

Got Grit? Find Out If You Have a Comeback Kid

WHY  
Olympians  
Win

# livehappy<sup>®</sup>

September 2016

This Issue  
**ROCKS!**  
89 Ideas  
For  
Summer  
Fun

**5**  
**WAYS**  
TO PUMP  
UP YOUR  
PLAYLIST

**MUSIC:**  
FIND YOUR  
GROOVE  
&  
BOOST  
YOUR  
MOOD

★ ★ Maya  
Rudolph  
LOVES  
to make you  
Laugh ★





ILLUSTRATION © JOHN COULTER

by Chris Libby



## These top picks should make your wish list of end-of-summer sojourns:

As if we needed another excuse to celebrate, there is no better feeling of connection and community than getting together with thousands of your closest friends to enjoy music, art, food and fun while soaking up the sun. A recent study published in the journal *Public Health* finds that attending live cultural events can have great benefits to your well-being, including lower stress, an increase in collective feelings of togetherness and warm-heartedness and even a boost in immune response. So grab your flip-flops and Wayfarers and check out our list of the remaining popular fun fests this year.

### NATIONAL CHERRY FESTIVAL

TRAVERSE CITY, MICHIGAN

The National Cherry Festival in Traverse City, Michigan, welcomes nearly 500,000 from all over the world into their community to “eat, drink and be cherry.” The origins of this festival date to the early 1900s with the “blessing of the blossoms” and has even been frequented by Presidents Coolidge, Hoover and Ford. You can meet National Cherry Queen Danielle Bott or rock out to musical performances by Billy Idol and Cheap Trick. The real star is the little dangling fruit for which this festival is named. Festival dates: July 2–9, 2016; [cherryfestival.org](http://cherryfestival.org).



### LOLLAPALOOZA

CHICAGO, ILLINOIS

This once traveling music festival has now planted roots in Chicago's Grant Park. Now celebrating its 25th anniversary, this year's lineup showcases heavy hitters from all genres of music from rap and rock to funk, soul and folk. Fans can bounce from stage to stage to the musical stylings of the Red Hot Chili Peppers, Leon Bridges, Lana Del Rey and Future. Let's not leave out Lollapalooza's mainstay and creator, Perry Farrell and his band Jane's Addiction. Festival dates: July 28–31, 2016; [lollapalooza.com](http://lollapalooza.com).

### WANDERLUST

NORTH AMERICA



The Wanderlust festivals will appeal to your more mindful side. Good for your mind, body and soul, the many Wanderlust events scattered throughout the United States, Canada and Mexico offer live music, group yoga and meditation, and even scheduled hikes and runs to get you movin' and groovin'. Musical talents include The Suffers, Michael Franti and MC YOGI, as well as guided yoga from Faith Hunter and Eoin Finn. Festival dates: various; [wanderlust.com](http://wanderlust.com).





## KAABOO

SAN DIEGO, CALIFORNIA

Billed as the music festival for the adults, KAABOO—located in the Del Mar racetrack and fairgrounds—is in its second year and is already drawing big-name acts. KAABOO features headliners such as Jimmy Buffett, Aerosmith, Jack Johnson and Jason Isbell, as well as top names in comedy: T.J. Miller, Dana Carvey and David Cross. Mix in art performances and finer food and drink samplings and this festival is sure to please all of the senses. Festival dates: September 16–18, 2016; kaabodelmar.com.

## AUSTIN CITY LIMITS

AUSTIN, TEXAS

Held in Austin's Zilker Park on the banks of the Colorado River, this annual event serves as the endcap to the summer's music festivals. With the backdrop of downtown Austin, faithful fans of ACL have weathered it all in the unpredictable Texas climate for their marathon of music on eight stages with more than 120 bands. Spanning two weekends, this year's lineup includes Radiohead, Willie Nelson, Kendrick Lamar and Chris Stapleton. As an all-inclusive festival, ACL has a minifest for kids, an open-air art market and local food from area eateries. Festival dates: September 30–October 9, 2016; aclfestival.com.



ILLUSTRATION: ©BESKOVA EKATERINA/SHUTTERSTOCK



## HUSH, LITTLE BABY

Researchers from the University of Montréal have discovered what Mother Goose has known all along: Singing, especially repetitive and rhyming phrases, soothes babies longer than the spoken word. The study, recently published in the journal *Infancy*, found that when babies listened to music they remained calm up to nine minutes, as opposed to four and a

half minutes for speech. Just to make sure that the babies weren't too familiar with the sounds, the songs were sung in Turkish. According to Isabelle Peretz, Ph.D., a lead author of the study, these findings "speak to the intrinsic importance of music, and of nursery rhymes in particular, which appeal to our desire for simplicity and repetition."

## AMERICA'S FAVORITE CHILDHOOD BOOKS:

DR. SEUSS' *THE CAT IN THE HAT*, 8

FOLLOWED BY

GREEN EGGS AND HAM

AND MAURICE SENDAK'S

WHERE THE WILD THINGS ARE.

(SOURCE: HARRIS POLL, MARCH 11, 2016)