

Welcome BACK TO SCHOOL 2011



Breakfast a key to school success

Parents wouldn't send their children to school without their pencils and notebooks, and they shouldn't send them off to school without a nutritious breakfast either, according to an expert at Baylor College of Medicine. "A healthy breakfast is important for several reasons," said Dr. Teresia O'Connor, assistant professor of pediatrics at the Children's Nutrition Research Center at Baylor and pediatrician at Texas Children's Hospital. Research has shown that children who eat a nutritious breakfast in the morning have an easier time focusing on schoolwork since they are not distracted by hunger, according to

O'Connor. In addition, skipping breakfast can increase the risk of weight problems. She suggests including multiple food groups to ensure a healthy breakfast. This includes whole grains, which help you stay fuller for longer. Breakfast is also a good time to eat fruit, said O'Connor. Whole fruit provides dietary fiber, which is a part of a healthy diet and can help prevent heart disease and cancer. Many schools have free breakfast programs. O'Connor suggests parents talk to their children about whether they would prefer to eat breakfast at home or at school. The important

thing is to be sure children eat one healthy breakfast and not two breakfasts, which adds calories. O'Connor also suggests getting children into a regular schedule before school starts, including sleep and meal schedules. Sleep is key in helping children focus in school, but is also important for maintaining a healthy weight. Children need time to burn off the calories they consume during the day, and this can be done by playing actively indoors or outdoors. O'Connor reminds parents that being healthy includes not just what you eat but also physical activity.

WELCOME BACK 2 SCHOOL STUDENTS!

College students...come in and check out the great savings!!

• Refrigerators (1.7 cu. ft. capacity)
Perfect for the dorm room or office!!

- Oil Changes
- Tires and Brakes
- Full Service

WE HAVE LOTS OF IN-STORE SPECIALS!!

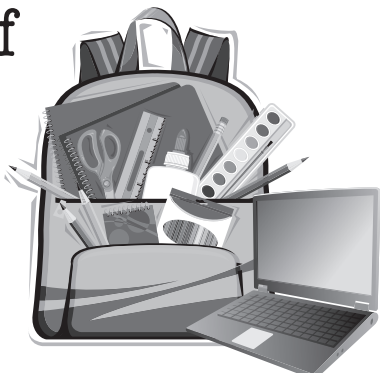


1170 S. Country Club, Colby 462-2100

319 E. Front St., Oakley 672-3217

Come check out our selection of

- Office Supplies
- School Supplies
- Computer Desks
- Chairs
- Computers



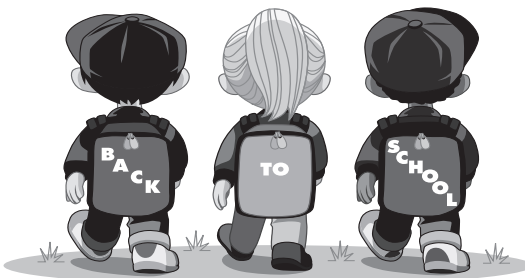
Monday-Friday: 8:30-5:30 Saturday: 9:00-12:00
Office Works & Home Furnishings

askofficeworks@st-tel.net
(785) 462-2222

960 South Range Colby, KS 67701

FAX: (785) 462-2262

Come check our back to school supplies!



From back packs to scissors and pencils, get the school supplies they need to start smart!

Walmart

Save money. Live better.

115 W. Willow • 785-462-8634

Nex-Tech Wireless is your best option for seamless nationwide coverage, local stores near you, and money-saving rate plans. Check out the savings below, or bring your bill to us and we'll customize a plan perfect for you or your family!

A SMART COMPARISON!

	NEXTECH wireless	Price	AT&T	Price	Verizon	Price
Plan	Nationwide 1000	\$50.00	Nationwide 1000	\$59.99	Nationwide 900	\$59.99
Data	UNLIMITED -Smartphone Includes Unlimited Messaging	\$29.99	5 GB Max -Includes Unlimited Messaging	\$60.00	5 GB Max	\$50.00
Unlimited Data?	Yes		No		No	
Discounted Data for multiple lines?	Yes		No		No	
Free Incoming Texts?	Yes		No		No	
Best Value! →		\$79.99		\$119.99		\$109.99

Plus, receive a **\$50 INSTANT CREDIT** and **6 Months FREE** on additional lines when you switch!*



Sign up now and receive -

\$200 CASH

per number you bring to us!

Get a Smart Deal on a smartphone!



BlackBerry® Style
\$59.99



HTC Merge 6325
\$99.99

S&T Communications
755 Davis Ave • Colby
785-460-7300

NEXTECH
wireless
Authorized Agent

Beringers
1923 S. Range • Colby
785-460-2432

877-621-2600 • WWW.NEX-TECHWIRELESS.COM

www.facebook.com/nex-techwireless

http://twitter.com/nextechwireless

www.youtube.com/nextechwireless

*New activations only. With qualified rate plan and 2 year service agreement. While supplies last. Certain restrictions apply. Nex-Tech Wireless is eligible to receive support from the Federal Universal Service Fund in designated areas. As a result, Nex-Tech Wireless must meet reasonable requests for service in these areas. Questions or complaints concerning service issues may be directed to the Kansas Corporation Commission Office of Public Affairs and Consumer Protection by calling 1-800-662-0027. BlackBerry®, RIM®, Research In Motion®, SureType®, SurePress™ and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world.