The members reviewed the training topic “Exercises I Can Do in My Community and Internal and External Influences” with Petal, Oak Grove, Hattiesburg and Long Beach High Schools and Bayou View Middle School. The discussion topics reviewed include the following:

- What exercises do I like to do around my community?
- What are good and bad influences?
- Why do we choose to either exercise or not exercise?

The students discussed why it is important for them to exercise and some of the reasons why they choose not to exercise. Some of reasons may be attributed to either negative or positive influences:

<table>
<thead>
<tr>
<th>Positive influences</th>
<th>Negative influences</th>
</tr>
</thead>
<tbody>
<tr>
<td>- sleep better</td>
<td>- too tired or take too much time</td>
</tr>
<tr>
<td>- feel less stressed</td>
<td>- exercise is either too boring or too hard</td>
</tr>
</tbody>
</table>

For additional information on the national AmeriCorps program, visit [www.nationalservice.gov](http://www.nationalservice.gov).

For additional information on the Institute for Disability Studies at The University of Southern Mississippi, visit [www.usm.edu/disability-studies](http://www.usm.edu/disability-studies).
During AmeriCorps Week, the members hosted the local special Olympics held at the Southern Miss Payne Center. The Special Olympics is a global movement of people creating a new world of inclusion and community. The organization is the world’s largest sports organization for people with intellectual disabilities.

The members assisted by:
- Assisting members to each event (one-on-one mentoring/assistance),
- Registration and volunteer placement, and
- Serving as coaches/referees.

This experience provided an opportunity for the members to develop relationships with individuals with disabilities through one-on-one interactions.
For the second AmeriCorps Week event, the members assisted with creating carnival games for the upcoming Disability Awareness carnival. This event is hosted annually at the IDS Gulf Park campus. The Technology Learning Center (TLC) is dedicated to enhancing education, independence and quality of life for persons with disabilities.

TLC serves children and adults with disabilities, their families, teachers and education professionals through assessment, training and lending of assistive technology, including adapted toys, augmentative communication, computer access, and adapted sports and recreation equipment.

The members put together carnival games, made signs for each game, made tie-dyed shirts and had fun.
Tobacco Lesson: Your Lungs and Respiratory System

Your lungs are in your chest, and they are so large that they take up most of the space in there. You have two lungs, but they aren’t the same size the way your eyes or nostrils are. Instead, the lung on the left side of your body is a bit smaller than the lung on the right. This extra space on the left leaves room for your heart.

Your lungs make up one of the largest organs in your body, and they work with your respiratory system to allow you to take in fresh air, get rid of stale air, and even talk.

The students in the pictures below are identifying different parts of the lungs.

Monthly Tip
No smoking = clear air in your lungs

If you have information or news you would like included in the next newsletter, email information to jin.mcclendon@usm.edu by April 10.

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