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April 25 | May 2017 – Year 14 – Issue 84

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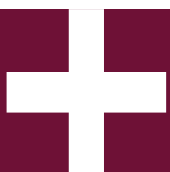
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Tan Tan Brazilian Festival

Mais uma Opção Para os Brasileiros Residentes na Califórnia

Inicialmente programado para acontecer no fim de semana de 25-26 de março, o primeiro (e agendamento para ser anual), Tan Tan Festival, foi adiado e acontecerá no fim de semana de 3-4 de junho na cidade de El Monte a poucos minutos do centro de Los Angeles. Os dois dias de festival promete ser um evento notável e mais uma opção de diversão e cultura para a comunidade brasileira assim como todos os residentes do Sul da Califórnia.

Entre os artistas confirmados estão consagrados nomes da música brasileira na costa oeste americana como as cantoras Kátia Moraes, Sonia Santos e Ana Gazzola; e bandas como MôForró (Forró), Brasilidade

(Samba/Pagode) e BATALÁ Los Angeles (Axé/Samba-Reggae) que garantiram a variedade dos ritmos. O festival contará com dois bares e uma área com comida brasileira e internacional. Os ingressos antecipados custaram \$15 (cada dia), sendo \$20 na porta, e crianças até 12 anos não pagam.

Os produtores acharam o nome Tan Tan interessante por ser um nome familiar para os brasileiros, porém diferente, e por expor o nome de um popular instrumento autentico brasileiro, o Tan Tan – que junto com o surdo e o pandeiro, dão a cadencia do samba e do pagode. O produtores – O Entertainment, tem por detrás a experiência de produzir alguns dos

mais famosos festivais do Sul da Califórnia, como é o caso por exemplo, do Long Beach Lobster Festival e Fountain Valley SummerFest.

O Tan Tan Brazilian Festival vai acontecer no La Plaza La Prada, um belo espaço de 12 hectares que pode acomodar eventos de todos os tipos e tamanhos. O local oferece fácil acesso a partir de diferentes locais e cidades, comodo estacionamento e amenidades locais que tornam o planejamento e coordenação do evento mais fácil. Para informações sobre tickets para o evento ou como obter uma barraca de comida ou arte ou serviços, visite o site oficial do festival: www.tantanfestival.com. ■



Editor's Note

Since the year 2015 we have started to make some thematic issues where half of the respective issue focuses a theme or subject. In the previous edition (83) it was Immigration and Community, in this issue (84) is travel and escapes, and in the following issue (85) will be Arts and Cinema (and the 15 years anniversary). Read eight articles about travel and escapes that can inspire you for a memorable trip or at least, for a quick getaway from LA or San Diego or any big city you're living in.

But as usual, find and read articles about living in the U.S or experiences lived here, fitness and health, and general interest of the Brazilian community. Two interesting articles are the one about the general rule to follow to get the best chances of working in Silicon Valley and the one about the new opportunities and what Americans have called sharing economy. We hope you like it and also that if possible you help us and spread the word. For last, in June we will be completing 15 years, and I wish to see part of the readership celebrating with us in L.A.



Health and peace,
Lindenber Junior



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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 ISSSU, 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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Happened in California

In L.A./Theater: The Walking Forest by Brazilian Director Christiane Jatahy



Scenes/
Brazilian
Actress
Julia Bernat



Scenes/
Video
Screens
and Public

A mixing of Theater-Multimedia-Film-Video was in L.A from April 20 to 23 at the Red Cat, the Roy and Edna Disney/CalArts Theater (inside the Disney Hall, Los Angeles). The "mysterious and satisfying" innovative project of Brazilian director was a great surprise for many "Angelinos" that had the opportunity to attend one of the eight presentations – each session was for maximum 80 people.

Inspired by Shakespeare's Macbeth, the author, film and theatre director urgently explores the impact of greedy political and economic power systems on citizens of the world. A deep, pulsing music mix sets the pace as the audience was surrounded by a multi-projector visual installation, which artfully confronts issues of human rights, greed and corruption in today's political climate. The event transformed a live

film event, creating a forceful, modernized Macbeth. Breaking down the boundaries between fact and fiction, and between theater and film, the majestic work of Christiane Jatahy and her team did bring the tragedy of everyday life to the surface with a rare and unforgettable emotional intensity. The stop in L.A followed was after tremendous success in Rio and cities of Europe. ■

In Newport Beach/Cinema:Brazilian Spotlight

The Newport Beach Film Festival (NBFF) celebrated its 18th anniversary (*2017) from April 20th to 27th 2017 screened an international slate of over 350 films. The festival this year showcases five different international Spotlight through the run of the eight days, and feature films from the Pacific Rim (Japan and China), Europe (Sweden, France, Ireland, France, Italy Germany, U.K and Ireland), and Latin America (Chile, Mexico and Brazil). Brazil this year was represented with the feature film *Ballad of Return* (Original in Portuguese: *Cancao da Volta*), directed by Gustavo Rosa de Moura – Part of the Latino Spotlight, the Brazilian Spotlight film was screened on April 26 at Edwards Big Newport Cinemas followed by a Afterparty at the Via Lido Plaza and included several of O.C County top restaurants serving "samples" and live entertainment that included the performance of Raiz Brazil Dance Company lead by Brazilian dance instructor Jonia MacLenney. Soul Brasil magazine was represented by actress/models Mariana Alencar and Amanda Pepper (*Photo).





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Imigração: Cidades Santuários e a Luta em Defesa dos Indocumentados

Por Lindenberg Junior

Várias cidades dos Estados Unidos, incluindo as três mais populosas do país, Los Angeles, Nova York e Chicago, e importantes cidades como São Francisco, Seattle, Santa Ana (Califórnia), Newark (New Jersey) e Providence (Rhode Island), entre outras, seguem sem compartilhar informação de imigrantes indocumentados com as autoridades federais de imigração do governo Trump. Os prefeitos dessas cidades, todos democratas, fazem "ouvido de mercador" em relação às ameaças de Trump de cortar fundos federais para estas cidades consideradas santuários, ou seja, municípios que evitam cooperar com ICE, o Serviço de Controle de Imigração e Aduanas dos EUA.

Embora não exista uma definição legal para o termo "cidade santuário", em alguns casos isto significa que as autoridades locais emitem carteiras

de identificação para os habitantes em situação irregular, proíbem as suas polícias de perguntar pelo status migratório e não notificam a ICE quando um imigrante indocumentado é liberado ao cometer um delito de menor risco. Contudo, isto não proíbe a ICE de deter os indocumentados.

Na primeira semana do mês de abril (2017), onze cidades de Califórnia instruíram seus policiais sobre a prisão de indocumentados. Apesar da maioria delas se definir como santuários, essas cidades possuem um manual de polícia que dá sinal verde a seus oficiais para deter quem for considerado indocumentado. Esse documento aponta como fator de suspeita o pouco domínio do idioma inglês, por exemplo.

Este manual de normas e procedimentos para os agentes da ordem menciona que a prisão pode



ser feita na mínima "suspeita razoável" de que essa pessoa cometeu um delito menor ao entrar aos Estados Unidos, violando as leis norte-americanas. Porém é importante frisar que o domínio do inglês como um fator que justifique uma detenção policial é discriminatório, advertiu a advogada Adrienna Wong, da União Americana para Liberdades Civis (ACLU).

As onze cidades são: Azusa, Culver City e Irwindale, no condado de Los Angeles; Blythe e Murrieta, no condado de Riverside; Brisbane, no condado de San Mateo; Fontana e Rialto, no condado de San Bernardino; Fremont, no condado de Alameda; Laguna Beach, no condado de Orange; e Walnut Creek, no condado de Contra Costa. Nessas cidades vivem aproximadamente 817.000 habitantes dos quais se prevê que 35% são latinos. Dessas onze cidades, oito estão no sul da Califórnia e apenas três na área da baía de São Francisco.

Por outro lado, a Califórnia é o estado com maior número de cidades consideradas "santuários", com proteção aos indocumentados, e seus condados também contam com o maior número de solicitações de detenção por parte de ICE. Os condados de Los Angeles e Santa Clara (perto de São Francisco) encabeçam a lista. Em Los Angeles, o chefe da polícia, Charlie Beck, já declarou várias vezes que a cidade continuará com suas políticas em defesa dos indocumentados, o que já acontece desde 1979. Em São Francisco e outras cidades do estado, a política de não cooperar com o serviço de imigração e aduanas, nesse sentido, são claramente as mesmas.

Um fato interessante é que, em contraste, outros estados com uma grande população latina e de indocumentados como Texas e Arizona, adotam a política de cooperação com ICE, o que não era de se esperar, apesar de serem estados dominados por republicanos. Segundo Dave Ray, um porta-voz da

Federação Pela Reforma Migratória Estadunidense (FAIR), a Califórnia tem mais jurisdições como estado santuário que Texas e Arizona porque as mudanças demográficas fizeram com que políticos californianos apoiassem mais efetivamente as comunidades imigrantes.

Cerca de 53% da população de indocumentados vivem em cidades "santuários" e por isso a administração Trump tem encontrado uma maior barreira para implementar sua política de imigração. As cidades e estados não podem impedir as deportações já que isso é de competência do governo federal, mas podem complicar a vida as autoridades que as executam. No caso dos estados, a Califórnia saiu na frente e, como por tradição, é um estado de vanguarda, podemos considerar um estado santuário já que tanto autoridades quanto a comunidade educativa estadual tem tentado blindar os trâmites por parte do governo federal contra os imigrantes indocumentados. ■

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Viva Mais e Melhor: Reduza o Açúcar em Sua Vida

O açúcar é o vilão dos tempos modernos! Alguns anos atrás, pesquisadores associaram o consumo de açúcar à obesidade, diabetes tipo 2 e uma variedade de outros problemas de saúde. E na real, a redução do consumo de açúcar em nossa vida é um fator super importante em favor de nossa boa aparência e em particular, em nossa dieta!

Retirar ou mesmo diminuir o açúcar do nosso dia é, naturalmente, complicado, porque muitos de nós somos quase viciados graças a uma alimentação ruim rica em açúcar. Quanto mais açúcar ingerimos ao longo dos anos, mais o nosso corpo anseia por ele agora. É como um ciclo interminável.

Segundo pesquisa nos Estados Unidos, um americano consome em média mais de 126 gramas de açúcar por dia, quase o dobro do consumo médio da maioria dos países europeus. E essas 126 gramas é duas vezes mais do que a dose diária recomendada pela Organização Mundial de Saúde, que afirma que o consumo não deve ultrapassar 50 gramas por dia para pessoas de peso normal.

O provo brasileiro e o latino em geral, são também loucos por açúcar, seja em um cafezinho ou em formas de que o açúcar “não se ver”, como comendo massas, arroz branco, pão, etc. Muitos de vocês devem saber que os carboidratos quando digeridos, viram açúcar no sangue. Mas eliminar ou pelo menos reduzir o açúcar de sua dieta pode salvá-lo de problemas graves de saúde no futuro. Abaixo seguem algumas importantes razões pelas quais você deve considerar essa sugestão:

- ▶ **O AÇÚCAR ESTÁ LIGADO À OBESIDADE** – O National Health Service descobriu que a ligação entre o açúcar e a obesidade é de fato muito real, e é causada porque

o açúcar é carregado de calorias vazias (energia) que seu corpo armazena por até dias depois. O que acontece é que nos dias posteriores também consumimos açúcar e, eventualmente, toda energia acumulada é transformada em gordura. Na real, “o açúcar é o novo tabaco”.

- ▶ **O AÇÚCAR ESTÁ LIGADO À PRESSÃO ARTERIAL ELEVADA** – A cada ano mais americanos estão sendo diagnosticados com pressão arterial elevada, e a Mayo Clinic sugere que uma dieta pobre, sem variedade de bons alimentos, é um dos maiores fatores de risco. Quanto mais açúcar você come, mais os níveis do seu mau colesterol aumentam, o que, por sua vez, aumenta o açúcar no sangue.
- ▶ **O AÇÚCAR AUMENTA O RISCO DE ATAQUE CARDÍACO** – Não importa o quanto você pesa, quanto mais açúcar você consome, mais aumentam suas chances de ter um ataque cardíaco. Um fato consumado!

▶ **AÇÚCAR É VICIANTE** – Mesmo o açúcar não sendo classificado como uma droga, os seus efeitos são similares aos da heroína. Por esta razão, o açúcar é tão viciante quanto drogas ilegais. Ele invade as mesmas vias neurais que a heroína e a cocaína e deixa as pessoas desejando mais e mais.

▶ **COMO MUITOS JÁ SABEM, O AÇÚCAR ESTÁ LIGADO AO DIABETES** – uma conexão direta e que pode acontecer cedo em sua vida. O diabetes acontece quando o pâncreas não cria insulina suficiente, que é o hormônio que o organismo depende para transformar açúcar em combustível.

▶ **O AÇÚCAR DESTRÓI SEUS DENTES** – o açúcar contribui bonito no aparecimento das cáries e o acúmulo de placas que com o tempo, contribui para o mal alento e sangramento das gengivas. E consequentemente, ajuda a você gastar mais dinheiro com o dentista ao invés de gastar essa grana com coisas mais prazerosas. ■





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"I Don't Have Enough Money to Travel"

If you are inclined to say this phrase above, please continue reading as we will guide with some ideas for you dream trip!

First, if you really would like to travel and know other places, people and even other cultures, you first lesson is: make it a priority and planning for it! If travel is not a priority for you, you will always find some other things to spend money on and you'll never have "enough" money to travel. In the case of Sandra Domingos, one of our regular contributors, life couch and backpacker traveler, a car is not a priority for her. "I can use metro, bus, uber (or BlaBlaCar), bike or simple, walking to reach where I go. I never have enough money to go shopping every week or to spend it in a fancy or new trend restaurant, because I put travel first than these things".

Not making enough money at your job? Why not get a job overseas? There are plenty of opportunities in the world as long as you aren't picky – and after all, this isn't a career you are starting, it's just a way to earn money for travel. Here are some jobs you can get to pay the bills and fund your travels: Au Pair, Hostel Worker, Waitress/Waiter, Casino Worker, Cruise Ship Worker, Tour Guide and Dive Instructor (some certification is required), Seasonal Worker at Ski Resorts or Farmers. These jobs don't require advanced degrees or a lot of work experience either. Of course, with this type of jobs will get



a shitty, low-wage job but that will pay your expenses while traveling and knowing the world.

Here is two websites that will help you find some overseas jobs: www.ciee.org (Council on International Educational Exchange Work Abroad Program) and the www.bunac.org (BUNAC for Work, Intern and Volunteer Abroad). Why not teach English or Portuguese or your native language overseas? You can make good money teaching and is one of the best ways while traveling. "I have an American friend teaching English while Brazil and other teaching English while in Thailand. The world is yearning for teachers and this is a job in high demand. I have heard that companies in Asia will even pay for your flight over, said Sandra Domingos.

To jump start your trip, there are so many ways to earn free flights. "The most popular way is sign up for credit cards to collect miles and then fly for free. Most cards offer sign-up bonuses up to 30,000 points – and if you sign up for both an airline card (let's say American Airlines) and a general rewards card (let's say Amex card) you can combine the two point balances and get a cheap flight faster" said Magali DaSilva, our Travel Agent and Tour Organizer. The best way to reach the points you need is to pay as much as you can on the same card. All airlines have special offers with all the big stores such as Amazon, Apple, Best Buy and Target. Shopping at those preferred stores will earn you 2 to 4 miles per dollar spent-sometimes even more. If you spend 1,000 dollars a month, you can earn up to 3,000 miles just by going through their websites. So watch out of deal, shop at their member stores and put everything on the card.

Do you know that there are services that connect travelers with locals who are willing to let them stay with them for free? Using this site you will never have to pay for accommodation. We mention Couchsurfing – www.couchsurfing.com (*best) and Servas – www.servas.org. Other option are taking care someone's house while they go

on theirs. You can sign up for one of the sites to follow and watch people's homes for free, allowing you to stay in one destination for a while and get to know it well without having to pay for accommodation. Added bonus: you get a kitchen to cook your food! We mention House Carers – www.housecarers.com and Mind My House – www.mindmyhouse.com.

Do you know there are free walking tours and that you can learn about the city, getting your bearings, and see the major sights? In Europe, you can find them in 90% of the major cities. Also a few in large Asian cities, New York and Australia. For Europe check www.neweuropetours.eu, to Australia check www.imfree.com.au and for New York check www.bigapplegreeter.org. You can also find these tours asking the local tourist office or Google "free walking tour + city name.

You can also save a lot money while traveling using simple rules like learning to cook (to save a lot of money, skip the restaurant and cook for yourself or even, make money cooking for others); getting rail passes (booking ahead of time can usually save you about 50% of the cost of a train ticket, especially in Europe); sleeping in large dorms (If Couchsurfing is not your thing, this is your next best way to save money on a place to sleep); using student and other discount cards (if you are a student or under 26 or a teacher a lot of places offer discounts for you); and getting city tourist cards (which offers you discounted and free access to the major attractions and museums and in some occasions, even free public transportation.

The main point here is that there are several ways to travel and know other places, different people and cultures even with a few hundreds. You do not need to be rich to travel. Like we said in the beginning of this article, the most important is to put it in priority and go for it studying and planning your options. Hope you liked this article and that we can be helpful. Have a nice trip! Go for it! ■





Making Your Summer Travel Pleasurable for Everyone

Summer in the U.S is on the way and of course, it is time again for a vacation or maybe, some short trips short trips that you and your family will remember for the rest of your lives. From the best memories, to the tiny disputes, every moment is imprinted in the mind of each individual who was there. When you travel as a group, you will want every person to have equally happy memories. Here are some ways you can tilt the odds in favor of that actually happening.

ATTEND TO BASIC NEEDS

A family or group will have a better time in general when no one is sleep-deprived or overly hungry. If you keep mealtimes at a predictable time each day, and try to implement a regular time for everyone to get to bed, things will generally run much more smoothly. An overtired, over-sugared, over-hungry family is a recipe for disaster. So do your best to stick to schedules and meet basic needs as fully as possible.

RESOLVE CONFLICTS QUICKLY

Arguments can snowball quickly when on vacation. Experiencing new situations together is both

bonding and draining. If someone begins arguing, insist that the conflict be resolved in a satisfactory way to both parties involved. Bad situations can get out of hand quickly when people are confined in small spaces together, and it is better to solve problems immediately.

DON'T LET A DISAGREEMENT TURN INTO A GROUP FIGHT

When everyone is together almost every waking moment, it can be easy to intrude on the personal business of other individuals. Resist the temptation to get involved in a personal dispute. It is much better to let two people work out their disagreement, instead of it turning into a big family brawl.

TAKE TURNS MAKING DECISIONS

Everyone has a voice, and everyone wants to know that their voice will be heard. When you are making decisions such as where to eat and what activities to spend your limited time on, try your best to ensure that everyone takes turns choosing. Perhaps you have one child that would gladly eat at a local

chicken fast-food joint for every meal, and another who prefers fine dining. Within reason, and the confines of your financial budget, let everyone take turns choosing restaurants, meals and activities.

MAKE A LIST OF EACH INDIVIDUAL'S NON-NEGOTIABLE

When you are on your summer travels, it is likely that each individual will have their own personal agenda. It is easy to give way to the loudest voice, but a wise leader will keep things fair. Make a list of each person's non-negotiable, or the activities and such that they most want to do. After coming up with the list, make a way for everyone to reach at least a few of their goals for the trip.

Summer travel is a great way to reconnect with family, and learn how to work together even better than you already do. There are ways you can make your travel more pleasurable for everyone involved, and it is worth the time and planning. A little extra organization and compassion can go a long way in ensuring that everyone has a great time. ■

Joshua Tree National Park

Localizado em uma área de 1.234 milhas quadradas o parque é uma vasta área protegida no sul da Califórnia e caracterizada por ásperas formações rochosas, elevações variadas, paisagens desertas, mais de 750 espécies de plantas, e três ecossistemas

– O deserto de Mojave, o deserto Colorado e as montanhas de San Bernadino. Dependendo de onde e quando você estiver no parque, você verá flores como Parish's Poppy, Desert Lavender e Apricot Mallow entre outras.

A maioria dos diversos acampamentos opera a base da regra do “primeiro que chega” e durante os finais de semana de primavera e verão, rapidamente são preenchidos. No entanto, você tem duas opções para reservar durante a alta temporada. Cheque www.nps.org/jotr e www.recreation.gov ■





Traveling with Your Pet

Some pets love to travel, and some hate it. Traveling can be very stressful for animals and for you as a caring owner as well. Educating yourself about all your options is important when making a choice how your pet will travel as it can save you a lot of grief.

WHAT FORM OF TRAVEL IS BEST FOR YOUR PET?

If you have traveled with your pet before, you may know how he handles trips. Does your pet generally look forward to going someplace new, or is he scared and apprehensive of out-of-the-ordinary situations? Perhaps your pet loves car journeys, but had a bad experience in an airplane that terrified him. If at all possible, choose a form that will not upset your little companion.

WHERE EXACTLY WILL YOUR PET TRAVEL?

If you are not traveling in your own vehicle, but by train or airplane, get specific information. Your pet may be traveling on the same flight as you, but where will he actually be? Will your pet be put with all the luggage or does the airline have a proper, comfortable place that they use regularly for pets? Be aware of things such as train baggage cars that may be heated but not air-conditioned, as this will affect the time of year you are able to travel with your pet on this type of transportation.



HOW WILL THE PET BE HANDLED BEFORE AND AFTER THE TRIP?

Ask how your pet will be handled before and after the flight. Have the staff been properly trained in all related procedures? Is the safety and comfort of your pet top priority for the company you are traveling with? What Measures Exist to Ensure Your Pet's Safety?

Although there may be procedures and rules in place in regards to animal safety when accompanying a passenger, unfortunately these are not always followed. If the particular company truly cares for the safety and wellbeing of every pet in their care, they will take measures to ensure that procedures are followed. Are there security cameras in all areas your pet will enter, in order to prove that animals are being treated kindly and not abused? Are the staff observed when loading pets onto the airplane or train in order to confirm that your loved pet is not being thrown around like a suitcase?

GOOD REVIEWS AND RECOMMENDATIONS OR BAD?

Look for online reviews on each potential method

of transportation, and each different company. Are they mostly positive or negative? Be aware that some online travel sites may be edited by companies, but you can often find out whether the one you are traveling with is known for protecting animals in their care or not. Educate yourself so that you can assess all your pet's travel-related risks.

HOW CAN YOU COMFORT YOUR PET AS MUCH AS POSSIBLE DURING TRAVEL?

There are ways you can help comfort your pet while traveling. Send his favorite toy or stuffed animal to give him some familiarity. Wear a t-shirt the night before traveling and then put it into his travel carrier in order to help comfort him for the stretch of time that you are not around. Make sure he is well fed and has plenty of water.

There are many considerations when planning a trip with your pet. Research, weigh your pros and cons, and make the best travel decisions possible for your beloved family member. Have a good trip! ■





JALAMA BEACH

Um County Park que pertence ao condado de Santa Barbara e localizado há aproximadamente uma hora ao norte da “Califórnia Riviera” e 15 minutos da cidade de Lompoc. Uma joia para quem gosta de mar, surf, camping e um churrasquinho descontraído! Para conseguir um espaço para acampar é preciso fazer reserva com antecedência de pelo menos seis (6) meses, mas se não houver pernoite, se pode curtir o dia com o passe de dia e entrar com o carro por US\$10. O parque também oferece aluguel de cabines.

Oferece boa infraestrutura com chuveiros e uma espécie de mercadinho (o único!) com cervejas, carvão, e qualquer coisa que você poderia precisar. Uma boa porque você não vai encontrar nenhum outro lugar por perto para comprar algo já que a área é escassamente habitada entre a praia e a cidade mais próxima, Lompoc. Dentro do parque você se sente como se estivesse em uma aldeia autossuficiente de estrutura. A pequena estrada de brita me lembra muito o Brasil, e a vista de cima, pouco antes da chegada, me lembra muito Pipa (RN). Se não conhece, recomendo. Um dos meus “L.A Escapes” favoritos. ■





World's Best Beach is in Brazil

Baia do Sancho, in Fernando de Noronha Island is #1 in the World According to the 2017 Traveler's Choice Awards

Tripadvisor announced the winners of its Traveler's Choice Awards for beaches and this year, Baia do Sancho in Brazil was ranked by the Trip Advisor reviewers as the global winner. Actually, it has been voted as the best beach in the world by Tripadvisor for second time consecutively. Baia do Sancho is considered a paradise and environmentally protected area. The international recognized website has honored 343 beaches including the top 25 in the world and local lists for Africa, Asia, Caribbean, Central America, the South Pacific, Europe, and the U.S. Award winners were determined based on the quantity and quality of travelers reviews and ratings for beaches on Trip Advisor, gathered over a 12 month period.

"To inspire those planning beach getaway, we have surfaced the world's best beaches from the millions of our traveler reviews", said Barbara Messing, chief marketing officer of Trip Advisor. "Winning a Trip Advisor Traveler's Choice Beach Award is very important to Baia do Sancho and

Fernando de Noronha. The Award recognition is an opportunity for us to communicate all that this incredible place has to offer to global travelers" said Luis Eduardo Antunes, general administrator of Fernando de Noronha – located about 350 kilometers off Brazil's northeast coast in the state of Pernambuco. The volcanic archipelago of Fernando de Noronha is home to many fantastic beaches.

However, it is Baia do Sancho that takes the crown of, not only the finest beach on the island, but possibly the best beach in Brazil. That's pretty good going considering there are well over 2,000 other great beaches in the country of samba. What gives the beach at Baia do Sancho a head start over many on the mainland is the fact this island is UNESCO World Heritage Site. With development pretty much outlawed there are only facilities for around 700 visitors at any one time on the island. Even if all these tourists were evenly divided among the island's 20 beaches that would make for very thin crowds.

Another fact: most of Fernando de Noronha's other beaches are much easier to get to than Baia do Sancho meaning you can enjoy this pristine beach with barely another soul.

The crystal clear blue water, which are encompassed within a National Marine Park, is teeming with sea life including turtles and hundreds of species of fish. The cliffs surrounding this beach make a perfect spot to view dolphins spinning and diving into the water - If you happen to be on the island during the rainy season between the months of February and June, you'll be in for a pleasant surprise, because the Baia do Sancho comes alive with two most beautiful waterfalls cascading down from the cliffs into the sea. This phenomenon is caused by rainwater and is a real treat for the eyes. The soft white sand lies at the foot of 230 feet high rugged cliffs which are covered in lush vegetation. Visually, the beach is stunning! And a last reminder: Fernando de Noronha is a international premiere diving destination! ■

Yosemite National Park

Designado Patrimônio da Humanidade em 1984, o Yosemite é reconhecido internacionalmente por suas falésias de granito, cachoeiras, riachos claros, bosques de sequóias gigantes (*foto), lagos, montanhas, geleiras e diversidade biológica. Quase 95% do parque é designado área selvagem ou deserta. O parque é controlado pelo serviço do parque nacional dos EUA e cobre uma área de 1.288.681 milhas quadradas no Norte/Central da Califórnia e parte da Sierra Nevada. Em média, são cerca de 4 milhões de visitantes por ano, mas em 2016 se estabeleceu um recorde com um registro e mais de 5 milhões de visitantes pela primeira vez em sua história. Não conhece? Tem filhos? Altamente recomendável! ■



ALWAYS REMEMBER TO PLAN AHEAD

Summer Travel Safety Tips

Traveling is a great way to relax and get a much-needed break from everyday life, however, there are some things you need to keep in mind that will allow you to explore safely. Here are some ways you can accomplish that when you are traveling this summer.

TAKE A FIRST AID KIT

Whether you are traveling by airplane, train, or your own vehicle, be sure to pack a first aid kit to take along. The contents of your first aid kit will depend on how you are traveling from one place to another. Pack essentials such as bandages, tensor bandages, gauze, thermometer, tweezers and antiseptic wound cleanser. You will never go wrong being over-prepared in this area.

SCAN YOUR DOCUMENTS

Unfortunate incidents can happen when on vacation. It is no fun to be far away from home and have your wallet stolen. Before you leave, scan all your documents, both major and minor. This will enable you to figure out quickly what is missing should yours be misplaced or fall into the wrong hands.

TAKE CAR IN FOR CHECK-UP BEFORE DRIVING

If you will be using your car for long-distance driving, take it to the mechanic for a check-up before your departure date. It is no fun to be just starting out on your trip and have something go wrong. Many car troubles can be avoided with regular check-ups.

FIND OUT HOSPITAL LOCATIONS BEFOREHAND

Do a little research on your vacation destination before you leave. A quick internet search can give you a map of where the closest hospital and emergency rooms would be in case of an emergency. When you arrive, ask locals to confirm your findings. Many a traveler has had a health crisis in the middle of the night, and has been forced to drive around looking for care that is difficult to find.

STAY HYDRATED AND EAT WELL

When you are traveling, you will come across many germs, viruses, and other unsavory things.

You may be putting your body to the test through new physical activities, or being outdoors in the sun all day long. Eat well to nourish your body, and be absolutely sure to drink plenty of clean water to keep you hydrated. You don't want to end up hospitalized for heat stroke or dehydration when you could have avoided it.

KEEP MONEY IN MORE THAN ONE PLACE

To keep your finances safe, split up your money among several spots. Perhaps you will want to take a little cash along on daily trips, and leave some in the safe at the hotel. Always keep your money and other valuables in more than one place so that if some is stolen or lost, you have something to fall back on while you make calls and arrange for replacement of the rest.

Summer travel can create some of the best memories of your year. With a little foresight, you will be able to stay safe, and create wonderful moments that will last you a lifetime. Have Fun! ■

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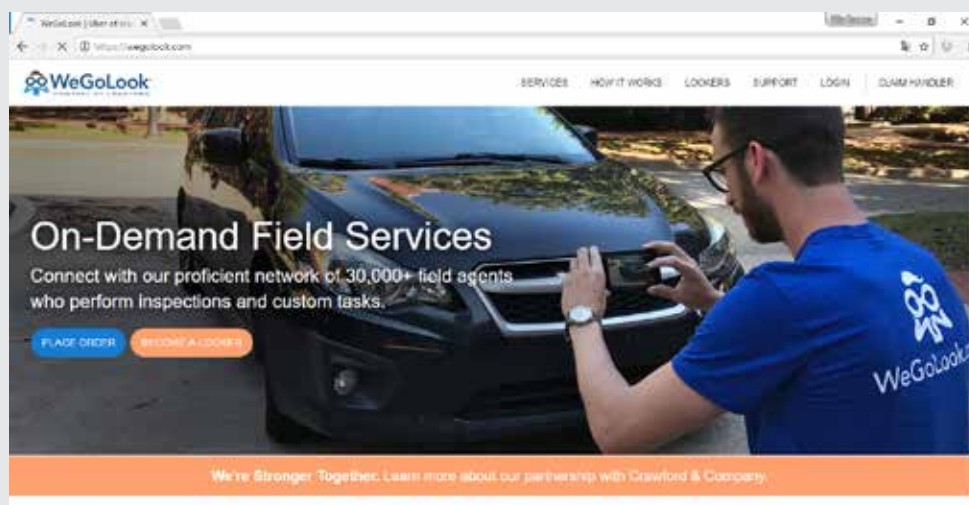
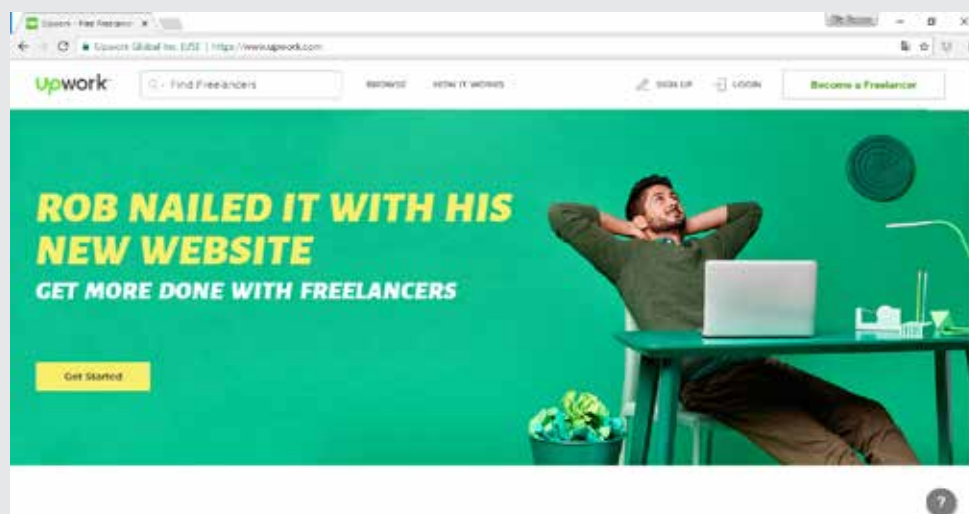
Por Lindenberg Junior

Estima-se que 23 milhões de pessoas nos EUA ganham sua renda mensal desde o conforto de suas casas e não se sujeitam ao estresse e lamentos associados a um emprego padrão das 9h às 17h. Em vez disso, essas pessoas escolheram um caminho diferente que lhes permitem cuidar de seu próprio bem estar e / ou cronograma, e ainda, receber melhores salários sem ter que suportar aborrecimentos e injustiça - coisas que acontecem frequentemente nos empregos hoje em dia.

Com as novas tecnologias e o uso de novas ferramentas, como os smartphones, agora está mais fácil do que nunca encontrar um trabalho que não requer o período tradicional da 9h às 17h ou o qual necessite estar em um local específico. Há muitas ofertas de emprego que você pode conseguir trabalhando desde sua casa ou usando o seu carro. Mesmo que você tenha um "emprego comum", algumas empresas permitem que o empregado trabalhem de casa usando um software on-line tipo "clock clock".

Eu conheço duas amigas que cumpriam o dever de estar diariamente nos escritórios das empresas e que agora fazem o mesmo trabalho, e para as mesmas empresas, desde casa. Uma é uma arquiteta e a outra, jornalista. Se você vê possibilidades, tente falar como o seu gerente ou chefe sobre essa possibilidade de trabalhar em sua casa e começar a vivenciar esta nova experiência. Em muitos casos, os chefes percebem que você é mais produtivo fazendo este mesmo trabalho em sua casa (mesmo que ainda seja no "período de tempo padrão").

A realidade atualmente é outra e além dessa possibilidade existem várias opções em que você pode trabalhar saindo dos padrões convencionais. Como freelancer ou trabalhado independente (nos EUA o que se chama de Independent Contractor). Sugiro checar a plataforma do



UpWork onde vários empregadores anunciam trabalho e serviços bem remunerados. Meu conselho para você é encontrar clientes top de linha, tentar fazer o seu melhor, conquistá-los e mantê-los. Em dias de "economia compartilhada" ou "sharing economy" como se diz aqui nos states, existem várias dessas plataformas onde se pode ganhar uma grana de verdade.

Vou citar aqui inicialmente um dos mais conhecidos: o Uber. Mas existe o Postmates, o Task Rabbits e

o WeGoLook, entre outros. Com o WeGoLook, por exemplo, você pode fazer um extra de US\$50 como um "looker" – que é quando você faz o trabalho de checar algo para alguém, como um comprador de algo e que esta distante (ou em outro estado) que não pode estar presente para "conferir". Essas plataformas foram desenvolvidas e testadas para serem "monetizadas" (de ambas as partes). Claro, você tem seu estilo de vida e um orçamento próprio, e por isso é importante um plano de ação para escolher as melhores plataformas



para você. Abaixo, vou continuar a mencionar mais sobre outras plataformas.

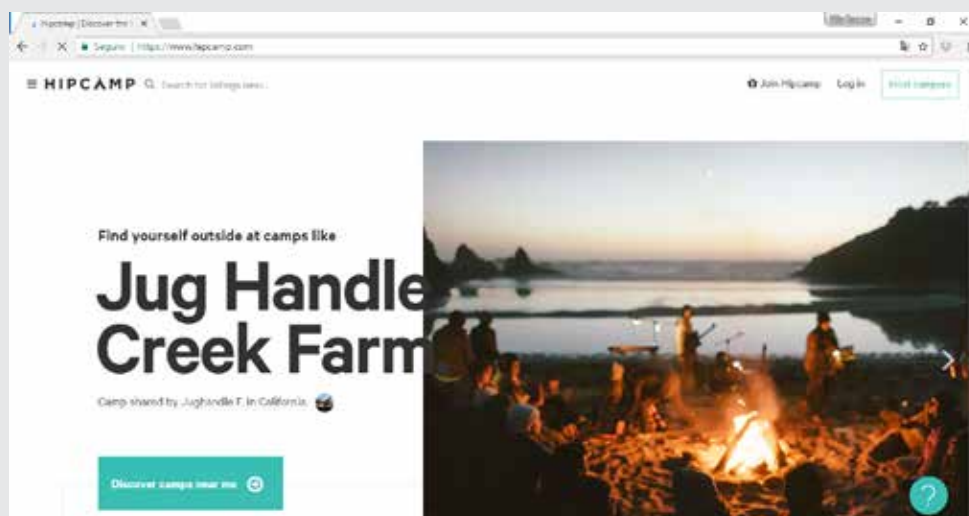
Você pode ganhar dinheiro usando um quarto ou garagem desocupada, ou mesmo seu apartamento completo através do AirBnB. Para se registrar é grátis, você estabelece o preço, e o AirBnB pega uma taxa da comissão (20% quando escrevi este artigo). Semelhante ao AirBnB, posso mencionar o HomeAway e VRBO. Há plataformas que servem para alugar vários tipos de espaços de trabalho, neste caso existe o ShareDesk, que funciona de forma semelhante à AirBnB. Há também o PivotDesk e o LiquidSpace.

Há ainda uma plataforma para aqueles que querem ter uma experiência única ao ar livre para compartilhar com amigos, família, etc. Estou falando do HipCamp, uma boa para quem querem lucrar com terrenos não utilizados. Atualmente (*Fev/2017) disponível apenas nos EUA. O SpareChair permite que você alugue até mesmo um assento em sua sala de jantar. Você pode transformar seu porão em

um estúdio para alugar para músicos ou artistas ou, ainda, pode transformar sua garagem em uma sala de reuniões para pequenas empresas ou startups.

Por fim, vou dar um exemplo diferente: você pode fazer de \$50 a \$75 dólares em algumas horas simplesmente dando sua opinião. Existem empresas que estão dispostas a pagar para você participar

de grupos específicos e descobrir o que você pensa sobre alguns serviços. Cheque sites como o FindFocusGroups.com ou FocusForCash.com ou FocusGroup.com. Alguns desses sites também permitem que você se inscreva e dê seus detalhes para que os pesquisadores possam encontrá-lo. Bem, acho que deu para você entender a ideia geral desse artigo. ■



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Basic Rules to Follow for Best Chances of Working in Silicon Valley

Most of us have heard about the Silicon Valley or as in Portuguese we said, "Vale do Silício", the home to hundreds of start-up and global technology companies such as Google, Apple and Facebook among the most prominent technology-focused institutions, and where is located the NASA's Ames Research Center.

Geographically it is located just Southern of San Francisco and includes small towns like Palo Alto, Mountain View and Sunnyvale. The region where these cities are located is considered also the most expensive region to rent an apartment or house in the U.S by the association of Realtors and published in 2016.

In part, this situation was created associated with the billion dollars technology companies mentioned above and for the fact that a lot of people that are established there have wealth or high standards of living. But what should be considered the most

difficult thing about working in Silicon Valley? A dream for thousands of people and in special, younger talents.

Second Raj Patel, an entrepreneur, investor and tech sector specialist, the fast answer is learning how to build a career there (if one didn't grow up in that environment) since the Valley doesn't operate according to the rules of a traditional economy. "There are constant double standards that need to be navigated: look and act powerful, but not too powerful, as that could be interpreted as arrogant - and that's not cool man, that's not our office vibe" said Raj Patel in an interview for a recognized trends/technology magazine.

"The open-mindedness and alternative thinking that is sacrosanct yet. I've seen countless women fail to break into key roles at startups; talk about lots of capital available for any idea, yet it's only

available for a predetermined set of people or ideas; venture capitalists claim to be willing to fund anything, yet watching them refuse investments for nonsensical reasons only to watch the major funds all rush towards one equally "uncompelling" company to do its growth round since the team just seems solid", said Patel.

This guy has benefited from this system so he can't claim victimization, but at the same time he and many thousands others keep in mind that Silicon Valley, startups, venture capital, and established tech company work is all within the context of sales, making money, jostling for power, books of business, competition, and deal flow. In conclusion, if you pretend that you dream coming true to work in the Silicon Valley and in this industry, you should never forget that, no matter how anyone tries to dress it up and how you connect with, it is business. ■





The Sociological Aspect of Soccer

Going beyond the green fields and stadiums, soccer is a sport that has established itself in the modern world as a very important way of socialization between people. It is an event that connects people in affiliations, groups and institutions. For this reason, soccer became a subject of study by Sociology that sees in this sport the consciousness of the individual to participate in a collective – its fan base. On the other hand, the individual also sees himself symbolically represented by an institution – in this case, his team.

To an individual, all of the aspects and the context that surround the soccer game will represent to him a mix of immediate needs, the experiences of struggles and the achievement of and results. Through this sport, open spaces will be created to allow the community's experience. Sociology shows that in Brazilian popular culture there is no other manifestation that matches with the sport of soccer. It is the expression of joy and popular art, expressing thus harmony between the individual and collective. When somebody says, for

example: "I am Flamengo", this "I" represents the individuality, the "am" represents the identity and "Flamengo" represents the team, the community.

THE SOCCER FAN CLUBS IN STADIUMS (*"Torcida Organizada" in Portugues*)

In Brazil, organized supporters of soccer teams shouldn't be seen only as a phenomenon of a sport, but also as a social-political and cultural



phenomenon, since it reflects the difficulties and the problems faced by a whole society. Called also fan clubs, these organized supporters were born in the "charangas" (Brazilian Term). Today, they are hierarchical and independent institutions. They adopt uniforms, mascots, gestures and symbols of their own. However, due to the unresolved social matter in the country, the organized supporters clubs – "popular institutions", have chosen the way of

crime and violence. There is rivalries between soccer teams, fan clubs; and also vandalism and the drug traffic are eminent in the places attended by them.

The majority of the supporters are between 18 to 24 years old, but it is possible to see children under ten years old participating in this type of affiliation. Around 15% of their members have criminal records. We can compare the destructive and licentious behavior of the Brazilian soccer fan clubs with the European Hooligans, in that they follow a right extreme right wing party, almost fascist. Which means that, they are not a result of the social discrepancy, but the difference of political ideologies.

At the same time it is important to emphasize the positive side of these affiliations, such as the beautiful event built by the Fan clubs in the stadiums that offers an unforgettable experience of enhancement that can not be ignored.

Furthermore, the social and charity work done by them should also be remembered. Poor people from poor neighborhoods are helped by the soccer fans organizations with food baskets, toys, clothes and groceries.

THE CORRUPTION IN THE SOCCER

As seen, soccer reflects the problems of a society. And one of the problems of the Brazilian society is corruption. The "Knack" and the culture of "taking advantage" also permeate the country's sport of soccer. A decade ago the "Scandal of Sports Lottery" and, most recently, the cases of the "Brazilian championship turnabout's" as well as "the whistle mafia" demonstrate very well that "Brazilian Cordiality". Leaders, influential people, officials and clubs have benefited from theses major scandals and schemes. Today, however, like our society, soccer is going through a process of reorganization and moralization. ■

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by Ana Rognerud

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DIY: Quadro de Cortiça

Sheylla
Gonçalves

Os quadros de cortiças eram os queridinhos nos anos 80, logo depois vieram os quadros de imã. Mas com a volta do Estilo Vintage, os quadros de cortiça estão em alta de novo. E nós não podemos ficar de fora né! Fora colocar a mão na massa?

Diy: Sheylla Gonçalves
Fotos: Benita Ho



Você vai
precisar de:

- Porta-retrato (Foto 1)
- Cortiça (Foto 2)
- Tesoura



Corte a cortiça do tamanho da parte interna do porta-retrato.
Dica: Sabe essas fotos que geralmente vem dentro do porta-retrato? Ela é do tamanho exato que você precisa cortar sua cortiça. É seu você colocar a foto em cima da cortiça e marcar com uma caneta. Depois é só cortar.



Coloque a cortiça dentro do porta-retrato. Use pins para prender fotos, bilhetinhos, recados importantes, wish list...

Está pronto! E aí gostaram?
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More Market: Por Fim Chega de Novo um Mercado/Loja Brasileira no Vale de San Fernando – L.A Area

O **More Market** abriu as suas portas no segundo sábado do mês de abril e passa a ser o único mercado brasileiro localizado no Vale de San Fernando na área de Los Angeles, e depois de uma longa espera, depois que o Kitanda Market fechou suas portas alguns anos atrás. "O mercado vai oferecer além de uma variedade de produtos brasileiros, produtos de consumo em geral que se vendem em liquor stores como cigarro, refrigerantes, vinhos e cervejas, inclusive loto/loteria. Temos também salgadinhos brasileiros como coxinha e empadinha frescos e prontos para servir. Com o tempo com certeza vamos ampliar nossa linha de produtos", nos disse Juliana, a proprietária da loja/mercado que esta localizado na **7219 Tampa Ave em Reseda, no Zip 91335**, e quase esquina da



Sherman Way. Sem dúvida uma ótima notícia para os brasileiros residentes de Reseda, Northridge, Woodland Hills, Encino, Tarzana, Van Nuys e toda a região oeste do Vale. Desejamos sucesso a Juliana e fazemos um convite aos brasileiros conferirem a novidade – **(818)678-9613**. ■



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Guide to Free Summer Fun in Southern California

From sprawling gardens and various inspiring playground to great outdoors hikes and not to be missed free events and performances, Southern California offers so many activities for the whole family... especially during the summertime. Planning ahead... make sure to refresh and rejuvenate with the help of our short guide. And take time to enjoy great moments with your kids, your lover or your friend, and still... for FREE! ***You can check the full guide with all the links in the home page of our website www.soulbrasil.com.**

- 1) Picnic and a hike at Palos Verdes Peninsula. Check Ocean trails at www.seetheglobe.com, to check more info about the Pt. Vicente Lighthouse check www.vicentelight.org, to check Pt. Vicente Interpretive Center visit www.palosverdes.com, and to check Redondo Beach Pier visit www.redondopier.com.
- 2) From Travel Town to Shane's Inspiration Playground, Griffith Park entertains every age with it's over 4,000 acres. So many activities from pony rides for kids to a hike in a trail close to the observatory that reach

out a mountain top with a 360 angle where you can view downtown L.A as well as San Fernando Valley. Check: www.cityofla.org/RAP/grifmet/gp/

- 3) Have fun and for free summer concerts such as the Twilight Series, Thurs Nights (7pm) at the Santa Monica Pier – www.twilightdance.org; Fisherman's Village, Sat Nights (6pm) in Marina del Rey – www.beaches.co.la.ca.us/BandH/Marina/chacepark.htm; Tuesday Nights at Levitt Pavilion in Pasadena – www.levittpavilionpasadena.org; Friday's at L.A County Museum of Art (they offers always something inspiring – www.lacma.org; and the Hollywood & Highland Tues Nights (7pm) in the Central Courtyard – www.hollywoodandhighland.com.
- 4) Downtown L.A also have wonderful free concerts during the summer and we mention the Japanese American National Museum located in Little Tokyo – www.janm.org, the Grand Performances at California Plaza in the heart of the Financial District (free

performing arts that reflect the best of global culture and inspire community sense) – www.grandperformances.org, and Afternoons/Nights at Pershing Square – www.laparks.org/pershingsquare/contact.htm.

- 5) And not forget to be present in the biggest Brazilian Outdoor Festival in the U.S West at the Coast Annual Brazilian Day San Diego organized by the Capoeira Mandinga Institute and in part, sponsored by Soul Brasil magazine. This festival is held in front the beach and includes a variety of Brazilian music and dance groups besides Brazilian food and drinks. In September – www.braziliandaysandiego.org. ■



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Brazilians and Fashion

Brazilian people are very much aware of fashion and know what appeals to them. Even if a new line of clothing is the latest fad in other countries, it may not sell so well in Brazil if the residents don't find it appealing. In Brazilian fashion, it is not all about trends but more on the individual's sense of style. Of course, pretty much like other places in the planet, fashion ideas for Brazilian people in general coming from film and media celebrities, but Brazilians have a special "light" for creativity and sensuality. Brazilian women are proud of their bodies and are willing to expose more of it. And especially under the sun, in an outdoor event, by the pool or on the beach!

To check a team of beautiful, in shape and fashionable Brazilians living in U.S. check our section "Soul in Shape" in our website – www.soulbrasil.com





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