

Vollerballers handily win match against Taft

BY BRUCE DUSTIN
The Columbia Press

Warrenton High School's girls volleyball team won three out of five sets against the visiting team from Taft High School.

"It was a good win for us because it establishes that we will be in the playoffs," coach Stacy Miethe said. "It was a confidence builder. We were working on our defensive positioning, our defensive rotations, before facing the No. 1 team in our league, Willamina, this Thursday for homecoming."

The match against Taft was 25-13, 25-17, 21-25 and 25-8.

"We had 25 aces for our serving," Miethe said. "Our serving is definitely the high-



Bruce Dustin/The Columbia Press
Fernanda Alvarez leaps high for the kill.

light of our game. We were also 8 for 12 in hitting attacks

with 4 kills. It was a good night for us."

Fernanda Alvarez, a team senior, said, "We need to work on talking more and not getting too much into our heads when we fall behind. We just need to have fun. And you know what's fun? Winning."

The team needs to work on defense, said senior Claire Bussert.

"We need to get stronger mentally. When we get down we kind of give up, like we did in the third set Thursday," Bussert said. "We need to play through adversity. And we will."

The Warriors were to play an away match against Clatskanie on Tuesday and at home Thursday.

Running: Principal competes in endurance runs

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ki started running as a boy and was competing in long-distance events by age 13.

He joined the track team, entered road races and 10-kilometer races and played high school basketball and baseball.

"I went with my strengths," he said. "But even in high school, I was not grandly competitive."

In the 1990s, while working as a middle school science teacher, a friend gave him James Shapiro's book, "Meditations from the Breakdown Lane." It inspired him to see how far he could push himself. Then he spotted an ad in Ultra Running Magazine for a run across America in the summer of '92. His summer was free and he was motivated.

"I thought that would be a cool way to see the country," he said. He completed the true "cross-country" in 64 days.

In 2015, while ensconced in his administrator role in Warrenton, he learned about a



Scott Rokis Photography
Tom Rogozinski makes his way along a trail at Lake Tahoe.

Bellingham company that was organizing a trifecta of 200-mile races: Bigfoot 200 around Mount St. Helens, Tahoe 200 in California and Nevada, and Moab 200 in Utah.

This is his fourth year participating in the Triple Crown. The next run is in Moab, which begins a week from today.

Each race takes about 2 1/2 days and requires peak conditioning. Sleep will be an issue and minor injuries could become major setbacks.

Rogozinski has completed all 200-mile runs except this

September's Tahoe 200, when he developed breathing problems and fluid in the lungs about 130 miles in. With aid stations 20 miles apart, he chose to stop when pneumonia became a real possibility.

Other races, however, have left him energized.

"You'd think I'd be destroyed physically for about a week when I come back," he said. "Instead, it feels like I'm in a less-hurried state. ... There are solutions that come to me."

And his refocused attitude makes a difference on campus.

"How do we manage a contrived challenge like a race and use those principles for the imposed challenges of students," he said.

"We model for them a healthy response. We form goals. We learn to push through things. How do we help kids identify their skills, help kids figure out what their dispositions are and how they fit in in life."

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