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The Modern Slave and “How to” for Change

Lindenberg Junior

What I'm referring to is that annoying alarm clock buzzing in your ear at the crack of dawn...then the mad dash in gridlock traffic to bust your butt trading hours for dollars making someone else rich while you and your family seem to barely scrape by.

This may or may not be your exact daily experience, but let's face it. It's the reality of most people living in America, Australia, Germany, Argentina, Brazil and many countries these days. That is the ones who still have a "J.O.B" (in other words, also "Just Over Broke").

A short time ago I found myself in this very boat, full of fear and frustration. This had gone on years ago and I wondered if it was even possible to escape the rat-race. My spirit was weary and beat down! I lied to

myself saying it was just the economy, but tragically... it was much worse than that! I was a slave of the new generation. Think about it. Slavery is still alive and thriving here in many locations around the world inclusive here in U.S!

The truth is that it's just been disguised so the majority buys into it. The new slave owners of today are heading up "Corporate America" (Corporate Brazil, etc) commanding and leveraging the weary masses who continue to blindly punch their time-clocks for pennies on the dollar (or pesos, reais, etc). They tell us how much we're worth, they tell us when and how long we need to work... and they ultimately command our lives and control our destiny. At least, if you let them...but there is another way, a proven model that allows you to take back control.

The first step is to realize you have shackles around your ankles! Then, once your mind and eyes are open, search for a better way. A game change! A way to take back your life and have it under control. I am writing those words with the only intention of open your eyes for new opportunities and possibilities that, in a way or another should be passing in front of you, maybe today, maybe in thirty days, etc.

Put your communication to work talking with people you love and care (put sometimes is necessary to avoid those that usually do not have positive attitudes) and put your intuition to work taking time for yourself and listing your inner being. Still have doubts? Ask your guardian angel to show you sights. Do not believe in guardian angels? Ask someone that you trust and believe. What is important is empowered yourself to make this life-changing happens. ■



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SUMMER IN BRAZIL & MICROSHORTS

Do you remember the “wave” of using microshorts during this last summer across U.S by the younger crowd or even “in shape” mamas? Mostly girls in Brazil is very open mind to use “micro” bikinis on the beach and sexy apparel when shopping or in parties, but we believe that the “wave” of wearing super “microshorts” just came now, after the 2013 summer in U.S and the exposure of international celebrities in photos and videos through the social media.



NEW RESEARCH/LIVING LONGER

A research by the University of Chicago and published in the Journal of Aging Research have concluded that if you born in the fall, your chances are higher of living longer! A new study of centenarians born in the 1800's found that people born in September, October or November were more likely to live to be 100 years old than people born in other months.

HEALTH & PERSONAL

Don't get a “Brazilian Bikini Wax” before a gynecological appointment. Waxing a larger part of the pubic area often causes redness and inflammation, which can make it harder for the doctor to provide an accurate exam.

YOUR PET/TECHNOLOGY

Looking to adopt a pet? Choose among more than 360,000 dogs, cats, birds and even rabbits and other animals in need of loving homes in this website: www.PetFinder.com. If you already have a pet, a great tool to use in case you lost your pet is a microchip that can be inserted under a pet's skin. Register the chip's ID number with a tracking service, and the chip can be scanned or tracked by shelters and pounds nationwide. This types of tiny electronic devices cost about \$45 plus about \$25 for registration.

BEWARE WITH THIS PHASES

Understand well some kind of advertising phrases that commonly dupe many consumers: “For Pennies a Day” (similar phrases make a costly item seen inexpensive by breaking down the price into tiny amounts), “Doctor Recommended” (may mean that a physician was paid to make a recommendation, and what matters is whether your own doctor recommends a product for you), and “Up To” (makes people imagine that they will get the maximum discount, which may not true).

TRAVEL & MONEY

The popular urban car-sharing service Zipcar is now available at more major airports including Los Angeles and San Jose in California. Zipcar lets people who pay a membership fees rent a car for as little as a half hour and unlock & drive a rented car without going through a rental office. We like their concept of eco/share/save/convenience!



NEW RULES/NEW OPPORTUNITIES



People have been exchange comestibles since long time ago. As we have evolved, so has trading edibles. Today, food swapping is a new way to exchange goods and information with fellow cooks, gardeners and preservers. Entrepreneurial home cooks rejoice in the beginning of 2013 when California governor, James Brown, gave this food traders a stamp of approval by signing the “California Cottage Food Operation Law”, which legalizes the selling of “no potentially hazardous” homemade food. Check this nonprofit organization website to find a food swap near you: www.foodswapnetwork.com



IMMIGRATION INCREASES

The globalization increasingly is helping to encourage workers around the world to cross borders, and in the case of Brazil, data provided by the Brazilian government clearly shows the high volume of working permission requests granted to foreign nationals - in 2002 there were only 15,645; in 2007, the number of visas issued increased to 29,428; and for 2014 is expected over 60,000. The increasing interest from the foreign market is because Brazil is considered a potential economic power in full ascension, attracting large volumes of investments, technology companies, and new businesses in natural resources and agricultural production.



WORKING VISA FOR FOREIGNERS

The General Coordination of Immigration of the Ministry of Labor and Employment (CGI / MTE) granted from January to June of 2013 a total of 29,486 work permits to foreigners (27,975 temporary and 1,511 permanent). In the position one in the list that received authorization to work in Brazil are the Americans (3,947), followed by the British (2278), Filipino (2,056), Germans (1837) and Indians (1377). The most popular destinations for those foreign works in 2013 was Sao Paulo (10.705), Rio de Janeiro (10,699) and Espirito Santo (1395). In terms of education, from this total, works with Master/PhD (4.1%), with college degree (49.3%), and with complete HS (41.5%).



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A PRISAO DA JORNALISTA DO "ESTADÃO" NA UNIVERSIDADE DE YALE

Cláudia Trevisan, correspondente internacional do jornal O Estado de Sao Paulo, foi presa em outubro nos Estados Unidos por quase cinco horas, quando pretendia entrevistar o presidente do Supremo Tribunal Federal, Joaquim Barbosa, que participava de um seminário na universidade sobre direito constitucional. A jornalista afirmou não saber o motivo da detenção e explicou "Não ofereci resistência e pretendia sair do prédio. Ao que eu saiba, ser jornalista não é crime tipificado pela legislação americana. Eles não pediram minha identificação e nem me imediram que eu entrasse". Cláudia, que pretendia entrevistar o ministro, foi levada pela polícia, que, segundo seus relatos, sabia quem ela era. O secretário de imprensa da Universidade de Yale, Tom Conroy, disse em comunicado oficial após a prisão que a repórter foi detida por "invadir a propriedade" em "evento privado".

NOTA DE US\$100 DE "CARA"NOVA

A cédula de US\$100 esta mudando e foi "reinventada" no dia 8 de outubro com o objetivo de aprimorar a segurança contra os falsificadores de dólares. A nota de cem dólares terá novos recursos de segurança que acompanham o emblemático retrato de Benjamin Franklin. A produção inicial estimada será de 3,4 bilhões de novas notas, de acordo com Michael Lambert, diretor associado do Federal Reserve (FED), o banco central americano.



EVENTOS INTERNACIONAIS NO BRASIL

As cidades brasileiras mais procuradas para o "turismo de negócios" ou como sedes de eventos internacionais geralmente possuem boa infraestrutura e oferecem todo tipo de facilidades. Até aí, nada de novo. Mas talvez o que você não sabe é que entre os cinco locais preferidos e no topo da lista esta se encontra a Costa do Sauipe no litoral Sul da Bahia. Considerado um dos mais bem estruturados complexos turísticos privados do Brasil, a região no litoral baiano conta com cinco hotéis de alto padrão, administrados por redes internacionais. É lá, por exemplo, que a FIFA escolheu para ser a sede do evento de sorteio dos grupos da Copa de 2014. Na lista top 5 se incluem ainda, a cidade de São Paulo (o pulso dos negócios no Brasil), Brasília (a capital federal), Rio de Janeiro (o principal "Hub" de conexão com outros países e estrangeiros), e Recife (que possui um dos mais bem estruturados Centro de Convenções do país).

DICA RAPIDA: LÁBIOS CARNUDOS E SENSUAIS

Segue uma dica simples para você mulher. Quer ficar com os lábios carnudos e sensuais à la Angelina Jolie e sem precisar de botox ou cirurgia plástica? A dica é aplicar um pouco de vaselina nos lábios e jogar uma pitada de canela em cima. Em seguida, esfregue a mistura por alguns segundos e deixe descansar por um minuto. Você vai sentir um leve formigamento e vai notar os lábios maiores. Mas atenção: nunca aplique a canela sem a vaselina, pois pode causar irritação.



"COMITÊ DO CONSUMO" PARA O MUNDIAL DE 2014

O Grupo Executivo da Copa do Mundo Fifa 2014 (Gecopa) deverá ganhar um comitê para tratar exclusivamente de questões relacionadas às relações de consumo durante o mundial de futebol. O assunto, debatido no Rio de Janeiro no dia 3 de Outubro (*2013) entre representantes do governo federal e do setor de turismo, teve por objetivo ampliar o atendimento e dar respostas rápidas a eventuais conflitos entre turistas, brasileiros ou estrangeiros, e prestadores de serviços.

VOCE SABIA?

Que os "Chicken Niggets" tem apenas 40% de frango? Bem, uma pesquisa recente nos Estados Unidos descobriu que os populares "chicken nuggets" comercializados pela maioria das redes de fast-food são compostos apenas de 40% a 50% de carne de frango. O restante é uma combinação de gordura, vasos sanguíneos, nervos, ossos e cartilagens. A conclusão dos pesquisadores é de que os "chicken nuggets" são prejudiciais à saúde justamente por essa composição. Se voce nao sabia e gosta (ou suas crianças), talvez agora mude de ideia. As informações são do Daily Mail.

"CAFAJESTE NÃO BROCHA"; DIZ PSICOTERAPEUTA

No mês de Outubro durante o programa "Tas ao Vivo" do portal Terra o psicoterapeuta especialista em sexualidade e autor de varios livros sobre o tema, Flávio Gikovate, disse que homens cafajestes não brocham, pois esse tipo de homem não vê a mulher com igualdade de gênero. "O cafajeste, o cara bem grosseiro, esse não brocha. Para eles, a mulher continua inferior", disse. E continuou "Eu costumo brincar que quando o cara brocha é um bom sinal, porque ele é uma boa pessoa. Esse tipo de homem tem respeito pela emancipação da mulher. O brocha, desabrocha, o cafajeste não descafajusta", disse Gikovate.

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California Dream: Happiness, Irony, Destiny, Sadness.

In the midst of the government shutdown, I started a new job, ironically at WIC here in California. WIC (it stands for Women Infant Children) is a government program that helps low-income women and children have access to nutritious food. I had already heard of a looming shutdown on the Senator Bernie Sanders' webpage. Not surprisingly, the WIC office began receiving numerous calls asking if we were open. In all honesty, the check amount that these people receive is a pittance, yet for them it makes all the difference.

People often assume that the types of people who make uses of services such as WIC are ignorant, but that's not true. While some may question the choices they've made, such as the choice to have children when it's not exactly economically viable, it is not a reflection of who they are as people. As I shadowed the WIC assistant today, all the participants were very well aware of the political situation.

The WIC worker I shadowed today pointed out to me a poignant observation – the children running around the WIC office are not just running around because, well, they're children. They're also running around as they often live in tight, cramped apartments- in our tiny WIC office, they have access to a precious commodity, and that is space. Yes there are parks in this area. But a lot of these parks are filthy-from the hypodermic needles, to the inconsiderate people that don't clean up after their dog. So options to run & play freely are limited.

This is in no way to disregard the suffering others go through in other parts of the world.

Compared to many others, we in the US have it so much better. One could say the WIC participants in California are lucky compared to those in say, Utah. Still it's all relative. It is unbelievable to me that a handful of people in Congress could ever consider shutting down a program such as this. At the time of this writing, WIC is only releasing food vouchers for October.

We the People need to take our power back from them, yet I don't know what it's going to take for people to finally say they've had enough and take our government officials to task for the way they are carelessly playing with people's lives. Like so many people, I've been looking for decent full-time work for the last 3 years. Naturally I'm concerned about my job, especially since this a wonderful opportunity, & I am doing good work.

Like many other people in this country, I have a lot of student debt. As a public service job, it may me help qualify for Public

Service student loan forgiveness. While I'm concerned obviously about my own welfare, I'm also concerned for the future of the WIC participants.

I will end this article with this experience: a week before I started my job, I had done some hatha yoga in the morning. After I finished my short 15 minute routine, I had a sense of peace. I recalled Paramahansa Yogananda's admonishment to never trust the ways of man, but to trust in the Divine for all source of abundance & well-being. So at the risk of sounding like a new age twit, I kind of basked in this feeling.

Otherwise, my 1st week on the job is off to a good, if not uncertain, start. ■

*** About the Author: due to the nature of the article, the author is choosing to remain anonymous. Additionally, the opinions expressed are solely those of the writer. The writer is based in California. Please visit author's blog at <http://bibapop.wordpress.com> or follow on Twitter @ bibapoponline.**





The Samba and the Gringo “da Mudança”

It's a pleasure to check how some “Gringos” have incorporated the Brazilian Culture in their life in some way. It is the case of Alex Lexa. This guy, originally from Germany, half German and half Arabic, has lived in Germany, Switzerland, Spain, Iraq and all over the US, and has worked in the music industry for over 30 years, principally as a DJ and producer specializing in Electronic Dance Music. But when he started to work in the KPFG 90.7 FM in L.A eight years ago and met Brazilian host and producer (Brazilian Hour) Sergio Mielniczenko, his journey of embrace our culture and be in love with all the Brazilian rhythms was just a snap.

“Sergio exposed me to all of the many diverse and different types of music that comes from

Brazil. This piqued my musical curiosity and as I explored deeper and deeper into the roots of Bossa Nova, I developed a deep appreciation and excitement for Samba and all the variations” said Ali. Since then, he has played with many Brazilian musicians “masters” in California such as David de Hilster, Kirk Brundage, Lula Almeida, Rodney de Assis and Carlinhos Pandeiro de Ouro.

In February 2012 Ali Lexa created “Samba Da Mudança” to share positive energy and fellowship through Samba Drumming and Dance. He was heavily inspired by Dudu Fuentes, director of the Bloco Bangala Fumenga, and Marcus Santos creator of the Grooversity Brazilian drumming project. His concept was to founder a group that would

meet regularly to work on traditional and progressive Samba music and rhythms, and inspire people to pick up a drum or shaker and feel the joy of Samba. He wanted a place that anybody could come to do samba drumming, dance and music.

The group now has regular rehearsals open to the public every Thursday evening at the Youth Justice Coalition located at 1137 E. Redondo Blvd, Inglewood, California 90302. “We are delighted to be part of this wonderful non-profit organization that offers numerous social, educational, musical and legal assistance programs for the youth in Los Angeles” said Ali Lexa. To check their Facebook Page: <http://www.facebook.com/SambaDaMudanca> ■



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Demonstrar Amor, Sempre! Implorar, Jamais!

Rosana Braga

Recentemente andei escrevendo alguns artigos defendendo as demonstrações de amor, a transparência dos desejos e insistindo em afirmar que forte é aquele que assume o que está sentindo, ainda que isso seja feito através de lágrimas e sofrimento. Pois muito bem! Recebi dezenas de mensagens de pessoas contando sobre o quanto têm exposto o que sentem e o quanto isso tem lhes rendido mais desafeto, menos estima por si mesmas e frustrações seguidas de frustrações.

Observando tais histórias, notei que, como em tudo o que é sutil e profundo ao mesmo tempo, há um tênue limite a ser observado nesta questão. Ou seja, é preciso amadurecimento e autopercepção para notar a diferença entre “demonstrar o que se sente” e “mendigar o amor do outro” – coisa que nunca defendi e nem pretendo fazê-lo agora; tanto que, numa outra ocasião, escrevi “o outro tem o direito de não gostar de você!”.

Tem muita gente confundindo “ser sincero” com “ser inconveniente”; pessoas agindo sem dignidade em nome não de um amor, mas de uma obstinação infantil e neurótica. Quando digo que precisamos começar a admitir mais o que sentimos, não estou dizendo que devemos empurrar esse sentimento “goela abaixo” do outro, nem implorar, esgoelar-se, fazer chantagens ou mendigar afeto.

Se o outro disse ou demonstrou que não quer, que não pode retribuir o amor que sentimos, o mínimo que podemos fazer é respeitá-lo e – sobretudo, tentar manter nossa autoridade moral diante deste “não”. Acontece que aí está



outro tênue limite: a diferença entre “comportar-se de modo digno” e “agir movido por um orgulho despeitado”.

De novo, é preciso maturidade para se dar conta de que chorar, expressar-se emocionalmente, esclarecer desejos e ser honesto com sua própria dor faz parte de uma personalidade íntegra; ao passo que ficar com raiva, se fechar ou demonstrar indiferença e superioridade quando o coração está, na verdade, sangrando, são atitudes que evidenciam um ego exacerbado, uma agressividade enrustida e nada produtiva.

Mas há que se considerar que entre a infantilidade e a maturidade existe um longo caminho a ser percorrido e muitas experiências a serem vivenciadas; isto é, uma vida inteira! E quem de nós nunca se excedeu, nunca insistiu ou nunca se comportou de modo orgulhoso e

despeitado diante das armadilhas do coração?

Felizmente, pouquíssimos ou ninguém se reconhecerá tão conveniente, tão adequado e absolutamente oportuno na dança do amor; até porque, estaria sendo pedante, muito certamente. Sendo assim, mais do que levar tão a sério o “jamais” que coloquei propositadamente no título deste artigo, meu intuito é que eu e você consigamos ser corajosos o bastante para arriscarmos e apostarmos mais uma vez na possibilidade de ser melhor! Afinal, bom mesmo é descobrir na prática, errando e acertando, o quanto podemos amadurecer, nos tornar mais autênticos e inteiros no exercício de amar! ■

*** Rosana Braga é jornalista, palestrante, consultora de relacionamentos e autora de varios livros sobre o tema. Ela vive em Sao Paulo e foi uma das primeiras colaboradoras da Soul Brasil magazine – www.rosanabraga.com.br**

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"Appreciation is the highest form of prayer, for it acknowledges the presence of good wherever you shine the light of your thankful thoughts." Alan Cohen



The Beauty of Dance

By Giovanni da Silva

Dance is a form of art that expresses many things
It can express life, emotion, and even Saturn's many rings
Dancing causes people to be focused and free
Blowing away all their troubles
And leaving them only with that feeling of peace and pure glee

When I dance, happiness runs through my veins
From head to toe, it sounds quite insane
But when I dance I feel this joy and commotion
Flowing through my body
Like the waves of an ocean

There are many different dances all across this world
From the Spanish Flamenco to Southern Square-Dancing with a girl
Concert dance is also a category
Like graceful ballet which always tells a story

Dance is a thing that never grows old
From when you're a baby to when your 100 years old
Dance is everywhere and is a part of everyday nature
And through my eyes, I think its one of our society's greatest features.

*** Giovanni da Silva is an American/Brazilian, freshman student (*2013) at the Syracuse University, NY – Theatre/Performance Arts. He received 80% scholarship from Syracuse after auditions in dance, sing and drama in Los Angeles.**



As Baquetas de João Souza

Quando aos 6 anos de idade encarou os tambores pela primeira vez, ainda na garagem de casa, João Souza decidiu o que queria para o resto da vida: ser baterista. Nascido em família de veia artística, despertou a vocação musical naturalmente. De seu pai herdou o talento para estrear as primeiras batidas. Das gigs em casa, logo conquistou seu espaço acompanhando grupos e artistas de diversos estilos, passando pelo rock, funk, reggae, pop e samba, além de eletrizantes jams

que rolavam no estúdio de sua família. "Foi um período de grandes descobertas porque tocávamos de tudo. Meu pai sempre nos disse que o melhor caminho a seguir era tocar simples, o que a música pede, e fazer o som chegar ao coração das pessoas", diz João.

Atualmente vivendo em Los Angeles, o músico brasileiro acompanha o trompetista C Money, da banda Californiana Slightly Stoopid. Desde que chegou por aqui, conquistou os palcos de Socal

e West Coast com as bandas Mandorico, Violet Nova e Seven Boys. João estudou na Musicians Institute e tem como referências a sonoridade que vai de Beatles a Tim Maia, e os bateristas Abe Laboriel Jr., Steve Jordan e Carlos Bala. Além da experiência nos palcos, trabalha em gravações de trilhas musicais de TV e Rádio para a Turma da Mônica, do cartunista Maurício de Sousa. Sua pegada mescla elementos do rock, do funk e do R&B além do balanço natural de seu DNA brasileiro – Contato: joaboy77@hotmail.com ■





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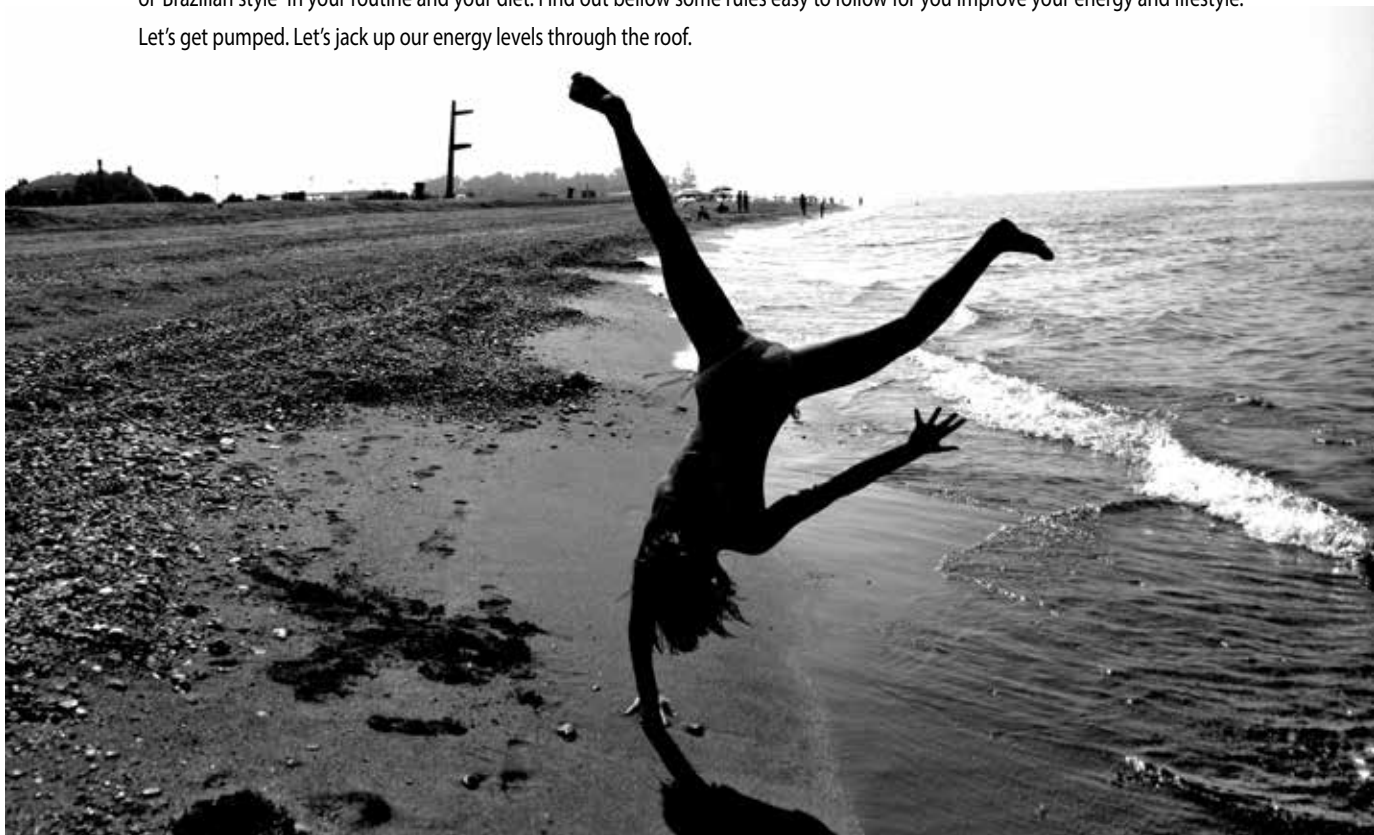
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Boost Your Energy... Like a Brazilian

Sandra Domingos

It's frustrating not having any energy for doing some important things in life and feel like a zombie all day, even after a full night of sleep. About 10 million visits to doctors each year are attributed to fatigue. To fight fatigue and get your spark back is not difficult. Of course there are some rules to follow to improve your health and your level of energy, but to get it as much as easy as possible is good idea to jump start your creativity and your emotional. Don't take it to serious, improve and change a bit! Implement a kind of "Brazilian style" in your routine and your diet. Find out bellow some rules easy to follow for you improve your energy and lifestyle. Let's get pumped. Let's jack up our energy levels through the roof.



#1 Go to bed regularly at the same time every day. Do it if possible even on weekends. I guarantee that only with this rule you will improve your energy levels by 10% or even 20%. If you cannot do it, take a nap. Napping improves memory, lower stress and improves all day energy.

#2 Breathe deeply and well. We live in a very fast-paced world, and we spend a lot of time hunched over desks, staring at computer screens. Both stress and poor posture tighten muscles in the upper body making harder for the lungs to expand. We have become shallow breathers which decrease oxygen and cause mental and physical fatigue.

#3 Drink at least six 8 oz glass of water per day is very important. If you live in a city like Los Angeles with very low humidity, you sometimes not have thirsty. To get it easy, take a cup of water just after your meals (breakfast, lunch and dinner) and breaks. Also, we are always being told to eat more "greens", but "drinking" it can be a much better choice when your energy flags.

#4 Take at least 3 to 6 minutes every day to relax. Close your eyes, and do some deep breathing (from your belly) to get the stress out, and to be grateful for what you have in life. That little break can work wonders and believe me, will help you get more energized and in peace with yourself.



#5 Eat more whole and natural foods such as raw nuts and vegetables. They help us to feel active and motivated. Seeds and grains increase the diversity of nutrients, provide good amount of protein and fiber, and helps prevent fatigue. Quinoa - that sometimes I use substituting brown rice has 8g of protein and 5.6 fibers. I eat small amounts of almonds and Brazil nuts in my breaks. It's proven to be effective to increase energy levels.

#6 I like to go natural and I avoid drink all this types of "bulls" on the market. Instead I just drink coffee but in a different format. I "split" it in small doses of caffeine over time instead giving the caffeine all at once. In Brazil as example, it's common to stop by and be able to buy a "cafezinho" (little coffee, kind of espresso) almost everywhere. It's much better to take few shots of "cafezinhos" during the day than a big 12oz cup of coffee just in the morning.

#7 Lose weight and get control over your blood sugar is very important for those with the extra pounds. I can add saying that if you lose belly fat with the "turbulence training" lifestyle you'll start sleeping like a baby, and living like a teen!

#8 Dance and move. Doing this you will burn calories and lose fat, you know...and make you more alert all day long too. The true is: any type of exercise is the real natural "aphrodisiac" in all the ways. It makes you feel younger and productive. Give preference to morning workouts. Consistency here is the key factor. At least try walking. It's an excellent idea if you would like to get on the track again.

#9 Get a bowl of açai berries instead a regular meal (preference for breakfast or lunch). For many years, a lot of Brazilians have been eating and drinking açai and replacing one or even two regular meals during the day for an açai in a bowl. In Rio, Sao Paulo or any other metropolis in Brazil is very common to see "luncheonettes" and "casas de sucos" (juice bars) offering Acai na Tijela (Acai in a Bowl). Here in America it is not a problem anymore...

#10 The basic rule is to cut processed carbohydrates and eliminate all added sugar from your diet. If you want to lose belly fat, these are the first foods that need to go. But remember, using this rule you will find later that you got more energy... and feel much better.

* **Sandra Domingos** is a certified yoga teacher and personal life coach. She lived in U.S for over 20 years and has traveled the world for one full year. She now lives in Itararé, Bahia/Brazil - mystic-spiral@hotmail.com.

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Dia da Consciência Negra e Homenagem em Selo



Para aqueles que não sabem o dia 20 de novembro representa o Dia da Consciência Negra no Brasil e em 2011 foi um feriado facultativo adotado em mais de 1000 cidades brasileiras - cabem aos estados e municípios decidirem se oficializam a data. Em 2011, o número era de cerca de 780. Este dia é muito importante e serve como reflexão em relação à introdução dos negros na sociedade brasileira. Tem como finalidade fazer o brasileiro pensar na grande jornada e batalha que os negros enfrentaram contra o preconceito racial dentre outros diversos problemas, e lembrar a forte influência artística e cultural deles na formação da identidade cultural brasileira.

A escolha do dia 20 de novembro é em memória a morte do líder Zumbi dos Palmares, que lutou pela libertação dos negros escravizados durante o período colonial no País. Anteriormente, essa data estava relacionada ao dia 13 de maio, dia da Abolição da Escravatura, mas desde a década de 70,

passou a ser celebrada no dia 20 de novembro em referência à morte de Zumbi dos Palmares, em 1695.

Em Novembro de 2013 faz um ano que a Empresa Brasileira de Correios e Telegrafos (ECT) prestou uma homenagem ao dia da consciência negra e lançou uma edição especial de selos com a imagem do Parque Memorial dos Palmares, considerado a maior referência africana das Américas. Com tiragem de 300 mil exemplares, os selos estão sendo vendidos pelo valor de R\$1.20 cada. Três mil cartões também foram emitidos. As peças podem ser compradas até o dia 31 de dezembro de 2015 na loja virtual dos Correios, na Central de Vendas a Distância e nas próprias agências do ECT.

A população branca era maior do que a negra até meados do ano 2000. Mas pelo Censo de 2010, esta situação se inverteu já que 97 milhões de pessoas se declararam negras e 91 milhões se declararam brancas. Isso pode ser decorrente da



fecundidade mais elevada encontrada entre as mulheres negras, mas também de um possível aumento de pessoas que se declaram pardas no mesmo Censo de 2010.

Gostaríamos de exaltar a riqueza das origens africanas que influenciaram o Brasil em um todo, do que a maioria dos brasileiros comem no dia a dia de hoje à música que tanto gostamos. Orgulhosamente defendemos a unidade de luta pela liberdade de informação, manifestação religiosa e cultural. Buscamos maior participação e cidadania para os afro-brasileiros e apoiamos qualquer ação ou manifesto contra à discriminação e ao preconceito racial. No Brasil, escolas e diversos grupos promovem palestras, atividades educativas e desfiles em torno do tema e que possui raízes históricas. Nos EUA, essas atividades são endossadas e promovidas por diversos centros culturais e academias de capoeira como é o caso do Brasil Brasil Cultural Center em Culver City/Los Angeles e tantos outros. ■

ALGUNS BRASILEIROS NEGROS NOTÁVEIS:

Gilberto Gil, Carlinhos Brown, Djavan e Milton Nascimento (Cantores); Pelé, Ronaldinho, Daiane dos Santos e Anderson Silva (Esportistas); Lazaro Ramos, Zeze Mota e Milton Gonçalves (Atores); Joaquim Barbosa (Presidente do STF).



After Paris and NY, Batalá Arrives in L.A and S.F

The Batalá project has now its “seeds” also in L.A and San Francisco. The project, born in Paris, France, in 1997 by **Giba Gonçalves**, a Bahian percussionist that have played with Ilê Aiyê, Olodum, Muzenza, Kaoma and Jimmy Cliff, was founded as the European wing of Afrobloco “Cortejo Afro”, an arts education project to help underserved young people living in poor communities.

Today, Batalá Paris is the oldest of all the international Batala contingents and Cortejo Afro and Batalá share much of the same repertoire since 1999. From its inception in Paris, individual Batalá organizations have sprung up all over the globe in countries such as England, Spain, Portugal, Belgium, Austria, Angola, South Africa, and The Netherlands. In U.S, the Batalá Washington DC was founded in 2007 and Batalá NY in 2011. Batalá Houston,

San Francisco and Los Angeles are currently being formed.

The international movement shares the samba reggae musical arrangements and percussion breaks composed by Gonçalves as well as graphics, costumes, and dance movements. With a worldwide membership of over 800 drummers, the shared musical and artistic models facilitates the various groups to travel from country to country and participate in events together.

Batalá drums, sticks and mallets, drum straps, and costumes are produced in Salvador at Instituto Oya and Fabrica Batala under a fair trade agreement. The name Batalá carries a double reference to the phrase “bateu lá,” meaning “hit there” in Portuguese and to Obatalá (Oxalá), the Candomblé diety

who is the father of the Orixas and of all humanity. Draped in the purity of white, Obatalá is the source of all that is peaceful and compassionate.

Batalá Los Angeles is led by director and percussionist **Mario Pallais** and Batalá San Francisco by director and percussionist **Abel Damasceno**, and both in their respective cities, are in steps to partnership with non-profits organizations and arrange free drumming class to under privileged kids. In October Batalá Los Angeles did the first performance in L.A with the special participation of Viver Brasil Dance Company at Los Globos Club in Silver Lake. More performances coming up soon in L.A, and inclusive, a special participation are confirmed to be at the Annual Santa Barbara Brazilian Carnival 2014. ■



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Solte a Sua Fera e se Energize!

Sandra Domingos

É frustrante não ter disposição para fazer algumas coisas importantes no seu dia-a-dia, e mesmo depois de uma noite inteira de sono. Cerca de 10 milhões de visitas a consultórios médicos a cada ano são atribuídas a fadiga e falta de energia. Para combater a fadiga e voltar a se sentir energizado existem claro, algumas regras a serem seguidas, mas nada que não possamos fazer se adotamos um pouco de consciência e determinação, junto há um pouco de criatividade e imaginação. Não leve a vida tão serio, mas saiba adotar seriedade para seguir simples regras que irão ti fazer se sentir melhor fisicamente e mentalmente. Descubra abaixo algumas regras fáceis de seguir - e que se implementadas podem fazer você voltar a ser aquela "fera" de antes.



#1 Procure dormir regularmente, no mesmo horário, e no mínimo sete horas diárias. Se possível, até mesmo nos fins de semana. Eu garanto que usando apenas essa regra, você irá melhorar seus níveis de energia entre 10% a 20%. Se você não puder seguir a risca, procure sempre tirar um cochilo durante o dia. Um simples cochilinho de 30min pode melhorar a memória, aumentar a energia, e ainda diminuir o nível de estresse.

#2 Aqui menciono uma regra básica e de suma importância. Corte os carboidratos processados e elimine ao máximo o açúcar em sua dieta. Adotando essa regra, você poderá perder peso e inclusive gordura na área da barriga. O simples fato de perder excesso de peso e gordura o deixará com mais disposição. Um ótimo suco para "tapiar" a fome, e ao mesmo tempo, ti dar mais energia: 1 tomate + ½ pepino com casca + 1 talo de salsa + suco de 1 limão.

#3 Beba pelo menos seis copos de 8oz de água por dia. Se você mora em uma cidade como Los Angeles (Califórnia) onde a umidade muito baixa faz com que você não sinta muita sede, adote a regra

de tomar um copo de água após o café da manhã, almoço e janta, e acrescente esses adicionais três copos de água nos intervalos das refeições e antes de ir dormir. Também, estamos sempre sendo orientados a comer mais "verdes", mas "beber" esses verdes pode ser uma escolha muito melhor e mais conveniente.

#4 Tome pelo menos entre 3 a 6 minutos todos os dias para relaxar a mente. Feche os olhos e faça algumas respirações profundas (a partir de sua barriga) para tirar o estresse e ser grato pelo que você tem na vida. Essa pequena pausa pode fazer maravilhas e, acredite, vai ajudá-lo(a) a sair mais fortalecido.

#5 Coma mais alimentos integrais e naturais. Eles nos ajudam a nos sentir ativos e motivados. Sementes e grãos integrais aumentam a sua diversidade de nutrientes, fornecem boa quantidade de proteína e fibras, e nos ajuda a prevenir a fadiga. Quinoa – que de vez em quando como substituindo o arroz integral, tem 8g de proteínas e 5,6 de fibra. Sementes como amêndoas e castanha do Pará são ótimas para comermos durante intervalos ou em "lanchinhos"



rápidos – pode “tapiar” a fome por umas duas horas e ti fornecer nutrientes ricos em energia.

#6 Evite tomar “energizantes” que se tornaram moda e que às vezes possuem produtos que não fazem tão bem a sua saúde! Uma boa opção se quiser manter a cafeína de cima: Beba pequenas doses de cafeína natural como é o caso de nossos “cafezinhos”. Vivi na América muitos anos e por la o povo se acostumou a tomar café naqueles corpos enormes. Para os que moram nos EUA, recomendo o seguinte: quando comprar um desses cafés “gigantes”, tome apenas 1/3 do conteúdo e guarde o resto. Horas depois, em uma segunda dosagem de cafeína, simplesmente adicione gelo para um “ice coffee”. Pode tomar em uma ou duas vezes.

#7 Dance e se movimente. Exercícios são provados ser o número 1 afrodisíaco da terra e a melhor receita para se manter energizado no dia-a-dia. Mantendo-se ativo(a) você se sente mais jovem e mais produtivo(a). Dê preferência a exercícios pelas manhãs. Consistência aqui é o fator chave. Muito difícial para voce? Caminhar a passos largos e dançar são ótimos exercícios aerobicos.

#8 Quase todo mundo sabe dos benefícios do açaí, então, substitua uma refeição regular (de preferência o almoço) por açaí na tigela! O açaí é rico em antioxidantes e proteína, além de muito saboroso. Se possível adicione sempre bananas e/ou morangos e/ou blueberries e/ou granola.

#9 Respire profundamente e bem. Vivemos em um mundo muito acelerado, e nós gastamos muito tempo debruçado sobre mesas e olhando para telas de computador. Tanto o estresse como a má postura apertam os músculos da parte superior do corpo tornando difícil o trabalho dos pulmões em se expandir. Com esse mundo moderno, terminamos por ser “má respiradores”, o que diminui a passagem de oxigênio e ocasionando fadiga física e mental.

#10 Escutar musica entretém a alma e rejuvenesce o espirito. Eu costumo escutar musicas que me fazem pular e me sentir energizada. Se tiver em um desses dias para baixo e sem estímulo, lembre-se de alguma musica que regresse você no tempo e que ti faz ti sentir jovem. Que lembre você animada e pulando de felicidade. Mas não apenas pense. Coloque a musica e solte a sua feral!

* **Sandra Domingos** é professora de ioga certificada e personal “life couch”. Ela viveu em Dallas (TX), Los Angeles e Santa Barbara county (CA); nos EUA, por mais de 20 anos. Ja esteve na Índia e em mais 14 países da Asia. Atualmente ela vive em Itacaré, Bahia - mystic-spiral@hotmail.com.



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Tenderfoot Education in Real Estate Investing

Lindenberg Junior

Back in the days of the Wild, Wild West, when easterners traveled across the U.S looking for opportunity in the newly opened territories, they were often referred to as a “tenderfoot”. This wasn’t a complimentary term but it was a rather apt one. The easterners wore “city” shoes that weren’t designed to withstand the rigors of the western terrain. Their hats didn’t have wide brims to protect them from the sun and their clothing wasn’t made of tough material like denim.

These new westerners didn’t know how to take care of themselves and because they didn’t know where and what the dangers were they didn’t have any idea how to avoid them. If you are just beginning to consider the idea of investing in real estate you are a tenderfoot and you do need some instruction to avoid losing your shirt...and pants.

First you will need to determine what is gone be your strategy. Do you want to buy, fix it up and sell it quickly or do you want to buy a property, hold it and wait for the market to increase? Do you want to deal with renters? All of these questions are ones that you need to answer before you invest in any piece of real estate.

You can learn how to investigate the value of properties yourself. There are several online sites that are helpful in determining the real value of real estate. Do not rely on tax values. They are not reliable and they are not accurate either. Another option is using a friendly realtor with much experience in the

market to assist you in this starting process and then work out with him/her for the buying process.

After you have learned how to determine property values yourself and/or have chosen a real estate agent, the next important step is to find a good mortgage broker. Your real estate agent usually has trustful associates brokers to assist you find out about interest rates and closing costs. Take copies of your three credit reports and choose a sample property for each broker to run hard numbers on.

The next step is to choose the lowest price house in the best possible neighborhood to put a contract on. Remember that a realtor with years of experience usually knows good deals in short sales and forecloses. Let's say the cheapest two bedroom house in the best neighborhood of Anaheim cost \$300,000 and the next cheapest, comparable home is listed for \$330,000. If you buy the home that is priced at \$300,000, you can raise your price to \$315,000 or \$320,000 the next day (flipping) and make a dandy little profit. Most Americans is a bit lazy to make small repairs and usually prefer make offers to “ready to move” homes.

As mention above, a good option is buying a house with simple things to work out like the front/back yard or simple repairs to be made like wall paint and wood floor set up. Before you close, you might want to think about a Purchase and Renovate loan. A Purchase and Renovate loan wraps the cost of construction



up in the loan so you don’t have many out-of-pocket expenses. This may require an estimate from a general contractor and plans from an architect as well.

Let’s talk about closing the deal. First show the seller your pre-qualification letter from your lender. Then get the required inspections for termites and get your appraisal. Once you have all of your “ducks in a row” so to speak, it takes about 30 days to make the final close. Back to the “strategy” theme, is time to think in some “action” for flipping it during the next weeks; make the renovations to sale it later; or if you bought with the strategy of renting, is time to looking for tenants. The point here in this article is to show you that having a strategy for profiting from the purchase of any piece of real estate must be your first decision because everything that comes after that is dependent upon it.



There is the tired old real estate saying, "The only three things that matter in real estate are location, location and location." That really is not necessarily true. Do you remember playing the board game Monopoly when you were a kid? Remember those first little properties that were located right at the beginning of the game? They were cheap. They were really cheap. If you bought one of those rights out of the gate, so to speak, you could have a hotel up on it almost immediately and every player in the game was going to have to land on it and pay you. It was a pretty good location but not an expensive one. It was one that you could afford to make improvements on quickly.

There is a good rental market in an urban area. There are lots of people who need housing and that housing is very often government subsidized. Areas near Universities have great potential for investors and those with focus in rental. Investing in real estate did bring thousands of dollars to the pocket of millions of people in America for many years and it can be a very good decision if you have some money, a good credit and a smart strategy, but you should always do your homework before you any real estate investment. ■

* Special thanks to Realtors Vladimir Bellemo of Century 21 in O.C (714)932-5335, and Francisco Fan of Home Smart in SD (760)888-7271.

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Notícias da Fundação D. Pedro II

“Latinas in Action” against Human Trafficking

*Translation by Alia Ponte

Human trafficking is a modern form of slavery, and most victims are women, children, and teenagers who are recruited worldwide into a life of sexual exploitation or slave labor. According to global estimates by the UN, more than two million people are victims of human trafficking every year.

In Las Vegas, there is a new organization called “Latinas en Acción” to address the issue of human trafficking. The organization have done a magnificent job for the fight against human trafficking. Recently, the *Latinas en Acción* board of directors, including the president Rosita Peralta and vice-president Sonia Ravelli (founder of D. Pedro II Foundation) were reunited with Arlene Rivera, director of Online Communications & Hispanic Media for the governor of Nevada, to discuss the goals, ideas, and work done by this influential group of Latina women. Noting that recently the state of Nevada unanimously passed Law AB67, which aims to stop the sex trafficking that primarily affects women and children.

“One of the issues that *Latinas en Acción* focuses on is offering support to protect children and young people from human trafficking. We rejoiced when the proposal for AB67 received so much support in the state legislature and was subsequently signed

into law”, mentioned Carmen Mahan, the organization’s public relations director. “The meeting with Arlene Rivera was very good because she knew the aspirations, purposes, and goals we wanted to achieve. In turn, the advisor to the governor acknowledged and appreciated our plan, which focused on the issues of human trafficking and sexual abuse”, added the director.

After the meeting, it became clear to the assessor of the governor of Nevada that *Latinas en Acción* is not just limited to helping Latina women, and the newly created group of Latinas went further to propose helping the Las Vegas community in general. *Latinas en Acción* aims to help the community as a whole, but with an emphasis on the Latin community since there are several known cases of spouses being deported and separated from their families, divorced men who are also separated from their children, and unexpected deaths, among others.

Latinas en Acción was formed with the intention to reach out and encourage women and their families amidst serious problems



that may arise. “We are here to let the women of our community know that there is an organization of strong women that could be heard,” said Carmen Mahan.

The organization is keen to reiterate that they do not want to be seen as a political group, but make it clear that they can’t allow significant events that affect the Hispanic community to pass by unnoticed. The vice-president of *Latinas en Acción*, Sonia Ravelli, ends by emphasizing that the philosophy of unity and collaboration is of paramount importance for positive results to be always achieved. ■



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Miss Brazil-USA Nevada: Bring Beauty, Glamour and Quality Brazilian Entertainment to the City of the Lights



Fundação D. Pedro II

Lindenberg Junior

The new edition of Miss Brazil-USA Nevada will take place on November 23, 2013 at 8pm, which is an event organized by the Dom Pedro II Foundation and supported by local Brazilian merchants. A new and different venue, where the event will be held in 2013, will be confirmed on October 30th (* after this print edition was closed) and will be available on our website at the link: www.soulbrasil.com/lasvegas A press release in English and in Spanish is scheduled to be distributed by the press office of the event in the beginning of November.

This year's novelty is the incorporation of Mr. Brazil-USA Nevada for the first time. A handsome and talented young man will be chosen as Mr. Brazil-USA, who will compete for the national title on Dec. 7 in Miami. The Miss Brazil-USA has been held every year since 1992, in addition, the Miss Brazil-USA "Children & Teens" was incorporated in 2004.

For her determination and personality, Ellen Alves, former Miss Brazil-USA Nevada 2010 and 2011, received the title of Honorary Miss Brazil-USA Nevada on November 2012. She has become the executive director of the annual event, the Nevada version, by the invitation of the CEO of the event in the state and president of Dom Pedro II Foundation, Mrs. Sonia Ravelli. "I'm proud to be a part of the organization of Miss Brazil-USA Nevada and very happy to be supported by the D.Pedro II Foundation.

It's a honor to work together with D. Sonia Ravelli and a Foundation that encourages family values and helps young people who

come to the U.S. in pursuit of making their dreams a reality," said Ellen Alves.

The event in Las Vegas chooses a Brazilian beauty that will represent the state of Nevada to compete for the national title of Miss Brazil-USA in an event in which other Brazilians winners participate from their respective states. In a democratic format, the winner its be chosen by a diverse team of judges that includes recognized professionals in the fields of fitness, entertainment, health and media. The event this year will feature live quality entertainment with performances of Capoeira, as well as Brazilian music and dance, and promises to be one of the top multicultural events in the city of lights this month of November.

"We are very excited this year about the involvement of such talented people in their respective professional areas and who are helping us, such as the fashion designer Aldo Mencatto, hairdresser Val Cetaj, makeup artist Geusane Castro, and photographer Laura Goncalves. This year we even had the magnificent support of people like Teresa Lopes as the sponsorship coordinator, Cliff Jordan as logistic coordinator and Jonathan Coelho as assistant general", emphasized the executive director Ellen Alves. ■



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Formula 1 and the “Women” Mark

Elisabeth Da Cruz

It is with much pleasure that I start writing for Soul Brasil magazine about Formula One and woman in F1 with this issue and sharing my past and current F1 experiences with all the reader and fans of Formula 1. Ever since I started working with Prof Sid Watkins as a “F1 Doc” in the medical rescue car in 1984 at Jacarepagua race track in Rio de Janeiro, it has being hard to share happy events at the same time as mourning a loss such as of the great Brazilian Champion, **Ayrton Senna**.

Just few days ago, again, we have to mourn a great loss. It was a sad day for all F1 fans, especially for all the brave girls out there who dream of becoming part of the biggest car racing sport in the world. R.I.P – **Maria de Villota Comba** (1980-2013) was a Spanish racing driver. She was the daughter of former formula one driver Emilio de Villota. Prior to her death, de Villota was recovering from recently serious head and facial injuries, sustained during an accident in straight-line testing as the Marussia Formula One team test driver. She has being one of our hopes to becoming the newest female F1 driver.

In 2012, it was announced that Maria de Villota had joined Marussia F1 Team as a test driver, with the opportunity to sample Formula One machinery later in the year. She was an inspiration not just to women in this sport, but also to all those who suffered life-threatening injuries. After licking our wounds, we find ourselves again looking ahead to the future. We are getting close to the 2013 World Championship Season Finale and the German driver Sebastian Vettel (the “finger”) has 272 points and holds the first position (before the Japanese Grand Prix) with Alonso from Spain in second. His team mate, Brazilian driver **Felipe Massa**, is still our best bet for 2014.

Former Williams, Renault and HRT Formula 1 driver **Bruno Senna** left F1 to race for Aston Martin in the World Endurance Championship. Massa is still fighting for his future position at Ferrari. For the upcoming 2014, season it remains to be seen whether an offer that meets Massa requirements will indeed be forthcoming. ‘I don’t believe it is time to stop yet,’ said Massa who still harbors thoughts of one day winning the ultimate prize. After “Bruninho”, If Massa leaves Ferrari and F1, Brazil would be left without

a driver in F1, what will be a big lost for all Brazilians – and for sure, the Formula 1 in a whole.

Let’s pray. ■



***Elisabeth Da Cruz is an American-Brazilian PHD medical doctor (retired Anesthesiologist and Intensive Care) and has worked at Medical Safety Car as FIA Prof Sid Watkin’s assistant from 84 to 94. In 1994 she served as Mr. Bernie Ecclestone advisor to Internet affairs. Elisabeth lives now in Las Vegas, started writing a book about woman in F1, and dedicates her time as an Entrepreneur promoting the participation of woman in F1. Follow her tweets @f1woman. – E-mail: brazilbuzios@gmail.com.**

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Carreiras: de Abacaxi a Vacas. Qual é o seu produto?

Odilon Medeiros

Com esse artigo, trago os conceitos da Matriz BCG para que possam ser aplicados no gerenciamento da sua carreira profissional. Sem entrar em muitos detalhes, é importante citar que neste diagrama os produtos são classificados em quatro categorias:

Abacaxi: são aqueles que a participação de mercado está em queda e que consomem muitos recursos para serem mantidos.

Oportunidade: são aqueles que estão apresentando uma rápida expansão, mas que a participação de mercado está em queda.

Estrela: São aqueles onde está havendo uma rápida expansão e há uma alta participação de mercado, mas que exige altos investimentos para serem mantidos.

Vaca Leiteira: são aqueles onde o crescimento de mercado é lento, mas gradual e que apresentam como característica marcante a alta rentabilidade.

Enquanto profissional, você tem um produto a oferecer: o seu trabalho, ou melhor, soluções. Só que você precisa lembrar que, via de regra, o mercado está cheio de outros "fornecedores de soluções" e que você precisa desenvolver estratégias específicas para se manter em um mercado tão competitivo.

E para que você possa desenvolver essas estratégias é importante conhecer o que está oferecendo, o que o mercado está exigindo, o que está faltando ou o que está sendo oferecido ainda de forma modesta. Uma boa dica é fazer uma análise realista do que você está oferecendo. E depois, responda: As soluções que você está disponibilizando são abacaxi, oportunidade, estrela ou vaca leiteira?

Se você entende que o seu produto é um abacaxi, o ideal seria substituí-lo o quanto antes. Esqueça o passado, seja um empreendedor. Se você o classifica como oportunidade, deve dar mais atenção, estudar e assim desenvolvê-lo. A classificação é estrela? Ótimo, mas lembre-se que deve continuar investindo, pois a meta é ter produtos classificados como "vaca leiteira".

Suas soluções são vaca leiteira? Parabéns! Você está sendo rentável para você mesmo e produtivo para o seu cliente. Mas fique atento, o mercado vive em constante mudança e você deve acompanhar esse dinamismo. Saiba que todos os produtos, incluindo os seus, apresentam o ciclo de vida. Mesmo que em espaços de tempos diferentes, quase todos tem começo, meio e fim, mas que a duração de cada intervalo depende das intervenções que sejam realizadas.

Destaco que alguns teóricos afirmam que a melhor opção é ter produtos estrelas, mas que o meu intuito aqui não é discutir sobre este tema ou gerar polêmica. É tão somente despertar a necessidade de investir na carreira, sendo essa sim uma condição sine qua non para se manter atuante no mercado. Então, vaca leiteira ou estrela, você escolhe, mas evite viver apenas plantando e colhendo abacaxis. Você merece muito mais que isso. ■

* Odilon Medeiros eh professor universitario, palestrante, consultor em gestão de pessoas, especialista em Psicologia Organizacional com pós-graduacao em Gestão de Equipes e MBA em vendas - www.odilonmedeiros.com.br



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Close Up San Diego

by Victor Gutierrez



The Brazilian Day San Diego 2013 attracted thousands of Brazilian culture lovers to the streets of Pacific Beach last Sept 8. In the line up of performers, many dance and music groups from San Diego, Los Angeles and San Francisco, and inclusive attractions from Brazil like the Monobloco from Rio. * Special thanks to Jane Ceron for a photo collaboration in this page



"Historic" Brazilian musician in the San Diego music scene, Josias dos Santos, had a "welcome back" party at the Tango del Rey together with his son and also musician, Erick.



Grande Mestre Acordeon from Oakland visited San Diego and Mestre Midinho to lead workshops at Capoeira Brasil SD Studio. Among the guests Mestre Paulo Batuta from Capoeira Mandinga SD and Professor Chin from Capoeira Sul da Bahia Santa Barbara.

*Lá, lá e lá
Lê, lê
Mandinga de Angola,
Berimbau mandou se benzer
Ê, ê, ê, berimbau mandou se benzer
Ê, ê, ê, berimbau mandou se benzer
Capoeira é malícia e mandinga
Mantendo sua tradição
E reza pra todos os santos
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Ê, ê, ê, berimbau mandou se benzer
Agachado ao pé do berimbau
Ele fez o sinal da cruz
Capoeira é sua estrela guia
É ela que te conduz
Ê, ê, ê, berimbau mandou se benzer...*

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Soul in Shape



Born: Sao Paulo, Brazil. **Living Now:** Maui, Hawaii. **Weight:** 118lbs. **Height:** 5'6". **Sign:** Scorpio. **Color:** Off Whites, Silver, and Black. **Food:** Brazilian BBQ, Yucca, Vegetables. **Hobby:** Listen to Music, Dance, and Bicycle Ride. **Sport/Fitness:** Barre Method, Zumba, Yoga. **Music:** Bossa Nova, Latin Pop, Alternative. **Career:** Acting, Fitness, and Performances. **A Dream:** I would like to create an institution to take care of seniors forgotten by their families, and a sanctuary for dogs and cats. **What's your life philosophy?** Never forgot your lowest moments in life, those are the ones that made you stronger enough to reach the highest ones. **More photos and Article:** www.soulbrasil.com/soul-in-shape. **Special thanks:** Photographers Oscar Picazo and Todd Mizomi & Antonio Corbie Designs (Gown).



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