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The list: Are you a sports widow?

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The wide world of couch potatoes is full of surprises.

You never know who will be next to admit addiction. Why, just the other day none other than **Paris Hilton** told Vanity Fair, "I'd rather sit in bed and watch TV."

Today is a very, very special day for those inclined. Forget sleep. Turning back the clocks means an extra hour of watching sports on TV.

It isn't easy being a couch potato. Or a sports widow.

Paula Duffy

is the founder of Incidental Contact, which is a program featuring sports seminars for women taught by women. Here are her five signs that you might be a sports widow:

1.

While your guy is watching a game, he says "uh huh" when you ask if it's OK to have your parents come and stay for a couple of weeks.

2. All the televisions in your home are tuned to different stations with games on each.

3.

In the middle of an argument, he throws his napkin down on the floor and says, "I want instant replay on that."

4. You have to tell dinner guests, "He's in the car listening to the game" while serving your mother's fricassee.

5.

You buy an MP3 player and learn to knit just so you can sit on the couch with him while he watches the game.

Source: Cox Newspapers

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