

TRACK/ Eagle boys take fourth

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with a throw of 45-8. The previous record of 45-½ was set Monday.

Windom added wins from Jady Wormstadt in both the high jump (5-0) and 800-meter run (2:48.50). Lucy Stevens took first in the 200 (28.15). Kaylee Walklin won the 3,200 (12:43.97).

The Eagle girls added wins in three relays. The team of Stevens, Hadley Sammons, Hannah Dauer and Gracie Bucher ran away with the

4x200 (1:55.76). The team of Bucher, Wormstadt, Walklin and Stevens won the 4x400 (4:32.87) and the team of Hadley Sammons, Walklin, Haidyn Sammons and Bucher won the 4x800 (10:46.90).

Haidyn Sammons added a runner-up finish in the 1,600 (6:12.70).

For the boys, the lone Eagle win came from the team of Bryan Macario Rios, Chance Elness, Cameron Alm and Dylan Serreyn, which won the 4x400 relay (3:49.35).

Serreyn added runner-up finishes in the high jump (5-8) and triple jump (39-9). Alex Altman took second

in both the shot put (43-2½) and discus (126-5½).

Windom BSC Meet Girls Results: 1. JCC 97. 2. Windom 89. 3. Redwood Valley 83. 4. BEA 76. 5. SJA 24.

Windom Results: 100 dash: 4. HadSammons 14.14. 200 dash: 1. LStevens 28.15. 400 dash: 6. BFaherty 1:15.77. 800 run: 1. JWormstadt 2:48.50. 5. KSammoms 2:52.62. 1,600 run: 2. HadSammons 6:12.70. 3,200 run: 1. KWalklin 12:43.97. 3. CNauman 14:26.26. 100 HH: 6. EWide 20.39. 300 LH: 6. EWide 59.24. 4x200 relay: 1. LStevens, HadSammons, HanDauer, GBucher 1:55.76. 4x400 relay: 1. GBucher, JWormstadt, KWalklin, LStevens 4:32.87. 4x800 relay: 1. HadSammons, KWalklin, HadSammons, GBucher 10:46.90. High jump: 1. JWormstadt 5-0. Shot put: 1. DSmith 45-8. Discus: 1. DSmith 124-6; 6. VJensen 72-2.

Windom BCS Meet Boys Results: 1. Redwood Valley 96. 2. JCC 89. 3. BEA 75. 4. Windom 59. 5. SJA 53.

Windom Results: 400 dash: 4. BMacario Rios 57.87. 800 run: 3. CSmith 2:35.01. 1,600 run: 5. CEliness 5:09.89. 3,200 run: 4. ANauman 11:52.34. 5. EBorderwyk 11:54.06. 6. TGreen 12:14.45. 300 LH: 5. TWormstadt 49.61. 4x200 relay: 2. KBleess, CAlm, CVancura, DSerreyn 1:41.37. 4x400 relay: 1. BMacario Rios, CEliness, CAlm, DSerreyn 3:49.35. 4x800 relay: 2. BMacario Rios, CAlm, CEliness, ANauman 9:29.00. High jump: 2. DSerreyn 5-8; 6. TWormstadt 4-6. Pole vault: 4. CSmith 7-6. Triple jump: 2. DSerreyn 39-9. Shot put: 2. Altman 43-2½. Discus: 2. GAltman 126-5½; 6. JRodas 99-1.

GOLF/ Eagle boys top Arrows

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Madison Martin was the lone WWG girl, finishing with a 59.

Girls Team Scores: MCC 217, Windom 226, WWG incomplete.

Individual Medalist: Ciera Tutt (MCC) 49.

Windom results: Allie Ward 50; Ada Lund 55; Lily Mellstrom 57; Maddie Alvstad 64.

WWG results: Madison Martin 59.

Boys Team Scores: Windom 182, MCC 223, WWG incomplete.

Individual Medalist: Parker Alvstad (Windom) 40.

Other Windom results: Eli Lund 46; Carter Rossow 48; Zach Rabbe 48; Greyson Elder 50; Alex Cory 52.

WWG results: Brady Ross 43; Kole Curry 63; Aidan Mumm 63; Neil Kuehl 67.

Boys top Arrows

The Windom Eagle boys golf team navigated through the wind Tuesday, claiming a 170-179 win over Pipestone at the Windom Country Club.

The girls' portion of

the meet was cancelled, as neither team would field a complete squad.

Freshman Eli Lund led the Eagle boys, earning medalist honors with a 39. Carter Rossow shot a 41, followed by Parker Alvstad with a 44 and Greyson Elder had a 46.

Boys Team Scores: Windom 170, Pipestone 179.

Individual Medalist: Eli Lund (Windom) 39.

Other Windom results: Carter Rossow 41; Parker Alvstad 44; Greyson Elder 46; Landon Piltatzki 48; Cragen Porath 60.

FISH/ Plenty of options for anglers

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ing to see indications that it's working in some lakes. We've seen that on Lake Shetek and some on Lake Benton in Lincoln County."

The winter fishing season, for the most part, was slow throughout the region because of poor ice quality.

And the primary concern entering the 2021 opener is that water levels on many lakes and streams are significantly lower than average.

Doorenbos said that the dry conditions and lower water levels do have benefits, as far as his office is concerned.

"We have some projects, working with the wildlife

division, where we're trying to do draw-downs of some lakes to induce a winter kill and get rid of some of the undesirable fish to reset the system," Doorenbos said. "We're hoping to see a good habitat response. But when you don't have deep lakes, you see some lakes that are almost two feet lower than usual. Cottonwood Lake is really low right now. Round Lake in Jackson County is very low right now."

Ready for the opener

Doorenbos said that the numbers of fish in lakes throughout his 10-county region are very good, across the board, despite the low water conditions.

And the number of good walleye lakes throughout Southwest Minnesota are plentiful.

"Obviously, Lake Sarah and Lake Shetek are no-brainers and Lake Benton is very good as well,"

Doorenbos said. "Lake Sarah was actually pretty slow during the ice season because there's a good population of forage fish, like perch. A little closer to home, Talcot Lake was very hot for a while this winter, with varying sizes of fish. Cottonwood, Fish, Bingham and Mountain lakes all have good populations of walleyes and panfish.

"A little south and east, Loon Lake and Round Lake in Jackson County have good fish populations."

Doorenbos said that anglers pursuing northern pike for the opener need to be mindful of changes from recent years regarding limits and size.

"The limit for northern pike is now down to two, instead of three," Doorenbos said. "And, in the south region of the state, a northern pike can only be kept if it is at least 24 inches long."

PUBLIC NOTICE

Cottonwood County Planning Commission PUBLIC HEARING LEGAL NOTICE CONDITION USE PERMIT APPLICATION

An application has been submitted by Davin Amara, requesting a Conditional Use Permit, required by Cottonwood County Zoning Ordinance #28 Building within Shoreland on the parcel of

property described as:

Parcel: Lot 12 and 13 on Lakeshore Subdivision, being a Part of the Northeast Quarter of Section 32, T 106 North R 34 West, Midway Township, Cottonwood County, Minnesota

A Public Hearing to consider said Conditional Use Permit will be held by the Cottonwood County Planning Commission on May 27, 2021 at 1:30 P.M. The hearing

will be held at the library in the BARC Center 1012 5th ave Windom, MN 56101. A face mask is highly recommended when entering the meeting. For any questions, please call 507-832-8287

By Order of the Cottonwood County Planning Commission Alex Schultz, Planning and Zoning Technician (595— May 12, 2021)

official proceedings of

COTTONWOOD COUNTY

OFFICIAL PUBLICATION April 20, 2021

Cottonwood County Board of Commissioners Regular Meeting

The Board of Commissioners met at the Cottonwood County Law Enforcement Center in Windom, MN. Present in person or via teleconference for all or portions of the meeting were: Commissioners Tom Appel, Donna Gravelly, Norm Holmen, Larry Anderson, Kevin Stevens; County Coordinator Kelly Thongvivong, Auditor/Treasurer Donna Torkelson, Kathy Marsh, Drew Hage, Ron Schramel, Paul Johnson, Nick Klisch, Gale Bondhus, Kyle Piltatzki, Jed Rhubee, Alex Schultz, Jason Purrington, Jason Rupp, and Joel Alvstad.

Routine Items—approved by unanimous roll call or regular vote: to approve the agenda as amended; to approve the minutes of the April 6, 2021 regular meeting; to approve April warrants in the amount of \$114,471.04 and broken down as follows: County Revenue Fund—\$53,744.92, Ditch Fund—\$15,705.62, Road and Bridge Fund—\$36,309.77, Waste Abatement/SCORE—\$474, Landfill Enterprise Fund—\$8,236.73; adjournment.

Personnel Items—approved by unanimous roll call or regular vote: to move Levi Brummer, Heavy Equipment Operator, to permanent full-time status effective April 27, 2021; to move Kayla Clark, Part-Time Landfill Scale Operator, to permanent part-time status effective May 2, 2021; to accept the retirement

resignation from Kristi Sell, Jail Administrator, effective May 31, 2021, with appropriate payout of benefits; to promote Jason Rupp to Jail Administrator effective May 24, 2021, and to move him to Range 16, Step F (\$31.75) on the 2021 wage matrix; to post internally within the Sheriff's Department for the position of Dispatcher/Jailer Supervisor.

Additional Action Items—approved by unanimous roll call or regular vote: to approve the Home Initiative—New Construction application and resolution 21-04-20 (1902 Bud Road); to approve the Home Initiative—New

Construction application and resolution 21-04-20A (1904 Bud Road); to approve the Home Initiative—New Construction application and resolution 21-04-20B (1972 Bud Road); to approve that Cottonwood County will be the lead county for the issuance of RRRWS interim and permanent bonds in the amount of \$905,000; to approve the 2020 EMPG grant agreement in the amount of \$18,135.00.

S/Donna Torkelson, Auditor/Treasurer
S/Thomas D. Appel, Board Chair
S/Kelly Thongvivong, County Coordinator

SUNSHINE PRESCHOOL



Taking **PRE-REGISTRATION** for the 2021-2022 school year.

3-4 year olds: 10 spots

4-5 year olds: 12 spots

It will be first come, first registered basis. May add a second class.

A modest tuition will be charged for the school year.

Registration deadline is Thursday, May 27.

For registration materials and/or information call the church at 507-831-3522

Sunshine Preschool of Lutheran Church of Our Savior admits students of any race, color, national or ethnic origin to all the rights, privileges, programs and activities generally accorded or made available to all students at the school.

HOW TO TREAT YOUR KNEE PAIN QUICKLY AND EFFECTIVELY... WITHOUT DRUGS OR SURGERY

How We Treat Knee Pain

Dr. Kyle Pankonin uses advanced therapies including MLS laser, Knee On Trac decompression and Cox technique adjustments to treat tough cases of knee pain. He also prescribes custom orthotics and targeted nutritional supplements to support care. This protocol has been proven safe and effective for patients suffering from knee pain caused by arthritis conditions, including osteoarthritis, sprains/strains and bursitis/ tendonitis.



MLS Laser Therapy

This revolutionary program works to reduce pain and restore functionality through decreasing inflammation, re-hydrating the joint, increasing range of motion and speeding the healing process. In short, it helps patients reclaim their livelihood.



Knee on Trac

How Our Program is Different

As a certified chiropractic extremity practitioner, Dr. Pankonin has had extra training in treating tough knee pain conditions. If you are suffering from chronic pain, swelling and stiffness, weakness or instability, popping or crunching, or limited range of motion, our knee program may be right for you. Traditional medical options often include only drug it, numb it or cut it. Prescription pain drugs or injections usually only mask the symptoms, but don't actually address the underlying cause of your knee pain. While repair or replacement surgery may sometimes be necessary, it can be a long and painful process — one we'd like to help you avoid.

Not sure where to start? Call to request a copy of Dr. Pankonin's Guide to Knee Pain — or find it on our website. Schedule an exam to see if you are a good candidate for our state of the art program. The exam cost is \$50.

Visit us on the web: redrockchiro.com/knee-pain for FAQs and testimonials!

Red Rock CHIROPRACTIC Center

KYLE J. PANKONIN, D.C.
507-752-7650
202 Main St., Lamberton
redrockchiro.com

COVID-19 Vaccine. It's Essential.

Every person has an essential role to help us save lives. If enough of us get the vaccine, we can prevent many from getting sick and end the pandemic. **When it's your turn to be the hero, get the COVID-19 vaccine.**

COVID-19 Vaccine Facts



The vaccine is safe.

Production of the vaccine was ramped up ahead of time to get it out to the public faster, but it still went through all necessary testing and approval steps.



Clinical trials show the vaccine is effective against COVID-19.

Side effects are generally mild and are a sign that your immune system is working.

It's impossible to get COVID-19 from the vaccine.

Avera

Learn more at Avera.org/COVID-vaccine or call 1-877-AT-AVERA (1-877-282-8372).