

# DBI Insider focus

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By DBI Staff Writer

Over the summer, the DBI team personally delivered numerous cooler bags to our customers stocked with refreshing beverages and snacks. From the boat and the beach to the jobsite or campsite, insulated bags ensure that your perishables remain at the temperature you prefer. If you haven't received one yet, you're in for a treat, as our team of drivers will be making another round of deliveries soon.

## DBI Health Center

1. Keto Friendly Swerve Sweets Chocolate or Vanilla Cake Mix at just 160 calories a slice and only 16g of carbs you can have your cake and eat it too! Find it at Walmart.
2. Gluten-Free Simple Mills Artisan Bread Almond Flour Mix. This grain free bread will melt in your mouth with a touch of butter. Pick some up at your local Whole Foods Market.
3. Ben & Jerry's Moo-Phoria Light Ice Cream. With 70% less fat and 35% fewer calories, you can dig into this ice cream guilt free! Try it the next time you're at Target.

## History of Halloween

The tradition originated with the ancient Celtic festival of Samhain when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1 as a time to honor all saints. Soon, All Saints Day incorporated some of the traditions of Samhain. The evening before was known as All Hallows Eve, and later Halloween. Over time, Halloween evolved into a day of activities like trick-or-treating, carving jack-o-lanterns, have gatherings, donning costumes and eating treats.



## 2023 LA Auto Show 11/17/23—11/26/23

By DBI Staff Writer

Founded in 1907, the Los Angeles Auto Show (LA Auto Show), is one of the most influential and best attended auto shows globally and spans more than 1,000,000 square feet. Each fall, show creator ANSA Productions gathers the who's who of the auto industry to unveil the future of



mobility in the car culture capital of the world. The show opens its doors to the public for the LA Auto Show, where hundreds of thousands of qualified car shoppers, enthusiasts, and auto fans come together for ten exciting days in the nation's largest car-buying market. Building off of the record-breaking 2022 show, the 2023 LA Auto



Show will have more opportunities to get behind the wheel of the newest vehicles than ever before. Be sure to check out these cars and more by purchasing your tickets at: [www.laautoshow.com](http://www.laautoshow.com)



**U.S. On-Highway Diesel Fuel Prices for California:**  
 9/11/23: \$5.970 per gallon  
 9/18/23: \$6.192 per gallon

**Change From:**  
 1 Week ago: +0.016 ↑  
 1 Year ago: +0.098 ↑  
 Data as of 10/2/23

## DBI Celebrates its 17th Birthday!

By DBI Staff Writer

We appreciate your choice to use Direct & Beyond, Inc. for your shipping needs. Our commitment to building strong relationships with our customers is unwavering. We are particularly thankful to those who have entrusted us as one of their very first shipping partners 17 years ago and continue to rely on our services today. Our dedication to delivering exceptional service remains constant, ensuring your products reach their destination with excellence.

Go Team DBI!



## TOP 5 HALLOWEEN COSTUMES

1. BARBIE AND KEN
2. STRANGER THINGS
3. MAVERICK FROM TOP GUN
4. THE LAST OF US
5. CHUCKY

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