

Bears Volleyball opens postseason at home

Earns third seed in sub-section

Ryan Bergeron
Page 1 Publications Reporter

The Lake of the Woods Bears Volleyball team will open its run in the Section 8A Volleyball Tournament at home this week, after earning the third seed in the west sub-section.

The Bears enter post-season play with a 15-8 record and on a six-match winning streak. Its latest win, a 3-1 victory, came over the second seed in its sub-section, the Kittson County Central

Bearcats, in the regular season finale on October 18. The third-seeded Bears will open in Baudette with either the sixth-seeded Goodridge/Grygla-Gatzke Chargers or the eleventh-seeded Indus Trojans on Thursday, October 28. With a win, the Bears would advance to the section quarterfinals either on the road versus the Kittson County Central Bearcats or at home versus the seventh-seeded Red Lake Falls Eagles or tenth-seeded Northern

Freeze on Friday, October 29. With a win, the Bears would advance to the section semifinals from Bagley High School on Monday, November 1 at a time and versus an opponent to be determined. If the team wins this match, it would advance to section championship on Friday, November 5 at 7:30 pm from the University of Minnesota Crookston versus an opponent to be determined.



photo by Heather Rasmussen
Bears volleyball action Monday, October 18, against Kittson County Central. The Bears won 3-1. They enter the first round of post-season play Thursday.

Peterson places 8th in last Junior High Meet of the Season

Jenny Skoog

The Junior High harriers for Lake of the Woods/Indus competed in their final race of the season on Monday, October 18th in Bemidji. AnMarie Peterson was awarded a medal for coming in 8th place of 88 runners in the girls' Junior High race. The boys team was led by Charlie Steinbach, who finished 49th of 110 runners. Cyrus Thomopoulos fin-



AnMarie Peterson

ished the season with a personal best time. They did not have a complete team this race and were unable to score.

Yili Schiro led the Varsity Cross Country boys team, finishing 58th of 118 runners. The team raced some large schools and came in 14th of 17 complete teams.

Lake of the Woods/Indus Varsity Cross Country will compete in the Section 8A meet in Bagley on Friday, October 29 at 4:00 PM.

Bemidji- Varsity 5 km

Runner	Place	Time
Yili Schiro	58	20:26
Daniel Sopkowiak	78	21:39
Alex Beckel	79	21:40.1
Josh Dorow	80	21:40.4
Chase Steinbach	108	24:17

Bemidji-Junior High 3.2 km

Runner	Place	Time
Charlie Steinbach	49	15:16
Rylee Strand	72	16:32
Cyrus Thomopoulos	94	18:53
Jacob Sopkowiak	106	22:25
AnMarie Peterson	8	14:35



photo by Heather Rasmussen
Seth Meikle runs with a 65 yard kickoff return for a touchdown against Warren-Alvarado-Oslo October 19. The Bears came up short with a 22-44 final score.

Sofia Olesen enjoys life as a travel nurse

Lois Lewis
Contributor

Born and raised in Birchdale, Sofia Olesen says her parents instilled in her the value of "giving back and caring for your community," so she decided nursing was the best route for her career. She also inherited her parents' penchant for traveling and has recently transferred from being a nurse at Sanford Health in Fargo to a "traveling nurse," currently stationed in Idaho.

Olesen — who graduated from Indus School through the Post Secondary Educational Options (PSEO) program at Rainy River Community College and obtained her associate's degree in 2014, then attended Concordia College in Moorhead for a Bachelor of Arts in nursing in 2018 — started out as a nurse intern at Sanford in the Eating Disorders unit. She then accepted a job on the Cardiac Medical/Surgical unit as a full-time nurse in 2018, beginning as a floor nurse and advancing to a charge nurse position in 2019.

During her tenure at Sanford, she participated in the Nursing Senate and as a member of the Nursing Performance Council for three years. In these positions, she identified areas of improvement and developed plans for addressing the needs, as well as helping with decision making. Olesen explains, "Over the three years,

my projects focused on the following: Delirium Prevention, Fall Prevention and Prevention of Medication Errors."

Olesen believes her college education prepared her well for her nursing career, although "at first it may have felt scary and daunting, but I quickly adapted, learned time management, and my confidence in my nursing knowledge has grown. I don't know absolutely everything, because medicine is an ever-growing field, but I know who and where my resources are."

In 2021, Olesen became interested in a job as a travel nurse after meeting travel nurses working for Sanford who shared their "positive experiences traveling across the U.S. meeting others and working at some great hospitals." She decided to look into the opportunity, contacting a travel nurse company and being paired with a recruiter.

Olesen worked with the recruiter on her job goals, as well as the hospital size, type of unit, wages, and location she preferred, and then the recruiter reached out to a hospital in an agreed-upon location with an offer. Her offer was accepted and she was on her way to Meridian, Idaho (near Boise) for an approximate three-month stint.

"Travel nurses are staff that can fill in for core staff that are on maternity leave, sick leave, or if a hospital is short-staffed," notes Olesen. "Most recently, many travel nurses have been staffing overflow or Covid units. However, there are needs in all specialties available in many states."

Housing can be a challenge when moving to an area short term (three months is typical). Some travel nurse companies have housing available from which to choose, or hotel rooms, Airbnb, etc. are also options.

Olesen found a room to rent in a family home and says, "My host family has been so welcoming and kind!" They shared a list of things to do and see in the area, and so far Olesen has visited "a couple of coffee shops and walked in downtown Boise." She also connected with a local hiking club and has found some new friends and beautiful areas to explore, such as Sun Valley.

The traveling nurse suggests that those interested in a travel nurse position research their possibilities online, notably after they have at least one year of experience working as a nurse in a traditional setting.

Because of her positive experience in her first location as a travel nurse and her interest in seeing various parts of the U. S., Olesen is looking forward to more adventures in her career in the foreseeable future, at the next dream location.



Sofia Olesen hiking in Sun Valley.

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