

Watt's News

OFFICIAL NEWSLETTER OF BRAINERD PUBLIC UTILITIES, PO BOX 373, BRAINERD, MN 56401

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June 2006



Earth's Easiest Exercise

Walking can add years to your life and life to your years. And it couldn't be easier. You don't need to join a health club, wear special equipment or go into training to reap the rewards:

The Conditioner Walking conditions your heart and lungs and raises your body's ability to use oxygen more efficiently. *Fact:* In one study, women who walked briskly (3-4 miles per hour) at least three hours a week cut their risk of heart attack and stroke by more than half.

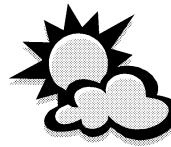
The Protector Walking helps beat other health problems, too. It reduces your risk of some forms of cancer and osteoporosis. It fights the battle of the bulge, taking off fat and building muscle. Walking can even help people with diabetes reduce or eliminate their need for medication.

The De-Stressor Walking's easy on your mind, too, since it lessens stress and lightens depression. Beginning walkers usually report that they feel better, sleep better and their mental outlook improves.

The Winner Best of all, walking has the lowest dropout rate of any form of exercise. So you're more likely to stick with it and get all these benefits and more, like better digestion, improved regularity and lower blood pressure.

Gopher State One 1-800-252-1166

Before digging call Gopher State One for water and electric locations. All requests for locations must be made by calling the above toll free number at least 48 hours before digging begins.



Watt's Weather

Total Precipitation

May 2006 3.19"

May 2005 3.13"

Average Temperatures

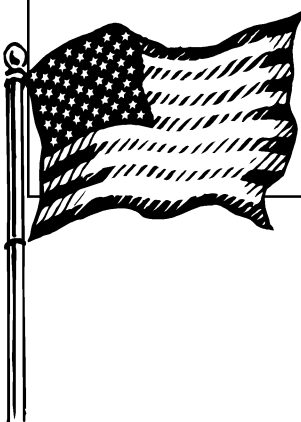
May 2006 Hi 68 Lo 46

May 2005 Hi 62 Lo 42

"The trouble with life in the fast lane is that you get to the other end in an awful hurry."

— John Jensen

Thank You to everyone who donated items or financially supported our local National Guard Soldiers serving in Iraq! On April 27th, we sent out packages to all soldiers from our area who are affiliated with our local Family Readiness Group.



We received several emails from the soldiers expressing huge gratitude to the Brainerd community. They were thrilled to have care packages sent to them personally.

We are still collecting items, and if you would like to help defray postage costs, checks made payable to "Brainerd Family Readiness Group" are also greatly appreciated.

Business Office Hours 7:00 a.m.—3:30 p.m.
218-829-8726

Repair/Service Operations Office Hours 7:00 a.m.—3:30 p.m.
218-829-2193

Emergency 24 hour service 365 days a year
218-829-2193

NOTICE: All electrical work performed in the City of Brainerd requires a "Request for Electrical Inspection" form to be completed, filed, and work inspected by our inspector. If you need the form or have any questions, please contact Brainerd Public Utilities at 825-3210 or 829-2193.



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