

BENEFIT FROM TURKEY EVEN AFTER THANKSGIVING

If turkey is not normally on your lunch or dinner menu, come the holiday season it's bound to show up in abundance. As soon as the weather cools and the crispness of late autumn is in the air, thoughts turn to more hearty meals, and of course, the fall pièce de résistance: Thanksgiving dinner.

Turkey takes center stage on many Thanksgiving dinner tables, even though history suggests it likely wasn't served at the first Thanksgiving. Despite this historical discrepancy, turkey and all the trimmings continue to be traditional fare for big holiday dinners.

Much more than just delicious and filling, turkey boasts many nutritional benefits, making it a worthwhile addition to your diet regardless of the season.

- Protein: Turkey is often overshadowed by other meats in refrigerated display cases, but it remains an excellent source of protein in a low-fat package. A typical 3.4- to four-ounce serving of skinless turkey breast (about the size of a deck of cards) contains around 30 grams of protein, providing about 65 percent of the average person's recommended daily allotment of protein. Protein helps the body feel full and serves many essential functions in the body. Proteins regulate the entry of nutrients through cell walls, help the body grow and help it to generate antibodies that fight against illness.

erated display cases, but it remains an excellent source of protein in a low-fat package. A typical 3.4- to four-ounce serving of skinless turkey breast (about the size of a deck of cards) contains around 30 grams of protein, providing about 65 percent of the average person's recommended daily allotment of protein. Protein helps the body feel full and serves many essential functions in the body. Proteins regulate the entry of nutrients through cell walls, help the body grow and help it to generate antibodies that fight against illness.

- Low-fat: A serving of turkey is only 161 calories and contains just



COURTESY PHOTO

Turkey is low in fat and full of protein and other nutrients, making it a worthy addition to your diet no matter the time of year.

four grams of fat, which is low in saturated fat.

- B-vitamin benefits: Turkey is an excellent source of B vitamins, including B3, B6 and B12. Having enough B3, also known as niacin, is important for overall health, and higher levels of niacin can improve cholesterol levels and lower a person's risk for cardiovascular disease. B6 is also called pyridoxine. It's involved in the process of making certain neurotransmitters, including serotonin and norepinephrine, which transmit signals in the brain. Important for neurological health, B12 helps decrease levels of homocysteine, which can contribute to cognitive decline.

- Immune system effects: People may not know turkey contains selenium, which is key to healthy thyroid function. It also helps boost the immune system by playing a role in the body's antioxidant defense system. Selenium may help eliminate free radicals in the body that would otherwise contribute to cancer risk.

- Relaxation: Many people are aware of turkey's ability to induce feelings of relaxation, particularly when eaten in abundance at the Thanksgiving dinner table. Turkey contains the amino acid tryptophan, which plays a role in triggering production of serotonin. Serotonin can induce feelings of relaxation and sleepiness.

Turkey is lean, full of essential nutrients and low in saturated fat, making it a worthy addition to your diet no matter what time of year it happens to be. — Metro

We're not talkin' turkey when we say, hope you have an amazing holiday!

Thanks & Happy Thanksgiving to all of our friends and customers!

Florence Heating & SHEET METAL, INC

ACCREDITED BUSINESS BBB

TRANE

Your local independent Trane Dealer

It's Hard To Stop A Trane!

997-2422 • 1645 Kingwood St. • Florence, OR • CCB#64

Shrek The Musical Jr.

Holiday Greetings From C.R.O.W. & Poison Pen Players

Thank you for your support of the performing arts!

Down A Classic Country Road

Thanks, Aplenty!

Thanksgiving is one of our favorite holidays because it gives us a chance to reflect on the many blessings we enjoy today including the friendship of people like you.

We thank you for your support this past year and wish you a very happy Thanksgiving.

Hunt Family Dentistry
Daren T. Hunt, D.M.D

950 9th Street
Florence
541-997-7181

Wishing you a Happy Thanksgiving, from our family to yours!



 2014 Ford Explorer XLT Sport Utility 4D 16U72 \$32,900	 2013 Ford Explorer XLT Sport Utility 4D 16U83 \$32,500	 2010 F-250 Super Duty Crew Cab Lariat 16T83A \$32,000	 2011 Toyota 4Runner SRS Sport Utility 4D 16T74A \$29,995	 2014 Ford Flex SEL Sport Utility 4D 16U62 \$29,995	 2015 Ford Edge SEL Sport Utility 4D 16U39 \$28,995	 2014 Ford Edge SEL Sport Utility 4D 16U38 \$28,500	 2014 Edge Limited Sport Utility 4D 16U20A \$28,500	 2013 Ford Explorer XLT Sport Utility 4D 16U65 \$27,995	 2013 Ford Edge Limited Sport Utility 4D 16U85 \$27,995
 2011 Jeep Wrangler Unlimited Sport SUV 4D 15U97C \$27,500	 2014 Ford Flex SEL Sport Utility 4D 16U92 \$26,995	 2014 Ford Edge SEL Sport Utility 4D 16U82 \$26,500	 2015 Ford Transit 150 Wagon XLT w/Low Roof 16U34 \$25,900	 2014 Ford Escape Titanium Sport Util. 4D 16U89 \$24,995	 2016 Ford Fusion Energi Plug-In Hybrid SE Lux. 16U46 \$24,995	 2016 Chrysler Town & Country Touring Minivan 16U59 \$24,900	 2014 Chrysler Town & Country Touring Minivan 16U57 \$22,900	 2016 Ford Connect Passenger Titanium Van 16U81 \$22,500	 2016 Ford Transit Connect Passenger XLT 16U80 \$21,500
 2014 Ford Escape Titanium Sport Util. 4D 16U91 \$21,500	 2014 Ford Escape SE Sport Utility 4D 16U69 \$19,995	 2013 Ford Escape Titanium 4x4 Sport 17T07A \$19,500	 2014 Ford Mustang V6 Premium Coupe 2D 16C07A \$18,995	 2015 Ford Edge SE Sport Utility 4D 16U93 \$18,995	 2014 Ford C-Max Energi SEL Wagon 4D 16U49 \$18,995	 2006 Jeep Wrangler X Sport Utility 2D 16U94 \$17,995	 2014 Ford Fusion SE Sedan 4D 16U20B \$17,500	 2011 Ford Taurus SEL Sedan 4D 15T93A \$17,000	 2012 Ford Fusion SE Sedan 4D 14U61 \$16,500
 2015 Ford Focus SE Hatchback 4D 16U71A \$16,500	 2014 Ford Focus SE Hatchback 4D 15U116 \$15,900	 2013 Ford Focus SE Hatchback 4D 16U05B \$13,500	 2011 Ford Fusion SE Sedan 4D 16C04A \$13,500	 2011 Ford Focus SE Sedan 4D 15U15A \$12,900	 Ford Focus Electric Hatchback 4D 16U42 \$11,995	 2013 Chevrolet Impala LT Sedan 4D 15106M \$11,995	 2008 Ford Explorer XLT Sport utility 4D 16U53A \$10,995	 2004 GMC Envoy XUV SLE Sport Utility 4D 16U48A \$8,995	 2008 Mercury Mariner Premier Spt. Util. 4D 16U70 \$8,995

Ask about low APR financing. Manager on duty. Financing through major financial institutions.

(541) 997-3475 • 2150 Hwy. 101, Florence

Browse Our Current Inventory online at: www.johnstonmotorcompany.com

JOHNSTON
MOTOR COMPANY

We come highly recommended!