

## **“Screen time” vs. “Green time.”**

The average American teenager spends 7 ½ hours in the digital world, on the computer, texting, playing video games, connecting through social media.

Researchers recently discovered that kids can name the corporate logos they routinely see on various media sites – McDonald’s, Apple, Xbox – but can’t identify common plants in their own back yards.

What happens when kids lose touch with the natural world? “What they do not know, they will not protect, and what they do not protect, they will lose,” warns Charles Jordan of The Conservation Fund.

“Play Again,” the award-winning documentary that explores the consequences of a childhood removed from nature, will be shown at 7 p.m. Nov. 2 at the Congregational Church of Cumberland, 282 Main Street, Cumberland, hosted by the Chebeague & Cumberland Land Trust. Dessert and refreshments will be served following the movie. The event is free and open to the public.

The moving and humorous documentary ([www.playagainfilm.com](http://www.playagainfilm.com)) follows six teenagers from Portland, Ore., as they’re “unplugged” and taken on their first wilderness adventure, devoid of cellphones, videogames and text messages. The film features wilderness photography and a lush soundtrack – and the teens who slowly come to discover another world – a real world – that’s not on a computer screen.

“Play Again,” has won awards at film festivals in Colorado, Prague and Barcelona and this spring was featured at the Environmental Film Festival in Washington, D.C. It has generated lively discussions about the need to get kids outdoors – and to ensure there is a real world ready for them to explore now and in coming years.

For more information call 699-2989 or visit [www.ccltmaine.org](http://www.ccltmaine.org)