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Editor's Note

In June we will be celebrating our 15th year! We have published 83 printed issues, wrote hundreds of articles in English in other hundreds in Portuguese. Our website in 2014 has undergone a change, both in design and layout, and in this new phase in Wordpress, we reach almost 200,000 page views per month.

Since the beginning of 2015 our readers had the chance to read the magazine in a "flip" digital version through the digital newsstand ISSUU besides the traditional eBook in PDF format that can be found in our website and for free. Our eNews that in 2013 had just over 5,000 subscribers started to have almost 11,000 by the end of 2016.

Our presence in social media has become more constant with daily posts of new articles we produce and photo albums of different events. Most recently, our video in Portuguese about the Life in L.A have reached over 14,000 views in just couple months on Facebook. Very soon and before our 15th year celebration, couple additional options to read our magazine will be launched.

Obrigado to all contributors, friends and readers, and we hope, a pretty good number of you guys living in Southern California can join us in our 15th Year party celebration in June.

*Health and peace,
Lindenberg Junior*



SOUL BRASIL
magazine

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OUR MISSION

Inform and educate our readers; build relations and networking with Brazilians, Brazilian culture lovers and the conscious living community; and also, give exposure to the products and services of our advertisers and partners.

DISTRIBUTION/CIRCULATION

We are in our route to complete 15 years on the road few months ahead and since our last issue of 2015 we stop to printing large quantities as we have done for the first 14 years.

We have moved in a new direction with focus in digital issue, through different formats and forms/ways.

We still print 500 magazines with each issue but our power of outreach with no doubt is through different and innovative platforms such as the flip issue with ISSUU, the eBook format in PDF and the Soul Brasil App for Android and IOS. We expect by the end of 2016, reach out over 50,000 readers with each issue, in U.S and also in Brazil.

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Moda Fitness:

Saiba o Que é Tendência na Hora de Malhar e Praticar Esportes

As academias se consolidaram, tanto nos EUA como no Brasil, como parte da vida de um público interessado em manter a saúde em dia e o corpo em forma, sem ter que esperar pelo verão para perder as gordurinhas extras. Consequentemente, a moda fitness vem ganhando cada vez mais espaço nos desejos dos frequentadores de academias. Mas foi-se o tempo em que a esse estilo abandonou a definição simplista de roupas e acessórios que apenas destaquem as curvas. Atualmente, o mercado de moda fitness investe de forma intensa em tecnologias que possam oferecer aos usuários conforto, qualidade, beleza e alta performance nos treinos e esportes individuais e coletivos.

E, de olho nesse público, a indústria de moda esportiva se tornou um mercado promissor diante de um grande potencial de crescimento. De acordo com dados da Associação Brasileira da Indústria do Esporte, o Brasil tem mais de sete mil lojas especializadas no setor esportivo e outras 14 mil que vendem algum item do tipo. O faturamento anual do varejo neste segmento é de R\$ 4,73 bilhões. O crescimento da modalidade fitness no país fez o Brasil ocupar o segundo lugar no ranking mundial em números de academias, ficando atrás apenas dos Estados Unidos e à frente de Países como Itália e Alemanha.

As academias, clubes, piscinas, pistas de corridas, arenas de lutas e os estúdios de ioga e pilates estão tomados por pessoas com roupas modernas, descoladas, com estampas divertidas e, acima de tudo, confortáveis. Existem roupas, calçados e acessórios no mercado específicos para cada atividade física e tipo de público.

Se você está interessado em se tornar um empresário (a) do setor é interessante da importância de acompanhar todas as modalidades esportivas com o objetivo de atender os vários segmentos dentro do universo fitness e de se ligar nas novas tendências. Se você já é um empresário do setor, parabéns! Pelo menos, o setor só tende a crescer. Importante também saber que as pessoas que malham e se exercitam regularmente gostam de novidades, especialmente quando vão conquistando o sonhado corpo e querem experimentar peças antes nunca usadas.

Do lado dos consumidores, o conforto além do design é o que não pode faltar. Para uma roupa ser confortável se necessita tecidos de qualidade. E a tecnologia dos tecidos para este segmento está a todo vapor. São elásticos, leves, respiráveis e duráveis e, quando combinados com cortes e estampas bacanas,

compõem o look ideal para os mais ligados na moda. Com uma tecnologia funcional, as roupas são desenvolvidas garantindo aos esportistas tecidos mais leves e preparados para dissipar a transpiração.

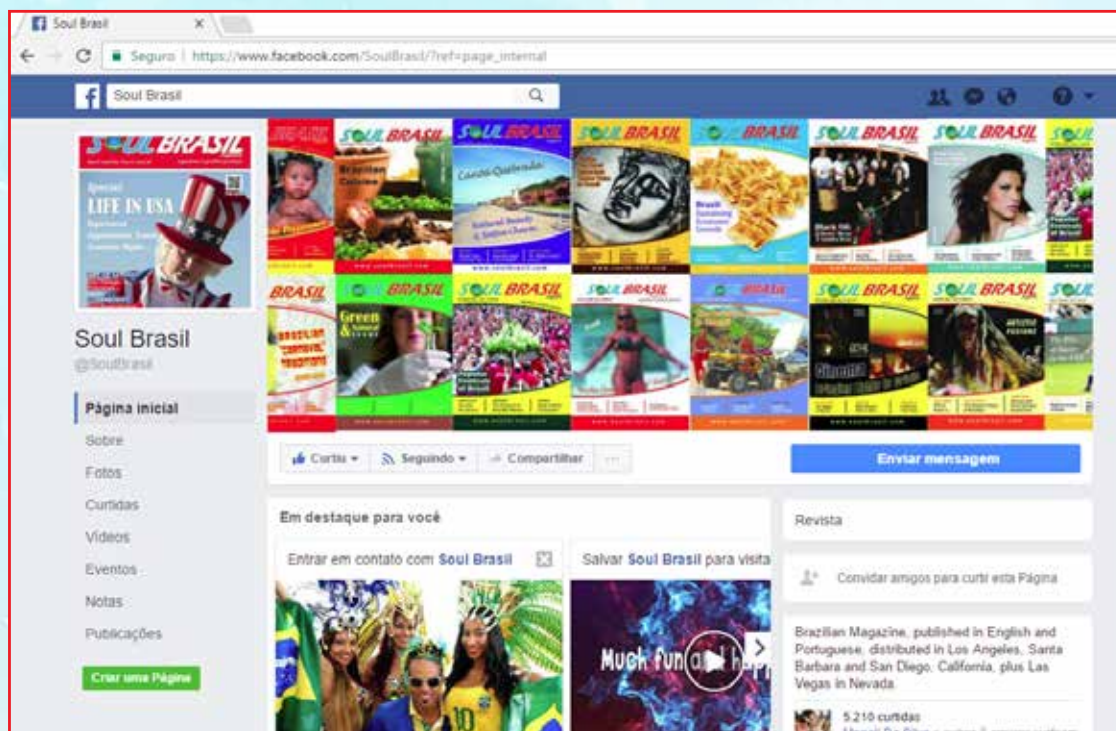
As cores e estampas estão cada vez mais alegres e divertidas, aliando desenhos a frases de humor e focando na autoestima de quem se exercita. As estampas recebem as mais variadas cores e formatos. Há uma enorme gama para se inspirar e explorar: formas geométricas, linhas retas, pontos, desenhos pequenos e grandes, dos florais artísticos, passando pelas animal prints, a moda street wear e texturas em cores neon.

Até detalhes luxuosos como lantejoulas, glitter e acessórios metalizados estão compondo os looks dos frequentadores de academia, tudo para sair da rotina de roupas simples e dar um "up" na energia na hora de focar no treino e moldar o corpo. Com o dia a dia corrido, principalmente do público feminino, muitas já saem da academia para outra atividade, seja supermercado, shopping, trabalho, buscar os filhos, entre outros, e a roupa de malhar não pode mais ser um empecilho para quem deseja praticidade. Aliar moda e conforto é um "trend"! ■



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POLITICS

BRAZIL-USA RELATIONSHIP

According to the president of Brazil, Michael Temer, the election of businessman Donald Trump will not change anything in the institutional relations between Brazil and the U.S. Temer pointed out that this is a State-to-State relationship.

HUMAN RIGHTS

BRAZIL ELECTED TO THE ONU COUNCIL

Portuguese Antonio Gutierrez, the new Secretary General of United Nations that replaces Korean BanKi-Moon said that Brazil demonstrates to the world the importance of respect for human rights. The country was elected to the United Nations Human Rights Council last January.

GRASSROOTS

FIRST ELEPHANT SANCTUARY IN LA IS IN BRAZIL

The country of samba has opened up the first sanctuary of Latin America for elephants previously in captivity. It will house as many as 50 (fifty) of the giant animals. The sanctuary is located in central Brazilian state of Mato Grosso and was founded by the U.S based non-profit organization "Global Sanctuary of Elephants".

BUSINESS

A NEW WAY TO WORK IN LATIN AMERICA

Facilitating improved collaborative work solutions will foster the development of new business revenue streams and models, upgrade the types of customer service, and permit to enter new markets with an edge over competitions. Latin America needs to acknowledge the tremendous operational returns of this new way to work.

HEALTH

DIABETES ON THE RISE IN BRAZIL

Brazil, unchecked diabetes poses additional health complications, often with financial hardship. It has severe financial and health impacts for many Brazilians, and its is increasing. Amputations, blindness and kidney failure are the consequences many people face from poorly managed diabetes. And when people health deteriorates, it means support of family members is required to put food on the table.

TOURISM

THE MUSEUM OF SOCCER IN SAO PAULO

The whole country lives with intensity a nation passion: soccer. In the city of Sao Paulo this love is clearly present in the Soccer Museum located inside the Pacaembu Stadium. It is almost impossible not to get infected with the atmosphere of the museum, does not matter, if you are or not a soccer lover!



Divine Instruments and the Magic of Music

As the Middle Ages wise men used to say, to play an instrument whether you have musical skills or not, just to participate in a musical ritual regardless of the instrument you play, enhances your chances of establishing a connection with your inner music and also the entire Universe. It brings a sensation of well-being, peace and harmony.

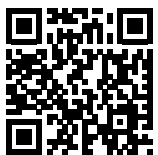
For those who were not born with a musical gift or that for one reason or another never had a chance to learn music, it is essential to remember that it is more important to become involved with any musical instrument, even if you have not technically studied it than to completely disregard this good habit just because we are not the perfect "rhythm kings and queens."

In the Holy Bible, the Muslim Qur'an, Santeria Scripts, and all religious interpretations and cultures, we can find similarities that say more or less the same thing: "Sing and play music to please the Gods and enchant your soul." And that's exactly what we should do, as much as possible.

To conclude, grab a flute, a harmonica, tambourine, drums, berimbau, or any musical instrument with which you identify. Focus on some musical exercise or continuous playing, with or without an instructor, and discover the music that's playing in your soul! ■

AND IF YOU ARE A MUSICIAN...

You should understand that the relationship between a player and that player's instrument is a powerful bond. No two instruments are alike. A new instrument can inspire a different playing style, new compositions, or even lead to improved playing. As a musician, finding yourself without an instrument can be as disconcerting as waking up without an arm.



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How Laughter Can Improve Your Overall Health

“ Laughter is strong medicine and is the best, because it is free, fun and easy ”

Initially, we can say that laughter can be infectious, and the good way, because when you hear the sound of laughter, you can't help but laugh yourself. When laughter is shared among others, it causes a binding between people and increases both intimacy and happiness. Laughter is strong medicine and is the best, because it is free, fun and easy.

It is well known that laughter triggers healthy bodily changes and healthy changes in the mind. It is an antidote to conflict, pain, and stress. There is nothing else that works more dependably or quicker to bring your body and mind into balance than laughter. The use of humor can lighten your burdens, connect you to others, inspire your hope, and keep you focused, alert, and grounded. With this ability to renew your health and heal you, laughter can be a great resource for whatever problems you may have.

It can also strengthen your relationships, and can support your emotional and physical health and wellbeing. Laughter can increase your immune system. It is relaxing and helps to release endorphins. It can help the heart! Yes, because laughter can increase the ability of the blood vessels to nourish all parts of the body. It can increase your blood flow, which in turn can help prevent heart attacks and other types of heart diseases. Laughter attracts other people to us, promotes the bonding among group members, Improves teamwork and strengthens relationships.

Laughter can help your emotional health. It simply makes a person feel good. This good feeling persists even when you are done laughing. Laughter helps you maintain an optimistic, positive outlook so you can better get through situations of loss, disappointments, and other difficult situations. For sure, laughter

is more than just a protection against pain and sadness. It gives you the strength and courage to find other sources of hope and meaning. Even when you find yourself in the most difficult of times, laughter or even a smile can take you far when it comes to feeling better.

And... how to create more opportunities to laugh? Here are some you might try:

- Attend a comedy club
- Watch something funny on TV or You Tube (just search "funny")
- Be with people who are funny
- Share a funny story or joke with another
- Read a funny book
- Play with your pet
- Play with children
- Do something you think is silly
- Engage in activities you consider fun

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Soccer Fitness for Kids



Soccer is the most popular sport in many countries around the globe and in particular in countries that already have won a “world cup” championship such as Brazil, Italy, Germany, England, Uruguay, France and Argentina, and is introduced to kids at a very young age like 4 or 5 years old, and as a fun outside the regular school. In U.S. the same thing, but the difference is that soccer is not considered “the main” sport or a popular sport as is American Football and Baseball.

During the last two decades, soccer has been increase in popularity in U.S. and in particular among kids (female and male) from 5 to 15 years old, and with this trend, various “soccer clinics” and “soccer academies” started to proliferate. In Brazil, usually, soccer is introduced to kids at a very young age like 4 or 5 years old, and as a fun play day outside the regular school. In U.S. it is introduced for kids at a very young age, and through the support of different leagues and soccer academies.

If your child is interested in playing soccer, you’ll want to make sure that he or she is ready for the physical demands as well as learning skills at an appropriate developmental age. With so many kids spending too much time on the couch playing video games and watching TV, soccer is a welcome activity to improve fitness. Learning some basic skills can also help build a foundation for future success in the sport. As kids get older they’ll need to develop more specialized skills.

When children are really young you don’t need to worry about finding a highly competitive team or program. Young children should focus on building fundamental skills. For Pre-K kids you should look for a soccer program that does this. But it’s still important to start young. The earlier you introduce your child to soccer skills and playing on a team, the better time He/she’ll have later as they begins to compete more often.

At this age you can look for programs to be coed with a mixture of boys and girls, though there may be some gender specific programs. At this age a soccer program should focus on: Motor Skills, Coordination, Fundamental Skills and Agility. This is a time when children are still developing their coordination and they should be supported in a developmentally appropriate program.

You may notice that they don’t actually play soccer in this type of program. Instead, you may see kids playing games and doing silly things that are actually teaching skills. To keep the interest of a very young child a class won’t be able to spend too much time on just one thing. As children get older, though, they’ll start to work more on playing the game. You’ll start to see more drills and soccer games being played. You can also enroll your child in a team where she can compete with others in a league.

Even if your child has a disability, you may be able to find a soccer program in your area that is specifically designed to help kids with disabilities play and enjoy soccer. Check with your local soccer association to find out if there is a program near you – or how to start one yourself. When it comes to gender, you may also have several choices. Some teams are co-ed while others are specifically for boys or girls. When your child gets older and starts playing on school teams, chances are they will be playing on gender specific teams.

However, there are several examples of girls and boys playing together on soccer teams – even in a school environment. You’ll need to look at each program individually and decide what’s appropriate for your son or daughter. Until your child is in secondary school, you’ll most likely need to enroll in a community recreational league in order to play soccer. At the elementary level most schools don’t have sports teams.

As your child gets older you can choose between school teams and recreational leagues. If your child is very talented and hoping to play soccer in college or professionally, you’ll want to go with the team that’s the best. If your child’s school team is excellent and will draw the attention of scouts it’s a good idea. But if it’s not a great team you may do better with a better performing team in a recreational league. ■

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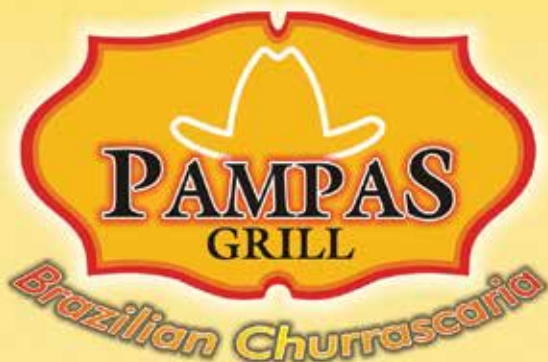
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Falsas Notícias nas Redes Sociais, Imigração, Pânico e como Identificar se é Verdade

O tema "imigração" tem sido uma constante nos meios de comunicação e nas redes sociais desde meses antes de Donald ter assumido a presidência dos Estados Unidos. Da mesma forma, nos últimos anos, com a popularidade de mídias sociais como Facebook e Twitter, as falsas notícias tem se multiplicado com a intenção de dar golpes ou causar pânico. Aqui nos EUA, nos primeiros meses de 2017, o tema preferido das mensagens falsas tem sido confundir as diferentes comunidades de imigrantes sobre possíveis blitz e batidas do ICE, a "polícia" de imigração norte-americana.

Na Califórnia, aonde estamos localizados, falsos alertas de batidas ou "checkpoints" por parte do Departamento de Imigração e Aduanas em cidades diversas tem aterrorizado a comunidade e deixado muita gente apreensiva. Vários departamentos de polícia do estado e dos EUA já se pronunciaram em conferências de imprensa para esclarecer que seus

respectivos departamentos de polícia não participam desses tipos de batidas e que não trabalham em conjunto com ICE.

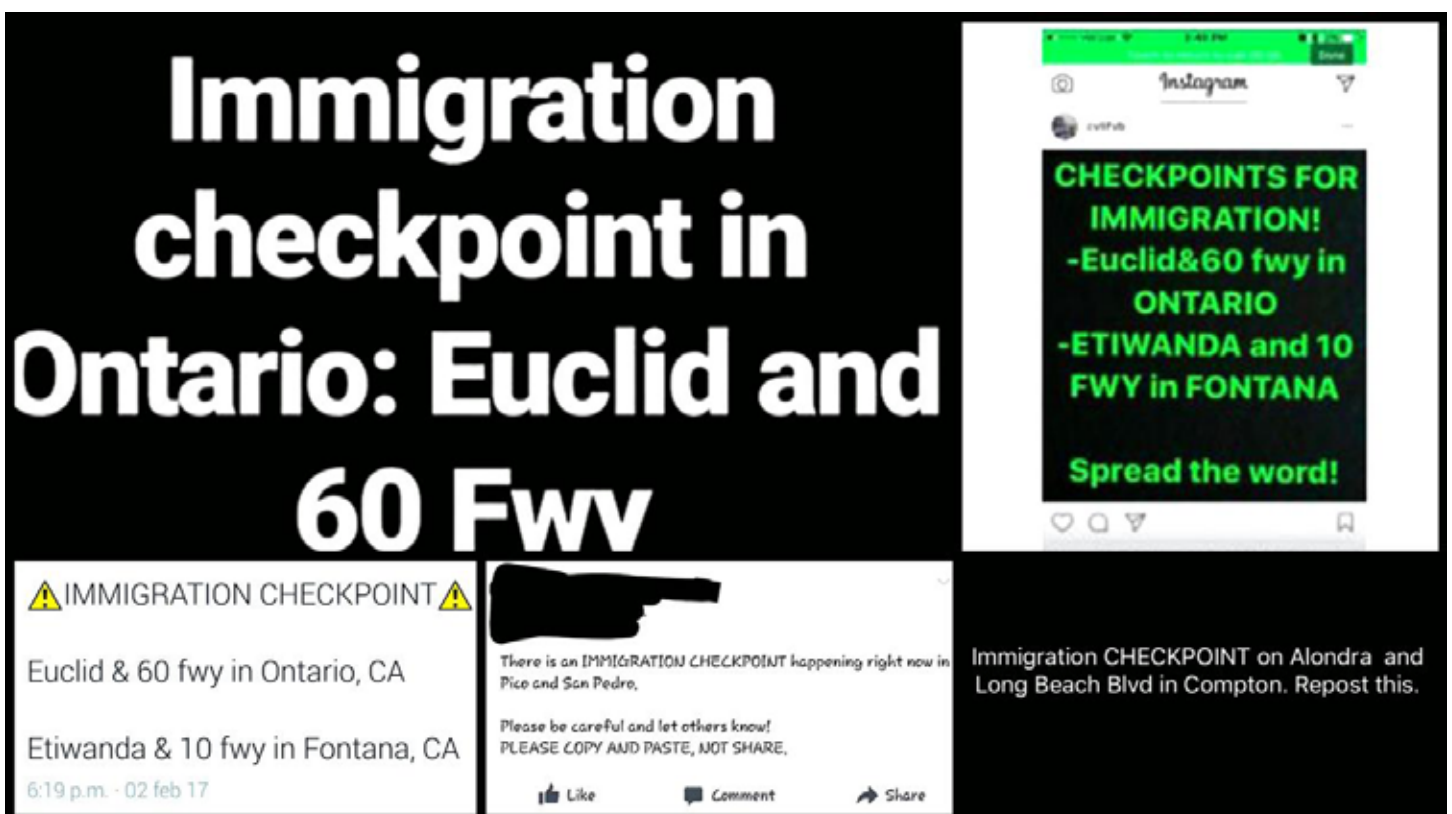
Em meados da segunda quinzena de fevereiro, devido a vários alertas falsos de blitz por parte de imigração, a assessora de comunicação da ICE, Virginia Kice, chegou a dizer publicamente que o departamento de Imigração e Aduanas não faz esse tipo de trabalho. Kice desmentiu os rumores de que o departamento havia implementado blitz ou batidas em múltiplos lugares no sul da Califórnia.

O que pode ter confundido a comunidade é o fato de que a ICE tem feito detenções, mas não se sabe ao certo a quantidade e nem em quais locais ocorreram. Porém a assessora do departamento pediu para as pessoas não darem crédito às notícias sem fundamentos que estão sendo divulgadas nas redes sociais. "Essas falsas informações sobre nosso trabalho apenas servem

para induzir pessoas mal informadas a atuarem irresponsavelmente", afirmou Virginia Kice.

Se você tem o hábito de utilizar as redes sociais muito provavelmente deve ter se visto vários desses "alertas" falsos. As diversas mídias sociais tem se tornado uma prato cheio para alardes e compartilhamento de notícias falsas em geral. Autoridades e especialistas no assunto aconselham a não dar muito crédito a tudo que vemos nas redes sociais e sempre checar e pesquisar as fontes das mensagens.

Lembre-se que qualquer um pode publicar qualquer coisa ou mesmo "editar" algo que pareça verdadeiro. É recomendado, antes de repassar notícias de WhatsApp, Facebook, etc, que se busque a veracidade dos fatos e mesmo que desminta, caso saiba que não é verdade. Melhor não repassar e sim compartilhar notícias de jornais, sites, revistas ou TV com reconhecida credibilidade. ■



Immigration checkpoint in Ontario: Euclid and 60 Fwy

IMMIGRATION CHECKPOINT

Euclid & 60 fwy in Ontario, CA

Etiwanda & 10 fwy in Fontana, CA

6:19 p.m. · 02 feb 17

There is an IMMIGRATION CHECKPOINT happening right now in Pico and San Pedro.

Please be careful and let others know!
PLEASE COPY AND PASTE, NOT SHARE.

Like Comment Share

CHECKPOINTS FOR IMMIGRATION!

-Euclid&60 fwy in ONTARIO

-ETIWANDA and 10 FWY in FONTANA

Spread the word!

Immigration CHECKPOINT on Alondra and Long Beach Blvd in Compton. Repost this.

Conheça Quatro Organizações que Defendem os Direitos dos Imigrantes no Sul da Califórnia

Com a nova administração Trump e suas respectivas ideias anti-imigrantes, vale à pena lembrar aos nossos leitores a importância de organizações que lutam pelos direitos dos imigrantes na Califórnia. Apesar de existirem várias entidades que lutam pelos direitos dos imigrantes no estado, as quatro organizações sem fins lucrativos disponibilizadas abaixo tem um largo histórico de ajuda comunitária e são reconhecidas pelo seu iminente ativismo pró-imigrante. Confirmam:

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Telefones: (213) 385-7800 x 125 (administração),
(213) 385-7800 x 136 (temas legais) e
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website: carecen-la.org



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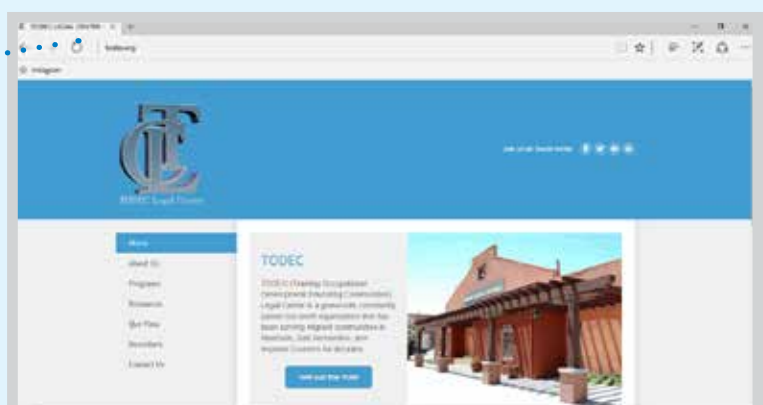
EL RESCATE

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PANIC ATTACKS

3 ways that they can be treated

When you experience a panic attack, the overwhelming fear and anxiety, as well as the rest of the emotional and physical manifestations that result, are very debilitating. You may even feel like you are going crazy or dying of a heart attack when you experience the panic. This can keep you isolated from others, afraid that a panic attack may happen at the most inopportune time. However, it is very important that you seek out and receive treatment in order that you begin to live your life again. Fortunately, there are some effective treatments that can help you get better. Here below, find out three ways (and pay close attention to the second and third):

1. MEDICATION

(THE MOST TRADITIONAL)

Although not required for everyone, medication is often a first line of treatment. It may be taken for anticipatory anxiety (thoughts you experience when thinking of a potentially anxiety-provoking situation) or for the symptoms of a panic attack. Medication can also be used to prevent future panic attacks.

Medications that may be used to provide more immediate relief of panic attacks or the anticipatory anxiety, include benzodiazepines such as Xanax and Ativan.

Although they provide quicker results for the anxiety, they can be habit-forming, and are therefore not always the best form of treatment for everyone. For prevention and long-term use, antidepressant medications like Prozac and Paxil are most often prescribed. But there are also other treatments (below) that can complement medication as a treatment for panic attacks.

2. COGNITIVE-BEHAVIORAL THERAPY

This specialized form of psychotherapy challenges the way you think and behave in situations. By changing your negative and destructive thinking patterns, and replacing them with more realistic, positive thoughts, you learn to reduce your anxiety. You are also taught how to approach difficult situations head on, rather than avoiding them.

3. DESENSITIZATION

Desensitization involves exposure to your fear in a matter that is controlled and systematic. It is usually best done under the supervision of a qualified professional such as a therapist. Here's an example of how desensitization works:

If you are extremely scared of being around strangers at the mall and are avoiding the mall because of fear of a panic attack there, the therapist may begin with having you just look at a photo of the mall. Once the photo stops causing you anxiety, then you may start looking at a photo of the stores inside the mall. Once you can handle that, you may watch a video of the layout of the mall. Over time, when this no longer causes you anxiety, you may move on to visiting the mall parking lot with your therapist. Eventually, the goal would be to enter the mall. The ultimate goal is to experience each situation, and see that you can handle the fear and any anxiety that accompanies each of the situations. This involves being aware of how to implement relaxation techniques that you can use to reduce your anxiety, when and if the need arises.

So, as you can see, you are taking incremental steps in facing your fear and slowly reducing your anxiety. If you suffer from panic attack, looking for a professional to help you is very important. ■



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“United We Stand”

Fotos: Claudia Passos

Nas imagens dessa página tentamos mostrar duas coisas importantes. O sério problema do número crescente de “homeless” (sem-teto) de uma das cidades mais importantes dos Estados Unidos e a bela iniciativa de uma brasileira residente dessa cidade que junto com outras amigas brasileiras prestam um serviço voluntário. Estamos nos referindo à cidade de Los Angeles e a iniciativa de solidariedade da paulista Laura Carvalho e de seu grupo de apoio.

Se você vive em Los Angeles talvez já tenha se tocado sobre esse problema social que enfrenta

não apenas a cidade, mas todo o county de Los Angeles. Em áreas de Venice Beach, Santa Monica, Vale de São Fernando e do centro de L.A podemos ver inclusive, “barracas de camping” nas calçadas das ruas e onde os sem-teto estabeleceram suas “casas temporárias”. Se você não vive em L.A, provavelmente nunca poderia imaginar, afinal, estamos nos EUA e a Califórnia é o estado mais rico americano.

Mas a iniciativa de Laura floresceu anos atrás, mais precisamente em 2008. “O grupo de ajuda se junta uma vez por mês. Criei com a intenção

de tentar suprir a necessidade de contato social aos moradores de rua. Não estamos lá para julgar ou para dizer para eles o que fazer, mas para ouvir, trocar experiências, encorajar e levar um pouco da realidade fora das ruas. Acreditamos que depois de certo estagio a vida nas ruas engole a autoestima das pessoas e o comportamento animal instintivo toma conta do espírito... vamos lá para quebrar essa rotina. Toda e qualquer ajuda é bem-vinda!”, nos disse a paulista. Tiramos o chapéu para ela e todas as pessoas do grupo de apoio! ■





Happenings in California...

The "Carnaval" in Brazil is the largest thematic party in the world and the most famous event, without doubts, is made up of cariocas (nickname for someone from Rio) and is held every year in Rio. But parties and celebrations is in the whole Brazil with special spotlights for Salvador and Recife/Olinda. Here is Southern California; we have two options in L.A (by producers Ariel del Mundo and Patricia Leao) and one in San Diego (by producer Christine Portela). Just happened...and we have been this year at the one on Globe Club on Broadway in downtown L.A, Saturday night, Feb 25th. Bellow, find out some of the fun! *Music by group Brasilidade and Badaue (they get together again after many years for this special occasion).



To check more photos and different albums of past events: www.facebook.com/soulbrasil



What we Can Expect for the Real Estate Market in 2017?

According to the analysts at Realtor.com 2017 will face up a slowdown for the national real estate market but the predictions is much better for the western markets like Los Angeles and Phoenix.

Chief economist Jonathan Smoke cited growing populations and jobs markets as the key drivers for growth and consumer confidence in these western metro areas bellow saying that "a number of western markets not just on the coast, but farther inland, will continue to grow in value thanks to strong growth dynamics"

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-  Riverside-Ontario-San Bernardino, California
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According to Mr. Smoke, although there is some issue with inventory in some of these markets, there is enough new construction to "ease the supply shortage somewhat" but continue to drive prices skyward.

He added that he expects these markets to continue to appreciate at above-average rates. Price-growth rates are slowing nationwide, however, with number-one-ranked Phoenix predicted to appreciate just fewer than six percent while sales volumes rise just over seven percent.

It is interesting to mention that Smoke also believes that "millennials" will be a buying force only in some of these markets, specifically in Los Angeles, while Baby Boomers are likely to drive demand in Phoenix, Tucson, and Portland.

Especially for 2017 and ahead, it's a trend that buyers these days may have a priority that beats

even the time-honored standard, "location, location, location", and turns out, if you they can't breathe in this "location", they are probably not going to buy. In other words, the key to success in real estate these days lies in the ability of only identify good locations in which to buy and sell.

A Meritage Homes survey revealed that as early as 2009 homeowners were expressing concerns about how their homes might impact their health, specifically in terms of indoor air quality. This is not surprise, if we consider that nearly 18 million adults (and more than six million children) have diagnosed asthma-related health issues. ■

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Recession Busters and Cellphone Savings

Tired to pay too much to use your cell phone? If yes for sure you are not alone, and hundreds of thousands of people in U.S. facing up with this problem. Keeping reading for check simple strategies to change this game. Here in U.S. the cell phone business work a bit different if compare with Brazil, and what is common to see, is a large wireless provider often comes with a irresistible perk: a new free or discounted phone in exchange for you signing up for a one or two-year contract.

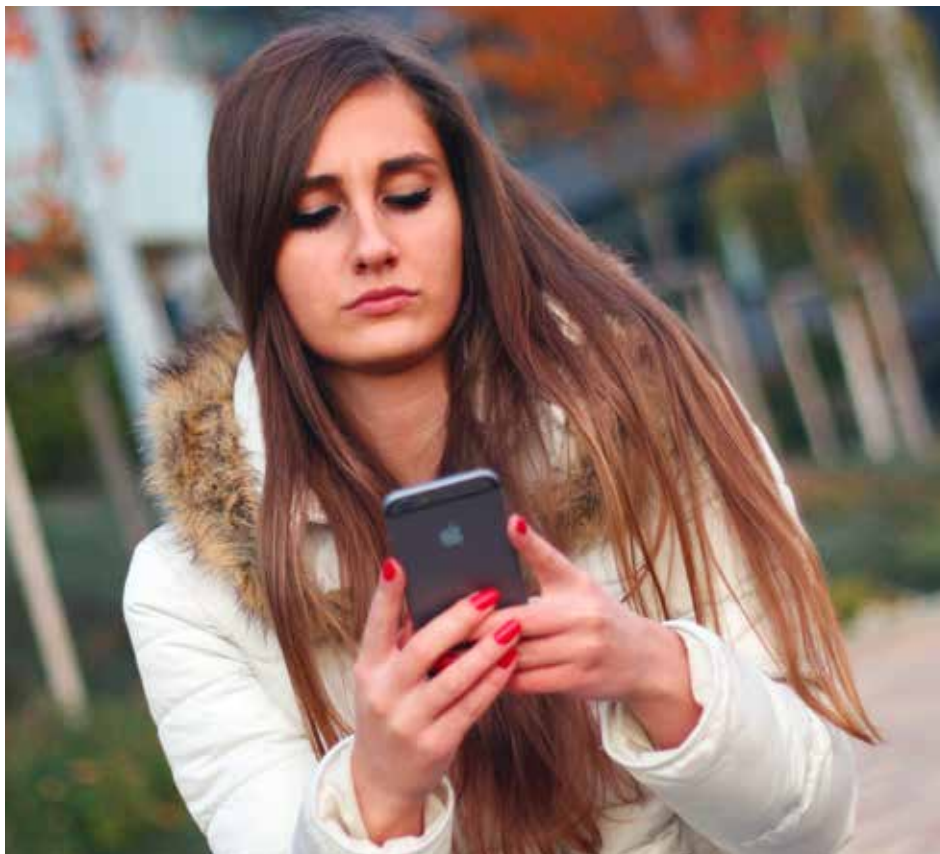
Most recently most of these major wireless companies also offer significantly cheaper, non-contract plans. While this means no free phone, you reap bigger savings in the long run - yes, you can spending up to 50% less on wireless services then you would with a two year contract (and which more than covers the price of a new phone).

Best of all, if you find a lower price elsewhere you can easily change providers at the end of the month. To compare prices of no-contract wireless services, check MyRatePlan.com. For saving and satisfaction you can try a smaller company. In a new survey, the most satisfied customers were smaller wireless companies such as TracFone, Net10, Straight Talk and Virgin Mobile. Pay attention if you are paying expensive overage charges for using too much data, minutes or text. Wasting your \$ by buying more than you use is actually a more common problem. A good tip: review past bills!

To stop throwing away cash on an expensive cell phone plan, another good tip is to visit WhistleOut.com. Once you input your cell phone habits, the website compiles a list of plans from major carriers, as well as prepaid plans that fit your needs, helping you spot the best deal in

seconds. If you were under a contract with a major wireless company, and you now pay month by month, try to change for the competitor to get incentive cash from the new carrier to bring in your account.

Our publisher, in January 2017 had a Sprint "family plan" (three phones) contract that finished. Tired to pay over \$220 every month besides the terrible customer service of Sprint, he decided to move for a non-contract plan with T-Mobile. He got a \$140 per month deal for the "three phones lines" service and still, received three \$150 debit card rewards because the "Sprint to T-Mobile" account moving promotion. One week later he received various emails from Sprint offering him \$300 to comeback (he did not!). So use competitors game and offers to attract new customers (or maintain them) in your favor to save big! ■



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You may know you can save on iPads, iPods and Mac Computers at Apple's special deals section atstore.apple.com/us/browse/home/specialdeals, which offers clearance and refurbished Apple products. But what if you want an iPhone? Until the end of 2016, those were only available at full price. Luckily Apple just added iPhones to their discounted department, letting you get it for 15% less plus a free one-year guarantee!



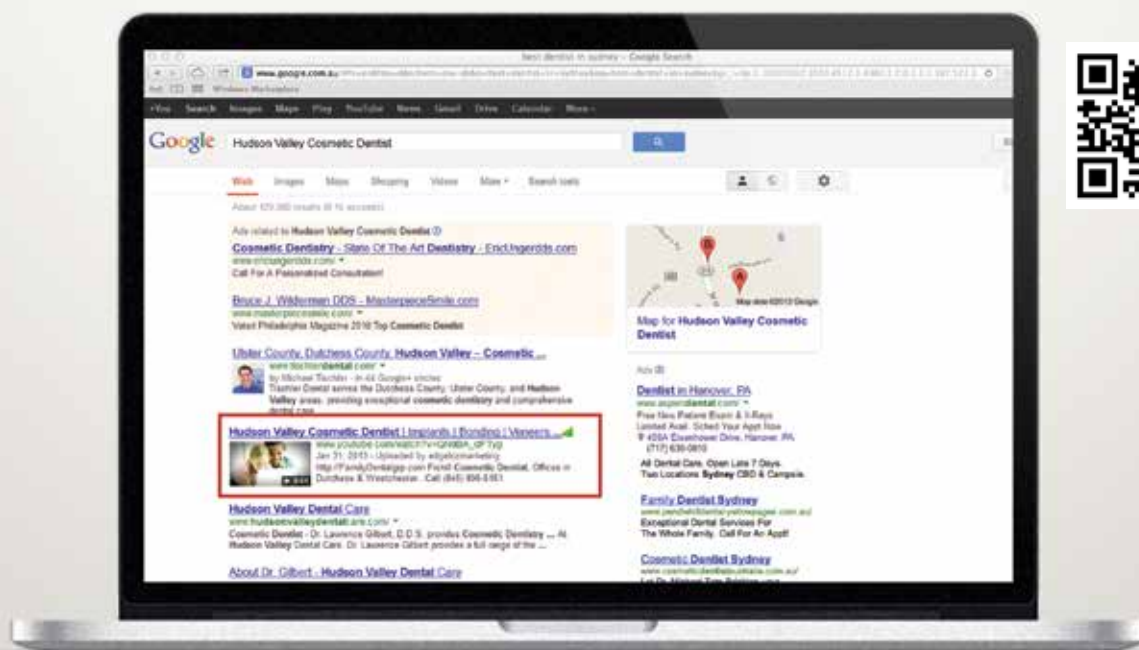
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Não só os Maias e Astecas têm usado essas sementes em suas dietas por gerações, mas atualmente pessoas de várias idades ao redor do mundo estão desfrutando dos vários benefícios nutricionais das sementes de chia. Elas podem ajudar a reduzir certos desconfortos intestinais assim como o risco de certas preocupações de saúde quando usadas corretamente. E inclusive, a te ajudar a perder peso!

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- 2.** Boa fonte de antioxidantes: sementes de chia ajudam a proteger o corpo contra radicais livres, o câncer e os efeitos negativos do envelhecimento. Devido ao volume de antioxidantes encontrados em sementes de chia, elas são incrivelmente duráveis e têm uma longa vida útil. Pode durar até dois anos sem refrigeração.
- 3.** Rica em fibras que são essenciais para manter o intestino regulado, diminuir o colesterol, reduzir a inflamação e te manter satisfeito após uma refeição saudável. Em apenas duas colheres de sementes há cerca de 10 gramas de fibra.
- 4.** Muitos minerais: em apenas duas colheres de sementes você pode obter até 18% da quantidade diária de cálcio, 24% de magnésio, 35% de fósforo e 50% de manganês. Estes nutrientes são altamente importantes para ajudar o corpo a lutar contra a hipertensão, bem como manter um peso saudável. Eles também são imperativos para uma parte da síntese do DNA e metabolismo energético, garantindo que você tenha energia suficiente para passar seu dia.

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Segundo Pesquisa de Reuters, um Terço dos Californianos Apoiam a Independência da Califórnia

Uma recente pesquisa da Reuters/Ipsos indicou que 32% dos residentes da Califórnia são a favor da independência do estado do resto dos EUA, o chamado "CalExit". Em relação a uma pesquisa similar feita em 2014, houve um aumento de 12% dos que defendem a separação. A pesquisa questionou 500 californianos entre os dias 6 de dezembro e 19 de janeiro de 2017, período posterior ao triunfo de Donald Trump e antes de sua posse.

À agência Reuters, o consultor político Steve Maviglio disse que há tanta hostilidade no estado em relação a Trump que muitas pessoas acreditam que seria mais inteligente separar-se do que lutar contra as ideias e possíveis leis que possam ser concretizadas pelo governo do novo presidente. A Califórnia é o estado mais rico do país e também o

mais populoso, além de ser um tradicional reduto democrata. Para se ter uma ideia, no estado, Hillary Clinton teve o dobro de votos de que teve Trump nas eleições de novembro.

Logo depois do triunfo de Trump nas urnas, proliferaram-se as expressões de apoio à campanha "Cal Exit" que sugere a separação do estado do resto do país. Existe, inclusive, uma sugestão de ativistas da Baja Califórnia (México), Oregon e Washington para que se juntem à Califórnia para formar um país independente. Segundo um dos líderes do movimento "Cal Exit", 66% dos partidários da campanha concordam com a ideia dos quatro territórios se juntarem.

Durante mais de dois anos esta campanha com

mensagem de independência do estado dourado vem sendo promovida, mas com mais intensidade depois da vitória de Donald Trump, e em particular, nesse começo de 2017. O "Cal Exit" busca gerar suficiente apoio entre os californianos para poder ter chances de ser incluído como uma proposição de lei nas eleições de 2019.

O movimento também propõe uma anistia migratória aos 2,7 milhões de ilegais que se estima vivem na Califórnia. Apesar de nenhum estado ter obtido sucesso ao tentar a separação da união, incluindo o Texas em distintos esforços, os impulsores do "Cal Exit" acreditam que o movimento pode dar algum resultado e citam como exemplo o divórcio do Reino Unido da União Europeia. ■



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Lollapalooza and Rock in Rio Brings the World Best Music to Brazil

Planning ahead if you live in Brazil or planning to go next months as March and September there will be two of the best festivals held in Brazil, Sao Paulo and Rio respectively. Going on its fifty edition, the Lollapalooza Brazil is hosted out of city of Sao Paulo, in the heart of the motorsport speedway Interlagos on March 25 and 26. The Rock in Rio will change location this year and the "Rock City" will be set up in the Olympic Park in Rio.

Lollapalooza Brazil is the second largest festival in the Lolla South America family. With nearly 50 artists, you can expect to be surrounded by amazing sound from the likes of Twenty One Pilots, Walk the Moon, Zedd, Halsey, Eminem, Mumford & Sons and Much More. You also can enjoy authentic Brazilian and International food from twenty booths and 40 food trucks.

Rock in Rio will feature a full week of shows, in

seven days from September 15th to 24th. The 2017 version in Rio will be one of the biggest music festivals in the world promises to attract music lovers from different parts of the globe. Among the headliners and international performers are Maroon 5, Aerosmith and The Hot Chili Peppers. The band of Adam Levine performs on September 16th, while the Steven Tyler band performs Sept 21 and Bass player Flea and the "Peppers" on the last day of the festival on September 24th. ■



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Informing and educating both, Americans (and Latinos) who are in love with Brazil and Brazilians who lives in U.S. During this time we produced the Annual Carnaval of Santa Barbara for 12 years, and of which, in four consecutive years, Raiz Brazil Dance company (* Photo) was part of the list of entertainers; We have been covering a variety of Brazilian events in Santa Barbara, Los Angeles, San Diego and Las Vegas; We have published more than 3400 photos; We have produced more than 1700 articles for our printed issue, and additional 1200 articles exclusively for our website. **Thank you to all our readers and supporters!** And we hope to have some of you at our 15 year celebration party in June somewhere in Los Angeles (TBA)!





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