

# Women's Health Experts Enlighten and Entertain

By Cathy Tyson

In an evening for adults only, two women's health professionals gave a fascinating presentation on mood, hormones and sexuality sponsored by the Lafayette Library and Learning Center Foundation with Consortium partner John Muir Health. The charming speakers were Dr. Jeanne Alexander, a biological psychiatrist who specializes in reproductive psychiatry and menopausal sexual medicine, and Dr. Sondra Altman, an Ob-Gyn who has been practicing at John Muir Medical Center for the past eleven years.

"John Muir is a Founding Partner in the Glenn Seaborg Learning Consortium. This collaboration has now been extended by their providing our first corporate program sponsorship, which not only represents a generous gift to the Library Foundation, but will fund a series of health programs," said Kathy Merchant, Executive Director of the Lafayette Library and Learning Center Foundation. "Tonight was a great start to the series. To be able to hear a broad range of health information from the elite of the medical and health professions is an extraordinary benefit of this partnership."

In a wide ranging casual discussion, both doctors explained to an audience of mostly middle age plus women some of the intricacies of issues specific to females. Using humor and candid examples, they had the crowd in stitches at times.

Although the title of the event was Simple

Pleasures – Wine, Women and Chocolate, with actual complimentary wine, chocolate and snacks, it turns out some simple pleasures can be rather complicated as women age, go through menopause and deal with cancer or hysterectomy.

"Let's start where I usually start – the vagina," said Altman, who usually goes by Dr. Sandi. Although very informative, much of the subject matter is a little blunt for a family newspaper. Talk of estrogen dependent tissues and the benefits of certain products that can "turn back the hands of time," had audience members taking notes. "Put the zip back in your doo-dah," notes her website.

Dr. Alexander, who has done a significant amount of hormone and menopause research, explained the intricate relationship of hormones, fatigue, depression, the fabric of life and stress. "Fatigue is not an aphrodisiac," she said. She went on to discuss the complex relationship between estrogen and testosterone, "it's like a chess game."

One problem with couples in long term relationships, said Dr. Sandi, is that they are "out of the habit of being sexy," wearing a ratty old t-shirt to bed and having a TV and laptop in the bedroom. She recommends keeping your bedroom a sanctuary and encourages getting back in the habit of seeing yourself as a sexual person. She advises, "Make what you have work – water your own garden."

## As Seen in Lamorinda...



Rainbows over Saint Mary's College

Photo Cathy Dausman

# Pacific Chamber Symphony Plays in Lafayette

By Andrea A. Firth



Lawrence Kohl, Music Director and Conductor of the Pacific Chamber Symphony.

Photo provided

Over the past year, the Pacific Chamber Symphony (PCS) has added the Lafayette-Orinda Presbyterian Church to the list of Bay Area venues where the symphony regularly performs. "We are very pleased to play in Lafayette. It's wonderful space," says Lawrence Kohl, PCS' Music Director and Conductor.

Kohl, a clarinetist, founded the Pacific Chamber Symphony 22 years ago. "PCS is made up of the finest musicians in the Bay Area," says Kohl, who speaks proudly of the group, referring to their style as 'intimate grandeur.' "You get that personal, intimate experience when you go to a chamber concert," says Kohl. PCS has 12 to 30 musicians playing in a concert depending on the music to be performed, as compared to a symphony orchestra that will use from 60 to 100 musicians, explains Kohl. "With a chamber symphony, you feel like you are part of the music which makes the experience meaningful and moving," says the conductor.

With PCS' structure, the organization also has the flexibility to perform in a variety of venues in more than one community explains Kohl. PCS was launched in Livermore, where it continues to play at the city's per-

forming arts center, and over the years has branched out to perform regularly in Napa and occasionally in San Francisco and Antioch. Adding Lamorinda to the orchestra's circuit made perfect sense for Kohl, who now resides in Moraga and previously lived in Orinda.

"We really encourage students to come to our concerts too," adds Kohl noting that he and his colleagues conduct school assemblies to teach students about various music elements, give music clinics for middle and high school students, and have formed a youth orchestra in the Livermore area. Much of PCS' youth outreach has been done in Livermore where the organization has a strong infrastructure with a board of community members and many volunteers. Kohl would like to bring these educational opportunities to Lamorinda and set up a similar support system.

The Pacific Chamber Symphony's next Lamorinda concert will be held on Sunday, May 22nd at 2 p.m. at the Lafayette-Orinda Presbyterian Church, 49 Knox Avenue in Lafayette. For more information about PCS or the upcoming concert go to [www.pacificchambersymphony.org](http://www.pacificchambersymphony.org) or email [info@pacificchambersymphony.org](mailto:info@pacificchambersymphony.org).

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