e a poesia do amor universal.

Quando eles se antagonizam, passamos a acreditar que a vida só dá para o gasto, que nossos esforços e recursos são consumidos na luta para a nossa sobrevivência. De que há pouco espaço para o sonho e de que o cotidiano só serve para nos restringir e limitar.

Como lidar com esta maneira "sem fé" de encarar o mundo? A resposta é óbvia: Mudando o ângulo de nosso olhar. Ou, em outras palavras, cultivando o otimismo!! Enxergar o lado positivo das experiências é um aprendizado como qualquer outro, afirma Martin Seligman, psicólogo, autor de "Aprenda ser otimista".

Mas primeiro, é importante diferenciar otimismo do positivismo desconectado da realidade, o famoso "Complexo de Pollyanna". Adotar uma atitude positiva e confiante não significa ser ingênuo, nutrir ilusões ou se forçar a ver tudo cor-de-rosa, como fazia a personagem criada por Eleanor Hodgman Porter. O otimista consciente reconhece que o mundo não é um mar de rosas nem tampouco um vale de lágrimas. Em outras palavras, otimismo implica compreender que o fracasso é circunstancial e pode ser transformado em oportunidade. O otimista enfrenta cada experiência, cada problema, sempre com a perspectiva de resolver a situação. Ele acredita que as dificuldades são contornáveis e age de forma rápida e decisiva na busca de soluções que permitam alcançar seu objetivo.

Já o pessimista espera que tudo aconteça do jeito que ele planejou, pois não confia na sua capacidade em tomar o controle da situação. Quando algo errado ocorre, ele se deixa paralisar pela frustração e medo, mergulha na negatividade e não consegue partir para a ação. Ao pessimista falta o que na física se chama resiliência – a propriedade de um corpo voltar à forma original depois de sofrer pressão ou tensão.

Tem uma história que ilustra esta diferença. Um fabricante de sapatos manda dois assistentes para um país distante para que eles estudem o potencial do mercado local. Um deles diz "Sem chance. Aqui ninguém usa sapatos", o outro diz "Grandes chances. Aqui ninguém usa sapatos". Pois bem, se este segundo assistente achar que basta chegar lá e com alguns pares de sapatos que ele vai fazer fortunas, ele não está sendo otimista, está sendo delirante. O otimista é aquele que percebe o grande potencial de mercado, mas sabe que este mercado vai ter que ser educado a usar sapatos, entender o produto, sentir suas vantagens etc.

Dá para perceber que a diferença entre o otimista e o pessimista está basicamente na forma como cada um conversa consigo mesmo. Por exemplo, quando alguma coisa sai errada, o otimista considera os fatores externos e acredita que toda situação infeliz é passageira. Otimistas pensam em termos de "às vezes" ou "por enquanto". Enquanto o pessimista sempre culpa a si mesmo e explica os maus acontecimentos em ternos de permanentes e universais, característica que pode ser observada em frases como "só acontece comigo", em termos de "sempre" ou "nunca".

Abaixo, algumas dicas para desenvolver o otimismo no seu dia-a-dia:

- Verifique como você reage aos contratempos e entenda que reagir negativamente apenas retarda a solução do problema;
- Alimente o seu bem-estar. Descubra novos prazeres nos gestos simples do cotidiano;
- Visualize suas tarefas e obrigações como oportunidades de mostrar a sua criatividade;
- Encare o cotidiano como uma lição de auto-conhecimento e vá para o mundo disposto a aceitar os desafios do dia;
- Quando se sentir inseguro, ansioso, triste ou com raiva, respire fundo, pois a respiração tem o poder de mudar rapidamente seu estado de alma;
- Procure desacelerar antes de dormir. Aproveite para valorizar as coisas boas que nos acontecem.

Claro que tudo isso é muito fácil de falar, porém difícil de realizar, mas com certeza trata-se de uma receita eficiente para se viver bem e mais; até 12 anos a mais, segundo uma pesquisa da clínica Mayo nos Estados Unidos.



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A full-time stay-at-home mother would earn \$134,121 a year if paid for all her work, according to a study released by Waltham, Mass. based compensation experts

[Salary.Com](#). The amount is similar to that earned by top marketing directors or judges according to a Reuters story on the study and posted on Washington Post website. A mother who works outside the home would earn an extra \$85,876 annually on top of her actual wages for the work she does at home, the study says.

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Escravos de Jó  
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Guerreiros com guerreiros fazem Zig Zig Zá

Slaves of Joh  
Children's Song  
(English)

Slaves of Joh  
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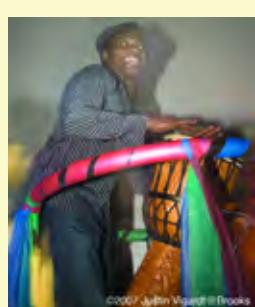
### Game Instructions

The players sit in a circle, each one holding one object (it could be a box of matches, a cup, a rock, a shoe, etc.) in their hands. While they are singing, they need to pass the object to the next person in the circle, until they reach the line “Guerreiros com guerreiros” (Warriors with warriors). At the end of that line they say, “zig zig zá” and the players all make a back and forth movement with the object, without passing it to the next person. The funny part is they will keep singing the song over and over again but it goes faster and faster each time.”

## Positive Vibrations 2

### Brazilian Tradition in CA

The Brazilian Carnaval Rhythmus is already a tradition in California. Last Feb. 10 in San Francisco, Feb. 16 in Hollywood, Feb. 17 in Long Beach, and also in the California Riviera - Santa Barbara (photos), keep the Brazilian lovers "sambando no pé"!



### A "Must" in São Paulo, Brazil

Old "Rio Samba School" Legends meet Chorinho Legends and Newcomers Talents at "Comtemporânea Roda de Choro on Saturdays" in downtown São Paulo, Brazil.

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### Noke Haweti

O Latin American Center da UCLA foi o primeiro local nos Estados Unidos a exibir o documentário "Noke Haweki" no dia 13 de março. O documentário marca pela originalidade cinematográfica, pois, o roteiro e filmagem foram feitos pelos próprios índios Katukina do interior do Acre, Brasil, e a direção ficou por conta do chefe da tribo, Sherê Katukina.

O filme mostra a vida e os anseios deste pequeno povo, remanescente de uma grande nação. E entre os seus desejos de preservação de sua cultura está a divulgação de sua medicina maior, a vacina do sapo, o Kambô, uma técnica milenar de cura entre as populações indígenas de uma parte da Amazônia, porém pouco difundida fora da nação Katukina. A sua aplicação causa desconforto por aproximadamente 20 minutos, mas os

seus efeitos são considerados eficazes tanto fisicamente quanto psicologicamente. Ele trata principalmente das tristezas e mágoas (panemas) que os fazem ser menos felizes e ter menor intuição, considerada a principal virtude deste processo. Livre dos panemas sua habilidade na caça é redobrada, sua resistência, alegria e calma recuperadas. Também atua sobre o sistema imune da pessoa que está sendo tratada. Os Katukina pretendem repartir os conhecimentos sobre o Kambô com a humanidade, desde que sejam preservados todos os direitos que possam advir disto. Após a exibição, Luiz Carlos Saldanha, satisfez a curiosidade de público respondendo diversas perguntas. Saldanha, um dos pioneiros em filmagem etnológica no Brasil, é o responsável pela co-direção e cinematografia do filme "Raoni, the Fight for the Amazon". Um dos seus mais recentes projetos consiste em ensinar a os índios Katukinas como usar o cinema como um instrumento de preservação da sua cultura, resultando no documentário Noke Haweti.

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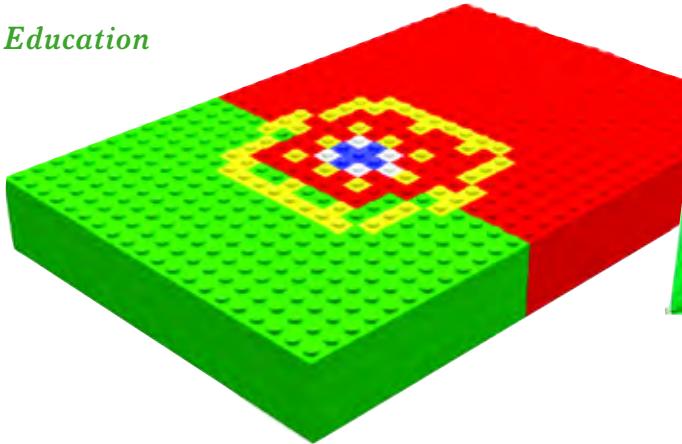
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## The “Brazilian” Portuguese

Translation by Leandro Saueia/ Revised Jennifer Parker

**Just like Spanish, Italian and French, Portuguese is also a Latin derived language.** Most of Brazilians are not aware about the history of their language and its relation to the many others languages that were spoken in the country, prior to the arrival of the Portuguese **Pedro Alvares Cabral**; as well as the other languages that were spoken before and after Brazil's colonization. Portuguese is the official language of Brazil, the seventh most spoken language in the world, and the third with most speakers in Europe. According to some historians, when Brazil was found by the Portuguese, there were more than a thousand different languages in the country being spoken by Indians of different ethnic groups.

**Portuguese colonization started gradually along the coastline in 1532** when the “capitanias” (the Administrative division and hereditary fief of the Portuguese state in some of its colonies) were institutionalized. During this period, many communities of the “Tupi” and “Guarani” Indians could be found on the seaside, from Rio de Janeiro in the south through Pará in the north. To establish a communication with the natives, the Portuguese started to learn the language and dialects used by the Indians. From the Tupinambá, spoken by the groups more open minded to the contact with the colonizers, a common language was created to be used by Indians and Europeans.

In 1595 Father José de Anchieta registered that this was the most spoken language on

the Brazilian Coast. This general language derived from Tupinambá, which was the first influence of the Portuguese language in Brazil.

The Africans, who were brought as slaves to the country when the Sugar-cane cultivation began, were in the **Capitanias** of São Vicente (currently the state of São Paulo), Bahia and Pernambuco. At the beginning of the colonization, Portuguese was a gradual influence in Brazil. An intensification could already be felt in the century XVII. The slaves obviously ended up learning the Portuguese to communicate with their Lords and also learned the general Indian created language – the most talked among the settlers.

According to a text written by the Father Antonio Vieira in 1694, the language spoken by the Portuguese families living in São Paulo was an Indian language. The children of these families learned how to speak Portuguese at school. Only in the second half of the eighteenth century Portuguese becomes the most spoken language. The reason for this was the exploration of the countryside by the “bandeirantes”, and the discovery of the diamond and gold mines, and the consequent raising of the Portuguese immigration. **In August 17 of 1758, Portuguese became the official Brazilian language by an act signed by the Marquês de Pombal that also banned the use of the general language.**

At this stage, Portuguese had already progressed as all languages naturally change through time. It's good to point out that when Pombal signed the decree, the Brazilian Portuguese speakers had already incorporated many Indians and African words derived from Indian languages in their vocabulary, like the name of plants, fruits and animals that have their origins in the Tupinambá. There's many examples to be told like **caatinga, caju, capim, capivara, carnaúba, cipó, cupim, curiô, ipê, jaboticaba, jacarandá, mandacaru, mandioca** (cassava), **maracujá** (passion flower), **piranha, tatu** (armadillo) and the famous **abacaxi** (pineapple).

Among the indigenous words that were incorporated to the Brazilian Portuguese are: **Aracajú, Avaí, Guanabara, Guaporé, Jabaquara, Jacarepaguá, Jundiaí, Parati, Piracicaba, Tijuca** (all names of cities or neighborhoods). It's interesting to notice that the Indigenous influence helped to create a lot of slang and idiomatic expressions that are still in use (things like “andar na pindaíba” that means something close to “being penniless”). The Africans form “Bantu” and “Yoruba” groups left a legacy of their own in the culture of the samba and bossa-nova country. The Afro-Brazilian culinary has the **quindim**, the **abará**, the **acarajé** and the **vatapá**. The candomblé (Afro religion) has the orixás yemanjá, oxum, lansã, and so on.

The Quimbundo (spoke in Angola) gave its contribution to the Brazilian Portuguese with some words such as **caçula** (the youngest son), **cafuné e moleque** (or brat). Words used to express the way of life and the dance of the slaves such as **senzala, maxixe, ginga** and even **samba**, were also incorporated to the vocabulary. After the Brazilian Independence (in 1822), the traffic of slaves decreased until it completely stopped in the year 1850. From then on,

## Education

many Europeans immigrants, mostly Germans and Italians, arrived in the country.

This contact of the Brazilian Portuguese with other languages was one of the most important coefficients in generating the many language regionalisms that can be found in the country nowadays. As an example we can say that the Northeast Portuguese was heavily influenced by the Indian and the Africans, especially in the States of Pernambuco and Bahia. At the same time, the Portuguese spoke in the south by its way was influenced by the European immigrants like German and Italians, especially in the states of Santa Catarina and Rio Grande do Sul.

In the second half of the 19th century, the authors from the Romanticism tried to reflect on their works a "Brasilidade" (way or "art form" to be Brazilian) that distinguished the country from its former colony. This also happened at the beginning of the 20th Century with the modernists. A good example for the first case can be found in the books by José de Alencar that used the exaltation of the Indian figure, bringing to

literature the Brazilian way of talking. For the second case let's remember Mário de Andrade, one of the most famous modernists that later on would go back to the romantic idea of rescuing of the origins and the construction of a self identity.

- » The Portuguese language allows its speakers to understand 85% of the Spanish, 45% of the Italian and 15% of the French languages.
- » The Portuguese language is considered a very important language especially when one realizes that around the year 2015, Brazil will be the third or fourth biggest market of the world.
- » The Portuguese is one of the languages in the political and economical dialogues in Europe, South America, Africa and the East Timor.
- » The Portuguese is a language of the future and of global communication that will offer big opportunities of work and social interaction around the globe.

Throughout the years the Brazilian has adopted expressions not only from the indigenous and African languages but also from the Spanish, French, Italian and, more recently, the English such are the cases of words like, "gym" and "happy hour" among others.

Another interesting fact is when you see Brazilians who have been living for many years in the U.S adapting verbs like "to park" to the Portuguese saying neologisms like "parkear" from the verb - to park, or phrase like "vai rolar um party a noite" (there's going be a party tonight with the English word taking the part of the Portuguese: Festa). Regarding the Portuguese spoken in Portugal, we can say that the vocabulary is almost the same, but phonetically, differences are perceptible.

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## **Extraordinary Voices of San Francisco part 2**

Cláudia Guedes

It has taken some time to figure out what to bring to you as "extraordinary" among the musical talent in San Francisco. Greater time needed was to actually write about these three gorgeous singers in the Bay Area; after talking to them it was very difficult for me to find the right words to define and describe their talent. Judea Eden, Kitty Rose and Célia Malheiros are gifted, beautiful and rare human beings.

Who is Judea Eden? She is the one of the lead singers in the band that carries her name: The Judea Eden Band. Judea was born and grew up in

Sacramento, California. In a school trip to San Francisco, she immediately recognized where her future would be. As a teenager she came to San Francisco to play in her brother's band; with him she still writes songs and shares inspiration. Music is Judea's whole life even though she spends part of her time working for Microsoft. This second job provides her stability and financial security, common among musicians around the world who are not working commercially. Judea also has time to put talented people together in fundraising events, the type of work that Judea would like to do on a major scale.

Judea has three CDs recorded, one DVD in preparation, and she is returning to school where she hopes to gain

enough knowledge about nutrition to change people's lives as her own life has become healthier by watching what she eats. Now she is researching world music, including music from Brazil. Among the large Brazilian community in San Francisco, it is not difficult for her to be involved with musicians, song writers and bands. Different from most of artists I have met, Judea is a researcher; she is curious and very humble about her talent and her capacity for forming communities. The special aura that Judea shares onstage, in public events or even in her living room giving this interview, show something that is impossible to describe, but strong to feel that is the love she breathes when talking about her music. The sentence I have in my mind since I left her house was: "(It) does not matter what is going on in my life, I will always have my music, my guitar and words to write".

After that....take a breath because Kitty Rose—who also is Katharine Chase—is coming. Maybe you remember the Kathryn Chase Band – if not, it does not matter, Kitty Rose is the Band now. Kitty Rose just released her new CD "Live at the Ryman" and it was a fantastic party; sharing the stage was Amy Meyers (keyboards), Woody Simmons (banjo), Stephanie Lee (electric Guitar), and Katrina (drums). Kitty's presence on lead vocals and guitar gave the space energy and lots of fun. Katharine studied classical music, but that style was too difficult to use to communicate what was in her heart. Then she performed pop music and later introduced her talent in the punk scene in Los Angeles during the 1980s. As few women had the space to play lead guitar, Kitty played bass. During the late 1980s she formed the Katharine Chase Band (click to check it out: <http://cdbaby.com/cd/kchaseband>).

In the early 1990s, Katharine moved to San Francisco, where every day was an experiment: the music in the Bay Area was sparkling. Then came the CD: "The Truth." After all of these experiences, one more was in Katharine's head – Why not classic country music? Without any discrimination against the



genre, and with lots of humor, Kitty Rose was born. The band exudes professionalism, originality, amazing songs and beautiful and fun lyrics.

Going from "Americana acoustic rock with a Texas twinge" to classic country music was a move of creativity and courage that tested the audience. There was a need to incorporate in this scenario somebody who was not Katharine. "Kitty Rose is a persona that people enjoying seeing; she is an entertainer, she is communicative, and she is much bigger than Katharine Chase" – with these words Katharine defines her creation of Kitty Rose. Besides the beautiful songs, management of her musical business, and extreme dedication to her stage performance, Katharine works on her ranch with her horses – another favorite job and one that preserves her peacefulness and tenderness. The secret of Katharine is that she does not

listen to country music, but enjoys listening to basic rock, mellow hip hop and classic music. You can listen to the new CD at [www.kittyroose.com](http://www.kittyroose.com). The lesson learned from Katharine lies in the respect for her path within the musical world, always innovating, searching for something that touches people's hearts and giving what her talent is eager to give – music and lovely words.

Another deep breath and we meet Celia Malheiros: the Girl from Rio de Janeiro. If I could, I would adapt "Menino do Rio" written by Caetano Veloso to speak about this other extraordinary woman whom I had heard about, who I had listened to on the internet and with who I talked by phone. Celia is the result of a beautiful mixing of Brazilian Indigenous and Dutch parents. The blond girl grew up among electrical cords, TV studios and lots of musical influence. Her father introduced TV to Brazil and gave her a passion for electronic engineering; her mother gave her voice, courage and inspiration. Celia was born to music, for music and why not says, by music. "To deal with daily life tasks is difficult when your heart and head are immersed in music", she said. Celia writes songs, plays multiple instruments, builds computers and creates resources for her own musical



experiments. Celia spends part of life in San Francisco, part of life in Rio de Janeiro and another part in Europe. In San Francisco she is well known in the Bay Area with her two CDs "Sempre Crescendo" featuring Hermeto Pascoal and the brand new Cenario Brasileiro featuring João Bosco.

Celia is currently in Rio de Janeiro, where she is preparing a new tour – Cenário Brasileiro – during which she will be singing and playing different instruments. In the back will be a screen showing different Brazilian scenes. Soon she will return to perform in Europe some Brazilian Jazz with a very famous piano player who played with Miles Davis and another musician, whose name she has as yet not made public, until he officially accepts her invitation to play. Celia likes to create when the matter is about forming duos, quartets and solos to perform jazz music. Celia's work comes from the heart to the heart, it is the voice used to communicate with the audience: "the music is written and it is written again by the stage ambiance. It depends what you are going to say and to whom are you going to say it". The words are the same however your heart will receive it in many different ways than mine. Give yourself a chance, come to know Celia:

[www.celiomalheiros.com](http://www.celiomalheiros.com)

Writing about musicians, voices and talent in the Bay Area has taught me so many things about creativity, courage, tenderness, love that I decided to continue these series. To be an artist in these days is more than be gifted, it is to be an extraordinary human being.



**Violência preocupa mais que desemprego**

Segundo última pesquisa da Datafolha no final do mês de Março, a violência é considerada pelos brasileiros o principal problema do país no governo do presidente Lula, desbancando o desemprego que durante alguns anos aparecia em primeiro lugar. De acordo com a pesquisa, 25% dos brasileiros criticam a ação do atual governo na questão da segurança. Segundo o estudo, houve um salto de 14 pontos, de 11% para 25%, no total de brasileiros que consideram a segurança e a violência a área de pior desempenho do governo. O Datafolha ainda mostrou que o tema foi apontado de forma espontânea por 31% dos brasileiros. A pesquisa ainda mostrou que a avaliação do petista piorou e as menores taxas de aprovação estão concentradas nas capitais e em grandes regiões metropolitanas do país.

**"Dança do Colo" é a nova onda Brasileira para a questão "sedução"**

Desenvolvida recentemente pela personal sex trainer Fátima Moura, a técnica promete despertar os cinco sentidos dos parceiros e algo mais. A dança é baseada em exercícios tântricos e desperta a deusa existente em cada mulher. É um misto de sedução e dominação. Para despertar os cinco sentidos do parceiro ele deve ter seus olhos vendados e deve ser algemado de uma maneira gentil. O clima tem que ser romântico e sensual e o ambiente podem ser enfeitados com velas e pétalas de rosas. As cores claras como branco ou rosa podem passar inocência e romance. A música pode ser a do seu gosto, do gosto dele ou a especial do momento. O objetivo mais importante é despertar todos os sentidos do parceiro, aumentar o prazer dos dois, e dar um clima de festa! É a criatividade Brasileira...

**Segundo terapeutas, ciúme não melhora depois do "casório"**

Os especialistas afirmam que situações ruins em um namoro só tendem a piorar depois do casamento - e o ciúme é um deles. Não adianta acreditar que por causa da convivência mais próxima, o ciumento vai sossegar. Portanto, antes de se comprometer em um casamento, pense bem, não há "mágica". É necessário primeiro acertar as diferenças. Depois do casamento tudo fica mais difícil. Se com cada um, morando em sua casa, já há desentendimentos, imagine morando junto? Boas perguntas para uma reavaliação segundo terapeutas de casais são: Pergunte-se como você se sente. Qual é a vantagem de viver desta forma? O que o mantém nessa situação?

**Consciência ambiental Brasileira tomando rumos positivos**

Os frutos da conscientização ecológica e educação ambiental no Brasil nos últimos anos são notórios. O faturamento da indústria de reciclagem de plástico, por exemplo, cresceu 32,2% de 2003 a 2005, superando a cifra de 1,6 bilhão de reais. A atividade fez gerar cerca de 15,5 mil empregos diretos, um aumento de 52,6% no mesmo período. Em 2005, o índice de reciclagem ultrapassou 19,8% do total de plásticos descartados, a mesma marca dos países da Europa Ocidental. Dois fatores contribuíram para impulsionar o setor: o aumento de 21% no valor pago aos catadores e a mudança de comportamento da população, que hoje está mais envolvida na coleta seletiva.

**Gilberto Gil foi barrado pela imigração Americana**

Em sua entrada nos EUA por Dallas para o inicio de sua "USA Tour", Gilberto Gil passou por constrangimento ao ser interrogado em sala particular pelas autoridades americanas de imigração, dia 13 de Março. De acordo com a assessoria do músico, o problema de Gil com a imigração dos Estados Unidos é antigo, e acompanha a sua carreira desde que ele foi preso com maconha em Florianópolis, há 31 anos, episódio que rodou o mundo no documentário cinematográfico Os Doces Bárbaros. A embaixada dos Estados Unidos em Brasília informou, por meio de sua assessoria, que iria investigar o ocorrido. Já a assessoria do Ministério da Cultura, informou que não cabe providências ao ministério, porque Gil está licenciado, sem vencimentos, e não viaja representando o governo brasileiro.

**Operação da região genital é a nova moda (ou mania...)**

Além das operações para aumentar os seios, modificar a face e reduzir o abdômen e os glúteos, a cirurgia estética ganhou uma nova moda entre as italianas: a operação da região genital. Segundo um estudo da clínica especializada italiana Clinique, entre as cirurgias mais procuradas nos últimos tempos se encontra a redução dos lábios genitais, já que muitas mulheres reclamam que a excessiva dimensão da região lhes causa problemas e dores durante a prática de atividades esportivas, como andar de bicicleta ou a cavalo, ou ainda em suas relações sexuais. Curioso é que nos últimos anos as operações de reconstrução do hímen para restituir a "virgindade anatômica" têm duplicado. Se isso vira realmente vira moda...

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## Letting Go In Crisis

By Eddie Lijima

Letting go...What is it about this often seemingly inevitable event? Why does it occur at the time it does? And why does it have to be so tormenting at times? In one form of letting go, things we hold dear can all of the sudden lose meaning and allure. Something deep inside us signals that it's time to close the chapter. We feel the silent pulse of new life. In other words, we let go in preparation of that unseen new life in the distance. This can be purely instinctual. We simply release the hold without much struggle. Then we have this more turbulent form which I will explore in depth. Here, we are forced by external circumstance. Intense events pressure us to let go and this can feel like someone just pulled the rug from underneath our feet. This type involves tremendous struggles and excruciating pain. A major source of our agonies is that we don't get to pick what needs to go. Worst, it is always what we cherish the most that we are forced to leave behind. Therefore, we blindly react and fiercely defend. Eventually, we allow us to be stripped away because we are left with no choice!

- We as Evolving Souls...
- Internal Make-Over...
- Mounting Fear...
- Sweeping Changes...
- Nothingness...
- Healing Aspect...
- Breaking Point...
- New Beginnings...
- Conclusions...

## United States of America discriminates against millions of immigrants

By Raimundo Delgado

America, a country of immigrants, has a love hate relationship with immigrants, those that leave all that is dear to them to join the American dream. The sacrifice, the pain of breaking away with one's place of birth, leaving family and friends behind forever causes a great schism that is never repaired.

In my own experience, I left my home island, Sao Miguel in the Azores, in order for my brothers to avoid serving in Portugal's colonial wars in Africa, and economic survival. I admire the great democratic traditions of this country, but I cannot ever reconcile with the fact that some feel the new Americans are a burden. It's very sad hearing people attempting to show they are more American than we are just because they were born in American soil.

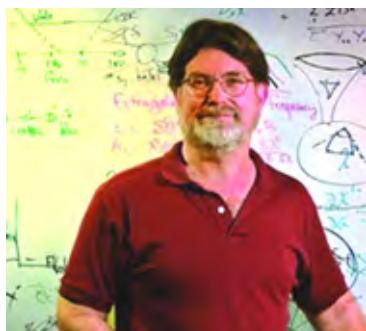
It seems American citizenship has degrees. According to the US Census, there are more than 10,000 immigrants that call New Bedford home who are not American citizens. Some of these people have lived in this country for over 50 years. They have never become American citizens for fear of the difficulties of the immigration and naturalization test. Now we hear that the "New citizenship test will focus on democracy...."



**\* Complete articles can be read  
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Featuring Articles on the  
right column**

# News & Notes from the Bay Area

By Bruno Romani



## Brazilian and the Nobel Prize

On October 3<sup>rd</sup> of last year, it was announced the winner of Nobel Prize of Physics, George Smoot who works at UC Berkeley. What just a few people know is that in the past 12 years Smoot has been working with a Brazilian - or almost one Brazilian.

Camilo Tello was born in Bogotá, Colombia, but obtained Brazilian citizenship in 1996. He arrived in Brazil in 1975 and since 2001 lives in Berkeley where he works at the Berkeley Lab. The Lab is the same one where César Lates, the most famous Brazilian physicist, did some of his work.

Mr. Tello met Smoot through another Brazilian scientist in 1991 in a congress of the International Astronomical Union in Argentina. He was invited in person by Smoot to participate in the research that later granted him the Nobel.

Smoot's finding is named "cosmic background radiation" that can be explained as "echoes" of the Big Bang, proving the beginning of the structures that make the universe today. To put in a few words what Mr. Tello does is a real challenge. He works with "maps from the sky from observations collected with an experiment in radio-astronomy to help the refinement of the data of the cosmic background radiation." In other words, Tello helps to improve the quality of collected data.

The experiment done by Tello was developed in a partnership between INPE (Instituto Nacional de Pesquisas Espaciais) and the Berkeley Lab. Tello and Smoot are to publish the findings of this collaboration in the scientific journal "Astronomy and Astrophysics". About the Nobel winner, Tello says: "After he won it, I haven't seen him anymore. He has too many social events to attend."



## Bullets sent in Berkeley

Director Jason Kohn visited Berkeley on the occasion of the screening of his first film "Manda Bala" (Send a Bullet). The documentary, winner of Sundance's Grand Jury Prize in this category, is a powerful depiction of Brazil's class struggle and unequal wealth distribution. The crowd gathered at Haas School of Business to hear Kohn say, "This movie is not about Brazil, but about the US in five years."

Despite of concerns that more conservative Brazilians may have about the depiction of the country to foreign eyes, the director, whose parents live in São Paulo, seems to understand the process by which corruption in Brasília's higher offices generates street violence in big urban areas such as São Paulo and Rio de Janeiro.

The audience remained in silence most of the time, making noises only when the amount of corruption and violence showed on the screen reached the unbearable. After the screening, the director gained a generous round of applauses and answered questions made by the public. Now, he hopes to show the movie in Brazil. Will he be allowed?



## 10th Anniversary Celebration of the Capoeira Arts Café - by Lindenberg Jr

Sat. April between 6 and 9pm 21st marks the 10th anniversary of this Downtown Berkeley's premiere Brazilian Cultural Center. The organizers will host the 3rd annual Friends of Capoeira Dinner that will include traditional Brazilian cuisine, a capoeira performance, live music and a silent auction. All proceeds benefit the Capoeira Arts Foundation, a 501(c)3 organization whose mission is to enrich the lives of Bay Area residents and International Students through Brazilian Culture and Music. Congratulations Mestre Acordeon and Mestranda Suely! Capoeira Arts Café is located at 2026 Addison Street near Shattuck in Berkeley, CA 94704 510-666-1255.

## O Conselho de Cidadãos Brasileiros na Área da Baía de SF esta convidando a comunidade BR

residente na região de sua primeira reunião aberta ao público no dia **17 de Maio, quinta-feira, das 18:30h as 21:30h na Igreja João Batista** (atrás da Paróquia) localizada na 6500 Gladys Ave. em El Cerrito (Zip 94530). Na programação constam quatro palestras: "Questões Legais Importantes para o Imigrante" pelo advogado Cezer Ternieden, "Apoio do Consulado ao Imigrante" pela Vice-Consul Suzane Silva, "Acesso do Imigrante ao Serviço de Saúde" pelo Assistente Social George Woyames, e "Assistência ao Imigrante aos Assuntos de Família, Depressão e Dependência Química" pelo Psicólogo Otaviano Junior.

**Mais Info:** (415) 981-8170 ramal 224 ou [comunidade@brazilsf.org](mailto:comunidade@brazilsf.org)

## Oração de Santa Rita de Cássia

Santa Rita, padroeira das causas impossíveis. Obrigado pela proteção Poderosa a mim concedida.

Realiza o meu pedido, que para muitos é considerado impossível. Santa das urgências, atende às palavras proferidas de Meus lábios.

Deus, que a preveniu com todas as bênçãos escolhidas, que colocou em tua cabeça uma coroa de ouro puro, atende-me.  
\* (dizer o que precisa)

Santa Rita, intercede junto a Deus que prolongou teus dias e tua santidade séculos afora. Graças a teu auxílio, Santa Rita, concede-me a glória de ter meu pedido realizado.

De grande majestade e esplendor, o Senhor te revestiu. Para todo o sempre Serás a santa dos jovens.

Desejo ser objeto de todas as bênçãos. Enche-me de alegria com tua presença e proteção.

Eu confio na ação da amada Santa Rita. Por tantas graças, Sempre serei grato, Hoje e sempre. Mostra-me tua força Para celebrarmos, juntos, minha vitória! Assim seja! Amém.



## A Santa Italiana muito conhecida dos brasileiros

A para-normalidade esteve presente sempre a sua vida e muitos acontecimentos foram atribuídos a ela. Foi casada e teve 2 filhos. Ficou viúva após o marido ter sido assassinado, e em seguida - menos de 1 ano, perdeu os dois filhos por "coincidência das suas orações" - que preferia a morte dos filhos do que ver os mesmos como assassinos, já que eles juraram vingança pelo pai.

Morreu de tuberculose em 1457, aos setenta e seis anos. O Papa Urbano VIII a beatificou em 1627 e Leão XIII a declarou santa em 1900. Santa Rita foi canonizada pelo afeto e devoção dos fieis, muito antes que a igreja lhe concedesse a honra dos altares. Urbano VIII a beatificou em 1627, e em 1900 Leão XIII fez sua solene canonização. Mas já em 1577 se erguia na cidade de Cássia na Itália, uma igreja a Santa das causas desesperadas e impossíveis. O Brasil passou a cultuar-a desde outrora, porque a atual matriz de Santa Rita da arquidiocese do Rio de Janeiro, data da era remota de 1724.

Comemoração: 22 de maio

Emblema: crucifixo, coroa de espinhos

Padroados: Esposas e mulheres

Protege: Causas Desesperadas, Infidelidade,

Paternidade, Problemas Matrimoniais.

\*Na grande Los Angeles você pode encontrar a Igreja de Santa Rita No endereço 318 N. Baldwin Ave., Sierra Madre, CA 91024



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