

Worst things to happen in 2015



#vdtextra

FROM DESIREE

- Price hikes on instant streaming services
- Glitter roots
- Semicolon tattoos
- Starbucks red cup debate
- Lemmy's death
- Hoverboards
- Leonardo DiCaprio going ANOTHER Oscar-less year
- "50 Shades of Grey" film
- The death of Spock
- Jon Stewart leaving "The Daily Show"
- The Minions
- The dress color debate



ASSOCIATED PRESS

Byeeeeeeeee Jon Stewart!

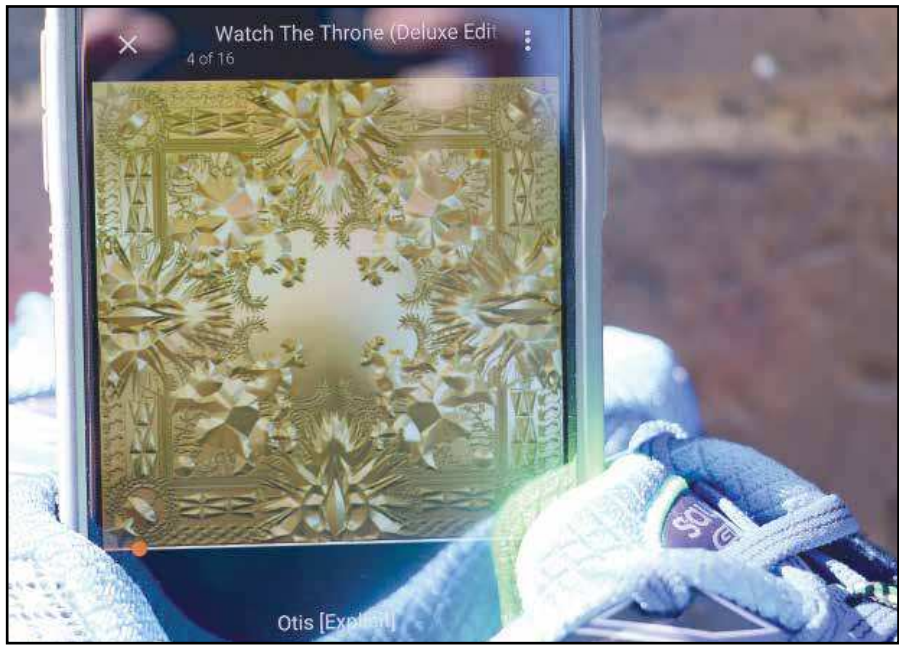
- The Duggar scandal
- Bill Cosby...
- Kylie Jenner lip challenge
- Netflix and chill
- Whip/Nae Nae
- Steve Harvey's Miss Universe mishap



Can we forget about the holiday cup fiasco? Associated Press



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FROM STUART

Music to...all right, fine, I'll go to the gym already

FROM STUART

All right, guys.

The new year is here and it's time to hit the gym, just like we said last year, just like we said that year before.

And whether it's your first day in a year or just your first day of the new year, you're going to need some music to get you through.

"In One Ear" — Cage The Elephant

Better known for the first single "Ain't No Rest For The Wicked," the song that kicks off the first album in rousing fashion is this one, and it's the perfect one to kick off your workout.

"Angel" "Inertia Creeps" — Massive Attack

Both songs are solid examples of Massive Attack's sound, where the laid-back trip-hop beats shift into high-gear part way through.

"Down By The River" — The Pretty Reckless

"Everything" — Nine Inch Nails

"I've survived everything," Nine Inch Nails frontman Trent Reznor sings out at the start of the song. It's just what you need to hear around mile three or rep 15.

"Dream is Collapsing" — Hans Zimmer
Otherwise known as that part of "Inception" where everyone runs.

"Look What We've Become" — Grace Potter
Working on cardio? Here's Grace Potter, just before the chorus: "I scream my lungs out and run straight for the sun."

"Lost in the World" — Kanye West
You can workout to almost any Kanye West song — "Power," "Jesus Walks," "Love Lockdown," "Gold Digger" — and "Lost

in the World" deserves to be on that list.

"Otis" — Kanye West and Jay-Z

"i" — Kendrick Lamar

When Billboard reporter Gavin Edwards asked Lamar about why he wrote "i," Lamar told him he wanted to play a trick on himself. Now that he's released the song — with a chorus containing the repeated line "I love myself" — he'd have to sing it night after night on tour, reinforcing the thought.

And now that it's on your playlist, you will too.

Speaking of Kendrick Lamar... "Bad Blood" — Taylor Swift featuring Kendrick Lamar

Lamar injects some needed energy into "Bad Blood," turning it into the best song that was/wasn't on "1989."

"Search and Destroy" — Skunk Anansie

At some point in the workout, you're going to feel beat, like you can't go on.

How does "Search and Destroy" respond?

"I'm a street-walking cheetah with a heart full of napalm I'm a runaway son of a nuclear a-bomb"

"Fall" — Daft Punk

"On To The Next One" — Jay-Z

"Party Poison" — My Chemical Romance

"Walk" — Foo Fighters

Every workout mix needs a

big finish, one last song to push you through to the end.

"I'm dancing on my grave, I'm running through the fire," sings Dave Grohl as the song builds to its finish.

"Forever, whenever, I never want to die."

Which is what you might feel like you're going to do at the end of the workout.



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Lucky's
Monday: \$2 domestic bottles & fireball
Tuesday: \$2 whiskey & 5 domestic pitcher
Wednesday: \$2 wells all night
Thursday: Penny Budlight & Yuengling 11-1. \$3 O Bombs & Grape Sodas
Friday: \$1 Natty & PBR Draft
Saturday: \$2 domestic draft
Sunday: \$1 Natty & Rolling Rock cans

Bleu Cafe
Everyday: Happy hour from 5-7 p.m. (\$3 craft drafts, \$3 well liquors, \$3 house wines).
Sunday: Happy hour all day.

THE LIST

What do you want to mark off your bucket list in 2016?

Kristin: Drink more water

Paige: Get both knees tattooed

Desiree: Petting a penguin

Jason: Thirty days without junk food

Caprice: Travel to a new state

Stuart: Writing a bucket list

Jennifer: Make a bucket list

What would your pick be?

Tell us on Twitter using #vdtextra

Ashley Street Station

Monday-Friday: Happy Hour from 5-7 p.m. (\$2 wells, \$5 pitchers, \$1.50 Rolling Rock, Natty Lt, PBR, High Life, or Schlitz)
Tuesday: \$2 PBR Tallboy and High Life
Wednesday: \$2 off all Whiskey

Mulligan's

Tuesday: \$2 Tuesday (except top shelf and Redbull)
Wednesday: \$2 bottles, Jaeger Bombs and Fireball, \$8 liquor pitchers
Thursday: \$2 wells and bottles
Friday: 8 dollar buckets, 2 dollar well.
Saturday: \$3.50 Midshelf, \$2 bottles



Want to step outside the box?

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Bleu Pub

Everyday: Happy Hour from 5-7 p.m. and midnight to 2 a.m. (\$1 PBR, \$2 wells, \$4 craft drafts)

Monday: Happy Hour all night

Tuesday: \$2 wells all night

Wednesday: \$1 PBR Tallboys all night

Thursday: \$3 craft drafts all night

Xtra! Xtra! Xtra!

Leave catcalling to the felines

FROM DESIREE

Last time I checked, my name is Desiree. However, if you followed me around in public for a while, you'd swear my name was "baby" or "sexy" or "girl" or some other condescending nonsense.

This is why I never leave home without pepper spray, knife and well-crafted escape plan. While it is tragic to realize I've been having to prepare for the worst for well over a decade now, I am not alone.

Almost every woman I know feels the need to carry some form of weapon on their person at all times. These range from pepper spray to handguns.

Stop Street Harassment, a nonprofit organization that documents and hopes to end street harassment, conducted a 2,000-person survey with startling results.

Among women surveyed, 65 percent had experienced street harassment, 57 percent experienced verbal harassment and 41 percent experienced physically aggressive harassment.

The survey showed that this went farther than just words. Twenty-three percent of women reported being sexually touched, 20 percent had been followed and 9 percent had been forced to so

something sexual.

The perpetrators? The overwhelming majority of those surveyed pointed out that the harassment they endured was inflicted by one man or a group of men.

This could be your husband, your son, your best friend, your classmate, your co-worker or literally anyone else.

"Street harassment is a pervasive form of sexual violence. Failing to address this systematic problem continues to perpetuate the belief that this behavior is acceptable. It is important that bystanders step forward and show that street harassment will not be tolerated," said Michele Black, PhD and SSH report adviser, in a Stop Street Harassment press release.

You've all heard the counter arguments, including the classic "just dress less provocatively."

The problem there is that we are teaching women to hide themselves versus teaching men self-restraint.

On that same note, according to SSH, half of all women had been harassed before the age of 17. This means that daughters, nieces, cousins and all other children across the globe are being subjected to the same lewd remarks as adult women.



Typical purse items for women across the nation.

The moral is that we should be changing the idea of what is acceptable. Children should be taught that no fellow human

being is an object. Women, and men, should stand up and show that no form of harassment will be tolerated.



Desiree Carver can be reached at desiree.carver@gafnews.com.

FROM DESIREE

Xtra! Xtra! Xtra!

The Pursuit: Don't Worry...

FROM JASON

I have come to realize how much I like making people around me happy and how much I like seeing them smile. The tendency leads me to be a social comedian. When I find out what makes a crowd joyous, I will often go out of my way to keep up the energy. Anything to keep them happy.

On the other side of the coin, I also must take into account what "they" say about people like me. What they say is hardly ever positive. They often say people like me are pathologically unhappy — depressed, even. They say people like me work so hard to make other people happy to keep them from feeling our unhappiness. I hate to

agree with what they say, but they are not always wrong.

I'm human and I am prone to confirmation bias — the psychological tendency to confirm one's preconceptions. The pathological unhappiness, subsequently, leads me to expect unhappy situations. Sometimes I act in manners that will lead to the most unhappy outcome. Other times, I avoid a situation I perceive will — somehow, but only the gods know how — ultimately hurt me.

If you are thinking the restriction is a horrible way to live, you are correct: it sucks. It keeps me from connecting to the people around me and their experiences. Heck, it often keeps me from fully connecting to myself and my own experiences! My patho-

logical unhappiness sometimes gets in the way of noticing the good things.

I admit, when I look past everything, my life is great. I have people who love me, who think about me and who want me around.

I have to admit I have been lazy about my happiness and have allowed myself to think I am powerless. But I am not powerless. I am capable of being happy. I guess, then, in order to be happier, I have to first know I want to be happy and actively live in the pursuit of ... well you know.



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EVENTS

What's happening around town?

Lake Park Pub

4991 U.S. Hwy. 41 S., Lake Park

Friday: Touring country rap group Southern Country Muzik will perform. Cover will be \$10 or \$8 with military I.D.

Rascal's

4875 Hwy. 41 S., Lake Park

Saturday: Legendary rock band Big Engine will perform at 10 p.m.

Want to color outside the lines?

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