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**1995 FORD F350 XLT**  
Fully loaded, keyless entry, very low miles (77K), runs great, lift rear tailgate, power everything, priced to sell, 2K under blue book. \$5,500  
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1/2 ton, extra cab, 4x4 PU, 3rd door, 145K mi., great cond., recently serviced, everything works. \$4,600  
541-997-8455



**2005 LEXUS ES330**  
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**Protein To The Rescue: Five Snacks To Power You Throughout The Day**

(NAPSI)—Here's some health and nutrition news you should find easy to swallow. Protein can go a long way toward satisfying your appetite. In the world of fitness and muscle building, protein has had its seat permanently rooted as a key nutrient in every meal and snack. Now it has gone mainstream and is an important part of a healthy lifestyle and diet.

Considering Americans' busy lifestyles—and that half of all eating occasions today involve snacks, according to research by Mintel\*—eating more protein can be a good thing.

For those of us with active lives, convenience is king. Snack options that are tasty and healthy, as well as portable and accessible, help increase the likelihood of maintaining a balanced diet and making healthier food choices.

Here are five high-protein foods to enjoy on the go or at home anytime of day:

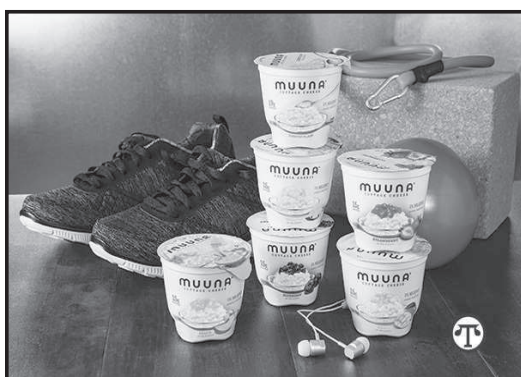
- **Jerky**—With options now made of turkey, bison, pork, salmon and poultry, there's a flavor for every taste preference. A 1-ounce serving provides around 9 grams of protein. Look for brands that are free of artificial flavors, colors or sweeteners.

- **Cottage Cheese**—What was once considered a boring diet food has been reimagined as a protein-packed snack item, available in a variety of flavors and conveniently portable single-serving cups. One such brand, Muuna®, recently launched a line of unique, melt-in-your-mouth, creamy cottage cheese with delicious, real pieces of fruit, including strawberry, blueberry, pineapple, peach and mango. Each 5.3-ounce fruit-flavored, single-serve container has 15 grams of protein, while its plain cottage cheese counterpart contains 19 grams of protein.

- **Bean-Based Snacks**—This protein-packed superfood is popping up everywhere from chips with 5 grams of protein in a 1-ounce serving to roasted chickpeas averaging around 6 grams of protein per 1-ounce serving. With experts recommending consuming up to four servings of legumes a week, these options make upping your intake even easier.

- **Greek Yogurt**—As one of the fastest-growing categories on the market in recent years, Greek yogurt can have up to twice the amount of protein as traditional yogurt, and is available in a variety of sweet and savory flavors.

- **Nut Butters**—Peanut butter is an oldie but a goodie with 8 grams of protein per 1-ounce serving,



**For protein on the go, choose cottage cheese with real pieces of fruit.**

whereas increasingly popular almond butter is also an excellent source of protein with around 6 grams of protein per 1-ounce serving. These delicious items are now available in snack packs for an on-the-go protein boost eaten right out of the pack or served alongside a favorite fruit or vegetable.

According to Rania Batayneh, MPH, a nationally recognized nutritionist and author, "When it comes to snacking, I recommend clients look for options with at least 8 grams of protein per serving. High-protein products like Muuna cottage cheese can make all the difference in feeling satisfied to hold you between meals. You will find that choosing to snack on creamy cottage cheese or beef jerky instead of chips and cookies will not only satisfy your sweet or salty cravings, but it will also power you throughout the day. Plus, as one of three key macronutrients that our body needs, protein plays an important role in muscle building as well as preventing age-related loss of muscle mass."

While food and fitness fads come and go, your need for high-protein foods is here to stay. Protein-rich snacks can be good for you whether you're bulking up or slimming down, looking for a pre-workout energy boost or simply keeping something on hand while burning the midnight oil.

**Learn More**

For further facts, visit [www.muuna.com](http://www.muuna.com) or join the conversation on Facebook, Twitter and Instagram with #Muuna.

**999 ♦ PUBLIC NOTICES**

**NOTICE OF SUPPLEMENTAL BUDGET HEARING**  
For supplemental budgets proposing a change in any fund's expenditures by more than 10 percent. A public hearing on a proposed supplemental budget for Florence Urban Renewal Agency for the current fiscal year will be held at the Florence Events Center, 715 Quince Street, Florence, Oregon 97439. The hearing will take place on March 8, 2017 at 10:00 am. The purpose of the hearing is to discuss the supplemental budget with interested persons. A copy of the supplemental budget document may be inspected or obtained on or after March 1, 2017 at City Hall, 250 Hwy 101, Florence Oregon between hours of 8:00 am - 12:00 pm and 1:00 pm and 5:00 pm.

**SUMMARY OF PROPOSED BUDGET CHANGES**  
AMOUNTS SHOWN ARE REVISED TOTALS IN THOSE FUNDS BEING MODIFIED  
**FUND: FURA General Fund**

Resource	Amount
ODOT	\$500,000
Revised Total Fund Resources	\$2,401,470
<b>Expenditure - indicate</b>	<b>Amount</b>
Org. Unit / Prog. & Activity, and Object Class.	
Capital outlay	\$500,000
Revised Total Fund Requirements	\$2,401,470

**Explanation of change(s):**  
FURA is funding design services for Hwy 101. The next phase of design work requires resources not originally anticipated when the budget was adopted. ODOT will be reimbursing a portion of the design costs in the current fiscal year. ODOT's reimbursement was not known at the time of budget adoption. B62  
Publication Date: March 1, 2017

**Did You Know?**

(NAPSA)—Research has shown that combining medication with psychosocial support is a comprehensive way to help patients with addiction, and including medication with psychosocial support is now considered the optimal evidence-based approach to treatment. For more information, visit [www.endopioiddependence.com](http://www.endopioiddependence.com).

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Home standby generators can keep critical systems running during a power outage. Consult an expert, such as an authorized Generac dealer, who is familiar with electrical and building codes as well as product options. For more information and detailed, weather-related safety tips, visit [www.generac.com/stormprep](http://www.generac.com/stormprep).

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A family of four uses 400 gallons of water per day, and the holidays can get more water flowing. For tips on saving water all year long, visit [www.epa.gov/watersense/our\\_water/start\\_saving.html](http://www.epa.gov/watersense/our_water/start_saving.html).

"The best self-defense is to be aware of your surroundings," said Wade Eastwood, 2nd Unit Director/Stunt Coordinator for the action & adventure movie from Paramount "Jack Reacher: Never Go Back." Watch Tom Cruise as the action hero on Blu-ray now: [www.JackReacherMovie.com](http://www.JackReacherMovie.com).

An easy-to-use, free mobile marketplace app, 5miles lets you buy, sell and find everything from secondhand goods to local services, housing and jobs—all within five miles. To learn more or to see what's available on 5miles, visit [www.5milesapp.com](http://www.5milesapp.com), or go to the App Store or Google Play to download the app.

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Here is how it works...  
We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office, Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.  
Wednesday's Graphic  
National Pig Day  
March 1, 2017

**Good Luck**  
LES HAMILTON found the Mardi Gras Graphic on page 9B (On the Palm Tree Glasses filler below Carpenter/Roofers Help Wanted) He won a gift certificate to Siuslaw Riverside.  
Gift Certificates must be picked up within 2 weeks of winning  
Deadline for today's paper: Thursday by 3:00 PM  
Saturday's Graphic

BLACK  
YELLOW  
MAGENTA  
CYAN