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DBI Insider focus

LA's Gourmet Wheels Food Craze

By The DBI Staff Writer If you haven't already noticed, food trucks are popping up everywhere around LA. In fact, food trucks are popping up all over the country. What was once considered the food of grungy blue collar workers has now become the newest and most trendy way to get a tasty bite. Long removed from the "roach coach" era, food trucks today serve up a variety of cuisines and delicacies that you formerly could only get at a specialty brick and mortar restaurant. Many of today's gourmet food trucks have won culinary awards for their creations. This movement is so large and so popular that entire outdoor events have been created just to honor these rolling 5-star food buses. There seems to be a food truck festival nearly every week in this city. In fact there are entire websites dedicated to following these mean cuisine machines. I checked out a couple of them that might be worth your time if you're interested: www.roaminghunger.com and www.truckitfest.com. Some of the best food truck festivals in the city are the Santa Monica Food Truck Lot, DIN-DIN-A-GOGO, Westchester First Fridays, Downtown LA Art Walk & Truckit Fest. Google it if you're interested. In preparation for this article I decided that it was time for a visit to one of these famous food trucks. So our operations manager and your humble staff writer were off to lunch to pay a visit to Chef Steve and his associate Buck at ROLL'N LOBSTER (www.rollnlobster.com) which happened to be parked not far from LAX for lunch on the anticipated day. Taking my operations manager was perfect because he was born and raised in Boston and would be able to tell me whether what we were eating was any good or not. Besides that, he's also been to many Lobster trucks so he came with even more expectations. ROLL'N LOBSTER was started in 2012 by Boson transplant Chef Pete Crest (photo below) to raving reviews. So, Back to our visit. We showed up and my operations manager orders the Lobster Roll. Believe it or not, I've never had lobster in my life which I told Chef Steve and he then in turn suggested that I try the Connecticut Roll. We also got a lobster roll for Glynis.

Back to the office, we opened our rolls and the first thing out of my operations manager's mouth was, "Wow. These are actually better than any of the other lobster rolls I've had here." Nice compliment coming from a New Englander. Both Glynis and I also relished in the rolls as well. We both agreed that the rolls were so tasty that it brought us back to an instant vacation of relaxing by the beach, soaking up the sun. The rolls were absolutely delicious! You must visit ROLL'N LOBSTER when you get the chance. You won't regret it! And so, Los Angeles is the epicenter of the food truck craze here in America. After all, today's gourmet food trucks have their genesis in the city with the Kogi BBQ Truck beginning on Thanksgiving of 2008. (See kogibbq.com for more info). Since then, Street food in the City of Los Angeles and its surrounding communities have been transformed. And it hasn't remained in Los Angeles. This movement has spread all over the country. This has truly become the west coast's version of New York's world famous street food vendors. Bon Appetite!

Glynis' Health Corner - Burdock Root

Burdock root acts as an antioxidant. It may help to protect against cancer by helping control cell mutation. It aids in elimination of excess fluid, uric acid, and toxins and has antibacterial and antifungal properties. While purifying the blood it restores liver and gallbladder function and stimulates the digestive and immune systems. It also helps skin disorders such as boils, and relieves gout and menopausal symptoms. Burdock root used as a hair rinse promotes scalp and hair health. It may be used in cooking or taken as a supplement or in a tea.



Lowest Highway Diesel Fuel Prices for California:

10/07/13:	\$4.150 per gallon
10/14/13:	\$4.139 per gallon
10/21/13:	\$4.129 per gallon

Change From:

1 Week ago:	-0.010
1 Year ago:	-0.256

Data as of 9/30/2013



Hopping on the Twitter Highway

By The DBI Staff Writer—In preparation for writing this month's lead article on the "LA's Gourmet Wheel Food Craze" I hopped on to Twitter to see if I could find out where there were some local food trucks that I could pay a visit to. As I did so, I suddenly realized that I wasn't much of a "Tweeter" or a "Twtiterite". (Yes, I just made up a word. But lets go with it). What I'm trying to say is that beyond establishing an account and then bumbling my way to follow a few folks, I really don't know that much about how to use this very popular app. I'm like a guy who's wandering around in a crowded dark room feeling for the light switch and bumping into everything in the process. So, I decided that it was time to start learning how to use this. And yes, I'm a bit late for those of you who have been "tweeting" your every footstep and breath over the last few years, but hey, better late than never, right? So, may I present some "Twitter 101" to those of you in our reading audience who are like I once was before I wrote

this month's newsletter: blissfully ignorant of an entirely separate universe that's called Twitter. First of all you just need to limit your introductory knowledge to the basics. That starts with opening a Twitter account. After that find some people or interests to follow on Twitter. You can follow anything from an individual to a sports team or your favorite band. Of course, you can follow your favorite food truck as well. Then start building what Twitter calls your "voice" by Tweeting or re-tweeting another person's comments/tweet. It's important to know that there is a 140 character limit on each tweet you post. So, whatever you have to say; say it within 140 characters. You can post anything from thoughts to a link of a web page that you want your followers to check out. Lastly, when posting you can use certain symbols to make your tweets either searchable or directed at someone. For more info, visit <https://support.twitter.com/articles/215585-twitter-101-getting-started-with-twitter>



GOING BOLDLY WHERE NO FORWARDER HAS GONE BEFORE

By The DBI Staff Writer

Okay, okay. I know what you're thinking. "Did DBI ship something into outer space?" Well, not exactly, BUT they did handle a shipment for one of our great customers recently that was a shipment for NASA that is being used to help in our nation's space program. Although we can't reveal any details about what was shipped we can say that the shipment arrived there safely and on time. The Federal government shutdown may have put a damper on things at NASA but DBI was there to the rescue! And the place that DBI is going is "Beyond" any other forwarder is in a continual upward trajectory. Year over year, DBI continues to double in volume of cargo moved and as a result, in size. DBI's commitment to the customer and our belief that your product is our product; i.e., taking ownership of what is in our possession; continues to send ripples through the transportation industry and break down barriers of old standards and ways of doing business that are no longer acceptable in today's market. So, although DBI may not have loaded any cargo directly onto a Delta IV Rocket, we continue to grow at the speed of a rocket headed for the heavens!

One of DBI's "Black Stallions" picking up a VIP shipment for the folks at NASA.

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