

Making Life More Fun



Filling An Empty Nest With Entertainment

(NAPSA)—The words “empty nest” can conjure up images of sad and lonely parents sitting at home, waiting for their children to call or text. However, experts say that some parents, often referred to as “empty nest opportunists,” report feeling 10 years younger after adjusting to their new lives. One study, reported in the journal *Psychological Science* (Nov. '08), also revealed that the empty nest may have beneficial effects on a marriage.

During this awakening, parents may widen their circle of friends, acquire new skills and rekindle their love lives. But even if they're struggling to adjust, it's an opportunity to fill extra free time with newly found activities. One option is to ease the transition from happy family to dynamic duo by establishing a movie date night—right at home.

Couples can begin by “spooning up” to view some of those movies languishing on their must-see lists, and they can watch instantly in that now-quiet entertainment room. As part of digital cable service, the Movies On Demand option offers a wide selection of popular theatrical movie titles, including recent hits such as Tyler Perry's “Madea's Big Happy Family,” the Judd Apatow-produced “Bridesmaids” starring Kristen Wiig and Maya Rudolph, or “Thor”



with Oscar winners Sir Anthony Hopkins and Natalie Portman, and “X-Men: First Class” starring James McAvoy and Kevin Bacon.

New HD releases, as well as hundreds of favorites and classics, are available to rent for just a few dollars each, with a simple push of the TV remote button. There's no “ruining the moment” by driving off to rent a DVD or waiting for it to arrive by mail. Plus, waiting a month for the hottest titles is a thing of the past. Many are available on Movies On Demand on cable the same day as the DVDs are available for purchase.

To see what's playing now and what's coming soon to On Demand, visit www.rentmoviesondemand.com. Visitors can even sign up to receive e-mail alerts when a sought-after title is available.

Movies, like time, were meant to be shared. This is a simple way for couples to reconnect and fill their empty nest with great entertainment.