



# Music from the heart

## Astoria author releases debut book

BY MALLORY GRUBEN

Astoria resident DeLores May Richards puts a special spin on biographies with her new book, “Music From My Heart.”

The memoir-style music book pairs stories about Richards’ life with 55 original songs she composed. Through her musical pieces and their short, complimentary back stories, Richards, 86, shares her memories about marriage, motherhood and faith.

“This is more or less for the family but anyone who knows music will look at it from a different side. They’ll be playing the music,” Richards said.

### Where to buy the book

‘Music From My Heart’ by DeLores May Richards

[amzn.to/3v4NqSH](https://amzn.to/3v4NqSH)

Most of the songs are written in a classical, western or hymn style, though Richards includes pieces she wrote while exploring Irish folk and rock music. Some pieces include original lyrics, while others are instrumental.

See Page 5



Photos by Mallory Gruben

ABOVE: A page from the book. TOP: DeLores May Richards.