

When should you eat? Before, after — or even while — exercising?

Fasting beforehand doesn't help you burn calories

BY ALBERT STUMM
ASSOCIATED PRESS

If you listen to some self-proclaimed exercise experts on social media, they swear that working out on an empty stomach burns more fat.

But it's a common misconception that exercising in a fasted state improves performance or burns more calories, said Abby Langer, a dietitian in Toronto.

"The research shows that in terms of gains, it doesn't really make much of a difference," she said.

Does that mean you should load up on protein and carbs right before a workout? No, that's not true either.

Here's a look at when — and how — you should eat, before, after or even during a workout. (And remember, experts say what you eat is more important than when you eat.)

WHAT'S THE CASE FOR EATING BEFORE EXERCISING?

The calories in food literally are energy, so you need them to fuel your body for a proper workout. Eating too much too soon beforehand, though, can be problematic.

Exercising diverts blood from organs including the stomach to the muscles, said Langer, author of "Good Food, Bad Diet." So exercising on a full stomach affects the digestive process, which could cause cramping or even make you feel sick.

That's particularly the case with meals high in fat, protein or fiber, which take longer to digest than carbohydrates. Langer recommends eating a high ratio of carbs beforehand and waiting two to three

hours before intense exercise.

"You don't want to eat a big steak an hour before you play hockey," she said.

If you exercise first thing in the morning or before dinner, it's OK to have a carb-rich snack like a banana with peanut butter or yogurt with fruit beforehand. It will give you the energy to perform well, and you can fuel up afterward with a full meal.

WHEN — AND WHAT — SHOULD YOU EAT AFTER EXERCISE?

That steak may serve you better afterward because that's when a higher ratio of protein is easier to digest, said Krista Austin, a physiologist in Colorado Springs.

Austin said if it will be an hour or longer before you can have a full meal, it's better to have a high-protein snack in the meantime to help curb your appetite. The reason has little to do with muscle

recovery or nutrient absorption: Rather, people who are too hungry make poor dietary choices.

"A lot of people get very hungry about an hour after exercise, and you don't want to do that," said Austin, author of "Performance Nutrition: Applying the Science of Nutrient Timing." "You want to catch it early, or you go and overeat."

But it's another myth that you need to grab a protein shake within minutes of finishing to build the biggest muscles, Langer said.

Many exercise enthusiasts point to what's known as an "anabolic window" of about an hour within exercising that the body is primed to repair muscle. For the average person, you have a much longer window, and nutrient timing is less important

than making sure you consume some protein at every meal, Langer said. The body needs a continuous supply of amino acids like protein for muscle repair and maintenance, she said, which means about 25 to 30 grams at every meal, depending on various factors.

"Prioritizing that will help with goals, either muscle building, satiety, weight loss, all of that," Langer said.

HOW ABOUT EATING DURING EXERCISE?

Most people who are eating enough throughout the day don't need anything during a workout. Langer and Austin said the threshold is about an hour of intense exercise. Longer than that — say you're training for a marathon —

and you can benefit from a carb-rich snack in the middle.

Instead of focusing on when to eat, Austin said to focus on what and how much. She cautioned against overcomplicating the topic and recommended following the USDA's My Plate recommendations for a balanced diet.

"The biggest thing we need to teach people is that nutrition is simple," she said. "Maybe you need to stop focusing on the concept of nutrient timing and just make sure that you're consistently eating throughout the day and focus on health."

EDITOR'S NOTE: Albert Stumm writes about wellness, food and travel. Find his work at <https://www.albertstumm.com>

LEE

FROM PAGE B3

Besides being great on the court, Lee was honored as an All-Academic honoree for the conference.

A total of 18 Campbellsville University basketball players are members of the Mid-South Conference All-Academic teams, the MSC office has announced.

Hallie Allen, Jordan Collom, Reece Estep, Tyra Flowers, Ella House, Lauren Lee, Maddie Nalley, Rachel Presley, Paige Serafini, and Bella Stiles were the honorees for the Lady Tigers. For the Tigers, those honored were Keaston Brown, Joseph Frasure, Noah Gordon, Brandon Hall, John Harlin, João

Lima, Jay Milburn, and Marcellus Vail.

Lee is a Casey County High School graduate.

In order to be nominated for the honor by an institution, a student-athlete must maintain a minimum grade point average of 3.25 on a 4.0 scale and must be in their third term or fourth quarter.

The Lady Tigers' champion of character was Serafini while the Tigers' was Gordon. The MSC recognizes a Champions of Character Team for each championship sport. The student-athletes that are honored on the Champions of Character Team were nominated by their coaches based on their leadership on campus and in the community while demonstrating the five core character values of the NAIA.

DEPARTMENT OF AGRICULTURE Rural Development

East Kentucky Power Cooperative: Notice of Availability for an Environmental Assessment
AGENCY: Rural Utilities Service, USDA
ACTION: Notice of Availability of a Draft Environmental Assessment for the Liberty Reciprocating Internal Combustion Engine Project (Project)
SUMMARY: Notice is hereby given that the Rural Utilities Service (RUS), as required by the National Environmental Policy Act, is issuing a Draft Environmental Assessment in connection with possible impacts related to a project proposed by East Kentucky Power Cooperative (EKPC), of Winchester, Kentucky. EKPC is requesting a loan from the United States Department of Agriculture (USDA) RUS to construct a Reciprocating Internal Combustion Engine (RICE) facility in Casey County, Kentucky and to rebuild and upgrade existing electric transmission lines in Casey and Marion Counties, Kentucky.
FOR FURTHER INFORMATION CONTACT: Questions and comments should be emailed to the Environmental and Historic Preservation Division, USDA Rural Development, Rural Utilities Service at: RUSPublicComments@usda.gov
SUPPLEMENTARY INFORMATION: The Liberty RICE Project includes the construction and operation of an approximately 214-megawatt (MW) net RICE power plant to meet projected load demand and support the integration of increased amounts of intermittent renewable energy generation on the EKPC system. The plant will be powered by natural gas with fuel oil as a backup option. Twelve individual 18-MW RICE would be constructed at a site approximately 3.2 miles north of Liberty in Casey County, Kentucky (Figure 1). The 108-acre Project Site is currently agricultural land that EKPC would develop for the Project. Approximately 43 acres would be permanently disturbed within the proposed fenced facility, 10 acres would be permanently disturbed within new permanent rights of way, 33.8 acres would be temporarily disturbed during construction, and 21.2 acres would be undisturbed. A security fence would be constructed around the permanent facilities.
Operation of the Liberty RICE facility would require installation of a new natural gas pipeline lateral and a new water pipeline to service the facility. The pipeline lateral would extend approximately 530 feet southeast from the Project Site boundary to a tap point on an existing pipeline. The water pipeline would tap into an existing water main located approximately 0.1 mile east of the Project Site. Figure 2 shows the total undisturbed area, construction disturbance area, and permanent disturbance area.
The Project also includes upgrades to approximately 6.6 miles of existing electric transmission line, rebuild of approximately 7.6 miles of existing transmission line, and construction of 0.3 mile of new interconnection transmission line. Approximately 3.9 miles of transmission line upgrade and rebuild would occur approximately 1 mile northwest of Lebanon in Marion County, Kentucky. The remaining transmission line rebuilds and upgrades would occur in Casey County, Kentucky, extending northwest and southeast from the proposed power plant. The locations of the transmission line rebuilds and upgrades are shown in Figure 1.
Burns & McDonnell Engineering Company, Inc., an environmental consultant, prepared an Environmental Assessment for EKPC that describes the Project, assesses the proposed Project's environmental impacts, and summarizes applicable mitigation measures used to minimize environmental effects. RUS has conducted an independent evaluation of the Environmental Assessment and believes that it accurately assesses the impacts of the proposed Project. No significant impacts are expected as a result of Project construction or operation.
Written questions and comments should be emailed to RUS at the email address provided above. RUS will accept questions and comments on the environmental assessment for 14 days from the first date of publication of this notice. All comments must be provided electronically with no hard copy comments being accepted at this time.
Copies of the environmental assessment and supporting documentation will be available for public review on RUS's website at : <https://www.rd.usda.gov/resources/environmental-studies/assessment/liberty-reciprocating-internal-combustion-engine-rice-project>
Any final action by RUS related to the proposed Project will be subject to, and contingent upon, compliance with all relevant Federal environmental laws and regulations and completion of environmental review procedures as prescribed by 7 CFR Part 1970, Environmental Policies and Procedures.
Dated: March 2025

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Rey Azteca Mexican Restaurant with a mailing address of 535 Middleburg street, Liberty, Ky. 42539 hereby declares intentions to apply for a NQ-2 retail drink license no later than March 15 2025. The licensed premises will be located at 535 Middleburg St. Liberty ky 42539 doing business as Rey Azteca Mexican Restaurant. The owners and, principal officers and Directors, Limited Partners, or Members are as follows: Romelia Martinez of 535 Middleburg St. Liberty, Ky. 42539. Any person, association, corporation, or body politic may protest the granting of the license(s) by writing the Dept. of Alcoholic Beverage Control Mayo-Underwood Building 500 Mero Street, 2NE33 Frankfort, Ky. 40601, within 30 days of the date of this legal publication.

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