

Essay

Lights! Camera! Action!

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 the audio and visual experiences are more intense at the movies; there are no distractions or interruptions at the movies; and making the effort to go to a movie theater is a more active use of my time.

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. Some movies provide special options to view them in 3D. 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. Modern technology has brought the experience of movie watching to new levels.

In addition to providing a super audiovisual experience, a trip to the movie theater helps me leave 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 compare the energy it takes to go to a movie theater instead of watching TV at home, then you will find that going out is the more active choice. Setting time aside to do this gets you out into the community and provides a chance for you to see what is happening in your town. Making plans to go out often means meeting friends and acquaintances, whether you intend to or not. An evening spent at the movies will help you avoid the passive channel surfing that often happens while sitting on the couch at home.

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. Remember that the activity of getting out of the house is good for your physical and mental health. 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!