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ON THIN ICE

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Mark Turner (left) with Turner Towing carries a chainsaw in front of a partially submerged vehicle Monday, Feb. 17, in the channel between Round and Gull lakes. In the background is Bill Schultz, who is helping clear ice in a path to shore. According to authorities, the driver of the vehicle got turned around while driving on the lake early Monday morning and drove toward the open channel.

Vehicle breaks through ice on Round Lake

Nisswa
Two people are uninjured after their vehicle went through the ice Monday, Feb. 17, on Round Lake in Nisswa.
Crow Wing County Sgt. Andy Bradley said the occupants of a Dodge Durango got turned around on the lake and did not realize they were so close to the channel connecting Round and Gull lakes.
Fortunately, only 2 feet of water met with the front end of the vehicle, allowing the two adult occupants to make their way to safety and call for help.
“It’s shallow there, but (the water) also runs to that channel and goes over to Gull, so the ice is usually pretty thin in that area,” Bradley said, noting the incident happened about 150 feet from the shore. “He got turned around, didn’t realize how close he was to it, and he basically dropped the front end of the vehicle.”
Turner Towing got the call about 7:30 a.m. and successfully extracted the vehicle from the ice.

House group proposes \$191.5M for climate change mitigation

By Sarah Mearhoff
Forum News Service
ST. PAUL — A number of Minnesota lawmakers are looking to tackle climate change from the Capitol with a roster of multi-million dollar state investments.
On Monday, Feb. 17, the Minnesota House Climate Action Caucus proposed a package of bills to invest in electric buses and cars, solar production, energy efficiency improvements to buildings and more. The 15-bill package totals \$191.5 million in one-time funds, which legislators said would be funded with the state’s budget surplus.
State Rep. Todd Lippert, D-Northfield, at a Monday news conference said the package aims to alleviate the effects of climate change and pollution already being felt in the metro and Greater Minnesota, as well as prevent further repercussions down the line.
“We all depend on a healthy and stable climate and we need to respond to climate change this session,” Lippert said. “Waiting to act threatens our future.”
The largest portion of the package, \$85.5 million, is devoted to energy efficiency improvements to homes, public schools, nursing homes and commercial buildings. The second-largest chunk would go toward transportation — Minnesota’s largest air pollutant, according to Pollution Control Agency data — with funding for electric school and public transit buses, as well as electric vehicle rebates.
The plan also includes funds for solar panels for both homes and public schools, as well as conservation, research and local government projects.
The nonprofit Clean Energy Economy Minnesota put their

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Measure would require Minnesota Senate OK for state commission

By Dana Ferguson
Forum News Service
ST. PAUL — The Senate Judiciary and Public Safety Committee on Monday, Feb. 18, advanced a proposal to require members of the Minnesota Sentencing Guidelines Commission to be confirmed by the state Senate on a 6-3 vote.
Sen. Warren Limmer, R-Maple Grove, brought the proposal and said that after the commission earlier this year voted to cap probation sentences for most felony offenses at five years, he felt the need to implement another check on the board’s power. Members of the panel are appointed by the governor or the Minnesota Supreme Court chief justice.
And under Limmer’s bill, the members would also have to be approved by the Senate to serve on the panel.
“Now that (the commission is) moving more and more on a regular basis it appears, that they’re making policy that should be made in this body, in the Legislature, we should at least have confirmation of

Don’t forget to treat yourself: Experts talk about self-care

By Melinda Lavine
Forum News Service
Running, baking, pet cuddling — self-care takes on many forms. And it’s a key strategy to managing stress, say local experts.
Self-care is a set of behaviors taken on a regular basis for optimal well-being. Common practices are eating well, sleep, exercise and social interaction. It has evolved to include physical, psychological and emotional health, and ways we recharge vary from person to person.
People might think this is more complex than it is, said Dr. Julie M. Slowiak, associate professor of psychology at the University of Minnesota Duluth.
“(It) doesn’t need to be luxurious in the form of a week-long vacation (or) a day at the spa,” she said by email.
You can link your practice to your daily routine, and it can be as simple as walking your dog or sipping your morning coffee mindfully and by focusing on your surroundings using your five senses.
Slowiak is conducting research on a project, “Self-Care and Job Crafting Practices Among Applied Behavior Analysts: Do They Predict Perceptions of Work-Life Balance, Work Engagement, and Burn-out?” She also coaches others in practicing self-care in her business, InJewel LLC.
There are five dimensions of self-care, she said: life balance (social support), cognitive strategies, daily balance (avoid over-commitment), professional support, and professional development. Setting personal and professional boundaries, journaling and keeping your home or workspace tidy are “non-glamorous” tools.
When self-care falls by the wayside — and it will — it’s time to pause and reassess where you can adjust routines to better support yourself, she said, adding on the opposite end of the spectrum: “Any behavior, even a self-care behavior, that is done in excess and which impedes one’s quality of life, is a behavior that may need to be addressed.”
Mainstream mental health
Mental health awareness is changing.
American adults ages 18-25 have a more accepting view of mental health care compared to other adults, according to a 2015 study by the Anxiety and Depression Association of America.

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