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**Off the Shelf:**

An e-mail newsletter from the Prince William Public Library System  
April 15, 2009  
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**April 20 to 26: Turn Off the TV Week**

There are two dates to remember this year to celebrate TV Turn Off Week: April 20<sup>th</sup> through the 26<sup>th</sup> and September 20<sup>th</sup> through the 26<sup>th</sup>. The website <http://www.tvturnoff.org> offers some startling facts about television viewers. For example, an average American youth spends 900 hours per year in school, but 1500 hours watching television.

If you have ever managed a day or two without electricity, the initial feeling will be similar. However, with planning, you can have an enjoyable time with your family.

Start out with a trip to your local library. Choose a book for individual reading. In addition, librarians can suggest excellent read-aloud books for the family so that you can read a chapter a night together. Libraries also offer various programs for many age groups throughout the week. .so why not plan to attend one?

Another idea is to take a trip to a nearby gym or regional park for some exercise or family fun? Enjoy the fresh air and the wonderful Spring weather while walking, enjoying the playground, or having a family picnic!

Still another thought would be to visit a museum—either a local museum that you have never seen or one of the wonderful free Smithsonian museums in Washington, D.C. (<http://www.si.edu/>).

Volunteering for an organization can begin by helping just one day and develop into a planned activity for a longer period of time. Why not check out some of these opportunities? [http://www.pwcgov.org/jobs/applynow/volunteering\\_jobs.asp](http://www.pwcgov.org/jobs/applynow/volunteering_jobs.asp)

And finally, don't forget about Family Game Night! Why not pull out Clue or Monopoly or a deck of cards?? As recent articles suggest, in tough economic times, families turn back to basics. .board games! [http://www.boston.com/business/articles/2009/02/22/downturn\\_could\\_be\\_boon\\_for\\_board\\_game\\_makers/](http://www.boston.com/business/articles/2009/02/22/downturn_could_be_boon_for_board_game_makers/)) Why not pull out one of your timeless classics and enjoy time with family and friends?

Finally, why not take time this week to reassess the role that television plays in your life, as an entertainer or babysitter or background noise, and make this one week different.

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**IN THE SPOTLIGHT: Share!**

The SHARE Network (Self-Help and Resource Exchange) is a group of nonprofit affiliates that distributes groceries in 33 states. If you spend a few hours a month volunteering to help others you can obtain groceries for a percentage off supermarket prices.

This organization was founded in San Diego in 1983 and has grown to serve over 150,000 households. The idea is somewhat between a food bank and a cooperative. There are distribution points located in Prince William County. SHARE fosters the idea of community as well as giving volunteers a discount on food.

You can begin today, individually, or as a church or nonprofit organization.  
Browse through the newsletter for our Virginia region <http://www.sharedc.org/>  
in order to find a contact and a nearby local distribution point where you can begin sharing.

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