

# Attorney general warns consumers about scam

**By CARLA STOVALL**  
*Attorney General*  
 My Consumer Protection Division continues to receive copies of letters that Kansas consumers have received which are similar to the infamous "Nigerian scam" that has been operating for years. The scam comes in the form of a letter or e-mail promising millions of dollars in return for the use of a recipient's bank account. The letter usually requests that the consumer respond to "indicate your willingness in assisting us." While many letters have been sent from Nigeria, my office is aware that similar letters have been sent from South Africa, China, and other countries.

Some of the recent letters we have received include the following scenarios: 1) a civil servant who is not allowed to operate a foreign account; 2) a wife whose husband is a former government officer being targeted by the present government; or 3) a business that wishes to deposit money from the "over-invoicing of a capital project contract" in a U.S. account. All of these letters seek to obtain bank account numbers from consumers. They give various reasons for needing to deposit money in a U.S. account. They claim they will share a portion of the deposit with the consumer who provides the bank

account information. However, these bank account numbers will not be used to deposit money; rather, the authors of these letters will take money out. Some consumers have had their entire bank accounts emptied as a result of this scam. Please be aware that these letters or e-mails are intended to be a way for criminals to access your bank account and steal your money. Do not allow yourself to become a victim. If you receive a letter from any foreign country that resembles this scam, but have not suffered financial damage, fax the documents to the Secret Service Task Force at 202-435-5031. If you have suffered financial loss, call 202-435-5490 and leave a telephone number where a Secret Service agent can reach you. You may also contact my Consumer Protection Division at 1-800-432-2310, or mail the information to: United States Secret Service Financial Crimes Division 1800 G Street NW, Room 942 Washington, DC 20223 It is estimated that this scam has netted more than \$5 billion worldwide. It is virtually impossible to recover any losses, and it has devastating effects on victims. Please be careful so that you will not be victimized, also.

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# Fast food, slow lifestyle making kids fat

DEAR ABBY: Childhood obesity is growing at an alarming rate, with almost 13 percent of 6- to 11-year-olds affected.

With more gadgets to occupy our time on the couch and entertainment at our fingertips with the push of a button, as well as a cornucopia of fast foods with high fat content readily available, we need a family program of regular exercise and basic nutrition for children.


Youngsters should get at least 35 to 60 minutes of walking or other exercise each day to build the strong bones they'll need later in life.

Between the ages of 10 and 18, children build bone mass that must last a lifetime. Weight-bearing exercises such as running, jumping, dancing or hiking help to make bones stronger while they are growing.

Without adequate bone mass, conditions such as osteoporosis, which makes bones fragile and susceptible to breaking, can occur, along with osteoarthritis and other musculoskeletal conditions.

Studies show that adequate exercise has a positive effect not only on bone health but many other areas of children's well-being, including brain, social and emotional development.

This summer, one way to model good habits and encourage our kids to get up, get out and get moving is to plan



**Abigail Van Buren**  
 • Dear Abby

active family recreation. The American Academy of Orthopaedic Surgeons and orthopaedic surgeons nationwide urge parents to make sure children are getting adequate levels of physical activity.

Abby, with your help, we can encourage everyone to actively pursue musculoskeletal health that will last throughout a lifetime.

— VERNON T. TOLO, M.D.,  
 PRESIDENT,  
 AMERICAN ACADEMY OF  
 ORTHOPAEDIC SURGEONS

**DEAR DR. TOLO: I am pleased the American Academy of Orthopaedic Surgeons has become so vocal on this important subject. When exercise is a family activity, children are more likely to get off the couch (or computer) and become partici-**

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pants. Summer is the ideal time to get started.

**Additional information on children's bone health is available on the academy's Web site, [www.aaos.org](http://www.aaos.org), or call (800) 824-2663.**

DEAR ABBY: I just received the devastating news that one of my close childhood friends molested my younger brother several years ago. My brother is still healing from this traumatic experience.

The immediate problem I face is that I'm being married in November and no longer want to invite this "friend." I have cut off all communication with him and haven't told him yet what I know.

How do I approach the subject with him now? Because I learned about the molestation only recently, this guy is under the assumption we're still on good terms. I know he will expect an invitation.

— LOYAL SIS IN BOISE, IDAHO

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