



### Wednesday, August 8 Kids Day @ the Fair

**Sweet Family Fun Scavenger Hunt #1** Details @ FCE Demonstration Area in Blue Building . A kid friendly, family fair activity.

#### 1:30 **Mental Health Needs-How I Can Help My Neighbor**

Take 30 minutes. Hear David Elsbury, Licensed Clinical Psychologist and outpatient clinician for The Guidance Center in Atchison share ideas to help support our neighbors. Mental health problems do not respect gender, age, socio-economic status or nationality. During their lifetime, about 1 in 5 of adults will experience a diagnosable mental health disorder. Mental health problems are treatable. But, unfortunately, 50 % of people wait up to 10 years to seek help. Anxiety disorders can occur as early as 11 years of age. As a community, it is important to become more aware and knowledgeable about how to respond to mental health issues. Learn about an available community training, Mental Health First Aid, to become more informed about recognizing a mental health problem or crisis.

**2:00 Cooking With Kids** Join FCE member Sally Ellerman in the kitchen. With the help of her grandchildren, you will discover several treats your family can quickly create together. Cooking with kids promises to fun for all kids ages two to one hundred and two!

**3:00 Family Fun For Toddlers** Kids are born learning. Parents As Teacher educator, Elize Cilliers will share several no cost family fun ideas. And the secret is that kids are learning life skills that will last a lifetime.

**4:30-8:00 Born Learning Trail** Be sure to take a stroll along the trail with your preschooler today. Trail is set up in the school play ground area. Free book to the first 50 kids accompanied by an adult. Be sure to take a **sweet family fair selfie at the photo booth**. Organized by Early Head Start, Head Start and NEK-CAP, Inc. staff with support from Atchison United Way & Atchison County Dream Team.

**4:00-6:30 Stop by for Story Time** Join Chris Taylor, Executive Director of the Atchison Historical Society as he brings museum story time and kids activities to the fair.

#### 7:00 **Mental Health Needs-How I Can Help My Neighbor**

Repeat session. See description above.

**7:45 Atchison Cemetery History** A tour of local cemeteries can reveal historical information. Join Chris Taylor, Executive Director of the Atchison Historical Society, as he shares the symbolism of headstones and discusses plans to collect the life stories waiting to be discovered in local Atchison County cemeteries.

### Thursday, August 9 Wellness Day @ the Fair

**Sweet Family Fun Scavenger Hunt #2** Details @ Blue Building FCE demonstration area @ the Blue Building.

**Kansas Lions Mobile Screening/Sight Bus** Atchison, Effingham & Lancaster Lions Club members hosting the **Mobile Screening Unit** August 9 &10 (9:00-8:00 daily). Screening for sight, hearing, blood pressure & sugar disorders. A **free** service for to all ages.

**2:00 Smoothies** Visit our FCE café. Creative chefs, Carol Linter & Jeannine Flory will be showcasing a variety of tasty, healthy smoothies. Enjoy a sample and a recipe to share with your family.

**3:00 Fidget Quilts** You've heard of fidget spinners. But what about fidget quilts? These small lap quilts are affixed with zippers, buttons and items to manipulate to help reduce nervous tension. By 2050, as many as 16 million Americans may be diagnosed with Alzheimer's disease. Carol Pennington will showcase fidget quilt ideas that Terry FCE members have discovered as they design quilts for those facing memory loss or other cognitive issues.

**3:30-5:00 Machine Embroidery** Improve your health; find a hobby. Join Minta Ohlsen from Whiting KS, to learn more about machine embroidery. Featuring ideas for dish towels and baby hoodies

**7:00 The Opioid Crisis: What You Need To Know** Local physician, Dr. John Eplee will share local insights related to opioids. Rural communities across the heartland are not immune to opioid misuse. In fact, a 2017 American Farm Bureau poll reveals 74% of farmers/farm workers have been personally affected by opioid abuse. A 2017 Kansas Hospital Association study linking unemployment and the risk of opioid dependence identified Wilson, Cherokee, Atchison, Greenwood & Sedgwick counties as high-risk. People are often ashamed or embarrassed to talk about addiction. But openly discussing this problem and facing it head-on is how we're going to help to those who need it—before it's too late.

### Friday, August 10 Community Day @ the Fair

**Sweet Family Fun Scavenger Hunt # 3** Details @ FCE demonstration area in the Blue Building . A fun, friendly, family fair activity.

**Kansas Lions Mobile Screening/Sight Bus Repeat** . August 9 &10 (9:00-8:00 daily). **Free**

**Noon CSCA** Take a lunch break and discover how you can be a court services advocate for local children. Join us to learn about a new service in our community.

**1:00 Preserving Food-What's New** A century ago, county fairs were the place to learn how to safely preserve foods using new pressure cooking techniques. Diane Nielson, K-State Research & Extension -Atchison County agent will provide a brief update of what's new in 2018.

**2:00 Master Gardener** So, you thought you could not jump start your spring garden because you don't have the space, the grow lights or the money to do all of that. Come visit with Mikey Stafford, K-State Research & Extension Master Gardener to learn about *Winter Sowing* plus *Landscape Design 101* tips.

**4:00 That's Rural: From Tumble Weeds To Kansas Profiles** Come early for the parade and relax in the air-conditioned comfort Blue Building as Ron Wilson serves a helping of *That's Rural: Kansas Profiles*. Wilson produces the weekly broadcast that airs weekly on KAIR & KANZ . The Huck Boyd Institute sponsored program focuses on positive recognition of the state's rural leaders and shares ideas which may help rural communities help themselves.

**SEE YOU  
@ THE ATCHISON  
COUNTY FAIR  
FOR SOME SWEET  
FAMILY FUN**

August 6-11

Programs held in the Blue Building (Kitchen Area) on the fairgrounds in Effingham. Schedule organized by Atchison County Family & Community Education Council and K-State Research & Extension-Atchison County. Questions, call 913-833-5450. KSRE is an equal opportunity provider.



*"Knowledge for Life"*