**Essay**
*Why Going to the Movies Is Better Than Staying Home and Watching TV*

My mother always advised, "A night out at the movies is like traveling to another world." She was convinced that the big screen could transport us out of everyday life and into another time and place. Although Americans may seem to be absorbed by TV, children, teens, and adults still enjoy going out to the movies and experiencing that opportunity to visit other worlds. Teens and young adults seem to be glued to their phone screens, but when a new movie opens, you can see them in the audience, mesmerized by the happenings on the big screen. Going to the movies is better than staying home because there are no distractions or interruptions at the movies; the audio and visual experiences are more intense at the movies; and making the effort to get out and go to a movie theater is a more active use of my time.

When I decide to spend a few hours seeing a movie in a theater, I know that I am leaving many distractions and interruptions at home. While my eyes are glued to the big screen, I am not able to open my computer and check my work email, even for a minute. There is no way I can take care of housework or jobs around the house; those things simply have to wait. Although I like my neighbors, it is a pleasure to watch a movie without interruptions from great friends stopping by to talk.

If you have not visited your local theater or cinema lately, you will be amazed at how the current technology has enhanced the experience of watching a movie. The size of the screen and placement of stadium seating provides a visual experience that cannot be created on TV at home. The surround sound experience makes the dialogue, music, and sound effects come alive for the audience. Finally, new techniques allow the viewer to be immersed in the movie, truly bringing you to places you have never been.

If you compare the energy it takes to go out to a movie theater instead of watching TV at home, you will find that going out is the more active choice. Setting time aside to do this gets you out in the community and provides a chance to see what is happening in your town. Making plans to go out often means meeting friends and acquaintances, whether you intended to or not. An evening spent out at the movies will help you avoid the passive channel surfing that often happens while at home on the couch.

A trip to the movies will always be better than staying home and watching TV. While watching a film at the theater, you will not be interrupted by advertisements, work, or other distractions in your home. The audiovisual experience will be superior to what you can experience on your TV. Going out to the movies, rather than staying home, contributes to a more energetic lifestyle. Consider making a plan to step out for a movie night several times this season. All those who enjoy the excitement of a night at the movies should make an effort to attend more movies this year. Let's get out there and support our local movie theaters!