

Turn that TV Off!

Sharon Worsley, Cambridge Suites Hotel, sworsley@sympatico.ca



Have you ever stopped to think about how much TV you watch in a day, week, month or even a year? Many of us are electronically addicted to the television to the exclusion of so many other pursuits. We occasionally hear statistics about how many hours we watch and the figures are astounding when you consider the alternatives to watching. Of course, the advertisers would have a fit if we turned off the tube.

By the time you are reading this we will be in the middle of summer (and I am praying for great weather!) With such a short summer in Canada are you still sitting in front of the TV instead of getting out to enjoy the weather, or are you busy watching reruns of shows you watched during the winter instead of working in the garden or playing a summer sport or throwing a baseball to your son? Maybe you are saying to yourself right now that you don't watch too much TV and reason that it is such a small amount of time so what does it matter anyway?

continued from previous page

The resulting dishes say it all. They're outlandishly creative and out-of-the-box examples of how each team approaches their mouthwatering objectives. Some of the dishes look and taste like a well-sung aria, others have the look of disjointed foods yet with flavours that melt together like a symphony. Some are hot and feisty and others cold, with a chilly yet pleasing result. Regardless of the end, the journey is full of lessons in humility, human ability and cooperative camaraderie that leave participants forever connected through like-minded tastes and shared successes. It's brilliant and delicious teamwork in action. ☺

Would you be surprised at the result if you were asked to calculate how much you have watched this past week? I am not saying that there is anything wrong with watching the 'box'. In fact when I moved into my new condominium Rogers gave me every bell and whistle available for two months and I had a television extravaganza watching so much TV until the offer ended, then I confess it was back to basic cable.

I have witnessed one of two interesting scenarios happen with TV addicts. The first is what they don't ever consider doing because they are too busy sitting on the sofa each night or weekend. They could start a new hobby, spend time with the family or go back to school to upgrade their skills. Are you one of these people or do you sit up all night watching TV and then drag your butt to work everyday wondering why you don't have any energy?

The second scenario is those people who watch people on TV living the life they wish they had; shows like the Apprentice, the Amazing Race, the Bachelor, and Desperate Housewives. Shows such as these, whether reality based or fiction cause some of us to envy the people we see on the screen wishing we had the life they had, to the point where we feel our lives are inadequate and we become dissatisfied. But not enough to eventually do something about it, except watch more TV and feel unhappy with what we have.

How many of us use discussing last night's shows to bond or relate to our coworkers as we talk around the water cooler? Isn't there something better to talk about or are you afraid that if you don't talk about who got voted off of American Idol you won't appear cool.

I don't know about you but I sometimes waste time just flipping up and down the dial looking for something to entertain me rather than do something else. So I have made a resolution after the season finale

of the Apprentice to cut my cable off for the summer. Believe me, as I write this I am already going through early separation anxiety but if I want to take advantage of what the summer can offer this might be the only way I can drag myself from the remote control. What are you prepared to do? ☺


NIAGARA FALLS TOURISM
www.NiagaraFallsTourism.com

**The Original & Still
the Best Fallsview Hotel!**

Awarded the 2003 & 2004
CNN Ultimate Service Award
for all of North America.
Voted Favourite Conference Centre in
Central Canada by M&IT Readers -
2003 & 2004.

- ◆ 300 yards from the Falls
- ◆ 402 luxurious bedrooms & suites
- ◆ 32,000 sq. ft. of meeting space
- ◆ 25 meeting rooms with an experienced conference service and A/V team

◆ Members of MPI, CSAE, CrossSphere, OMCA & CAA/AAA with a 4-diamond rating

 **Sheraton Fallsview**
HOTEL & CONFERENCE CENTRE
1.800.267.8439
www.fallsview.com