Vet Med Program - Making a difference: If you love animals and are interested in a career providing quality medical care for them, then CCCC’s Veterinary Medical Technician (VMT) program is the program for you. Since its conception in 1965, the VMT program at CCCC has not only pioneered the field of VMT training but has been continuously accredited since its first on-site visit in 1974. January 2009 proved to be no exception as the Committee on Veterinary Technician Education and Activities’ (CVTEA) most recent on-site visit and inspection provided another glowing evaluation, noting that CCCC’s VMT was one of only a handful of elite programs in the US. Exemplary comments provided by the committee included: the program facilities mimic a veterinary practice setting and are well equipped and spacious; extensive use of teaching models and specimens; a dedicated faculty, and staff who are enthusiastic and knowledgeable in their field of expertise; and a well-organized animal enrichment program. VMT’s program director, Dr. Paul Porterfield, cited several reasons for the continuous success of the program at the Lee Co. Campus. One major reason is the animal enrichment program; the VMT program uses live animals, large and small, on-site or in a nearby barn, for hands-on training by students who also provide day-to-day care for the animals. Some of the animals are donated by area research centers; some come from animal shelters; all get names, love, and are eventually adopted by students. Having live animals, allows the training to be conducted in an orderly, comprehensive manner as the training progresses. This unique combination allows students to get the clinical experience they need in addition to providing quality health care for the animals. And although CCCC routinely receive requests from pet owners, the VMT program does not provide services to the public. The training schedule is hectic and both faculty and students focus on learning and maintaining their enrichment program. The dedication to animal healthcare and intense training ensure that CCCC’s VMT graduates are able to provide assistance to veterinarians in almost every aspect of animal care including radiology, dental prophylaxis, anesthesia. (cont. on page 6)
**REAL TO REEL**

**BY: ANGELIKA ORLOWSKI**

**Oklahoma-Star Community Theatre** - If you are in the market to see one of Sanford’s best versions of Oklahoma then this would be it. Star Community Theatre has come through and made one of the best versions of this play that I have ever seen. Jennifer Starkey is the Artistic Director of Star Community Theater. Jenn received a grassroots grant and she has taken 45 kids from our local area to put on this production. This play is part of a Student Outreach Program where they train and do one play a year for all the local kids that are interested in performing. Jenn has been doing Star Theatre for over 2 years, and personally, I have seen every one of her plays that she has done, and I am amazed how she puts these plays together. She has quite a talent. You see, in these plays how much she cares for the kids in our community. The majority of her plays involve the youth of Lee County and also some from Moore County. Putting this together with 45 local kids is something you don’t want to miss. Also assistant director is Carrie Norris. Choreographers are Marissa Kream and Kelly Burman. You can get information on tickets at her website:

www.startheatrenc.org

The play will be presented on April 3 at 7p and April 4 at 2p and 7p at the Dennis Wicker Civic Center. For reviews and comments please write me at:

aorlo009@cougarmail.cccc.edu

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**Watchmen-Spring Lane** - The watchmen was unlike any movie I have ever seen, it was definitely unique. I have to admit that I personally did not like the movie. After some thought and the opinions of others, the only audience I would recommend this movie to would be any DC comic book fan who loves gore and a woman in latex. Sitting through three hours of this movie, all I saw was an endless amount of butt-kicking and unnecessary nudity. The last thirty minutes provides the plot of the film, but by then I was so loathing being there, that if it wasn’t for this review I would have left in the first ten minutes of the film. I might have even left sooner. My thought is, if you haven’t grabbed my attention in the second the movie has started; it’s not worth my review.

**Last house on the left** - This was an okay movie, not one I would recommend to anyone. The viewer has to have a strong stomach that can handle anything, because the movie definitely provides us with plenty of obscene views. I do have to say, that there was a certain scene in the movie that wasn’t necessary and would have been way better if left out. Also, if you don’t like seeing people’s heads blown up, avoid this movie. Let’s just say this was not the week for good movies. Save your money.
Most of you have heard his music before, whether you know it or not. I have in the past week talked to several people who had never heard his name but had enjoyed his music. His name is John Williams, and he has composed many pieces of music. If you have ever heard the theme to Star Wars, or Indiana Jones, Harry Potter, or even E.T. you have heard Williams’ music. He has composed countless other scores, some of my favorites are from the movies Home Alone, and Hook. Williams is one of the most recognized names in composing, especially for movie scores, and has helped to set the stage for many iconic movies. Who can really imagine Star Wars without the opening fanfare? I can’t. If you have personally never realized who John Williams is you owe it to yourself to check him out online or at you’re nearest music store. He has written some incredibly powerful music. If you have a band you want reviewed please let me know. Until next time, Ed-epark536@cougarmail.cccc.edu

As some of you may or may not know, Michael Crichton died last year, so I wanted to review one of his books to honor him. Crichton has written many books, some of which have been made into movies. Some notable books are Congo, and Sphere. The most recognizable though is probably Jurassic Park. I just finished reading Jurassic Park for the second time, and was no less impressed by it. The book far outshines the movie in many aspects. Crichton is a great writer and really paces the book well. I was worried that I would get lost with the scientific properties of the book, such as theories, but Crichton does a good job of explaining things, so that a person such as myself, with no scientific background, can understand what is going on. At the heart of this story is the resounding message “Just because you can do something, should you?” The action is great, the dinosaurs can be quite menacing, and the characters are real. If you have only seen the movie I urge you to give the book a try, there is a lot more going on than the movie shows. A great read. Please send me your request to epark539@cougarmail.cccc.edu

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THE NIGHTSTICK

Rocky wanted me to pass along concerns the emergency call boxes that are around the campus. This cannot be stressed enough, those boxes are for emergencies, AND emergencies only. If you do have an emergency follow the instructions that are labeled on the call box. Security is able to give you directions right from the box. However, if you have a flat tire, or car trouble, that isn’t an emergency. That’s not to say security won’t help you with such things, just don’t use the call box. If you need security for car trouble just contact the switchboard and they will get to you as soon as they are available.

Security wants me to pass a tip on to all students, and that is to be aware of your surroundings when going to, or leaving your car. There have been incidents of people coming up to cars stating that they had found some money, or some other object that you have dropped. And when you open the door to retrieve the alleged dropped item they either try to steal your car, or kidnap you. So again just be aware of your surroundings, and what you may or may not have dropped.

Attention: Students, Families, Friends, Business Owners. We have the deal of a lifetime. Due to the bad economy, we try to find deals that will help the wallet. If you enjoy partaking in great popcorn and watching an AWESOME movie on any given night then this is for you. COUPON BOOKS You can purchase two types of coupon books. The GOLD book entitles you to go to any movie of your choice after the second week of release. You pay only 6.00 a ticket. The coupon book has a total of fifty tickets that never expire, and its only 300.00. Or, you can purchase the PLATINUM book that entitles you to see the movie of your choice any day at any time and no waiting in line. These tickets are only 7.00 a ticket. They also are sold in quantities of fifty and never expire. Think about the money you will save. The gift giving is endless and what a savings off the regular admission price. If interested please contact Angelika Orlowski at aorlo009@cougarmail.cccc.edu/morlo758@cougemail.cccc.edu as well.
**Cultural Corner**

**March was the month for parties...** We celebrated International Women’s Day on March 8th. How did this day come to pass? On September 19th, 1893, New Zealand became the first country in the world to give women the right to vote, while women in other countries were still campaigning for the right to vote. In 1910, a group of over 100 women from 17 countries representing unions, socialist parties, and working women’s clubs, met in Copenhagen. In 1910, Copenhagen was the first country to have elected women to serve in parliament, the first three women elected to parliament were also the first women to go to the International Women's Day Conference. The very first International Women's Day was launched on March 19th, 1911. Hence, it was born. Although change has come slowly, women’s rights have continued to improve. In 1913, the day was transferred to March 8th, and it has remained the global date for celebration. We, in North Carolina alone, celebrate over 250 activities and celebrations for this date. This day was given official recognition by the United Nations and was taken up by many governments, including the United States. Today, it is celebrated throughout the world and considered a National Holiday in China, Armenia, Russia, Macedonia, and at least 11 other countries. Even in countries where it is not an official holiday, it is still recognized as an official event. Now, that’s a holiday worth mentioning. **Saint Patrick's Day** – On March 17th, everyone is Irish for a day. It is a national holiday in Ireland, throughout much of the world, it is not an official holiday, but is heavily celebrated. One combination is the wearing of the green on this day. St. Patrick used the shamrock to explain the Holy Trinity to the pre-Christian Irish. The wearing of the green brings a symbol of good luck and loyalty to the Roman Catholic faith. NOT wearing green could have cost a life. Fortunately, in today’s celebrations the wearing of the green is symbolic of the Irish culture, and those who do not wear green are pinched. OUCH! Parades are the tradition all over the world. Hey don’t forget the green beer. Bringing up the rear, don’t forget most of us just finished celebrating **Mardi Gras**, as well. This happens the day before Ash Wednesday and is 47 days before Easter. Mardi Gras always follows the end of the carnival, leading into fasting and repentance before Easter. Most well known activities take place in New Orleans. Do you believe it started as early as 1582?

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**LEC COBRA CORNER** Submitted By: Mark West & Anjanette Porter

**Hunting a good deal for Easter?** The hunt is over. The International Club wants to help you with your Easter Dinner. During CCCC Activity Day, the Lee Early College International Club will be raffling off a $25.00 Food Lion Gift Card. Tickets will be sold for $1.00 or 3 tickets for $3.00. The winner will be selected randomly at the end of activity day. This is a great opportunity to celebrate Easter in style, despite the economic crisis. Monies raised will help fund field trips and explorations.

**International and Beautiful**—The Lee Early College is selling Mary Kay. As an ongoing fund raiser to support its mission, International Club members are selling through the remainder of the year. If you are looking to treat yourself or family members, we can help. Catalogs will be available and orders can be placed at the International Club table April 1st. If you want something sooner, please stop by Bell 100 and see Mrs. Porter. Thanks for your support.

**Rodney Schmitz**, Science teacher at LEC received a grant through “Alternately Powering Our World.” He received four model car kits, so that, when assembled, they operate under hydrogen/solar power. Way to go Mr. Schmitz.

**Two students placed**—in the recent Science Olympiad held at Fayetteville Tech on February 28th. Sheyla Gonzalez and Alejandra Lopez won third place in the Cell Biology competition. Congratulations, what a way to represent Lee Early College.
HEAR ME ROAR  BY: TMan

Discipline in school where is it? I have asked what people would think if we would bring back paddling in school, and there is a lot of mixed emotions about it. I am not old fashioned, but frankly folks, I believe in what works.

How kids turn out always starts with parents. I have found that many young adults, as well as teens don’t favor the paddling in school. Why; because they weren’t introduced to it when they were in school or home. When I was in grade school, I witnessed firsthand, children getting paddled in school. I learned quickly that if we didn’t follow the rules, there were consequences. My point is, if you did something bad enough that warranted a paddling, then that is what you got. Talking back, not doing your work, fighting in school, cussing at a teacher, these are a few things that I know go on at our schools today, and the kid’s form of punishment is ISS. Now what is ISS? In School Suspension, or another words, an out for a kid that doesn’t want to follow directions.

It has been brought to my attention when talking with teachers, that they are afraid of children because of the threat they carry with gangs now. Folks, something is wrong here, our teachers are afraid to discipline our children when misbehaving because they are afraid of getting hurt themselves or even stalked. ISS is not the solution to the problem. Having law enforcement come in our schools to take middle school children away, or give our elementary students a stern talking to is not the answer either. Why you might ask? Because we are teaching children to fear law enforcement from a young age, not to see them as we used to, a person to go to for help. Principals and Teachers with the support from parents should be able to control grades K-8th grade. The key word here is SUPPORT. I am a parent and I feel nothing is wrong with a paddling when it is well deserved. It wouldn’t be done without the parents consent as well.

When I grew up, my parents were notified when, and if, a teacher thought I deserved a paddling. It was actually the parent making the decision. Let’s put a little more thought into the ISS solution to punishment. The way I see it, since our society is so soft now, when a child is tired of being in class they can simply cuss out a teacher and BOOM, ISS. This means they can lie around and do nothing. A useless punishment if you ask me. If kids are put in ISS the should be told that they would have to run 1 mile followed by intense exercises, don’t you think that they would make the decision to stay in class and be a good student? I say YES it would. See, discipline is what schools need, not to be socially acceptable with how times have changed. Going with the flow and slacking on discipline is how our students have come to overrun the schools and in turn make teachers afraid to say anything. Let’s think of our future people, let’s gain control back in our schools. PADDLING, will it make a comeback?

(cont from page 1)

With the quality training they receive at CCCC graduating technicians have the opportunity to practice with private practitioners in Lee and the surrounding counties. In addition to private practices, several other area employers actively seek qualified technicians. Sanford is central to several veterinary schools, clinics, and hospitals. Research facilities in the Research Triangle Park and college, including Duke, UNC, and NC State also hire technicians to provide care and assistance to their programs. Animal Emergency Clinics, which are beginning to open up in the big cities, such as Raleigh and Greensboro, are also looking for technicians. The VMT program can also be a springboard for more specialized studies in animal care, such as a Vet Technician Specialist in Cardiology. This new area of specialty academies started about 5 years ago and appears to be growing. Interested students, who are willing to pursue further training and practice under a board certified specialist, now have the opportunity to specialize in a particular field of interest. Specialists who successfully complete the advanced programs often earn a higher salary than vet technicians.
**Horrorscopes by Madam Mystra**

**Capricorn** - Controlling your situation may become more difficult than you imagine when you’re down inside a barrel. Avoid Niagara Falls.

**Aquarius** - The best of excuses are those that are plausible. So you can’t use “I got super-powers and I had to stop hordes of sexy models attacking” excuse.

**Pisces** - The shop you like to buy your food from may suddenly disappear with a whooshing sound as you approach it. Your daily rituals are what keeps you going. Avoid the temptation to change your way, lest you become half the person you are today.

**Aries** - Many of your hang-ups would disappear if you started wearing clothes that more suited you. Although it may be true to being hunted down by pirates, you may wish to avoid using the name “Priscilla, Queen of the Ocean”.

**Taurus** - Like Darth Vader, I find your lack of faith disturbing. Don’t try to take on the Empire any time soon, or else get the force choke hold from Vander.

**Cancer** - Everything you are thinking about will end up getting lost in some sort of fuzzy Muppet fuzz logic. This week might see a need for you to call attention to yourself, and I’m always happy to recommend faxing racy pictures of yourself to random numbers. So enjoy having cyber stalkers faxing you back you crazy crab you.

**Gemini** - You are still at that cross road. And the chicken that crosses the road looks at you like you’re a dimwit. So get in the car and ruin his Fog horn-Keg horn butt over.

**Leo** - Horrible smells and green patches on your body may make your day turn sour. Laminated wallpaper can be a great idea to turn your walls into washable, wipeable blank canvases.

**Virgo** - Google is about to take our your life. Google responsibly, and this way was written in a sandwich in Mexico. Ask a Leo, they should know.

**Scorpio** - Although danger is never far away, you may have an exhilarating time in the coming days. You will be trapped in a cave with a bear, of the non Yogi kind, and a sound system playing Phil Collins greatest hits.

**Sagittarius** - I would recommend just staying in bed for the next week because it’s not your week, or lifetime for that matter.

**Libra** - Do you have any idea what you’re letting yourself into? I’m sure glad I’m not you.

*Inquires please send to: Madam Mystra - jsimm233@cougarmail.cccc.edu*

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**Did you ever have that nagging question and were afraid to ask? Well, here is your chance...**

**Hey Heather** - My cousin, with whom I’m friendly but not close, recently added me to his weekly email blast of jokes. This stuff clutters my inbox, the jokes are racist, and vulgar. What should I do?

- Lost in Cyber Space.

**Dear Lost** - While another racist pig can be slapped down, and his emails blocked, your cousin’s can’t. You are stuck with him. The solution is to delete his emails without opening them or hit reply and send him a polite note explaining that your inbox is overloaded and you prefer not to receive his mass mailings.

Have a nagging question? Send to: spendsmoney@charter.net
Decade Week—March 30-April 3
The latest fashion of the decades! From Monday to Friday wear your favorite styles from the 60’s to what you think the future trends will be! Not only will this be your chance to dress up, but to have a little fun with the activities we have in store.
Monday- Mod/Groovy 60’s
Tuesday- Funky 70’s
Wednesday- Kickin’ 80’s(activity day)
Thursday- Slammin’ & Wild’ 90’s
Friday- Futuristic
Prizes will be awarded to those that do dress up. You need to put your name in the drawing which will be held in the Cougar Den each day. You can’t win if you don’t play. By the way...the prizes are decade themed. So if you are looking for that hard to find Furby you don’t want to miss this chance.
Please take part in the SGA events and lets see all of you wear that disco dress or suit and don’t forget the best of all. Future Day. What do you want to be?

SGA

FINANCIAL AID INFORMATION

All CCCC Scholarship applications are due by March 31st. Also, if you are interested in receiving State Employees Credit Union scholarship, please see Laura Musselwhite in Student Development Services.

Shout out corner:

I would like to take a moment to send a shout out to:
The beat 90.5 our own radio station that really rocks. Also, if you want some Nascar Info check out Saturday’s 5:00pm program on the beat for the up to the minute information on Nascar racing.

Shout out goes to:
Pattycake-you know who you are.

Mildred Whitaker-I could not do what I do without your knowledge and your support. Thank you

All of the team working on the paper, without you we wouldn’t have such an awesome paper.

The Rock Block – This is from a current student who wanted to share a band with us that was worth writing about. It is called the ROCK BLOCK, For those of you who know Marky Pietrowicz, a student here at CCCC, you may or may not know about his new band, “Halle Bopp Comet” aka HBC was brought together about one month ago and already has three or four songs. The members consist of Macey Dove-Keyboards, Brandon Wade-Acoustics/Rhythm, James Raby-drums, Greg Cameron-Bass, John Garcia-lead guitar, and Mark Pietrowicz-lead vocals/acoustics. Inspired by Alexis On Fire and Flight of the Conchords these gentlemen and lady created a whole new sound combining alternative rock, grunge, punk and comedy into one note. Like their band, the name came from a sudden spark of genius, which fortunately worked well with them. For more information please go to www.myspace.com/halleboppcomet
POLITICS ON CAMPUS - We have some outstanding issues we are trying to get info on. Please know we are working on The Bathrooms in the Wilkinson Hall. As we all know they are hideous, They are in such disrepair it is not even funny. I feel more comfortable going to a local truck stop then I do my own campus bathroom. We have contacted people on this issue, and hopefully, will have an answer for you in a future issue.

This story is submitted from a CCCC student. Please read and send your thoughts and comments on politics on campus. We all know there is always something to complain about. We take no view on this story; its just food for thought. Take it for what it is, AN OPINION.

Backpacks with wheels

*Disclaimer: In advance I want to state that I am not writing about people with actual physical impairments or disabilities.

Putting a disclaimer at the beginning of anything I write is not normally my style, but I know that there will be those who think that I do not know the difference between those who are lazy and those who do not have a choice in their physical abilities. I am using the term “Backpacks with wheels” because I think that those very things are a great show of just how lazy we have become. I hate seeing the train of overweight people walking with their bags dragging behind them like they are at an airport and the bags weigh 60lbs. The very fact that some people are willing to wheel a 5-10lb bag, and don’t seem to mind showing their lack of discipline and motivation, says a lot about the mentality of our population. This issue is not one simply of laziness, but of unaccountability. This is because they will all say something like “the bag’s heavy” or “I have bad shoulders” the fact in nine out of ten cases here is that they saw the “wheeled anti-effort machine” at Wal-Mart and thought, “Wow, that will save me precious calories I’m storing for later”

Something noticed by less people I’m sure, is the elevator “line of shame” I see every day. The elevators in this school go up and down one floor. One flight of stairs and about 8-10 seconds of effort is all that stands between me and the floor I want to go to. And yet I still see them everyday, waiting in line to cram into an elevator that, were it not for the physically disabled student population, would not even exist. There are little things we can do throughout the day to keep in shape, and I do them every day. One of the most basic (not to mention common sense) is to take the stairs. The main excuse about being overweight (besides of course all those big bad fast-food chains out there that are so “convenient”) is the whole “I just don’t have time” excuse. That can be true in many cases, like if you’re working 100 hours a week and have 5 children. But if you have just ten minutes free every other day, you can make a difference, and doing things like taking the stairs and carrying a book bag can also make a change in the long run.

People today have this mentality about them that nothing is their fault. The only thing they want to “own” is success. It they want to flaunt about how much money they make and what kind of car they drive, that’s fine with me. If you earn it, then show it off; what do I care? But the reverse side of this is the failure side. And on that side of the coin, you have all the excuses. No millionaire is going to make it sound like it was anything BUT hard work and determination that got him where he is. And anyone who is poor, fat, or just a plain loser, will never say “Look what I did to myself, I sure worked hard at it”. It is always someone else’s fault. They blame bad genes, being too busy, being poor and the only thing they can afford is Mc’D’s, or a whole host of other things. The sad part of all of this is that it is growing at such a rate that people are getting sicker and sicker, younger and younger. And how do we keep kids from getting fat? By banning games like “Tag” because it “singles out a kid as ‘different’”, and buying them Playstation 3’s to sit in front of instead of building tree houses. Great, we are already sowing the seeds for a generation of people more obese than us. But hey, it’s not our fault.
Introducing the Student Body—This article is geared toward Health Issues/Reviews:
Hello student body of CCCC.
Have you ever had a question about medicine or health in general that just has you stumped? What is the average heart rate or blood pressure? How will certain drugs react to others? My ears keep rings what can I do? I am sure you have questions that need answers, well here is your chance.
My name is Joe Schroeder, I am a nationally registered EMT, former Army combat medical healthcare specialist and university transfer student for ECU Medical Physician’s Assistant program. Please send me your questions and thoughts, and we will take the time to discuss them here. Write your questions and concerns to: morlo58@cougarmail.cccc.edu

Introducing Kim’s Kitchen—Each Issue we will bring you mouth watering recipes that are easy to make and follow.

Healthy Meatloaf
Prep Time: 20 min
Start to Finish: 1 hr 40 min
Makes: 6 servings
3 slices white bread, lightly toasted
1 1/2 lb lean ground turkey
1 cup buttermilk
1 tablespoon Worcestershire sauce
1 teaspoon chopped fresh or 1/4 teaspoon dried sage leaves
1/2 teaspoon salt
1/2 teaspoon ground mustard
1/4 teaspoon pepper
1 clove garlic, finely chopped, or 1/8 teaspoon garlic powder
1/4 cup fat-free egg product
1 small onion, chopped (1/4 cup)
1/4 cup finely chopped green bell pepper
1/4 cup ketchup, chili sauce or barbecue sauce
Thin slices green bell pepper, if desired

1. Heat oven to 350°F. Into food processor or blender, tear toasted bread into pieces. Cover; process with on-and-off pulses until bread is crumbly and evenly chopped.
2. In large bowl, mix bread crumbs and remaining ingredients except ketchup and bell pepper slices. Spread mixture in un-greased 8x4- or 9x5-inch loaf pan. Spread ketchup over top.
3. Baked 1 hour to 1 hour 15 minutes or until meat thermometer inserted in center of loaf reads 165°F.
4. Let meat loaf stand 5 minutes; drain. Remove from pan. Top with bell pepper slices. To serve, cut meat loaf into 6 slices.

High Altitude (3500-6500 ft): Bake 1 hour 20 minutes.

Nutrition Information:
1 Serving: Calories 230 (Calories from Fat 60); Total Fat 7g (Saturated Fat 2g, Trans Fat 0g); Cholesterol 75mg; Sodium 560mg; Total Carbohydrate 13g (Dietary Fiber 0g, Sugars 6g); Protein 28g Percent Daily Value*: Vitamin A 4%; Vitamin C 6%; Calcium 10%; Iron 10% Exchanges: 1/2 Starch; 1/2 Other Carbohydrate; 0 Vegetable; 3 1/2 Very Lean Meat; 1 Fat Carbohydrate Choices:

Please submit your recipes to us @ morlo758@cougarmail.cccc.edu