

Edited by Gabrielle Gayagoy

get into the groove

Whether you're kicking up your heels to country, playing air guitar to hard rock or soothing your psyche with a sweet aria, listening to music is bound to boost your mood. In fact, hearing any favorite tune will make you more optimistic, joyful and relaxed, according to a study from Penn State University in Altoona, Pa.

Researchers found that the mood-enhancing benefits apply even when you're involved in other activities. So go ahead and crank up the volume while you're cooking, driving, relaxing, getting ready for a hot date or hitting the gym. We've picked out the perfect CDs for you to jam to on page 30!

— Mariko Thompson Beck



MUSICAL MUST-HAVES

Listen up! Here are five CDs guaranteed to get you in the mood for the right occasion.



▶ if you're ... unwinding
download this ...

I'm Wide Awake, It's Morning by Bright Eyes
 (Saddle Creek, 2005)

because ... indie folk star Conor Oberst's earnest soul-searching set to acoustic guitar is the antidote to a hard day. The album's uplifting simplicity evokes the spaciousness of the Midwestern plains and even features Emmylou Harris on three tracks.



▶ if you're ... cooking
download this ...

Sempre Libera by Anna Netrebko
 (Deutsche Grammophon, 2004)

because ... a great meal is an inspiration. And so is this Russian opera singer's sublime voice, which soars effortlessly all the way to high E flat. Soprano Netrebko starred in the Los Angeles Opera's *Roméo et Juliette* to rave reviews earlier this year.



▶ if you're ... working out
download this ...

Arular by M.I.A. (XL Recordings, 2005)

because ... hip-hop artist Maya Arulpragasam lays down infectious dancehall rhythms that keep bodies in motion. But there's more to *Arular* than a collection of danceable tunes: When the London-based Sri Lankan refugee sings, "Can't stereotype my thing, yo," she's rapping about growing up in a civil war zone.



▶ if you're ... road tripping
download this ...

Noble Hatch by Amy Miles
 (Pcoop Records, 2005)

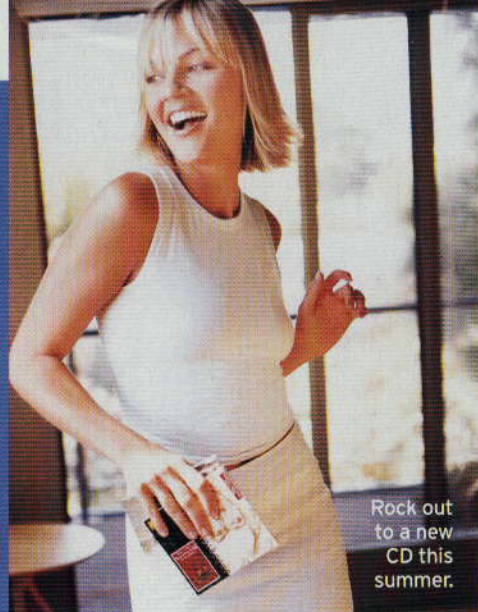
because ... this indie rock singer makes you want to jump in the car with your girlfriends and blast the stereo with the windows rolled down. Miles, who counts the Breeders' Kim Deal among her influences, channels heartbreak and longing through a mix of robust rock songs and rootsy ballads.



▶ if you're ... getting romantic
download this ...

Careless Love by Madeleine Peyroux
 (Rounder Records, 2004)

because ... this jazz album was made for candlelight and wine. Peyroux was born in Georgia but learned her craft in the *boîtes* of Paris, and now she captures Billie Holiday's sultry voice to an uncanny degree. It's the perfect prelude to a kiss. – M.T.B.



Rock out to a new CD this summer.

Shape your month

Planning a road trip this summer? Don't forget that June is National Safety Month – know your risks behind the wheel!

- According to the National Highway Traffic Safety Administration (NHTSA), someone dies as a result of a car accident every 13 minutes, making it the No. 1 cause of death for men and women 33 and under.
- Of all fatal car accidents, 40 percent result from drivers' excessive alcohol consumption and 31 percent from driving too fast.
- 25 percent of reported car accidents are caused by distractions like talking on a cell phone or applying makeup while driving.

How can you better protect yourself? NHTSA spokeswoman Liz Neblett says her top advice is to buckle up: 20 percent of drivers still do not wear their seatbelts even though the restraints save nearly 15,000 lives a year. For more driving tips, log on to nhtsa.dot.gov. – Bethany J. Gibbons

