

# Helen Marketti's Music Corner

By Helen R. Marketti



## The Long & Winding Phone

It is with my sincerest joy to share with you that my first book will be published on February 9th, 2024. The Long & Winding Phone (Blue Jade Press, 2024) is a collection of Beatles-related interviews that I have conducted over the last 16 years. The interviews will appear as they were in their original format which includes a new wrap up paragraph at the end of each interview that shares my thoughts, insights and any extra back stories. There are several photographs with stunning artwork that are sprinkled in for a "fab" reading experience.

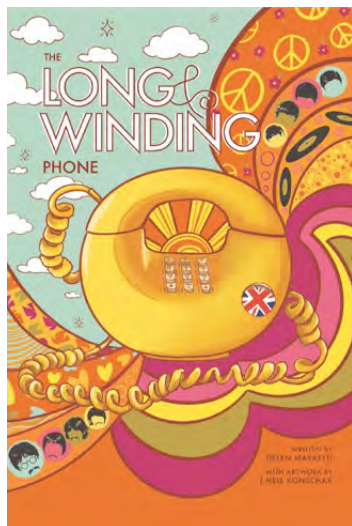
I chose February 9th as my book release date as that marks the 60th anniversary of The Beatles on The Ed Sullivan Show. The Beatles are still popular to this day. They are back on the charts once more with their recent song, Now and Then.

A few interview names that appear in the book are Pete Best who was The Beatles original drummer before Ringo Starr. Pattie Boyd, who was George Harrison's first wife. Julian Lennon who is John Lennon's oldest son from his first marriage to wife, Cynthia and many MORE! The book also includes interviews from Beatles tribute artists as they explain their admiration and love for the Fab Four. This book is a must for every Beatles fan, music fan and anyone interested in pop culture and nostalgia.

For anyone interested, please send an email inquiry to [4liverpoolads@gmail.com](mailto:4liverpoolads@gmail.com) and put "Beatles Book" in the subject line. Payments accepted are check, money order, or Venmo. I will be presenting at several library locations in 2024 as well to promote my book and participate in Author Signing events. More dates will continue to be added.

- Friday, February 9th...Book Launch Party @ 6:00 pm at Lighthouse Nutrition, Huron, OH.
- Thursday, February 29th...Milan Library @ 6:30 pm
- Monday, February 12th...Avon Lake Library @ 6:30 pm
- Saturday, February 24th...Pan Yan Book Store, Tiffin @ 12:00 pm
- Saturday, March 9th...Wood County Library (Bowling Green) @ 2:00 pm
- Saturday, April 13th...Bellevue Library @ 2:00 pm
- Monday, April 15th...Brecksville Library @ 7:00 pm
- Wednesday, April 17th...Westlake Library @ 7:00 pm
- Tuesday, May 7th...North Olmsted Library @ 7:00 pm
- Wednesday, May 8th...Strongsville Library @ 7:00 pm
- Wednesday, July 10th...Lakewood Library @ 7:00 pm

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# Image of the Mind

By Alisa Florio

## Changing a Culture

Do you think we'll ever fully understand this vast network of neurons sending electrical pulses on demand to our brains? It's been said when the, "Will of Man," taps into his, "Super Human," side; also known as, "Infinite Intelligence," unexplainable things can happen.

Did you know the human brain is the most complicated organ nature has ever created? So far as we know the brain contains 100 billion nerve cells? The cerebral cortex has 6 layers containing 16 billion nerve cells alone. This is where memory, thinking, learning, reasoning, problem solving, emotions, consciousness, and sensory are located.

Our brain has been arranged with patterns of definite precision which has proven to leave both scientists and the medical field in AWE, with curiosity! Earning reverential respect above the complexity of any man made computer system.

For the past 40 years I've picked the brains of nurses, doctors, neurosurgeons, psychiatrists, psychologists, and anyone who can help me gain a better understanding of how our brains operate and what medications, or mental activity work most effectively to help people who struggle with anxiety, depression, seizures, addictive & compulsive behaviors, schizophrenia, suicidal thoughts, low self esteem, and so much more.

I've found that loving someone with any of these struggles is the most challenging feat to overcome in my lifetime. I believe we all go through an experience that can take us down a tough pathway. But, when I discovered the difference between what we consider to be a normal electrically charging brain vs an individual who's neurons experience electrical interruptions in the functioning of their brain; a light bulb went off in my head.

As I continue to pluck away at the intelligence of these professionals **I remain steadfast in my research and study of man's human nature vs spiritual nature, and his connection to Infinite Intelligence.** We hear cases where man makes this connection, and accomplishes unexplainable miracles beyond the understanding of the most educated man. I remember being told, "Alisa, you need to accept this is his new normal." My brain just wasn't willing.

I'd like to leave you with this thought from Jason Jaggard from his book, "Beyond High Performance." Jason is referencing from his book from the Arbing Institute, "Leadership and Self-Deception: Getting out of the Box." Many of us have heard this metaphor, and are familiar with thinking inside the box, and outside the box. Inside the box is when you see people as an obstacle in the way of what you want. Outside the box is when you see people who have wants, and needs as well as desires of their own.

In the workplace, at home, and everywhere we go there's endless things we want from one another. Can we shift a fierce-advocacy culture who defends their own beliefs from "What do I want?" To, "What do I want for someone? What would it take to make this mind shift? Stay tuned until next time my friends, feel the love, and share it!



## Profiles by Alisa

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