

FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LOW 37 HIGH 61	LOW 35 HIGH 64	LOW 35 HIGH 64	LOW 31 HIGH 67	LOW 43 HIGH 66	LOW 41 HIGH 61	LOW 33 HIGH 54

# SIoux COUNTY

# CAPITAL-DEMOCRAT

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By SARAH WEBER  
Co-Editor

ORANGE CITY — When the MOC-Floyd Valley School district proposed a bond issue for a new elementary school, part of the plan incorporated new athletic fields. The original proposal budgeted for a simple baseball field, softball field, and football practice field. Once the bond passed, school board member Christine Koerselman began thinking bigger. “I met with Mr. Gunderson about an idea. I just started dreaming and thought we could do better.” And Mr. Gunderson was on board. They added Adam Doughan to the conversation and went to the drawing board.

“The desire to do more isn’t for the benefit of MOC-Floyd Valley, but we just see this project as a huge asset to the

community,” Koerselman said.

Koerselman and Doughan are both parents and have spent many hours on the ball fields. “I have been at ball games on a weeknight until ten or later, not high school games, but little league,” Koerselman said. Field space is a growing issue, and our current football, baseball, and softball fields are shared between the college, two high schools, and the middle school.

The new plan will incorporate space to house all middle school athletics and provide much more to the community.

“The athletic complex will hold a football field with a regulation-size track surrounding it, and soccer practice field,” said Mark Gunderson, athletic director for MOC-Floyd Valley. The football field will be turf and will have a 500-seat

**CONTINUED ON PAGE SIX**



## GIRLS WRESTLING TAKING OFF AT MOC-FLOYD VALLEY

By SARAH WEBER  
Co-Editor

ORANGE CITY — The Iowa Girls High School Athletic Union Board of Directors voted unanimously on January 12 to sanction girls wrestling as the organization’s eleventh sport. The decision was announced before the start of the IWCOA Girls State Wrestling Tournament championship round on January 22, ushering in a new generation of female state athletes. The girls’ association intends to follow the National Federation of State High School Associations’ wrestling rules and guidelines.

Trackwrestling.com currently has 367 Iowa high schools declare girls’ teams. Iowa joins 35 other states that have sanctioned girls wrestling, with Hawaii the first in 1998.

MOC-Floyd Valley sent its first female wrestler to the IWCOA Girls State Wrestling Tournament in 2022 and, starting the 22/23 season, now has 16 committed female wrestlers for the high school team.

Leading the group of young women are Jaime Miranda and Lauren McDonald. Miranda previously served as an assistant boys wrestling coach and worked with both the boys and girls last season.

“The program will start on Halloween and will be a merge of high school and middle school girls,” he said. “The team will start practices for two weeks and the high school and then move to the middle school until December 16. “The middle school sent out interest forms, and we received 16 more middle school girls that want to try wrestling for the first time, so that is exciting too,”

he added.

Lauren McDonald doesn’t have wrestling experience, but she coaches middle school basketball and “is one of those people that leads and is willing to learn about something new. She knows kids and works great with them; I am excited to have her join us.”

Iowa is taking a conservative approach to the newly sanctioned sport. “We are already one of the largest teams in the conference; we won’t do duals yet; it will be all weekend tournaments.” And much like in previous seasons, as schools slowly add programs, “We will set up special matches with schools with female wrestlers. When our boys travel for duals, if they have interested wrestlers, we will send select girls from our team as classes match up,” Miranda added.

Miranda was a wrestler for Central College and also in the military, and both have played into how he coaches.

“I applied military structure for leadership. I have two captains that are like corporals, and veteran wrestlers, Addaly Miller and Teresa Rodriguez. Miller is, “very surprised and excited for the number of girls that chose to go out for wrestling this year. It is an

**CONTINUED ON PAGE SEVEN**



### Sports: KNIGHTS SWEEP IN TOURNEY SEMI

See page 8 for more details



## Public is invited to learn more about Kanaal Huis and The Canals

ORANGE CITY — Orange City Area Health Foundation is inviting the public to attend one of two Community Forums to discuss the region’s newest 55+ community featuring Kanaal Huis condominiums. The three-story complex is currently under construction, and will be part of a distinct senior living community called The Canals, a joint venture with Orange City Area Health Foundation and Vision Builders. The Canals will consist of single-family homes, twin homes, and the 36-unit Kanaal Huis that will be owned and operated by the health system foundation. According to Marty Guthmiller, CEO of Orange City Area Health System, “As part of our mission to provide ‘a lifetime of care,’ including senior living options, Kanaal Huis will not only give 55 plus adults a place to thrive as they journey through their senior years, but it will hopefully free up single-family homes in the communities we serve – opening up housing opportunities for the next generation.” The public forums will be held Thursday, Nov. 17, at 12:30 p.m. and 6:30 p.m. at Prairie Winds Event Center in Orange City. Guests will be able to view floor plans and site plans and discuss options. Presentations will begin at 12:45 and 6:45 with the opportunity to ask questions. For information about the Kanaal Huis project prior to the meetings, visit the Senior Living/Care section at [OHealthSystem.org](http://OHealthSystem.org).



## Volunteers needed

ORANGE CITY — Volunteers will be planting tulip bulbs Oct. 28 and 29 in Windmill Park in Orange City. Anyone interested in helping out is encouraged to join the group.

Planting will begin at noon on Friday, Oct. 28, and at 8 a.m. on Oct. 29. Anyone available for an hour or more is invited for as much time as they have available. Volunteers are asked to bring their own gloves and garden trowels. The work is simple and goes quickly.

Last year a range of three to 12 volunteers had fun planting about 15,000 bulbs in eight hours. A similar number of bulbs will be planted this year in these high visibility beds.

There is no need to sign up, just stop by. Anyone with questions may call John Buntsma, 712-574-1619.

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