

Unicycles: Seeing students learn a new skill is rewarding to Sigler

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district. The club is meeting Tuesdays at Seaside Heights Elementary through the end of the school year, and will return after summer break.

In his classes, Sigler mostly focused on the basics of traditional cycling — how to mount a unicycle, balance and turn left and right. He had the students use the wall to start and then partner with others until they were comfortable riding on their own.

Within the club, Sigler feels he might be able to introduce additional, performance-type skills. He hopes the students can participate in a parade for Fourth of July or join students from another club in Lake Oswego to partake in the parade at the Portland Rose Festival.

Fun, excitement

Seeing students' perseverance transform into the heightened self-esteem that accompanies learning a new skill is especially rewarding to Sigler.

When he began the course, a couple students admitted they did not know how to ride bicycles. They were particularly apprehensive about trying out unicycles, but with time, they picked up the skill and the impact of their accomplishment was evident.

They were very satisfied when they realized, despite their initial apprehension, "they can accomplish so much more than even they believed," Sigler said.

"All of the kids sort of benefited so much from a confidence standpoint and knowing they're able to do a lot more than maybe they thought they could," Sigler said. "I've seen kids that have come so far."

He already has several younger students interested.

"They're always asking, 'When do we get to start?'" he said.

Some of the student are trying to get their own unicycles, requesting them for holidays and birthdays.

In addition to providing a confidence boost and new passion, the activity also widens the world of fitness for students. Most enjoy it so much, they don't even realize it is a workout alternative.

"They're just having fun," Sigler said. "For me, it's been a really exciting unit."



Instructor Brian Sigler answers questions from students as he repairs a unicycle.

Photos by Joshua Bessex/EO Media Group



ABOVE: Students use the wall to help keep themselves balanced as they learn to ride unicycles at Gearhart Elementary School.

LEFT: Anthony Garcia, left, helps Tyler Wright keep his balance as he unicycles across the gym.



Dawn McIntosh for Circuit Court Judge

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Hon. Paula Brownhill on why she supports Dawn McIntosh for Circuit Court Judge

"She is smart, she is analytical, and she knows the law. We should take advantage of this opportunity to elect a skilled lawyer who can hit the ground running."

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