The TRIAD AmeriCorps members reviewed training topics related to stress reduction with Petal, Oak Grove, Hattiesburg and Long Beach High Schools and Bayou View Middle School. The discussion topics reviewed include the following:

- **Health and Environment**
  Humans interact with the environment constantly. These interactions affect quality of life, years of healthy life lived and health disparities. Environmental health consists of preventing or controlling disease, injury, and disability related to the interactions between people and their environment.

- **Rest Control**
  It can be hard to maintain a healthy lifestyle in the hustle-and-bustle world that we live in. Taking good care of your body and mind can make a difference in how healthy you are, and also taking good care of yourself may require a little extra time and effort, but it’s worth it.

- **Nutrients We Need**
  Even though our bodies need some fat to work properly, our bodies don’t need as much as most people eat. It’s a good idea to avoid eating a lot of fat because it can contribute to obesity and other health conditions that can occur when we get older, like heart disease or adult-onset diabetes.

  Foods with a lot of fat in them taste good, like cookies, chocolate, hamburgers and french fries but we should only eat them once in a while.

  For additional information [www.mentalhealthamerica.net](http://www.mentalhealthamerica.net) and [Health Matters: The Exercise and Nutrition Health Education Curriculum for People with Developmental Disabilities](http://www.mentalhealthamerica.net).

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).
The TRIAD AmeriCorps team participated with the City of Hattiesburg and Comcast Cares Day of Service. The city celebrated the newly opened walking trail that connects The University of Southern Mississippi campus to the Downtown Hattiesburg.
AmeriCorps members volunteered during the second annual Operation P.R.O.P flying event on Saturday, May 14. The event provided airplane rides to individuals with disabilities along with other inclusive activities such as arts and crafts and wheelchair softball, (Deep South Hurricanes). Operation PROP is a nonprofit agency committed to empowering people with disabilities to achieve outrageous potential through the joy of flight. Flying in a plane inspires individuals to achieve new heights they never thought possible. Volunteer pilots brought their planes and provided free rides.

For additional information, visit www.operationprop.org.
Tobacco Bingo

The student participants played Tobacco Bingo to stimulate discussions on topics they learned throughout the school year. The discussions examined how smoking makes things stink, why kids/youth use tobacco, body parts affected due to smoking, and naming various types of tobacco.

Can you name them all? (See next page for full bingo card.)

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

Program Contact Information:
Jin Joo M. Crosby, Program Coordinator
Institute for Disability Studies
118 College Dr. #5163
Hattiesburg, MS 39406-0001
601.266.6037

TRIAD AmeriCorps is a program of the Institute for Disability Studies (IDS) at The University of Southern Mississippi. Funding is provided through a grant from the Mississippi Commission for Volunteer Services.
# Tobacco Picture Bingo

<table>
<thead>
<tr>
<th>Things smoking makes stink</th>
<th>Why kids/youth use tobacco</th>
<th>Body parts affected</th>
<th>Tobacco Products</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Car" /></td>
<td><img src="image2.png" alt="Child using phone" /></td>
<td><img src="image3.png" alt="Hands" /></td>
<td><img src="image4.png" alt="Pipe" /></td>
</tr>
<tr>
<td><img src="image5.png" alt="House" /></td>
<td><img src="image6.png" alt="Family" /></td>
<td><img src="image7.png" alt="Lungs" /></td>
<td><img src="image8.png" alt="Cigar" /></td>
</tr>
<tr>
<td><img src="image9.png" alt="Clothes" /></td>
<td><img src="image10.png" alt="TV" /></td>
<td><img src="image11.png" alt="Lungs" /></td>
<td><img src="image12.png" alt="Cigarettes" /></td>
</tr>
<tr>
<td><img src="image13.png" alt="Smiling" /></td>
<td><img src="image14.png" alt="Children" /></td>
<td><img src="image15.png" alt="Lungs" /></td>
<td><img src="image16.png" alt="Cigarettes" /></td>
</tr>
</tbody>
</table>

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*Images are placeholders and actual images should be used.*