

Arts & Entertainment

Next year, send a snow globe and save the chocolates

January is already almost over and I still can't button my skinny jeans.

Holiday 2005 wreaked more havoc on my waist than all of my birthday cake binges over the years combined.

However, I can't blame this one solely on savory meals served late in the year and Christmas packages full of caramel corn and chocolate. I had my fair share of dealings with the devil's food cake even before the eating days of November began.

Last summer brought a season of change to my life.

I was in a new city, a new apartment, I had a new boyfriend, a new job, and of course, new eating and exercise habits.

In the whirlwind of change it seemed I not

only traded in my cleavage-baring, bar-hopping days for old T-shirts and blockbuster nights, I also traded eating fat-free Wheat Thins for Cheesy Cheetos.

I stopped running on the beach, in the street and on the treadmill. In fact, in the past six months, I think I stopped moving all together.

And while it is a poor, poor, pitiful excuse to jump from a size six to a size eight (fine, a size 10) and gain 15 pounds, love has a way of killing my figure. There is just something about knowing you are stuck with each other that sends screaming signals to people in a relationship of "have another Butterfinger, he (she) loves you the way you are!"

And to prove that it is

You Think?



By Pasha Carroll

not just women who experience derriere inflation in a relationship, my boyfriend faithfully gained his 20 pounds, too.

We started noticing it a few months ago.

While my clothes crisis usually starts with "I am fat and have nothing to wear" and ends up with me crying in a bathrobe and refusing to leave the house ever again, Matt's weight gain goes the other direction.

It started slowly, with a

few of his older pairs of pants not fitting anymore. (Mind you, if I don't fit in pants from freshman year of college, I am filled with angst and anger.) Then, it was the new jeans I bought him only months ago.

He would pull them on and question if they were in fact, mine and had he just grabbed the wrong pair. To his disappointment, it was just the unfortunate side effect of being part of a couple.

We finally knew he had also gained the "couple 15" when his family blatantly pointed out his pudgy physique over Christmas. God, I love family!

I was just lucky enough to spend the Thanksgiving holiday with my very pregnant sister, Gleamer. There is nothing like indulging in a second piece

of chocolate pie with a woman who is more than eight months pregnant.

I made devout resolutions for 2006. The first was to shed the extra weight that I had put on for when a great blizzard hits Atlanta and I will have to live off my fat storage. But it is always so much easier to fill the pockets of cellulite than to shave them off.

Hopefully the workout routine will kick in soon and I won't be too tempted to eat a tub of popcorn at the movies.

But it is hard, especially with candied stocking stuffers still lingering in my cabinets.

Pasha Carroll offers advice the first Saturday of each month. Send your questions to her at pashacarroll@gmail.com.

'Transitory Patterns: Florida Women Artists' display at UWF

PENSACOLA — The University of West Florida Art Gallery will present an exhibition, "Transitory Patterns: Florida Women Artists," Jan. 9 - Feb. 3 in the Center for Fine and Performing Arts, Bldg. 82.

This exhibition highlights the works of 18 contemporary artists whose

work focus on the distinctive artistry and landscape of Florida. An opening reception will be held Jan. 13 from 6 - 8 p.m. The exhibition and reception are free and open to the public.

"Transitory Patterns: Florida Women Artists" consists of drawings, paintings, computer animation,

jewelry, photography and an installation by Beatriz Monteavaro, "Kindly Watch Your Step," consisting of mixed media drawings on 11 television monitors. In addition, Wendy Wischer's installation, "To Enlighten," features projected light, gobo pattern and marbles. An oil on can-

vas triptych by Lillian Garcia-Roig, titled "Thicket," depicts a wooded Panhandle landscape.

The Florida State Committee of the National Museum of Women in the Arts organized this exhibition. More than 700 artists from across Florida submitted work to be juried

into the show.

The show was featured at the National Museum for Women in the Arts in Washington D.C., the Museum of Art in Fort Lauderdale and the Deland Museum of Art in Deland.

For more information: Collins at (850) 474-2696 or e-mail hcollins@uwf.edu

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Carillon Beach
Chevron at 30-A & 98
Circle K across from Silver Sands
Circle K (Old 98)
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Coldwell Banker JME (W. 30-A)
Coldwell Banker (Seacrest)
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Copper Grill
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Cowgirl Kitchen
The Crescent
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Donut Hole II
Dune Allen Realty
Dunes of Seagrove
Eastern Lake Nursery (formerly Gourd Garden)
Emerald Coast Inn & Suites
Emerald Sun Realty

Emerald Waters Realty
Exit Realty
For The Health Of It
Gallery of Folk Art
Garrett Realty
Goatfeathers
Grayton Beach Fitness Center
Grayton Beach Market
Grayton Coast Properties
Head To Toe Salon
Hibiscus Coffee House
Hidden Dunes Office
Hilton Gift Shop
Holiday Travel Park
Hwy 98 Barbeque
Kenny D's
Lakewood Towne Center
Legends
Magnolia House
Mainsail
Maravilla
Miss Lucille's
Modica Market
Movies By the Sea
Newman-Dailey
One Seagrove Place
Paradise Properties
Pat's Porch
Pelican Real Estate
Pinnacle Port
Premier Beach Properties
ResortQuest (Gulf Place)
ResortQuest (High Pointe)
ResortQuest (Seagrove)
Rivard (Grayton Beach)
Robert Long Watercolors
Robin's Real Estate (Blue Mtn)
Rosemary Beach
Sacred Heart Hospital
Sally's by the Sea Store
Salon Twist
Sandestin Inn

Santa Rosa Beach Club
Seacrest Cafe
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Shell Star Station across from Silver Sands
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Trustmark Bank (Seagrove)
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Village @ Seacrest Beach
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Walton Sun Office
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Wheelhouse Restaurant
Whitney Bank (Seagrove)
Winn-Dixie (PC Beach)
Yianni's Grille

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One Stop Grocery
Freeport Post Office
Reddick's Restaurant
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