

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LOW 65 HIGH 83	LOW 62 HIGH 84	LOW 61 HIGH 86	LOW 64 HIGH 88	LOW 66 HIGH 82	LOW 62 HIGH 77	LOW 61 HIGH 72

SIoux COUNTY

CAPITAL-DEMOCRAT

June 29, 2023

75¢ • THURSDAY

One Section • Volume 141 • No. 18

www.pluimpublishing.com | Orange City, Iowa

A NAME CHANGE and NEW OWNER

for local chiropractic office

By SHARON VERMEER
Correspondent

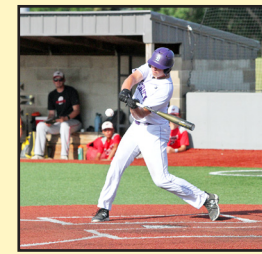
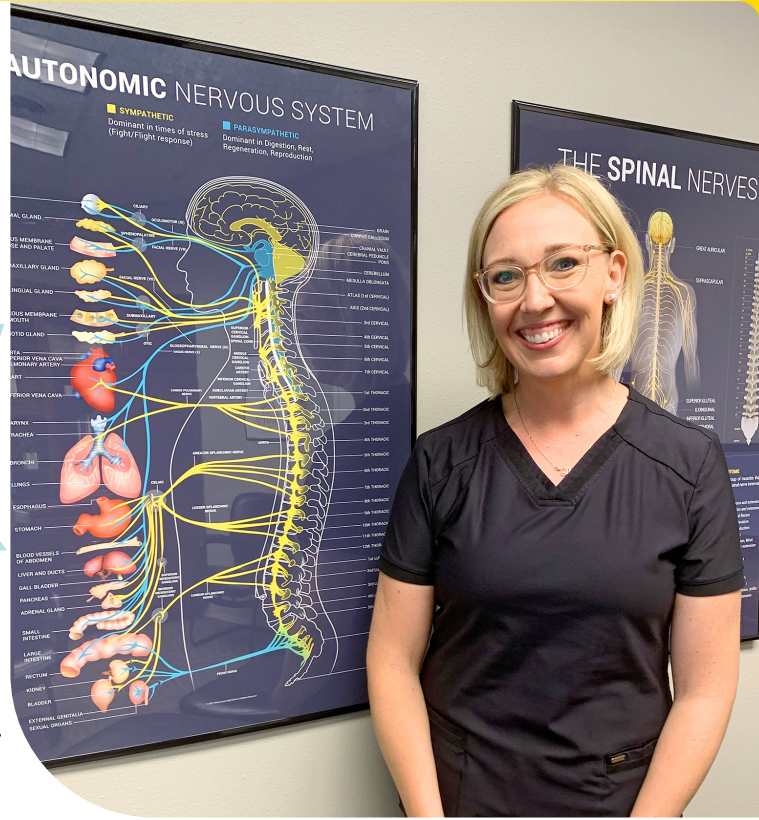
ORANGE CITY — At the beginning of January, Sarah Raak took ownership of Stange Chiropractic. “This was in the works for a while,” she explained. “We wanted to make it a smooth transition for our patients. It’s not about a ‘big hoorah,’ it’s more about making it easier for our patients. January seemed like a natural transition time. Don’t worry, Dr. Stange is still here and seeing patients. He loves his patients! But now he doesn’t have to worry about the business side. He tells me he has no plans to retire.”

Raak grew up in Orange City, graduating from MOC-Floyd Valley. She did undergraduate work at Northwest Missouri State University, a smaller school near family. Her major at first was Merchandising and Business Management. Although she met her future husband in the Business Department, she soon realized that Business wasn’t really what she was looking for, and decided to try something in the health care field. She had been adjusted while in high school and college, and began to talk with Dr. Stange in

Orange City. Chiropractic seemed like a natural fit for her, and Dr. Stange was willing to mentor her throughout her schooling. Graduating, Raak went on to Cleveland Chiropractic in Overland Park, Kan. The school was only a couple of hours from Missouri State, where she had met her husband to be, John Rayhel. “John moved to Kansas City and worked downtown while I completed four years of training,” she laughed. “He jokes that he should get some credit, since he helped me study!”

During her training, Raak became certified in acupuncture, and by the International Chiropractic Pediatric Association in perinatal chiropractic, Webster (pregnancy specific) technique, and pediatric chiropractic. Graduating in 2012, Raak and Rayhel married, then moved to Sioux Falls, where she joined another doctor. “That clinic specialized in low back disc conditions, so I got to work with older patients as well as people struggling with back and nerve pain,” she said. “In the six years I was there, I gained a lot of experience and empathy for what people can go through with their back pain.”

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Sports:

ATHLETES ENTER LAST REGULAR-SEASON PLAY

See page 6 for more details



Best in show

Winner for the best in show regional art show is Ryan Eckert for *Trapped Clouds*. (Photo by Sharon Vermeer)

Arts Council hosts regional art show

By SHARON VERMEER
Correspondent

ORANGE CITY — The Orange City Arts Regional Art Show concluded June 22 at the Stadcentrum with an awards reception. Thirty-one pieces of art submitted by local and regional artists were displayed following the theme Primary Colors. The show, which started June 5, was juried by former Northwestern College Art Professor Rein Vander Hill. He admitted, “I feel uneasy making comparisons between one artist and another. The nature of making art is not competitive, but an expressive and subjective visual revelation of how an individual sees the world. Visual art is a language which improves with repeated use. The elements of line, shape, color, form, value and texture are skillfully used in a well-structured composition and can become a beautiful revealing image. The show is a strong one, with a wide variety of artists. This is only my opinion.”

The reception, with alto and tenor recorder music provided by OC Arts co-director Dennis Rockhill, concluded with the presentation of Best in Show to artist Ryan Eckert for his piece *Trapped Clouds*. An Honorable Mention was awarded to Brian Joel Daman for his piece *Introspective Intensity*.

Although the show has concluded, you may still view the art on-line at orangecityarts.org.



Honorable mention

Honorable mention was awarded to Brian Joel Daman for his work entitled *Introspective Intensity*. (Photo by Sharon Vermeer)

CEMETERY WALK ILLUMINATES LOCAL HISTORY

By SARAH WEBER
Co-Editor

ORANGE CITY — On Saturday, June 24, cars lined the perimeter of the West Lawn Cemetery in anticipation of the first organized cemetery walk in 40 years.

In 2020, Ruth Roghair began a quest to honor those laid to rest at West Lawn Cemetery. Each morning, she would spend time walking the grounds, charting names and recording dates, but many could not be read because of the mold. So she went to work with a bucket and scrub brush in hand and, using no chemicals, reclaiming lost headstones. Some headstones are toppled over, some unreadable, but she began, one by one, uncovering what she could.

For 12 years, Roghair has lived with Parkinson’s disease, and she says, “While I don’t know how much longer I can do this, this has become my Parkinson’s therapy.”

As she revealed headstones, many curious things surfaced. She found that some headstones only read “mother or father” or gave birth and death years but not specific dates. She saw so many inconsistencies it sent her on another quest to find information.

At “80 years young,” as she says, she still spends time in the Sioux County Records office, matching records with headstones and discovering who these people were, buried in West Lawn Cemetery so long ago.

The cemetery walk was over an hour long and rich with the history and stories of the founders. The last walk occurred in September 1983 and was narrated by Nelson De Jong.

The cemetery was initially owned by First Reformed Church. The



(Photo by Sarah Weber)

road from the church to the cemetery was a direct route and was often referred to as “the road of no return.” When First Reformed Church sold the cemetery, shares were sold to the Orange City Cemetery Association, which was formed at that time. Deeds were filed at the recorder’s office in 1909, all eventually incorporated into the town of Orange City.

Along the walk, participants learned of several Civil War veterans laid to rest in Orange City and their families stories. There is an expression, “hit the hay,” many are familiar with. One person laid to rest in West Lawn gave meaning to the expression,

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