

## High Two – Unit Eight - Summary

The beginning of the introduction of this Reading starts with an example that includes most of our lives, especially in industrialized cities. Imagine you wake up every day at precisely the same time. You eat the same breakfast, do the same chores, take the same route to work. Have lunch at the same place every day. It doesn't sound fascinating since you have a predictable life. But the problem is how to prevent being a couch potato?!

Time for Life, which was initially published in 1997 by John Robinson and Geoffrey Godbey, revealed a big truth according to a real survey among Americans and could be expanded to all of the industrialized countries. This book indicated an increase to 40 hours a week in the average time, which is dedicated to leisure-time activities among that society. Top activities were: Watching TV, Socialization, Home communication, Reading, and Hobby engagement. Being at the top by far, watching television dedicates 15 hours to itself. This is enough to prove that there is a high potential risk of being a couch potato in society. Here in the next paragraphs, we are going to describe three more hobbies which are unusual and kind of extremes:

Roller coasting is one of the most popular hobbies among the people in the USA. It even has its organization. American Coaster Enthusiasts (ACE) is a non-profit organization focusing on the enjoyment, knowledge, and preservation of roller coasters and recognition of some as architectural and engineering landmarks. The roller coaster traces its origins to Russia, where wood-framed ice slides sent sledders down 70-foot high slopes as early as the 16th century. The early technology featured sleds or wheeled carts that were sent down hills of snow reinforced by wooden supports. The technology evolved in the 19th century to feature railroad track using wheeled cars that were securely locked to the track. Newer innovations emerged in the early 20th century with side friction and underfriction technologies to allow for greater speeds and sharper turns. Now they are built which could travel above 150 kilometers per hour!

Orienteering is a competitive international sport that combines racing with navigation. It is a timed race in which individual participants use a specially created, highly detailed map to select routes and navigate diverse and often unfamiliar terrain, and visit control points in sequence. A standard orienteering course consists of a start, a series of control sites marked by circles, connected by lines and numbered in the order they are to be visited, and a finish.

Letterboxing is an outdoor hobby that combines elements of orienteering and puzzle-solving. Letterboxers hide small, weatherproof boxes in publicly accessible places and distribute clues to finding the box in printed catalogs, on one of several websites, or by word of mouth. Individual letterboxes contain a notebook, and a rubber stamp, preferably hand carved or custom made.

