# Big Bean Buzz!

The **Espresso Yourself** Community Newsletter Published every 2 months July-August

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## Another New Café! Hello Williston!

We have some exciting news for you! Espresso Yourself is opening a new café in Williston! This will be our fifth location in Vermont. The new café will be located at Taft’s Corners in a retail space that had recently become available.

Because the ever-growing number of businesses in the area, it seems that even with all the restaurants and other places to get coffee (Star who?), people always appreciate more choice. That’s why we’re going to do something new with this café: we’re going to include a full-service kitchen in order to serve breakfast, lunch, and light dinner fare!

This café will also serve as the central point for the pastries and light fare food items at the other Espresso Yourself locations, so that no matter which Espresso Yourself you go to, you get the same high quality of fresh, wonderful snacks, pastries, soups, salads, and sandwiches.

The new café’s General Manager will be Ronald Eastman, who has managed cafés and restaurants for over twelve years and is also a graduate of the New England Culinary Institute, just like Espresso Yourself’s CEO, Michiko Watanabe.

## The Most Popular Drink in the World

Long ago it is said that a lone shepherd and his flock came across a strange and mysterious plant growing upon a secluded and forgotten hillside. Before he could stop them some of his herd had began to gnaw away at this unusual berry. After about fifteen minutes or so the herder started to notice that his sheep were behaving in an odd manner. Not only were they unusually alert but they also appeared to be extremely hyperactive. Now being a little weary and extremely tired the shepherd decided to try the berries and see if the end results would be the same for him as they had been for his flock. To his pleasant surprise the shepherd began to feel wide awake and he too became very alert. After a few hours had passed along came a wandering monk who, after being informed of the plants amazing qualities proceeded to scold the poor shepherd and lecture him on his foolish indulgence. After he had finished telling the shepherd just what a sinner he had been the monk set upon his journey but not before he had added a little something to his backpack and supplies.

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Back at the monastery the monks decided to try this new and exciting substance. Soon the endless hours of praying were endured with the greatest of ease. Coffee, the drink had been revealed to the world. Its widespread use then took a grip in the Ethiopian lands before then migrating on to the Arabian outlands. Here it was to be held for many years as a sacred substance but was eventually to be unlawfully exported by a merchant called Baba Budan. Word of its qualities were soon to spread and within a few years coffee was to emerge as one of the most valued commodities of all time. Now would you believe that each year we drink an amazing four billion cups and there are those among us who would cry at the thought of starting their day without it.

Although coffee is mainly known as a sleep suppressant there are those who consider coffee to have many health benefits. It is thought that people who suffer from asthma and partake of the beverage have at least 25% less symptoms which may be due to a substance in coffee called theophylline. This is known as a bronchodilator and quite simply it is thought to help those who suffer with the disease to breath with a little more ease. Drinking coffee on a daily basis is also thought to help lower your chances of developing colon cancer by a figure also in the region of about 25%. This may be due to the fact that coffee helps to keep you regular. Coffee can do more than just help you get through your day!

Aside from the benefits that have been mentioned above, it has to be said that simply enjoying coffee as a beverage is a delight that will never be easily surpassed. The unbelievable thing is that most people have no idea of the different tastes and delights that this monarch of all drinks has to offer. Never before has it been so easy to sample such a huge variety of blends, tastes and aromas.

Well now that you know the tale of the mystical beans I hope that if in the future you are considering visiting your local Espresso Yourself you recall the story of the lowly shepherd and think about just what you might be drinking were he not to have wandered onto that bleak and lonely hillside.

## Upcoming Performances

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Performances by “mostly local” musical acts have been a staple ever since the very first Espresso Yourself café opened in 2004. We believe in paying musicians who perform with something a little bit more substantial than tips and good will. That’s why we sell tickets to performances. Espresso Yourself locations are closed to non-ticket holders after 9 pm, when the shows begin. Ticket-holders get a 10% discount on beverages during the performances.

For tickets, purchase can be made in advance and at the door (until sold out) at any Espresso Yourself location for shows at **that location only**.

See you at the show!

### Downtown Burlington

July 12  
The Museumz

July 22  
The Scratch Catchers

Aug 3  
Jim and the Ambassa-Doors

### Intervale Burlington

July 14  
Black Sea Quartet

July 18  
Banjomatica

July 29  
DJ LOLZ

### South Burlington

July 27  
Banjomatica

Aug 5  
Cryin’ Out Loud

Aug 11  
Jack Tales Extravaganza

### Winooski

July 9  
DJ Big Ben

July 21  
Green Mountain Thundercats

Aug 3  
Ekis

### Essex Jct.

July 14  
Ekis

July 19  
Eskimo Knows

Aug 1  
DJ Dot Bomb