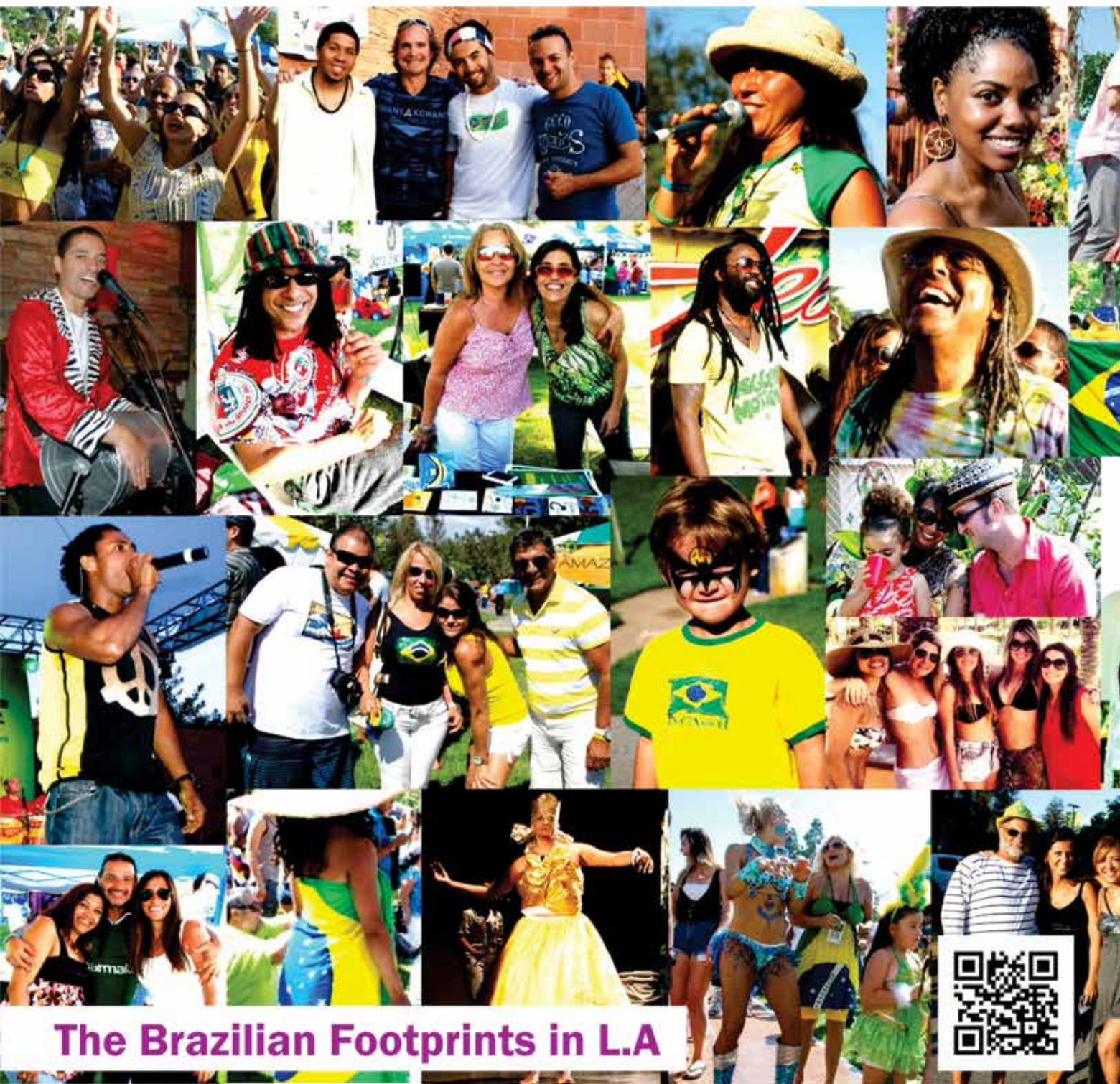


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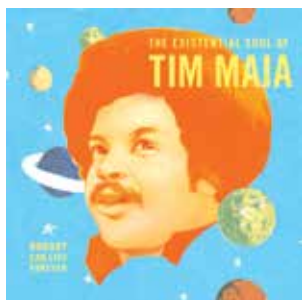
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Music, Immigration in Brazil, Travel and Tourism



Tim Maia RE-LIVE in U.S with Nobody Can Live Forever: the Existential Soul of Tim Maia. David Byrne's record label Luaka Bop is re-introducing the Brazilian master of soul Tim Maia in the 15th anniversary of his death. The collection includes recordings from throughout the 70's, including songs he wrote for a spiritualist group called "Energia Racional", which believed that humans would eventually be saved by aliens in flying saucers who would return us to our real home. For a year Maia dressed in robes and only performed for his fellow believers. The album open with "Que Beleza", something like "How Lovely". And just as a good example, "Let's have a Ball Tonight" finds Maia extolling the virtues of peace and love, as opposed to war and strife, over a sunny California style soul groove. Tim Maia died in March 15, 1998 at age of 55.

The National Immigrant Council (CNIg) recently established the Special Commission to study the Brazilian System of Qualified Labor Migration. The commission was created to study the changes to simplify the procedures practiced in Brazil for issuing work visas, thereby speeding up decisions regarding the arrival of skilled labor in the country. The commission is to produce a report on its findings by June 30. The commission will study amendments to the immigration system and will be able to propose changes to accelerate the process of issuing work visas to foreigners. The Secretary of Labor, Justice and Foreign Affairs will coordinate the work of the commission.

Foreigner tourists have never spent as much in Brazil as they did during the first quarter of 2013 (hit of summer in Brazil). "The result is of great importance if we consider the international situation in the main countries/tourists visiting Brazil – Argentina, USA and European Countries", said the Secretary of Tourism Gastão Vieira. The foreign exchange earnings from tourism are calculated by the Central Bank, considering credit card spending and official foreign exchanges.

The São Paulo LGBT Pride 2013 has beat all the records last June 2 and have reached an estimated of 3.5 million people. The parade that started in 1997 is considered the biggest pride parade of the world by the Guinness Book of World Records and is the second largest event of the city (just after the Formula One/Car Race). The meeting point is at the Museum of Art of São Paulo (MASP), right at the middle of São Paulo's postcard Avenida Paulista, around noon, has over 3 miles long taking, the Consolação street until the end at Roosevelt Square, in Downtown São Paulo, at around 10 PM.



The mega event is strongly supported by the State and the City of São Paulo, counts with a solid security plan, and is sponsored by some of the most important companies of Brazil such as Petrobrás, Brazil's oil firm – that have reaffirmed their commitment to backup the event and its diversity. The LGBT Pride Sao Paulo receives over 400,000 tourists and moves over US\$100 million.

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In Las Vegas...



The Brazilian "Gaucha" from Porto Alegre, **Neise Cordeiro**, was crowned as Mrs. Nevada Globe in the city of Las Vegas, becoming the state spokeswoman for the **Women in Need Foundation** (W.I.N.). The W.I.N. Foundation is an international non-profit organization focused in providing healing programs for women and

children traumatized by abuse and domestic violence. Mrs. Globe is the largest fundraiser for the W.I.N. Foundation and this beautiful Brazilian will be representing the state of Nevada, from July 31st to August 4th, in the Mrs. USA Globe Finals at the Rancho Mirage Resort in Palm Springs, CA. For more information and sponsorship opportunities: www.winfoundationinternational.org. Neise is living in U.S since 1999 and since 2004 lives in Las Vegas. As a certified Zumba instructor, she recently produced the "Zumbathon" to raise funds to the cause of Women in Need Foundation.

In San Diego...

A year or so ago, Roberto became another statistic. Due to a car accident in San Diego, he can't live a full life. In Brazil, volunteers organized themselves to raise money for a stem cell treatment in Panama which had successful results but more needs to be done in order for Roberto to live fully as spinal cord recovery and physiotherapy is needed. Knowing the situation of Roberto's family – due to a stroke, his father will no longer be able to assist him, **Jane Ceron**, a Brazilian living in San Diego, personally witnessed this heavyhearted scenario when she visited Roberto.

Sensitive to the Roberto situation, Jane had at least a great initiative.

In her birthday she decided to throw a party in a club and invited her friends. What makes the difference was the request from Jane for her friends donated to Roberto's cause instead bring gifts for her. Roberto himself also came in. Overwhelmed with the warm welcome, even his health complaints,

a reason for his home confinement, were forgotten for a while. "It gave me joy to know that my friends could somehow help him, a gift for me! The party for sure had an invigorating and rewarding feeling! The way the Brazilians in San Diego makes it so meaningful in such tragic moments... amazes me! I encourage

others do get involved in promoting these type of events", said Jane. By doing so, Roberto's chances of living a normal, active life may be soon. You can contact Roberto through email: robertomitschke@gmail.com or visiting the **Facebook Page**: <https://www.facebook.com/roberto.nitschke>



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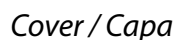


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As **soccer is a Brazilian “Mania”**, we would like to mention an interesting fact. With the intention of relieving stress and having some fun, a group of Brazilians initiated a weekly soccer game on Saturdays in the Glendale College in 1979. After 6 years the game moved to the Pasadena High School. During this time Brazilian soccer celebrities as Pele, Jairzinho, Marinho Chagas, Paulo Cesar Caju and Junior, all them, former professional soccer players and Brazilian stars, visited this Brazilian



gathering while they were in L.A, emphasizing its growing importance. In 92, this tradition moved to the Alhambra City Recreational Park, and more recently, since 2012, to a new recreational park in Culver City. Mostly of this players, such as Almir Santer, have been play every Saturday since the 80's. The fun just finishes, as tradition, after the "Feijoada" or "Brazilian BBQ" that follows after the game.



Mestre Amen Santo & Capoeira Batuque

The **Capoeira is a strong expression of our culture and in LA** could not be different. Many of its techniques can be seen in the movie "Catwoman", where actress Halle Berry learned some traditional capoeira movements in order to perform some the most electrifying scenes in the movie. Master Boneco from the group Capoeira Brasil in Culver City, who was Berry's private trainer, states that: "It is very exciting to see capoeira flowing into the American culture". Among the most traditional capoeira groups in LA are the group of Capoeira Batuque in Culver City. The founder of the group, master Amen Santo, was the pioneer in LA and was one of the first to open up relations with Hollywood. In the movie "Only the Strong" with Jean Claude Van Damme, Master Amen's involvement served as a representation of both capoeira and Brazil. Currently, there are several groups of Capoeira around LA, including the Capoeira Besouro of master Batata in Santa Monica, also, a longtime established group in LA area.

In Brazil, creativity and sports often go hand in hand,

and a good example of this phenomenon can be seen in Jiu-Jitsu. An art that has been around for ages, Jiu-Jitsu originated in India, was later practiced in China, then brought to Brazil and adapted to our culture. **Brazilian Jiu-Jitsu** was made famous worldwide by the Gracie family, who were among the first to bring its techniques to North America. Hollywood producers realized the potential of the sport, and used many of its technique to choreograph fight movies such as the final scene in "Lethal Weapon" with Mel Gibson. Many Hollywood celebrities practice Brazilian Jiu-Jitsu, including Chuck Norris, Vin Diesel and Guy Ritchie. There are many Jiu-Jitsu academies spread throughout the city and the Museum of Brazilian Jiu-Jitsu, inside the Gracie Academy in Torrance, founded by Rorion Gracie, son of legendary master helio Gracie. What most Brazilians like about L.A. is the desert climate - hot days and cool evenings, and the beach life. "I love to run in Venice Beach to keep my body healthy and in shape", said the Brazilian Jiu-Jitsu instructor Mauricio Costa.



Nano Nobrega & Alex Atala from Duster California Skateborder in Venice Beach

Brazilians also enjoy swimming, foot-volley, frisbee, and of course, relaxing and getting a tan. Many Brazilians get together in Redondo Beach in front of Eighth Street or between Marina del Rey and Venice Beach Pier. **Surf and Skateboard** is also a passion for many Brazilians, and for sure, some of the most famous Brazilian professionals and entrepreneurs in these fields, living all along the South Coast in places

such as Huntington Beach and Malibu.

Brazilian music in LA has found its outlet through two radio shows, both hosted by Sergio Mielnickzenko. On Saturdays he hosts the show "Brazilian Hour" on KPFG and on Fridays the show "Global Village" on KXLU, both shows, featuring songs of the great masters of Brazilian music and interesting chats with celebrities involved with Brazilian culture. There are also many popular Brazilian musicians who live for many years in LA, like the percussionist Aírto Moreira and his wife Flora Purim, and Sergio Mendes. Moreira says: "with the heavy traffic, everything is too far away and seems that I'm always late". For this musician of international recognition, the enchantments of the city are in the different canyons that cross the Valley to the coast and the natural beauty that the scenery offers.

If we talk about music, there are so many Brazilian talented musician in LA that should be necessary extra pages in this issue for do it. For mention just a few, I will list some of the oldest "Angelinós" residents such as singers Katia Moraes, Sonia Santos, Ana Gazola, Nei Rios, Fabio Jahgun, Flavio Ribeiro, Reni Flores and Andrea Ferraz; percussionists Zé Bruno, Carlinhos "gold tambourine", Gibi (who plays with Sergio Mendes), Lula Almeida and master Badaró (from Viver Brasil Dance Company); and the bassists Fernando Raio (Six Foot Halo) and master Santana. **If you like to learn samba**, have fun, just improve your skills or a simply desire to be introduced to the pleasure of the Brazilian rhythm, there are many good options to choose from. Just as example, dancers/choreographers Jonia McClenney and Aninha Laidly offer great classes at Brasil Brasil Cultural Center in Culver City.

A good part of the expression of our culture comes from the **strong religious sentiments** of our people. And just as God is great... there are a great number of religious communities located all over the city, including evangelistic churches; among them, Baptist, Methodist, Assembly of God and Adventist; as well as spiritualist centers



Brazilian famous musician Sergio Mendes lives in L.A for over 30 years

in the Allan Kardec line. The important idea is that all of them are contributing to the well being and comfort of our people, who find in these communities a way of socializing and extending their spheres of friendship. These communities serve to reduce feelings of cultural isolation and loneliness as well as to improve spiritual bonds.

And as the nature of Brazilians is such a colorful one... the Brazilian Consulate years ago decided to open its doors to Brazilian artists in the field of folk and visual arts. Just as example, Rose Lobo was one of those artists' years ago. The intention of the **Brazilian Consulate Gallery** ("BCG") is to offer the exchange of information, education and culture between Brazilian artists and the public. **Talking about art**, we asked the artist Bakari Santos, one of the most actives "cultural ambassador" of Brazil in L.A, what he thinks about this city. "L.A can pleasant everybody because it's very cosmopolitan. It presents different kinds of natural beauty as mountains, waterfalls, beaches and snow - during the winter, as well as a wonderful climate!" – said Bakari. When one thinks about Brazil, many think of carnival, and L.A presents some many options during the Mardi Gras (or Carnaval!) season. During the months of February and March, you can find at least two **Brazilian Carnaval** Bowls to join. The locations usually change year by year, but there were remarkable Brazilian carnivals at the Palladium in Hollywood and at the Queen Mary in Long Beach.

The diversity in **Brazilian culture can be also**

appreciated in the cuisine. There are so many different Brazilian restaurants to choose from, but the predominance is for sure the Brazilian Steakhouses. There are the pioneer By Brazil in



Silvio, Co-Owner of Silvio's Brazilian BBQ in Hermosa Beach

Torrance; the Green Field in Pasadena, Azusa and Long Beach; M Grill in Koreantown; Samba in Redondo Beach and Universal City, Gaucho Village in Glendale, and Fogo do Chao in Beverly Hills just to mention a few in the 'All You Can Eat' style. But if we talk about Brazilian cuisine, we must to mention the "a la cart" style Brazilian restaurant pioneer in town: the charm and cozy Café Brasil. Opened its doors in January of 1991 on Venice Blvd, it quickly became an important point of reference for all things green and yellow in LA. Most recently, they opened a second restaurant at Washington Blvd, also in Culver City. Other good options "a la cart" is Libra Restaurant, also in Culver City, and Silvio's Brazilian BBQ in Hermosa Beach – this last one, featuring a "Surf Style" decoration, just a few meters of the Pier.

Talking about "pioneer", the Pampas Grill inside the landmark Farmer Market has established the "paid by the pound" BBQ style and with the success, few years later, opened it's second location in Culver City. The Pampas presents a fast food style service with a wide variety in the buffet and meat cut to perfection. In an unexpected

talk with one of the owners – Francisco Carvalho, we asked what he thought the reason was for the recent growth in popularity of Brazilian restaurants, especially churrascarias. The answer was an insightful one: "The difference of style, the abundance of a desired and expensive product like meat in America, our special seasoning allied with good music like chorinho and Bossa Nova are some of the reasons".



View from the landmark "Farmers Market" and the busy Pampas Grill

The Brazilian fusion came with the Bossa Nova in West Hollywood, then in Hollywood and West L.A, and the Tropicália in the Los Feliz area. The interesting about the Tropicalia is that they have a one wine bar that is a "must to go" if you have a date! (* or just love wine). Francisco, co-owner of Pampas Grill, commented "I think is very important that each one fulfill its mission of "ambassador", spreading the diversity of Brazil". Just a few miles to the North, in Westlake Village, you find the Galletto Grill, presenting a comfortable courtyard, music on the weekends and including a delicious Italian menu additional to the Brazilian choices.

We would like to mention the **Brazilian Chamber of Commerce** (BCCC), which is a nonprofit organization that promotes the commerce between California and Brazil through business people and companies interested in networking and doing business. We can conclude that the energy, charisma, happiness, and the work done by the Brazilian community in Los Angeles has had a fundamental impact in LA, and remains an important source for the positive image of Brazil that is growing daily throughout Southern California. ■

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É hora de se aceitar e se respeitar como você é... parando de se comparar com os outros, e de se colocar sempre abaixo das pessoas, de se sentir inferior aos outros. A única boa comparação é com você mesmo, com o que você foi ontem, com o que você melhorou hoje, e com o quanto você pode melhorar amanhã. Somente essa forma de ver a vida pode lhe fazer bem e lhe estimular a acreditar no seu potencial, na sua capacidade de vencer.

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a dar certo, na hora certa, no lugar certo. E, finalizando, eu tenho uma ótima notícia para lhe dar: Para elevar sua autoestima, independente da sua história de vida, você só depende de uma pessoa: VOCÊ! Então, sinta-se bem com você e permita-se ser feliz! Este poder é todo seu! ■

***Eliana Barbosa é consultora comportamental, "life coach", autora de livros no campo do autodesenvolvimento, conferencista motivacional e apresentadora de programas em TV e Rádio. www.elianabarbosa.com.br / eliana@elianabarbosa.com.br**





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Brazilian Cinema "Boom"



Since a few years ago the Brazilian Cinema "Re-Live" thanks to the new generation of talent filmmakers, actors, producers and of course, what is beyond, like incentives and sponsorship from organizations associated with the Brazilian government like Petrobras and the private sector. But, here we will try to give just an example of this "shine".

Filmmaker Gabby Egitto that arrived in Los Angeles coming from Sao Paulo in 2010, just got her fifth accolade in a remarkable career of achievements overseas, including two films written and directed by her - "Stuffed" and "Synergy" have received four awards and two nominations at international festivals in the U.S. At the moment, Gabby is polishing the drama "Taken for Granted" for release. The film traces the last day in the life of Martha Michaels, a housewife, unraveling her intriguing personality and the striking circumstances of her death.

"I used documentary techniques to imprint a strong semblance of truth to a fictional

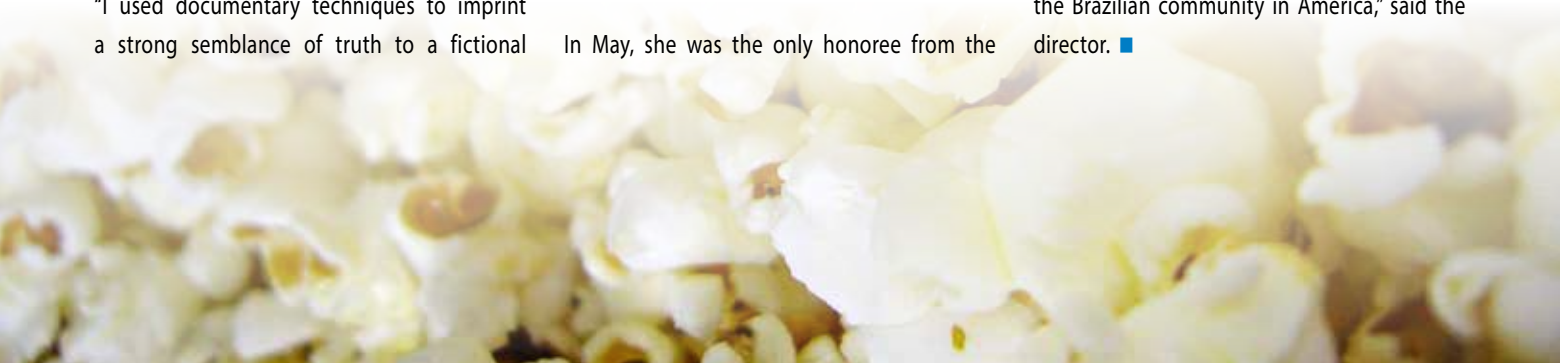


Photo by Robert Balder

piece that tackles a very serious topic," says the director, who has already gathered endorsement of world-class experts of public health sector attesting to the social importance of the film. The filmmaker is also preparing her first feature screenplay.

In May, she was the only honoree from the

West Coast at the gala dinner of the "Women That Shine Award", held in Orlando, Florida, an annual awards promoted by a Brazilian magazine that granted statuettes to 12 outstanding Brazilian women in USA. "I'm thrilled and very proud with this affection of the Brazilian community in America," said the director. ■



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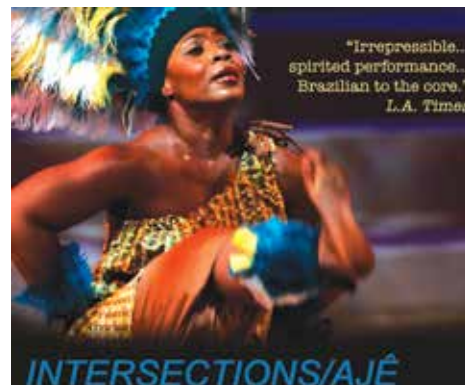
Great Events Coming Up this Summer!



The Brazilian singer and Latin Grammy Nominee, **ANA CAROLINA** is doing her U.S Tour this summer and stop in L.A on **Sunday, June 30th** for a concert at The Montalban Theatre. Ana Carolina presents her all time hits with a mix of folk, samba, jazz, pop rock in her L.A. debut. Songwriter, arranger and instrumentalist Marcos Ariel open the night with Bossanova songs from Tom Jobim. The concert start at 7pm and the theatre are located at 1615 Vine Street, Hollywood, CA 90028 – www.anacarolinausatour.com.

On **Wed, July 17, 7.30pm**, the Brazilian International **star Sergio Mendes** plays at the **Hollywood Bowl**. Multi-Grammy winners and long-time musical friends Sergio Mendes and Herb Alpert & Lani Hall share the Bowl stage for a night of sublime jazz and irresistible Brazilian rhythms. Alpert & Hall bring their inventive sophistication and style to jazz standards and selections from the Great American Songbook. Renowned for hits such as “Mas Que Nada” and “The Look of Love,” Mendes closes out the party with his breezy Rio-pop grooves! www.hollywoodbowl.com/sergiomendes

The **Ford Amphitheatre** is celebrating their 20th Anniversary supporting local talents. The 2013 summer season have the return of **Viver Brasil Dance Company** on **Sat, July 27 at 8.30pm**, with a world premiere piece entitled Intersections / Ajê celebrating the Afro-Brazilian dance company's 15th anniversary. Founded in 1997, the award winning Viver Brasil is rooted in the traditional and contemporary dance forms and techniques of Salvador, Bahia, Brazil and is dedicated to exploring and preserving the passion and theatricality of Afro-Brazilian dance. Under the artistic direction of **Linda Yudin** and Co-director **Luiz Badaro**, and supported by renowned choreographer **Rosangela Silvestre**, the company layers Afro-Brazilian moves, myths and driving rhythms with an array of drums and vocals. Featured musicians include **Jose Ricardo Sousa** (Bale Folclorico da Bahia) and **Katia Moraes** – www.viverbrasil.com



A native from Sao Paulo, **Maria Gadu** burst onto the scene in 2009 with her hit single “Shimbalaie” and has since performed with such musical legends as Caetano Veloso and Tony Bennett; singing “Black Velvet” on Bennett’s Viva Duets album. The singer/songwriter, born in 1986, began playing music as a child and performed her first concert at the age of 13. She moved to Rio de Janeiro in 2008, where she attracted attention and gained renown from fellow musicians like Caetano Veloso. Gadu received two Latin Grammy award nominations in 2010 and 2012 and will be performing in L.A on **Sunday, July 28 at 7pm**, also at **Montalban Theatre** in **Hollywood** – www.mariagadu.com.br



The **20th Annual Brazilian Summer Festival** presented by Brazilian Nites brings this year the samba mestre **Jorge Aragão** for a memorable night at the Ford Amphitheatre, **Sunday, August 11** (door open at 5pm). The Ford is located at 2580 Cahuenga Blvd. East in Hollywood and just across the Hollywood Bowl. Sambista raised in the traditional redoubts of Rio de Janeiro, Jorge Aragao has been building his career throughout the last 25 years and have sold 1,000,000 copies of his "Jorge Aragao Ao Vivo", receiving a double-platinum record. Plus **Bloco Nove, Samba da Mudanca** and **DJ Chris Brazil** – www.braziliannites.com

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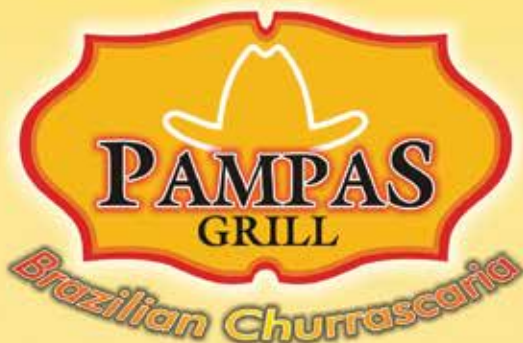




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Focaccia com Cebolas e Azeitonas

Similar à pizza, a focaccia tem ganhado popularidade no mundo da gastronomia por duas boas razões: é saborosa e muito fácil de fazer.

Ingredientes

3 ¼ xícaras (450 g) de farinha de trigo
2 colheres (chá) de fermento seco granulado para pão (instantâneo)
1 colher (chá) de sal
8 colheres (sopa) de azeite
1 xícara (250 ml) de água morna (110°F / 43°C)
1 cebola roxa média, cortada em fatias bem finas
1 xícara de azeitonas cortadas
1 colher (sopa) de ervas frescas picadas ou 1 colher (chá) de ervas secas (alecrim, orégano)
Sal e pimenta moída

Modo de preparo

Em uma tigela grande, misture a farinha, o fermento e o sal. Junte 4 colheres (sopa) de azeite de oliva e misture mais um pouco. Gradualmente acrescente a água morna e vá misturando até toda a farinha ter sido absorvida e formar uma massa. Você poderá não precisar de toda a água ou talvez precisará de um pouquinho mais. Transfira para uma superfície polvilhada com farinha de trigo, e, com as mãos fechadas, trabalhe a massa até

ficar macia e elástica. Não trabalhe mais que 5 a 6 minutos. Forme uma bola.

Limpe a tigela, unte levemente com 1 colher (sopa) de azeite e role a massa sobre o óleo para evitar que resseque. Cubra a tigela com um plástico ou pano grosso e deixe crescer por 2 horas ou até dobrar de volume.

Em uma frigideira pequena, aqueça 3 colheres (sopa) de azeite e frite a cebola por 3 minutos. Acrescente as azeitonas e as ervas. Tempere a gosto com sal e pimenta. Cozinhe por 2 minutos. Retire do fogo e deixe esfriar.

Abaise a massa, fazendo um furo com a ponta do dedo e transfira-a para uma superfície enfarinhada. Amasse rapidamente, 2 ou 3 vezes, cubra e deixe descansar por 5 minutos.

Divida a massa em duas partes. Coloque cada parte em uma assadeira redonda ou retangular média, untada com óleo; achate e estique com as mãos, dando o formato até ficar com uma altura não mais que 2 cm. Com as pontas dos dedos faça pequenos buracos na superfície e coloque a mistura de cebolas com azeitonas. Cubra e deixe crescer por 1 hora.

Preaqueça o forno a 375°F/190°C. Asse a focaccia por 25 minutos ou até dourar. Retire do forno e deixe descansar por 10 minutos antes de desenformar.

Rendimento 10 a 12 porções

Sugestão: em um recipiente de vidro, coloque o azeite e junte 4 dentes de alho picados, tampe a vasilha e deixe em infusão num local fresco, durante toda a noite. Dia seguinte prepare a focaccia.

Dica: preaqueça o forno 15 minutos antes de levar a focaccia para assar.

Enrolada em filme plástico, guardada em temperatura ambiente a focaccia conserva fresquinha por dois dias. Também pode ser conservada na geladeira por cinco dias e congelada por até 2 meses. Algumas horas antes de servir, retire da geladeira ou congelador, e deixe voltar a temperatura ambiente.

**A autora Bia Flores recentemente publicou o seu livro "O Mundo Culinário de Bia Flores" através da Editora Mundo Culinário LLC – www.omundoculinario.com*



Clássico Patê Maison

Os patês ou terrines têm textura e formatos variados e um de seus segredos mais importantes é ser consumido frio.

Ingredientes

300 g de carne de vitela, cortada em pedaços pequenos
200 g de tiras de bacon, picado grosseiramente
2 dentes de alho, cortados ao meio
1 cebola pequena, cortada em pedaços
120 g de presunto defumado, cortado em pedaços
1 ovo
1 colher (sopa) de conhaque ou vinho branco
½ colher (chá) de noz-moscada ralada
1 pitada de canela em pó
½ colher (chá) de molho de pimenta ou 1 pitada de pimenta caiena (opcional)
Sal e pimenta-do-reino moída a gosto
1 folha de louro

Modo de Preparo: preaqueça o forno a 375°F (190°C). Reserve uma vasilha própria para patê ou terrine, ou uma forma de pão de forma com

capacidade de (500 ml).

Em um processador, junte a vitela, o bacon, o alho e a cebola. Processe até ficar bem misturado. Acrescente o presunto, o ovo, o conhaque ou vinho e processe até o presunto ficar finamente picado. Tempere com a noz-moscada, a canela, o molho de pimenta ou a pimenta, caso esteja usando, o sal e a pimenta-do-reino, e misture bem. Transfira a mistura para a vasilha reservada, pressione firmemente, nivelando com uma espátula. Disponha a folha de louro no centro da mistura deixando uma parte visível para que possa ser retirada depois. Deixe repousar por alguns minutos para os sabores se juntarem.

Coloque a forma sobre uma assadeira e leve para assar, descoberto, por 45 minutos ou até que o patê comece a soltar dos lados e fique levemente dourado. Retire do forno e deixe esfriar. Cubra

com papel-alumínio e coloque um peso de aproximadamente 500 g por cima. Isso fará com que o patê fique compacto e fácil de fatiar. Coloque na geladeira por um dia para liberar o sabor. Sirva como entrada, cortado em fatias, acompanhado de torradas, pickles ou geleias.

Rendimento 8 a 10 porções

Sugestão: carne mole própria para bife, carne de peito de frango ou peru pode ser usada para substituir a vitela.

Dica: o patê pode ser batido, aos poucos, no liquidificador. Pedras pequenas ou sacos com arroz ou feijão cru podem ser usados para servir de peso. Depois de assado este patê pode ser mantido na geladeira por 4 a 5 dias.

* A autora **Bia Flores** recentemente publicou o seu livro "O Mundo Culinário de Bia Flores" através da Editora Mundo Culinário LLC – www.omundoculinario.com

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Close Up San Diego

by Victor Gutierrez



Beach Soccer Jam 2013 and the participation of Brazilian Productions Samba Group at Fiesta Island



A Tribute to Persia at Balboa Park



Movie stars of "Luna Escondida" at San Diego Latino Film Festival 2013, including actress Ana Serradilla



Popular singer Cristina Garabina and the fun at Sicilian Festival 2013 in Little Italy

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International Migration is Projected to Become Primary Driver of U.S. Population Growth for First Time in Nearly Two Centuries

International migration is projected to surpass natural increase (births minus deaths) as the principal driver of U.S. population growth by the middle of this century, according to three new series of population projections released in May by the U.S. Census Bureau. This scenario would mark the first time that natural increase was not the leading cause of population increase since at least 1850, when the census began collecting information about residents' country of birth. The shift in what drives U.S. population growth is projected to occur between 2027 and 2038, depending on the future level of international migration.

"Our nation has had higher immigration rates in the past, particularly during the great waves of the late 19th and early 20th centuries," said Thomas Mesenbourg, the Census Bureau's senior adviser. "This projected milestone reflects the mix of our nation's declining fertility rates, the aging of the baby boomer population and continued immigration".

The three new projections cover the period from 2012 to 2060. These alternative series complete the official set of 2012 National Population Projections, which began with the middle series projections released in December 2012. All four series maintain the same methodology and fertility and mortality assumptions, and differ only in the levels of net international migration they assume. They are broken out by age, sex, race and Hispanic origin.

"Projections of international migration are challenging to produce, because it is difficult to anticipate future social, political, and economic conditions and how they may influence migration into or out of the United States," notes Census Bureau demographer Jennifer Ortman. "Developing this range of alternative projections shows how differing levels of net international migration alter the pace at which the U.S. population grows, ages, and diversifies".

Higher international migration would mean a faster growing, more diverse, and younger U.S. population. The December 2012 series projected net international migration to increase from 725,000 in 2012 to 1.2 million in

2060. In contrast, the alternative measures are considerably different:

- The low series would increase annual levels of net international migration slightly from 702,000 in 2012, to 824,000 in 2060.
- The high series would increase net international migration from 747,000 in 2012 to 1.6 million by 2060.
- The final series projects a constant level of net international migration of 725,000 throughout the 2012-2060 period.

The high series projects that the U.S. population will hit 400 million by 2044, earlier than the 2051 date the December series projected. The high series also projects that the U.S. resident





AMERICA

population will become majority-minority by 2041, two years earlier than the December projection of 2043. In other words, less than 50 percent of the population will be non-Hispanic single-race white.

The share of the population that is working age (18 to 64 years old) is projected to decrease in all four series by 2060. The high series projects the smallest decrease in the share of the population in working ages (from 62.7 percent in 2012 to 57.3 percent in 2060). The share of the working-age population would drop in the December 2012 middle series from 62.7 percent in 2012 to 56.9 percent of the total in 2060. In each of the four series (including the December 2012 projections), the population 65 and older would rise from 13.7 percent in 2012 to more than 20 percent in 2060.

The high series also projects that the minority population - all people except for those that are non-Hispanic, single-race white - would climb

from 37 percent of the total in 2012 to 58.8 percent in 2060. In contrast, the U.S. minority population would reach 55.9 percent in the low series. The Asian population, 5.1 percent of the total in 2012, would reach 7.3 percent in 2060 in the low series and 9 percent in the high series. Similarly, the Hispanic population was 17 percent of the total in 2012 and is projected to reach 29.9 percent in 2060 in the low series and 31.3 percent in the high series.

OTHER HIGHLIGHTS:

- The total U.S. population in 2060 ranges from 392.7 million in the constant series to 442.4 million in the high series.
- The 65 and older population would outnumber the population younger than 18 as of 2038 in the constant series, 2046 in the low series, and 2056 in the December 2012 projections. In the high series, the under-18 population would remain greater than the 65 and older population throughout the period.

- The population younger than 18, 23.5 percent of the total in 2012, would drop to 20.8 percent in 2060 in the constant series. In the high series, it would decrease to 21.4 percent in 2060.
- The series with the latest projected date for when the U.S. population would become majority-minority (2046) is the constant series.
- The population under 18 years is projected to become majority-minority in either 2018 or 2019 in all four series.
- The working-age population is projected to become majority-minority between 2036 (high series) and 2042 (constant series).
- The percentage of the population 65 and older that is minority would increase in each series, but not become majority-minority by 2060 in any of them.

*Source: Latino Print Networks

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Notícias da Fundação D. Pedro II

*Photos: Rodrigo G. Yanes

No dia **26 de Maio** a presidente da Fundação D. Pedro II, **Sra. Sonia Ravelli**, recebeu a influentes mulheres latinas na comunidade de Las Vegas, na sede da Fundação. Tratava-se de um evento beneficente para a inauguração oficial da organização sem fins lucrativos **"Latinas em Accion"**, onde o destaque foi um show de moda apresentando a coleção de verão do fashion designer brasileiro Aldo Mancatto. O desfile teve a participação de várias modelos profissionais de diversos países latinos, dentro o qual, a Miss Brazil-USA Las Vegas Ellen Alves. A

coleção de verão de Aldo Mancatto foi dedicado à sensualidade da mulher latina. Deliciosos aperitivos e musica ao vivo de qualidade deu um sabor especial ao evento. Na Sexta, dia **14 de Junho as 7pm**, a Fundação em sua sede "Villa Magdalena" será a anfitriã de um evento da "Catholic Charities Migration & Refugee Services" organizado pela Theresa Bronco Lopes. A organização ajuda os refugiados de todo o mundo e que são forçados a deixar suas casas e famílias por motivos de perseguição racial, religiosa ou política.



No Sábado, dia **29 de Junho as 8pm** será a vez da anual **Festa Junina** que promete ser bem animada com brincadeiras de São João e forro ao vivo. A comida típica dessa festa tradicional brasileira que traz o milho como principal ingrediente será um dos carros chefes desse evento tão esperado pela comunidade em Vegas.



No Sábado dia **7 de Setembro as 8pm**, a Fundação D. Pedro II apresentara o anual evento do **Miss Brasil-USA Las Vegas 2013**, onde a Miss de 2012 Jiulyana Berlatto passara a coroa para a nova Miss 2013 a ser eleita por um grupo de jurados formado por modelos, jornalistas e pessoas influentes na comunidade de Las Vegas. O local do evento será anunciado em breve através de sua assessoria de imprensa. Para visitar a Fundação no Facebook busque por **"Dom Pedro II Brazilian International Foundation"**. Para updates de eventos da Fundação cheque também www.soulbrasil.com/vegas-news



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O Talento e Perseverança de um Designer de Moda Brasileiro

Ainda muito pequeno em Dois Vizinhos, uma pacata e pequena cidade no Sul do Brasil, Aldo Mencatto já demonstrava seu grande interesse pela moda. Tendo uma mãe que confeccionava boa parte da roupa do filho, Aldo logo passou a colocar a sua imaginação em prática “brincando” de fazer camisas, calças e vestidos, e inclusive, acessórios com folhas de bananeiras. Como a moda estava no seu sangue, logo depois de terminar o segundo grau, Aldo se mudou para o Rio de Janeiro e passou a trabalhar como modelo.

Não demorou muito a Aldo perceber que modelagem não era bem a sua praia. Com a morte de sua mãe, Aldo passou por momentos de reflexão e inspirado nela, passou a se interessar por desenhar roupas. Em 2003 sua estrela passou a brilhar mais quando celebridades do Rio passaram a requisitar que Aldo desenhasse seus vestidos para eventos especiais. Aldo começou a ver a sua carreira se consolidar nos anos seguintes. Seis boutiques passaram a vender a sua marca e até uma viagem para o Fashion Week em Angola com uma comitiva do então Presidente Lula fez parte dessa história. Mas, no retorno dessa viagem em 2006, quase que instantaneamente, tudo se demorou.

Aldo tinha assinado um contrato com um sócio no qual ele admite, não ter lido com o cuidado merecido. Ele se encarregaria da parte operacional de produção enquanto seu sócio se encarregaria da parte da gerência administrativa. O seu sócio havia esvaziado o caixa da companhia e desaparecido. “Eu confiei demais. Eu estava fazendo muito

dinheiro, mas não estava prestando atenção no que se refere aos negócios” disse Aldo.

Decepcionado e com pouco dinheiro, porém muito determinado como sempre, Aldo deixou o Brasil e veio para Las Vegas onde aqui tinha uma irmã. Perseverante e pronto a recomeçar sua vida, Aldo conseguiu um trabalho em um restaurante Dennys de Vegas. Por dois anos, Aldo temporariamente deixou do lado a sua paixão pelo mundo da moda e se focou em fazer um bom trabalho no restaurante e aprimorar o seu inglês. “Eu deixei o Brasil com US\$50 e um visto para entrar nos EUA. Eu sempre fui determinado e sabia que iria conseguir refazer o meu nome por aqui” diz Aldo Mencatto.

De promoção a promoção, Aldo chegou a gerência do Dennys, e começou a pensar na sua volta como “fashion designer”. Depois de três anos no Denny’s, uma nova oportunidade surgiu, e ele foi trabalhar como gerente de turno no Marilyn’s Café localizado dentro do Tuscany Hotel & Casino. No fim de 2010 Aldo já tinha sua primeira coleção para ser apresentada. Mais recentemente, em Maio, Aldo Mencatto apresentou um fashion show no World Market

Center como parte do Las Vegas Fashion Design Council, do qual agora ele é vice-presidente, e foi amplamente ovacionado.

Apesar de Aldo ainda não ter lojas vendendo os seus modelos em Vegas, ele já tem lojas em Miami, Brasil, Itália e parte da África com suas roupas nos seus racks. Terminamos essa história lembrando que quando você tem talento, você nunca deixa de ter talento. Quando você é determinado, a perseverança tende a te acompanhar. Quando você sonha que algo pode acontecer, creia que pode acontecer, e não deixe de pedir ao universo sobre o que você sonhar em ter. ■



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A Loucura Desenfreada Pelo Culto da Beleza

As mulheres de hoje em dia buscam loucamente a beleza física superlotando as academias, e a beleza estética com visitas a salões e clínicas de beleza para assim, ficarem mais envolventes e atraentes. Os tempos mudaram, muito embora determinadas coisas devam ter ficado como sempre foram, ou seja, as mulheres deveriam almejar serem bonitas sim, mas sem os excessos e exageros que muitas adotam nos dias de hoje. Academia todo dia e toda hora, cirurgias plásticas desnecessárias e a psicose da beleza a todo custo. Não queremos dizer que não deveriam se cuidar, mas sim deveriam fazer isso com bom senso e de forma equilibrada.

A preocupação em manter um corpo bonito e saudável acompanha a humanidade desde a antiguidade e em cada época houve um estereótipo aceitável de boa forma e beleza, a simetria era considerada atributo essencial ao corpo. Nesse sentido o povo grego como expoente civilizador de sua época instituiu as competições esportivas como meio da celebração das qualidades corporais. A presença corporal doutrina o exercício do poder: o êxito dos

torneios esportivos exercia um enorme fascínio social, chegando a determinar o resultado de guerra e disputas territoriais.

A expansão industrial e tecnológica, assim como a disseminação dos esportes e o fenômeno da moda e o cinema através dos meios de comunicação contribuíram decisivamente no processo de valorização de ideais e padrões de beleza. Com o passar do tempo as silhuetas mudaram, e mais particularmente, nos últimos 30 anos, de uma forma mais complexa e abrangente.

Nos finais dos anos 70 e começo dos 80 surge a proliferação das academias de ginástica ao redor do mundo, e no mundo assim como no Brasil, surge a "Geração Saúde". O corpo ganha centralidade e destaque no espaço urbano das grandes metrópoles. Nos anos 90 assistimos à expansão dos centros estéticos e o aumento significativo das revistas que abordavam o tema da moda, saúde, bem-estar e beleza física. A virada do século apenas consolidou um fenômeno: o culto ao corpo e da beleza a todo custo.

No entanto, por trás da construção dos padrões de boa forma e beleza esconde-se uma ideologia política, elitista e social, pois a estética corporal serve como divisor social - na medida em que exclui os que não estão nos arquétipos difundidos pelos meios de comunicação de massa, já que para se alcançar o "corpo perfeito" ou a "beleza almejada" é necessário fazer um investimento, já que as técnicas, cosméticos e cirurgias não são de baixo custo.

Essa loucura desenfreada tem haver talvez com a palavra "sucesso". No mercado de consumo, por exemplo, os mais atraentes, esbeltos e sensuais são os mais disputados, desejados e valorizados. A aparência física e o bom desempenho do corpo funcionam como características distintivas, signos de status e condição social. São signos relacionais e com valor de troca. ■

***Esse texto se originou a partir de um post do Jose Roberto Silva no Facebook <https://www.facebook.com/johnrobertestrategistafilosofo>. Acreditamos interessante a ideia a partir do título que menciona sobre a loucura desenfreada pela beleza a todo custo, mas não compartilhamos com a ideia do texto na íntegra, e por isso editamos algo refletindo a ideia central do "Título".**



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Dicas de Passeios Divertidos, Grátis ou Quase Grátis, no Sul da Califórnia – Parte 1

Paula Coutinho e Pat Wright

Está chegando a melhor época do ano para passeios e atividades ao ar livre. O verão no sul da Califórnia trás dias mais longos e azuis, perfeitos para se aproveitar as férias. Para você que não sabe o que fazer e que não quer gastar muito, aqui vai algumas dicas de lugares imperdíveis, de San Diego a Orange County! Partindo do Sul para o Norte...

Durante quase todo o verão, nas noites de domingo em **Ilha de Coronado**, as séries de concertos de músicas – Coronado's Summer Concert Series, no Spreckels Park, são apresentadas grátis. O Hotel del Coronado, ponto turístico muito interessante de se conhecer, é patrimônio nacional americano e californiano. Aqui se hospedam presidentes, reis e aristocratas. O luxuoso hotel tem arquitetura vitoriana e fica do outro lado da Baía de San Diego.

Em **Seaport Village**, um complexo de 14 acres ao ar livre com 54 lojinhas e 17 restaurantes, você pode caminhar por jardins com lagos cheios de patinhos, pontes e uma vista espetacular da marina do porto de San Diego. Ainda em downtown SD, o **Balboa Park** é sempre uma boa opção em uma área de 1.200 acres de vegetação natural, jardins para picnics e trilhas para caminhadas. Às terças-feiras e domingos, às 11hs, você pode fazer passeios grátis guiados por um ranger. Durante o verão, há o International Cottages' Lawn Programs, que é celebrado todo domingo com comidas étnicas, músicas e danças. Toda primeira 4ª feira do mês, você pode observar a lua, os planetas e as estrelas no céu através dos telescópios do Reuben H. Fleet Center.

Em **Old Town**, considerada a primeira "downtown" de San Diego, você encontra seis quadras de história Mexicana em restaurantes típicos, comércio, museus e construções adobe restauradas e preservadas. Cores vibrantes, música e claro, excelentes margaritas! Já em **Mission Bay** ao longo da baía, você tem mais de 20 milhas pavimentadas para fazer caminhadas, andar de bicicleta, patins ou skate. Não esquecendo os inúmeros lugares onde se você pode fazer churrascos e se divertir com a família e amigos.

Seguindo pelo litoral e depois de Pacific Beach, **La Jolla** é imperdível! Caminhar pela orla em **La Jolla Cove**, fazer picnic no gramado, apreciar voos e mergulhos de pelicanos, e focas em seu ambiente natural, podem ser momentos de muita curtidão. Se gostar de praticar scuba diving ou snorkeling e de ver pequenas criaturas do mar nas águas cristalinas, não se decepcionara. Não deixe também de passear pelas lojas e restaurantes e de assistir o pôr do sol do alto do Gliderport – "Revitalizante". Outra boa pedida são as trilhas da **Reserva de Torrey Pines**. Nível moderado, com bela vista do oceano Pacífico!



La Jolla Cove



Balboa Park



Algumas milhas mais ao norte, na pequena e encantadora Encinitas, o **Meditation Garden** é o lugar perfeito para quem procura paz e quietude. São jardins cheios de flores, plantas e árvores de espécies variadas. Ao longo das escadas das pequenas trilhas há bancos em cantinhos retirados, envoltos por folhagens, onde se pode meditar, rezar ou ouvir o silêncio da natureza ao seu redor. Além de dois laguinhos e uma cachoeirinha com áreas para se descansar ou observar peixes e carpas coloridas. Quando se chega ao topo, a vista é o oceano, intermitente e majestoso.

Mais algumas milhas pelo litoral e encontramos na cidade de Oceanside o **Oceanside Harbor**, onde as águas são calmas, perfeitas para stand-up boards e kayaks, que você pode alugar. Às terças-feiras, visitas ao **Califórnia Surf Museum** são grátis! O museu expõe uma coleção permanente de pranchas históricas, incluindo fotografias e vídeos. O **Oceanside Municipal Pier** é o mais longo píer de madeira na costa oeste dos EUA, perfeito para pescar, caminhar e observar todo o movimento da praia abaixo.

Já em Orange County, metade do caminho entre San Diego e L.A, mais precisamente em Costa Mesa, uma boa pedida é uma visita ao

Meditation Garden



internacionalmente - Para quem gosta de fazer "comprinhas" e bater pernas por suas boutiques extraordinárias e restaurantes premiados, a parada vale a pena. Em San Juan Capistrano, o Zoomars Petting Zoo oferece uma magnífica experiência para quem tem crianças, pois os mesmos podem passar a mão em bichinhos como coelhos, porquinhos-da-índia, cabritinhos, põnes, lhamas, pássaro, etc. Em Laguna Beach, o **Sawdust Art Festival** apresenta artistas locais expondo seus trabalhos de arte e música. O festival é grátis e geralmente entre o fim de junho e começo de setembro.

Lembro que durante quase todo o verão, muitos bairros em **San Diego** e **Los Angeles**, além de muitas cidades pequenas entre essas duas metrópoles organizam festivais de arte e cultura culturais em semanas variadas. Fiquem de olho! A costa sul da Califórnia é um paraíso ensolarado, personificado por praias magníficas e cidades vibrantes. Saiba aproveitar o famoso estilo de vida descontraído californiano!

Vista de San Diego desde a Ilha de Coronado.



* Pat Wright e Paula Coutinho possuem o blog Patflor - www.patflor.com, onde mãe e filha postam seus "escapes" pela Califórnia assim como notícias sobre moda.

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Name: Ana Braga

Where Did You Born: Rio de Janeiro, Brazil

Living Now: Las Vegas, USA

Weight: 117 Lbs

Height: 5'8"

Sign: Sagittarius

Preference Color: Pink

Preference Food: Pão de Queijo and Coxinha (Brazilian)

Hobby: Writing, working out and shopping

Sport/Fitness: Boxing, soccer, pilates and weight training.

Music Style: Bossa Nova, House Music and Hip Hop.

Career: Model and Writer.

A Dream: I would love to have my own shelter to take care of all the abandoned animals.

What's your "Life Philosophy"? "Dream until your dreams come true".

Soul in Shape



Ana Braga

*Photos by Gary Miller



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