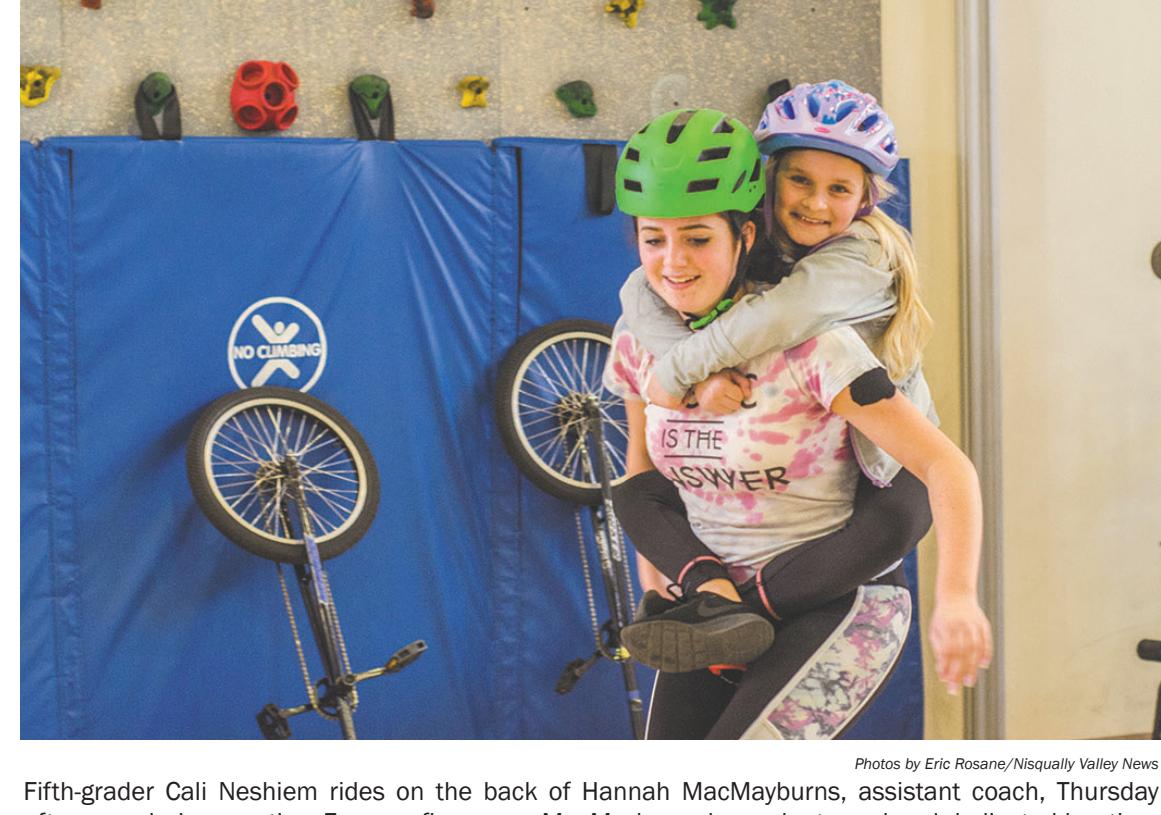


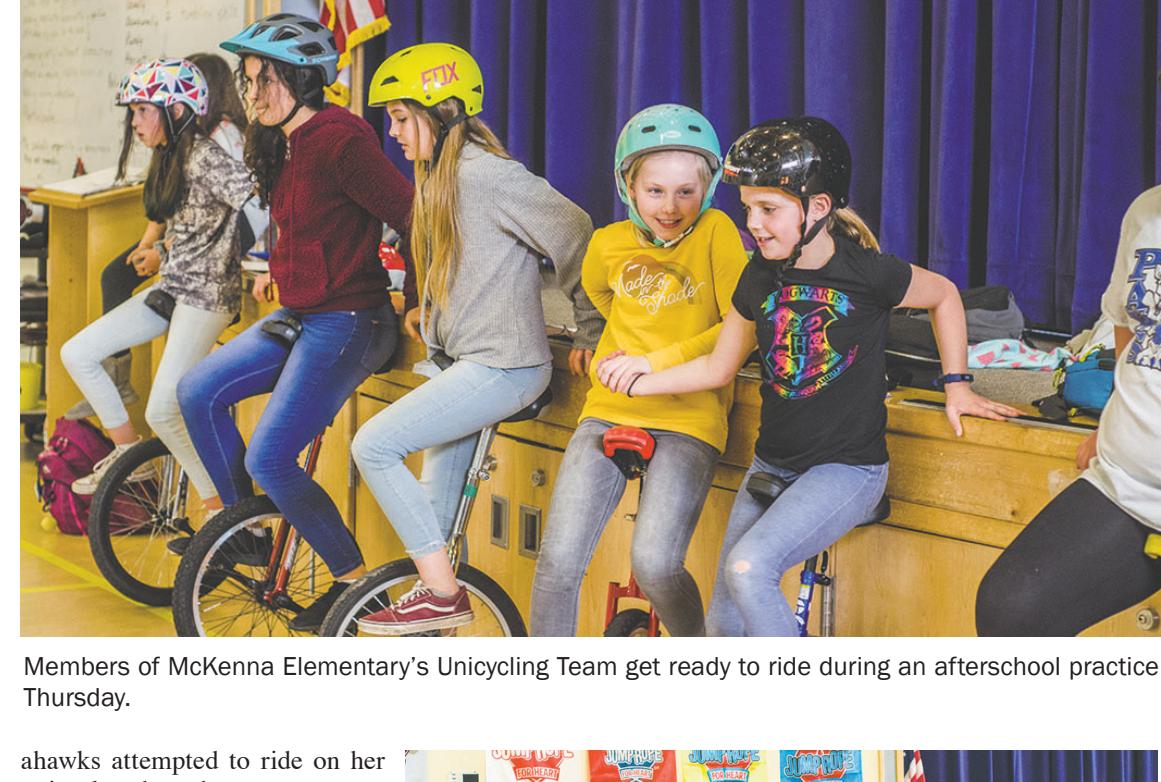


Assistant Coach Hannah MacMayburns scores students Thursday afternoon.



Photos by Eric Rosane/Nisqually Valley News

Fifth-grader Cali Neshiem rides on the back of Hannah MacMayburns, assistant coach, Thursday afternoon during practice. For over five years, MacMayburns has volunteered and dedicated her time to the young riders of McKenna Elementary's Unicycling Team.



Members of McKenna Elementary's Unicycling Team get ready to ride during an afterschool practice Thursday.

ahawks attempted to ride on her unicycle when the program performed at a Seattle Storm basketball game. She was in sixth grade at the time. It's something she brags about, even today.

"He wasn't able to stay on it, he fell. But it was still pretty cool," MacMayburns said.

Although she's been the assistant coach going on for the last four years, MacMayburns has been volunteering with the program since seventh grade, the year after she left. She came back because it was something that endlessly intrigued her and she also felt dissatisfied with the other sports middle school had to offer.

"When I got to seventh grade, I didn't want to do a school sport," MacMayburns said. "I didn't see the point to it because I was so involved with this and I didn't want to quit doing it."

Stepping into the role of assistant coach, she said it's been a practice of balancing fun with professionalism. She wants to let her unicyclists make what they want out of the program, but she knows that it's ultimately a team



As assistant coach, Hannah MacMayburns works with dozens of students and wears many hats with the team. She assists with coaching, as well as with the upkeep of the unicycles.

that needs structure.

Because of the difficulties she's been through as a result of her personal affliction, she said she's currently looking at a career in the field of sports medicine. She's hoping she can instill the same sense of hope and generosity in that field as she has in her current position.

"It's seeing the kids grow, in

many ways – not just in unicycling – but their personalities and just their mentality... I love to mentor kids. And, honestly, I almost want to become a teacher," MacMayburns said.

She's still unsure if she'll have time to return, she said. But regardless if she does or doesn't, she will be remembered by her fellow youth cyclists.

## Nisqually Valley Happenings

### FRIDAY, APRIL 19

• **Chair Yoga for Relaxation** is held at 10:30 a.m. on Fridays at the Yelm Timberland Library. Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Come relax as Helen leads us through calming stretches and balance.

### SATURDAY, APRIL 20

• **Washington Kayak Club**, Washington Recreational River Runners, Paddle Trail Canoe Club, and the Nisqually River Foundation present the Second Annual Nisqually River Cleanup from 9 a.m. to 6 p.m. at McKenna Park, Centralia Power Plant and the 6th Ave WDFW Access Site. They are hoping to recruit volunteers to this event to help with land-based activities such as registrations, photography, trash sorting, etc.

• **Yelm Amateur Radio Group**

will now be meeting at 9:30 a.m. the third Saturday of the month at Emmanuel Lutheran Church, 206 3rd St. in Yelm.

• **Mat Yoga** is held 10:30 a.m. on Saturdays at the Yelm Timberland Library. Wear comfortable clothing, bring your mat and be ready to stretch in this floor yoga program.

• **Restorative Yoga** is held at noon on Saturdays at the Yelm Timberland Library. Restorative Yoga involves holding a reclining or sitting pose for 5 to 10 minutes to allow deep relaxation. Props are used to support the body. For example, a folded blanket or bolster on the legs will support the torso in a seated forward fold. Each participant needs to bring a mat, a yoga block, and a blanket. Additional blocks, blanket and bolsters will allow for deeper relaxation, but are

not essential.

### MONDAY, APRIL 22

• **TOPS of Yelm meets**

**Mondays** from 6:30 p.m. to 7:30 p.m. at Yelm Prairie Christian Center, 501 103rd Ave. Attendees are 7 years old to senior citizens. The group weighs in weekly, plays games, shares success stories and provides encouragement on weight-loss journeys. Call Alice at 360-894-4872 for more information.

### TUESDAY, APRIL 23

• **Nisqually Valley Voices chapter of Toastmasters** meets 6-7 p.m. Tuesdays, at Olympia Federal Savings, 907 West Yelm Ave. Members become confident speakers and leaders in a fun, supportive, self-paced program. Visitors welcome. For details, contact Bob Woelk, bob.woelk@hotmail.com, 360-485-8223, or visit our website,

[801108.toastmastersclubs.org](http://801108.toastmastersclubs.org)

• **A Novel Bookstore presents Creative Writing Assistance**,

writing class from 6:30 to 8 p.m. every Tuesday evening at 305 First St. S., No. 1. The teacher, Brian Nickleberry, offers creative assistance and writing prompts for fiction writers of all ages. Call 360-458-4722 for more information.

### WEDNESDAY, APRIL 24

• **Yelm Timberland Library hosts Toddler Storytime** at

10:30 a.m. at the library. Music, movement and books for toddlers and their participating caregivers. Program followed by block play. This is an early learning program.

### THURSDAY, APRIL 25

• **Yelm Timberland Library presents Preschool Storytime**

at 10:30 a.m. at the library. Stories, songs and activities for preschoolers and their

participating caregivers. Program followed by block play. This is an early learning program.

• **WonderWorks presents Game On** at 3:30 p.m. at Yelm Timberland Library. Join us for an afternoon of fun and games. Participants will have a chance to play old favorites and learn new games such as Apples to Apples, Forbidden Island, Ticket to Ride and Mario Kart. No registration necessary.

### FRIDAY, APRIL 26

• **Chair Yoga for Relaxation** is held at 10:30 a.m. on Fridays at the Yelm Timberland Library. Chair yoga is a gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support. Come relax as Helen leads us through calming stretches and balance.

■ SEE EVENTS, PAGE B8