

Sign up begins for conservation easements

State Conservationist Terrance O. Rudolph, for the USDA-Natural Resources Conservation Service (NRCS) in Georgia today announced a sign up for this year's Agricultural Conservation Easement Program (ACEP). To be considered for the fiscal year 2021 funding pool, applications must be submitted by February 5, 2021.

The ACEP, created through the 2014 Farm Bill and reauthorized in the 2018 Farm Bill, is a program that has two components, known as Agricultural Land Easements (ALE)

and Wetlands Reserve Easements (WRE). "With ACEP, NRCS can help different types of landowners find the conservation solution that works best for them," said Rudolph. "We encourage all groups- tribes, state and local governments, non-governmental organizations and private landowners- to contact their local NRCS office to find out if ACEP is right for them."

ACEP-WRE applications are accepted directly from producers on eligible lands. These easements

will restore and enhance wetlands and improve habitat. Eligible lands include farmed, prior converted or forested wetlands that can be successfully and cost-effectively restored. Applications will be rated according to the easement's potential for protecting and enhancing habitat for migratory birds, fish and other wildlife.

Applications for the ACEP-ALE are accepted from eligible partners. These eligible entities may submit proposals to NRCS to acquire a conservation easement on eligible agricultural land. NRCS does not accept applications for ACEP-ALE directly from producers. Producers will need to work with an eligible entity to pursue funding for an ACEP-ALE conservation easement. Some examples of eligible entities include county Board of Commissioners, Land Trusts and Land Conservancies.

In the 2018 Farm Bill rules, there is an option available under ACEP-ALE for the use of ACEP-ALE program agreements, versus the traditional cooperative agreement. ACEP-ALE program agreements are designed to streamline ACEP-

ALE enrollments and allow for fiscal year-round evaluation, selection, and funding of individual parcels.

The latest version of the ACEP-ALE application allows the eligible entity to identify which ALE-agreement type they are interested in. Approved ACEP-ALE easements would prevent productive working lands from being converted to non-agricultural uses and maximize protection of land devoted to food production. Cropland, rangeland, grassland, pastureland and non-industrial private forestland are eligible.

All applications must be submitted to Georgia NRCS by February 5, 2021 for both ACEP-ALE and ACEP-WRE. Conservation program applications are available at your local USDA Service Center and at our Programs web page.

NRCS provides leadership in a partnership effort to help people conserve, maintain and improve our natural resources and environment. More information on NRCS conservation programs can be found at <https://www.farmers.gov/> or <https://www.ga.nrcs.usda.gov/> under the Programs tab.



Hearst recognized on birthday

Lincoln County Food Pantry volunteer was presented with a lemonade candy cane shaped cake in honor of her birthday on December 6.

Three tips to boost overall health

As we head into the chillier months, the winter season brings simple pleasures such as hot cocoa, holiday music and cozy nights by the fireplace. However, the hustle and bustle of the season can also take a toll on your well-being. Stress and unhealthy eating associated with seasonal celebrations are paired with colder weather that makes many people want to curl up inside with a blanket. Plus, the on-going challenges of virtual learning, remote working and staying home can also impact overall health.

Fortunately, Registered Dietitian and Nutritionist Dawn Jackson Blatner has three simple tips to boost your overall health and immunity this winter:

- Get active daily

With so many people working and studying remotely, physical activity is already lower. With the addition of colder weather, people of all ages may not be getting enough exercise. It's important to make time to be active at a moderate level for 20-30 minutes a day. You can stay safe working out at home by following free online workout videos, practicing stretching and yoga independently, playing actively with your kids, or doing another activity that gets you up and moving. Whatever you like, just make sure to carve out time daily to be active to ensure the most benefits.

- Soak up the sun whenever possible

Fresh air and being outside is great for supporting mental health, but it has physical benefits as well. Being outside for 10-15 minutes each day helps your body absorb adequate vitamin D from the sun. So even if the weather is chilly, it's worth putting on a few layers and going outside on your patio or taking a walk around the block. You'll be amazed how refreshed you feel! Remember, if you're going to be outside longer than 15 minutes, you'll want to wear sunscreen because even during cool or cloudy days, sunburn is a possibility.

- Choose nutrient-dense foods

Ensuring you get plenty of vitamins is important, especially during winter months, to support health and wellness. One simple swap you can make is adding nutritious Eggland's Best eggs to your diet. Compared to ordinary eggs, Eggland's Best eggs are richer in a variety of micronutrients including six times more vitamin D, 10 times more vitamin E, and more than double the vitamin B12 and omega-3s. These micronutrients can only be derived through the foods we eat and can help support a strong immune system throughout the winter. To add even more nutrition, pair your eggs with plenty of colorful vegetables like spinach, tomatoes, bell peppers and more.

If you're looking for a nutritious and delicious brunch recipe this winter season, try the Asian Frittata from Eggland's Best:

- Asian Frittata
- Ingredients
- Sauce
- 1 tablespoon white vinegar
 - 1 tablespoon soy sauce
 - 1 teaspoon hoisin sauce
 - 1/2 teaspoon freshly grated ginger root
 - 1/4 teaspoon finely chopped fresh garlic
- Frittata
- 6 ounces boneless skinless chicken breasts, cut into 1/4-inch strips
 - 1 teaspoon soy sauce
 - 2 teaspoons sesame oil
 - 6 Eggland's Best Eggs (large)
 - 1/2 teaspoon pepper
 - 1/4 teaspoon salt
 - 3 tablespoons Land O Lakes® Butter
 - 1/2 cup chopped red bell pepper
 - 4 (1/2 cup) green onions, thinly sliced
 - 1 small stalk (1 cup) bok choy, cut into 1/2-inch pieces
- Directions
- Heat oven to 350 F. Place oven rack in upper middle position.
 - Combine all sauce ingredients in bowl; set aside.
 - Combine chicken, 1 teaspoon soy

sauce and 1 teaspoon sesame oil in bowl; set aside.

Combine remaining 1 teaspoon sesame oil, eggs, pepper and salt in bowl; beat with whisk. Set aside.

Melt 1 tablespoon butter in 10-inch nonstick ovenproof skillet over medium-high heat until sizzling; add chicken strips.

Cook, stirring occasionally, 2-3 minutes or until chicken is no longer pink. Remove chicken; set aside.

Add 1 tablespoon butter to same skillet; add bell pepper, green onions and bok choy.

Cook over medium-high heat 2-3 minutes or until vegetables just begin to soften. Remove vegetables; set aside.

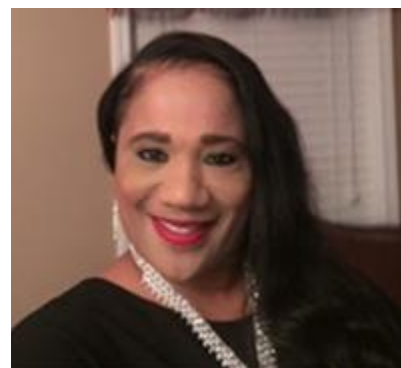
Melt remaining 1 tablespoon butter in skillet over medium heat until butter is sizzling.

Add chicken and vegetables to egg mixture; pour egg mixture into skillet.

Cook, stirring and lifting around bottom edges with spatula, 1-2 minutes or until eggs just begin to set.

Place skillet into oven; bake 8-10 minutes or until eggs are set.

Carefully place large plate over skillet; turn skillet to release frittata onto plate. Serve with reserved sauce. (BPT)



EUGENIA HARRISON

Harrison promoted to Superintendent at transitional center

Lincoln native Eugenia Harrison has been promoted to Superintendent at Augusta Transitional Center (TC) effective January 1, according to the Georgia Department of Corrections Commissioner Timothy C. Ward. As superintendent, she will be responsible for overseeing approximately 52 staff members and 230 male residents.

"Harrison has proven herself to be an effective leader throughout her career with the department," Ward said. "I am confident she will excel in her new position as Superintendent at Augusta TC."

Harrison began her career with the Department in 1994 as a Correctional Officer at Hancock State Prison. During her tenure with the GDC, she served as Supervisor II with Georgia Correctional Industries, Chief Counselor at Bostick State Prison, and Deputy Warden of Care and Treatment at Men's State Prison, Scott State Prison, and Bostick State Prison. She was promoted to Social Services Program Consultant with Inmate Services in 2010, and in 2016 she was promoted to Deputy Warden of Care and Treatment at Buruss Correctional Training Center, where she currently serves.

She received a bachelor's degree in criminal justice from Savannah State College, and a master's degree in counseling from Troy State University. Harrison has also completed the following departmental training: Basic Correctional Officer Training, Basic Management Training, Advanced Management Training, Supervision I, II and III, Management I, II and III, Corrections Leadership Institute, Deputy Warden of Care and Treatment Academy, and Warden's Pre-Command.

Harrison currently resides in Milledgeville, Georgia, and has one son, Shondez Harrison. She is the daughter of Gladys Jones Harrison and the late Leonard Harrison, and is the maternal granddaughter of the late Benjamin Franklin Jones and Bessie Jones, all of Lincolnton.

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<p>2019 CAMPER FOR-EST WOLF PUP</p> <p>16 FOOT BUNKBED MODEL WITH QUEEN, FOLD DOWN DINETTE & KITCHEN, BATHROOM, ON SALE</p> <p>\$12,192</p>	<p>2021-14 TOYOTA CAMRY SE'S, XLE'S</p> <p>#221130A, LEATHER, LOW MILES, FACTORY WARRANTY, 17K MILES, ON SALE FROM</p> <p>\$11,850</p>	<p>2021-19 RAM 2500, 3500 CUMMINS DIESEL LARAMIE MEGA CAB 4X4</p> <p>#201025A, 19,000 MILES, ON SALE</p> <p>\$52,990</p>	<p>2021-19 NISSAN MAXIMAS, ALTIMAS, SE'S, SR'S</p> <p>#220572A, LOW MILES, LEATHER, SUNROOF, ON SALE FROM</p> <p>\$18,992</p>	<p>2018 TOYOTA TUNDRA SRT 4X4</p> <p>#220705B, NOW ON SALE</p> <p>\$37,991</p>

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