

Unicycle latest craze for town's big wheels

Only in the circus, you say? If so, then the spirit of Barnum and Bailey is surely alive in Stouffville.

Remember the Penny Farthing?

Most seniors will This two-wheeler, invented by James Stanley in 1866, is thought to be the inspiration behind a phenomenon that's sweeping our town.

It's called the unicycle. They're everywhere.

One of the foremost unicyclists in the world is Kris Holm of Vancouver.

Says Holm: "Unicycles turn the world into a playground that's waiting to be ridden. It's become one of the fastest growing types of cycling."

You'd better believe it. Whether on sidewalks, roads or trails, young people, mostly boys, are taking to the recreation like ducks to water.

One of these is 13-year-old Adam Kostandoff, a Grade 8 student at Glad Park Public School.

While comparatively new at the sport, Adam's balancing act enables him to perform all kinds of tricks, some astounding.

Adam was prompted to enter the unicycle craze last month after three friends, Jordan Barkey, Kaleb Winters and Isaac Steiner, mastered their machines.

He ordered a unit through the Internet from the United States. When it arrived, in eight parts, he and his father pieced it together.

"Following the first few practices, I felt like giving up," Adam admits. "Then, after several falls, it all came together. Now, it's fun."

"Balance is the thing," he confirms.

Adam takes no chances. He appreciates the hazards of riding a single-wheeler in today's heavy traffic.

And while he knows of no strict rules and regulations governing the sport, he always wears a helmet, even during routine rides, and shin pads while doing tricks.

"Sometimes take tumbles when attempting something new," he says. He has a few bumps and bruises to prove it. "Common sense is most important," he stresses.

A base unicycle carries a \$200 price tag, says Adam.

Professional models run as much as \$650. Adam knows of only two dealers locally, one in Markham and another in Toronto.

Stouffville's Boyd's Source for Sports has no unicycles in stock but, if requested, can order one.

"They're here to stay," Adam says.

Adam claims the unicycle oddity creates excitement everywhere he goes. "People stop and stare and motorists honk their horns," he notes. For safekeeping, class teacher, Mr. Hamilton, allows



Roaming Around
with Jim Thomas

him to store his unicycle in a locked school cupboard.

Unicycle competitions are popping up everywhere, Adam says, including one in Ottawa.

Friend Isaac Steiner entered the Ottawa event and scored two seconds. Adam hopes to compete next year.

The 2007 world championships were held in Spain.

While unicycling occupies much of his time, Adam's also an enthusiastic athlete.

He played bantam house league softball this past summer and patrols left wing with the Stouffville minor bantam Clippers. He also enjoys public school volleyball and fencing.

Payment received from umpiring helped cover a portion of the unicycle's cost.

While mastering the unicycle initially presented challenges, this is nothing compared to what Adam has in mind.

Following secondary school graduation, he hopes to enroll in Royal Military College in Kingston and train as jet plane test pilot.

And after that? "Prime minister of Canada," he says. "That's my goal."

And after that? A national tourist attraction, perhaps, with unicyclist Adam Kostandoff travelling to and from his hoped-for home at 24 Sussex Dr.

Jim Thomas is a Stouffville resident who has written for area newspapers for more than 50 years.



ADAM KOSTANDOFF

WHAT'S FOR DINNER?

Our frozen entree feature of the week will be our stuffed chicken breasts. We make these with our air-chilled chicken breasts (boneless) and use our sage & onion stuffing. They are then seasoned and slow-roasted — and finally drizzled with a dijon mustard cream sauce. They're amazingly good, as you could imagine.

Reg. \$17.95 **25% OFF THIS WEEK**
Serves 2-3

DOREEN'S RICE PUDDING

This is Doreen's dusted-off recipe from the past. It's a bowl full of old-fashioned goodness — with or without raisins!

Reg. \$4.99 **3.99 THIS WEEK**
440 ml size

PARTRIDGE BERRIES

We've received a shipment of these berries which, while called Partridge Berries here, are called Lingon Berries in Europe. They'll be available in the produce area — and we'll have recipes to make a great sauce with these.

— From Newfoundland —

BROCCOLI — AND — CAULIFLOWER

We couldn't decide which of these to feature — so we'll do both. They are locally grown — and at their best when you get them.

From Ontario. **.99 EACH**

LOTS OF PUMPKINS!

All of our pumpkins are now in. We have them in various sizes priced from \$5.00 to \$10.00 each, as well as a bin of .99 personal size ones. The colour is orange and the excitement is big.

MUSHROOM SOUP

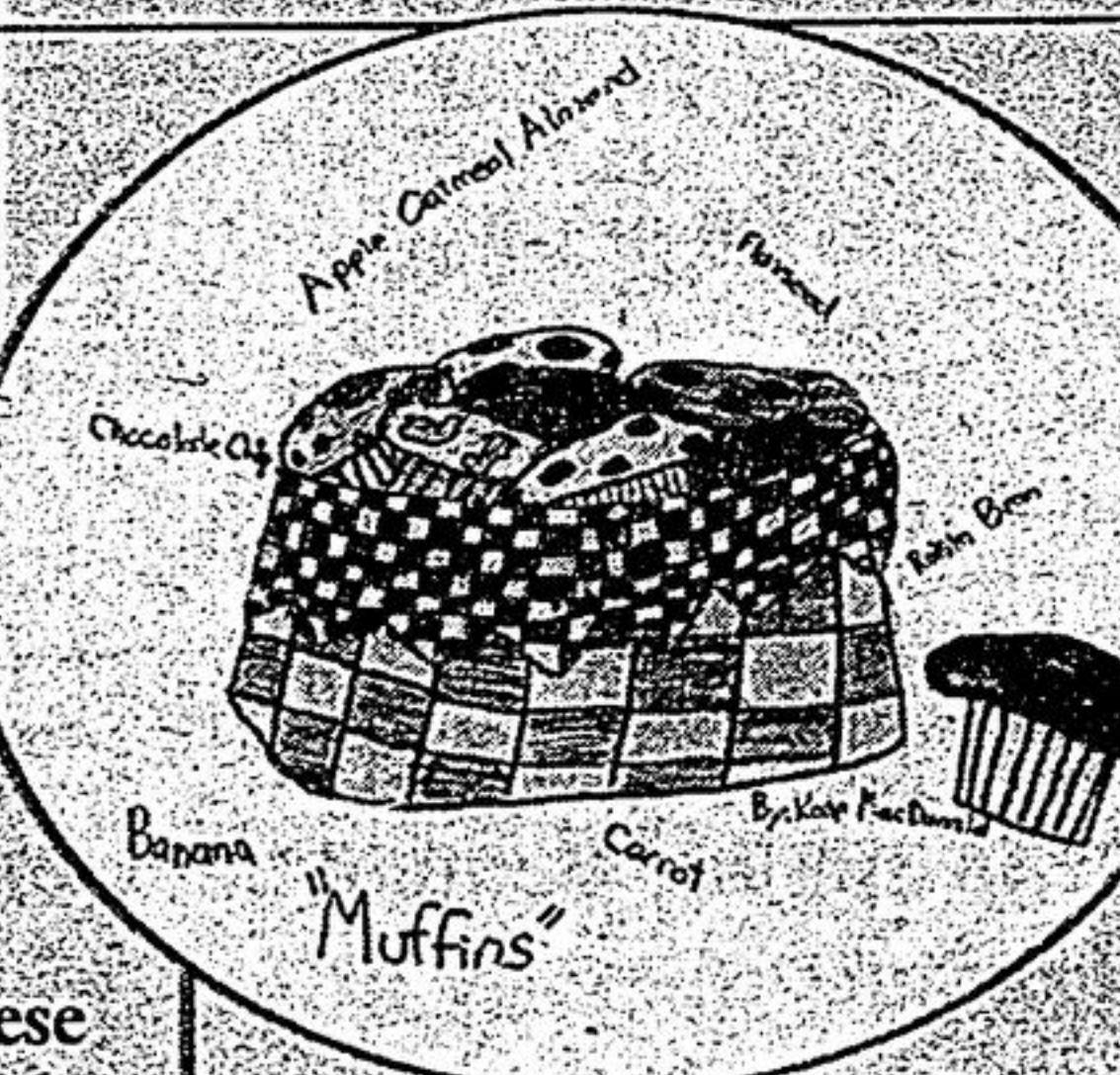
For the last long while, we've always made our Mushroom soup with Brandy — and we still do. But for those who can do without the Brandy, we've made a more traditional mushroom soup with lots of Mushrooms.

It's a great soup! **25% OFF THIS WEEK**
Reg. \$5.99 ea.

TEXAN SAUSAGES

These are a great sausage full of flavour. A bit sparky heat-wise and a little larger than usual, (as most things in Texas are) so that you won't have leftover room on your bun!

Made daily **25% OFF THIS WEEK**
Reg. \$3.99 lb.



PRIMA SEEDLESS RED GRAPES

You know that the California Grape season is winding down when these beauties appear. 'Prima' is a brand of late harvest grape with unusual sweetness and crunchiness. We've been selling them for a couple of weeks now — and the supply is coming to an end. We bought quite a few for this week. The best way to enjoy these is cold right out of the fridge — a great post-game or midnight snack.

— From California **1.99 LB WHILE THEY LAST**

PORK CUTLETS

We've made these at the meat counter for many years. They are slices of pork sirloin which we bread and season with french herbs. You'll need to fry them golden.

1 portion usually serves 1 person. **Reg. 1.49 each .99 EACH**

BARTLETT PEARS

These are the pear of choice at our house. Bartletts just don't store as well as other pear varieties — so the best time to eat them is when you see them. Luckily, they're grown in both hemispheres, so they come around twice a year, these being from Washington.

99¢ LB

BROCCOLI AND CAULI SALAD

We'll be making very large bowls of this amazing salad every day (maybe even twice a day) at the deli this week. Veggies, especially local ones, are good for you!

Reg. \$1.59/100g **1/3 OFF THIS WEEK**

A SQUARE DEAL

Actually, these are not quite square, but they're definitely squares of decadence. They come in many flavours: triple chocolate brownies, cream cheese brownies, nanimos, rocky road squares, pecan, lemon coconut, and iced lemon squares. I've made a study of these, much like all of our desserts, and these must be enjoyed at room temperature — never straight from the fridge, no matter the temptation!

Reg. \$2.49 to \$2.99 ea. **1/3 OFF THIS WEEK**

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