

01147

Form #

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

FORM 144 NOTICE OF PROPOSED SALE OF SECURITIES PURSUANT TO RULE 144 UNDER THE SECURITIES ACT OF 1933

OMB APPROVAL table with OMB Number, Expires, and Estimated average burden.

SEC USE ONLY table with DOCUMENT SEQUENCE NO.

CUSIP NUMBER table

WORK LOCATION table

ATTENTION: Transmit for filing 3 copies of this form concurrently with either placing an order with a broker to execute sale or executing a sale directly with a market maker.

Main form sections: 1 (a) NAME OF ISSUER, 1 (d) ADDRESS OF ISSUER, 2 (a) NAME OF PERSON FOR WHOSE ACCOUNT THE SECURITIES ARE TO BE SOLD.

INSTRUCTION: The person filing this notice should contact the issuer to obtain the I.R.S. Identification Number and the S.E.C. File Number.

Table with 8 columns: Title of the Class of Securities To Be Sold, Name and Address of Each Broker Through Whom the Securities are to be Offered, SEC USE ONLY, Number of Shares or Other Units To Be Sold, Aggregate Market Value, Number of Shares or Other Units Outstanding, Approximate Date of Sale, Name of Each Securities Exchange.

INSTRUCTIONS:

- 1. (a) Name of issuer, (b) Issuer's I.R.S. Identification Number, (c) Issuer's S.E.C. file number, (d) Issuer's address, (e) Issuer's telephone number. 2. (a) Name of person for whose account the securities are to be sold, (b) Such person's relationship to the issuer, (c) Such person's address. 3. (a) Title of the class of securities to be sold, (b) Name and address of each broker, (c) Number of shares or other units to be sold, (d) Aggregate market value of the securities to be sold, (e) Number of shares or other units of the class outstanding, (f) Approximate date on which the securities are to be sold, (g) Name of each securities exchange.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

TABLE I — SECURITIES TO BE SOLD

Furnish the following information with respect to the acquisition of the securities to be sold and with respect to the payment of all or any part of the purchase price or other consideration therefor:

Title of the Class	Date you Acquired	Nature of Acquisition Transaction	Name of Person from Whom Acquired <i>(if gift, also give date donor acquired)</i>	Amount of Securities Acquired	Date of Payment	Nature of Payment
Common	11/15/12	Funded Limited Partnership	Cloud L Cray Jr Family Trust	2,555,967	11/15/12	N/A

INSTRUCTIONS: If the securities were purchased and full payment therefor was not made in cash at the time of purchase, explain in the table or in a note thereto the nature of the consideration given. If the consideration consisted of any note or other obligation, or if payment was made in installments describe the arrangement and state when the note or other obligation was discharged in full or the last installment paid.

TABLE II — SECURITIES SOLD DURING THE PAST 3 MONTHS

Furnish the following information as to all securities of the issuer sold during the past 3 months by the person for whose account the securities are to be sold.

Name and Address of Seller	Title of Securities Sold	Date of Sale	Amount of Securities Sold	Gross Proceeds
Karen Seaberg 20073 266th Rd Atchison, KS 66002	MGP Ingredients	7/1/2020	10,000	\$357,747.09
	MGP Ingredients	7/2/2020	10,000	\$359,450.05

REMARKS:

INSTRUCTIONS:

See the definition of "person" in paragraph (a) of Rule 144. Information is to be given not only as to the person for whose account the securities are to be sold but also as to all other persons included in that definition. In addition, information shall be given as to sales by all persons whose sales are required by paragraph (e) of Rule 144 to be aggregated with sales for the account of the person filing this notice.

ATTENTION: The person for whose account the securities to which this notice relates are to be sold hereby represents by signing this notice that he does not know any material adverse information in regard to the current and prospective operations of the issuer of the securities to be sold which has not been publicly disclosed. If such person has adopted a written trading plan or given trading instructions to satisfy Rule 10b5-1 under the Exchange Act, by signing the form and indicating the date that the plan was adopted or the instruction given, that person makes such representation as of the plan adoption or instruction date.

7/7/2020

 DATE OF NOTICE

 DATE OF PLAN ADOPTION OR GIVING OF INSTRUCTION,
 IF RELYING ON RULE 10b5-1

Karen Seaberg

 (SIGNATURE)

The notice shall be signed by the person for whose account the securities are to be sold. At least one copy of the notice shall be manually signed. Any copies not manually signed shall bear typed or printed signatures.

ATTENTION: Intentional misstatements or omission of facts constitute Federal Criminal Violations (See 18 U.S.C. 1001)