

What On Earth

Is Happening in the Clearfork Valley

Comments and suggestions to What On Earth P.O. Box 81 Eagan TN. 37730

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What's Next for the Clearfork Valley?

The Woodland Community Land Trust is now planning the last event in a series focused on bringing the community together to talk about what residents love about the Clearfork Valley and ways we can work together here to meet our communities' unique needs. Over the past several months Woodland, TNACE, and volunteers have visited Clearfork residents to ask questions about themselves and the community to help local groups better serve the people of the Clearfork Valley. To build on the connections made from these conversations, our group has organized a series of community meetings to share back this information and discuss how we can use it within the community and our groups. We have held three meetings so far in the communities of Eagan, White Oak, and Clairfield and have had 33 people involved as either participants or volunteers of these gatherings.

Popular themes that have emerged as part of these meetings so far have included a need for community transportation, support for people struggling with addiction, more social events and things for young people to do, creating outdoor destinations, and how to tap into the wealth from tourist passing through the community.

Everyone is invited to our last event, which will be a community cookout focusing on how to move forward with all of the ideas brought up through these events. It will be on Saturday, June 1st at 4:00 p.m. at the Eastridge Park (pavilion behind the Clearfork Community Institute in Eagan). We will have food and games. Please bring your family and friends! Children are welcome.

"When one tugs at a single thing in nature, he finds it attached to the rest of the world."

John Muir

A Note From Woodland Community Land Trust

Fourth Annual Summer Reading Camp

Mark your calendars: June 10-14 from 9:00-3:30 to be held at the Clearfork Community Institute

Watch for Fliers and the June issue of What on Earth for more information.

Mental Health Awareness Month

Mental Health Awareness Month (also referred to as "Mental Health Month") has been observed in May in the United States since 1949, reaching millions of people in the United States through the media, local events, and screenings.

Mental Health Awareness Month was started in the United States in 1949 by the Mental Health America organization (then known as the National Association for Mental Health). Each year in mid-March Mental Health America releases a toolkit of materials to guide preparation for outreach activities during Mental Health Awareness Month. During the month of May, Mental Health America, its affiliates, and other organizations interested in mental health conduct a number of activities which are based on a different theme each year.

Its purpose is to raise awareness and educate the public about: mental illnesses, such as the 18.1% of Americans who suffer from depression, schizophrenia, and bipolar disorder; the realities of living with these conditions; and strategies for attaining mental health and wellness. It also aims to draw attention to suicide, which can be precipitated by some mental illnesses. Additionally, Mental Health Awareness Month strives to reduce the stigma (negative attitudes and misconceptions) that surrounds mental illnesses. The month came about by presidential proclamation.

Mental Health America is not the only organization to run campaigns throughout May. Many other similar organizations choose to host awareness observances that coincide with Mental Health Awareness month. National Children's Mental Health Awareness Day is one such campaign. This event is sponsored by the Substance Abuse and Mental Health Services Administration in partnership with other non-profit and advocacy organizations.

Other months and weeks throughout the year are designated to raise awareness around specific mental health conditions or the mental health of different demographic groups (Minority Mental Health Month, Mental Illness Awareness Week, National Depression Screening Day, etc.).

Signs and Symptoms of a Mental Health Illness

Trying to tell the difference between what expected behaviors are and what might be the signs of a mental illness isn't always easy. There's no easy test that can let someone know if there is mental illness or if actions and thoughts might be typical behaviors of a person or the result of a physical illness.

Each illness has its own symptoms, but common signs of mental illness in adults and adolescents can include the following:

- Excessive worrying or fear
- Feeling excessively sad or low
- Confused thinking or problems concentrating and learning
- Extreme mood changes, including uncontrollable "highs" or feelings of euphoria
- Prolonged or strong feelings of irritability or anger
- Avoiding friends and social activities
- Difficulties understanding or relating to other people
- Changes in sleeping habits or feeling tired and low energy
- Changes in eating habits such as increased hunger or lack of appetite
- Changes in sex drive
- Difficulty perceiving reality (delusions or hallucinations, in which a person experiences and senses things that don't exist in objective reality)
- Inability to perceive changes in one's own feelings, behavior or personality ("lack of insight" or anosognosia)
- Abuse of substances like alcohol or drugs
- Multiple physical ailments without obvious causes (such as headaches, stomach aches, vague and ongoing "aches and pains")
- Thinking about suicide
- Inability to carry out daily activities or handle daily problems and stress
- An intense fear of weight gain or concern with appearance

Mental health conditions can also begin to develop in young children. Because they're still learning how to identify and talk about thoughts and emotions, their most obvious symptoms are behavioral. Symptoms in children may include the following:

- Changes in school performance
- Excessive worry or anxiety, for instance fighting to avoid bed or school
- Hyperactive behavior
- Frequent nightmares
- Frequent disobedience or aggression
- Frequent temper tantrums

WHERE TO GET HELP

Don't be afraid to reach out if you or someone you know needs help. Learning all you can about mental health is an important first step.

If you or someone you know needs help now, you should immediately call the National Suicide Prevention Lifeline at 1-800-273-8255 or call 911.

Works cited: [Wikipedia.org/](https://www.wikipedia.org/) [nami.org](https://www.nami.org/)

Obituaries

Our condolences go out to the family of

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April 4, 2019

Mr. Charles McArthur Walker, 75, of White Oak

April 6, 2019

Jesse Lee Hatmaker, 81, of White Oak

April 15, 2019

Virgile "Jughead" Malicoat, 81, form. of Duff

"Gone from our sight but never from our hearts"

Community Calendar

COMMISSIONER MEETINGS

Claiborne County: 3rd Monday of the month in large courtroom located on Main Street in Tazewell at 6:30 p.m.

Campbell County : Regular Business meeting on the 3rd Monday of the month. On Main St., In Jacksboro

CLEARFORK UTILITY BOARD MEETING 3rd Thursday of the month at 6:00p.m

CLAIRFIELD VOLUNTEER FIRE DEPARTMENT: meets on the 1st Monday of the month.

SENIOR Crafts Second and Fourth Monday of the month at 11 am at CCI

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10 Fonde Christian Academy Graduation	11
12	13	14	15	16	17	18
19	20	21	22	23 Wynn and White Oak Elementary Graduations	24 Jellico High School Graduation	25
26	27	28	29	30 TNACE at CCI at 12pm	31	What On Earth PO Box 81 Eagan TN 37730