

Writer's Musings & Reflections



To Educate, Motivate & Entertain . . .

Rosalinda R. Morgan, Author & Garden Writer
3056 Sugarberry Ln, Johns Island, SC 29455

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Third Quarter – August 2017

Books by Rosalinda R. Morgan

Published in 2016

[The Wentworth Legacy](#)

Published in 2015

[The Iron Butterfly](#)

Published in 2013

[BAHALA NA \(Come What May\)](#)

All books are available in
paperback and Kindle at

www.amazon.com/author/rosalindarmorgan.

The Iron Butterfly is also
available in [Nook](#), [iBook](#), [Kobo](#)
and other formats.



Summer – A time for rest and relaxation

The weather has been awful lately. We have rain practically everyday this summer. When will the rain stop? Does it have anything to do with the coming eclipse on Aug. 21? It's either hot and humid or constant rain. We have days of thunderstorms and the ground is so soggy. Sometimes, it is sunny in the morning but by 1 PM, dark clouds start coming in and then a downpour accompanied by thunder and lightning.

I can't do much in the garden. I tried to do some gardening in the morning before it really gets hot but even an hour in the garden is enough to get me all soaked in sweat that I have to cool down inside in an airconditioned room. With all the rain, the weeds are having a field day. I can't keep up with them.

With the weather hovering in the 90s, it's a good time to catch up on my reading. My goal is to read 30 books this year. I'm always one or two books behind on my 2017 reading challenge. I hope to catch up soon. You can check the books I read on Goodreads. Click [here](#).

I'm currently working on my next fiction – another novel about Long Island, This work-in-progress is set on the South Shore. "The Wentworth Legacy" is set on the North Shore. There is also a non-fiction in the offing. Stay tuned.

I have discounted two of my books this summer on Kindle. Check it out on www.amazon.com/author/rosalindarmorgan. Take advantage of the discounted price. Order your copy today.

Thanks.

Rosalinda



Contact Info:

Email:

rosalindarm2013@gmail.com

Website:

www.rosalindarmorgan.com

Quote of the Month

“A reader lives a thousand lives before he dies. The man who never reads lives only one.”

George RR Martin

Motivational Tip

Have a prosperity mindset. Focus on the opportunities that come your way.

Food for Thought

The chief thing you are seeking in this world is happiness; and happiness does not depend upon good health or money or fame, though good health is a large factor. It depends, however, principally on one thing only; your thoughts. If you can't have what you want, be grateful for what you have. Keep thinking constantly of all the big things you have to be thankful for instead of complaining about the little things that annoy you.

Dale Carnegie

“The Wentworth Legacy” Giveaway

Enter for a chance to win a copy of [The Wentworth Legacy: A Long Island Novel \(Kindle Edition\)](#) by Rosalinda R Morgan.

Winners will be randomly selected after Giveaway has ended, up to 2 winners.

Requirements for participation:

- Resident of the 50 United States or the District of Columbia.
- 18+ years of age (or legal age)
- Follow Rosalinda Morgan on Amazon.

Giveaway Link: Your giveaway link:

<https://giveaway.amazon.com/p/5b301e44c5e125ff>

Starts on Aug. 2, 2017 at 6:51 AM PDT and ends on Aug. 17, 2017 at 11:59 PM PDT

Enter Today.

<https://giveaway.amazon.com/p/5b301e44c5e125ff>

HEALTHY LIVING

Top 10 Summer Foods

Get your fill of the season with nutrients packed into every tasty bite.

By Deborah Wagman – Renew Magazine

Pluck a vine-ripened tomato from your garden. Scoop up a head of broccoli at a bustling farmers market. Take advantage of the perfect season to bring the freshest, most flavorful foods to your plate. Bonus: They're loaded with health benefits too.

1. Cantaloupe – Think of this juicy-sweet melon as a natural vitamin supplement. Its wealth of Vitamin A promotes good vision, according to the National Institutes of Health in 2011.

Word of the Month

Studies have shown that your income and wealth are directly related to the size and depth of your vocabulary. Here's this month's word, so you can impress your friends and colleagues, and maybe even fatten your wallet!

Haptic – adj.

Relating to or based on the sense of touch.

Characterized by a predilection for the sense of touch.

Sample sentence: Norma could tell one kind of yarn from another purely by haptic clues.

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Here's where you can find me most days online:

Website:

www.rosalindarmorgan.com

Facebook Author Page:

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LinkedIn:

<http://linkedin.com/in/rosalindarmorgan>

Goodreads:

http://www.goodreads.com/author/show/7026949.Rosalinda_Rosales_Morgan

2. Bok Choy – This crunchy cabbage cousin is rich in antioxidants. In 2001 and 2002, the Age-Related Eye Disease Study found that these nutrients may protect against age-related eye disease. Plus, bok choy has only 7 calories per 1-cup serving.
3. Carrots – No carrots is sweeter than on plucked straight from the ground. These crisp veggies are packed with carotenoids, potent antioxidants that help fight heart disease, according to the 2005 Women's Health Study.
4. Tomatoes – Every one of the many sizes, colors and shapes of tomatoes packs a punch of potassium. How does that help? With fewer cramps and aches after exercise, research from Colorado State University updated in 2008 reveals.
5. Salmon – The omega-3 fatty acids in salmon are swimmingly good for the heart, noted the American Heart Association (AHA) in 2010. Even better: The fish's nutrients may help protect against prostate cancer, the Prostate Cancer Foundation found in 2009.
6. Berries - Help keep your mental ducks in a row by filling up at the berry bins. Why? More strawberries and blueberries meant lower rates of memory decline in an April 2012 Nurses' Health Study.
7. Garlic, onions, leeks and shallots – Improve the flavor and health benefits of almost any savory dish with help from these relatives. In 2012, the AHA found that phytochemicals in these foods may trim the fat in artery walls.
8. Spinach – For better heart health, the AHA suggests “concentrating on color” when it comes to vegetables. Spinach makes following their advice ultra-delicious. So see green and pop plenty of the pretty, iron-packed leaves in your basket.
9. Asparagus - Spear some for a generous helping of folic acid. In 2006, the American Cancer Society found this B vitamin may help head off heart disease and certain cancers. Find it in market in early spring when its tender shoots begin to peek out of the ground.
10. Broccoli – Make emerald-hued broccoli part of the 3 cups of dark green vegetables you need each week. Eating these high fiber foods may help lower your risk of diabetes, heart disease and obesity, according to a 2009 study at the University of Kentucky.

Photography



Rainy Day at Whitney Lake, Johns Island where I live.

Laughter is the Best Medicine

An Older Man not in the best physical condition asked a trainer at a gym, “I want to impress a beautiful girl. Which machine should I use?”

The trainer replied, “The ATM outside.”

Need advice on growing roses?

Visit [Rose Gardening World on Facebook](#).

THANK YOU for reading my newsletter, *Writer’s Musings & Reflections*. I wanted to produce a newsletter that has great content and is fun to read and valuable to you. Your constructive feedback is always welcome.

Rosalinda Morgan
www.rosalindarmorgan.com

Helpful Tips to Make Housecleaning a Breeze

We all hate it, but it has to be done. Don’t spend your entire weekend inside cleaning. Here are seven helpful hints to get the job done with speed and precision, so that you can get out and enjoy your free time!

1. **Begin with machines first.** Get the clothes washer or dishwasher started so that it will be ready to empty by the time you are done with other tasks.
2. **Clean your home from top to bottom.** Dust first, vacuum last.
3. **Use your time wisely.** Spray cleaning solutions on fixtures and mirrors, so that the cleaners can begin to work while you are cleaning other areas.
4. **Use the right tools.** A damp sponge will get pet hair off upholstery. Cloth diapers are excellent dusting clothes. And wearing cotton gardening gloves will make mini-blind dusting a snap.
5. **Get rid of clutter.** Give it to charity or throw it in the trash.
6. **Use an Astroturf mat at the entrance to your home.** You will be surprised at how much dirt it will catch.

Following these simple tips can help you reduce your cleaning time and make the job much easier—guaranteed. You will notice the difference!

Q & A: Where did you get your idea for your first book?

“BHALA NA (Come What May)” is based on my father’s life before and during WWII. I heard enough stories from Dad when he was alive and the more I read about WWII, the more I realized that not much was written about the Pacific theater. The book started as a memoir intended for the use of my family only. However, as I got deeper into the story, I decided there were things in it about the Pacific theater that I had not come across in all the books I read about WWII. I also want to share Dad’s narrow escape from the Japanese to get back home after Pearl Harbor and my parent’s love story which is quite unique. It took Dad 4 years to win Mom’s heart!



Excerpts from “What is Total Eclipse of the Sun?”

By Fred and Patricia Espenak

On Aug. 21, 2017 a total eclipse of the Sun will be seen by millions of people across the United States stretching from coast to coast. But first things first – what exactly is a total eclipse of the Sun? It is amazing, it can be scary, and it is like nothing you have ever seen before. Day turns to an eerie twilight, there’s a “hole in the sky”, and bright stars and planets can be seen during the daytime. It is something that cannot be described – you just have to see it with your own eyes! But what causes all of these things to happen?

The Sun is 100 times bigger than Earth and Earth is 4 times bigger than the Moon. The Sun is 400 times bigger than the Moon, but the Moon is 400 times closer to the Earth. That means the Sun and the Moon appear the same size to us here on Earth. In order to better visualize the scale of these bodies, imagine this. Take an ordinary dinner plate, one that is about 10 inches in diameter. This represents the Sun. On this scale, Earth would be 1/10 of an inch, about the size of a peppercorn. And the Moon would be even smaller, perhaps the size of a poppy seed. Remember, the peppercorn represents the world in which we live. That’s pretty small compared to the dinner plate Sun.

Every year or two, the Moon’s orbit lines up perfectly with Earth and the Sun. The Moon passes directly in front of the Sun revealing its faint corona, the halo of plasma that surrounds the Sun. That’s when a total solar eclipse occurs somewhere on Earth. We say somewhere because the total eclipse is only visible from inside the path of the Moon’s umbral shadow, the shadow in which the Moon blocks the entire Sun, as it sweeps across our planet. This is called the Path of Totality.

All total eclipses begin and end with a partial eclipse and the entire event can take nearly three hours. But the total part of a solar eclipse usually lasts only about 2 to 3 minutes, so there is very little time to absorb this spectacular sight. This is what looks like that “hole in the sky” – the black disk of the Moon with the Sun’s feathery corona spreading out around it in all directions. Because the Sun is so bright, unless that fiery disk is blocked, the corona is too faint to be seen. As totality ends, a brilliant burst of sunlight appears along the edge of the Sun. This is the “diamond ring effect” since the corona and sunburst look like a celestial engagement ring.



The Path of Totality is about 70 miles wide and runs from west to east through parts of the following states: Oregon, Idaho, Wyoming, Nebraska, Kansas, Missouri, Illinois, Kentucky, Tennessee, Georgia, North Carolina and South Carolina. On average, a total eclipse is visible from any one spot on Earth about once every 375 years. So if you stay in one spot, your chance of seeing one of these astronomical wonders is pretty slim. There has not been a total solar eclipse in the lower 48 states since 1979, and that one only passed through a small area in the western United States. This is once in a lifetime event. Don’t miss it!