

TITLE

Frango & Chicken

AUTHOR

Elena Stowell

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PUBLISHER

thewordverve.com

MEDIA KIT

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THE AUTHOR



ELENA STOWELL

Elena Stowell is an author, science teacher, and Brazilian jiu-jitsu practitioner. When she is writing and illustrating, Elena can be found at a table with a real #2 pencil and her favorite pair of scissors buried in paper scraps, dried paint, glue-sticks, broken toothpicks, and half-empty coffee cups. “Working in collage puts me in my happy place, which is pretty messy.” In fact, she did all the illustrations for Frango & Chicken.

Elena is the award-winning author of *Flowing with the Go: A Jiu-Jitsu Journey of the Soul*. She is co-founder of the non-profit Carly Stowell Foundation and director of the Jammin-BJJ Give the Gift of a Gi program. Her volunteer work helps make sports and music participation affordable and accessible to children and adults around the world. You can follow Elena through her website at www.elenastowell.com.



CATEGORIES

Juvenile Fiction/
Self Esteem & Reliance

Juvenile Fiction/Sports/
Martial Arts

Juvenile Fiction/
Friendship

KEYWORDS

BJJ
brazil
disabilities
diversity
inspirational stories
jiu-jitsu
kids books
overcoming obstacles
physical challenges
positivity
Rio de Janeiro
supportive friendships

SYNOPSIS

Some things seem impossible, but with the right attitude and the help of a friend, you can do more than you ever thought you could.

The adventures of Frango and Chicken are inspired by the true story of a young man in Brazil who has had to overcome physical challenges since infancy. By maintaining a positive attitude and sense of humor, he shows all of us how to live without limits.

This book is also available in Brazilian Portuguese translation.

INSPIRATION



Luciano “Frango” Mariano was three months old when he was burned in a fire that resulted in the amputation of both arms. “Sure, I was teased, but only by my friends, so it was all in good fun. They gave me the nickname Frango.” Luciano was raised like the other kids in the neighborhood. He admits to being shy, but had all the same curiosities as his friends. “They helped me try the things they did ... ride a bike, soccer ... they introduced me to jiu-jitsu.”

It was through the martial art of jiu-jitsu that the author, Elena Stowell, met Luciano in Rio de Janeiro, Brazil. “I want to be a world champion,” he told her. Luciano competes in the rooster weight division, 127.5 pounds or less (58kg). “I feel fortunate to have jiu-jitsu in my life. On the mat, we are all the same. Yes, I use my feet to help me. The sweep that is in the book—it surprises my opponents. I grab their gi with one foot, pass it to my other foot, and pull them over.”

He adds, “It makes me feel good to know that people see me as an inspiration. I try to live my life by seeing all things as possible. Around me I see people with two arms and two legs, good lives and health, but they complain. They put limits on themselves.”

Luciano teaches this life lesson by volunteering to help children participate in jiu-jitsu and stay off the streets.

“Set in Rio de Janeiro, the story of Frango and Chicken is astute and contains invaluable lessons for young children. The story examines the importance of friendship and the key roles that should be played by those who share a common bond. Frango continuously encourages Chicken while Chicken helps Frango in his activities. The illustrations in the book reflect the activities of the two friends beautifully as the images are both unique and colorful. Elena Stowell also selects an amusing friend for Frango. Chicken is a comical character who enriches the story and makes it enthralling right from the start. Frango & Chicken is inspired by Luciano “Frango” Mariano, a jiu-jitsu martial art student. With both of his arms having been amputated at three years of age, Frango is an inspiration to young people who have dreams in life yet obstacles stand against them. He holds his dream to be a world champion dearly and works daily to achieve it, despite the challenges that surround him. Definitely a great read!”

~~ **Edith Wairimu for Readers’ Favorite**



“The story of Frango & Chicken exemplifies the amazing life lessons and principles that are passed from teacher to student through the art of Brazilian Jiu-Jitsu. Elena has a unique way conveying positivity through adversity, while maintaining the narrative and effectively delivering the underlying message, all in a fun and whimsical manner.”

~~ **James Foster, 3rd degree black belt, IBJJF Master World Champion, owner and head instructor of Foster Brazilian Jiu-Jitsu**



“This book has it all ... colorful illustrations, multicultural appeal, and a wonderful story of friendship. Children will love the story of Frango & Chicken.”

~~ **Janice Weyte, teacher-librarian, Seattle**



“What a great book, with a beautiful display of how adversity only exists in the mind. I really like the artwork—it gives a humble and authentic feel to the story.”

~~ **Maximiliano Uloa, para-jiu jitsu athlete, founder of International Jiu-Jitsu Without Limitations Federation**



WHAT PEOPLE ARE SAYING

“Elena Stowell, author and illustrator, uses a distinctive artistic collage style, which is both playful and engaging for readers of all ages. To illustrate her latest children’s book, Frango & Chicken, Elena cobbles together the simple ingredients of childhood magic; colored paper, paste, and scissors! Elena has captured the heart and soul of Brazil in this charming tale, using effective writing and authentic characters served up as a visual feast for the reader. Elena’s enchanting story is based on a real life hero, Frango and his sidekick chicken. Her captivating illustrations are reminiscent of author/ illustrator Eric Carle’s whimsical children’s books. Artist Pablo Picasso once said, ‘It has taken me a lifetime to learn to paint as a child.’ Elena’s work clearly captures the spontaneity of childhood expression with the technical mastery of her craft.

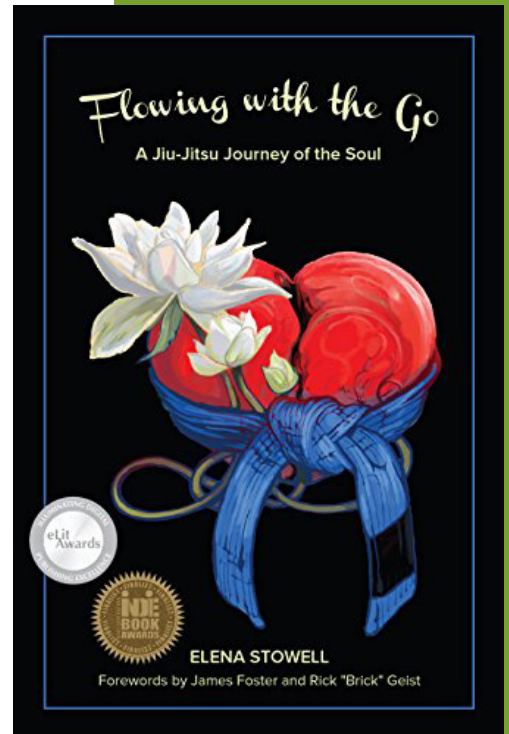
~~ **Leslie Cronkhite Armstrong, children’s book illustrator**



BACKLIST & ASSOCIATIONS

Flowing with the Go, A Jiu-Jitsu Journey of the Soul

Winner of three awards---a 2012 eLit Award, a 2013 Indie Next Generation Award, and a 2013 Living Now award---"Flowing with the Go-A Jiu-Jitsu Journey of the Soul" is the story of one woman's path through grief. For what seemed like a lifetime and probably was, Elena Stowell wandered aimlessly in a personal prison of self-doubt and lack of purpose after her fifteen-year-old daughter Carly died suddenly before her eyes. By some combination of miracle and necessity, she walked into a Seattle area Brazilian Jiu-Jitsu gym and rolled for the first time in her life. Through that experience and others that followed, Elena discovered the tenets of the martial art form and healing were the same. With a ripping raw honesty and refreshing balance of humor and introspection, Elena's story reminds us to never stop panning for the gold within ourselves.



Member of:

Society of Children's Book Writers and Illustrators
Pacific Northwest Writers Association
International Society of Latino Authors

Co-Founder – Carly Stowell Foundation

The mission of the Carly Stowell Foundation is to provide enhanced education in athletics and music to young people who demonstrate passion for learning and a commitment to excel.

<http://carlystowellfoundation.countmein.com/>
<https://www.facebook.com/groups/200084420710/>

Director – JamminBJJ, Give the Gift of a Gi

Projects include collecting and distributing donated gis and submission grappling gear to adults and children with limited resources around the world.

<https://www.facebook.com/jamminbjj/>

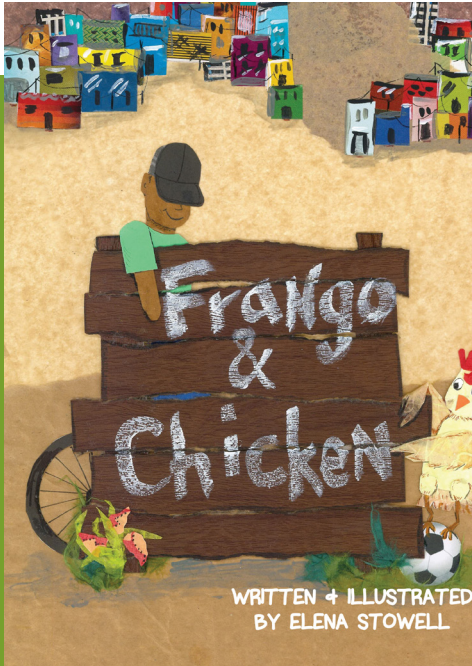
Science Teacher:

National Board Certified Teacher (Adult/Young Adult Biology)
Science and Our Food Supply curriculum facilitator

FUN FACTOID about Elena

Discovered the anaerobic
ruminal fungus
Neocallimastix frontalis
EB188 while in graduate
school.

DOWNLOADABLES



Frango & Chicken Cover



Elena Stowell - 1



Elena Stowell - 3






Elena Stowell - 2

CONTACT INFO

Elena is available for book signings, author talks, and interviews.

Contact her directly through her website: www.elenastowell.com.

Elena on Social Media:

-  <https://www.facebook.com/elena.stowell.9>
-  <https://twitter.com/Pinkbthere>
-  https://www.instagram.com/elena_stowell/



Contact the publisher directly at:

www.thewordverve.com

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Attn: Janet Fix



SNEAK PEEK

"Oh, Chicken, look at you!"



Frango puts on his gi, a special uniform for jiu-jitsu. Chicken helps Frango tie his belt.

"Obrigado. Tudo é possível."



Back of book contains a **Glossary** as well as a **"Let's Talk About the Book"** section!