

BACK2THEFRESH.ME

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HOT OFF THE FRESH



Stars And Bars Vol. 4 is Justis James fourth and final **instrumental CD** volume released this year. This CD will be an all Rock instrumental CD. He's the first solo artist to release four CDs in one year period. The **BMI songwriter** writes all genres of music but decided to release instrumental CD's this year. He founded the music genre "Hip Pop" in 2008. It's a mixture of Hip Hop/Pop music. That same year *Blues And Soul Magazine*, headquartered in The United Kingdom wrote an article on him being an independant doing major things. They also said that his rhyme style was braggadocious, so we're waiting to hear what he sounds like now. Rumor has it that he's working on an 11 song album called, "**Return Of The Mac 11 Kid**"

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Food

Alba Truffled Tagliatelle with Mushrooms and Hazelnuts.

Serves 6: Each serving about 10 oz (about 1 1/2 cups)

Time Total: 30 Min
Calories 540 per serving
Added Sugar 0g per serving

Ingredients -

- 1. Cook** 1 (8.8 Oz) pkg *Italian Classics Truffle Tagliatelle* per pkg directions (reserve 1 cup pasta cooking water).
- 2. Add** 1/2 cup *Italian Classics Campagnan Extra Virgin Olive Oil*, 1 sprig fresh rosemary, and 1/4 tsp red pepper flakes to pan on MED. Cook, stirring occasionally, 2-3.
- 3. Add** 1/4 cup finely diced shallots and 1 (24 oz) pkg baby bella mushrooms, quartered, to pan. Cook, stirring occassionally, about 10 min until the veggies are well - caramelized. Add 1 cup chopped, toasted hazelnuts; toss to coat. Discard rosemary sprig.
- 4. Toss** cooked pasta, reserved pasta water, and 1/2 cup grated *Parmigiano Reggiano* in pan; season with salt and pepper and drizzle with 1 Tbsp *Campagnan Olive Oil*. Transfer to serving dish; garnish with 1/4 cup *Parmigiano Reggiano*.

REFERRAL PROGRAM

- 1) Tell your family and friends who have a business about BACK2THEFRESH
- 2) Have them call **856 - 524 - 2763** and mention your name.
- 3) Receive a \$100 Gift card and team sticker for every person you refer who takes out an ad in our newsletter. And for each additional ad they take out you'll receive a \$125 gift card.

Realestate

Island For Sale Croatia

Realestate: Island for sale in Croatia.

Price: Between 3 – 4 Million Euros (Roughly 2.5 – 3.3 Million U.S Dollars)

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Word

Victorious - *having won a victory; triumphant.*

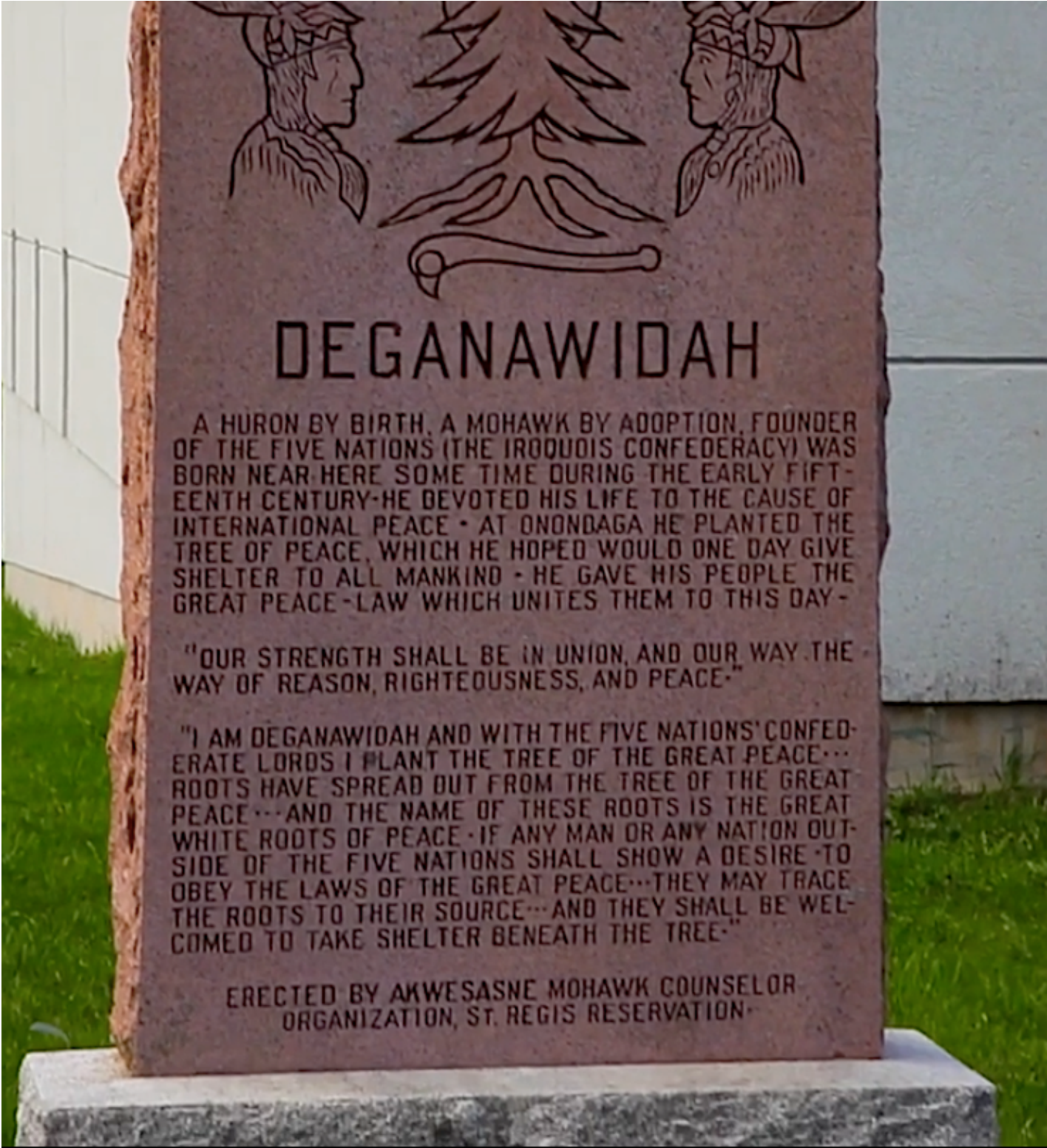
WORDS TO LIVE BY

"Imagination is everything. It is the preview of life's coming attractions."
- Rhonda Byrne

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Donatella Versace is the BACK2THEFRESH fashion designer of the year. The **Versace** outfit that Kylie Jenner wore earlier this year is certainly the best we've seen in over 5 years. Enchantment is the best word to describe its design.



This past Columbus Day many of you celebrated Native American Day. One name to remember on Native American Day is Deganawidah. Deganawidah is a Native American that every Native American should know of. He founded the Iroquois Confederacy and introduced The Great Law Of Peace to every civilized tribe. Every tribe agreed to bury their weapons which began establishing peace within every Nation. The Great Law Of Peace was so powerful that it inspired the U.S constition. And today it is still just as powerful.