

Writer's Musings

To Educate, Motivate & Entertain . . .



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Third Quarter – July 2018

Books by Rosalinda R. Morgan

Published in 2018

[Stop and Smell the Roses](#)

Published in 2016

[The Wentworth Legacy](#)

Published in 2015

[The Iron Butterfly](#)

Published in 2013

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

All books are available at

[Amazon.com](#)



Summer 2018

Summer is here! With the temperature hovering into the 90s, it is definitely a time for rest and relaxation. We have extreme heat, then thunderstorms. It's either hot and humid or constant rain which makes the ground 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 do a little gardening in the morning but even an hour in the garden is enough to get me all soaked in sweat that I have to go indoors to cool down in an airconditioned room every so often. With the searing heat, you have to learn how to slow down. Drink a lot of water while working in the garden. Wear protective gear like hat, long sleeves and sunscreen.

With the scorching temperature, it's a good time to catch up on my reading and do more writing. I'm currently working on my next fiction – another novel set in Long Island. The next book is about white collar crime. I'm also doing a lot of blogging lately. Check my blog site – www.rosalindarmorgan.com. I also just finished building my author's website – www.rosalindamorgan.com. They are not the same domain. One has my middle initial on it if you look hard enough.

I'm running several offers in July on the digital version of my books. Details on page 4 of this newsletter. Take advantage of the discounted price. Order your copy today. My new nonfiction "Stop and Smell the roses" is loaded with full color photos of roses. It is available in Kindle and paperback at Amazon. Ask for the hard copies at your nearest bookstores or libraries nearest you. They should be able to order it soon. Thanks.

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Quote of the Month

*“Be daring,
Be different,
Be impractical,
Be anything that will
assert integrity of
purpose and
imaginative vision
against. . .*

*The slaves of the
Ordinary.”*

Cecil Beaton

Motivational Tip

*Focus on solution –
some people always
look for problem in any
situation. Do the
opposite.*

Food for Thought

*“A book is a magical
thing that lets you
travel to far-away
places without ever
leaving your chair.”*

Katrina Mayer

Photography



Glorious sunset viewed
from my terrace at
Whitney Lake, Johns
Island.

HEALTHY LIVING

Ditch the junk food

From: The American Legion Magazine

According to U.S. News and World Report, junk food triggers addictive behavior. To fight off temptation, the magazine offers eight tips:

Know your trigger foods. And make them a treat for when you go out to eat.

Stock up on healthy foods. Fill your fridge with fresh fruits and vegetables, and keep healthy snacks on hand.

Eat consistent meals. Going too long without eating causes your blood sugar to drop, which contributes to cravings.

Balance your plate. Make sure all your meals have plenty of protein, fiber and healthy fats, which slow digestion, stabilize blood sugar and keep you full.

Practice the five-ingredient rule. Cut back on unhealthy, highly processed foods by checking the label.

Develop a new routine. If you always have dessert after dinner, change your routine.

Manage stress levels. Food cravings are often a response to stress. Find an alternative.

Get to bed earlier. Inadequate sleep stimulates brain centers, increasing junk food cravings.

TIPS FOR COOL SUMMER SAVINGS:

Make the most of Ceiling Fans

If you are like most Americans, you have at least one ceiling fan in your home. Ceiling fans are more than a decorative addition – if used properly, they can help lower energy costs.

Flip the switch. Most ceiling fans have a switch near the blades. In warm months, flip the switch so the blades spin in a counterclockwise direction, effectively producing a ‘wind chill’ effect. In winter, move the switch so the fan blades rotate clockwise, creating a gentle updraft. This pushes warm air down from the ceiling into occupied areas of the room.

Word of the Month

Recusant - adj.

Refusing to submit to authority. It has been in use since the early 17th century. Originally, it meant “refusing to attend the services of the Church of England,” but by the century’s end, both the adjective and the noun were also being used generally to suggest resistance to authority of any form.

Sample sentence: Norma’s recusant streak was apparent even in elementary school, when she would challenge the rules put forth by her teachers.

Follow Me

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

Blog:

www.rosalindarmorgan.com

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www.rosalindamorgan.com

Goodreads:

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LinkedIn:

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

Adjust your thermostat. In the summer, when using a fan in conjunction with an air conditioner, you can turn your thermostat up 3 to 5 degrees without any reduction in comfort. This saves money, since a fan is less costly to run than an air conditioner. In the winter, lower your thermostat’s set point by the same amount. Ceiling fans push the warm air from the ceiling back down toward the living space, which keeps you warmer even at the lower setting.

Choose the right size. Make sure your ceiling fan is the right size for the room. As a rule of thumb, a fan that is 36 to 44 inches in diameter will effectively cool you in rooms up to 225 square feet. Bigger rooms will need a larger fan, or multiple fans, for maximum comfort.

Turn it off. When the room is unoccupied, turn the fan off. Running a fan in an empty room only wastes electricity.

Q & A: What inspire you to write a motivational book with the rose as the theme?

I usually write historical fiction because I love the research part of it. However, writing about roses is not new to me. I know the subject matter very well and have won awards for my rose articles so why not put some of those articles in a book. I’ve been writing about them even before I wrote my first historical novel. I am also very healthy at my age (I’ll be 75 in Dec. 2018) with lots of energy and most importantly not on any prescription drug. I feel my lifestyle is the living proof that my motivational tips work. It works for me and it should work for anybody.

So the idea of writing a motivational book with a rose theme got started. The difficult part of it was looking for photos of the roses I want to describe. Some of my rose photos were stored in my computer but last year my computer conked out and I lost my photo files but I managed to find another source. After I gathered my materials, it was time to rearrange them to make sense. This took several revisions. Getting it ready for publication went through several snags that at some point, I never thought I’d ever make my deadline. I had a very hard time with the cover design. It kept on being rejected because it did not meet the requirement. It was very frustrating at best. As I was finishing up the book, I decided to dedicate the book to my two best friends, Sandy Prior and Grace Tedesco. They are special and very dear to me.

Laughter is the Best Medicine

A husband and wife were reading a magazine and newspaper when she burst out laughing. “Listen to this,” she said. “There is a classified ad here where a guy is offering to swap his wife for a season ticket to the stadium.”

“Hmm,” her husband replied, not looking up from his magazine.

Teasing him, the wife asked, “Would you swap me for a season ticket?”

“Never,” he said.

“That’s sweet. Tell me why not.”

“The season’s more than half over.”

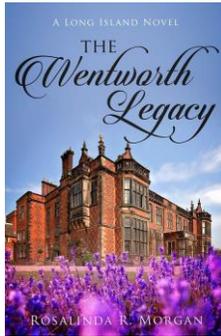
Need advice on growing roses?

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

Limited Time Deals on Kindle:



The Wentworth Legacy for \$1.99

Regular Price - \$6.99

From Wednesday, July 11, 8 AM PDT and ends on Wednesday, July 18, 12 AM PDT.

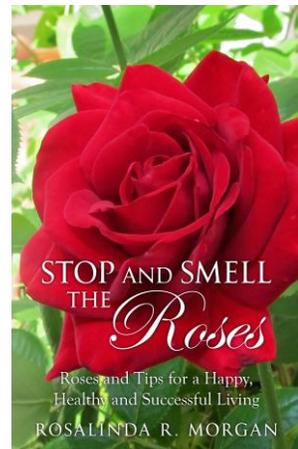
For more info, click [here](#) . Buy your copy today.

Stop and Smell the Roses for \$1.99

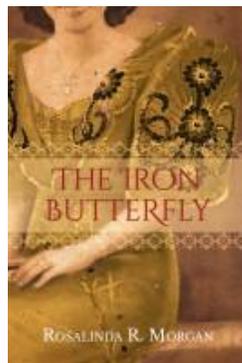
Regular Price – \$4.99

From Monday, July 16, 8 AM PDT and ends Sunday, July 22, 8 AM PDT.

For more info, click [here](#). Buy your copy today.



July Summer Sale at Smashwords:



The Iron Butterfly

Price: ~~\$2.99~~ \$1.50 USD. (50% off!)

Sale is now going on till the end of July.

For more info, click [here](#). Buy your copy today.

THE ICE AGE – PART I

With all the talk about Global Warming, here is a blog that I posted on www.subliblog.wordpress.com on March 24, 2018. During the early Ice Age, there was no emission problem since there was no car yet so why was there an Ice Age? Is the tilting of the Earth has anything to do with the Ice Age or Global Warming than pollution? This article is just an excerpt. If you want the full article of Part I and also Part II, you have to go to my blog – www.subliblog.wordpress.com.

About two million years ago, the land was already formed. One large land area reached out into the Pacific Ocean from the Asian continent. Only the South China, Sulu and Celebes basins remained as seas. But events were taking shape in the earth's polar region, causing three successive ice ages which lowered sea levels by 100 meters (330 feet). Sheets of ice were forming over the vast areas of the middle latitude of the North American continent and over much of northwestern Eurasia. From these areas, the ice seems to have moved out slowly in all directions, but mostly southward. The ice sheets were formed from snow, which must have fallen in great quantities when the climate was not warm enough to melt it. The ice was so thick that only the highest mountain peaks were visible above it.

The ice age consisted of several glacial epochs, separated by epochs of milder climate during which the ice sheets were reduced or disappeared all together. During the last 65,000,000 years of Earth history, the Earth began a slow

cooling period as early as 30,000,000 years ago during the Cenozoic Era, followed by the Pleistocene Epoch. The Pleistocene Epoch is the geological span of time that began 2,500,000 years ago and ended with the last glacial epoch some 10,000 years ago, with the beginning of the Holocene Epoch.

During the Pleistocene Epoch, great changes were taking place on the continents with the melting of the ice at least four or five times producing vast quantities of water which formed into lakes wherever basins were present. It also left a thick deposit of debris, called "drift" on the surface which it had covered. The drift consisted of rocks and earthly debris which the ice had scraped and broken off from the land over which it passed. The uneven spreading of the drift and the erosion of the ice left many depressions without outlets in the surface and in these depressions lakes, ponds, and marshes were formed of the large areas where once were covered by ice sheets. Thus arose most of the lakes, ponds, and marshes of the great area of millions of square miles covered by the ice sheets of North America.

In addition to the lakes, the melting ice sheets left the surface strewn with boulders of various kinds of rock, some of them of great size. Some of them had been transported hundreds of miles from the places where the ice broke them from the bedrock. Has anyone wondered how the huge rock called "Lion's Head" in Baguio in the Mountain Province got there? It must have been transported there during the interglacial period.