Be wary hiring summer contractors

can be a time to catch up on those home improvement projects that have building up through the winter months.



So with the

increase in home improvement projects, it's no surprise that our office also sees an increase in complaints about home-improvement scams.

Now, a dispute between a legitimate home-improvement contractor and a homeowner about the quality, timeliness or nature of work provided more often than not is a private legal matter over which our office has no jurisdiction. But when the contractor is fraudulent or engages in deceptive or unconscionable practices to scam Kansans out of their hardearned money, the law gives us the authority to intervene.

Homeowners should be especially wary of people going doorto-door offering services. It is not uncommon for these roving sales people to target homes where the homeowner is particularly vulnerable – an older person who lives alone, for example.

One common scam involves someone claiming to be a contractor approaching a homeowner saying they have leftover materials from a nearby job. Then, they offer to do the work at a highly discounted rate if they homeowner can pay a portion in advance. Remember, if a deal sounds too good to be true, it probably is. It is always a good idea to get multiple bids on home improvement proj-

Derek Schmidt

 Attorney General

ects to ensure quotes are within the competitive rates.

The best advice our office can give when selecting a contractor is to use your references. Working with a well-known, reputable, local contractor is always the best way to go. Friends, family and neighbors are the best sources for recommendations. The Better Business Bureau offers an online directory of accredited businesses, and there are a number of websites that offer reviews of local contractors. You should be sure any contractor you work with is insured and carries all of the required local permits. Finally, do not give final payment for any work until it has been completed to your satisfac-

If you do fall victim to a scam, our office is here to help. You can file a complaint with our Consumer Protection Division by visiting our website, www.ksag.org, or by calling (785) 296-3751 or (800) 432-2310. Even if we find that there has not been a violation of the Kansas Consumer Protection Act, the staff in our office can provide information on options to settle your disputes. This includes our mediation program, small claims court or contacting a private attorney or the Better Business Bureau.

Have a safe and enjoyable sum-

Why did the combine cross the road?



KAYLA CORNETT/Colby Free Press

Though wheat harvest is winding down, it's always a good combine recently spotted crossing Range Avenue – to get to idea to watch out for farm equipment on the roads like this the other side, of course.

Face the fats when grilling this summer

Summer means grilling time. There are all kinds of tasty foods to grill up, plus those sides, desserts and drinks that round out the meal. The American Heart Association wants you to keep these tips in mind to help you grill "fat-sensibly" through the season.

Meat, Poultry and Fish

• Go for grilled fish more often. The healthiest types include salmon and trout, which are high in heart-healthy omega-3 fatty acids.

• Buy chicken breasts – and remember to remove the skin before eating – instead of the fattier dark meat (legs and thighs). Or try grilling up chicken or turkey burgers using breast meat, and add diced onions for flavor.

• What cut of meat to buy? Choose "loin" and "round" cuts. And buy "choice" or "select" beef instead of "prime." While these have the least fat, don't forget to trim it.

• Use a rack so the fat drips away.

Side Dishes, Drinks and Desserts

• Go green - and red, orange, yellow and purple. Serve green leafy salads or fruit salads (or a combination, like spinach with strawberries or mixed greens with orange slices) instead of mayonnaise-based salads. Add crunch and healthier fats with toasted walnuts or almonds instead of croutons.

• Instead of potato chips, which can be high in saturated and trans fats, serve raw veggies like cucumber, carrot and celery sticks, cherry tomatoes and cauliflower with a low-fat dip.

• Drink water or diet soda. Regular sodas are loaded with sugars and calories.

 Cut back on commercially baked foods, like cookies, pies and cakes. Remember most store-baked goods are made with ingredients high in saturated fat and/or trans fat.

• A smoothie with fresh fruit, fat-free vanilla or lemon yogurt and a touch of honey makes a

healthy, refreshing dessert alternative.

• Try grilling fruits like pineapple slices, nectarines, peaches or plums - the natural sugars caramelize with the heat and give them great flavor. Fruits are loaded with vitamins, minerals and fiber – and they're low in calories.

Oils, Dressings, Seasonings and More

 Multi-task with one bottle. Use reducedfat, low-fat, light or no-fat salad dressings on salads, for dips or as marinades.

• Watch the salt – cut back on salty seasonings and condiments like teriyaki, soy and barbecue sauce.

· Choose low-fat, reduced-fat or fat-free cheese for your hamburgers.

· Choose whole-grain, high-fiber breads and rolls. In addition to being good for you, they add more flavor and texture to your meal.

Information can be found at www.heart.org

On the Beat

COLBY POLICE Tuesday

12:01 a.m. - Caller reported fight. Verbal argument, no report. 12:08 a.m. – Caller reported fire-

Acres. Spoke with subjects. 12:14 a.m. - Caller reported fireworks going off. Unable to lo-

works going off south of Friendly

12:21 a.m. - Caller reported loud music coming from across the street. Spoke with subject sit-

ting in a vehicle. 12:37 a.m. - Suspicious incident: caller reported a garage door provided. opened with the owner being gone. Spoke with the owner, door secured.

5:13 a.m. – Security check at Walmart

8:14 a.m. – Criminal damage to cle. Not found. property: caller reported damage

in parking lot due to fireworks. Report filed. 9:30 a.m. – Report of lost hand-

icapped placard in Walmart area. Subject spoken to.

9:34 a.m. – Caller reported fireworks debris in street. Spoke to subject; they will clean it up.

11:36 a.m. – Criminal threat: subject came to station reporting she received threatening text messages. Spoke to subject, options provided.

12:34 p.m. – Caller reported phone harassment. Information

2:04 p.m. – Identity theft: subject reported someone using her crew. information.

9:21 p.m. – Caller reported subject taking gas from parked vehi-

9:52 p.m. – Caller reported fire-

works. Not found.

10:11 p.m. – Caller reported fireworks. Spoke with subjects.

11:13 p.m. – Assault/battery: caller reported a dispute. Report

11:49 p.m. - Complaint of loud music at Colby House. Spoke to two different parties to turn music

Wednesday

12:09 a.m. - Suspicious incident: caller reported three subjects running around house in the area Webster and Lincoln. Spoke to three on a traffic stop.

7:27 a.m. – Helped ambulance

8:28 a.m. - Caller advised of gas pump open. Report filed.

9:34 a.m. – Funeral block from Harrison Chapel to Sacred Heart

10:40 a.m. – Funeral block from Sacred Heart Church to Sacred Heart Cemetery.

reported subject purchasing items without permission. 12:19 p.m. – Assisted sheriff's office with subjects at Law En-

forcement Center with questions concerning jail. 12:25 p.m. - Caller reported

dispute between neighbors. Information provided

2:04 p.m. – Collision at Summit and Country Club.

4:12 p.m. – Hit and run accident: caller reported semi hit parked ve- assistance. hicle at Stephens Construction.

subject gets out of hand. Assisted.

10:25 p.m. – Provided motorist assistance at 24/7.

THOMAS COUNTY SHERIFF Tuesday 9 a.m. - Arrest and detain war-

11:50 a.m. – Identity theft: caller rant served on Seth Ryan DeHart. 9:06 a.m. – Booked DeHart. 9:14 a.m. - Assisted subject in

1800 block of County Rd. K. 11:48 a.m. - Caller reported semi blocking driving lane of U.S.

24 and U.S. 83. Not found. 2:46 p.m. - Report filed on incident on Maple.

9:21 p.m. - Booked Tamatha Ann Patterson.

Wednesday

1:04 a.m. - Provided traveler's

4:14 a.m. - Caller reported a 7:29 p.m. – Business called to female carrying a backpack walkreport they may need assistance if ing. Unable to locate, checked around the area.

9:34 a.m. - Helped Colby Police with funeral block.

10:40 a.m. - Helped Colby Police with funeral block.

12:02 p.m. - Caller sold vehicle to subject who did not pay for vehicle. Information provided.

12:59 p.m. - Booked Irene Laveren Gleason.

3:59 p.m. - Caller reported vehicle parked on property. Spoke with subjects.

8:31 p.m. - Booked Phillip Guy Mabery.

10:10 p.m. - Oakley Police reported an accident with a deer on U.S. 83 at the bypass.

1130 p.m. - Caller reported hitting a cow in the 110 block of County Rd. 26.

We want your local news: e-mail to colby.editor @ nwkansas.com

BUSINESS DIRECTORY

To have your ad placed in the Business Directory call Andrea, Kathryn or Shannon today at 462-3963.

NEW SYSTEM

PROFESSIONAL WINDOW CLEANING



(800) 611-6735

www.MyWindowCleaner.net



Commercial • Residential • Free Estimates

ROOFMASTERS

Serving Colby for over 30 YEARS!

RESIDENTIAL Heritage Shingles Wood Shingles IR Shingles Stone Coated Steel

Licensed Bonded Insured

EPDM Rubber White TPO Single Ply Modified Systems Built up Systems Elastomeric Coating

WHO YA GONNA CALL?

425 East Hill, Colby, KS COMMERCIAL 785-462-6642

FREE ESTIMATES

★ For great coverage

and customer

service contact me!

Dennis R. Tubbs/Agent

Meadow Lake Restaurant & Lounge

Golf season is here. Come join in the fun at our new low season prices!

Meadowlake Golf Course, Restaurant and Lounge are

public facilities, not private - everyone welcome. Restaurant and Lounge are open Monday - Saturday

Prime Rib, Salad Bar and Desert Special

every Saturday night



1085 E Golf Club Rd. • Colby, KS AVALANCE AVA



Metal Panels

ounty INSURANCE AGENCY Serving NW Kansas for over 100 years.

Representing many companies to provide all your insurance needs:

- Home, Auto, Boat, Motorcycle, RV
- Farm and Crop InsuranceCommercial Property, Automobiles
- General Liability, Workers Compensation
 Inland Marine, Builders Risk • Auto Service Shops • Body Shop and Collision Repair
- Contractors Restaurants
- Salons and Day Spas
- Strip Malls, Condominiums • Churches, Schools, Day Care Centers

P.O. Box 506 • 490 N. Franklin Ph: 785-462-3939 • Fax: 785-462-3752 dtubbs@thomascountyins.com • www.thomascountyins.com

Give it a try!

See what the Business Directory can do for you!

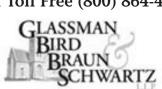
NEED EXTRA MONEY?

Be a Newspaper Carrier!





Bankruptcy Questions? Call Toll Free (800) 864-4619



200 W 13th - Hays, KS

We are a debt relief agency. We help people file for bankruptcy relief under the Bankruptcy Code.



I make insurance simple.



7/8/11 1:04:59 PM

ecurities & services offered through EquiTrust Marketing Services, LLC*, 5400 University Ave., West Des Moines, IA 5026 77/860-2904, Member SIPC. Farm Bureau Property & Casualty Insurance Company**, Western Agricultural Insurance

