

The Amadeus

The Pro-Mozart Society of Atlanta

Membership Party September 20

Mark your calendar for the Annual Membership Party to be held at the Lost Corner Cottage, Sandy Springs on Sunday, September 20, 12:30 to 3 pm. This is an opportunity to meet other members and to bring new folks who might be interested in classical music and encourage them to become members. The Lost Corner Reserve and Cottage is at the corner of Dalrymple Rd. and Brandon Mill Rd. in Sandy Springs, and can be reached by either Riverside Drive or Brandon Mill Road off Abernathy Road, between Roswell Road and the river. There is plenty of parking. Many new Gold and Silver Patrons and Sponsors are needed; both current and new members can sign up at the Party.

October Concert Will be the Atlanta Choral guild

We will have more information at the Membership Party or next month's *Amadeus*. The calendar is filling quickly with events every month in 2026 and 2027, and we will keep you posted.

Turnout Was Exceptional for 2026 Spring Concert

Many members and friends, as well as church members, turned out for the excellent concert by Ohioan Julie Koenig, a "Virtuoso Harpist" on May 24, 2026, at Holy Innocents Episcopal Church, Mt. Vernon Hwy., Sandy Springs. Ms. Koenig made her program more interesting by explaining how her harp functions in solo performance. She performed music by Mozart and other composers. She performs frequently with symphony orchestras, including the Atlanta Philharmonic and other Georgia symphonies.

Classical music by Wolfgang Amadeus Mozart and other composers is presented at all Pro-Mozart Concerts, and world-famous musicians on a variety of instruments or with voice are welcomed to Atlanta by the Society for our members and guests enjoyment.

Remember the Scholarship!

One of the annual projects of the Pro-Mozart Society in the awarding of a Scholarship to a music student or musician to attend the Summer Session of the Mozarteum in Salzburg, Austria. If you know a student or musician who would like to compete for this prize, let the Society know and get the date for the person to apply for consideration, for whichever instrument he or she plays. Winners, after attending the program in Salzburg, are required to perform at least one concert for the members and public.

Pro-Mozart is 62!

At 62 the Pro-Mozart Society of Atlanta is one of the oldest groups encouraging classical music in Atlanta. In 1964 Mrs. Nellie Bunzl and a group of friends formed the Society with the following mission statement: "The mission of the Pro-Mozart Society of Atlanta is to provide an outstanding program of classical music performances and events that promote interest in the works of Mozart and other classical composers, as well as to provide an environment in which all members are valued and friendships are enhanced." The Society has welcomed a variety of artists over the years from all over the world, including Europe and Asia. Our members are often active in other musical organizations or programs sponsoring good musicians.

"Take Two Mozart Sonatas and the Second Movement of His 38th Symphony and Call Me in the Morning!"

In 1998 Georgia's Governor Zell Miller arranged for all new-born infants to receive a CD of classical music, mostly Mozart's. He hoped for the *Mozart Effect*, where listening to Mozart's music has a calming and positive effect on the listener. For centuries there has been a belief that hearing Mozart's music can actually provide a cure of human ailments. Is it just a myth, or is there evidence?

Called the Mozart Effect, a number of scholars, physicians and mental therapists have found that the expression, "music soothes the savage beast," can be true. Yet, soothing is not the only effect of music; military marches with trumpets blaring can also stir a savage beast to go to war.

"Johns Hopkins Medical School explains that there is actual science behind the idea that music has many beneficial effects," reported Edwin

Benson on June 28, 2024, in his comments of “Eternal and Natural Law.” As to the Mozart Effect, Benson says, “The name draws from a groundbreaking 1993 study led by F. H. Raucher. It claimed that the participants listening to a Mozart sonata for ten minutes showed significantly better reasoning skills than those who spent the same amount of time listening to “relaxing music” or sitting in silence.”

The health benefits of Mozart’s music were also explained by James Clear, author of a *New York Times* best seller, *Atomic Habits*. He describes how violinist David Binanay, shortly after graduation from Villanova University, discovered he had stomach bleeding. Upon arrival at the hospital this developed into a psychotic episode. But playing his violin had a direct effect on his psychosis. “Music stopped the pain. Every time I played I noticed a change. I would channel my emotions through my music. The fear would turn to music,” Clear reported.

Mozart’s music had been cited for having five specific curative factors:

1. **Cognitive and Brain Benefits:** Studies show that “listening to Mozart can temporarily improve certain types of reasoning, especially spatial-temporal reasoning.” One 1993 study demonstrated that participants who listened to ten minutes of Mozart did better on specific cognitive skills than those who listened to other types of relaxing music. Dr. Raucher is but one of a number of neurologists finding the Mozart Effect medically helpful. Other studies include those of Dr. Kiminobu Sugawara of the Neuroscience Division of the University of Central Florida in Orlando and Dr. Michael Trimble, Professor Emeritus of Neurology at University College, London.

2. **Epilepsy and Seizure Reduction.** One 2020 analysis reviewed 147 separate studies and “found that daily listening to Mozart’s music can reduce epileptic seizure frequency by 31% to 66% and lower abnormal brain activity (interictal epileptiform discharges) in patients. Researchers suggest that Mozart’s rhythmic structures may interact with brain systems in ways that help regulate seizures....”

3. **Mood and Mental Health:** Mozart is used in therapy for conditions such as schizophrenia, depression or dementia. “Mozart’s music can lower stress hormones (cortisol), increase dopamine and promote emotional regulation,” David Binnay reported.

4. **Microbiome and Gut Health:** In studies of mice subjected to Mozart’s music physiological studies showed “increased beneficial bacteria like *lactobacillus*,

reduced harmful pathogens, and improved gut acidity. Similar effects have been observed in human oral microbiome studies, where classical music lowered microbes linked to neuroinflammation and Alzheimer's disease.

5. Physiological Effects: Mozart has an effect on how the human brain reacts, thus affecting “respiration, muscle tension, blood vessel tone and heart rate.... These changes can contribute to relaxation, reduced pain perception, and improved cardiovascular regulation.”

Can “rap,” rock ‘n roll, or whatever else passes as music in the 21st century make claim to anything similar to the Mozart Effect? One might doubt such a possibility. One aspect of the Effect, perhaps as observed by Governor Miller in 1998, is that infants exposed to Mozart's music both prior to birth and afterwards may appear calmer and happier than infants with no music or only the raucous kind. Is this why mothers often sing lullabies to their babies?

Is the Mozart Effect the cure for our problems? Perhaps not all of them, but for those who have a tendency to worry or fuss about little things those two sonatas, played at 432 Hz, can't hurt.

PRO-MOZART SOCIETY OFFICERS FOR 2026-2027

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See you at the Membership party on September 20!

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