

## Tinseltown Gets Two Teams! Continued from Page 1...

...became the AFC Division of the National Football League after the two leagues merged in 1966. After their first season in 1960 the team decided to retrench and move to San Diego where they would spend the next 57 seasons. After years of failing to come an agreement with the city of San Diego over a new stadium, the Spanos Family decided pull the team out of San Diego and move the franchise back to its birthplace.

The Chargers have arrived back in the City of Angels with the motto, "Fight For LA" as the team vies for the loyalty of the Los Angeles fan base. And the only way to do that is to win games. To borrow Al Davis' motto, "Just Win Baby!" If the Los Angeles Chargers can stay injury free this year and rack up wins and then make it into the playoffs they should have no problem creating an atmosphere where the LA Fanbase will *want* to show up and fill every seat of the StubHub Center. In fact, if they continue to win year after year they shouldn't even have a problem with selling their season tickets at the new Los Angeles Stadium at Hollywood Park once it opens in 2020. (Note: the Rams are still in the process of striking a record-breaking naming rights deal for their new palace). But if the Chargers repeat what the Rams did last year, the novice of the new team in the quirky stadium will wear off half way through the football season - and there will be nothing more pathetic than a 27,000 seat NFL stadium at half capacity on national television.

However, like the Rams, the Chargers had a complete coaching staff over haul during the off season, hiring Assistant Head Coach Anthony Lynn away from the Buffalo Bills to be the Chargers new head coach. Their defensive coaching got a serious upgrade when the team hired the Seattle Seahawks "Legion of Boom" architect Gus Bradley as the Chargers new defensive coordinator. Add that to an upgraded offensive line that can better protect Philip Rivers in the pocket and open holes for Melvin Gordon plus bigger targets for Rivers to throw at like rookie Mike Williams. With all of these changes in LA for both the Rams and Chargers lets hope we get to taste the fruits of victory this season and beyond!

Tel: 888.876.1188 ✦ [www.shipdbi.com](http://www.shipdbi.com)



Your Transportation Company for Life.

Los Angeles, CA 90009  
P.O. Box 90448

DIRECT & BEYOND, INC.  
DIRECT SHIPPING BEYOND LIMITATION



## THE WHOLE LIFE CHALLENGE

By The DBI Staff Writer

If you could change your life in 8 weeks would you? What if I told you that you can? You absolutely can. In fact you don't need a program to do that. You just need motivation and the know how. That being said, it's usually incredibly helpful to have that external motivation to get us moving! My case in point: The Whole Life Challenge. This eight week competition is based on a scoring system that is self-assessed. You can earn up to 35 points each day. There are 7 daily habits that you have to practice in order to earn the points: 1. Nutrition plan from a list of approved foods 2. Exercise 3. Mobilize (Stretch) 4. Sleep 5. Hydrate 6. Lifestyle and 7. Reflect (At the end of each day you make a journal entry online). And the competition doesn't have to be solo—you can join a team. That was the case when DBI CEO Durk Jorritsma joined the Whole Life Program last year. After completing the program on his own Durk joined the program again but this time he brought half of DBI with him and created the DBI Team Competition! This will be the case again this upcoming September 16 when the next 8 week Whole Life Challenge kicks off! Durk has completed this competition 3 times now and he said regarding it, that it helped him to, "realize habits I was formerly unaware of and it also helped me to form new and better habits". Durk went on to say that the competition is, "like a marathon where the finish line is the goal." If you can make it to the end of the 8 weeks, you've won—regardless of what the points say. I asked Durk to sum up the challenge in one sentence. His response? "Awareness of the present moment". Welcome to the Whole Life Challenge. For more info, please visit [www.wholelifechallenge.com](http://www.wholelifechallenge.com). (Make sure to look for "Team DBI" and join us!)



# DBI Insider

DBI DIRECT & BEYOND, INC.

888.876.1188 \* www.shipdbi.com



## DBI Moves Forward in 2017

By The DBI Staff Writer

In what has become a monumental and recording breaking year for DBI, 2017 has seen the most significant changes yet for this burgeoning company. And besides the recording breaking volumes this year—one of the most significant events in the life of DBI took place back in April when the company moved into its new corporate headquarters located right between the heart of the of the Port of Los Angeles and LAX.

Providing both cross dock and storage solutions, the company's new facility is already providing its customers with the ability grow their business and serve their customers at an even greater capacity. DBI's CEO, Durk Jorritsma painstakingly oversaw the refurbishment process over a period of nearly two years and built both the offices and warehouse out with a focus on being able to grow capacities and serve DBI's customers at a greater level.

After having just celebrated the company's 10th anniversary in 2016 this new facility was icing on the cake of an already great year. As the company continues moves forward in 2017, they look forward to helping you grow your business wherever your business may be.

### US on Highway Diesel Fuel

#### Prices for California:

08/28/17: \$2.995 per gallon

09/04/17: \$3.135 per gallon

09/11/17: \$3.179 per gallon

### Change From:

1 Week ago: + 0.044 ↑

1 Year ago: + 0.423 ↑

Data as of 9/13/2017

## Tinseltown Gets Two Teams!

By The DBI Staff Writer

How many times have we featured an article on the saga of the return of the NFL in the DBInsider? A ton! We've followed the saga from the very beginning. And since there hasn't been an issue of the DBInsider since before the beginning of the last NFL season we thought it would be a good idea to tackle the issue yet again right before the start of the 2017 season.

To say that the return of the Los Angeles Rams landed with a resounding *THUD* would be an understatement. Finishing at a miserable 4-12, the newly re-minted Los Angeles Rams swiftly parted ways with then coach Jeff Fisher—before the 2016 season even ended. Fast forward a few months and the LA Rams have hired the youngest coach in the league in Sean McVay and one of the greatest defensive coaches in the history of the NFL in Wade Phillips. In addition the team has put some critical pieces in place on the offensive line in the form of perennial pro-bowler Andrew Whitworth and also in the receiving corps adding some notable names like Robert Woods, Sammy Watkins and Cooper Kupp. These new faces combing with the talents of the existing roster with names like

Aaron Donald, Todd Gurley and Jared Goff should make the 2017 Los Angeles Rams more entertaining to watch and hopefully produce a winning record.

Not only did Los Angeles land the return of the Rams but the 2017 offseason brought the return of the Los Angeles Chargers. For those of you who may not be aware the Chargers were actually born in Los Angeles in 1960 in what used to be the American Football League (AFL) which later (Continued on the next page)

