

LOCALNEWS



CONTRIBUTED PHOTO

From the left, Katie Chezick, Rainy Lake Medical Center’s director of pharmacy, Koochiching County Sheriff Perryn Hedlund, and International Falls Police Capt. Tom Lynch stand in the lobby of the Koochiching County Law Enforcement Center near the new MedReturn drug collection unit.

OTC med drop off established

JOURNAL STAFF REPORT

People with excess and expired prescriptions and over-the-counter medications can now dispose of them at a safe, secure permanent drop-off location at the Koochiching County Law Enforcement Center.

Rainy Lake Medical Center has collaborated with the Koochiching County Sheriff’s Office and the International Falls Police Department to establish a permanent MedReturn drug collection program in an effort to reduce the supply of drugs that can potentially harm teens and adults.

More than six million Americans abuse prescription drugs, according to the 2011 Substance Abuse and Mental Health Services Administration’s National Survey on Drug Use and Health. Among youth 12

to 17 years old, 7.4 percent reported non-medical use of prescription drugs in the past year.

Properly disposing of excess drugs is everyone’s responsibility as a matter of public safety, according to a news release from RLMC. More than 70 percent of young people abusing prescription pain relievers get them through friends or family, a statistic that includes raiding the family medicine cabinet. Now Koochiching County citizens won’t have to wait for a specific take-back day to clean out their medicine cabinets.

“By partnering with the International Falls Police Department and Koochiching County Sheriff’s Department, we are providing a safe, secure, and confidential way to remove unwanted medications from our

community year-round,” Katie Chezick, RLMC’s director of pharmacy, said in a release. “This will help to keep these unwanted medications out of the hands of the youth and out of our water and soil.”

The collection site is open 24 hours a day, seven days a week. Medical sharps are not allowed. Drugs can be dropped off with no questions asked.

The drug collection unit is produced by MedReturn LLC of Grafton, Wis. The news release said MedReturn LLC is committed to providing a safe, secure and environmentally friendly way to help law enforcement agencies and communities collect unwanted or expired household medication, including prescriptions, over-the-counter drugs and unused pharmaceuticals.

Spring truck weight restrictions begin

JOURNAL STAFF REPORT

Spring truck weight restrictions on state highways begin Friday for Minnesota’s north-central and north frost zones, according to the Minnesota Department of Transportation.

MnDOT limits truck weights to prevent damage to roads weakened during the spring thaw. Ending dates for spring load restrictions will be established by monitoring roadway strength as weather conditions change.

The north zone extends south from the Canadian border to a line following and including Highway 1 at the North Dakota state line east to Highway 89, Highway 89 south to US 2, US 2 east to Highway 33, Highway 33 south through Cloquet to I-35, I-35 north to the Carlton/St. Louis county line, and then south on that line to the Wisconsin state line.

The north-central zone extends south from the southern limit of the north zone (Highway 1 – Highway 89 – U.S. 2 – Highway 33 – I-35 – Carlton/St. Louis

county line – Wisconsin state line) to a line following and including U.S. 10 from the North Dakota state line east to Motley, Highway 210 east to Brainerd, Highway 18 east to I-35, I-35 south to Highway 48, and then Highway 48 east to the Wisconsin state line.

Spring truck weight restrictions begin Wednesday for Minnesota’s south, southeast and metro frost zones.

The spring restrictions begin Thursday for central frost zone.

Road restriction maps showing the locations of weight-restricted routes and state highways open to maximum 10-ton axle weights are listed at www.dot.state.mn.us/materials. Click on “Seasonal Load Limits,” and then “Spring Load Restrictions” for the most up-to-date information.

The information is also available by calling MnDOT’s 24-hour automated message center at 1-800-723-6543 Call: 1-800-723-6543 in the United States and Canada or by calling 651-366-5400.

The south zone extends south from the southern

limit of the Central Zone (U.S. 12 – Hennepin county line) to the Iowa state line and east to the metro zone and then a line following and including Interstate 35. This zone includes Highway 19 along the southern border of Scott County.

The southeast zone extends south from the southern limit of the metro zone along, but not including, I-35 to the Iowa state line and east to the Wisconsin state line. This zone includes Highway 19 along the southern border of Dakota County.

The metro zone (Minneapolis – St. Paul metro area) includes Anoka, Carver, Chisago, Dakota, Hennepin, Ramsey, Scott and Washington counties. This zone does not include Highway 19 along the southern borders of Scott and Dakota counties.

The central zone extends south from the southern limit of the North-Central Zone (US 10 – Highway 210 – Highway 18 – I-35 – Highway 48 – Wisconsin state line) to a line following and including U.S. 12 from the South Dakota state line to the Hennepin County line.

CBSA: No raw poultry from Minnesota

JOURNAL STAFF REPORT

The Canada Border Services Agency reminds all travelers it is important to remember certain food, plants, animals and related products are restricted or prohibited from entering Canada.


These items are restricted or prohibited because they can harbor foreign animal and plant pests and diseases, according to a CBSA news release. These

pests and diseases could threaten Canada’s economy, pose a risk to human, plant or animal health, or cause irreparable harm to Canada’s crops, livestock, or environment.


Canadian law requires declaration of all goods including food, plants and animals and related products brought into Canada. The CBSA could confiscate these products if they are not declared and violators could face monetary penalties and/or prosecution.

When planning a trip abroad, check beforehand to see what goods are restricted or prohibited from entering Canada.


All raw poultry, poultry products and by-products that are not fully cooked, including eggs and raw pet foods originating from the states of Oregon, Washington, Idaho, California and Minnesota are prohibited from entering Canada until further notice.



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We’ve added a surgeon. And brightened the future.



Heather Cook, DO
General Surgeon

Please join us in welcoming General Surgeon Heather Cook to the staff of Rainy Lake Medical Center. Her state of the art minimally invasive skills make a wide variety of surgical procedures available right here at RLMC, closer to family and friends. Closer to home.

Surgery—especially minimally invasive surgery—is an important component to regional health care. Having Dr. Cook on staff strengthens our entire medical community and helps assure we all enjoy a healthy future for years to come.



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