



## Hundreds flood into Aggieville Showdown Grand Drive and Fashion Show

By Lucas Shivers

Cheering for cattle in the streets of Aggieville after a year's delay due to COVID-19, hundreds of spectators watched the first-ever event called the Aggieville Showdown on April 17 in Manhattan.

The exhibition combined a western fashion show, live concert from Lucas Maddy and \$5,000 of prizes in a premier grand drive ring right on Moro Street. As the springtime sun set over the streets of Aggieville, the roars of the crowd raised hope of gathering again and focusing on agriculture's best.

"The Aggieville Showdown is like no other cattle jackpot show in the nation," said Christian Calliham, event founder and general manager. "This unique show first took place at the Riley County Fairgrounds where exhibitors battled it out to have the chance to show their cattle in the streets of Aggieville."

The Aggieville Showdown brought together a full day of three classes: cattle showmanship, market steers and breeding heifers exhibitions. The show drew dozens of exhibitors aged eight to 25 years old from across Kansas and surrounding states. Winners from the day brought their livestock to the heart of Manhattan to find overall champions.

"The Showdown united exhibitors, students, businesses, and all public to celebrate agriculture," Calliham said. "Exhibitors benefit greatly from cattle shows. Many exhibitors gain confidence, leadership, responsibility, network, make memories, and become leaders, hard-workers, as well as learn proper animal husbandry skills."

The inaugural Grand Drive took place on a central stage and arena set up on Moro Street between Dusty Bookshelf and Buffalo Wild Wings, allowing hundreds to spill over into the sidewalks and streets in the open spring air to gain exposure to the first-ever event.

"Thank you for taking time to learn more about the cattle industry," Calliham said. "We love to share the news about agriculture. We weren't able to have the show last year due to coronavirus but our team stuck with it."

The drive also featured live music, fashion show, selection of champions and a night out in the



The beef industry was front and center in Manhattan on April 17, as hundreds of people filled the streets of Aggieville for the first Aggieville Showdown Grand Drive and Fashion Show. Photo by Ryan Stewart

Aggieville after to celebrate the champions. The event was organized by Calliham; Taylor Todd, fashion show manager; Dale Hoch, operations manager; and Ashley Boehm, media relations manager.

"We're so excited to see the streets of Aggieville filled," said Calliham, who graduated in May 2020 from K-State in ag business with an emphasis in marketing. "It started with three friends who dreamed up the idea. We spent hours of work to plan and make it happen."

Dozens of sponsors supported the Grand Drive, and exhibitors won up to \$5,000 in cash awards and gear.

### Showdown Winners

Grand champion showmanship winners included Kiera Bremer, junior level; Bodey Stithum, intermediate and Madison Loschke, 23-year-old senior level from Ford County who was named the supreme premier winner.

"I am probably one of the most passionate people you'll ever meet about showmanship," Loschke said. "I focus on the littlest details of how to present yourself. You have to have confidence that you want to win. You have to do your

homework to make sure your animal is set up and ready to go to hit the ring."

"I have grown up on a 250 cattle operation," Loschke said. "I just love cows. It's something that I loved since I got my first cow when I was five."

Jackie Sleichter, 17, of Dickinson County won the grand champion breeding heifer.

"This experience has been absolutely incredible. I never thought I'd be showing in downtown Aggieville," she said. "All of the hard work paid off every day in the barn. Every tip and trick; everything you dream."

Dax Seibert, 11, of Pawnee County won the grand champion market steer.

"It's really exciting," Seibert said. "To get ready for shows, you wash them everyday with lots of practice to work hard."

### Fashion Show

The western fashion show highlighted retail stores and boutiques clothing lines on a runway in the center of Aggieville.

Models took to the runway with several outfits prepared by sponsors such as Vanderbilt's, Triple J Boutique, Rustic Heifer Boutique, Crazy Chic Boutique, Delta Rue and Rally House.



Christian Calliham, founder and general manager of the Aggieville Showdown, addresses the large crowd that turned out for the event. Photo by Lucas Shivers

"There's a lot of people here," said Taylor Todd, fashion show manager. "Thanks to the vendors who are a part of it. Shop, drink, eat and enjoy the show."

Apparel vendors were set up down Moro to sell merchandise during the event. The kids who closed the event brought down the house with the loudest cheers.

Following the fashion show, singer and songwriter Lucas Maddy performed some of his top

hits.

**Awesome Entertainment**  
Ron Wilson, Cowboy Poet Lariat from the Lazy T Ranch, delivered a signature Aggieville Showdown poem.

"If you're like me and heard 'Aggieville' and 'cattle show,' you probably didn't think they'd go together," Wilson said. "Well, it's as unusual a combination as cowboy and poetry. But there are a few of us who do both."

Wilson highlighted the first-timers in attendance

who viewed a grand drive and livestock show and compared the event to the Olympics games.

"Competition brings out the best," he said. "Whether in athletics or producing the top quality beef for the American consuming public. We're seeing the best of the best. The young man who showed the grand champion steer was 11 years old. These young people work so hard with their families to produce the best beef in America."

## Repealing stepped-up basis tax provision will eliminate thousands of jobs, take billions out of economy annually, new study finds

A new report released by EY finds that repealing the step-up in basis tax provision would damage

the gross domestic product (GDP) and significantly decrease job creation. The study was conducted for the Family Business Estate Tax Coalition, which includes almost 60 organizations representing family-owned businesses.

The EY study found middle-class, family-owned businesses would be particularly hard hit by the repeal. Currently, when someone inherits assets, they aren't taxed on the appreciation that happened before they inherited them. If family-owned farms, small businesses or manufacturers are forced to pay capital gains accrued by the prior owner, they would likely face large tax bills that put the future of their business at risk.

According to the study's findings, repealing the step-up in basis would result in:

80,000 fewer jobs in each of the first ten years;

100,000 fewer jobs each year thereafter; and

A \$32 reduction in workers' wages for every \$100 raised by taxing capital gains at death.

It would also reduce GDP relative to the U.S. economy in 2021, by approximately:

\$10 billion annually;  
\$100 billion over ten years.

"Repealing stepped-up basis is not a free lunch for those looking to generate tax revenue and would have significant consequences in the multi-family marketplace," said Doug Bibby, president of the National Multifamily Housing Council. "Absent stepped-up basis, heirs could inherit an apartment property with a small amount basis and possibly sizeable debt. If they are taxed immediately, the resulting depreciation recapture and capital gains taxes could exceed their ability to pay without sell-

ing the asset. Even if funds to pay tax are available, heirs may have little left

over to invest in and maintain the property, which could negatively impact

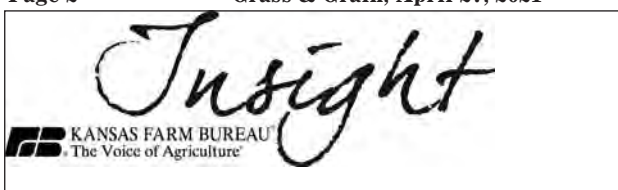
the available affordable housing stock."

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### Peterson Farm Brothers perform in Clay Center



The Peterson Farm Brothers, the trio that took the internet by storm with their music parodies reflecting farm life, were in Clay Center Saturday, April 17 as part of a benefit to raise money for the 4-H Exhibit Building Project. The evening also included a meal and a silent and live auction. They performed several of their parodies and invited children in the audience to come up and dance with them during one of the songs. Photo by Donna Sullivan



## Building Communities

By Jackie Mundt, Pratt County farmer and rancher

I often joke about the fact that I love to judge people just like on *American Idol*. Except I am not qualified to judge musicians — my forte is public speaking. I love judging 4-H model meetings, FFA discussion meets and any other speaking contests. I enjoy sharing my life-tested knowledge in hopes of helping participants improve their skills for the future.

As much as I enjoy judging contests, it is a behavior I am constantly working to avoid in real life. Both my religion and my character remind me it is not my place to judge others. I rarely know all the details of a situation or the history that has shaped the people involved. More importantly, it is likely not any of my business, and I should just try to worry about judging my own actions and using my criticism to make myself a better person.

I am not perfect though. Lately there is one behavior that turns my head and sends me into a judgmental spiral every time — passive selfishness. I am not talking about outright, obvious selfishness most of us see clearly and condemn.

I see passive selfishness as what happens when we let ourselves believe we as individuals do not have an

obligation to the needs of our communities and our own desires are more important than what society needs.

For example, I can become irrationally infuriated if someone needs a reason to do something good, like donating blood. I can't understand how a person doesn't have guilt over the choice that could potentially save a life.

Community involvement might be the hardest-hit victim of passive selfishness. I remember a friend in college asking me why I would give up my nights and weekends for volunteer work or activities benefiting the college.

At the time, I was taken aback because growing up in a small farming town, I had been surrounded by community-oriented people my whole life. Since then, I have seen so many examples of people who want to live in thriving communities but won't serve on boards or volunteer to help with events and others who complain about politicians on social media but don't show up to town halls, vote or even run in opposition.

When we are willing to sacrifice our own comforts or desires, our communities are impacted in lasting ways. Sometimes it takes a small inconvenience like a needle prick and giving up an hour out of the 1,344

hours every eight weeks to save someone's parent, sibling or child by donating blood. Other times it's saying goodbye to the sweet dreams of sleeping in on Saturday to judge a 4-H speaking contest that encourages young people to grow their leadership and communication skills.

Raising your hand to serve your community often means giving up time that you could be spending on your priorities to do work that will benefit others. That time isn't wasted; it allows you to set an example of what it takes to make the world better and will often give you more satisfaction than accomplishing something that only benefits a single person.

It might seem like being selfish is the easy way, but I'm comforted by the knowledge that when you give, you receive so much more than you could ever imagine. I know we're all guilty of the occasional personal indulgence, but it's always good to reflect and really ask yourself if you could be doing more. The only way our communities grow stronger is if people make the choice to put them first. We can make excuses, or we can make our communities better. I hope everyone can experience the benefits and rewards of making them better.

*"Insight" is a weekly column published by Kansas Farm Bureau, the state's largest farm organization whose mission is to strengthen agriculture and the lives of Kansans through advocacy, education and service.*

## Representative Tracey Mann leads letter to USDA Secretary expressing concerns over Farmers to Families Food Box Program cancellation

Representative Tracey Mann, with 21 House Republicans, has sent a letter to U.S. Department of Agriculture Secretary Tom Vilsack expressing concerns over the cancellation of the Farmers to Families Food Box Program.

"Our farmers and ranchers are the backbone of our nation's food supply," Mann said. "The Farmers to Families Food Box Program came from bipartisan COVID-19 relief funding aimed at helping our agriculture supply chain and providing food for vulnerable populations during the COVID-19 pandemic."

The Farmers to Families Food Box Program was designed to respond to market disruption caused by COVID-19 and feed hungry communities. In one short year, and under several different authorities and bipartisan relief packages from Congress, USDA purchased produce, dairy, and meat products from American producers of all sizes. Distributors packaged these products into family-sized

## USDA expands and renews Conservation Reserve Program in effort to boost enrollment and address climate change

Agriculture Secretary Tom Vilsack has announced that USDA will open enrollment in the Conservation Reserve Program (CRP) with higher payment rates, new incentives, and a more targeted focus on the program's role in climate change mitigation. Additionally, USDA is announcing investments in partnerships to increase climate-smart agriculture, including \$330 million in 85 Regional Conservation Partnership Program (RCPP) projects and \$25 million for On-Farm Conservation Innova-

tion Trials. Vilsack made the announcement at the White House National Climate Task Force meeting to demonstrate USDA's commitment to putting American agriculture and forestry at the center of climate-smart solutions to address climate change.

The Biden-Harris administration is working to leverage USDA conservation programs for climate mitigation, including continuing to invest in innovation partnership programs like RCPP and On-Farm Trials as well as strengthening programs like CRP

boxes, then transported them to food banks, community and faith-based organizations, and other non-profit organizations to feed people in need. To date, the program has delivered more than 157 million boxes of food to communities in all 50 states and multiple tribal nations and territories.

On April 14, Vilsack announced his intent to cancel the program, which troubled Members of Congress with strong agricultural districts who have seen great successes with this program in their communities. The letter highlights examples of the program's accomplishments.

In Kansas, Topeka Rescue Mission Ministries distributed more than 100,000 food boxes, serving over 2,500 individuals weekly. While in Iowa, the Northwest Iowa Food Bank distributed over 62,000 boxes, equating to nearly 1.2 million meals. The Arrowhead Economic Opportunity Agency in Minnesota distributed over 75,000 boxes to over 30,000 families and L&M Farms in Florida supplied

more than 600,000 boxes of fresh produce, equating to nine million pounds of food to individuals and families in need.

"The Farmers to Families Food Box Program fits perfectly at the nexus of many vital issues: supporting American farmers and ranchers and the food supply chain; reducing barriers to nutritious foods for vulnerable populations; preventing food waste and loss; and leveraging the power of local communities to step up and meet the needs of their neighbors," the Members said.

"We urge you to continue the Farmers to Families Food Box Program to address pandemic-era food and nutrition insecurity in concert with existing federal nutrition programs," the Members continue. "At the very least, we ask that you review the program in its most recent form, utilize the nearly \$1 billion left in authorized but unspent funds for the program, and employ other authorities to continue the program before cancelling it without substantive alternatives."

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to enhance their impacts. "Sometimes the best solutions are right in front of you. With CRP, the United States has one of the world's most successful voluntary conservation programs. We need to invest in CRP and let it do what it does best—preserve topsoil, sequester carbon, and reduce the impacts of climate change," said Vilsack. "We also recognize that we can't do it alone. At the White House Climate Leaders Summit this week, we will engage leaders from all around the world to partner with us on addressing climate change. Here at home, we're working in partnership with producers and local organizations through USDA programs to bring new voices and communities to the table to help combat climate change."

**Conservation Reserve Program**  
USDA's goal is to enroll up to 4 million new acres in CRP by raising rental payment rates and expanding the number of incentivized environmental practices allowed under the program. CRP is one of the world's largest voluntary conservation programs with a long track record of preserving topsoil, sequestering carbon, and reducing nitrogen runoff, as well providing healthy

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I am the master of putting things off; procrastination is my special power, I admit it. I really need to do something about it, but I will get to it later because I have too much to do right now. Of course, most of that long list of stuff to do right now is tasks I put off because I am so good at procrastinating. Last week was a prime example of what I am talking about. I am currently serving on the Board of Deacons at our church and April was my month for opening prayer and devotions. April was my month because March had been my month and I had forgotten to do it and our chair, being a kind and understanding soul, let me have a do-over.

Wednesday was the meeting and for the week prior to that day Jennifer and another deacon had sent me reminders via text, phone calls, email and verbally just so I would not forget to do it. Each time I got the reminder I would reply with, something along the line of either I was tired or too distracted to focus and do a good job. In all cases, I promised to do it tomorrow. Well, Wednesday rolled around and I was out of tomorrows, but I did have later in the day. The deacons' meeting was not until six at night and I had all day to find a devotional. Morning came and went, and I was much too busy doing something. What that was, I do not recall but I am sure it was important and urgent. I would take care of finding the devotional over lunch. Then whatever I was doing that morning carried over into the early afternoon and wiped out my lunch time. Do not worry, I still ate lunch, I just did not have time to find a devotional before I had to get out and finish the morning crisis so I could begin work on the urgent afternoon work. I do not remember what was so urgent and important, but I will almost guarantee that they were tasks I had put off until later.

I still was not worried about finding the devotional. The internet can be a bad thing but one of the good things is that there are many good, concise devotionals that are only a Google search away. I remember the good old days when finding a devotional meant going through old copies of the Daily Bread or old books, we had used in Sunday school class. That required much more time and

preparation. You can now search by the subject you want your devotional to be about, and several will pop up. Modern technology is such a great thing.

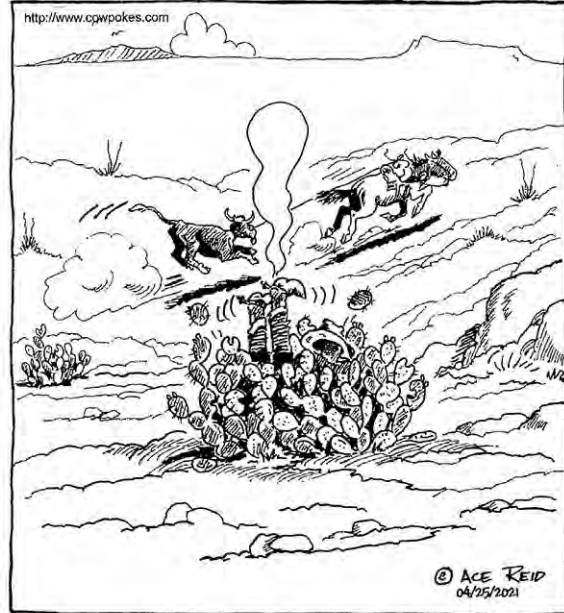
All I had to do was be done with my afternoon tasks and chores by 5:00 that would give me ten minutes to change and twenty minutes to find an inspirational, life-changing devotional. Who am I kidding? It gave me time to find something fast and simple. I must admit that I am not good at devotionals or public prayer and when I am not good at something, that often leads to my procrastination. Still, I had time to pull it off and no one would ever be the wiser. Then I got the phone call.

Jennifer had taken the day off and was cutting trees with the skid loader. She had gotten into some soft dirt and was high-centered on a rock and needed to be pulled out. I was facing a dilemma. I could go on with my plan, leave Jennifer stranded and find a devotional. She would have to walk home, and I would probably be gone by the time she got to the house. While I am good at putting problems off until later, I am also a practical man who values my life and safety. I fired up the tractor, found a chain and left to pull her out. If everything went well, I would still have time to find something.

Everything did not go well. I could not get a straight pull on the skid loader; it was really stuck, and, in the process, we flattened the back tire. At this point I must admit that I got a bit grumpy and probably was in no mindset to do a devotional. Jennifer did find a devotional for me while she waited for me to come over with the tractor and sent it to me. Isaac was at the house when this all transpired and found a devotional and emailed it to me.

I arrived at the deacons meeting disheveled, in my chore clothes and not really knowing what my devotional was. I first opened Jennifer's, but it was too small for me to read and in all the chaos I had forgotten my glasses. I then proceeded to Isaac's and it was an excellent devotional, saving the day and fulfilling the duty I had been assigned. I may wait until the last minute and fly by the seat of my pants, but I get things done. Maybe that is my "special power."

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Publisher — Tom Carlin  
Managing Editor — Donna Sullivan  
gandgeditor@agpress.com

— Advertising Staff —  
Kurtis Geisler, Shelby Mall  
kurtis@agpress.com, shelby@agpress.com

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# USDA expands and renews Conservation Reserve Program

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habitat for wildlife.

CRP is a powerful tool when it comes to climate mitigation, and acres currently enrolled in the program mitigate more than 12 million metric tons of carbon dioxide equivalent (CO<sub>2</sub>e). If USDA reaches its goal of enrolling an additional 4 million acres into the program, it will mitigate an additional 3 million metric tons of CO<sub>2</sub> equivalent and prevent 90 million pounds of nitrogen and 33 million tons of sediment from running into our waterways each year.

“We want to make sure CRP continues to be a valuable and effective conservation resource for our producers for decades to come,” said Vilsack. “USDA will continue to find new and creative ways of putting producers and landowners at the center of climate-smart practices that generate revenue and benefit our planet.”

CRP’s long-term goal is to establish valuable land cover to help improve water quality, improve soil health and carbon sequestration, prevent soil erosion, and reduce loss of wildlife habitat. USDA’s Farm Service Agency (FSA) offers a number of signups, including the general signup and continuous signup, which are

both open now, as well as a CRP Grasslands and pilot programs focused on soil health and clean water.

### New Climate-Smart Practice Incentive

To target the program on climate change mitigation, FSA is introducing a new Climate-Smart Practice Incentive for CRP general and continuous signups that aims to increase carbon sequestration and reduce greenhouse gas emissions. Climate-Smart CRP practices include establishment of trees and permanent grasses, development of wildlife habitat, and wetland restoration. The Climate-Smart Practice Incentive is annual, and the amount is based on the benefits of each practice type.

### Higher Rental Rates and New Incentives

In 2021, CRP is capped at 25 million acres, and currently 20.8 million acres are enrolled. Furthermore, the cap will gradually increase to 27 million acres by 2023. To help increase producer interest and enrollment, FSA is:

Adjusting soil rental rates. This enables additional flexibility for rate adjustments, including a possible increase in rates where appropriate.

Increasing payments for Practice Incentives

from 20% to 50%. This incentive for continuous CRP practices is based on the cost of establishment and is in addition to cost share payments.

Increasing payments for water quality practices. Rates are increasing from 10% to 20% for certain water quality benefiting practices available through the CRP continuous signup, such as grassed waterways, riparian buffers, and filter strips.

Establishing a CRP Grassland minimum rental rate. This benefits more than 1,300 counties with rates currently below the minimum.

### Enhanced Natural Resource Benefits

To boost impacts for natural resources, FSA is: Moving State Acres for Wildlife Enhancement (SAFE) practices to the CRP continuous signup. Unlike the general signup, producers can sign up year-round for the continuous signup and be eligible for additional incentives.

Establishing National Grassland Priority Zones. This aims to increase enrollment of grasslands in migratory corridors and environmentally sensitive areas.

Making Highly Erodible Land Initiative (HELI) practices available in both the general and continu-

ous signups. **Expanding Prairie Pothole Soil Health and Watershed Programs**

CRP has two pilot programs the Soil Health and Income Protection Program (SHIPP) and the Clean Lakes, Estuaries and Rivers 30-year contracts (CLEAR30).

For SHIPP, which is a short-term option (three, four, or five-year contracts) for farmers to plant cover on less productive agricultural lands, FSA will hold a 2021 signup in the Prairie Pothole states.

The CLEAR30 pilot, a long-term option through CRP, will be expanded from the Great Lakes and Chesapeake Bay pilot regions to nationwide.

### Increasing Technical Assistance Capacity and Impact Measurement

USDA technical assistance through the Natural Resources Conservation Service (NRCS) is critical to enable producers to plan and implement conservation practices that are appropriate for their needs. To ensure increased enrollment and support for producers, USDA is increasing NRCS technical assistance

capacity for CRP by \$140 million.

Additionally, in order to better target the program toward climate outcomes, USDA will invest \$10 million in the CRP Monitoring, Assessment and Evaluation (MAE) program to measure and monitor the soil carbon and climate resilience impacts of conservation practices over the life of new CRP contracts. This will enable the agency to further refine the program and practices to provide producers tools for increased climate resilience.

To learn more about updates to CRP, download the “What’s New with CRP” fact sheet.

### Partnership Programs Contribute to Priorities

In addition to changes to CRP, Secretary Vilsack also announced significant investments for climate-smart policies. First, NRCS is investing \$330 million in 85 locally driven, public-private partnerships under the Regional Conservation Partnership Program to address climate change and other natural resources challenges. NRCS will announce more details on the RCPP project selections on April 26.

Second, NRCS is investing \$25 million in proposals for On-Farm Trials, which are part of the Conservation Innovation Grants program. NRCS is seeking proposals through June 21. Project priorities include climate-smart agricultural solutions and soil health practices.

## Research finds fake meat products do not have enough protein

According to a new survey conducted by SafeFood, many meat substitutes don’t have enough protein to be considered an adequate protein source. The survey considered 354 meat-substitution products and vegetarian ready-to-eat meals, including vegetarian versions of chicken, meatballs, beef crumbles, sausages, nuggets and fish. Researchers found that most are highly processed, and many aren’t as nutrient-rich as you might expect.

## Repealing stepped-up basis tax provision will eliminate thousands of jobs, take billions out of economy annually, new study finds

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“Farmers and ranchers have been able to pass their farms on to the next generation thanks to the stepped-up basis tax provision,” said American Farm Bureau Federation president Zippy Duvall. “The value of many farms is tied up in land and equipment and most farmers don’t have large amounts of money on-hand to pay capital gains taxes. They could be forced to sell the farm or take out costly loans just to pay capital gains taxes.

Eliminating the stepped-up basis isn’t a tax on the rich – it’s a tax on the middle class. We urge President Biden to remain true to his word that he won’t increase taxes on hardworking, middle-class Americans.”

Chris Netram, vice president of tax & domestic economic policy, National Association of Manufacturers (NAM) said, “Stepped-up basis protects family-owned manufacturers from significant tax bills when businesses are passed on to the next

generation. As this report shows, repealing step-up could have a dramatic impact on small manufacturers across the country, potentially requiring families to liquidate businesses, leverage assets, or lay off employees to cover the tax hit. The NAM encourages Congress and the administration to keep in place this important policy for families across the country rather than increasing taxes on their job creating businesses.”

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 Winner Susan Schrick, Hiawatha:  
**OVERNIGHT EGGS**

12 eggs, beaten  
 1/2 cup milk  
 2 cups grated Cheddar cheese  
 1/4 cup chopped green onion  
 1/4 teaspoon pepper  
 1 1/2 to 2 cups diced ham  
 1/2 cup chopped green pepper  
 1 teaspoon salt  
 3 cups hashbrowns (half of a 30-ounce bag)  
 Mushrooms, fresh, sliced & chopped  
 Grease a 9-by-13-inch pan. Crumble hashbrowns in bottom of pan. Mix all other ingredients and pour over potatoes. Refrigerate overnight. Bake next morning at 350 degrees for 40 to 50 minutes uncovered.

\*\*\*\*\*

**Darlene Thomas, Delphos:**  
**7-LAYER GELATIN SALAD**  
 4 1/2 cups boiling water, divided  
 (7) 3-ounce packages assorted flavor gelatin  
 4 1/2 cups cold water, divided  
 12-ounce can evaporated milk, divided  
 8-ounce carton frozen whipped topping, thawed  
 Optional: sliced strawberries & kiwi fruit

In a small bowl add 3/4 cup boiling water to 1 gelatin package. Stir 2 minutes to completely dissolve. Stir in 3/4 cup cold water. Pour into a 3-quart glass bowl. Refrigerate until set but not firm, about 40 minutes. In a clean bowl dissolve another gelatin package into 1/2 cup boiling water. Stir in 1/2 cup cold water and 1/2 cup evaporated milk. Spoon over the first layer. Refrigerate until set but not firm. Repeat 5 times, alternating plain and creamy gelatin layers. Refrigerate each layer until set but not firm before adding the next layer. Refrigerate, covered, overnight. Serve with whipped topping and, if desired, fruit.

\*\*\*\*\*

**Kellee George, Shawnee:**  
**RADISH SPREAD**  
 1/2 cup butter  
 1/2 cup finely chopped radishes

1 tablespoon fresh chives, chopped  
 1/2 teaspoon lemon juice  
 1/2 teaspoon salt  
 Put all above in food processor until smooth. Good on crackers, pita or a sandwich.

\*\*\*\*\*

**Margaret Wetter, Norton:**  
**TEX-MEX COWBOY CASSEROLE**  
 1 pound ground beef  
 2 cups frozen corn, thawed  
 2 cups chunky mild salsa  
 2 ounces sliced black olives, drained, divided  
 1 1/2 cups cottage cheese  
 1 1/2 cups sour cream  
 5 cups whole tortilla chips  
 2 cups shredded Cheddar cheese, divided  
 1 green bell pepper, diced  
 1 tomato, seeded & diced  
 1 to 2 scallions, green parts only, chopped  
 Tortilla chips for garnish, if desired

Preheat oven to 350 degrees. In a large skillet cook ground beef until browned; drain. Stir in corn, salsa and all but 1 to 2 tablespoons of black olives. Bring to a simmer. In a mixing bowl combine cottage cheese and sour cream. Place tortilla chips in a bag to crush. In a 2-quart baking dish place half of the crushed chips. Top with half of the meat mixture, 1/4 cup cheese, half of cottage cheese mixture. Repeat the layers, ending with cottage cheese mix-

ture. Cover with foil and bake 40 minutes. Remove foil and top with remaining Cheddar cheese, tomato, black olives, scallions and bell pepper. Return to oven uncovered for 5 minutes or until cheese is melted and bubbly. Remove from oven and allow to rest for 10 minutes before slicing.

\*\*\*\*\*

**Rose Edwards, Stillwater, Oklahoma:**  
**PARMESAN ROASTED CAULIFLOWER & BROCCOLI**

1 small head cauliflower, cut into florets  
 2 large stalks broccoli, cut into florets (about 1 pound)  
 3 cloves garlic, smashed  
 2 tablespoons olive oil  
 1 teaspoon salt  
 1/2 teaspoon pepper  
 1/4 cup finely grated Parmesan cheese  
 2 tablespoons bread crumbs  
 Set oven at 400 degrees. Line a large rimmed baking sheet with foil. In a large bowl mix together cauliflower, broccoli, garlic, oil, salt and pepper. Place in an even layer on prepared pan. Sprinkle with Parmesan cheese and bread crumbs. Bake until tender golden brown and crispy, about 30 minutes.

\*\*\*\*\*

**Millie Conger, Tecumseh:**  
**PARMESAN CHICKEN**  
 Chicken breasts  
 1/2 cup Parmesan cheese  
 1 cup mayonnaise  
 1 teaspoon garlic powder  
 1/2 teaspoon pepper

1 1/2 teaspoons seasoning salt  
 Mix all ingredients together. Spread over chicken. Bake at 375 degrees for 45 minutes.

\*\*\*\*\*

**Jackie Doud, Topeka:**  
**LEMON ICEBOX PIE**

1 graham cracker crust  
 6 large eggs  
 1 2/3 cups sugar  
 1 1/4 cups lemon juice  
 2 tablespoons cornstarch  
 10 ounces cream cheese  
 2 tablespoons lemon zest  
 8 ounces Cool Whip  
 In a saucepan whisk eggs, lemon juice, cornstarch and sugar until smooth. Cook over medium heat whisking constantly until thickened. Remove from heat and whisk in cream cheese and zest until melted and smooth. Pour into crust. Freeze until firm, about 3 hours or up to overnight. Before serving let pie stand at room temp until it begins to soften, 5-10 minutes. Spread Cool Whip onto pie.

\*\*\*\*\*

**Kimberly Edwards, Stillwater, Oklahoma:**  
**NO-BAKE PEACH PIE**

1 graham cracker crust  
 (2) 8-oz. packages cream cheese  
 1/2 cup sugar  
 3-ounce box peach gelatin  
 1/3 cup vanilla flavor coffee creamer  
 8 ounces Cool Whip  
 Beat cream cheese with mixer. Add sugar, gelatin and creamer. Mix well. Add Cool Whip. Pour into crust. Cover and refrigerate at least 2 hours.

\*\*\*\*\*

## Keeping Your Bones Healthy

By Nancy Nelson, Meadowlark Extension District, Family Life  
 Did you play hopscotch or jump rope when you were a child? They are good for your health as an adult too. Regular physical activity will help keep bones strong and slow the rate of bone loss.

What type of exercise is good for your bones? The weight-bearing kind, which is anything that forces you to work against gravity. Your body responds by creating fresh, new bone and greater bone strength.

Weight-bearing exercise is anything that involves an impact on the floor or earth and requires your feet and legs to support you. Some examples include brisk walking, hiking, jogging, jumping, hopping, climbing stairs, dancing, yoga, and tennis.

Good nutrition is also essential for bone health. Nothing beats calcium for your bones, and while you can get plenty of calcium from dairy foods (low-fat options are best), it is also found in vegetables. Choose dark leafy greens such as spinach, bok choy, collard, and turnip greens.

Vitamin D is essential to help bodies absorb calcium. Your body makes vitamin D when the sun shines directly on your skin, and it only takes 10 to 15 minutes of sunlight a couple of times a week to get what you need.

As you age, though, your skin gets thinner and less efficient at synthesizing vitamin D from sunlight. A few foods, like salmon, contain calcium and vitamin D, and some are fortified with both as well, including cereals and orange juice.

Other minerals, like magnesium and potassium, help keep bones healthy. Magnesium helps balance vitamin D balance in your body, while potassium aids in reducing calcium loss from bones. Good sources include spinach and other dark greens, potatoes, sweet potatoes, bananas, legumes, nuts, seeds, and whole grains. Protein is also an essential nutrient for bone health at all stages of life.



The other night I had did my usual routine; I went to kickboxing and then was visiting my two favorite little girls in the whole wide world, Mika and Chloe. As they were getting dressed for bed and having their hair done, I had them guess what I was going to do the next evening. After many unsuccessful attempts I finally told them: I was going to watch a softball game with my best friend Kari, who they happen to adore. Mika put on her best pouty face and hit me with the "I wish I could go watch a softball game with Kari."

I let it roll, didn't touch it, but promised I would tell Kari hi from her. After much thought and deliberation, I decided I would just ask if I could take her and Chloe with me. Honestly, I was fully prepared for a no, but hoping for a yes. I sent the text. My brother called me, lots of questions later and rearranging of the original plans it was decided that I could take the girls on our first real adventure completely away from mom and dad, and an hour away at that.

That afternoon rolled around, and I headed out to their house to get them. They were eager to help get their car seats into my car, they ensured they had an extra pair of shoes, heavier jackets and water bottles all loaded up, and of course they asked me a bunch of times if I had snacks, rest assured I was fully prepared. They told their Gigi thanks for a great day, we loaded up and headed out.

The drive to Topeka was entertaining. I don't think I have ever been asked so many times everyone's favorite question, or some form of it: "Are we there yet?" They chatted the whole way there, telling me about their day and ensuring that Kari was going to meet us for dinner and as they endearingly referred to it as "the ball game." We pulled up to McAlister's Deli with two screeching little girls, they had spotted Kari and couldn't wait. We headed inside, where both girls were insistent on ordering for themselves. I mean we had a whole hour for them to decide what they wanted, they weren't about to pass up the opportunity to tell the nice lady exactly what it was they were looking for. Food was ordered, potty breaks were had, and Kari was updated on all things Mika and Chloe. She even got a fun dose of Chloe negotiating on exactly how many more bites of macaroni and cheese had to be eaten.

After dinner we headed to the game. Of course, during that fifteen-minute drive, they worked up quite the appetite and reminded me as soon as we got out of the car that we needed to take the snacks with us, which of course we did. We made our way over to the bleachers and found a spot where we planted ourselves for quite some time, but as I am sure you can imagine, with any three- and four-year-old, attention spans start to dwindle and there was a big jungle gym in the distance calling their names. Kari and I agreed we would go over with them, which happened to be where we finished out the game.

Once the game was over the girls talked us into five more minutes and convinced Kari that they were in desperate need of McDonald's frozen drinks. To McDonald's we headed and then back to Kari's car to drop her off and for a surprise gift to the girls of some of Kari's old Beanie Baby cats which have already found their way into Mika's arms while she sleeps. From there we headed home, two excited and tired little girls in my back seat. I honestly couldn't tell you who had more fun, but I can assure you, we are all ready for our next adventure to the next opportunity to make memories.

*Michele grew up in Junction City and graduated from Kansas State University. She worked in the restaurant management field for six years before deciding to switch careers and now works as an office manager for a company that manufactures oilfield products. Her passion for blogging and food can be followed on Instagram: [boobsbrainsandbaking](#).*

*If you would like to contact Michele with comments please email [mcarlyon88@gmail.com](mailto:mcarlyon88@gmail.com)*

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3. Send it to: Woman's Page Editor, Grass & Grain, Box 1009, Manhattan, KS 66505.  
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# Nutritionist Outlines Foods With Natural Anti-inflammatory Properties

MANHATTAN – Whether it's an injury, arthritis or infection, our bodies often respond with inflammation, a sign that it's working to ward off whatever it is that ails us.

But when inflammation becomes chronic, there are natural ways to help manage it through what we eat, according to a Kansas State University nutrition educator.

"A lot of foods have these healthful traits, but some foods do make every list," said Sandy Procter, state nutrition specialist with K-State Research and Extension. Her top 10 list of foods with anti-inflammatory properties include:

1. Berries, including blueberries, strawberries, raspberries and more.
2. Salmon, tuna and other fatty fish (yes, sardines, too).
3. Tomatoes.
4. Nuts, including walnuts and almonds.
5. Broccoli.
6. Olive oil, especially extra virgin olive oil.
7. Peppers, including bell and chili peppers.
8. Dark green, leafy vegetables such as spinach, kale, and collards.
9. Green tea.
10. Chocolate and cocoa.

Turmeric, cherries, fresh herbs and spices also are helpful.

So, does this mean those dark chocolate-covered almonds that tend to jump into our shopping carts are good for us?

"I'd say, definitely better than most candies," Procter said, "and if that little bit of sweet replaces say, a handful of cookies or a piece of cake, then yes. Portion control then becomes the issue."

Different components in foods have anti-inflammatory effects. They differ from food to food. Fruits and vegetables contain antioxidants, whole grains contain fiber and nuts and seeds have fiber and healthy oils.

"Because there are so many different substances that fight inflammation, a varied healthy diet is important," Procter said. "That way, we introduce many diverse types of inflammation-fighting components into our bodies on a regular basis."

When asked if these foods are more important as people age and develop conditions such as arthritis, Procter said: "These foods are excellent throughout life – if healthy food choices start early, then those healthy food habits will support good health as a person ages. Many chronic diseases, such as obesity and Type 2 diabetes, are related to chronic inflammation. We know those diseases are affecting more people at younger ages, so starting early is very important."

But it's never too late to improve our food choices and to eat healthier, she added. Most anti-inflammatory foods are also the ones that make up the Mediterranean eating pattern, which is mostly made up of fruits, vegetables, nuts, whole grains, fish and healthy oils. People who follow that diet from the earliest ages frequently live notably long

## Procter's Interest In Nutrition Spurred By 4-H

Kansas State University nutrition educator Sandy Procter attributes her interest in nutrition and health to her mother, who was a home economics teacher by training and a 4-H member growing up.

"So, her kids all were 4-H members, and I took foods and nutrition projects early on," Procter added. "When I was about 10, Mom was asked to teach a nutrition course to student nurses in my hometown, and I must have been at the age where that really made an impression. I remember talking about nutrition all the time with her. At the time, I thought those were discussions everyone had at dinnertime."

In college she decided to take nutrition classes until she figured out what to major in.

"After a few semesters, the dietetics program director called me in to her office and asked what I was planning to do with all those nutrition courses. I didn't really know, so she convinced me to go into the dietetics program. Eventually, combining my dietetics degree with Extension work, where I could teach others about nutrition, seemed like I had come full circle," Procter said.

and healthy lives.

Can people eat enough of these foods to make a difference?

"In a word, yes," Procter said. "Research has shown it is the foods themselves in the overall diet, not supplements, that really bring about healthful benefits. That's why we are consistently encouraged to eat more fruits and vegetables, choose whole grain foods and to vary our protein. Plus, if we focus on those anti-inflammatory foods, and avoid or limit the foods shown to cause inflammation, we are taking huge strides for health."

Foods that cause inflammation and should be avoided or only eaten in moderation, include refined carbohydrates, such as white bread and pastries; French fries and other fried foods; soda and other sugar-sweetened beverages; red meat and processed meats including hot dogs, sausage; and margarine, shortening and lard, according to Harvard Health Publishing at Harvard Medical School (2020).

"It is no coincidence that most of the same foods to avoid for inflammation are generally considered bad for our health," Procter said.

Procter herself said she's always eaten fruits and vegetables and is discovering even more healthy foods: "I

have learned to love salmon, and nuts, and more beans and whole grains than I ever knew existed. Avocados are a more recent preference. And – I have learned to appreciate dark, dark chocolate!"

"Even foods we don't think are necessarily exciting – like black coffee, apples and mushrooms – are high in anti-inflammatory components," she added.

More information about human nutrition is available on the K-State Extension Food, Nutrition, Dietetics and Health.

Links used in this article: K-State Extension Food, Nutrition, Dietetics and Health <https://www.ksre.k-state.edu/humannutrition/>



## Digging Out

By Lou Ann Thomas

Now that I am fully vaccinated and can more safely mingle with others who are as well, I've been focused on cleaning my house. I fear, being alone in this house for the last year has encouraged some rather untidy habits.

It's time to sort through all my Pandemic Piles before company arrives. These piles seem to have appeared on their own volition. Even without leaving my house, thanks to online purchasing, I was still able to access whatever I wanted, and a few things I never knew existed. With all the items I ordered coupled with me rarely leaving the house, it piled up – sometimes to potentially dangerous heights.

But, now with the expectation of inviting friends over, the mess must go. So, I've been diligently working to trim the

piles and create a path through all that I've accumulated. I'm sure all this stuff trickled in one piece, one box and one book at a time, usually delivered to my door, and the accumulation likely occurred so gradually that I didn't notice, or I am some kind of magnet for books, shoes, trinkets and shiny objects.

Most of the things in my Pandemic Piles I like and will keep, but other acquisitions are questionable. Edible glitter wasn't that good and the Umbrella Hat blew off my head and became a tumbleweed across the pasture the first time I wore it. However, there were some good finds. The finger covers for cheesy foods is a must when eating Cheetos.

When I was 17 and headed for college, my parents packed my possessions and me into their car and deposited me a tiny dorm room I shared with another freshman. For many years after that I moved everything I owned in one car trip. And, honestly, I don't recall ever not having what I needed – although I was bereft of dill pickle flavored lip balm. I had a place to sleep and sit and some mismatched plates and silverware, and I didn't really need anything else.

But somewhere in the process of growing older, and at least a little more responsible, I have amassed a lot more than seems necessary. I yearn for the simplicity of getting everything I own into a car, or even a small rental truck. But, like the wrinkles now etched in my face from years of expressing miles of smiles, time has a way of leaving things behind too.

However, just in case someone else is responsible for this accumulation of things, I'm going to stay up late tonight to see if I can catch them. If I do, I'm making them take it all back – except for the cheesy food finger covers. They're a keeper.

### AUCTION REMINDER

**SATURDAY, MAY 1, 2021 — 10:00 AM**  
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## U.S. farmers always think about economic and environmental sustainability

U.S. wheat farmers know that improving economic and environmental sustainability is increasingly important to the world's buyers and wheat food processors.

The commitment each person makes on the journey to those customers is what makes U.S. wheat unmatched in both quality and reliability. Farmers especially feel a responsibility to preserve this legacy, to act as stewards of the land, and promote new

practices that improve economic and environmental sustainability.

### Reflection First

"Sometimes we need to reflect on what we have done, visit with experts regarding farming practices, and continually try to improve," said Scott Huso, who with his wife Elizabeth and an experienced team of employees operate Ridgeline Farm near Aneta, N.D. "We are not trying to improve our farm for us, but for the next gen-

erations to come."

### The Responsible Way

"Members of my community, members of my family will be consuming this crop, as well as families around the United States and families across the globe," said Kansas farmer Justin Knopf.

"When I make a decision to use a particular product, whether it be to fertilize the crop, to give it the fertility, the nutrition that it needs to grow and produce nutritious grain

and good grain quality," he said, "I always weigh those trade-offs with the end in mind and in a responsible way that consumers can be confident that we've done our due diligence."

### To show a responsible farmer

U.S. Wheat Associates is sharing a new video

production called "Sustainability: Sustaining the Legacy" that features U.S. wheat farmers like Scott Huso and Justin Knopf explaining how they go about improving economic and environmental sustainability practices on their farms with end-use qualities and future farm fami-

lies in mind.

### A Better Future

These individual actions contribute to the whole in a big way – a future with better quality wheat and better land management, leading to better food products for people across the world.

## Service seeks public comment on lesser prairie-chicken habitat conservation plan for renewable energy development in the Great Plains

The U.S. Fish and Wildlife Service seeks public comment on a draft habitat conservation plan (HCP) and draft environmental assessment covering potential impacts to the lesser prairie-chicken from renewable energy development in the Great Plains. The HCP would cover wind and solar project development as well as transmission lines across the lesser prairie-chicken's (LPC) range in Kansas, Colorado, Oklahoma, Texas and New Mexico.

LPC Conservation, LLC has prepared the HCP in support of an application for an incidental take permit for the lesser prairie-chicken. The HCP for the lesser prairie-chicken is a planning document designed to promote its conservation while providing regulatory certainty for the development of

renewable energy across its range should it become listed under the Endangered Species Act (ESA) in the future. Under the plan, industry participants will work with LPC Conservation, LLC, the permit administrator, to purchase mitigation permits to offset their project's impacts to the LPC and its habitat on a voluntary basis.

"Through this collaborative process, LPC Conservation, LLC will help offset the impacts to the lesser prairie-chicken resulting from enrolled projects by protecting, enhancing and restoring land of relatively high ecological value to species," said Amy Lueders, Service Southwest regional director. "At the same time, industry participants who enroll will receive regulatory certainty should the LPC become listed under

the Endangered Species Act. Using the many flexible tools of the ESA to work with landowners and diverse stakeholders allows us to both conserve wildlife and provide needed certainty that supports development."

Working with diverse stakeholders is essential to the Service's conservation work and success. The Service regularly engages diverse conservation partners, landowners, government agencies, industry and the public to identify innovative win-win strategies for conserving and recovering protected wildlife, plants and their habitats and supporting local economies.

The lesser prairie-chicken (*Tympanuchus pallidicinctus*) is a species of prairie grouse that occupies a five-state range including portions of Texas, New Mexico, Oklahoma, Kansas and Colorado. LPC populations need large tracts of relatively intact native grasslands and prairies to thrive.

For more than two decades, the Service has prioritized efforts with our partners to employ all available tools to facilitate the conservation of the lesser prairie-chicken. In response to a September 2016 petition, the Service is currently re-evaluating the lesser prairie-chicken's status under the ESA. A 12-month finding will be completed in the spring of 2021 per a settlement agreement. The 12-month finding will not be a decision on listing the species, but rather a determination of whether a formal listing proposal, conducted through notice and public comment, is warranted.

A notice of availability will publish in the Federal Register on April 14, 2021, opening a 30-day public comment period. Information on how to submit comments will be available at <https://www.federalregister.gov/> by searching under docket number FWS-R2-ES-2020-N125.

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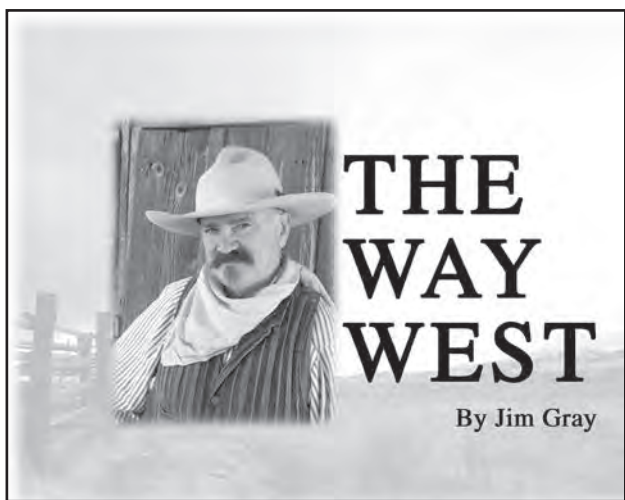
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## Bogus Sheriff

The infamous Sheriff Jones of "Bleeding Kansas" fame was appointed Douglas County Sheriff in September of 1855, swearing to uphold the laws of the territory. A decidedly pro-slavery Kansas territorial legislature adopted statutes that mirrored Missouri's pro-slavery laws as Kansas Territorial law. The unpopular new territorial government was quickly labeled the "bogus legislature" by the free state anti-slavery abolitionists. Sheriff Jones did not escape the controversy, becoming known to his opponents as a "bogus sheriff."

The free state movement tripped the trigger of rebellion against the established legislature by creating their own legislature and authorizing the Topeka Constitution in November 1855. The territory erupted with the first death associated with the division south of Lawrence. Franklin N. Coleman, a proponent of slavery and Charles Dow, a man with abolitionist leanings, argued over property boundaries. Dow was closely associated with Jacob Branson, a well-known leader in the free state movement. Their disagreement came to a head on November 21, 1855, when Coleman killed Dow with a shotgun.

Coleman surrendered to Territorial Governor Wilson Shannon. Shannon was described as "an extreme Southern man in politics, of the border ruffian type." Governor Shannon turned Coleman over to Sheriff Jones, who was expected to deliver Coleman to LeCompton, more for the prisoner's protection than for his prosecution. Learning that Jacob Branson had threatened Coleman's life, Jones and his deputies detoured south, arresting Branson at his cabin.

But in the dark of night the free state men confronted Jones' posse and forced Branson's release. While the rescuers took Branson to Lawrence, Sheriff Jones and his posse rode to the pro-slavery town of Franklin, a few miles southeast of Lawrence. From there Jones began the organization of three thousand Missouri men to quell the "rebellion" in Lawrence.

To quell the disturbance Governor Shannon negotiated a peace and disbanded Sheriff Jones' militia on December 7, 1855.

The agreement did not deter Jones from carrying out his mission to arrest free state leadership. In January, 1856, he again

entered Lawrence, this time to arrest a man for which the citizens of Lawrence, "had no sympathy... and (were) very willing he should be arrested." As a crowd gathered to watch the sheriff make the arrest, "the slight form of a woman was seen approaching." She was described by Col. J. S. Emery as "little in stature, but somewhat larger than some men in heart." The little woman produced a cocked pistol and announced, "Keep off, Mr. Jones; if you lay the weight of your hand on my husband I will send your spirit to the land of Benedict Arnold!" Sheriff Jones boldly continued, but faltered when the barrel of the pistol was thrust against his chest. In resignation the sheriff turned away and "with a silly smile" he conceded that he would give up. "Yes, and by a woman," came a voice from within the crowd.

If one had thought that Sheriff Jones was through, he would have been gravely mistaken. The February 2, 1856, *Kansas Herald of Freedom* continued the story. Two or three days afterward he clandestinely returned, having learned that the little lady was "devotedly fond of music." While Sheriff Jones remained out of sight his men persuaded her to "give them a favor-

able air." While seated in a chair with her guitar she became, "lost in the beauty of the music." Suddenly one of the men seized her, holding her fast to the chair!

The sheriff then opened the door and passed to the adjoining room to arrest her husband. All the while the wife screamed "until the scoundrel that took advantage of her confidence fled; but not before she had deliberately discharged three bullets from a Colt's revolver after him." All but one bullet went astray, with one grazing the assailant's ear as he frantically raced away.

In a letter signed by "THE SECRET TWELVE," Jones was warned that one more arrest would sign his "Death Warrant." Undeterred, Jones continued to harass the citizens of Lawrence. In April he made several attempts at arrests, finally bringing United States Dragoons with him to place several people under arrest on April 19th. Following the arrests he entered "a drinking house" where he offered the toast, "May the damned Abolitionists of Lawrence be made to get down on their knees and kiss the Territorial laws!" That night while he and the soldiers were guarding the prisoners someone fired a shot into the tent. Sheriff Jones was shot in the back.

Such men are hard to kill. He survived and enacted his revenge by sacking Lawrence on May 21, 1856. Sheriff Samuel Jefferson Jones was indeed a dangerous man who cut a wide swath across Territorial Kansas, but he did an abolitionist think he was more than a bogus sheriff on The Way West.

"The Cowboy," Jim Gray is author of the book *Desperate Seed: Ellsworth Kansas on the Violent Frontier; Ellsworth, Ks. Contact Kansas Cowboy, 220 21st RD Geneseo, KS. Phone 785-531-2058 or kansascowboy@kans.com.*

## Silage schools being offered in Salina, Garden City

Cattle feeders and dairy operators are encouraged to attend one of two silage schools being hosted by Lallemand Animal Nutrition and Kansas State University Research & Extension next month. One will be offered May 4 in Salina, with the other being held May 6 in Garden City. Each will begin at 4:00 p.m. and end by 8:00 p.m.

Company experts and university specialists will be presenting on the real value of achieving density pack, silage management for minimal shrink, interpreting silage analyses and the impact fiber levels and types have on starch digestibility. There also will be demonstrations on kernel processing and fecal sampling during the breaks. To conclude the evening, a dinner will be provided for attendees.

This is a free program, but reservations are requested to get an accurate count for the meal. Interested participants should RSVP by April 23 to Lauren Kasten by emailing lkasten@lallemand.com or calling (414) 931-1058.

## Rural Veterinary Workforce Development Taskforce seeks producer feedback

Amidst a growing concern for a lack of access to veterinary services in rural Kansas, a group of statewide organizations and higher education leadership have combined resources to form the Rural Veterinary Workforce Development (RVWD) Taskforce. The objective of RVWD is to promote the development and retention of excellent veterinarians to ensure a long-term adequate supply of rural practitioners to serve the needs of agricultural communities.

The taskforce has de-

veloped an online survey where livestock producers are encouraged to provide feedback and give these issues a voice. Producers can directly provide feedback through this link: [bit.ly/Rural-Vet-Workforce-Survey](http://bit.ly/Rural-Vet-Workforce-Survey). The survey should take less than five minutes to complete.

The survey will help the taskforce to understand what gaps exist and learn more about why people are having a hard time finding veterinary support. Responses generated by the survey will contribute to development of a strategy

to solve concerns related to rural veterinary needs across the state, whether that means specific services, or a lack of people to perform those services.

Members of the Rural Veterinary Workforce Development Taskforce include leadership from the Kansas Department of Agriculture, Kansas Livestock Association, Kansas Farm Bureau, Kansas Veterinary Medical Association, Kansas State University College of Veterinary Medicine, and Kansas State University College of Agriculture.

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See next week's Grass & Grain for Listings & check our  
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## Fike awarded 2021 Mark and Eva Gardiner Innovation and Excellence Faculty Award

Dr. Karol Fike, Kansas State University teaching associate professor, has been awarded the prestigious 2021 Mark and Eva Gardiner Innovation and Excellence Faculty Award.

Fike completed her bachelor's degree in animal sciences at Iowa State University in 1991. She continued her education at the University of Nebraska-Lincoln, earning her master's and doctorate, studying reproductive physiology in beef cattle.

With a passion for teaching and working with students, Fike first taught courses in Anatomy and Physiology, Human Nutrition, and Biology at Western Iowa Tech Community College. She spent four



years on the faculty at Ohio State University teaching Introductory Animal Sciences, Animal Products, advising students and coordinating the undergraduate internship program.

Joining the K-State ASI department in 2006, now

Fike advises students, teaches Farm Animal Reproduction (ASI 400), Animal Sciences Career Preparations (ASI 580), Physiology of Reproduction in Farm Animals (ASI 710) and she coordinates the departmental internship program (ASI 599). She also provides leadership to the K-State undergraduate Feedlot Boot Camp and Teaching Program and Animal Sciences Academic Quadrathlon competition. Her research interests include beef cattle reproductive physiology and management, and evaluation of factors affecting sale price of beef calves marketed via video auction. Fike has authored or co-authored 21 publications and 744 citations relative to her research interests.

"We are grateful to Mark and Eva for recognizing Karol with this award," said Ernie Minton, dean of K-State's College of Agriculture and director of the Kansas State Research and Extension. "She is a truly gifted teacher and advocate for students. The feedlot bootcamp she was instrumental in developing is just one example of her commitment to cre-

ative teaching and giving students a comprehensive learning experience."

The K-State Feedlot Management Collegiate Boot Camp provides students the chance to learn more about animal nutrition and the business of cattle feeding from professionals in the industry.

As academic quadrathlon advisor, Fike and her students accepted the added challenge of competing in a virtual environment against six other universities. The 2021 K-State team placed second in lab practicum, written exam and quiz bowl in a highly competitive field.

Mark and Eva Gardiner, and their family, own and operate Gardiner Angus Ranch near Ashland. They established the award in 2019 to recognize faculty in the K-State College of Agriculture who are excelling through innovative teaching, research or extension that positively impacts the global food system. Mark said the family's interest is to recognize faculty who not only educate, but who are innovative and motivate students to careers in agriculture.

When asked about the 2021 recipient, Mark said,

"The past year has tested the resolve of every teacher at every level of education. K-State is fortunate to have professional educators, like Karol Fike, with the spirit and passion to creatively find ways to help her students succeed. Karol was resolute in her commitment to be present. Eva and I are grateful for Karol's indomitable commitment to research, her students and the challenge of preparing the next generation of beef producers."

Fike's students, through positive teaching evaluations have said, "Fike is one of the best teachers and advisors. She makes sure her students fully understand the material and is willing to go above and beyond to help outside of class."

Two former students, Cole and Ransom Gardiner, 2016 K-State graduates, commented, "Karol Fike

was very willing to invest her time, energy and talent to help students learn. Whatever a student was willing to give, she was adamant in investing twice as much."

Karol and her husband, Gary, have three children — Jackson, Marshall and Grace — and make their home near Westmoreland.

"For decades the Gardiner family has continually used science to improve their cattle performance and has reached out a hand to help other producers and future producers by supporting educational opportunities," Minton said. In addition to this teaching award, the Gardiner family has supported student scholarships and the annual Henry C. Gardiner Global Food Systems Lecture Series, which brings innovative thought leaders to speak about world food issues at K-State.

## National Sorghum Foundation announces 2021-2022 scholarships

The National Sorghum Foundation has opened three scholarship applications for college students studying agriculture in the 2021-2022 academic year.

"The goal of the National Sorghum Foundation is to promote research, education and leadership, and we are honored to assist with the financial needs of promising future leaders," National Sorghum Foundation chairman Larry Lambright said. "We are looking to support students who have strong academics and are a leader at their university and in their communities."

### Bruce Maunder Memorial Scholarship

This scholarship is presented in honor of Bruce Maunder, a lifetime advocate and researcher in the sorghum industry. Maunder dedicated 37 years of his life to sorghum and crop improvement and inspired a new generation along the way. Applicants must be a sophomore through senior and enrolled in an agriculture-based degree program to apply.

### Darrell Rosenow Memorial Scholarship


Darrell Rosenow revolutionized hybrid sorghum in the United States, spending over 40 years of

his life as a sorghum plant breeder. Students applying for this scholarship must be a sophomore through senior and enrolled in an agriculture-based science program related to agronomy, plant pathology, entomology, and/or plant breeding with an emphasis on sorghum.

### Bill Kubecka Memorial Scholarship

A leader in the sorghum industry for over two decades, Bill Kubecka leaves a legacy of dedication and service to an industry he loved. Paired with the tuition award, the scholarship covers travel expenses for the student to attend the National Sorghum Producers annual legislative fly-in. Undergraduate students, sophomore through senior, graduate students and law school students are eligible to apply. Applicants must be enrolled in a curriculum related to agricultural economics, agricultural policy or agricultural law.

Each scholarship is valued at \$1,500, and the deadline to apply is June 1, 2021. More information about each scholarship's criteria and application forms can be found online at [SorghumGrowers.com/Foundation-Scholarships/](http://SorghumGrowers.com/Foundation-Scholarships/).




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# McMullen wins U.S. Fish and Wildlife Service 2021 National Junior Duck Stamp Art Contest

A talented young artist from Kansas has taken top honors at the National Junior Duck Stamp Art Contest. A pair of hooded mergansers by 18-year-old Margaret McMullen will grace the 2021-2022 Junior Duck Stamp, which raises funds to educate and engage our nation's youth in wildlife and wetlands conservation and outdoor recreation.

A panel of five judges chose the entry, painted in acrylic, from among best-of-show entries from 50 states, Washington, D.C. and two U.S. territories.

"I am so excited that thousands of talented young students from across the United States participated in this year's Junior Duck Stamp Program, and especially proud to announce the top winners of this prestigious contest," said Service Principal Deputy Director Martha Williams. "This program is one of our hallmark efforts to engage youth and foster a lifelong connection with the natural world through science, art and language."

Students in kindergarten through grade twelve participate in their annual state Junior Duck Stamp Program through their school, home, art studio or after-school group, or from a national wildlife refuge, park or nature center. After learning about wetlands, waterfowl and wildlife conservation, they express their learning through a drawing or painting of a duck, goose or swan.

The top piece of art in the nation - chosen at this annual competition - is featured on the Junior Duck Stamp, sales of which support educational programs and activities that nurture our next generation of conservationists.

The Federal Junior Duck Stamp Conservation and Design Program began in 1989 as an extension of the Migratory Bird Hunting and Conservation Stamp, commonly known as the Duck Stamp. The first national Junior Duck Stamp art contest was held in 1993. The stamp encourages students to explore their natural world, participate in outdoor recreation activities, and learn wildlife management principles. Approximately 2,000 Junior Duck Stamps are sold annually for \$5 each.

Second place winner was Daniel Schumacher, age 18, from North Dakota,



Shown is an acrylic painting of hooded mergansers by 2021 National Junior Duck Stamp winner Margaret McMullen.

with an acrylic painting of a redhead.

Third place went to 12-year-old Ariaah Lowell from Maine who entered a harlequin duck painted in oils.

In addition to the art contest, a Junior Duck Stamp Conservation Message Contest encourages students to express in words the spirit of what

they have learned through classroom discussions, research, and planning for their Junior Duck Stamp Contest entries. This year's winner is Josie Arp, 15, of Arkansas with her message: "When the world turned upside-down nature calmly and quietly laid a blanket of comfort over us all."

"We are so honored

to help run a program where thousands of young people from around the country and all different backgrounds and interests have an opportunity to showcase their talents," said assistant director for migratory birds Jerome Ford. "These kids have had to adjust to new learning methods during the past year due to the pandemic. It just shows how important this program is to allow students to turn what they know about wildlife and use their passion to turn that into a piece of personal art they share around the country"

This year, nearly 9,000 young artists submitted entries to the Junior Duck Stamp contests around the nation. State coordinators, which include the Service, state wildlife agencies and local nongovernmental employees adjusted to the COVID-19 pandemic in several ways. They offered virtual tours of neighboring wetlands and national wildlife refuges, provided lessons and activities about waterfowl identification and sent art supply packets to students learning from home. The coordinators also mailed letters to students about future conservation careers. Online sketching, painting and journaling videos were made by several local artists to engage students and promote their involvement in the Junior Duck Stamp Program while increasing their observation skills and understanding of waterfowl behavior. For complete contest results, visit <http://www.fws.gov/birds/education/junior-duck-stamp-conservation-program.php>.

The Junior Duck Stamp Contest winner receives \$1,000. The second place winner receives \$500; the third-place winner receives \$200; the Conservation Message winner receives \$200.

You can buy Junior Duck Stamps online through the U.S. Postal Service and Amplex and at some national wildlife refuges. Proceeds from the sale of Junior Duck Stamps are used for recognition of individuals who submit winning designs in state or national competitions and to further activities related to the conservation education goals of the program.

The first day of sale for the 2021-2022 Federal Duck Stamp and Junior Duck Stamp is planned for June 25, 2021.

**COTTONWOOD FALLS, KANSAS • CHASE COUNTY**  
**COWAN FARM & RANCH**  
**LAND AUCTION**  
**TUESDAY, MAY 4TH • 10AM**  
**AUCTION LOCATION:**  
**Chase Co. Community Building - Cottonwood Falls, Kansas**

**1,897± Acres**  
**Offered in 3 Tracts & Combinations**

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- ½ mile of the south fork of Cottonwood River and 1 mile of the Norton Creek borders Tract 2
- Immediate possession for the successful buyer of Tract 3

**INFORMATION DAYS:**  
**THURS, APRIL 15TH & 22ND**  
**10AM - 12NOON**  
 Meet an Auction Representative on Tract 2

**CALL OR GO ONLINE FOR MORE INFORMATION**  
**800.829.8747**  
**www.HallandHall.com**  
 KS# 00049762

**LARGE PUBLIC AUCTION**  
**SATURDAY, MAY 1, 2021 — 9:00 AM**  
**LOCATION: 1815 N. Mayfield Road - HUTCHINSON, KANSAS 67502**

**TRACTOR, VEHICLES, TRAILERS & MISC. IMPLEMENTS:** John Deere 2640 Diesel Tractor w/ Westendorf TA25 Loader, canopy, unknown hrs, (good condition); 2000 Ford F350 Power Stroke Diesel, 4x4 Super Duty, dually automatic pickup w/206k mi; 2005 Ford F250 Flatbed Truck w/182k mi; 1998 Infinity G20 Car (as is); 8'x40' Semi Van Trailer (used for storage); 8'x25' (4' dovetail) Gooseneck triple axle trailer w/no floor; 7'x20' Tandem Trailer w/toolbox & ramps; 7'x12' Trailer; misc Trailers; hyd Log Splitter; Pickup Bed; John Deere & blade; 6' Whirlcut Mower; Buzz Saw.

**ATV, LAWN MOWER, LAWN & GARDEN:** Honda Ranger ATV w/796 mi; X2003 Quad Loop 50" Dixie Chopper Mower; 3' 6"x7' Lawn Trailer; Fimco Lawn Sprayers; ATV & Car Ramps; Railroad Ties; Weeders; Mantis Tillers; Limestone Fence Posts; Yard Art; Dog Kennel; Bird Baths; Large Backyard Custom Smoker/Grill Combo; Firewood; Patio Furniture & Heater; Concrete Bench; Wheelbarrow; Gas Cans; Bicycles; Lawn & Garden Tools; Variety of Sprinklers; Stihl MS 271 & MS250C Chainsaws; Echo CS310 Chainsaw; Troy Bilt Super Bronc Tiller.

**SHOP TOOLS & MISC ITEMS:** Craftsman Rollaway Tool Chest; Welding table; bench vises & grinders; fuel tank; alum ext ladders; scaffolding; scoop shovels; 2 wheel dollies; air bombs; carpet dolly; organizers; vise grips & wrenches; Cherry Picker; engine stand; large selection of Power Tools (all brands); Mr Heater; log chains & boomers; chain hoist; come along; Makita metal cutoff saw & blades; Handyman & Hyd Jacks; DeWalt Compressor & Hoses; Cords & Trouble Lights; Platform Scales; Craftsman Drill Press; Stihl TS 420 Concrete Saw; Table Saw; Shop Fans & Heaters; Lots of Shelving; DeLaval Cream separator; Lots of Copper Wiring; Steel & Alum Scrap; Steel Wheels; Steel Webbing; New I-Beams; Used Windows & Doors; Large Selection of 2x Lumber & ½" Plywood; Sawhorses; New Flooring; Powder Paint Sprayer; Schumaker Battery Charger; Twin Tank Compressor w/Honda Engine; DeWalt Nail Gun; 8 to 10 trailers w/construction & fix em all tools; **plus hundreds and hundreds of items not listed.**

**GUNS:** Rem M-742 Woodmaster 30-06 cal w/Redfield Scope; Rem M-7400 30-06 cal w/Bushnell Scope; Glenfield M-60 22 cal/Golden 50; Sears 12 ga Single Shot.

**HOUSEHOLD & COLLECTIBLES:** China Hutch; Dining Table & 6 Chairs; Showcase/Hutch; Vintage Ice-Box; Old Radio; Heavy Duty Vintage Steel Safe; Budweiser Rotating Clydesdale Globe Light; Beer & Cigarette Lighted Signs; Cartoon Pictures & Prints; Advertising Signs & Thermometers; Roasters; Crockers; Lots of Misc Glassware; Large Salt & Pepper Collection; Vintage Tractor Bells; Lots of Blankets & Bedding; Croquet Set; Toy Trucks, Cars & Semis; Candy Machine; Egg Scales; Wooden Cabinets & Shelving; **plus more.**

**NOTE: Owner is relocating so everything sells from wall to wall. The Edigers were "Handyman" type with wood or metal so they have 5 pcs of everything!! This is a very large auction with a huge selection. May sell at numerous locations throughout the day so bring a friend & spend a full day with us.**

**SELLER: STAN EDIGER** For photos go to [auctionzip.com](http://auctionzip.com)

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**AUCTION**  
**MONDAY, MAY 3, 2021 — 11:00 AM**  
**Auction will be held 1ST & Washington (SW corner of square) in DELPHOS, KANSAS**  
**REAL ESTATE Sells at 1:00 p.m.**

Older 2 bay building (was used as a service station. Roger has owned the building since the 1990's before then the station was closed and the tanks removed). The building sets on the southwest corner of the square in Delphos, KS. The building does need some repair. The building had a new roof in 2006. The seller will do no inspections or repair on the property. All inspections must be made by the purchaser before May 3, 2021. Possession will be upon closing. Terms will be 10% of purchase price as down payment balance will be due upon closing on or before June 5, 2021. Title insurance will be used, the cost will be split 50/50 between seller & purchaser. Escrow fees will be split 50/50 between seller & purchaser. 2021 taxes will be paid by purchaser. All statements made day of auction take precedence over printed material. **Thummel Real Estate & Auction LLC is acting as seller agent.**

**TRACTOR, TRAILERS, TOOLS & COLLECTIBLES**  
 Cockshut 30 tractor; 7'x18' tandem axle metal trailer w/ramps; Olson 4'x6' 2-wheel trailer; 6½'x8' homemade 2-wheel trailer; pull type yard sprayer; Wizard snow blower; Snapper shredder; several mowers inc: John Deere & Snapper; cement mixer; table saw; jig saw; assortment of electric tools; assortment hand tools; laser level; air compressor; air bubble; pipe vise; small anvil; weed eaters; yard tools; jacks; tents; Redding reloader; fishing equipment; trolling motor; Redding reloader; Raytomc detector; assortment of other items.

**ROGER YAGER ESTATE**  
**NOTE: Lunch by Dry Creek Buffalo Ranch Chuck Wagon. Check our website for pictures at [www.thummelauction.com](http://www.thummelauction.com). For your safety please social distance and wear your masks.**  
**Auction Conducted By: THUMMEL REAL ESTATE & AUCTION LLC, 785-738-0067**

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