

LIFESTYLES

Sunday, August 6, 1999

Section B

THE
DAILY
EXPLORER



**Cindy
LaFelle**
Life Lines

New ways to find your bliss, lose your stress

Some people believe that a hobby is something that you do for fun, but it can also be a way to find your bliss and lose your stress. Here are some ideas to help you find your bliss and lose your stress.

1. Try a new hobby. If you are looking for a new hobby, try something that you have never done before. This could be a great way to find your bliss and lose your stress.

2. Find a hobby that you enjoy. If you are looking for a hobby, try something that you enjoy. This could be a great way to find your bliss and lose your stress.

3. Find a hobby that you can do with friends. If you are looking for a hobby, try something that you can do with friends. This could be a great way to find your bliss and lose your stress.

4. Find a hobby that you can do at home. If you are looking for a hobby, try something that you can do at home. This could be a great way to find your bliss and lose your stress.

5. Find a hobby that you can do outdoors. If you are looking for a hobby, try something that you can do outdoors. This could be a great way to find your bliss and lose your stress.

6. Find a hobby that you can do in your spare time. If you are looking for a hobby, try something that you can do in your spare time. This could be a great way to find your bliss and lose your stress.

7. Find a hobby that you can do in your free time. If you are looking for a hobby, try something that you can do in your free time. This could be a great way to find your bliss and lose your stress.

8. Find a hobby that you can do in your leisure time. If you are looking for a hobby, try something that you can do in your leisure time. This could be a great way to find your bliss and lose your stress.

9. Find a hobby that you can do in your downtime. If you are looking for a hobby, try something that you can do in your downtime. This could be a great way to find your bliss and lose your stress.

10. Find a hobby that you can do in your off-time. If you are looking for a hobby, try something that you can do in your off-time. This could be a great way to find your bliss and lose your stress.

11. Find a hobby that you can do in your spare-time. If you are looking for a hobby, try something that you can do in your spare-time. This could be a great way to find your bliss and lose your stress.

12. Find a hobby that you can do in your free-time. If you are looking for a hobby, try something that you can do in your free-time. This could be a great way to find your bliss and lose your stress.

13. Find a hobby that you can do in your leisure-time. If you are looking for a hobby, try something that you can do in your leisure-time. This could be a great way to find your bliss and lose your stress.

14. Find a hobby that you can do in your downtime-time. If you are looking for a hobby, try something that you can do in your downtime-time. This could be a great way to find your bliss and lose your stress.

15. Find a hobby that you can do in your off-time-time. If you are looking for a hobby, try something that you can do in your off-time-time. This could be a great way to find your bliss and lose your stress.

16. Find a hobby that you can do in your spare-time-time. If you are looking for a hobby, try something that you can do in your spare-time-time. This could be a great way to find your bliss and lose your stress.

17. Find a hobby that you can do in your free-time-time. If you are looking for a hobby, try something that you can do in your free-time-time. This could be a great way to find your bliss and lose your stress.

18. Find a hobby that you can do in your leisure-time-time. If you are looking for a hobby, try something that you can do in your leisure-time-time. This could be a great way to find your bliss and lose your stress.

19. Find a hobby that you can do in your downtime-time-time. If you are looking for a hobby, try something that you can do in your downtime-time-time. This could be a great way to find your bliss and lose your stress.

20. Find a hobby that you can do in your off-time-time-time. If you are looking for a hobby, try something that you can do in your off-time-time-time. This could be a great way to find your bliss and lose your stress.

21. Find a hobby that you can do in your spare-time-time-time. If you are looking for a hobby, try something that you can do in your spare-time-time-time. This could be a great way to find your bliss and lose your stress.

22. Find a hobby that you can do in your free-time-time-time. If you are looking for a hobby, try something that you can do in your free-time-time-time. This could be a great way to find your bliss and lose your stress.

Disc golf

Fore the fun of it, casual sport appeals to all ages

By **Shirley A. Washburn**

Photo by **Shirley A. Washburn**

It's almost 100 years since the first disc golf was played, but it's still a popular sport. Disc golf is a casual sport that appeals to all ages. It's a fun and easy way to get some exercise and enjoy the outdoors.

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A golf disc is thrown from a tee box to a target, the most common being a circular metal basket known as a hole. As a great progression down the fairway, the disc is used to follow the path of the ball. The goal is to get the disc into the hole in the fewest number of throws possible.

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Robert Turner (above) has off at Wagon Park's disc golf course, between Main Street and Houshader Road in Royal Oak. Wagon is considered a more challenging course, with its mix of distance, trees and holes to test your capabilities. (Above left) The point is to get the disc, in the first hole in the least number of throws. Courses are generally set up in pairs, four and five holes (the latter provided for beginners). On course, all holes are just three, 3.6 ft. There are age and gender divisions, and different disc golf discs in a variety of colors and sizes from which to choose. Both the professional and the other world championships will be held next year in Ann Arbor and at Kensington Metropolitan in a combined event. See **What's On** for more information on the 2000 disc golf season.



Disc golf tryouts are held for children to appear in the September and October issues of "Disc Golf and the Amazing Technicolor Dreamcoat." See **What's On** for more information on the 2000 disc golf season.

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