In October, the training topic “introduction to health and wellness” was reviewed with Petal, Oak Grove, Hattiesburg and Long Beach High School and Bayou View Middle School. The discussion topics reviewed included the following:

- What is Health?
- What is Physical Activity?
- Things to Do Before We Exercise
- Smoking is Bad

Dates to Remember

* 11/10 & 17 Petal High School presentation
* 11/12 & 19 Oak Grove High School presentation
* 11/12 & 19 Hattiesburg High School presentation
* 11/23-27 Thanksgiving Holiday

For additional information on the Project SEARCH national program, visit www.projectsearch.us.

For additional information on the Institute for Disability Studies at The University of Southern Mississippi, please visit www.usm.edu/disability-studies.
AmeriCorps Launch

On October 16, 2015, AmeriCorps members throughout the state met at the capital to launch the state AmeriCorps programs. The members were able to meet and discuss their individual programs, their backgrounds and personal stories. Each AmeriCorps program team developed an AmeriCorps cheer and presented the cheer in front of all the attendees. Tyler Williams represented the TRIAD Service AmeriCorps program and shared the impact the program has made in the community. The members and the program staff took the AmeriCorps pledge to end the day’s launch. Everyone enjoyed meeting other AmeriCorps members and being a part of a large service corp in attendance.

If you have information or news you would like included in the next newsletter, email information to jin.mcclendon@usm.edu by December 1.

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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 Lesson: Smoking is Bad, Okay?

The students reviewed and discussed many bad things that smoking can cause. All the students agreed that smoking really stinks! According to KidsHealth.org, “smoking is one of the worst things kids or adults can do to their bodies. Yet every single day about 3,900 kids between the ages 12 and 17 start smoking” (2015). Smoking-related problems that affect youth are as follows:

- Bad breath
- Yellow teeth
- Smelly clothes
- More colds and coughs
- Difficulty keeping up with friends when playing sports
- Cigarettes and tobacco products are too expensive

Monthly Tip
Walk away from peer pressure and pay attention to your own feelings and beliefs!

For additional information on KidsHealth smoking topics, visit http://kidshealth.org/kid/watch/house/smoking.html.
AmeriCorps Members Doing Great Things

Above, Tony Norwood, second-year AmeriCorps member, has been accepted at Southern Miss for the spring semester. He will be taking his first college course beginning in January. Congratulations and we know Tony you’ll do well!

Above, Hunter Bullen, second-year AmeriCorps member, participated in the Special Olympics Rodeo competition on November 7, 2015, and won two gold metals. We are proud of him and would like to congratulate him on a job well done!

Above, Taylor Carley, AmeriCorps alumnus is the first full-time self-advocacy coordinator for Institute for the Institute for Disability studies at Southern Miss. The staff members are proud to call him colleague. Congratulations!