

SOUL BRASIL

Nov 20 - Dec 2018 | Year 16 | Issue 93

experience a positive journey! magazine

Tambaba: Top Nudist Beach in Brazil



TRAVEL/VIAGENS

Viaje Pelo Mundo Gastando Pouco ou Quase Nada

BRAZIL UP FRONT

The Magic Numbers



LIVING/ARTE DE VIVER

Varrendo a Área Para 2019!



Free Issue

NEW YEAR – NEW LIFE: BOOST YOUR METABOLISM TO BURN MORE FAT

USEND

O MAIS COMPLETO APLICATIVO DE REMESSAS PARA O BRASIL

 **REMESSAS DE DINHEIRO**

 **RECARGA DE CELULAR**

 **PAGAMENTO DE CONTAS
E BOLETOS**



ENVIE DINHEIRO AGORA

BAIXE O APLICATIVO





Hold the joy
that spreads
around the
world in your
own hands



Here at Contemporânea, we believe that great instruments can only be made through a combination of serious dedication, heightened sensibilities and outstanding talent. Backing up this belief is the fact that, for over 65 years, our percussion instruments have made their way to the hands of the greatest musicians in Brazil and abroad, bringing the infectious joy of our music and country to the world.



www.contemporaneamusical.com.br

Previous Issue



This Issue



Next Issue



SOUL BRASIL
magazine

TO CONTACT US

By Phone/Whatsapp: 1(805)245-5615

By Email: info@soulbrasil.com

By Mail: 3201 Overland Ave #8131,
Los Angeles, CA 90034

ADVERTISING INFO / MEDIA KIT

www.soulbrasil.com/advertise-info

SOUL BRASIL TEAM / ISSUE CONTRIBUTORS

Editor in chief: Lindenberg Junior.

Copy Editor(s): Ann Fain and Giovanni da Silva.

Writers: Lais Oliveira and Lindenberg Junior.

Contributor Writer(s): Sandra Domingos.

Translators: Amanda Peter and Cristiane Magalhães.

Photographer: Claudia Passos.

Videographer: Andrei Litinov.

Video Host(s): Amanda Pepper, Natalia Molero and
Mariana Alencar.

Art & Design: Rita Ropero.

Webmaster: Alexandre Loyola.

Administration Support: Magali da Silva.

Social Media Support: Tatiana Tchuprunova

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 16 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 2018, reach out over 50,000 readers with each issue, in U.S and also in Brazil.

SUPPORT US

Use your purchase power with our advertisers.

They support us and you will help us supporting them!

Let them know you are a Soul Brasil reader
or that you have seen their AD in our pages.

SOUL BRASIL MAGAZINE IS PUBLISHED BY KISUCCESS PUBLISHING

All rights reserved. Advanced written permission must be obtained from Soul Brasil magazine or Kisuccess Publishing for the contents. The opinions and recommendations expressed in articles are not necessarily those of the publisher. Copyright 2002-2018 Soul Brasil magazine/Kisuccess Publishing.

For Advertise and Article Marketing Opportunity Call (805)245-5615.
We offer different options using different platforms and tools.

Editor's Note

There is something about holidays and especially Christmas - that frames significant moments of this fleeting life. It is true, too, that all of our Christmas memories don't carry equal weight of such happiness. When something hurts at Christmas, like a relationship that is just not right, it hurts more than usual.

Everything in our secular culture, from the TV commercials to slick print ads, and those blatant online temptations that pop up in our newsfeeds, they all shout deceptive messages of love, peace, and community. So this is what happiness is supposed to look like. They give us no clues on how to mend the gaping holes that separate us or how to fill up the empty places in our souls forever after.

Something about Christmas lays our hearts bare. We don't much like to be so exposed. But whether we share our aches with another human being, or try to put on a happy face and power through, we recognize the dissonance between the "joy to the world" and the pain inside. As we mention in one of our articles in this issue, just remember that "happiness" is already inside of you.

Happy holidays.
Lindenberg Junior.



We produce web content daily!
Check web exclusives at:

WWW.SOULBRASIL.COM

JOIN US ON SOCIAL MEDIAS



WE CAN HELP YOU



Search Engine Optimization

We will optimise your site so that it will be discovered by the search engines and drive new customers to your site.

FALAMOS PORTUGUÊS

HABLAMOS ESPAÑOL



Social Media Marketing

Your customers all use Facebook, Twitter and Google+. You should too. We will do it all for you and give your business credibility and attract new, targeted customers.



Video Optimization

The search engines love videos and so do your customers. It is one of the most effective ways to attract new clients. .



Local Search Optimization

Get a distinct advantage over your competitors by being listed and found in all of the local maps in the search engines



Mobile Marketing

More people own a mobile phone than a toothbrush. We will make sure that your website is mobile phone ready and looks great when they find you online.



Visit our Website and
Check Out our Services and Products
www.kisuccess.com



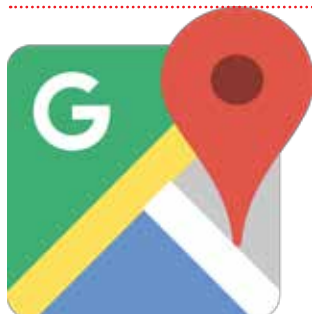
Travel and Leisure U.S News

CHOICE HOTELS INTERNATIONAL



MANY HOTELS ARE GOING 100 SMOKE-FREE. Choice Hotels says 1,800 of its Comfort Inns and Comfort Suites in the U.S and Canada are nonsmoking. Almost all Carlson Rezidor Group hotels (which owns Radisson hotels) in the Americas are smoke-free. The rules typically apply to both traditional and electronic cigarettes and include not only guest rooms but also lobbies and other public spaces. Hotels say that even many smokers no longer request smoking rooms – and the higher maintenance costs of cleaning and maintaining those rooms make them economically unattractive.

THE TWO BEST US-BASED AIRLINES are Alaska Airlines and Virgin America (2017) said a survey and new study considering factors such as airfare, route networks, bad/change fees, cabin comfort, customer satisfaction, frequent-flier program quality, on-time arrivals and lost luggage. Worst-rated airlines are discount carriers Spirit Airlines and Frontier, which scored well only for low fares. The best US-Based airline for overall service is Alaska Airlines. It was tops in certain categories such as on-time arrivals, avoiding extreme delays and complaints. Virgin America was tops for minimizing mishandled baggage. Alaska acquired Virgin America and is meshing the two carriers systems.



RED FLAGS WHEN RENTING A VACATION HOME. The price is too low – if it is 20% below the rate for other units in the area, the offer may be photographed to look like it is the only house on the beach, for example. Use the Street View option on Google Maps to see what the area looks like. The ad uses words such as “cozy”, “secure” and “rustic” – these imply that the property may be cramped, in a bad neighborhood and lacking amenities, respectively. Self-defense: Consider renting through a property-management company that handles everything.



SAVE \$ IN CITIES OF U.S WHERE YOU CAN SKIP THE RENTAL CAR: Denver has a rail connection from the airport to downtown that costs \$9 and gives all-day limitless rides (average rental car in Denver is \$50 a day). Detroit is about to open the QLine streetcar service along a 3.3 mile route downtown. Los Angeles has built 105 miles of subway or light rail since 1990, and extensions that opened in 2017 can get you from downtown to Santa Monica and from Pasadena to the base of the San Gabriel Mountains. Phoenix has a free airport people-move. PHX Sky Train, that connects to Valley Metro light rail. The light rail runs 26 miles, to downtown Phoenix in one direction and to Tempe and Mesa in the other.



GET A FREE HOTEL ROOM. A number of hotel rewards credit cards throw in a free night's stay for cardholders each year. The catch: All of the cards charge an annual fee, and the room may be at a lower or mid-tier property. Participants include Starwood Preferred Guest from American Express (annual fee: \$95), Marriott Rewards Premiere Plus (\$95), IGH Rewards Club Premier (\$89) and Hyatt Credit Card (\$75).

HOT SAVINGS ON FLIGHTS TO HAWAII FROM THE U.S. CONTINENT.

Searches for Hawaii were down 21% in May 2018 compared with a year earlier and the downturn continued up to October, partly due to the tragedy and larvae of the volcano on the Big Island. Southwest Airlines recently announced expansion into the Hawaii market. Together with the volcano tragedy on the Big Island the two facts are generating better rates to fly to Hawaii. Remember that December is considered high season but expect better rates this coming year (2019). The trick is to check the travel websites constantly or leave that job to your travel agent – who can with no rush, can get the best deals for you.



RVS FOR A DOLLAR A DAY. Las Vegas may be famous for "The Strip", but it's also home to some sweet travel deals – if covering hundreds of miles in an RV is your thing. You can book a three-to-five-day relocation RV trip for a little as \$1 a day on Imoova.com, Apollorv.com and Jucyusa.com. Relocations redistribute RVs to locations with the most demand. Among the most popular routes are Las

Vegas to Denver, San Francisco or Los Angeles. You can also start in Los Angeles and head to the Bay Area or Seattle. The deals are usually posted about a month in advance on the websites and may come with other perks, such as an additional travel allowance or gas reimbursement. Take in mind: you're typically allowed three to five travel days, depending on the route, and you will be charged 45 cents per extra mile if you decide to take any detours.

TWO-IN-ONE TRIPS. You can visit two destinations for the price of one if the airline you're taking to your final destination allows free "stopovers" at its hub cities. For example, you can arrange a stopover in Lisbon or Porto for up to five nights when flying on TAP Portugal. The deal includes discounts on hotels and other perks, such as a free bottle of wine in partner restaurants. Another possibility is the Azores archipelago in the Atlantic Ocean for up to seven nights when you fly to destinations in Europe on Azores Airlines from Boston; Oakland (CA); or Providence, or spend a night in Montreal, Toronto or Vancouver when your Air Canada connection exceeds six hours.



HOW TO RUN A SUCCESSFUL AIRBNB RENTAL AND KEEPING HAPPY VISITORS.

Be honest about the pluses and minuses of your home so that guests do not expect more than you offer, become disappointed and give you bad reviews. Solve problems quickly when they arise, whether that means calling a plumber about a broken fixture or having a spare remote control in case one is lost. Hire top-notch professional cleaners so that your home meets the highest possible cleanliness standards at all times.

Super important: document everything valuable in your home by taking photos of countertops, appliances, furniture and electronic equipment – if anything is damaged, Airbnb will need before-and-after photos to prove that guests caused the damage.

BEST DEAL

Viaje Pelo Mundo Gastando Pouco ou Quase Nada

"Não tenho dinheiro suficiente para viajar". Bem, se você está acostumado a dizer esta frase, recomendamos continuar lendo esse artigo, pois te daremos algumas ideias para sua viagem dos sonhos custar pouco ou quase nada.

Primeiro, se você realmente quiser viajar e conhecer outros lugares, pessoas e até outras culturas, sua primeira lição é essa: faça da viagem uma prioridade e planeje-a! Se a viagem não é uma prioridade para você, você sempre encontrará outras coisas para gastar dinheiro e nunca terá dinheiro "suficiente" para viajar.

No caso de Sandra Domingos, uma de nossas colaboradoras regulares, viajante de vida e mochileira, um carro não é uma prioridade em sua vida. "Posso usar metrô, ônibus, uber (ou outra qualquer plataforma), bicicleta ou simplesmente andar para chegar onde quero. Nunca tenho dinheiro suficiente para fazer compras todas as semanas ou gastar em um restaurante sofisticado ou da moda porque eu coloco minhas viagens em primeiro lugar".

Não está ganhando dinheiro suficiente em seu trabalho? Por que não conseguir um emprego no exterior? Há muitas oportunidades no mundo, desde que você não seja exigente com status e carreira (pelo menos em uma fase de sua vida), mas tenha como foco fazer dinheiro trabalhando enquanto estiver viajando – conhecendo outras culturas, ampliando horizontes e fazendo network.

Aqui estão alguns trabalhos com os quais você pode pagar as contas e financiar suas viagens: trabalhar em um albergue, um cassino ou em um cruzeiro, ser Au Pair, ser garçom, guia de turismo, instrutor de mergulho (é necessária alguma certificação) ou mesmo trabalhador sazonal em resorts (como instrutor de surf por exemplo). Esses trabalhos não requerem graus avançados ou muita experiência na área. É claro que com esses tipos de emprego você terá um retorno financeiro mínimo, mas isso irá pagar suas despesas enquanto viaja e conhece o mundo.

A "personal life couch" e professora de ioga Sandra Domingos nos dá mais dicas nesse senti.

Como por exemplo, aqui estão dois sites que vão te ajudar a encontrar alguns empregos no exterior: www.ciee.org (Intercâmbio educacional internacional no exterior) e www.bunac.org (trabalho de estagiário e/ou voluntário no exterior).

Por que não ensinar inglês, português ou sua língua nativa no exterior? Você pode fazer um bom dinheiro ensinando e esta é uma das melhores maneiras de conseguir um extra durante sua viagem. "Eu tenho um amigo americano que ensinou inglês enquanto viajava pelo Brasil e outro que ensinou inglês enquanto viajava pela Tailândia. O mundo está precisando de professores e este é um trabalho em alta demanda. Ouvi dizer que algumas empresas na Ásia até pagam pela sua viagem", revelou Sandra.

Antes de começar a viajar, saiba que há muitas maneiras de ganhar vôos gratuitos. "A maneira mais popular é através dos cartões de crédito nos quais o consumidor coleciona milhas de acordo com as compras mensais e depois é possível voar de graça. A maioria dos cartões oferece bonificações





de até 30.000 pontos – e se você tiver um cartão de companhia aérea (digamos American Airlines) e um cartão de recompensa geral (por exemplo, o cartão Amex) em muitos casos você pode combinar os saldos e conseguir um voo barato ou de baixíssimo custo, revelou Magali DaSilva, nossa agente e organizadora de viagens.

A melhor maneira de alcançar os pontos que você precisa é pagar o máximo que puder no mesmo cartão. Todas as companhias aéreas têm ofertas especiais com grandes lojas, como Amazon, Apple, etc. Comprar nessas lojas “parceiras” te dará de 2 a 4 milhas por dólar gasto. “Aqui nos Estados Unidos por exemplo, se você gastar 1.000 dólares por mês, você pode ganhar até 3.000 milhas. Então, fique atento, faça compras nas lojas parceiras e coloque tudo no mesmo cartão”, nos diz Magali.

Você sabia que existem serviços que conectam viajantes com moradores locais que estão dispostos a acomodá-los de graça? Usando este tipo de site você nunca terá que pagar por acomodação. Aqui estão alguns: Couchsurfing – www.couchsurfing.com e Servas – www.servas.org. Outra opção é cuidar da casa de alguém enquanto esta pessoa viaja. Você pode se inscrever em um dos sites para se colocar disponível como um “caseiro temporário” de graça,

permitindo que você fique em um destino por um tempo e conheça bem o local sem ter que pagar por alojamento. “Esse tipo de estratégia te dá um bônus adicional: você ganha uma cozinha para fazer sua comida! Uma boa dica para este tipo de serviço é o House Carers – www.housecarers.com e Mind My House – www.mindmyhouse.com, complementa Sandra.

Há também passeios gratuitos nos quais você pode aprender sobre a cidade e ver as principais atrações locais. Na Europa, você pode encontrá-los em 90% das principais cidades. Também há alguns em grandes cidades asiáticas, assim como em Nova York e na Austrália. Para a Europa cheque www.neweuropetours.eu, na Austrália cheque www.imfree.com.au e para Nova York, cheque www.bigapplegreeter.org. Você também pode encontrar esses passeios perguntando ao escritório de turismo local ou pesquisando no Google “passeio a pé gratuito + nome da cidade”.

Você também pode economizar muito dinheiro enquanto viaja usando regras simples, como aprender a cozinhar (dessa forma você vai economizar muito dinheiro ao ignorar o restaurante e cozinhar para si mesmo ou até ganhar dinheiro cozinhando para os outros).

Conseguindo tickets ferroviários (a reserva antecipada geralmente pode te poupar cerca de 50% do custo de um bilhete de comboio, especialmente na Europa). Você pode também dormir em dormitórios grandes (se o Couchsurfing não faz seu estilo, esta é a sua melhor maneira de economizar em um lugar para dormir). Pode usar o cartão de estudante e outros cartões de desconto (se você é um estudante, menor de 26 anos ou um professor, muitos lugares oferecem descontos para você).

E ainda pode obter cartões turísticos da cidade (que oferecem descontos e acesso gratuito às principais atrações e museus e, em algumas ocasiões, até mesmo transporte público gratuito). O ponto principal aqui é que existem várias maneiras de viajar e conhecer outros lugares, diferentes pessoas e culturas, com pouco dinheiro.

Você não precisa ser rico para viajar. Como dissemos no início deste artigo, o mais importante é colocar sua viagem como prioridade, estudar e planejar suas opções. Espero que você tenha gostado deste artigo. Tem um amigo ou amiga que gostaria de passar essas dicas? Compartilhe! Esperamos ter sido úteis. Boa viagem! ■



Brazil's Magic Numbers

28



That is the number of stars in the Brazilian Flag. They symbolize the capital District and the 26 states of Brazil. The stars are displayed exactly like the stars over Rio de Janeiro on November 15, 1889, the day on which Brazil became a republic.

Of all the beef consumed in the world, 20% comes from Brazil. The country has over 2000 million cattle, and is the second largest producer on Earth. The bovine market represents a great part of Brazil's GDP, with a value of 70 billion of Brazilian reais. Because the country has a tropical weather and vast lands, most of the Brazilian cattle are pasture fed.



1/5



48

That is the number of holidays per year in Brazil. There are 12 federal holidays and 36 other holidays which are determined on a state-by-state basis. Of course this is not counting city anniversaries and saint patron days, which usually are days off too.

Brazil is the fifth largest population in the world with over 190 million people and the fifth largest territory on Earth with over 3.2 million square miles. And we are the only country (until 2018) to win the World Cup for five times.

5



1931



That was the year Christ the Redeemer was inaugurated on the top of Corcovado Mountain in Rio de Janeiro. The statue is 130 feet high, and is considered the largest Art Deco monument in the world. It took nine years to be built, and is made of concrete and soapstone. In 2007, Christ the Redeemer was voted one of the New Seven Wonders of the World.

10



Is the number of countries that Brazil borders. They are Argentina, Bolivia, Colombia, French Guiana, Guyana, Paraguay, Peru, Suriname, Uruguay and Venezuela. The only countries in South America that Brazil does not share borders with are Chile and Ecuador.

Japanese in Brazil

The largest Japanese community outside of Japan is located in São Paulo, Brazil, and inclusive have its own district, the "bairro da Liberdade" (Liberty district). The overall Japanese Brazilian population is declining, secondary to a decreased birth rate and an aging population; return immigration to Japan, as well as intermarriage with other races and dilution of ethnic identity. However, significant populations of Chinese and Koreans also live in São Paulo.





**"Pampas Grill
is one small step away
to experience
the best of Brazilian
style homemade food"**
Soul Brasil Magazine

**Live Music on Weekends
At Burbank Location!**

Traditional Brazilian Cuisine

Homemade Food and Churrasco By The Pound

L.A (Farmers Market)

6333 W 3rd Street #618
Los Angeles, CA 90036
Phone: (323) 931-1928

L.A/Culver City

3857 Overland Ave
Culver City, CA 90232
Phone: (310) 836-0080

L.A/Burbank

269 E. Plam Ave.
Burbank, CA 90232
Phone: (818) 840-8822



Visit our website: www.pampas-grill.com

Like us on  + Follow us on 



Phone / WhatsApp **(323)428-1963**

If Travel Is Your Passion... Brazil Is Your Destiny!
If Business Is Your Priority for Now... Brazil Should Be In Your Planning!



Special packages to Amazon, Rio, Salvador and Fernando de Noronha
Save \$ with your stay. Rent a Condo or House!
Personal Travel & Tour Services by Magali DaSilva.
20 years of Experience in the Travel Industry.

www.soulbrasil.com/travel

Português - Espanol - English

Varrendo a Área Para 2019!

Pratique o Desapego e Atraia Boas Energias

Por Mileni D'Alberti

A vida acaba de lhe presentear com um livro de páginas em branco onde você será o personagem principal e autor. Sorte sua! Estamos perto de um novo ano e já começamos a pensar em um novo começo. Fazer planos, escrever suas metas - e até começar a se exercitar três vezes por semana, faz parte desse espírito de renovação. Mas e a sua casa? Já pensou em "limpar a área", se desfazer dos entulhos e coisas que já não funcionam ou não são mais necessárias?

Atire a primeira pedra quem nunca acumulou trastes velhos. Sabe aquele telefone celular que quebrou há um tempão e você continua guardando? A pecinha do liquidificador que quebrou e você ficou de comprar outra? E até aquele vestido que você gosta tanto mas que já tem 10 anos que você tem ele?

Quantas coisas que já não tem mais utilidade para você ou no caso de roupas, que você já não veste, e ainda está dentro de sua casa? Coisas entalhadas sem serventia, acúmulo de papéis, livros que nem sequer foram abertos, roupas que nunca foram usadas. Abra suas gavetas e revire o quarto! Você já se perguntou qual a necessidade de juntar tanta coisa que nunca usa?

**JÁ QUESTIONOU O QUANTO ESSAS
TRANQUEIRAS SEM UTILIDADE PODEM ESTAR
AFETANDO SUA VIDA?**

Os seguidores do Feng-Shui, por exemplo, proclamam que a bagunça é a inimiga número um da prosperidade. Segundo essa tradição milenar chinesa, guardar coisas que não usamos barra o fluxo de energia ao nosso redor e carrega o ambiente, podendo trazer doenças, desequilíbrio emocional e perdas financeiras. Isso inclui jornais e revistas velhas (que supostamente enfraquecem nosso poder criativo), livros ultrapassados, roupas que

raramente usamos (se diz que nossas roupas retêm nossa própria energia, e esta deve circular sempre) e principalmente utensílios e aparelhos eletrônicos quebrados.

Pessoalmente, não sei se compro as ideias de Feng-Shui. Sendo uma cientista de profissão, sou cética quanto a crenças envolvendo ocultismo e ideias não comprovadas em geral. Mas também como cientista, sei que os seres humanos são feitos de energia. Sendo assim, não é de se admirar que a energia de outras pessoas, seres e objetos afetem a nossa própria.

Energia é como eletricidade invisível e inodora, mas experimente botar o dedo na tomada... com certeza se sente! Porém os efeitos são mais sutis. Tantas vezes estamos em um lugar cheio de energia negativa, as coisas não acontecem e a gente não se da conta do porquê. Não é coincidência você conseguir trabalhar melhor num escritório limpo. Eu removo a papelada da mesa e imediatamente consigo pensar melhor. Há uma sensação deliciosa em se livrar de coisas que não tem utilidade. A diferença está no ar, literalmente. Bagunça dificulta a chegada de coisas novas pois ocupa nosso espaço, tempo e atenção.

Repare como sua casa, quarto ou escritório "estranhamente" reflete como você está se sentindo

por dentro. Num sentido mais geral, reflete sua vida. Que o diga minha amiga Hannah, com seu quarto parecendo ter sido varrido por um furacão. Assim é a vida dela, seu "normal" estado mental. A boa notícia é que, arrumando-se o ambiente, ganha-se mais controle sobre o próprio humor. A partir daí as coisas fluem mais facilmente.

Os objetos que guardamos também simbolizam as nossas lembranças. Manter laços com a nossa própria história é bom e saudável, mas só até certo ponto. Quando vivemos de lembranças presas, não abrimos espaço em nossas vidas para o novo. Cada coisa tem seu valor em um certo tempo, mas há de se deixar para trás o que passou. Da mesma forma como nos apegamos a velhos objetos, também não conseguimos nos desfazer de antigos sentimentos, medos e ideias ultrapassadas.

Se pudermos dar adeus ao conteúdo de nossas gavetas, eventualmente será mais fácil jogar fora velhos sentimentos. Seja como for, essas "pirações" mostram como somos ligados a matéria e como ela pode reger nossa vida. Pratique o desapego. Junte as velharias e carregue até o lixo mais próximo com um sorriso no rosto! Como opção, você pode doar a um amigo necessitado ou a organizações como o Goodwill, Salvation Army, etc, na Califórnia. ■





“Pessoas Especiais”

Existem pessoas raras, difíceis de se encontrar.
Elas são lindas por fora...
Mas principalmente, são lindas por dentro.
São feitas de carinho e recheio de verdade!

Costumam chegar de mansinho
E ti conquistam dia a dia...
Conquistam com verdades e muito amor!
Elas não têm medo de competição.
Valorizam qualidades... não defeitos!

Querem ti ver crescer... querem ti ver feliz...
Querem ti ver sorrir... estão sempre perto...
Não te deixam só.
Mesmo quando você não percebe...
Estão cuidando de você!

Se você teve a sorte de encontrar
Uma dessas pessoas...
Não se esqueça de dizer...
Obrigado por você existir!

*Feliz Natal e um
Próspero Ano Novo.*

SOUL BRASIL
magazine

KiSuccess
• Marketing • Publishing • Design • Printing



CENTURY 21. Award

1021 W Bastanchury Rd, Suite 140, Fullerton, CA 92833

**HOME PRICES ARE RISING...
DON'T UNDERSELL YOUR HOME.
CHOOSING THE RIGHT REALTOR®
MAKES ALL THE DIFFERENCE.**



VLADIMIR BELLEMO
REALTOR®

714.932.5335

Vlad@Bellemo.com
www.Bellemo.com
DRE License #01200312 (since 1995)

"You'll be glad you chose Vlad!"





Tambaba: Get to Know the Top Nudist Beach in Brazil

By Lais Oliveira | Translation: Ana-Maria Fontoura

The Brazilian Nordeste (Northeastern region) is known for its beautiful beaches – most boast crystalline waters with hues ranging from blue to green. In addition, the sand is, for the most part, fine and clear; coconut trees abound and the sea offers unique marine fauna.

One of Brazil's states that lives up to the above description is Paraíba. There, one beach in particular stands out: the famous Tambaba. Every year, it attracts more and more tourists due to some specific and interesting characteristics.

Located in the municipality of Conde, approximately 30 km (or 18.6 miles) south of João Pessoa, Paraíba's capital, Tambaba is the favorite hang out of those adept to nudism in the Nordeste. So much so, that in 2018, it was recognized as the "Area of Special Tourist and Ecological Interest for the Practice of Naturism".

And there are strict rules that must be obeyed. Namely, you must remove your clothing and be in your best birthday suit to take advantage of the local beauty. Teeming with native vegetation and surrounded by rocks both in and out of the water – the place offers a breathtaking scenery for those not too coy about (and happy to be) naked.

The beach is divided into two sections: one open

to the public in general and the other reserved for naturists only. Both sections are divided by an access staircase, and there are locals who make sure visitors follow the rules. This is how it works: naturism is banned in the section for public usage and it is obligatory in the nudist section. In other words, one cannot, save for a few exceptions, choose to remain clothed in the nudist part of the beach.

Access to any section is free. However, there is a collection box for donations that go toward maintenance of the area. It is important to remember that rules prevent filming in the naturist section. So please be aware of this if you plan to visit. Nudist Pousada Tambaba, with a restaurant on premises, is a great place to stay at, while also remaining "clothed" in your birthday suit!

The naturist stretch of beach is about 900 meters long (or a little over ½ a mile), has security guards and is frequented by whole families and many tourists from all over the world. Since naturism was made official in 1991, Tambaba has become a reference point for this type of tourism on the planet. Today, it is one of the most sought over destinations in Paraíba.

And if you are looking for more reasons to visit this beach, you should know that its scenic beauty is impressive. Surrounded by multicolored cliffs,

incredible rock formations, coconut groves and warm water pools, Tambaba also has a stretch specifically for surfing, i.e., naked surfing!

Should your curiosity get the better of you, put Tambaba on your list of next destinations to visit. Still, know that there are strict rules for nudists – and non-nudists alike. Those who do not share the naturist philosophy and wish to take advantage of the situation are not welcome.

The area's Code of Ethics states that some conduct is considered grounds for immediate expulsion. Here are some of them:

1. Ostensible sexual behavior and/or practice of a sexual/obscene nature
2. Engagement in physical violence as a means of aggression toward others
3. Use of fraudulent means to obtain advantage of the area's practices for yourself or third parties
4. Usage/possession of illegal toxic drugs
5. Cause damage to the public image of naturism or naturist areas



RC Business Services

The Income Tax Specialist

CONSULAR SERVICES

- Emissão e Renovação de Passaporte;
- Issue and Renewal of Passport;
- Legalização de Documentos;
- Document Legalization;
- Vistos;
- Visa;
- Procurações;
- Power of Attorney;
- Qualquer outro Serviço Consular;
- Any other Consulate Service.

FINANCEIRO

- Imposto de Renda (USA e Brazil);
- Income Tax (USA and Brazil);
- Abertura de Empresa;
- Opening a Business;
- Bookkeeping e Payroll.



OUTROS SERVIÇOS

- Traduções Certificadas;
- Certified Translations;
- Transferência de Dinheiro para e do Brasil;
- Money Transfer to and from Brazil;
- Homologação de Divórcio no Brasil;
- Divorce Recording in Brazil;
- Reconhecimento de Firma;
- Notary Public Services.

RC Business Services

8484 Wilshire Blvd., Suite 430, Beverly Hills, CA 90211

Tel: (323) 651-2185 – Fax: (323) 651-2730

www.rcbusiness.net

AN ARTICLE ABOUT YOU OR YOUR BUSINESS...

Featured at



**We Have the Media/Marketing
Experience & Expertise for Help you!**

**Kisuccess Media & Marketing
(805)245-5615**

Silvio's
Brazilian Beach BBQ
Located on the World Famous
Hermosa Beach
Pier Promenade!
BBQ Sandwiches & Plates Salads Seafood,
Burgers, Craft Beer, and more!

Home of the World Famous
Carnaval Plate!
Take out and catering orders welcome!

Steps to the sand 310-376-6855 Ocean View
200 Pier Avenue Hermosa Beach, Ca 90254 www.silviosbbq.com



Elassar Insurance Services

Os Espertos em Seguros de Carros!

Desde
Apenas **\$1** por Dia



*Sem Carteira ou com Acidentes ou Multas?
Entre em Contato. Nós Podemos ti Ajudar!*

Carteira de Motorista Internacional

SR-22 Imediato

*Oferecemos Seguros Para: Carros e também Motos,
Casas e Negócios. E em breve, Seguro de Vida.*

Estamos Para Servir a Comunidade Brasileira

Ligue Para uma Cotação: **(310)237-1107**
10826 Venice Blvd. #108 A, Culver City, CA 90232



Como Fazer sua “Lista de Tarefas” Trabalhar a seu Favor

"Eu realmente preciso terminar esse projeto, responder vários e-mails importantes e começar a outra tarefa já acumulada desde a semana passada. Eu também preciso ir ao supermercado, lavar roupa, organizar meu guarda-roupa...". Se você costuma dizer "tenho tantas coisas para fazer e tão pouco tempo", continue lendo. A seguir te damos uma boa e simples dica de colocar em ordem seus afazeres.

Há sempre muitas coisas para fazer no nosso dia a dia. Vida de adulto não é mole! Deveres em casa, compras de supermercado, coisas para fazer no carro, trabalho e negócios se misturam com hobbies e as boas horas de lazer. Mas como colocar tudo em prática em tão pouco tempo? Basicamente todos nós temos 24 horas por dia e às vezes gostaríamos que o dia pudesse ter mais do que isso, certo? Se você seguir a recomendação inteligente de dormir 8 horas por dia, você tem apenas 16 horas restantes para aproveitar.

Há uma falha fatal no antigo método de "Lista de Tarefas" ou "Things to Do" que pode dificultar a

conclusão dos seus afazeres ao invés de agilizar sua vida. Suponha que você tenha uma longa lista de coisas que deseja realizar. Não é difícil imaginar isso, certo? Pode haver 20 ou 30 itens nessa lista, ou pode haver apenas duas ou três coisas, mas são itens grandes que levam dias ou até semanas.

Você se senta para trabalhar, olha para sua lista e percebe que não há nenhuma maneira no mundo de fazer tudo isso hoje. O que você acabou de dizer a si mesmo? Que é perfeitamente aceitável deixar as coisas da sua lista desfeitas por mais um dia. E é aí que você pode acabar transformando seus afazeres em uma grande bola de neve.

AQUI ESTÁ A CORREÇÃO SIMPLES PARA O PROBLEMA:

Tenha duas listas. A primeira lista é tudo o que você quer realizar, seja grande ou pequeno, de curto ou longo prazo. A segunda lista é exatamente o que você vai fazer hoje. Não mais e não menos. Desta

forma você se condiciona a continuar trabalhando até terminar tudo na sua lista. Após concluir sua lista, você faz uma nova para amanhã e relaxa sabendo que teve um dia mais produtivo e leve. Você verá que é muito mais fácil manter o foco usando esse método e ao final de cada dia pode celebrar sua produtividade.

Em nosso website irmão - www.kisuccess.com você pode encontrar um eBook que inclui "checklists" e "worksheets" para te ajudar com "Boost your Productivity" (em inglês). Terminamos com uma citação inteligente da personalidade americana, Oprah Winfrey: "O grande segredo da vida é que não há grande segredo. Seja qual for o seu objetivo, você pode chegar lá se estiver disposto a trabalhar". Apenas lembre-se, continue seguindo em frente até alcançar o que deseja, não tenha medo de falhar. ■



GETTING MORE SALES WITHOUT SELLING YOUR SOUL!



We all need more sales and know we have to market our services or products, but we run into a few problems:

- * There doesn't seem to be enough time
- * We're not sure our marketing activities are very effective
- * It causes us stress for all the reasons above

WE HAVE PUT TOGETHER A GREAT 4 PART E-COURSE THAT SHOWS HOW TO

Boost Your Marketing without
Boosting Your Stress

1 TIME MANAGEMENT AND TIME BLOCKING – becoming more efficient in all the activities you do in your business.

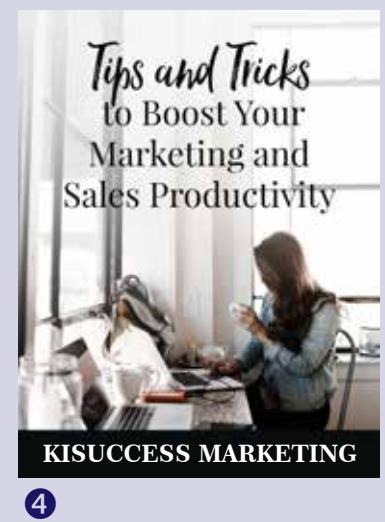
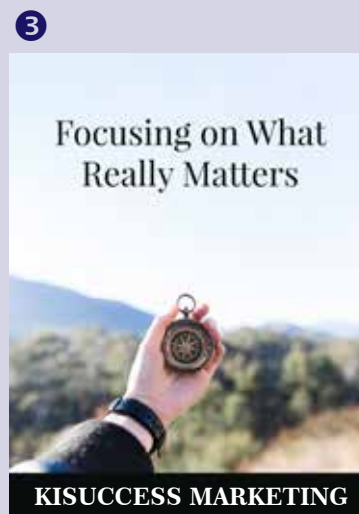
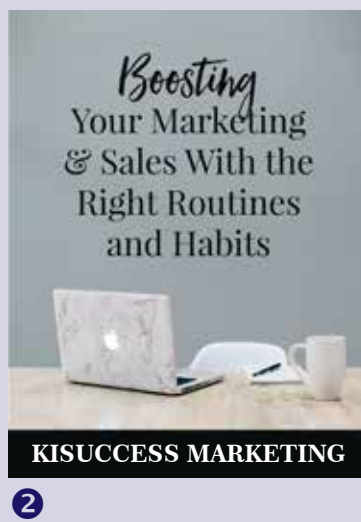
2 BOOSTING YOUR MARKETING AND SALES WITH THE RIGHT ROUTINES AND HABITS – imagine doing less work, but getting more sales.

3 FOCUSING ON WHAT REALLY MATTERS – sometimes we get distracted in busy work. Here we will show you how to get focused on what works to grow your business without all the hard work.

4 TIPS AND TRICKS TO BOOST YOUR PRODUCTIVITY – by now, we will help you get your productivity through the roof.

INCLUDING...

Printable 4 **Checklists** with a summary of what steps to take based on each of the instructional guides as well 4 **Worksheet** to help you stay on track while you work on growing your business.



GET IT HERE: www.kisuccess.com



Aconteceu no Sul



McKenna Subaru Surf City Surf Dog em Huntington Beach, CA - Valeu TEAM BRASIL!!!
Na categoria Tandem SUP:
Primeiro lugar - Maya, Segundo - Bono e Terceiro - Parafina.



10th Hollywood Brazilian Film Festival em Hollywood, CA - Pensou cinema.... Pense Brasil!
A cerimônia de abertura do Festival contou com a presença de vários membros da comunidade brasileira dentre eles o gráfico designer Marcos Costa, que vem desenvolvendo um trabalho super bacana em L.A.

Splash Brazil Festival de Verão em San Dimas, CA - O parque aquático RAGING WATERS teve como atração principal o baiano SAULO FERNANDES, que apresentou-se pela primeira vez na Califórnia! Tivemos performances adicionais da CALISAMBA, DJ Chris BRAZIL, BATALÁ Los Angeles, LA Samba Dancers, CAIQUE VIDAL, e JAHGUN. Foi incrível!



da Califórnia

Por
Claudia Passos



Fire Patrolling! Em L.A, CA =
Parabéns a Emanuele Rodrigues
e a equipe brasileira do batalhão
9 - LAFD/CERT, que não mediram
esforços para ajudar a combater ao
"Woosley Fire", incêndio devastador
em Malibu/CA.



DIOGO NOGUEIRA em L.A, CA - O
cantor carioca esteve novamente em
L.A e fez a felicidade dos devotos do
samba com swing!



Carnalloween em downtown, L.A,
CA - A Brazilian Nites Productions
nos proporcionou muitos bons
momentos trazendo Neguinho Da
Beija Flor para L.A! Ele juntamente
com a nossa banda local CALISAMBA
comandou a alegria da noite!



B2Wins no Sul da Califórnia - Das favelas
do Brasil para o MUNDO! Conheçam a
incrível história dos gêmeos Walter e
Wagner ou melhor, "B2wins - Beyond
Music. Eles não perderam tempo em
L.A...derão um "alô" a equipe da Soul
Brasil Magazine, uma entrevista super
entretida a DJ POTIRA'S no seu show
da KPFK 97.5 FM, fizeram filmagens
com acrobacias, e tantas outras coisas!
Agora só nos resta cruzar os dedos
para que essas figuras retornem à L.A
brevemente, e com muita novidades!
Visitem: <http://brazilian2wins.com>



DJ ALOK em L.A, CA = O DJ que
esta bombando no Brasil, esteve na
"cidade dos anjos" e a noite foi o que
podemos dizer, "delícia".



Culinary as Culture of a Nation

By Lindenberg Junior | Translation: Kate Fisher

Eating habits accompany and characterize the history of each nation, taking part of the evolutionary changes occurring with the times. Some history books will try to teach that humanity exists in constant chronological evolution. However, in reality, it's not that way.

The truth is that the occupation of conquered nations caused gradual changes in the way that people ate, from the nation conquered, as well as the conquistadors. Without a doubt, it was the Roman nation that took the biggest advantage of their conquered peoples. In Greece, they assimilated beyond just philosophy and mythology, but also the art of winemaking, and the use of olive oil. The Greeks were the first to use it as condiment. Aside from the Romans having spread almost all their knowledge along all of their conquests, the Arabs were mainly responsible for spreading the diffusion of oil throughout the entire Iberian Peninsula.

The marriage between kings and queens of different countries has also influenced the eating habits of certain countries. Such was the case of Catherine De Medici's, who completely changed the eating habits of the French. Historians account that before her arrival, bringing with her all her cooking apparatuses and her most trusted chefs, the French cuisine in general was still semi-barbaric. They still ate as they did in the medieval era. She had started the secrets that created the beginning of the fantastic French cuisine.

Marco Polo brought with him from China, innumerable novelties, including to eat as the spaghetti - but there are controversies over this issue. As we can see, the way that a nation is transformed, is the way eating habits are also transformed. In Brazil, a country with dimensions of continent, there are various cuisines. This



is due to the fact the each region suffered a different manner of colonization, making the cuisines differ between them.

The "Mineira" cuisine (from Minas Gerais State), has emerged in the period of the gold discovered. The necessity to feed the herds that transported gold on the backs of donkeys on the road to Rio de Janeiro (and then to Portugal), emerged a heavy and substantial diet that would satisfy the needs of such workers. With the decline of surface gold and the confiscation of the mines by the Portuguese crown, the adventurers who couldn't, or didn't want to leave the location, started up small farms and began breeding domestic animals such as pigs and chicken. Therefore a new cuisine was started based on the production of the earth

The "Baiana" cuisine (from the Bahia State) was heavily influenced by Africa in the Slavery Era. The result was a mixture of African, Indigenous

and Portuguese: becoming one of the most well known cuisines of Brazil. The cuisine of the central-western region was developed partly by the exit of the adventurers who left Minas Gerais to seek new opportunities and the riches of the interior. They brought their eating habits with them, but they had to adjust to their surroundings. Therefore, they discovered what nature had to offer them for survival.

The "Gaúcho" cuisine from the southern region, the coldest part of Brazil, was influenced by the habits of the Italian and German Immigrants. The "Pampas Gaúchos" is a unique combination of three cultures: south Brazil, Uruguay and Argentina, which excellent for the grazing of cattle. Together with the climate and culture of the "Pampas Gaúchos", the "Churrasco" or Brazilian Barbecue tradition began, which crossed borders and conquered the world. History won't cease to continue to define our culture, and the culinary trends follow, because it itself is history. ■

*Whatever is beautiful,
whatever is meaningful,
whatever brings happiness,
may it be yours this holiday
season and throughout the
coming year.*

SOUL BRASIL
magazine

KiSuccess
• Marketing • Publishing • Design • Printing



Music Promotion

SOUL BRASIL
magazine

WE CAN HELP YOU BOOST YOUR MUSIC THROUGH:

- ✓ You Tube
- ✓ Soundcloud

WE CAN HELP YOU WITH MEDIA EXPOSURE:

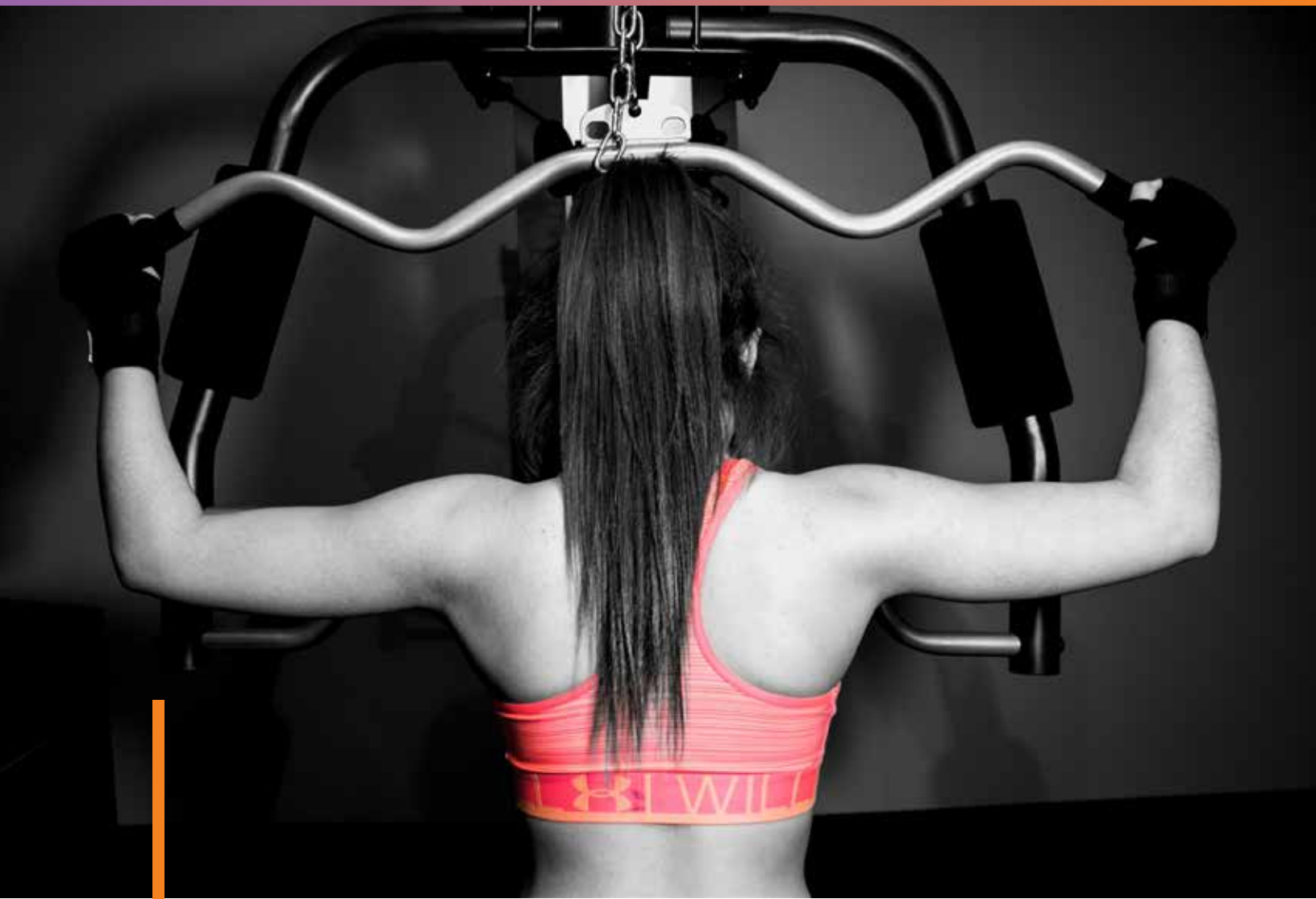
- ✓ College Radio Stations
- ✓ Music Sites and Blogs
- ✓ PR / Production and Distribution

WE CAN HELP YOU WITH YOUR MUSIC PROJECT:

- ✓ In Brazil
- ✓ In United States



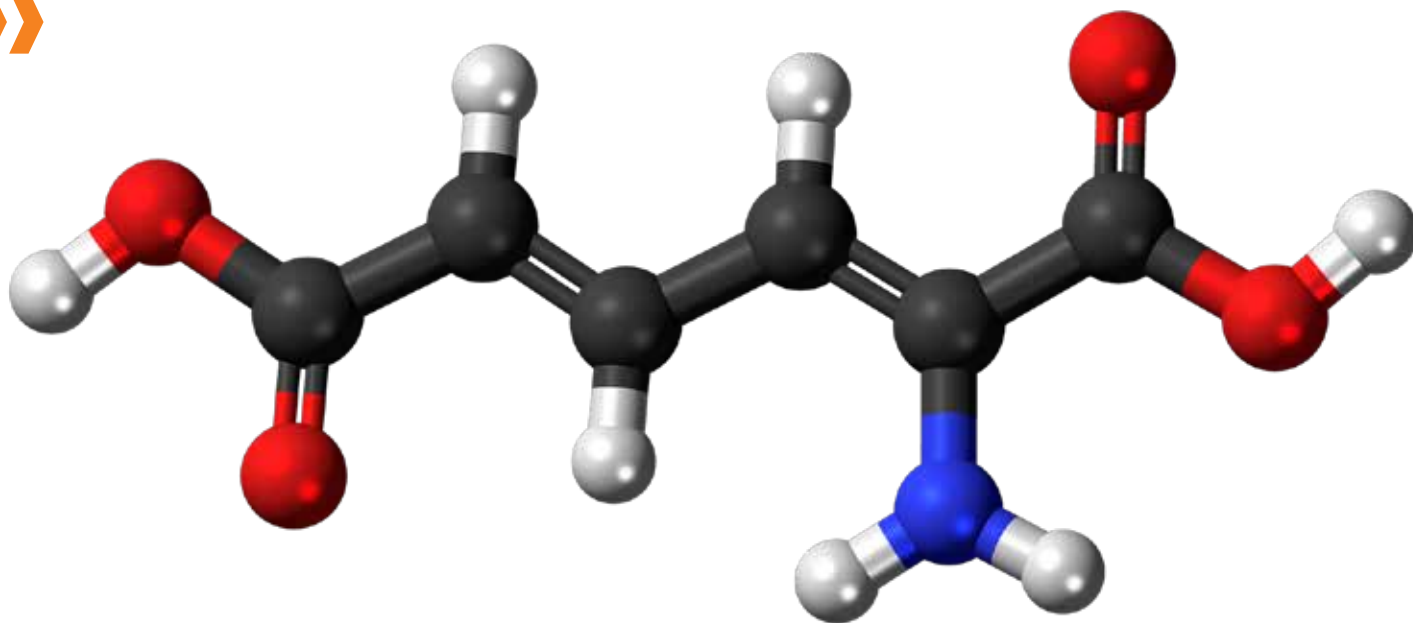
More info: www.soulbrasil.com/music-promotion



Boost Your Metabolism to Burn More Fat

There have been a lot of articles written recently about the importance of your metabolism, including new books. The main point is how to increase your metabolism to ramp up your weight loss efforts, and in a particular area of interest, how increasing your metabolism can help your burn that stubborn belly fat!





»» WHY IS YOUR METABOLISM IMPORTANT?

Your metabolism works as the driving force behind your body. It provides you with enough energy to keep your body moving and functioning each day. If you look up metabolism in a dictionary it is described as a life sustaining function. When your metabolism does not work effectively any more, it can cause a host of problems, this includes diabetes, weight gain and thyroid issues. It has also been shown that a slow metabolism can in fact be heredity.

»» THE BUILDING BLOCKS OF YOUR METABOLISM

Your metabolism is made up of a network of enzymes and hormones. Together they help convert food into fuel for your body. Liken it to trying to drive a car without any gas, it just won't go anywhere. Your metabolism works as a living process which includes generating fuel for your body, then storing it and finally putting it into use when needed.

Problems can arise when a person metabolizes food very quickly. This type of person would always be thin and extremely lean as their body

just cannot store any fat. On the other hand if your metabolism is slow you may often feel weak. This is because your body is not able to pull on resources from the foods you have just eaten.

»» THE PROBLEMS ASSOCIATED WITH METABOLISM

The biggest problem with your metabolism is that there is not one set rate when it comes to burning calories. There are many influences that can affect how fast or slow your metabolic system works. One deciding factor is your age. It has been shown that older people have a slower metabolism. After you reach the age of 40 your metabolism generally slows down by about 5% each 10 years. Plus men do tend to burn calories more quickly than women, when resting.

Another factor is your amount of lean body mass. A larger muscle mass means that you will burn calories more effectively as your metabolic rate will be higher. In addition you may actually have some type of genetic condition which means your metabolic system just doesn't function correctly. This is what happens when you develop diabetes. It is also possible to be lacking in a particular enzyme.

What is important for you to understand is how your metabolism works. Once you have identified this, you can then approach losing weight from a different angle. This will finally allow you to see those results you have been striving for.

»» INCREASING YOUR METABOLISM FOR LOSING BELLY FAT

Even if heredity is to blame for your slow metabolism there is good news ahead for you. It is still possible to lose weight. What you want to remember is that muscles burn more calories than fat. This is even true while your body is resting. This means that if you work on increasing your muscle mass, your metabolism will work for you for longer periods. This is often referred to as your resting metabolic rate.

What this really boils down to is that often dreaded word of Exercise. Each pound of muscle burns approximately 35 calories per day. Compare this to just 2 calories for day for each pound of fat! The best combination of exercise will be aerobic exercise for 30 minutes at a time – to help speed up weight loss. Then add in 30 minutes of weight training – this is going to increase your metabolic resting rate over the long term.



YOUR DIET

One issue that you may have when trying to lose weight is in knowing how many calories to consume. While you may think that eating as few calories as possible is the way to go, this is not always true. Research has shown that eating more calories can actually lead to weight loss. While we are not advocating eating huge meals, we are suggesting that you eat small meals more often. Some people find that eating 5 small meals over the course of a day works extremely well.

This works because you are consistently fuelling your metabolism during the day. When you don't eat, there is no fuel for your metabolism to burn, so it goes into rest mode. Not good when you are trying to lose weight at all! Eating more frequently will help keep your energy levels high too. Including two healthy snacks per day will help prevent those afternoon slump attacks. Try dividing your meals into smaller portions with approximately the same calories for each meal. This will help increase your metabolic rate and turn you into a fat burning machine.

WHAT FOODS TO EAT?

While you may have the best intentions in the world, it can often be difficult to know what foods to eat to lose weight and boost your metabolism.

Let's address this next. Most foods are going to actually help increase your metabolism. This increase generally takes place for the first hour after you consume any type of food.

What is important to understand is that certain foods use more energy in order to be digested. For example it is recognized that protein foods use about 25% more energy than a food heavy in carbs, even if they contain the same amount of calories. Hot peppers and spicy foods seem to help boost your metabolism by about 20% during the first 30 minutes. Green tea has also been shown to do the same. Green tea contains EGCG which is a powerful antioxidant that is similar to those found in hot peppers.

There has been research done on some of these foods which has shown positive results. One study was done by the journal of Medicine and Science where they stated that males who added red pepper to a high carb meal boosted their metabolic rates significantly. The best foods to eat are going to be those that are low calorie and lean. Increase your protein intake by having a small amount of protein at each meal. Break up your meals into 5 smaller ones each day. Along with

eating more protein you want to include more fiber in your diet.

LET'S TALK EXERCISE

This is often the dreaded area for anyone trying to lose weight. If you haven't exercised in years just the thought of it can put you into a sweat. For many men and women the one area of concern is the belly area. It can be difficult to lose that belly fat for anyone at any age. You need to keep in mind that this is the easiest place for your belly to store fat. Your metabolism has to find somewhere to use all the fat that you are not burning each day. So it just keeps adding layer after layer.

We all need fat in order to protect our organs. But too much fat is not healthy nor does it look attractive. Too much fat can cause problems such as high blood pressure, colon cancer, breast cancer and heart disease. So your goal should be to reduce your fat intake and increase your abdominal muscles. This will help reduce the look of your belly and be better for your overall health.

To really burn your fat you need to exercise for 30 minutes a day at least 5 times a week. You will want





to work up a sweat and your breathing rate should increase, without you becoming breathless. Some good exercise choices are walking, swimming, using a treadmill or exercise bike, raking leaves, gardening, Zumba dancing and even just getting outside and playing ball with your kids. To target your belly area use back strengthening exercises along with sit ups. An exercise ball is great for this, as is swimming.

DON'T FORGET ABOUT SLEEP & STRESS

Not getting enough sleep can be one of the biggest reasons you are not losing weight. When your body does not get enough rest each night, it just can't perform at its peak during the day. Your goal should be to get 7 hours of sleep per night on a regular basis. If you are not sleeping well maybe it is time for a new mattress or pillow. If you cannot sleep due to pain or breathing problems visit your doctor for advice. Once you start exercising and eating healthier you should notice that your

sleep patterns improve. In order to lose weight you need to learn how to deal with stress. Yoga is a fantastic way to do this, plus you are getting in your exercise as well.

As you have learned so far you need to boost your metabolism to help you lose weight. Your muscles are more effective calorie burners when it comes to burning off excess fat. So your next question probably is how do I build muscle mass? The best way to do this is by adding weight training to your exercise regimen. You don't have to start off with heavy weights, if you did, you would probably end up pulling a muscle and putting yourself out of action.

The best weights for beginners would be any type of hand weight. You want to start with doing bicep curls. These can be done at any gym using one of their weight machines. Just remember to use a low weight and increase as your fitness level improves. Other exercises that will help build your muscle mass include push-ups and sit-ups. If you cannot

perform a push-up modify it by starting out on your knees. If this is still too hard use a solid wall or a step on your basement stairs.

Sit-ups may be easier if done on an exercise ball, just watch your posture and don't lean too far backwards so you don't injure your back muscles. Yoga and Pilates are both fantastic exercises for building muscle mass. Pilates is excellent and strengthening your entire core and back. In addition to specific exercises for building muscle mass don't forget to add in cardiovascular exercise. This will really help speed up your metabolism and get you dropping pounds quickly.

Activities that fall into this group include: cycling, walking, hiking, swimming lengths, kickboxing, Zumba dancing and aerobics class. Your goal here is to increase your heart rate to a point where you can still talk without being out of breathe.

Have fun! Have a super NEW YEAR! ■



Cédulas e Moedas Americanas que Valem mais do que Você Imagina!

Existem cédulas e moedas americanas que podem valer mais do que a quantia escrita nelas. Isso é possível graças aos colecionadores que estão à caça dessas moedas e dispostos a pagar um bom dinheiro por elas. São peças raras ou muitas vezes, com defeitos. A seguir damos algumas dicas para você ficar atento e saber se pode lucrar com algumas cédulas ou moedas - e que podem estar em sua casa ou carro se você reside nos Estados Unidos.

1 – CONFIRA O NÚMERO DE SÉRIE

Colecionadores de sites como CoolSerialNumbers, com estão sempre à procura de papel-moeda com números de série especiais. Um bastante comum é o "double quads", onde dois números se repetem quatro vezes, como 44440000. Também está na lista de grande procura os com números de série que formem uma data especial. Por exemplo, nos primeiros meses de 2018 um colecionador estava procurando uma nota de US\$2 com a série 07041776 - a data da assinatura da Declaração da

Independência dos EUA, e estava disposto a pagar até US\$1.000!

2 – PROCURE POR PRATA

Você vai ganhar de fato se encontrar moedas que contenham pelo menos 40% de prata, e isso pode ocorrer com algumas moedas de dez centavos, de vinte e cinco centavos, ou de dólar datados de 1964. Algumas em particular as mais antigas, podem conter até 90% de prata e, nos atuais preços da prata no mercado (2018), dependendo da moeda, pode chegar a valer dez vezes o valor real da moeda. Então, a de um centavo pode ser vendido por US\$1, uma de vinte e cinco centavos por US\$2,50, etc.

3 – FIQUE DE OLHO NAS "QUARTERS" (MOEDAS DE \$0.25)

Às vezes, a U.S Mint (casa da moeda americana) comete erros ao criar moedas e esses pequenos erros podem valer uma boa grana! Entre os mais

valiosos citamos os quarters de 2004 do estado de Michigan (como cita Joshua McMorro-Hernandez, da Newsletter Coin Dealer). Nessas moedas há uma folha extra no lado inferior esquerdo do talo de milho - do desenho impresso na moeda. Esta pequena folha não deveria fazer parte do design da moeda, mas de alguma forma acabou por lá no processo de gravação de matrizes. Colecionadores podem pagar \$70 ou mais por essas moedas de \$0.25!

4 – FIQUE ATENTO

Há um guia de moedas dos Estados Unidos chamado "Red Book". Lá tem todas as moedas saídas da Casa da Moeda do país, bem como valores aproximados de varejo, fotos e tudo mais que você poderia querer saber na hora de comprar ou vender essas moedas. Então, se gostaria de pesquisar e ficar a par de todas as informações úteis, um Red Book pode ser imprescindível.

Boa Sorte!



**NOSSO NEGÓCIO
É PROMOVER O SEU NEGÓCIO!**

PRODUÇÃO DE VÍDEO

TRADUÇÕES

PRODUÇÃO EDITORIAL

MARKETING ONLINE

ASSESSORIA DE IMPRENSA

GOOGLE

GUERRILLA MARKETING

FACEBOOK

SOCIAL NETWORK

TWITTER

MARKETING DE EVENTO

(805)245-5615

Ligue sem compromisso para mais informações

ou visite nosso website

www.kisuccess.com



Contamos sua História!

Serviço Profissional e Especializado

- * Biografias para Artistas e Profissionais
- * Perfis Otimizados para o LinkedIn
- * Artigos Corporativos (Produtos e Serviços)

www.kisuccess.com

Ligue para mais informações
e sem nenhum compromisso.

(805) 245 - 5615



Four Ways to Settle Credit Card Debt in U.S.

- 1)** Hardship repayment or forbearance may be available if you have had a significant change in life circumstances such as a divorce or job loss. Ask your lender how it handles customers with financial hardship.
- 2)** Modified payments plan can reduce monthly payments by extending the time to pay – although your interest rate may increase. Negotiate with your credit card company.

- 3)** Debt settlement means offering a lump sum of less than you owe in return for erasing your debt. Negotiate with a debt-settlement company.

Debt management involves paying a counseling organization monthly – the agency helps negotiate terms and pays bills on your behalf. For advice on choosing a credit counselor, go to www.consumer.ftc.gov and click on “Money & Credit” then “Dealing with Debt”.
- 4)**

CAUTION:

With any of these approaches, your card accounts may be closed and/or your credit score may drop and/or you may owe taxes on forgiven debt and/or higher interest may mean that you end up paying more over a longer time. But sometimes we need time to get back on top and put our finances on the track again. Always consult with a qualified professional before any decision. ■





Falamos Português
Hablamos Español

LAWYER | ADVOGADO

Law Offices of Thomas E. Rounds

- * Crime Law
- * Family Law
- * Personal Injury

(424) 234 6381 - (818) 448-8374

www.lawofficesofthomaserounds.com

**825 Wilshire Blvd #109,
Santa Monica, CA 90401**

**WE MAKE YOUR LOW CARB DIET
SO**

SWEET

SUGAR FREE

GRAIN FREE

GLUTEN FREE

ALL NATURAL
INGREDIENTS



YOU FORGET IT'S LOW CARB



WWW.KETO-GOODIES.COM

f KETO.GOODIES

Instagram KETOGOODIES_BOX

Brazilian Fine Sweets

by Ana Rognerud

- Absolutely delicious Cakes, Sweet & Smooth Treats: Cherry Blossom, Walnut Heart, Chocolate Balls aka "Brigadeiro", Grape Bombon and more. Great for All occasions!!!
- Party Decorations

Rentals: Tabletop accessories & Portable Table folding.



Please contact Ana Rognerud @ (310) 600-5187

Conheça a Importância da Oração e seu Poder de Transmitir Positividade



A oração é uma prece ou reza dirigida à uma força maior pertencente a alguma religião, crença ou espiritualidade. É um ato no qual procuramos uma conexão com um ser divino, seja em qual sentido for, por meio de louvores, pedidos, súplicas, dentre outras maneiras. Ela pode ser feita de forma individual ou coletiva.

Orar não é uma exclusividade de uma religião ou necessariamente é preciso frequentar uma casa religiosa para orar. Há cada vez mais pessoas que acreditam fazer suas orações para algum fim, pedido, orientação ou agradecimento, com muita força e fé nas palavras, sem pertencer a nenhuma religião.

Há pessoas e grupos que não acreditam em Deus, mas fazem determinadas orações porque acreditam na força das palavras e da energia que está por trás de cada oração. Se a fé move montanhas, como uma oração pode fazer tanto sucesso para quem não acredita numa religião?

Porque uma pessoa sábia e aberta para o lado bom do mundo e do universo vai atrás do que faz bem. E tudo que faz bem para as pessoas traz paz, atrai prosperidade, abre caminhos, fortalece o amor, afasta más energias, auxilia nas mudanças positivas que queremos, entre outras coisas tão positivas, deve ser usado e repetido sem cansar.

Cada vez que uma oração é feita por alguém sua força aumenta. Quanto mais pessoas fizerem uma oração, mais força ela terá e será passada para as pessoas que a fazem. E por quê? Porque quando várias pessoas fazem uma oração, sua energia se multiplica espantosamente. Quem faz a oração recebe esta energia multiplicada e replica.

Quem ora e multiplica exponencialmente esta energia, multiplica também as chances de conseguir o que deseja ou melhorar uma situação desejada, desde que seja para o bem. A oração também pode nos ajudar a lidar com

problemas. Nossa vida pode se tornar difícil em determinado momento e talvez precisemos enfrentar circunstâncias adversas, nessas horas, uma oração bem feita pode te ajudar a passar por um momento de dor com serenidade e positividade.

E o melhor, essa atitude pode influenciar outras pessoas ao seu redor. Portanto não deixe negligenciar as orações! Lidar com as pressões da vida pode absorver tanto de nossa atenção, que deixamos de fazer esforço para orar. Mas esses momentos a sós ou mesmo em grupo são se suma importância em qualquer momento da vida.

Vitórias são possíveis na vida pessoal e profissional de uma pessoa que ora. A única coisa que ela deve fazer é uma somatória bem simples: orar para o que deseja e fazer sua parte na conquista e mudança. ■



PAMPAS GRILL
BURBANK PRESENTS

Live Music

+ FULL BAR & LATE NIGHT MENU
FRI AND SAT NIGHTS / 8:30PM - 11:00PM

HAPPY HOUR
MONDAY-FRIDAY 3PM TO 6PM

25% OFF FOOD

\$5 HOUSE WINES
SELECT BEERS
WELL DRINKS

269 E. PALM AVE. BURBANK, CA 91502
(818) 840-8822

WWW.PAMPAS-GRILL.COM
FACEBOOK.COM/PAMPASBARANDGRILL
@PAMPASGRILL

**Our Customers Knows What We Offer...
And Recommend Us!**



ALEX MEAT MARKET
CARNICERIA ARGENTINA

Diversos Productos Brasileiros e Latino Americanos

Frigorifico, Padaria e Mercado

Preços Super Competitivos!!!

11740 Victory Blvd. N.Hollywood, CA
(818)762-9977 - (818)506-9772

El Mambi Super Market

"Visítenos y Vera lo que Ahorra"

- *Productos Españoles y Latinos en General
- *Produtos Brasileiros * Vinos Finos y Licores
- *Moderna Carnicería con Cortes al Gusto

Lunes a Sábado: 8am-8pm / Dom: 9am-6pm

328 E. Chevy Chase Dr. Glendale, CA 91205
(818)246-6016



Ampla Variedade de Produtos Brasileiros!

- . Preços Imbatíveis e Ambiente Acolhedor
- . Frigorífico
- . Padaria
- . Cerveja e Vinho
- . Produtos Sul-Americanos

11742 Central Ave. Chino - CA 91710
(909) 628-8215



Latin American Gourmet Grocery Store

Specialty Food & Catering
Two (2) Locations
For Better Server You!



- * The Famous Empanada
- * Variety of Products
- * Fresh "Pao Frances"/French Rolls (Until 10am)
- * Meats including "Picanha" and "Carne Seca"
- * Full Deli and Star Sandwiches Like the Milanese, Prosciutto Ham, Matambre and the Churrasco Steak.
- * All Favorites Desserts Like the Dulce de Leche Flan
- * Wine from South of the Border / Star Selection

www.continentalgourmetmarket.com

12921 South Prairie Ave.
Hawthorne, CA 90250
310-676-5444

25600 Narbonne Ave.
Lomita, CA 90717
310-530-3213

Quick Start Guide for Social Media

New Year. New Strategy. Good Business.

Bellow we will write down the simplest plan ever for your "social marketing plan". The steps outlined in this "quick start guide" are a great way to dive into social media. But, I would like to remind that a good social media campaign is executed with long term tools in mind.

- 1) DEFINE YOUR GOALS.** Are you interested in driving traffic to your website? Are you interested in generate leads for your professional service business? Or perhaps you are interested in only building awareness for your organization? Figure all that out and then you are ready to move to step 2.
- 2) GET INSIDE THE MIND OF YOUR CUSTOMERS AND PROSPECTS.** Don't launch and social media campaign without first thinking through why your customers and prospects are interested in connecting with you. What's in it for them? What will they learn by connecting with you?
- 3) FOCUS YOUR INITIAL ENERGIES ON A HANDFUL OF PLATFORMS.** Start by putting a company profile on LinkedIn. Why? Because this is the number 1 social media for business. Then create a fun page on

Facebook. But, don't do any of these things unless you will put some serious efforts behind it! Don't create or have an account and ignore it. If you not have the time but have \$ in your budget, pay a company or someone. Also, consider a business Instagram account.

- 4) DRIVE PEOPLE TO YOUR LINKEDIN, FACEBOOK AND/OR INSTAGRAM.** Remember, a social media channel is similar to a TV channel. It's your specific connection to your "viewers". If you are going to drive people to your channels, make sure they have a reason to go there! Will they be able to participate in a sweepstakes or a promotion? Will they be directed for a blog? Part that helps them in some way?
- 5) REPEAT STEP 4. WE ARE SERIOUS.** Don't move on until you have repeated step 4 and spend a good amount of energy driving people to your social media channels.
- 6) UPLOAD CONTENT REGULARLY.** Now that you have driven an initial batch of people to your newly uploaded channels, you need to continuously update them with

new and interesting information. Remember, your goal is to build a long-term relationship with your customer and prospects, so be sure to upload information that answers the "what's in it for me?" question.

- 7) KEEP YOUR INITIAL CHANNELS RUNNING WHILE YOU MAY EXPLORE OTHER PLATFORMS.** Take a look at step 4 again. Now read it's time to read here: don't move to other social networking channels until the first batch is running smoothly, and you are continuously updating them. After that happens, you can shift gears and start exploring some of the other platforms that held your network.
- 8) AGAIN, REMEMBER THAT THE KEY IS TO BUILD (OR REBUILD) RELATIONSHIPS WITH PEOPLE BEFORE YOU START DOING THE HARD SELL.** But, when the relationship is established, you can say "did I mention I sell inspirational books?" or "have you seen our new ecommerce website that sell organic coffee?"

THE KEY CONCEPT

It doesn't matter whether you sell bikinis or insurance services, everybody in business is a "farmer", because we all have to plant seeds today to reap a bountiful harvest tomorrow. Embrace the concept to plant seeds today so you can grow your business and revenue tomorrow.

This "Quick" Social Media Marketing starting guide gives you the simplest format to get started right way, but don't think that is all there is to it. A good social media program executes the campaign from a long term, strategic standpoint. ■





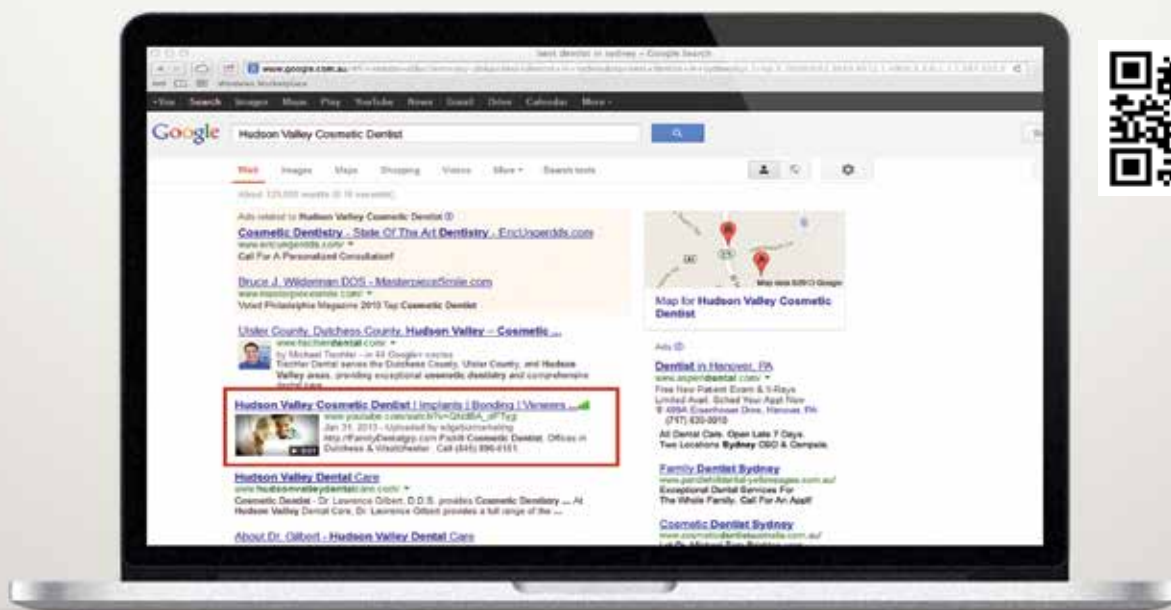
VIDEO PRODUCTION & MARKETING

Our Business is Promote Your Business

KiSuccess

* Marketing * Multimedia * PR * Printing * Publishing

CAN YOUR CUSTOMERS FIND YOU ONLINE?



ORGANIC SEO.

Get your videos to the top of the search engines so prospective customers can find your business.

BRAND DEVELOPMENT.

Increase your brand awareness and develop a community of active customers with video.

SOCIAL MEDIA.

Increase customer engagement with video and turn your fans into a totally loyal customer base.

VIDEO MARKETING.

Custom solutions for video development, video marketing campaigns and local video search.

FALAMOS PORTUGUÊS

CALL US TODAY (805)245-5615
WWW.KISUCCESS.COM

HABLAMOS ESPAÑOL

Brazilian Lady!!!

American Guy, 63 years old, in the Bay Area,
would like to meet Brazilian Lady.
"I like dancing, dining, tennis, and travel".
Ages open. English speaking only.

Call Grant (415)517-5977

Portuguese Lessons

Having fun learning the language
and culture of Brazil

COASTAL SAGE

School of Botanical & cultural studies.

3685 Voltaire St. | San Diego
(619) 223-5229

Falamos Português.

LEARN.
BELIEVE.
CHANGE.
GROW.
BECOME.

SoulBrasil.com

SUCCEED.

Your Company
Name Here

FOR JUST \$130

Reach Out Thousands of
Brazilians and Brazilian
Culture Lovers through
Our Printed & Digital Issues

Call 1(805)245-5615
Phone / WhatsApp

Exposição Online Com Foco Local!



**Você Tem um Restaurante, um Consultório Dental,
Uma Academia de Ginástica ou Qualquer outro
Negócio e quer Atrair mais clientes Locais?
A Otimização do Google Maps e SEO Local
Pode ser o que Você Precisa!**

Por Apenas \$175

**Kisuccess Media & Marketing
(805)245-5615**

Get Inspired

DOWNLOAD FREE

"LEADERSHIP AFFIRMATIONS FROM INSPIRING LEADERS"

Affirmations are a valuable tool to help alter the beliefs, images and thought processes that you have inside you that might be holding you back from accomplishing/altering/doing what it is you wish with your life.

As a matter of fact, your self-talk is an all-day-long affirmation. You have to realize thought that what you might be affirming to yourself might not be the most good for you. For instance, how often have you said to yourself "No, I'm no good at ...?" "No, I might never do...". These are both affirmations, but affirmations that stop you from getting what you want. You wish to design and utilize affirmations that support you in your personal growth.

Practice of positive affirmations and visualization on a steady,

witting basis will help your success. Persistence accomplishes results much earlier than practicing sporadically; practicing your affirmations each day has a better effect. Affirmations by themselves, however, don't guarantee success you likewise have to take action. There are a few simple, yet crucial guidelines that are advocated when making your affirmations.

- Be really certain about the true problem
- Affirm in the here and now
- It's altogether about you
- Engage your emotions
- Be convinced
- Be brief and particular
- Be precise
- Visualize vividly
- Capitalize on a good time of day

Read our **35 pages FREE EBOOK** to continue reading. Includes leadership affirmations quotes from inspiring leaders around the world.

"A great person attracts great people and knows how to hold them together" – Johann Wolfgang Von Goethe.

Research projects support the need for affirmations and positive thoughts to better leadership abilities. Utilize this ebook to help guide you in affirmations for better self-awareness, tension relief, innovation, productivity and better leadership. Be vocal and transparent in your practice and help those that you lead to abide by your example. Do this and you'll metamorphose yourself and your organization.

Download Free Visiting our Website

WWW.SOULBRASIL.COM

**A LUZ QUE VOCÊ OU
SUA EMPRESA PRECISA**



**ASSESSORIA DE IMPRENSA
MARKETING DE COMUNICAÇÃO**

**WWW.KISUCCESS.COM
WWW.SOULBRASIL.COM**