

Community Educational Television, Inc.

Quarterly Report

October, November, December 2015

KITU-TV
Beaumont, Texas

Ascertainment List

Leading Community Issues

*Results of ascertainment from civic leaders, response by telephone from CET viewers, printed
Media comprising newspaper and magazine publications whenever possible.*

Education

Family

Senior

Crime

Civic

Public Safety

<i>Education</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1412	29:30	14:00	L	PA/O	10/12/2015	10:30 am
						10/13/2015	03:00 am
						10/13/2015	04:00 am
						10/15/2015	03:00 am
						10/15/2015	04:00 am
						10/15/2015	10:00 am
						10/15/2015	12:00 pm
						10/16/2015	12:00 om
						10/17/2015	03:00 am

Segment 1-Host, Michelle Parker, welcomes Percy Pitzer, Founder and CEO of Creative Correction Education Foundation. Percy started Creative Correction education foundation to help children with parents in prison. Mr. Ptzer's opinion is if we can just use half the money keeping the prisoners out of prison as we do putting them in, then we would have a more successful community. The foundation provides scholarships for the inmates children. This is only for a child whose parents are incarcerated. Most of the time, the families have a harder time dealing with the issues then the inmate does. Mr. Pitzer has seen first-hand many generations in the same family in prison at the same time. The main goal is to help these children know they have options and help them to be a success in life.

Segment 2-Host, Michelle Parker, welcomes back Percy Pitzer, Founder and CEO of Creative Correction Education Foundation. Mr. Pitzer started Creation Correction education foundation to help children with parents in prison. The foundation provides scholarships for all children whose parents are inmates in Texas and nationwide. The children need to apply for a Pell grant and enroll in an accredited school then the money will be sent to the school. The foundation does not look at the child's GPA. The foundation is here to supply help and encouragement for the children in need. These children need to know they do have someone encouraging them to be a successful adult in life.

<i>Education</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1428	29:30	4:00	L	PA/O	10/26/2015	10:30 am
						10/27/2015	03:00 am
						10/27/2015	04:00 am
						10/29/2015	03:00 am
						10/29/2015	04:00 am
						10/29/2015	10:00 am
						10/29/2015	12:00 pm
						10/30/2015	12:00 pm
						10/31/2015	03:00 am

Segment 1-Host, Wayne Ozio welcomed Donna Willis, from Southeast TX Workforce Center. Southeast TX Workforce Center helps people to find jobs in their area. They offer workshops throughout the week. You can go online at www.setworks.org and they also help teach the person searching for a job to type up their resume correctly and spell check it also.

<i>Education</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1516	29:30	14:00	L	PA/O	11/30/2015	10:30 am
						12/01/2015	03:00 am
						12/01/2015	04:00 am
						12/03/2015	03:00 am
						12/03/2015	04:00 am
						12/03/2015	12:00 pm
						12/03/2015	12:30 pm
						12/05/2015	12:00 pm
						12/05/2015	03:00 am

Segment 1-Host Wayne Ozio welcomes Dan Maher with Southeast Texas Food Bank in Beaumont, Texas. Dan talks about a new program they offer featuring diabetes education. Diabetes is a very huge issue in our area and around the nation. We try to motivate people in to eating healthy foods. Food banks as a whole has changed the nation greatly.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Education	Joy In Our Town # 1517	29:30	14:00	L	PA/O	12/21/2015 10:30 am 12/24/2015 03:00 am

Segment 2- Host Wayne Ozio welcomes Duane Oxner Principal at Lighthouse Christian Academy School of Southeast Texas. In a Christian education setting they partner with the parents as a whole to help educate their children. Show them how to raise their children in the way of the word. In Christian education, Lighthouse Christian Academy School is there to help support the Christian family.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
Education	700 Club NewsWatch	1:00:00	5:00	REC	PA/O/E	12/16/2015 02:00 PM
	#12162015					

CBN News Reporter Heather Sells Reports: More and more, today's college students want professors and administrators to make them feel safe and will protest if they don't. The Foundation for Individual Rights in Higher Education (FIRE) is a nonprofit educational foundation that tracks speech on college campuses. The foundation recently captured cell phone video of a Yale University student publicly cussing at and denouncing Dr. Nicholas Christakis, a professor and master of Silliman College, a residence hall at, Yale. His crime? Encouraging students to make their own decisions about what Halloween costumes to wear. The student (and many of her peers) wanted Yale to make rules about costumes. At Yale, the University of Missouri, and elsewhere students are increasingly concerned about what they consider offensive. They're calling for more rules to limit what students can say. In the last 20 years, such sentiment has led more than 400 universities to adopt speech codes. These codes consistently violate the First Amendment by prohibiting speech that is constitutional. The codes often forbid speech that is disrespectful or offensive while the First Amendment, and many court decisions, allow for such speech. Todd Zywicki, professor at George Mason University School of Law in Arlington, Virginia, spent the last five years working to reform the university's speech codes. He said that sometimes students will be uncomfortable in college life as controversial ideas are debated. Like Zywicki, Adams is working to reform speech codes at his university. He's especially concerned about what's called the "respect compact," which calls for a "free exchange of thoughts and opinions within a climate of civility and respect." In reality, Adams said it gives UNCW incredible power and the ability to punish anyone whose speech it deems to be disrespectful. UNCW student Alex Benson said he thinks the compact gets in the way of open debate on campus. Adams said such speech codes erode a robust understanding

of the First Amendment over time. Right now, FIRE is following more than 200 universities that have substantially restrictive policies. The typical approach is codes that define harassment broadly, despite a narrow definition from the Supreme Court. What's known as the "Chicago statement" is beginning to change the trend. The Committee on Freedom of Expression at the University of Chicago released it in January 2015. The statement holds a high view of the freedom of speech and notes that "concerns about civility and mutual respect can never be used as a justification for closing off discussion of ideas, however offensive or disagreeable those ideas may be." Six universities have followed the University of Chicago's lead this year and have created similar documents. University of Chicago Law Professor Geoffrey Stone, who served on the committee, said that most faculty and students support the statement although some students oppose it. The diversity movement has also played a role he said. It's a profound change for students to be the ones arguing for limited speech. Historically, it's been administrators or off-campus forces. This student movement has huge ramifications for the future of universities as well as for those who dare to disagree. This battle between learning and safety may be just beginning. At its core, it's not just campus policies at stake but the hearts and minds of a new generation.

<i>Family</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town # 1428	29:30	13:00	L	PA/O	10/26/2015	10:30 am
						10/27/2015	03:00 am
						10/27/2015	04:00 am
						10/29/2015	03:00 am
						10/29/2015	04:00 am
						10/29/2015	10.00 am
						10/29/2015	12:00 pm
						10/30/2015	12:00 pm
						10/31/2015	03:00 am

Segment 2-Host, Wayne Ozio welcomes Donna Willis, from Southeast Texas Workforce Center. Donna Willis talks about Educating youth on how to find jobs. They also help people who are on government assistance find jobs and help them with the interview questions.

<i>Family</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1502	29:30	29:30	L	PA/O	11/02/2015	10:30 am
						11/03/2015	04:00 am
						11/05/2015	03:00 am
						11/05/2015	04:00 am
						11/05/2015	10:00 am
						11/05/2015	12:00 pm
						11/06/2015	12:00 pm
						11/07/2015	03:00 am

Segment 1- Host Wayne Ozio welcomes Donna and Ron Wells, with Wells of Agape, to talk about the problems, concerns, and solutions of breakdowns in families. They talked about how even when the foster children were with them, in a good stable home, they still hurt and cried all the time for their parents. Because no matter how bad it was with them they still loved them. One of the main reasons kids end up in foster care is from addiction. About 89% of the kids are there because of their parents' addiction. A lot of the kids that come into foster care haven't had a good education. Some can't read which often lowers their self-esteem.

Segment 2- Host Wayne Ozio welcomes back Donna and Ron Wells, with Wells of Agape, to talk about medical issues with the foster kids. They talked about how many of the children that have come into their home that have been diagnosed with ADD, ADHD, and ODD etc. With children being diagnosed with these disorders they have learned that bring stability to these kids can help them become great strong adults.

<i>Family</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1513	29:30	14:00	L	PA/O	11/09/2015	10:30 am
						11/10/2015	03:00 am
						11/12/2015	03:00 am
						11/12/2015	04:00 am
						11/12/2015	10:00 am
						11/12/2015	12:00 pm
						11/12/2015	12:30 pm
						11/13/2015	12:00 pm
						11/14/2015	03:00 am

Segment 1- Host Michelle Parker welcomes Thira Simon, Angel Tree Coordinator at Triumph Church in Beaumont, Texas. Thira talks about the need for children of incarcerated parents that need Christmas presents. These children need to know that the parent loves them and wants their child to have a gift from them to open on Christmas morning. The Angel Tree helps out the parent by buying the children gifts and putting the parents name on the gift so that child knows that their parent has not forgotten about them.

<i>Family</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1516	29:30	14:00	L	PA/O	11/30/2015	10:30 am
						12/01/2015	03:00 am
						12/01/2015	04:00 am
						12/03/2015	03:00 am
						12/03/2015	04:00 am
						12/03/2015	12:00 pm
						12/03/2015	12:30 pm
						12/05/2015	12:00 pm
						12/05/2015	03:00 am

Segment 2- Host Wayne Ozio welcomes Dan Maher from Southeast Texas Food Bank in Beaumont, Texas. Dan talks about a new program called the Backpack program. The Backpack Program is for low income families that benefit from the local schools that have a free or reduce lunch program. Only these families qualify for the back pack program. What the food bank does is partner up with schools in the area to find out which family can most benefit. If the students go home and are hungry all weekend, when they came back to school on Monday, their bodies cannot focus on education because they are hungry. It is very hard to try and focus on school work and teachers lectures when your stomach is hurting, because of it being empty. The Food Bank gets backpacks and fills them up with food, for the weekend, so the child stays healthy and has plenty of food therefore is ready to learn on Monday.

<i>Senior</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1414	29:30	14:00	L	PA/O	11/23/2015	10:30 am
						11/24/2015	03:00 am
						11/24/2015	04:00 am
						11/26/2015	03:00 am
						11/26/2015	04:00 am
						11/26/2015	12:00 pm
						11/26/2015	12:30 am
						11/27/2015	12:00 pm
						11/28/2015	03:00 am

Segment 1-Host, Michelle Parker, welcomed Larry Hansing to the program. Larry works with Forest Lawn Memorial Park and Funeral Home. Larry helps inform the seniors about scams that people use to get a hold of the senior's money and take advantage of them. Scam artist will try any and everything from telemarketing, to door to door, and even in the mail.

<i>Senior</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type
	Joy In Our Town # 1513	29:30	14:00	L	PA/O
					11/09/2015 10:30 am
					11/10/2015 03:00 am
					11/12/2015 03:00 am
					11/12/2015 04:00 am
					11/12/2015 10:00 am
					11/12/2015 12:00 pm
					11/12/2015 12:30 pm
					11/13/2015 12:00 pm
					11/14/2015 03:00 am

Segment 2-Host Amanda Thompson welcomes Lee Pelly of No Stone Left Un-Turned in Beaumont, Texas. Lee talks about the need that our area has for the veterans that have passed away that have no head stone. Lee feels like we the people of southeast Texas need to show respect for these vets and help them get recognized, by putting a head stone for the vet and or his spouse. This is a non-profit organization.

<i>Crime</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1410	29:30	12:30	L	PA/O	10/05/2015	10:30 am
						10/06/2015	03:00 am
						10/08/2015	03:00 am
						10/082015	04:00 am
						10/08/2015	10:00 am
						10/082015	12:00 pm
						10/09/2015	12:00 pm
						10/10/2015	03:00 am

Segment 1-Host, Jo Alice Smitherman, welcomed Detective Gregory Pratt of the Beaumont Police Department. Detective Pratt speaks about family violence which can include boyfriend/girlfriend. Some women are aggressors and men are the victims. The goal is to end family violence. If it is a misdemeanor in the justice system--then they have to sign up for batterer intervention as part of their probation and also may include paying a fine. Abuse usually starts out as emotional abuse and progresses from there. If there are children in the home then they are abused as well. The abusers use threats against the family to control the woman. If a woman finds herself in an abusive situation, she can reach out to the victim's assistance center, which can help with crime victim compensation. This can help with moving expense and a protective order, etc.

Segment 2- Host, Jo Alice Smitherman, welcomes back Detective Gregory Pratt of the Beaumont Police Department as they discuss protective orders. Sexual assault, family violence and human trafficking is now included in a protective orders. Human trafficking can either be used as sexual or indentured slavery. Houston Texas has the largest human trafficking in the country. Based on the problem in

Texas, Law makers have now enacted laws to protect those Trafficked and prosecute individuals who traffic. A officer can issue an emergency protective order which is issued by law enforcement. If law enforcement is called out on a domestic the victim can also apply for a 2 year protective order which can be extended for longer. Life time protective orders can be issued in sexual cases involving children under the age of 14 years old. The order prohibits the offender from contacting the victims.

<i>Crime</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town # 1429	29:30	12:30	L	PA/O	10/19/2015	10:30 am
						10/20/2015	03:00 am
						10/20/2015	04:00 am
						10/22/2015	03:00 am
						10/22/2015	04:00 am
						10/22/2015	08:00 am
						10/22/2015	12:00 pm
						10/23/2015	12:00 pm
						10/24/2015	03:00 am

Segment 1-Host Wayne Ozio welcomes John Kimbrough, District Attorney from Orange County. All the crimes I believe are personally driven by addictions, at least 95% of them, such as burglaries, copper theft, etc. The American people that have an addiction problem are going to get there drug of choice at any cost. We the police department can bust the major drug dealer, put him in jail for up to 40 years, but then someone else is going to take over his position and then it's a vicious cycle all over again.

<i>Crime</i>	<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
	Joy In Our Town # 1414	29:30	12:30	L	PA/O	11/23/2015	10:30 am
						11/24/2015	03:00 am
						11/24/2015	04:00 am
						11/26/2015	03:00 am
						11/26/2015	04:00 am
						11/26/2015	12:00 pm
						11/26/2015	12:30 am
						11/27/2015	12:00 pm
						11/28/2015	03:00 am

Segment 2-Host, Michelle Parker, welcomed Kayla Bishop. Kayla is a CASA Advocate volunteer. Kayla talks about neglect and abuse of children. CASA is a voice for the children, which means CASA has the best interest for that child not what a parent or family member wants.

<i>Crime</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1514	29:30	12:30	L	PA/O	10/19/2015	10:30 am
						10/20/2015	03:00 am
						10/20/2015	04:00 am
						10/22/2015	03:00 am
						10/22/2015	04:00 am
						10/22/2015	08:00 am
						10/22/2015	12:00 pm
						10/23/2015	12:00 pm
						10/24/2015	03:00 am

Segment 2-Amanda Thompson welcomes Wanda Grimes, advocate with Texas Inmate Families Association also known as TIFA. This Program is for families who have a family member that is in prison. The inmate needs support and hope to change the cycle, so they do not go back to jail.

<i>Civic</i>	Program Title	Program Duration	Topic Duration	Segment Source	Type	Airdate	Time
	Joy In Our Town # 1429	29:30	13:00	L	PA/O	10/19/2015	10:30 am
						10/20/2015	03:00 am
						10/20/2015	03:00 am
						10/22/2015	12:00 pm
						10/22/2015	03:00 am
						10/22/2015	04:00 am
						10/22/2015	10:00 am
						10/23/2015	12:00 pm
						10/24/2015	04:00 am

Segment 2-Host Wayne Ozio, welcomes John Kimbrough, District Attorney from Orange County to discussed Cell Phones. Cell phones play a big part in our lives today, and that is the same for criminals. We have learned that cell phone technology is a big part in law enforcement now. With the technology today you can delete text message and you think that they are gone forever, but the police department has new technology to regain all the deleted information and use it in investigations. He also talked about the Seat Belt Nationwide Campaign and how very successful it has been, to get people to buckle up!

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Civic</i>	Joy In Our Town # 1515	29:30	13:00	L	PA/O	12/07/2015 10:30 am 12/10/2015 03:00 am

Segment 1- Host Wayne Ozio welcomes Jana Uribe with Pollens and Cohen, PC in Beaumont, Texas. Jana talks about filing income taxes and being responsible with the law. Jana breaks down each way a person can file and what the laws are such as Head of Household, dependents and self-employed people. What are some options you need to know about filling your taxes!

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Public Safety</i>	Joy In Our Town # 1514	29:30	13:00	L	PA/O	11/23/2015 10:30 am 11/24/2015 03:00 am 11/24/2015 04:00 am 11/26/2015 03:00 am 11/26/2015 04:00 am 11/26/2015 08:00 am 11/26/2015 12:00 pm 11/27/2015 12:00 pm 11/28/2015 03:00 am

Segment 1-Host Amanda Thompson welcomes Wanda Grimes, Advocate of Mothers Against Drunk Driving in Beaumont, Texas. MADD stands for Mothers Against Drunk Driving. MADD is a support group for victims and their families. MADD is here to educate the community and also help in anyway the can. In the state of Texas a parent can serve their child alcohol in their home or restaurant. If the law states that you have to be 21 years of age, why would parents break this law. The parents are telling the child it is okay but in reality it is NOT Okay. Alcohol poisoning is very dangerous! In Texas we bury hundreds of people a year from alcohol poisoning. Please educate your children on don't drink and drive!

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Public Safety</i>	Joy In Our Town # 1515	29:30	13:00	L	PA/O	12/07/2015 10:30 am 12/10/2015 03:00 am

Segment 1-Host Wayne Ozio welcomes Trooper Stephanie Davis with the Beaumont Department of Public Safety. Trooper Davis talks about child passenger safety. Parents need to know when a child needs to be in a car seat or booster seat and how to properly use them. Infants need to be in a car seat facing the

rear until they are 2 years of age. When a child turns 4 years old or 40 pounds they move up to a booster seat facing the front of the car. If you have any questions please call or stop by your local police department. Please bring your car seat and child so that the officer can show you the proper way to install it. Segment 2-Host Wayne Ozio welcomes back Trooper Stephanie Davis with the Beaumont Department of Public Safety. Trooper Davis talks about distractive driving. Distractive driving is when someone takes their hands off the wheel, eyes off the road and mind off of driving. This is very dangerous. Cell phones are the most distractive today. Don't text and drive! Kids are another distraction, while the parent is driving sometimes they try to discipline the child. And they stop focusing on driving. Eating can also be a distraction. Please always be aware of things around you and be a safe and cautious driver!

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Public Safety</i>						
Joy In Our Town # 1518	29:30	13:00	L	PA/O	12/14/2015 12/17/2015	10:30 am 03:00 am

Segment 1- Host Wayne Ozio welcomes Sara Dupre, Public Information Officer from Texas Department of Transportation in Beaumont, Texas. Sara talks about how it's been 15 years since we have had a day without a death on Texas road ways. Drivers need to drive safer. Make sure you're buckled up and everyone in the vehicle is buckled up also. Never drink and drive, make sure your cell phone is put away so you are not distracted. All around have a safer attitude about driving. Segment 2- Host Wayne Ozio welcomes back Sara Dupre Public Information Officer from the Texas Department of Transportation in Beaumont, Texas. Sara talks about there is a new project coming up in 2016 towards the end of the year, they are going to start widening Interstate 10 from Beaumont to Winnie, which is going to make a huge improvement to our area. Basically it will be 6 lanes, 3 lanes in each direction, which will eventually help out with safety.

<i>Program Title</i>	<i>Program Duration</i>	<i>Topic Duration</i>	<i>Segment Source</i>	<i>Type</i>	<i>Airdate</i>	<i>Time</i>
<i>Public Safety</i>						
700 Club CBN NewsWatch #11112015	1:00:00	5:00	REC	PA/O/E	11/11/2015	02:00 PM

CBN News Anchor/Reporter Wendy Griffith Reports: Imagine your car breaks down in a remote area and you're all alone, or you're hiking and you suddenly become lost and your cell phone isn't working. Would you panic or would you be prepared to survive until rescue comes? With all the hiking she does, CBN's Wendy Griffith decided it was time to take a wilderness survival course to make sure she knows the basics of survival. Hopefully after this -you will too. Welcome to Mountain Shepherd's Wilderness Survival School, located in the beautiful and rugged mountains of southwest Virginia. Here, Reggie and Dina Bennett train military and regular folks how to survive "worst case scenarios" and live to tell about them. The

Bennetts focus on seven main survival skills: positive mental attitude, first aid, shelter, fire craft, signaling, water, food. Most people in a wilderness situation think finding food and water is their top priority, but it's actually making a safe and secure shelter that should be your first order of business. Reggie, a former U.S. Air Force survival instructor, showed us how to take a simple plastic sheet you can buy almost anywhere, a piece of sturdy string and in no time, build a shelter. And this time of year (autumn) the forest floor gives you all the "stuffing" you need to make a comfy mattress. CBN videographer Rachel Hooley and I were determined not only to make our own shelter, but to sleep in it. I was very excited about the mattress we made. I thought it looked like it would be better than a hotel mattress. It rained during the night, but our shelter kept us warm and dry - although our "leafy" mattress was not as comfy as we'd hoped. Another vital part of survival, especially in winter, is fire! Fire serves a number of purposes other than simply keeping you warm. It allows you to: Cook, boil water for drinking, keep bugs and predators away, acts as a signaling device, and supports the no. 1 survival skill -keeping a positive mental attitude. Reggie says be careful not to smother your fire. I chose the flint and steel method to make my fire. I used a cotton ball smothered in petroleum jelly as my tinder. Vaseline, hand sanitizer, even chap stick makes a cheap and easy accelerant in an emergency situation. Don't count on matches as they can get wet and won't work. If you're in the woods and don't have an accelerant to start your fire, you can simply take a very sharp knife and scrape a dry piece of wood and get what's called a "fluff," which makes excellent tinder. Sage, a fellow survival classmate, was successful using just fluff from the wood and a fire starter to get her blaze going. Now, we'll look at one of the most important elements of survival: Water! The average person can only survive about three days without water. You can survive three weeks or more without food -so water is always a high priority in a survival situation. If you're in a situation in which you don't have water purification tablets and cannot boil the water -try to find the entry place where the spring is coming out of the mountain. And last on the list but not least for most of us is food! The forest has plenty of wildlife, but catching it takes skill and patience. Reggie showed us how to make a squirrel trap with a simple piece of wire. Also, this time of year, edible plants are scarce except for mushrooms, which Reggie says you should never eat -they're just too risky and some can even kill you. Fortunately, the forest provides plenty of edible bugs, which can be a good source of fat, carbs and protein. For example, termites have 14 grams of protein per 100 grams -that's more than steak! The main rules when it comes to eating bug: No bugs with more than six legs. No bugs that bite, sting or smell bad. No brightly colored bugs. Reggie says the best way to eat any insect is to cook it. Worms, grubs, termites, crickets and beetles are your best bet, although today we went for what we could find: the popular wood roach. The wood roach is found mainly in downed and rotting trees, and according to Reggie, is pretty tasty.

ADDENDUM

1. "We Speak Ingles Y Espanol", or "We Speak English and Spanish", helps Spanish speaking viewers learn a practical English that they can use every day. This helps them have more confidence and be able to operate in an English speaking society. Host, Dr. Joseph Parle, explains to viewers that everything he speaks in English, he will repeat in Spanish and visa-verse, so those desiring to learn Spanish can use this program also. Viewers are encouraged to put into practice what they learn. This program airs five times weekly, has thirteen programs in the series, and has a duration of 28:30.