

SOUL BRASIL

March / April 2018 | Year 15 | Issue 89

experience a positive journey! **magazine**



Free Issue

Brazucas Musicians
In California (Part 2)

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Own Luck

The Actress: From
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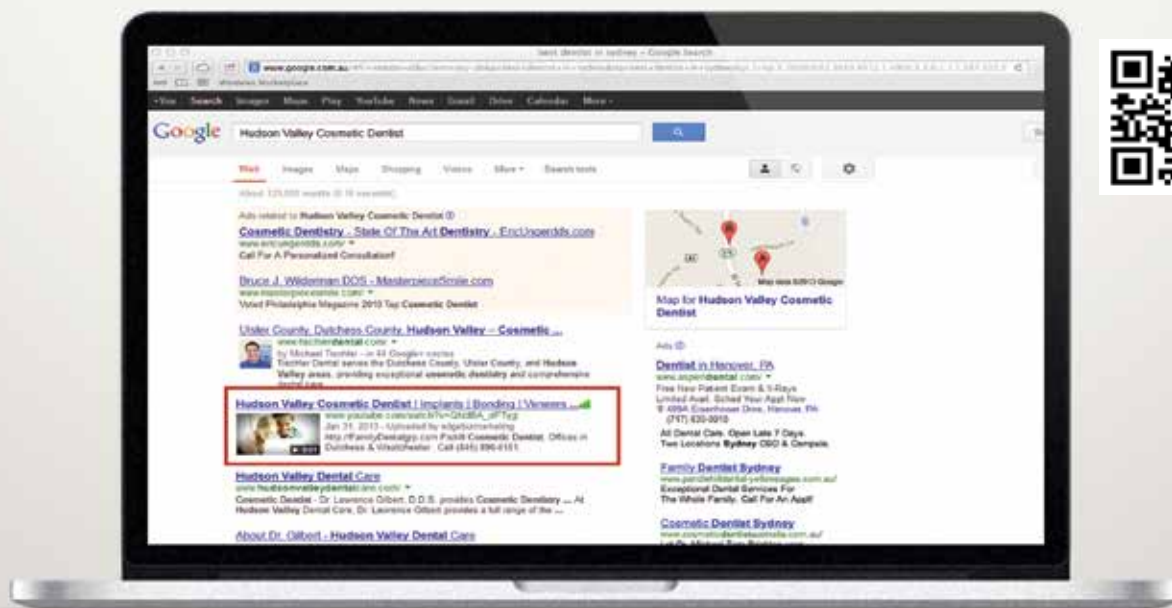
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Serra do Capivara: a magical place full of great discoveries!

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Ecotourism, Culture and Archeology

Photos: Museu do Homem Americano and Agencia Brasil

The park was founded in 1979, and by 1991 was considered by UNESCO as humanity's cultural heritage. In 1994 the IBAMA (Environmental Brazilian governmental agency) and Fundação Homem Americano (American Men Foundation) did bring great projects concerning the park preservation. The landscape is stunning with imposing canyons, steep slopes and multi-colored rock formations. The vegetation is formed by estuaries of humid forest which infiltrate through the rock walls. The rivers are perennial and there is a concern to preserve water from occasional rainfall.

The "caldeirões" are holes carved naturally on the rocks which are responsible for the lack

of water. The biggest tourist attraction is the archeological sites. The sites have inscriptions dating back to 30.000 years ago. Only three of the 400 sites have been totally excavated, making one thinks what future avalanches will uncover. The fauna is diverse and includes red macaws, lizards, snakes and monkeys. The "Capivara", animal the park is named, lived there millions of years ago together with other animals now extinct like the "saber tiger" and the "giant sloths".

HOW TO GET THERE:

Flying from/to Teresina (state of Piauí) or Petrolina (state of Pernambuco). When you reach the small

town of Raimundo Nonato (there is also an airport for small planes) you can hire registered guides.

ADMISSION:

Approximately \$1.00 USD (but depends of the Brazilian real exchange rate). You can save 10% in general, if you have a group of 10 with guide.

BEST TIME TO VISIT:

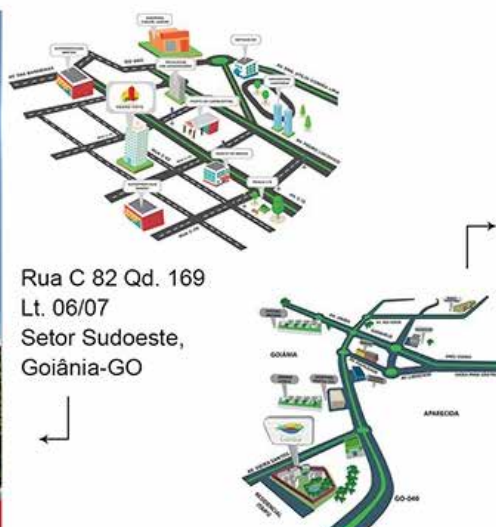
April through October is the dry season and temperatures are more bearable.

TYPICAL FOOD:

Broiled (or grilled) goat (as said in Portuguese: bode assado). ■



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A “Princesa Leia” da Disney é uma Brasileira de San Diego

Após Star Wars se tornar uma produção da Disney, a imagem da “Princesa Leia” no mercado teve que ser “reavaliada”, passando pelos critérios e aprovação da Walt Disney Company. Assim, a Disney junto da companhia responsável pela produção de fantasias do Star Wars (Rubie’s Costumes), esteve buscando por uma modelo que pudesse representar a princesa em um de seus looks mais “sexy” ou “provocativos” da saga, da famosa cena/episódio “O retorno de Jedi”, em que ela é a prisioneira do monstro Jabba – e obrigada a usar o bikini dourado (e um tanto “ousado”).

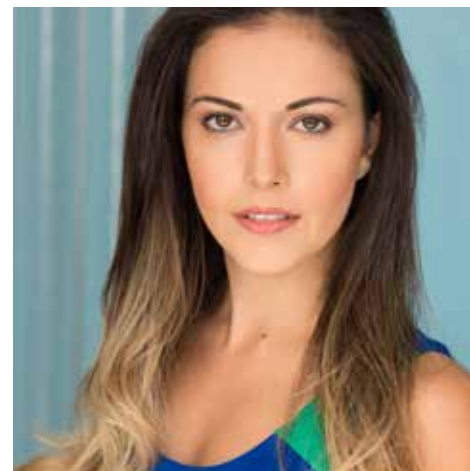
Foi aí que **Thais Maya**, uma paulista da cidade de Araras e residente de San Diego, viu uma grande chance. A brasileira participou da seleção e escolhida pela Disney para oficialmente representar a eterna Princesa Leia. O ano de 2018 começou bem para Thais e sua imagem está por todo os EUA em lojas que vendem os produtos Disney. Do Brasil aos EUA, a uma galáxia muito... muito distante!

A modelo brasileira também é atriz já há dez anos e estudou artes cênicas no Studio Beto Silveira e Wolf Maya (São Paulo), no National Institute of Dramatic Arts (Sidney, Austrália), e aprimorou seus conhecimentos no famoso Studio Stella Adler (Los Angeles).

Mais recentemente Thais foi nominada para Best Actress em Short Films no San Diego

Film Awards (2018) recebendo também o prêmio/awards “Excellence in Acting” – Ela é a atriz principal no curta-meragem “Siren”; baseado em fatos reais dos últimos momentos de Josefa “Juanita” Segovia, a primeira mulher mexican-american enforcada na Califórnia (1851); e atuou no filme “Pursuit” com um papel de apoio (supporting actress) onde interpreta uma brasileira que passa uma noite com um homem, e como todas as outras mulheres, se encanta por ele.

Ela vive na Califórnia desde 2014 e seus recentes logros tem um gostinho especial principalmente por sua perseverança e problemas familiares – nos últimos anos sua mãe foi diagnosticada com câncer de pulmão, o que a obrigou a retornar ao Brasil várias vezes, e desforçar um pouco de sua carreira. “Faz um ano que minha partiu e hoje ela é minha mais forte luz e força!” nos diz Thais – www.thaismaya.com ■



**Depois da tristeza vieram as alegrias...
um presente da determinação
e perseverança.**

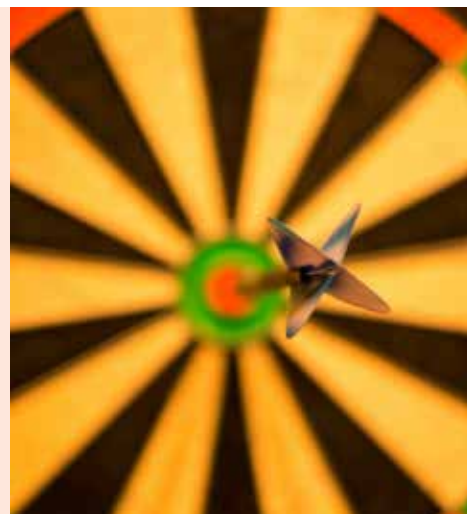


Mercado de Imóveis Aquece nos EUA

O mercado imobiliário nos EUA parece que voltou a ficar aquecido com a baixa dos juros e o pouco inventário de imóveis disponíveis. Sim, a recessão atingiu com força anos atrás, mas a reviravolta está parecendo que pode ser especialmente doce para os proprietários de imóveis. Recentemente, o Wall Street Journal disse que "a recuperação imobiliária havia transformado o mercado e que fez atrair a novos candidatos a profissão de corretores". A fileira de agentes imobiliários aumentou para cerca de 2 milhões. E enquanto os veteranos estão ganhando mais dinheiro, os agentes mais novos estão lutando para se manterem em pé, mesmo com o mercado em expansão em consequência da competência e a falta de experiência.

De acordo com estatísticas dos U.S Dept of Labor and the Realtor Association, um agente imobiliário em média faz 4 a 6 transações por ano. Um numero baixo levamos em consideração uma transação a cada 2 meses. Um sem experiência muito menos. Esse fato fez aquecer outro setor. Esta havendo mais trabalho para empresas/consultores de marketing que com suas experiências, ajudam esses profissionais a gerarem mais negócios.

Do lado do proprietário, ficou mais fácil conseguir vender seu imóvel pelo bom momento dos preços em alta e a volta de juros mais baixos. Menores juros motivam compradores. Por outro lado, alguns desses compradores podem ter dificuldades em



serem aprovados por conseguir um empréstimo pelo jogo duro dos bancos e a necessidade de se provar excelente credito. Chegamos à conclusão que o momento esta bom tanto para vendedor como comprador, e que a escolha de um corretor com vasta experiente e conhecimento em todo o processo de compra e venda é fundamental para ambos, "buyer and seller". ■

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“Nossa Gente. Nossos Músicos” Part 2

Local Musicians Living in California Helps to Spread the Brazilian Culture through Music

Around the world, Brazilian music is appreciated and loved, and its rhythms and beauty can be recognized by whoever has the opportunity to get in contact with it. Just like soccer, Brazilian music became a trend almost everywhere you go. Bossa Nova was very much responsible for that during the 60's and afterwards, and it opened the doors for other Brazilian rhythms to thrive beyond Brazilian boundaries.

Great musicians from all over the globe are now singing and playing Brazilian music, and in U.S we have a bunch of them, including in L.A, San Diego, Santa Barbara, San Francisco, etc. In part 1, in issue 71, we introduced 15 local Brazilian musicians and now with this part 2, we bring to you a group of 12. Know a little more about them, like when they arrived and what they are doing.





ANGELO METZ

Gaúcho from Porto Alegre, Brazil, Angelo moved to Los Angeles in 1997, when he received a scholarship to pursue his Masters degree at University South California (USC). He started singing and playing guitar still as a child when he was six years old. Son of a music teacher, he gets his bachelor's degree in classical guitar from the UFRS (Federal University of State Rio Grande do Sul).

He has a vast music teaching experience and has taught at all levels, from elementary school to university here in Los Angeles. As a performer, Angelo is an active solo/sideman/recording artist, having performed in hundreds of sessions and live shows through Southern California. He also writes and records music for films and commercials. Currently he is performing as a solo artist, with his Quartet or Trio "Braza", with rock band Bunnynose or with the JLB Jazz Collective. Angelo is also a respected electronic musician specialized in vintage analog synthesizers. www.facebook.com/metzmusica



CARO PIEROTTO

While still a teenager, at age 15, she came to study English through an exchange program and so her love for Los Angeles began. The "gaúcha" born in Novo Hamburgo, state of Rio Grande do Sul, returned to Brazil, but the dream of living in Los Angeles definitely was always in his mind. Musician by heart, the late bloomer claims music saved her life. During her early twenties she used to live a business oriented lifestyle that led her to a dead end street. Feeling lost and far from herself, she used singing and songwriting as a tool for self healing and reconnection.

In 2005 she returned to Los Angeles with one goal: to live in an eclectic and multicultural city, and to pursue an artistic career. Pierotto's singer/songwriter debut was with "Marbella" following her first album, "Volta ao Mundo" - produced by the Grammy Award winner Alberto Lopez and mastered by the also Grammy winner engineer Joel Soyffer. With influences ranging from Sade to Bebel Gilberto, Caro's presence is felt as soon as she strikes her first note. She is currently working on her first solo album with the Latin Grammy nominated producer Grecco Buratto (Brazilian and her husband). "Mais Simples" is the first solo project of Caro and in which the "gaúcha" composed seven songs in Portuguese and four in English - www.caropierotto.com



CYRO ABREU

The native from Fortaleza, in Brazil's northeast region, came to San Diego in 2003 just to learn English as many Brazilians from medium classes. After couple months he decided that he should stay in California to follow his musician dream. "I am a musician since 1990 and a lot of members of my family play some type of music instrument" said Cyro. He plays couple percussion instruments but the main one it's the Tantam.

Cyro had the honor to participate, in the past, of the band 'Samba Chopps' that made a lot of success among the Brazilians of San Diego. Currently, the "cearense" is working hard with Grupo Resenha (Samba-Pagode Music Group) and with "A Casa do Urso", which is their production team. "We are well organized and doing great things", said Cyro Abreu. Together with Paulo Batuta, founder of Brazilian Day San Diego, Cyro and his friends of Grupo Resenha and A Casa do Urso will produce/promote the "Bar da Copa" in Pacific Beach, San Diego.

www.facebook.com/CasadoUrsoSD/
www.facebook.com/gruporesenhacalifornia/



DANIEL CARNEIRO

A versatile Brazilian musician who started studying bass at the age of 13, at the Curitiba Conservatory of Brazilian Popular Music in his hometown Curitiba, state of Parana, Brazil. During his early adulthood, he performed in various local clubs and since then dreamed to study music abroad. The musician has been living in L.A since 2001. He moved to California to study music at Los Angeles Music Academy (LAMA) in Pasadena and from where he earned a music degree with emphasis in jazz guitar. He studied with Frank Gambale, Jeff Richman, Ross Bolton, and privately with Sid Jacobs. More recently, Daniel studied mixing with Adam Moseley.

Daniel's main instrument is the acoustic nylon-string guitar, but he also plays and performs with the bass, cavaquinho (a small 4-string Brazilian instrument widely used in samba and choro), ukulele, and various traditional Brazilian percussion instruments. He is also a dynamic composer who brings a refreshing approach to each project. He has worked with producer Rafael Araujo and through his own label, New Cycle Records, produced eight albums. The musician played with artists/groups such as Ed Motta, Fundo de Quintal, Natiruts, Monobloco, Tribo de Jah, Dazaranha, Naldo, Leo Maia, João Lucas e Marcelo, Casuarina, and Pato Banton – www.danielcarneiro.com



FABIO JAHGUN

Baiano from Salvador, Bahia, he arrived in Los Angeles in 2001 in search of a new musical adventure that would be the integration of his native Brazilian beat and his African roots. Its music has the flavor of reggae familiar, old roots with a fresh and modern touch that finds its inspiration from the cultural and musical diversity of the city of Los Angeles. Jahgun has managed to create his own unique style that makes each presentation an unifying and energetic experience.

The musician has already shared the stage with many renowned artists and bands such as Israel Vibration, Banton Duck, Toots and The Maytals, Midnite, and Abyssinians among others. Jahgun has exhibited his musical work in famous venues in California like House of Blues (Hollywood) and So-Ho (Santa Barbara), and in several famous festivals like City of Trees, Reggae Upon the Mountain, and Brazilian Day San Diego. He has played with Ziggy Marley and the Olodum group in Brazil in 2010. He mentions as memorable, his performance in Qatar, in 2012, sharing the stage with English, Reggae singer star, Maxi Priest at the Sun Splash Festival, and having played for the American troops based at the camp "As Sayliyah". www.jahgunmusic.com



GIBI DOS SANTOS

The capoeirista and percussionist Gibi is another talent of the "Terra da Magia" or Magic Land (term given by the own "baianos") in California. He was exposed to the rich heritage of capoeira and its traditional music since when still a little boy in his native Salvador. He followed on to study many other Brazilian styles and art forms, receiving international recognition in the world of capoeira. He arrived in Los Angeles in 1998 brought by his brother, "Meia-Noite", who already lived in L.A and played in the Sergio Mendes band.

Gibi become part of Sergio's band few years later, in 2008, and since then he travels worldwide. The multi-talented baiano has contributed to all Sergio's albums since 2008 including Grammy-winning album "Bom Tempo". He has also performed and toured also with Airto Moreira, as well as Viver Brazil Dance Company. Gibi has played and recorded with artists such as Kanye West, Enrique Iglesias, Alex Acunha, Giovanni Hidalgo, and Kendrick Lamar. He has participation in the Oscar's nominated soundtrack of motion picture "RIO" and the mobile game "Angry Birds." – www.gibidossantos.com

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KÁTIA MORAES

The "Carioca" from Rio is a singer and songwriter who came to Los Angeles in 1990 planning a year stay. It was in Venice, California that she got her first gig as a singer with "Banda Mistério". Inspired by the musical scene, Katia and Mario created their own band and named it "The Rio Thing" mixing musicians from France, Germany, Peru and the U.S. She sang in clubs, theaters, festivals, danced samba, and did dubbing sessions. In 1995 Katia finally took the courage to write songs with American songwriter Bill Brendle.

That was the beginning of Sambaguru band with Tony Shogren, Bill Brendle, Hussain Jiffry, Sanjay Divecha and Kevin Ricard. Together for 14 years, they composed and recorded many CDs and performed at House of Blues and Hollywood Bowl, among other venues and festivals. From 2002 to 2006 Katia played an important role in the first five years of Soul Brasil when she contributed frequently, writing articles about arts and music, and even helping to translate articles from other collaborators into the English version. In 2012 the carioca became the producer of an annual musical series entitled "The Brazilian Heart Celebration" to pay homage to renowned Brazilian artists – www.katiamoraes.com



MARCELE BERGER

The daughter of Brazilian singer-songwriter Claudio Fontana moved to U.S after met Matthew, an American from Pittsburgh who had been teaching English in Rio de Janeiro for four years, and while she was performing in Sao Luis, state of Maranhão. They fell in love and married in 2001 in Sao Paulo. Shortly before the Sept. 11 terrorist attack in 2001, the couple decide to pack and move to New York. In 2002, Marcelle was selected for Betty Carter's Jazz Ahead Jazz residency, culminating in a performance at the Kennedy Center in Washington, DC, to then settle in Boston as she had received a scholarship to study at the prestigious Berklee College of Music where she earned her bachelor's degree.

While in Boston, Marcelle performed in jazz clubs and recorded the song "The Moment" with Berklee saxophonist/faculty Dan Moretti. In 2005, she relocated with her husband, this time to Los Angeles. The native of Sao Paulo, has performed with many musicians in the L.A music scene and recorded music for the Sci-Fi channel miniseries The Lost Room. She also co-wrote the song "Amor Puro" with drummer Adam Topol (Jack Johnson). She is currently working on an album with bassist Nando Raio (Andra Day) while teaching world music for kids (1 to 5) and pre-school for the city of Beverly Hills, and "work as a mom" of two – www.facebook.com/marcele.berger



MARIO MARAUAK

Living in San Diego since 2011, he moved from his native Salvador, Bahia, for love! Mario married Ilana, another Brazilian singer (Bossa Lounge Project) that was living already in San Diego. Actually, "Peace" and "Love" has been following Mario's work for years. He left behind an eleven-year work with the Reggae band "Sementes da Paz" (Seeds of Peace) and landed in San Diego to live an intense passion. Years later the son of an African father and a Brazilian mother, singer, songwriter and guitar player founder Raggabond Music Group.

Marauak's music reflects his years performing on stages and streets of Brazil and U.S and his exposure to a wide range of music. His greatest strength is a rare musical fusion of Brazilian Classics with America's African-influenced beats (jazz, soul, and funk). Marauak's repertoire is made of originals, in English and Portuguese, and reinterpretations of other artists. The result is a unique experience for his audience. His previous Reggae Collective album "Semente da Paz" is on Spotify. Now he is working on his debut solo album with original songs and fusion of various musical styles (TBA) - www.marauak.com

**NATALIA SPADINI**

A native from São Paulo, Brazil, Natalia is a versatile singer who likes to perform styles such as Jazz, Pop, Funk, Rock and Brazilian Popular Music. She started to work with music at age of fourteen and has a lot of live performing experience, including three seasons singing in cruise ships around South America, and in different events and venues, in Brazil as well in United States. She started teaching vocal technique, music theory and stage performance in 2008 in music schools and privately.

Natalia moved to Los Angeles in 2013 to start a vocal program in the acclaimed Los Angeles College of Music (aka LACM). In 2017 she received her master's degree in music (jazz vocal performance) from Cornel School of Contemporary Music. With her original project entitled Little Brazil Trio, she had the chance to perform at acclaimed venues and events such as Roy O. Disney Concert Hall at Cal Arts, Make Music Pasadena, Summer Jazz Concert Series presented by Pasadena Playhouse District, the Annual NAMM Show in Anaheim and many more. www.nataliaspadini.com.br

**NEY RIOS**

He was born and raised in Salvador, Bahia, where his musical career started. Ney was part of Olodum, the socio-cultural project that has become a worldwide sensation and has had its recognition with a Grammy nomination and millions of fans around the world. In 2005, Ney came to the United States to present on Afro-Brazilian culture and music to U.S. College students. So he landed in Los Angeles, the city where already was living his brother Fabio Jahgun.

Since then, he has strived to bring authentic Bahian music to audiences in California and beyond; performing with other Brazilian musicians or solo with shows in Brazilian cultural celebrations at venues in Berkeley, Sacramento, Santa Cruz, Santa Barbara, Los Angeles and San Diego. Some highlights of his musical career in the U.S include playing for Stevie Wonder and Janet Jackson at the NAACP Awards at the Los Angeles Shrine Auditorium and singing with his former band, Olodum (U.S Tour) at the Ford Theater in Hollywood. www.facebook.com/ney.rios.71

**ZÉ BRUNO EISENBERG**

Another carioca from Rio, Zé started his professional drumming career in his hometown playing for a Musical Theater Production which generated great reviews and high visibility with all music composed by the International Grammy winner singer/songwriter Milton Nascimento. He came to Los Angeles to study at the Los Angeles Musicians Institute in 1989. For the drummer California offers the best of the two worlds. "The local natural presence really helps me to feel grounded, down to earth and grateful for all opportunities that life offers me being them professional or purely personal" said Zé Bruno.

Since the 1990's Zé Bruno Eisenberg became part of the Los Angeles music community contributing with his knowledge and also with his strong background in Brazilian rhythms. The musician has been successfully teaching drummers of all ages and levels in private classes in the San Fernando Valley area for the past ten years, teaching music at the LAUSD (LA scholar district), as well working in his own music production studio (composing-arranging-recording for various artists and private companies) – www.facebook.com/ze.eisenberg



Apesar da Crise, o Foco dos Turistas Brasileiros nos EUA é o Turismo de Compras

Por Laís Oliveira

O dado não é novidade há muitos anos: a atividade mais comum para mais da metade de brasileiros que viaja aos EUA é fazer compras. Mesmo com a crise econômica que o país tem enfrentado e com a diminuição do número de viagens, brasileiro gosta mesmo é de gastar quando está nos "States". Mas existem fatos relevantes que sim mudou.

Orlando por exemplo, passou Miami e de acordo com um levantamento feito em fevereiro (2018), a cidade sede da Disney World é o destino mais buscado por brasileiros. O fato de ter a Disney como atração junto com tarifas de voos promocionais e uma crescente comunidade brasileira que inclui donos de negócios, tem feito de Orlando a nova "queridinha" dos brasileiros.

Em 2016, a crise econômica brasileira e as incertezas políticas fizeram muita gente adiar a viagem de férias, porém a venda de pacotes de viagens para Orlando teve um aumento de 50% em 2017 e o câmbio foi um dos principais motivos para os turistas irem à Flórida. Com a queda no preço do dólar, a procura por Orlando aumentou muito e muitos brasileiros puderam viajar para lá pela primeira vez.

Seguindo Orlando, esta na rota dos brasileiros, Miami em segundo e Las Vegas em terceiro. Outros destinos nos EUA preferidos por brasileiros estão Nova York, São Francisco e Los Angeles. De acordo com a Associação Brasileira de Agências de Viagens (Abav), estes são os destinos mais procurados por aliar atrações turísticas a bons locais de compra.

O lazer está no planejamento da viagem, mas os preços baixos em eletrônicos, roupas e acessórios, produtos de beleza, itens domésticos e joias é o que mais chama a atenção dos brasileiros. Roupas de marca podem ter uma diferença de 50% em relação ao preço brasileiro. Roupas de criança e bebê ainda mais. Já visado desde muito tempo atrás, os eletrônicos podem chegar a até 40% mais barato. Já as mulheres, em particular, são atraídas pelos baixos preços de itens de moda e beleza como bolsas, perfumes e maquiagem.

Miami sempre atraiu belas praias e pela proximidade de qualquer parte do Brasil. Las Vegas atrai pela exuberância dos grandes cassinos e pela barganha nas diárias dos hotéis de 5 estrelas (ou seriam 6 estrelas?). Já Nova York, por ser a "capital do mundo" e ser chique dizer que "esteve em NY". São Francisco,

em particular a queridinha da galera LGBT, atrai pelo charme, história e por ser pequena e fácil de conhecer/se locomover. E Los Angeles, claro, pelas famosas praias, pela cultura do surf, por Beverly Hills e Hollywood (incluindo a variedade de parques temáticos e visitas a estúdios de produção).

Apesar da grande procura dos brasileiros por Orlando, por exemplo, especialistas dizem que o movimento ainda está longe do que já foi em um passado não tão distante. Até 2015, muitos brasileiros viajavam até duas vezes por ano ou mais para os EUA, já depois de 2016, muitos viajam apenas uma vez ou nem isso, pois entendem que o momento para a economia brasileira é complicado e uma viagem pode comprometer o orçamento. ■

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Orlando se tornou "a mais queridinha" dos turistas brasileiros





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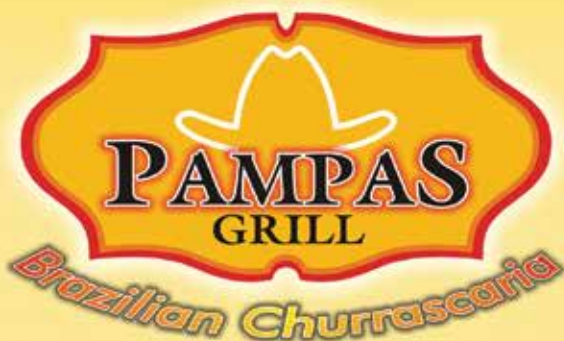
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Por Claudia Passos Aconteceu em L.A

Carnaval is an "Age-Old Festival" of merrymaking and still stands for freedom, irreverence and rule breaking. Carnivale in Italy or Carnaval in Brazil or Carnival in USA, is the annual "Celebration of Life" that usually happens in February, sometimes in March, 40 days before Lent, a Catholic holiday. It took root in nearly every country colonized by the French, Spanish and the Portuguese as in Trinidad-Tobago, Mexico, Cuba, Colombia, Venezuela and Brazil. More recently the Brazilian Carnaval celebration has expanded for many cities around the globe not only in Brazil. Here in U.S. we celebrate carnaval with Brazilian music and dance in different cities such as New York, Houston, Las Vegas, Miami, Orlando, Boston, Honolulu, San Francisco, San Diego, and of course, here Los Angeles.



The Brazilian Carnaval in Hollywood produced by Ariel del Mundo was held at Le Jardim, Saturday Feb 10th featuring Pato Banton and local Brazilian talents such as singers Fabio Jahgun, Ney Rios, Daniel Carneiro, Flavio Ribeiro and Banda Brasilidade as well the dancers of Samba Angels.



The Brazilian Carnaval in Los Angeles produced by Brazilian Nites was held at Fais-Do-Do, Saturday Feb 24th featuring Neguinho da Beija-Flor (from Rio, Brazil), the Brazilian singers of Grupo Resenha from San Diego, and the group of L.A Samba Dancers and Samba da Mudança.

Photos: Courtesy by photographer Throon



Happened in L.A



Living in San Diego, Brazilian DJ Victinho brought his **Baile do Victinho** project to Los Angeles once again on Friday, March 2, to Station 1640 in Hollywood. For the first time, he brought to L.A the "Sertanejo ao Vivo", featuring the singer Ramon Schnayder.



The at once a month, **Baile Funk**, on Saturdays and organized by DJ Potira with collaboration of Leo from Rio and Ali Lexa/Samba da Mudanca happened this March at the Bronson Bar in Hollywood. The place, a bit small, is not fitting anymore so many lovers of funk carioca in L.A and good news should come soon.



The **7th Brazilian Heart Celebration**, an annual series created and produced by singer and songwriter Kátia Moraes, happened Saturday march 3rd at the Kelman Theater (Electric Lodge) in Venice Beach. The show mixes music and theater with much creativity and a spirit of unit. If you missed this year or in previous years, we recommend stay tuned for next year. Something different among the average Brazilian events we have here in Southern CA and that lovers of the arts should not miss! This year, eight Brazilian female singer/songwriters recognize International Women's Day by performing the music inspired by immigrants from Brazil, and beyond. Alongside Katia, were the singers *Ana Gazzola, Marcele Berger, Nana Nuki, Natalia Spadini, Sonia Santos, Thalma de Freitas*, and actress *Mariana Leite*. In the band, *Clarice Cast, Liz Kinnon, Nando Duarte and Ted Falcon*, with special participation of professor *Peter Lounds*.

Soul Brasil magazine is always covering a variety of events in California and you can find many more photos on our albums (by event) on our official Facebook page:

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5 Top Fitness Tips for Busy Professionals

Whether it's sitting at a desk for long hours, looking at a computer screen or spending your shift on your feet, or running around in an emergency room treating patients, any busy professional in this world is in risk of stiff joints, eye strain, back pain or repetitive strain injury. And one of the biggest risks of our working life, though, is weight gain, *especially* for the busy professionals. Here below we put together the top five fitness tips for the busy professionals among us.

Sleep Well

It's the greatest thing you can do for your health. Not only does it improve your focus on overall performance the following day, but it means you are more likely to make the *right* dietary decisions. You're more likely to have the energy to do those exercises, your mood improves, and it can even influence your sex life.

Plan Well

If you want to maintain your fitness you have to plan ahead. One of the biggest downfalls of any lifestyle is the inability to maintain it.

So, if you know you're prone to grabbing junk at lunch, make sure you prepare your lunch the night before (the same goes for your breakfast and dinner). If you constantly forget to grab your gym bag, leave it at the door or somewhere you will see it for when you need it. The magic number when it comes to moderate exercise is 150 min (it is more easy to achieve than you think).

Switch Up Your Commute

Provided you live fairly close to your workplace – you can leave the car at home and hop on a bike or just walk. Not only will it save you

money, it also helps protect the environment and you! Look at you, thinking of others and improving your health.

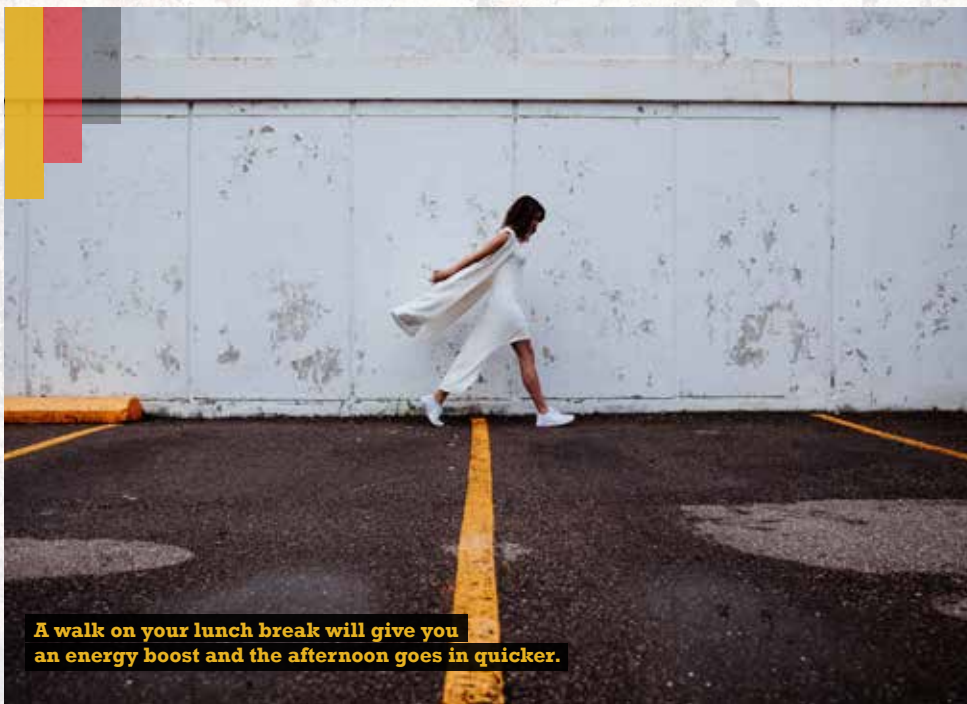
Lunch Break Performance

If this isn't possible, consider going for a walk on your lunch break – the fresh air will do you good. You can walk to a park to eat lunch or walk to a healthy eatery where you know there's time for you to dine well *and* get your steps in. It will also provide you with an energy boost (and your afternoon at work goes in quicker, too).

Travel Well

If travel is a regular part of your business then you know just how difficult it can be to exercise and to eat well. The first thing you should do is start keeping a food diary – then you can track what you're eating while traveling, as it's easy to lose track. When it comes to exercise, a great idea is to check ahead to see if your hotel has a gym. If it doesn't, you can track a path to walk or jog (or check if there is a gym in the vicinity).

Work gets busy, but there are plenty of ways you can find time for fitness. In addition to the tips above, you can skip the elevator and always choose the stairs. You may be surprised at how many calories you burn doing the housework. To save time, try to find a gym that's on your way home from work – you can slip in a few nights a week for a quick workout. ■



A walk on your lunch break will give you an energy boost and the afternoon goes in quicker.

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Da Ilusão e Fascinação ao Fim do Túnel: a Superação e o Sucesso de um Brasileiro na Califórnia

Por Laís Oliveira



Resiliência, no dicionário da língua portuguesa, refere-se à capacidade de se recobrar facilmente ou se adaptar à má sorte, às mudanças e superar obstáculos. Essa é a palavra que define um brasileiro, vivendo em Los Angeles (EUA), e sua história que tinha tudo para acabar de forma trágica, mas que com a força de seu protagonista tem ganhado um final feliz dia após dia em sua luta incansável contra qualquer barreira.

Germano Kuerten, ou "Mano", é um produtor, compositor e DJ, mas também é ator com formação em Produção de Cinema, de 30 anos (2018), mais da metade deles vividos nos Estados Unidos, mais

precisamente em L.A. Nascido em Santa Catarina, Brasil, aos dois anos de idade, nos braços de sua mãe, entrou nos EUA ilegalmente após ter o visto negado para sua família. Com uma infância tranquila e feliz, era um garoto comum cujos pais tentavam se adaptar à nova vida longe de casa.

Desde criança já tinha uma certeza: amava cinema e música. Fosse imitando Michael Jackson, um dos seus maiores ídolos na infância, ou se divertindo atuando, dançando e sendo o centro das atenções na família, o menino já demonstrava que a arte, em suas variadas vertentes, seria seu caminho pelo resto da vida.



Após um retorno ao Brasil, ainda na infância, que durou alguns anos, enfrentou o divórcio de seus pais, que é um momento muito difícil para uma criança, e decidiu juntar-se ao seu pai e voltar aos EUA com apenas 15 anos, para estudar e depois tentar a carreira artística que tanto sonhava.

Durante o ensino médio (High School), sua primeira prova de resiliência se apresentou quando Mano tinha 17 anos. Seu pai, viciado em drogas há anos, o abandonara. Completamente sozinho, o adolescente teve que trabalhar enquanto estudava e recebia ajuda de amigos para sobreviver. Sem conseguir se manter e a ponto de ir viver nas ruas, foi morar com amigos e até na casa dos pais de um desses amigo(as), então, namorada na época.

Na casa de um dos amigos que o acolheu, Mano foi apresentado a um DJ e se encantou pela arte de mixar e fazer sons. A paixão pela música foi tão forte que ele aprendeu mixagem e produziu festas de música eletrônica com amigos que cada vez alcançavam maior número de pessoas e ficou conhecido na região do Westside de Los Angeles, incluindo Beverly Hills.

Apesar de ter explodido como DJ na escola, o jovem sempre esteve dividido entre a música e a sétima arte, então, buscando aprendizado e evolução, fez cursos de cinema e produção durante esta época. Aos 20 anos, tocou com um DJ de renome que o ensinou a compor house music, bem como a trabalhar nesse meio. Nesse momento, a carreira musical falava mais alto, apesar de o cinema nunca ter sido deixado de lado.

Aos 22 anos já havia assinado com um selo conhecido no mercado da música eletrônica e, aos 23 anos, retornou ao Brasil, onde já tinha seu nome na cena local cujos DJs tocavam, inclusive, suas músicas nas boates brasileiras. Toda essa superação, que parecia impossível para um jovem vivendo sozinho fora de seu país de origem, lhe dava forças para não desistir.

Agora oficialmente um residente americano – uma conquista árdua depois de anos de ilegalidade

– e após alguns meses de sua ida ao Brasil, mais um baque: sua mãe havia falecido devido a um acidente. Sozinho novamente, após a trágica notícia, Mano decidiu se focar na sétima arte e conseguiu uma participação no premiado filme "Argo", de 2012, e ganhador do Oscar naquele ano. Participou inclusive em uma cena com a estrela Zac Efron.

Lutando contra todas as barreiras que a vida vinha lhe impondo desde a adolescência, o jovem decidiu entrar na faculdade e se formou em 2015, aos 27 anos, em produção de cinema pela Faculdade Cal State Northridge.

Entre estudos, cursos, trabalhos diversos (para se sustentar) e produções musicais como DJ, conseguiu finalizar seu álbum e enviou a Gui Boratto – produtor brasileiro de música eletrônica e de renome mundial. Depois disso e já com certa fama, Germano recebeu uma proposta para ir ao Brasil participar de um festival de música eletrônica. Infelizmente, ele acabou sofrendo um golpe e sendo roubado pelo promotor do evento, retornou aos EUA frustrado e sem esperanças.

Mas a resiliência o ensinou a sempre se levantar e, enquanto se encontrava depressivo com os últimos acontecimentos – que fariam qualquer pessoa desistir ou escolher um caminho trágico para viver, ele decidiu se levantar e tentar mais uma vez. Durante uma palestra de autoajuda, Mano compartilhou sua história com outras pessoas e encontrou o apoio que precisava para se reerguer.

O grupo o presenteou com amigos para toda a vida e sua persistência o fez continuar a seguir seus sonhos. Em 2016 contracenou com os atores brasileiros Emiliano Ruschel e Larissa Vereza em Alesia: Ground Zero, uma Web Series. Em 2017 trabalhou em dezenas de comerciais para famosas marcas do mercado enquanto assistente de produção. No momento (2018), Germano está no "Professional Track" do The Groundlings – teatros de improvisação de renome em L.A. e por onde já passaram atores como Will Ferrell e Lisa Kudrow (Friends).

De sua vida e trajetória, cheia de altos e baixos, ele só retira o que é positivo. E para os que querem tentar uma carreira artística nos Estados Unidos, Mano deixa uma mensagem certa: "seus pensamentos criam sua realidade. Não venha para os EUA tentar a sorte, venha criar sua própria sorte". ■



Foto: Ronaldo Amboni





Açaí: The Trending “Energy in a Bowl”

By Livia Caroline Neves

In the U.S, specially in the last five years, the Brazilian small berry named "açaí" has gained a huge market territory and even being endorsed by important personalities in sports, music and TV as such surf legend Kelly Slater, skater Bob Burnquist, singer Wynonna Judd and show host Oprah Winfrey. In part also because of the magnificent work of public relations and pioneering, in 2000, of Sambazon (first company to import and market the açaí in the U.S.), its two founders, Ryan and Jeremy Black, and their instinctive marketing vision together with a strong ecological consciousness of sustainable development.

During this last years there has been a lot of "hype" among thousands of people in U.S. over this fruit and specially those folks concern with their balanced diet and good nutrition. The fruit is very rich in antioxidants and lipids, helps to combat cholesterol and free radicals. The tremendous success initially in Brazil and now worldwide is the consequence of three simple combined facts: its nutrition values with the delicious taste and natural energy power.

Açaí has become so popular with Americans living in large cities such as New York, Los Angeles and Chicago, which can now be found in different types and forms, whether in capsules, juices, or in the traditional original format - as a complete meal, served in a bowl and with options to include banana and/or strawberries slices and/or granola on the top. This type of delicious and powerful natural meal makes a special success among athletes and conscious living folks concern with their body/mind/spirit balance. The açaí is a trending. The açaí is fashion in a meal! ■



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Uma Nova Realidade: L.A Cannabis City

A segunda maior cidade dos Estados Unidos está para se tornar a capital da maconha



A “Cidade dos Anjos”, ou melhor, Los Angeles, pode se tornar um dos maiores mercados de maconha dos Estados Unidos depois dos legisladores da cidade regularizar e legitimar em janeiro (2018) a indústria da “cannabis” para uso recreativo no estado da Califórnia.

A proposta, que foi elaborada em março (2017), especifica a regulamentação para cultivar, manufaturar e vender a erva, e a necessidade de uma licença do estado para operar assim como seguir algumas regras de horário e segurança.





Como parte do constante esforço para efetivar a lei em Los Angeles, o conselho da cidade elegeu por unanimidade a Cat Parker que foi indicada para ser a primeira secretária municipal da cannabis. O prefeito da cidade, Eric Garcetti, na ocasião da confirmação de Cat Parker que o governo municipal trabalhara duramente e se esforçara ao máximo para garantir aos angelenos a correta aplicação das leis. E acrescentou que Cat Parker saberá guiar a maior cidade da Califórnia para se tornar o maior mercado legal de maconha, supervisionado pela regulamentação do concelho.

Essa regulamentação também significa que alguns lugares, tirando exceções como os que podem operar com licença médica, serão fechados até que consigam a licença sob a nova legislação. O presidente do conselho Herb Wesson, no entanto, disse que irá considerar uma licença provisória para evitar muitas perdas.

Ele também disse que a cidade e a indústria da maconha concordam em muitos pontos, como a regulamentação de horas de funcionamento entre outros, e que temas mais complicados, incluindo a questão de se puder fumar em público voltara a ser debatido mais na frente.

A maconha com fins medicinais é legal na Califórnia desde 1996, mas os eleitores finalmente aprovaram a maconha recreativa em 2016 - porém apenas efetivada em janeiro de 2018. A cidade de

Los Angeles planeja recolher mais de 50 milhões de dólares em impostos sobre a venda de maconha recreativa em 2018. A cidade recolheu 21 milhões de dólares em impostos com a maconha medicinal em 2016.

Mas a legalização ainda enfrenta obstáculos como os preços mais caros em comparação ao mercado negro ou ilícito. Também, na Califórnia é proibido fumar próximo de lugares como bares, parques e escolas. Uma pessoa necessita estar pelo menos a 800 pés de distância para tal. Hotéis também proíbem de se fumar até mesmo nas varandas se tornando difícil para turistas acender um simples cigarro.

O estado da Califórnia poderá ainda em 2018 pegar uma carona na experiência do estado do Colorado que foi pioneiro na implementação da maconha com fins recreativos. O Colorado teve um aumento no turismo e encontrou formas de contornar as restrições de fumo – incluindo ônibus de luxo e construções privadas (clubes para fumantes e hotéis especializados) onde os turistas possam fumar.

Colorado, onde a venda de maconha com fins recreativos foi legalizada em janeiro de 2014, recolheu 506 milhões de dólares em impostos até o fim de 2017 segundo a companhia de pesquisa VS Strategies. ■



ALGUNS FATOS:

- A Califórnia já é um dos tops 3 mercados de maconha do país.
- No estado dourado existem 2,756 dispensários (*2016)
- 50 milhões de dólares estão sendo esperados para serem recolhidos em impostos sobre a venda da maconha recreativa em 2018.
- 27% da maconha consumida no país, incluindo o intuito medicinal e recreativo, esta na Califórnia.
- 6 plantas de maconha – o número permitido e que se pode criar em cada jardim na Califórnia.
- 5,8 bilhões de dólares é o número estimado do mercado da maconha até 2021 no estado dourado.
- 70 dólares é o preço médio que um Californiano pagou em 2015 para aquisição de sua maconha.





Recipe: Brazilian Bouillabaisse

By Lindenberg Junior



One day during the winter here in California, I closed my eyes and transported myself to some of my favorite fishing places in Brazil for a great seafood. I imagined myself in Porto de Galinhas (60 km south from Recife, the city where I was born), a small beach town and traditional travel destination. Returning to my reality, I got the car keys and drove to a nearby market to buy the ingredients to make something that I was missing a lot: a "sinfonia marítima" or maritime symphony (or for you that are not a Brazilian better understand = Brazilian Bouillabaisse. This robust Brazilian seafood stew it's a whole meal in a bowl. If you would like to make it a bit Portuguese style, add halved hard-cooked eggs on the top when be ready to serve.

Ingredients (serves 6):

- ✓ 4. tps unsalted butter
- ✓ 1 large onion, quartered and sliced
- ✓ 4 cloves garlic, chopped
- ✓ 2 green bell peppers, seeded and diced
- ✓ 2 medium carrots, peeled and diced (or cut into slices)
- ✓ 1 chayote, peeled and diced
- ✓ 1 zucchini, cut into ¾ inch, dice
- ✓ 4 tomatoes, peeled, seeded and chopped
- ✓ 2 tsp mild paprika
- ✓ ½ tsp dry oregano
- ✓ 4 cups fish stock
- ✓ 12 red tiny new potatoes
- ✓ Salt and black pepper to taste
- ✓ 1 lb firm white-fleshed fish fillets (such as halibut)
- ✓ 12 oz. cleaned squid (cut into rings)
- ✓ 1 lb of shrimp, peeled and deveined
- ✓ 1 lb mussels
- ✓ ¼ cup sliced scallion greens
- ✓ ½ cup Italian parsley, minced
- ✓ 3 hard-cooked eggs, halved *optional

How to make:

1) In a large saucepan, melt the butter over medium heat. Add the onion, garlic, peppers and cook for 4 min or until softened the onion wilts. Add the carrots, chayote, and zucchini; cover, cook over low heat for 5 min.

2) Stir in the tomatoes, and cook until reduced to a puree, about 7 min. Stir paprika and oregano. Add the stock and bring to a simmer. Add the potatoes, salt and pepper to taste, and

cook, uncovered, over low heat, until potatoes and chayote are tender, about 15 min.

3) While the liquid is cooking, place the fish, squid, shrimp, and mussels in separated bowls. Rub each with salt and pepper, and toss each 1 tbs of lemon juice.

4) Add the fish and the mussels to the liquid and cook for 5 min, until opaque. Add the shrimp and

the squid and cook until just tender, about 2 min. Do not overcook. Adjust the seasoning and add the scallions, parsley, and additional lemon juice, to taste.

5) Ladle the stew into bowls, garnish with a bit of parsley or hard-cooked egg (*Portuguese style) and serve.

Bon appetite!

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Abrindo Portas Através da Dedicção e Amor Pela Arte

Segundo o diretor chinês-americano Nicholas Lam da produtora Anthem Films e que dirigiu o vídeo clip "Home" do cantor Nick Jonas (a música foi tema da animação "O Touro Ferdinando", do diretor brasileiro Carlos Saldanha), a contribuição da brasileira radicada em Los Angeles, **Raquel Leal**, foi essencial para o sucesso do vídeo clipe. "O fato de ela dar aula de flamenco e fazer coreografias caiu na medida para ela ser selecionada para o papel no set. Pareceu ter sido tudo tão natural" disse o diretor se referindo aos acontecimentos.

Paulista de Barretos, Raquel foi selecionada para ser uma das tres dançarinas de flamenco para dançar

na produção, e nos disse que, como acontece com frequência, o nome do cantor do clipe não havia sido divulgado. Em consequência, ela não teve tempo para treinar uma coreografia apropriada. "Seu auxílio em coreografar juntamente com as outras bailarinas com o uso de movimentos realmente atraentes dançando em uníssono em torno de Nick foi fundamental. Na verdade, devido à coreografia ter sido tão bem elaborada antes da gravação acabei colocando-as imediatamente ao redor de Nick Jonas", disse o diretor.

A principal mensagem do vídeo é que a música não só tem o poder de unir as pessoas, mas que a diversidade define

nossa união e nos dá força, conforto e esperança para um futuro melhor. "Paramim foi muito importante participar de uma produção que passa uma mensagem tão importante. A música fala de valores familiares, e que o Nick Jonas criou pensando principalmente na família dele. Família tem uma importância essencial na vida. Fala também das diferentes etnias e raças em um mesmo lugar, juntas. E eu acho isso uma mensagem tão linda, principalmente hoje em dia, com tanto racismo ao redor do mundo (inclusive aqui nos EUA)", nos comentou Raquel.

O clipe de Home tem mais de 2 milhões de visualizações desde o lançamento, em dezembro (2017), e essa participação vem abrindo novas portas. Raquel Leal dança desde os seis anos e é formada em balé clássico pelo Conservatório Musical Carlos Gomes, reconhecida academia de dança de Barretos. Ainda no Brasil, a paulista teve experiências desde do jazz ao sapateado e se apaixonou pelo flamenco ainda em São Paulo. Em 2003 ela se mudou para Los Angeles e é uma das fundadoras do grupo de dança Pasi3n Flamenca de Los Angeles – www.pasionflamencala.com ■

A participação da bailarina Raquel Leal no vídeo clipe Home do cantor Nick Jonas foi fundamental para o sucesso do clipe que já teve mais de 2 milhões de visualizações desde Dez de 2017.





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What Does the Word “Love” in “I Love You” Really Mean?

By Betty Guy-Wills

When we say “I Love You” we are implying a group of words like: “I care for you”, “I really want the best for you”, etc. The “I love you” that you say to a boy or girl friend or fiancée is very much different than saying it to your Mom, Dad, Brother or Sister and even your children. So exactly what it really means can vary depending on the context and to whom you are talking to. Also, there are some people who say “I love you” or just “love you” with a kissing sound and don’t really mean it. They just like saying it and hearing the other person saying it back.

Being IN LOVE means you would rather hear that person’s voice rather than eating or sleeping. You think about them constantly with caring thoughts more than you think about yourself. You want to be with them as much as possible and you are happy when you’re with them. You never get enough of them. Their happiness and wellbeing is YOUR PRIORITY and you would do anything for them to see them happy. You feel that they belong to you and you belong to them.

You can actually feel their presence even before you see them entering a room. It’s like the lyrical line of a popular song, “I give you all of me, and you give me all of you”. When the right person enters your life and really means and tells you these three words “I love you” your whole life will light up, the air you breathe will be sweet, you will feel warm and “fuzzy” inside, you will smile instantly and be “high happy” like you are on some kind of drug.

The most exciting, memorable way and time of saying “I love you” is with sultry whispers in a passionate heated moment of love making while

giving your partner soft kisses on their face, neck and other sensitive areas. I know it sounds like lust, but combined with real love, it can be an awesome experience for both parties.

When a guy says “I love you” to his girlfriend or fiancée and really DOES mean it, he is giving her the right to conquer him completely and he doesn’t really care, he actually loves the feeling. Every minute he is with her, he loves hearing her voice, each and every kiss and contact, when she laughs, sighs, even arguments, etc, these are the best times of his life! But his girlfriend may be a little suspicious of his reactions because she doesn’t want to be “fooled or played around” with.

However, if she really loves this guy, she will believe any and every thing he will do or say. Both parties will never tire of saying or hearing these three words, now and long after the honeymoon. So, let’s celebrate valentines’ day every day knowing that “I love you” means that I care enough for you to always protect what we have together. It means to want and needing you constantly and inwardly knowing that you have the same feelings for me. Keep this LOVING GLOW year round! ■

***Betty Guy-Wills is a writer-columnist-consultant and motivational speaker on anti-aging and age-subtracting living in Los Angeles.**



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Issue / Six Times per Year

Editorial/Content: Brazilian Culture, Community,
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SPORTS/FITNESS: Dance, Volleyball, Workout.

MUSIC: Hip Hop, Funk and Samba.

CAREER: Fashion Designer and Samba Dancer.

A DREAM: To have my own, successful, clothing store.

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