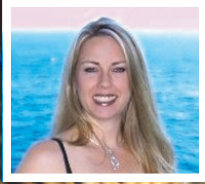




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DBI Insider FOCUS

A Thank You from Durk Jorritsma

By Durk Jorritsma, President & CEO of Direct & Beyond, Inc.
Merry Christmas and Happy New Year to all of our valued clients! I would like to say, "Thank you" for your continued business and loyalty over this past year. We look forward to the New Year with aspirations of providing extended global services to accommodate our growing clients needs. DBI truly wants to be your partner in business, to help achieve the goals of your organization through teamwork, strategic planning and coordination. We can make 2014 the best year yet! May all of your goals and dreams come true and may your lives be rich in health and happiness. God Bless and Warm Holiday Wishes! Sincerely,

Durk Jorritsma



DBI Welcomes Anja!



On Sunday, November 17, DBI's very own Lucky Krstic and his wife Suzana welcomed their first baby into the world. Her name is Anja Krstic. She was born at 3:13 PM, weighed 8 lbs and was 22" long. The team congratulates Lucky & Suzana and welcomes Anja to our growing family here at DBI! If you see Lucky at your dock, be sure to congratulate him. Welcome Anja!

The New Capital of Coffee **By Derek Luce**, DBI Staff Writer

What comes to mind when you think of the coffee capital of America? Perhaps Seattle? Maybe San Francisco or New York? While all of those cities have at one time or another been at the center of the coffee world here in the United States, that center has now migrated its way to sunny Southern California and planted itself deeply into the soil of the City of Angels. Perhaps you were surprised like I was when I discovered this through a very close friend of mine who had informed me that LA had become the center of the coffee world in America. Normally, I wouldn't put much stock into a statement like that. However, this assertion was coming from a trusted friend who also happens to be a former barista and latte artist. My friendly informant was Tim St. John who is a Pastor at Lighthouse Community Church in Torrance by day and Coffee Aficionado by night. Well, really, Tim does both jobs all of the time and each are done really well. Tim knows his coffee. And when I say that Tim knows coffee I mean he REALLY knows coffee. Tim originally got involved with coffee way back in the 7th grade because he discovered that it was a natural remedy for asthma attacks. In 2007 Tim was in his mid-twenties and while commuting to and from school, he discovered Intelligentsia in the Silverlake neighborhood of LA. He loved how they passionately worked to present all the fruit flavors that naturally exist in every coffee bean. Tim soon made Intelligentsia a daily stop. Later, he immersed himself into the Coffee experience even further by being trained and mentored by some of the best baristas in the country. He eventually ended up becoming a Barista at the very popular Conservatory for Coffee in Culver City. And just like everything else that Tim does in his life; when he was a barista, he put his whole heart and effort into learning the craft of coffee. And although he no longer works officially as a barista, Tim still has a full time passion for coffee. He has traveled to barista competitions around the country; (Yes, they actually have barista competitions!); and he also has lots of friends in the coffee world that he stays in contact with. He has visited all of the cutting edge coffee houses in LA and continues to visit all of the new ones that keep popping up all over the city and surrounding region. So, yes, Tim St. John knows his coffee. And so, I spent a little time with Tim and asked him about this very interesting turn of events in the coffee world. What follows is an interview I had with Tim. If you have no interest in Coffee, perhaps this will spark one for you. If you're already in love with the little coffee bean, I'm certain that this will wet your appetite even further for this truly exotic drink. **DL:** *Why has LA become the new coffee capital in America?* **TSJ:** *I think we are getting many of the top 3rd wave coffee roasters in the country that are really passionate about enjoying coffee as a fruit. Handsome, Stumptown, and Intelligentsia all have roasting works here in LA. And eventually we'll have roasting works from Verve. But if you crave the coffee from other great roasters (like Four Barrel, Ritual, and others), there are cafe's like Copa Vida in Pasadena and G&B in LA that sell beans freshly flown in from Nor-Cal roasters.*

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Tim St. John creating magical coffee at Conservatory in Culver City.

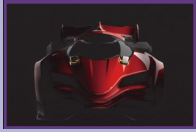
The Top Ten Christmas Gifts of 2013

By Derek Luce, DBI Staff Writer —

If you're struggling trying to figure out what to get that special someone or family member for Christmas this year, have no fear—help has arrived. Following is the list of the top ten Christmas gifts of 2013. For more detail on these gifts you can visit <http://best-christmas-gifts.tiptenreviews.com/>



1. **Playstation 4** \$400
2. **Nest Protect** \$129
3. **Fuhu Nabi, Jr.** \$100
4. **i'm Watch** \$300
5. **EliptiGO** \$1800
6. **TiVo Roamio** \$195
7. **Anki DRIVE** \$200
8. **Hue Bulbs** \$200
9. **Tylt Energi + Backpack** \$200
10. **Create & Learn Aptivity Case** \$35



Coffee continued...

DL: What are your top 5 coffee places in LA? **TSJ:** There are several cafes that I love. But even with quality beans, you need attentive and intelligent baristas to make a great cup of coffee. So here are my favorite shops with my go to Baristas. 1. Conservatory for Coffee/AJ Barish 2. Menotti's: Christopher "Nicely" Alameda 3. Handsome Coffee: Michael Phillips 4. G&B: Percy 5. Go Get 'em Tiger: Matt Wygal **DL:** Who are the new and/or up & coming coffee roaster(s) in LA? **TSJ:** Stumptown Coffee Roasters just opened in LA. But we'll soon be getting Verve and Blue Bottle. Lots of NorCal roasters are starting to see how popular great coffee is in SoCal. But we're still waiting for some good shops to come to the South Bay beach cities someday! **DL:** What is your favorite coffee and can you tell me a little bit about it? **TSJ:** The best cup of coffee I've ever had was made for me on a Chemex by M'lissa Owens at Intelligentsia Venice back in 2009. The coffee was a single origin from Tanzania (Edelweiss Estate). The coffee smelled like sprigs of Jasmine, but it tasted like biting into a green apple. It was tart, sweet, and juicy with a cranberry finish. All the flavors were extremely transparent, and I always enjoy coffee the most when I know what I am tasting. **DL:** If someone wanted to get serious about coffee what would you suggest they do first? **TSJ:** Start by tasting it for yourself. Go to Menotti's coffee in Venice and ask Nicely to make you a believer in good coffee. Once you fall in love with it, talk to baristas at any of the shops about ways they recommend brewing at home. Baristas at 3rd wave coffee shops may come across as intimidating, but they love to teach and help people experience great coffee at home. **DL:** Are there any coffee "no-no's" that we should be aware of? **TSJ:** Don't worship coffee. Remember, coffee is a means to an end and that end is people. Don't let knowing a lot about coffee keeping you from enjoying a good old fashioned cup of coffee with a friend.

Glynis' Health Corner

Herbal Healing Systems

The World Health Organization estimates that 80 percent of the earth's population today depends on plants to treat common ailments. Herbalism is an essential part of Ayurvedic (Indian), traditional Asian, Native American, and naturopathic medicines. Many homeopathic remedies are derived from plants as well. Oriental herbs are a recent addition to the American herb scene, with the influx of several popular Chinese herbs. The Chinese are today's foremost herbalists, drawing on thousands of years of experience in compounding and processing roots and herbs. In the Asian tradition, herbs are used to bring the whole body into balance and harmony. They are taken daily as a preventative measure, rather than as a treatment once illness has occurred. In the Orient, medicinal herbs often find their way into foods as seasoning and ingredients. According to the late Chinese writer and scholar Lin Yutang, the Chinese view medicine and food as the same thing. Some of the Chinese herbs most readily found in the U.S. herb and natural food stores include astragalus, ginseng, ginko biloba, gotu kola, licorice root, dong quai, ginger, and schizandra.



Glynis Jorritsma



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