How To Understand Your Metabolism

Metabolism is often discussed but perhaps not fully understood. The Cleveland Clinic says a person's metabolism encompasses all of the processes within cells that keep the body functioning as it should. Metabolism provides the body with constant energy so it can perform essential tasks like

breathing and digestion. There are many myths surrounding the metabolic process. The following are some things to know about metabolism and whether it is possible to utilize it to spur weight loss.

What is a fast metabolism or a slow metabolism?

A person's basal metabolic rate (BMR) may be fast, slow or somewhere in between. Someone with a fast BMR will burn a lot of calories, even while at rest. Those with a slow BMR need fewer calories to keep it going. Genetics, medication use, illness, and activity level may affect BMR.

Does exercise boost metabolism? The answer to this question is yes and no. According to MedlinePlus, it is true that a person burns more calories when they exercise, but that increased calorie burn only lasts as long as the workout and maybe an hour or so afterwards. Once a person stops moving, his or her metabolism goes back to its resting rate. Therefore, eating a ton of calories after a workout thinking that a red-hot metabolism will burn through them for the rest of the day could be setting a person up for weight gain.

The same can be said for mistakenly thinking adding muscle will boost metabolism. Muscle burns more calories than fat and that boost does last a bit longer than the workout itself. However, most people only gain a few pounds of muscle in the exercises they do. It's not a big enough difference to affect metabolism dramatically. One may have to be a body builder to see a BMR boost associated with strength training. When muscles are not in active use, they burn very few calories.

What has the biggest

Metabolism is largely influenced by genetics, according to Harvard Health Publishing. Therefore, diet and exercise can be beneficial,

genes dictate BMR. Also, most of the time the activities of keeping the brain, heart, kidneys, and lungs working account for most of a person's metabolic function.

What is diet-induced thermogenesis?

Many people think that restrictive diets that are light on calories are good for losing weight, but that can sometimes backfire by slowing down a person's BMR. Harvard Health says diet-induced thermogenesis (DIT), or the effect of eating certain metabolism-boosting foods, may increase resting metabolic rate. Foods and beverages that may impact DIT include lean protein, unrefined carbohydrates, caffeine, and green tea. DIT tends to be higher in the morning, so eating larger meals earlier in the day may help burn more cal-

> How does sleep affect metabolism?

While the jury is still out on whether or not lack of sleep can lower BMR, a 2019 study published in the Journal of Lipid Research found that a lack of sleep for four nights or longer may slightly decrease how the body metabolizes fat. Also, those who don't get enough sleep often feel hungry and may overeat as a result. This isn't a direct metabolic cause, but one to consider nonetheless.

Metabolism is a complex process that is affected by many things, none greater than genetics. A person may be able to realize moderate gains in boosting metabolic rate but there is no magic pill to increase metabolism.

PUBLIC NOTICES

"Because The People Must Know"

(Published in The Eureka Herald Wednesday, May. 7, 2025)

CHARTER RESOLUTION NO. 2025-36

CHARTER RESOLUTION EX-EMPTING GREENWOOD COUNTY, KANSAS FROM CERTAIN PROVISIONS OF K.S.A 65-201 ET SEQ., SPECIFICALLY K.S.A. 65-202 SUBSECTION (C) REGARD-ING ANNUAL SANITARY INSPEC-TIONS OF SCHOOL BUILDINGS AND GROUNDS BY THE LOCAL **HEALTH OFFICER.**

At a regular meeting of the Board of County Commissioners of Greenwood County, Kansas ("Board"), held on Monday, April 7th, 2025, there came before the Board for consideration the matter of adopting Charter Resolution No. 2025 36 exempting Greenwood County, Kansas from K.S.A. 65-202(c) regarding annual sanitary inspections of school buildings and grounds by

the local health officer.

The Board, being fully advised, and after thorough and careful deliberation, upon a motion duly made, seconded, and carried, adopted the following Charter Resolution No. 2025-36, to-wit:

WHEREAS, K.S.A. 19-101, et seq. provides that counties may exercise certain home rule powers, including adopting charter resolutions which exempt such counties from acts of the Kansas legislature, subject to certain restrictions contained in K.S.A. 19-10la; and

WHEREAS. Greenwood County, Kansas is a County within the meaning of the provisions of K.S.A. 19-101, et seq.; and WHEREAS, K.S.A. 65-201 et

seq. is not uniformly applicable to all counties within the state of Kan-WHEREAS, the Board of Green-

wood County Commissioners deems it necessary and advisable to exempt the County from certain provisions of K.S.A. 65-201 et seq., specifically K.S.A. 65-202 subsection (c) regarding annual sanitary inspections of schools. NOW THEREFORE, BE IT RE-

SOLVED by the Board of County Commissioners of Greenwood County, Kansas that Greenwood County, Kansas: Section 1. That the foregoing re-

citals are incorporated in and made

Your property taxes.

The roads you travel.

Our local water supply.

a part of this resolution by this ref-

Section 2. Exemption. That the Board by the power vested in it by K.S.A. 19-101a hereby elects to and does hereby exempt itself from and makes inapplicable to the County the provisions of K.S.A. 65-202 subsection (c) concerning only the requirements of the local health officer to inspect each school building and grounds at the opening of the fall term of school, and make additional inspections thereof as are necessary to protect the public health of the students of the school.

Section 3. That it be further Resolved by the Board that all other applicable statutory provisions of K.S.A. 65-201 et seq. not exempted by this Charter Resolution shall be and remain in effect and applicable to the County.

Section 4. That it be further Re-

solved by the Board that this Charter Re s olution shall be published once each week for two (2) consecutive weeks in the official County new s paper, and that this Charter Resolution shall then take effect sixty (60) day s after its final publication unless, within that sixty (60) days, a sufficient petition, signed by the requi s ite number of qualified electors, is filed in the office of the County Flection Officer demanding that the Charter Resolution be submitted to a vote of the electors, as provided in K.S.A. 19-101b, in which case, this Charter Resolution s hall not become effective unless and until it is submitted to an election and approved by a majority of the electors voting upon it.

Charter Resolution no. 2025-36 is hereby adopted this 14th day of April 2025

BOARD OF COUNTY COMMISSIONERS OF GREENWOOD COUNTY, KANSAS

s/Mac Obourn, Chair s/Preston Evenson s/Roy Ballard s/Judd Everitt s/Ron Mast

s/Deann McCaffree, County Clerk

APPROVED AS TO FORM: s/Paul Dean, County Counselor

BOCC CHARTER RESOLUTION

(May. 7, 2025)

(First published in The Eureka Herald

NOTICE OF PUBLIC SALE **Greenwood County Abandoned Vehicles**

Wednesday, Apr. 30, 2025)

The vehicles listed below were abandoned and have been impounded by the Greenwood County Sheriff's Office, will be sold at public auction to the highest bidder for cash if the owner thereof does not claim within 10 days of the date of the second publication of this notice and pay the removal and storage costs incurred by the Greenwood County Sheriff's Office.

List is ordered by case number, followed by Year, Make, Model, VIN, Registered Owner, Lien Holder name, Notice mailed on this date.

2025-0113 2001 Toyota Camry VIN# 2T1CG22P81C526186 Daniel Gaston 04/10/2025 2025-0122 2013 Nissan Altima

Dawn L. Williams 04/10/2025 2025-0131 2010 Chevrolet Impala VIN# 2G1WB5EK5A1162894 Michael Hollimon-Shepard 04/10/2025

2025-0161 2005 Ford Mustang VIN# 1ZVFT80N055175173 Juan C. Williams 04/10/2025 2025-0195 2013 Ford F35 VIN# 1FT8W3BT3DEB55841

Blandon N J Centeno, Credit Acceptance Corp. 04/10/2025

(Apr. 30, May. 7, 2025)

(Editor's Note: Public Notice advertising plays a unique role both in American history and in the process by which this

country's democracy is preserved. It's one premise is that people must be informed if they are to govern themselves competently. Public Notice advertising first came into being with the Congress of 1792. That body, recognizing its responsibility to the people, required the Postmaster General to advertise for bids for the construction of new post offices. From that inauspicious beginning to the complex publication requirements in federal, state and local laws today, government officials have come more and more to understand their obligations to inform the public through Public Notice advertising.)

(First published in The Eureka Herald Wednesday, May. 7, 2025)

IN THE DISTRICT COURT OF GREENWOOD COUNTY, KANSAS CIVIL DEPARTMENT

Click n' Close, Inc. f/k/a Mid America Mortgage, Inc. Plaintiff.

Chryston J. Nickelson a/k/a Chrytson Joanne Nickelson; Unknown Spouse, if any, of Chryston J. Nickelson a/k/a Chrytson Joanne Nickelson; John Doe (Tenant/Occupant); Mary Doe (Tenant/Occupant) Defendants.

Case No. GW-2024-CV-000021 Court Number: Pursuant to K.S.A. Chapter 60

NOTICE OF SALE
Under and by virtue of an Order
of Sale issued to me by the Clerk of the District Court of Greenwood County, Kansas, the undersigned Sheriff of Greenwood County, Kansas, will offer for sale at public auc tion and sell to the highest bidder for cash in hand, at the Front Door of the Courthouse at Eureka Greenwood County, Kansas, on June 5, 2025, at 10:00 AM, the following real estate:

The East 50 feet of the West 100 feet of the Southwest Quarter (SW4) of Block Six (6), Stickel's Addition to the City of Eureka, **Greenwood County, Kansas**

The East 100 feet of the South 50 feet of the Northwest Quarter (NW4) of Block Six (6), Stickel's Addition to the City of Eureka, Greenwood County, Kansas, commonly known as 518 W 4th St, Eureka, KS 67045 (the "Property") to satisfy the judgment in the above-entitled case. The sale is to be made without appraisement and subject to the redemption period as provided by law, and further subject to the approval of the Court. For more information, visit www.South-Heath Samuels, Sheriff

Greenwood County, Kansas Prepared By: SouthLaw, P.C Blair T. Gisi (KS #24096) 13160 Foster, Suite 100 Overland Park , KS 66213-2660 (913) 663-7600 (913) 663-7899 (Fax) Attorneys for Plaintiff (248004)

(May. 7, 14, 21, 2025)

(Published in The Eureka Herald Wednesday, May. 7, 2025)

RESOLUTION NO. 25-11 OF THE GOVERNING **BODY OF** THE CITY OF EUREKA, KANSAS

WHEREAS, Pursuant to the provisions of City Code Chapter IV, Article 6, the governing body of the City of Eureka held a hearing at which the owner the owner's agent, any lienholder of records and any occupant may appear and show cause why the structure (house) located at 423 W 2nd, Eureka, Greenwood County, Kansas should not be condemned and ordered demolished.

WHEREAS, said property is owned by Richard and Connie Thornton, 102 N Plum, Eureka,

WHEREAS, said owner, owner's agent, any lienholder of reto show just cause why the structure should not be condemned;

WHEREAS the governing body of the City of Eureka finds that the structure (house) located at 423 W 2nd, is dangerous, unsafe or unfit for human use or habitation.

NOW, THEREFORE, BE IT RESOLVED, That the removal/repair of the structure shall begin on or before May 29, 2025 and if the owner fails to commence removal of the removal/repair within this time or fails to diligently prosecute the same until the work is completed; the City of Eureka, by and through its public officers and agents, is hereby directed to cause the structure (house) located at 423 W 2nd to be razed and removed. The cost for such shall be the responsibility of the owner (s). The City Clerk shall, at the time of certifying other city taxes, certify any unpaid portion of such to the County Clerk who shall extend the same on the tax roll of the county.

ADOPTED by the governing body of the City of Eureka this 28th day of April 2025. s/Stephen Coulter, Mayor

ATTEST:

s/Renee Burk, City Clerk

(May. 7, 2025)

(First published in The Eureka Herald Wednesday, May. 7, 2025)

CITY OF CLIMAX, KANSAS **CHARTER ORDINANCE NO. 1**

A CHARTER ORDINANCE EX EMPTING THE CITY OF CLIMAX KANSAS FROM THE PROVI-SIONS OF K.S.A. 15-201, RELAT ING TO THE ELECTION OF OFFI CERS, THEIR TERMS OF OFFICE FILLING OF GOVERNING BODY VACANCIES; AND PROVIDING SUBSTITUTE AND ADDITION-AL PROVISIONS ON THE SAME SUBJECT.
BE IT PROCLAIMED BY THE

GOVERNING BODY OF THE CITY

OF CLIMAX, KANSAS: Section 1 . The City of Climax, Kansas, by the power vested in it by Article 12, Section 5 of the Kansas Constitution, hereby elects to and does exempt itself and make inapplicable to it the provisions of K.S.A. 15-201, which applies to this City but is part of an enactment which does not apply uniformly to all cities.

Section 2. The governing body

shall consist of a mayor and five council members, to be elected to terms as set forth herein. The mavor and council members shall be citizens of the United States and the State of Kansas who. at the time of their election, reside within Greenwood County, and within the city limits of Climax. Kansas and who are duly and properly registered Kansas voters.

Section 3. General elections

shall take place on the Tuesday succeeding the first Monday in November 2025. The mayor and the five councilmen shall constitute the governing body of the city. The mayor and five councilmen elected in 2023, shall have a term expiring in 2025. At the November 2025 election, and each two years thereafter, the mayor shall be elected and hold office for a term of two years or until their successors are elected and qualified. At the November 2025 election, and each four years thereafter, five councilmen shall be elected who shall hold office for four years or until their successors are elected and qualified. Succeeding elections shall be held every two years for the mayor and every four vears for all such governing body positions whose terms have ex-

Section 4. In case of a vacancy in the council occurring by reason of resignation, death, or removal from office, the mayor, by and with the advice and consent of the remaining council members, shall appoint a citizen of the United States and the State of Kansas who, at the time of his or her appointment, resides within the Kansas county of Greenwood, and who is a duly and properly registered Kansas voter, to fill the vacancy until the next election for that office. If any person elected as a council member neglects or refuses to qualify for office under the terms of this Charter Ordinance within 30 days after election, the council member shall be deemed to have refused to accept the office, and a vacancy shall exist. In such case, the mayor may, with the consent of the remaining council members, appoint a person who is qualified as stated in this Section 4,

to fill such a vacancy. Section 5. In case of a vacancy in the office of mayor, the president of the council shall become mayor until the next regular election for that office, and a vacancy shall occur in the office of the council

member becoming mayor, which vacancy may be filled as provided nerein.

Section 6. Any person desiring to become a candidate for city office elected at large shall file with the county election officer, before the filing deadline established in K.S.A. 25-205, as amended, a declaration of candidacy on a form furnished by the county election officer as specified by the Kansas Secretary

Section 7. This Charter Ordinance shall be published once each week for two consecutive weeks in the Eureka Herald, a newspaper of general circulation in the State of

Section 8. This Charter Ordinance shall take effect 61 days after the final publication, unless a sufficient petition for a referendum is filed, requiring a referendum to be held on this Charter Ordinance as provided by Article 12, Section Subsection ©(3) of the Constitution of the State of Kansas, in which case this Charter Ordinance shall become effective upon approval by the majority of electors voting there-

Passed by the Governing Body, not less than two-thirds of the mem-bers voting in favor thereof, on this 14 th day of April 2025.

s/Joe McDonald, Mayor

s/Deanna McCullough, City Clerk

(May. 7, 14, 2025)

Fall Pasture Spraying



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imbact on metabolism? but ultimately a person's

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