

MONROVIA

Living

JUNE 2019



The Speranta Family:

Believing and
Achieving for Others



Best Version Media

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Content Due	Issue Month
December 10	February
January 10	March
February 10	April
March 10	May
April 10	June
May 10	July
June 10	August
July 10	September
August 10	October
September 10	November
October 10	December
November 10	January

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Dear Fellow Monroviaans,

Summer is officially here! Spring may be done, but nature still has plenty of tricks up her sleeve. Author John Steinbeck summed it up best in *The Winter of Our Discontent* when he wrote, "In early June the world of leaf and blade and flowers explodes, and every sunset is different." As we look around, we can appreciate the beauty of flowers and plants that are hardy enough to withstand summer's heat.

When you need a respite from the warmth of summer, find a shady spot and take a minute to check out this month's articles. Our June contributors offer advice about taking a memorable trip, suggest ways to pamper your favorite man (you know he would love it!), and navigate tricky financial decisions and investments, all while you enjoy a glass of Riesling and a good book. You'll learn about how to communicate better, how to keep cool using essential oils, and how to know what Smart Home tech you need to make home life a little more organized.

Young adult author Jenny Han tells us, "Everything good, everything magical happens between the months of June and August." So enjoy the longer days while they last, and take in the magic of summer.

In appreciation for your readership,



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The Speranta Family: Believing and Achieving for Others

By Nan Kuhlman

It was March 16, 2018, when the Speranta family knew that nothing would be the same again. Their oldest son James, now 17, was diagnosed with acute lymphoblastic leukemia that day, and while many would focus on the ever-present “Why me? Why us?” questions, the Sperantas knew their sole focus was to help James get out of this crisis and keep the family together. In their efforts to adapt to a new normal, the Sperantas learned about the power and support of the Monrovia community, and it continues to fuel their mission to support other families affected by childhood cancer.

Cristian and Nicola Speranta met in 1995 in New Zealand during a chance meeting with Nicola’s three brothers. Nicola, born in New Zealand, was traveling to Australia to attend her father’s wedding. Cristian, originally born in Bucharest, Romania, and transplanted to New Zealand at age seven, says it was love at first sight. They were married in 1997 and later immigrated to the US.

Interestingly, it was a job with the City of Hope that brought Cristian and the rest of the family to Monrovia in March of 2000. Little did they surmise that they would be in need of the City of Hope’s services as it has become one of the leading cancer research and treatment centers in the US.

Upon receiving James’s diagnosis, the Sperantas were in total shock. One day he was competing in water polo competitions for Monrovia High School (MHS), and the next day they found out he had leukemia. “There were no real signs, other than fatigue, and then he became pale,” Nicola says. At the hospital, Nicola realized how devastating

this news was for her family. “I saw my husband crouched over looking like he had the weight of the world on his shoulders. Our son Andrew [now 15] was clearly numb, and James was looking defeated,” she says.

At that moment, Nicola rallied the family with these words: “James, there is sickness all around us. It’s everywhere. There are young men and women in the armed services who are 18, 19, 20 years old. They go off to war, and war is ugly. They may find themselves shot and wounded in a ditch. When they are down in that ditch, what do you think they are gonna say to themselves, James? They are gonna say, ‘How the f*%\$ do I get out of this ditch and how do I survive?’ When they do get out of that ditch and survive, they become giants! That’s you now, James. You’ve been diagnosed with cancer. What are you gonna do? Are you gonna say, ‘Why me?’ Or are you gonna lift yourself out of that ditch and survive?”

James responded, “I’m gonna pull myself out of this ditch and survive!”

Nicola took his yes answer and then raised the bar: “Good. We need to get busy. We need to get mobilized. You’re an athlete, and you need to stay active. You must get up and walk around the unit four times a day. You need to do press-ups and sit-ups, and we will get you an exercise bike for this room.”

Nicola calls this the “defining war cry” moment in the experience, and it was also at this moment they realized that being first-generation immigrants, they had no nearby family to call for help. Nicola says, “This is when we realized we needed our friends, our neighbors, and our community to help us.” So many people called and sent messages that James set up a Facebook page to share his journey and progress, and it grew much larger than anticipated. The Monrovia community became the Sperantas’ missing family.

This support became a lifeline. “The Berger family offered their back house to James as our house was under construction at the time of diagnosis, so our family lived in two houses for 17 weeks,” Nicola says. “Prayer groups were set up all over Monrovia, and meals were delivered by Vern’s Meal Prep for Cris and me, sponsored by Foothill Gym, our local gym family, so we could eat healthy.” Their employers, NBCUniversal and Remax Premier Properties, also enabled them to work remotely during this period.

Nicola explains that despite all the support, their family discovered that the well siblings of the sick child also suffer. Thankfully, the community and school reached out: “Our son Andrew had his very own food train organized by Kim Collins [with] food provided by 35 Monrovia families and individuals. He had lunches and dinners delivered to school and home every day,” Nicola says. “Clifton Middle School and their teachers had a meeting and rallied around Andrew.”



When she saw the challenges that families faced with childhood cancer must overcome, Nicola approached the Monrovia School District about playing a part in fixing the number one need for children with cancer: blood, platelets, and immune system matches. MHS and Clifton Middle School opened up to the public for a blood drive on June 2, 2018, which became the largest city blood drive at 130 pints. June 2nd has also become Monrovia's Childhood Leukemia Awareness Day by proclamation of Mayor Tom Adams last year and approval by City Council.

Though James entered the maintenance phase of his treatment

in January 2019, the Speranta family has not stopped their efforts to support families affected by childhood cancer. In September 2018, they filed for a non-profit organization called the James Speranta Organization dba Childhood Leukemia Society (see sidebar). The vision of the non-profit organization was coined by son Andrew: "For all the battles we have won, and for all the battles we have lost, we need to support the ones that are still fighting. Together, let's end childhood leukemia." The Speranta family's motto, inspired by Foothill Gym owner Brian Whelan, is "Believe, and you can achieve," and they continue to believe and achieve on behalf of others facing childhood cancer.

The James Speranta Organization

dba Childhood Leukemia Society Mission Statement

By Cristian and Nicola Speranta

The James Speranta Organization has been created with the purpose of providing support structures and education programs relating to childhood leukemia, particularly for the families in the San Gabriel Valley Community in Southern California.

Our Organization is actively engaged in helping individuals and families that are the victims of childhood leukemia under a number of programs:

- Fund Raising events
- Blood Drives
- Meals for Victims of Leukemia
- Counseling assistance through local support groups
- Partnership with the City of Monrovia Council for promotion of educational events in support of Childhood Leukemia Awareness education as well as various fund-raising initiatives.

We anticipate raising sufficient funds to be able to make financial contributions to the City of Hope Cancer Research Center in Duarte, California, and other cancer hospitals in the immediate area, such as Miller Children's Hospital in Long Beach and Los Angeles Children's Hospital, to aid in their collaborative research in the treatment and cure of childhood leukemia.



Reverse Mortgage Scenarios: Which One Works for You?

By Denny Black, Old Town Mortgage, NMLS29875, 306452



Have you considered a Reverse Mortgage? We've done quite a few here at Old Town Mortgage and even we're amazed at the options available, and we're thrilled with the solutions they've provided for our borrowers.

Here are a couple of examples of Reverse Mortgages we've done for our customers in the past year.

Homeowner #1: A long-time resident of Monrovia, our customer was a disabled senior citizen with a paid off mortgage. Her desire was to age-in-place at home with the help of in-home health care providers. At a cost of \$5,000 per month, her Social Security was not nearly enough.

Solution: Our borrower obtained a Reverse Mortgage with an initial disbursement, and an on-going monthly check. She now has adequate income to pay for the help she needs and a nice nest egg in the bank.

Homeowners #2: A senior citizen couple in a nearby community with a mortgage of \$190,000. With a monthly mortgage payment of \$1,900 and other debt commitments, they had negative cash flow and they were falling further and further behind.

Solution: They obtained a Reverse Mortgage to pay off their existing mortgage, satisfy other debt, and even pay off legal judgments. They are now cash flow positive and able to put money into their savings each month.

Homeowners #3: A senior couple here in Monrovia sold their home and netted approximately \$550,000, with the plan to downsize and move closer to family.

Solution: They found a home out of the area for \$525,000. Rather than spend almost all of their net proceeds from the

sale of their Monrovia house, they put 60% down and financed the balance with a Reverse Mortgage. NO mortgage payments AND \$219,000 left in the bank.



Homeowner #4: A senior citizen who owns a duplex in Monrovia. She lives in one unit with her daughter and her sole income was Social Security. We arranged a Reverse Mortgage for her; it paid off the small mortgage and gave her the funds she needed to fix up the second unit, which had become uninhabitable, enabling her to rent it out. She continues to live on the property with no mortgage payment, and monthly rental income of \$1,800.

What's your retirement situation? While Reverse Mortgages are financially rewarding, they are also complicated. If you, like me, are a senior homeowner with thoughts about retirement and worries about outliving your savings, give me a call. I'm located in Monrovia, have done business locally for more than 25 years, and am a proud member of Monrovia Rotary Club.

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JUNE

Sat., June 8

Kids' Cupcake Wars

@Sauté Culinary Academy,
150 E. Colorado Blvd.

Bring the kids in for Sauté's own version of Cupcake Wars! Let the competition begin.

Time: 9:30-11am

Cost: \$30 per child

www.sauteacademy.com

**Mon., June 10, through
Mon., Aug. 12**

Children's Cooking Summer Camps

@Sauté Culinary Academy,
150 E. Colorado Blvd.

Kids ages 7-14 explore the culinary arts and have fun doing it! Camp includes a chef's hat, apron, and recipes. Extended care is

available from 4:30-5:30pm for an additional \$50 per child.

Time: 9am-12:30pm (culinary camp);
1-4:30pm (baking & pastry camp)

Cost: \$250 per child (per camp)

www.sauteacademy.com

Sat., June 15

Animal Adventurers

Workshop: Cats & Crafting

@Pasadena Humane Society & SPCA,
361 S. Raymond, Pasadena

This event allows kids 8-12 to craft and cuddle with the resident felines at the Pasadena Humane Society. Children will create cat beds and toys to donate to shelter kitties.

Time: 1-2:30pm

Cost: \$30 per child

www.pasadenahumane.org

Sat., June 22

Flavors of Spanish Tapas

@Sauté Culinary Academy,
150 E. Colorado Blvd.

Come explore the world of small plates and amazing flavors. With a Paella as our centerpiece, come learn to make amazing tapas, such as Empanadas, Ceviche and many more recipes on the menu.

Time: 6-9pm

Cost: \$75 per person

www.sauteacademy.com

Sat., June 29

LA Food Fest

@Santa Anita Park, Arcadia, CA

This is the last chance to enjoy the LA Food Fest at Santa Anita Park, celebrating a decade of top chefs and restaurants. One ticket includes both eats and drinks!

Time: 2-7:00pm

Cost: \$54-99 (depending on entrance time)

www.lafoodfest.com



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Managing Your Window of Tolerance (Part 2)

By Rudy Hayek, MA, LMFT



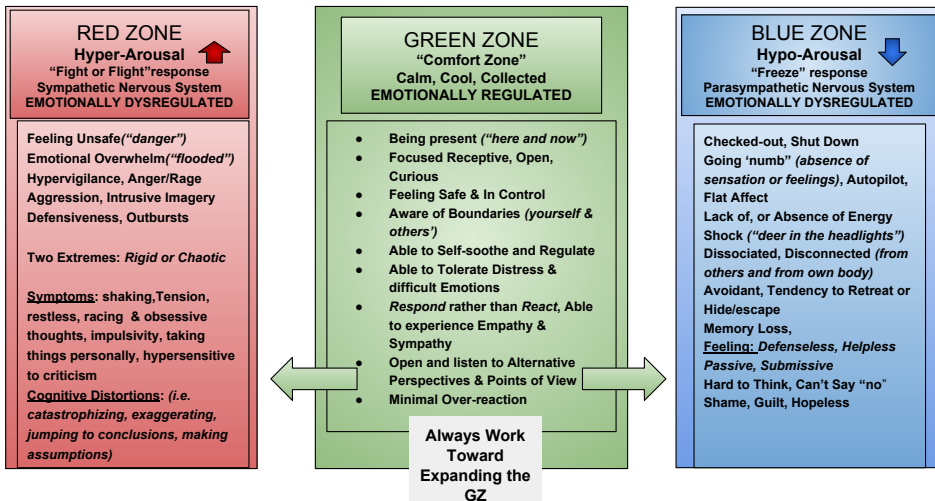
You remember last month's column, I introduced you to the Window Of Tolerance (WOT), a model many therapists and mental health practitioners use to help clients manage their responses and reactions to difficult emotions and interactions. The RED, BLUE, AND GREEN zones identified the different states that we could manifest, with GREEN zone being the ideal. Here is my version of the model filled in with the specific signs, symptoms, and behaviors:

Now that you have had a chance to review the WOT model, and perhaps you've been able to identify your pattern, what are some ways you can manage these emotional and physiological states? Below are some tips and ideas that you can begin to integrate into your life today so that you can, not only move into the GREEN ZONE more promptly and frequently but also continue to expand it with greater ease:

- Pay attention to your physiology by knowing how your body reacts to stress.

- Practice Mindfulness that includes breathing exercises and self-soothing techniques regularly. Don't wait until you're stressed to do them!
- Make self-care a regular part of your week so that you remain physically and emotionally strong
- Learn effective communication skills that teach you how to put your feelings and emotions into words, so that others can hear you and understand where you are coming from.
- Make time to understand the people you interact with regularly by learning more about their perspectives, and why these things are important to them.
- Understand that life will not be fair more often than you hope, and that learning to be resilient and adaptive will get you to your goals and desires faster.

WINDOW OF TOLERANCE



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Peppermint: The Perfect Summer Oil

By Priscilla Hervey, Owner, Healthy Connecting LLC



After a very cold and rainy winter season and a blooming spring, we have now entered summer. How hot it will be, we don't know, but there will be time for some outdoor adventures. Many of you will be traveling to new and exotic destinations or planning a staycation. Being in Southern California, we have the blessing of the beach and mountains all within a couple of hours from each other. I always make sure I have my essential oils bag on hand for a variety of needs. However, if I were to choose just one for the summer, it would be Peppermint!



This versatile gem of an oil serves so many purposes. Whether it is soothing sore muscles from hiking to rubbing on the tummy after overindulging on vacation cuisine, this is a power-packed oil! You can also dab a

drop or two behind the ears and back of the neck to stay cool when you plan to be out in the heat.

Because of the higher temperatures, the body will be sweating more and can result in getting dehydrated more quickly. Increase water consumption to replenish what your body needs. Want to add a little flavor and refreshment? Add a drop of peppermint oil* to a glass of ice water to enjoy as you hydrate your body. If you get a headache, consider drinking more water and applying a drop of peppermint to the head to bring relief.

The past few months have had a lot of pollen in the air and, as a result, can lead to some congested noses. Inhale peppermint to open those nasal and sinus areas so you can take those deep breaths of fresh air. Some will add lavender and lemon oils to peppermint and apply that around their sinus areas to help as well. However, it is best not to use lemon oil on areas of the body that will be exposed to the sun as it is considered photosensitive.

There are so many uses of peppermint! What I have mentioned here are just a few suggestions to help you during this summer season of sun and fun!

*Check labels on peppermint oil before consuming. Not all essential oils are safe or recommended for internal consumption. Young Living Vitality essential oils are labeled for consumption/ Non-GMO Project Verified.

The information in this article is for educational purposes only and is not meant to diagnose, cure, or treat any medical condition.

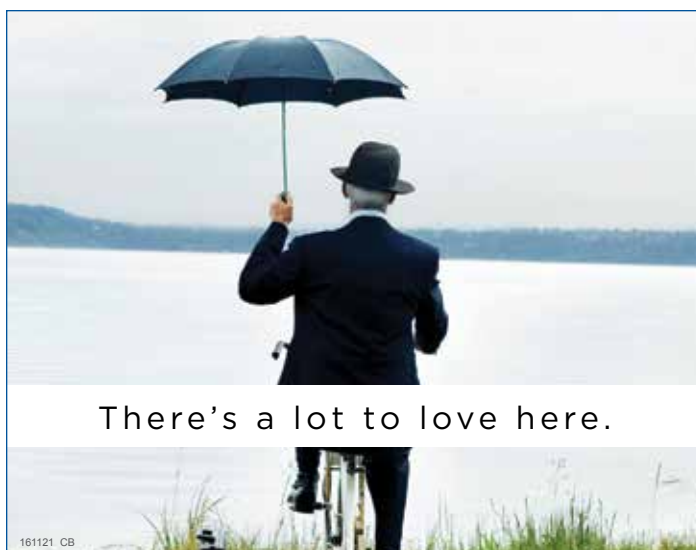
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Memorable Moments Travel: Here to Get You There

By Nan Kuhlman

Meet Gwiin Correa, owner of Memorable Moments Travel in Monrovia. Gwiin is a travel designer who specializes in group and celebratory travel, helping her clients create memorable moments anywhere in the world that will last a lifetime. Whether your group is 2 people or 60, she crafts one-of-a-kind travel itineraries as a Virtuoso travel advisor from fully vetted and researched travel suppliers, and rather than relying on commissions, Gwiin charges a reasonable planning fee to conduct the necessary research and find properties that meet your needs.

With her experience as a former Civil Rights practitioner, Gwiin developed a listening ear, a passion for people, and a fine attention to detail. These skills, combined with her knack for planning and uniting people, made opening Memorable Moments Travel more than twelve years ago a joyous celebration of her concern for humanity and her foundational belief that travel expands our worldview and connects us with others.

Gwiin says, "I love when a client comes back from a trip, and they feel changed!"

When asked about her favorite part of being a travel designer, Gwiin says, "I love to design and handle all the options and



Gwiin Correa, Owner and Virtuoso Travel Advisor

An advertisement for Uniworld River Cruises. The top half shows a man and a woman walking down a grand, ornate staircase on a ship. The man is wearing a light blue sweater and the woman is wearing a red top and a grey cardigan. The background is a lush, green landscape. The Uniworld logo is in the top left corner, with the tagline "You deserve the best".

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An advertisement for FreshCoat Painters. The top half features the company logo, which is a red brushstroke with the word "FRESHCOAT" in white. Below the logo is the text "Painters Serving Monrovia And Surrounding Areas". The bottom half shows a photograph of a two-story house with a white picket fence in front. To the right of the photo is a list of services.

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Black Paris Tour – Damas Statue-- Paris, France

details so that all you have to do is pack—and if you experience a hiccup during your journey? I’ve got your back.” Her motivation is to encourage travel by making it as easy as possible. Gwiin says, “I am here to get them [her clients] there.”

One of Gwiin’s favorite travel moments happened as part of the Black Paris tour. “I recall breaking bread with complete strangers as we met for breakfast in a Paris cafe, preparing to explore history on the Black Paris tour. It was people from different parts of America, different backgrounds, with a common interest—the love of history and the search for identity!” Gwiin says.

Another memorable travel moment took place in Sarajevo, Bosnia, for a “Be My Guest” experience where a local family, mother Sanela and twelve-year-old daughter Lamija, welcomed Gwiin and her four travel companions into their home to share



Be My Guest Experience in Sarajevo, Bosnia

a meal and conversation. This small apartment was home to Sanela and her husband, daughter Lamija and her older sister, and a grandmother. Sanela prepared a traditional Bosnian meal of Spinach pie and cevapi which are small, oblong-shaped kebobs made of beef and/or lamb and served in traditional Bosnian pita, along with dolmas with small stuffed onions, potatoes, and sour cream. Gwiin says, “We had no idea of the blessing we would receive from this simple, yet unique experience. What struck us all was how very happy this family was in their small apartment without all of the space and material ‘stuff’ that we are so accustomed to. People connect over a meal; they learn about each other and from one another—people unite, and the experience is indelible.”

Monrovia Living welcomes Gwiin Correa and Memorable Moments Travel!



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First Quarter 2019 Commercial Real Estate Market Update

By Linda Vidov-Elkaim of Top Commercial Realty, Inc.



Industrial Market Update

The Greater Los Angeles industrial market continues to experience the highest demand in the country due to economic expansion and two of the busiest ports in the country. Third-party logistics companies accounted for the largest leases in the market. The vacancy rate is minimal at 1.2 percent. Rents have increased by almost seven percent over the last four quarters. The challenges the market faces are a higher cost of doing business and another minimum wage increase to \$14.25 per hour in Los Angeles. New construction continues to drive most of the leasing activity.

The San Gabriel Valley market continues with strong leasing activity and increased rents. The vacancy rate remains historically low reported at 1.2 percent. An estimated 2.6 million square feet is currently under construction throughout the San Gabriel Valley. The average lease rate is estimated at \$0.97 per square foot.

Office Market Update

The greater Los Angeles office market continues to see vacancy rates tightening and lease rates increasing quarter over quarter. Tech, media and co-working companies are fueling the leasing activity. The average lease rate is \$3.34 per square foot and the vacancy rate is reported at fourteen percent. Currently, 2.8 million square feet is under construction.

The San Gabriel Valley office market has also seen increased leasing activity which has tightened the supply. The vacancy rate is reported at 10.9 percent for the first quarter. The average asking rent for Class A buildings which are higher quality build-out and amenities increased to \$2.69 per square foot. The average asking rent for Class B buildings was reported at \$2.32 per square foot. No new construction is currently underway.

Source: CoStar April Newsletter



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Monrovia Association of Fine Arts: Enhancing Life through Artful Interaction

By Christine Geltz, President of MAFA



The Monrovia Association of Fine Arts (MAFA) has been a part of Monrovia's history for more than 50 years. In 1954, Mildred Lapson, a renowned artist and resident of Monrovia, organized the first arts festival with the vision that the community would be enriched by bringing attention to fine arts. Other community leaders caught the vision which led to the creation of the Monrovia Arts Festival Association in 1965, and by 2012, the name of the organization was changed to Monrovia Association of Fine Arts to brand the group more clearly as a fine arts organization. The mission of the group is to "enhance the lives of those within our community through interaction with the arts [and] increase the opportunities of our children through art education."

MAFA is an all-volunteer, non-profit organization that promotes local artists and encourages young people (and

old) to experience art. Membership includes artists and art enthusiasts, and the group looks to the community to provide members with skills to help grow the organization, as well as financial sponsors. Check out the activities planned so far:

- ☞ Summer Art Walks the last Saturday evenings of June and July and third Saturday of August along Myrtle Ave in Old Town
- ☞ The annual "Celebrate the Arts Show & ChalkFest" in October. We will celebrate our 55th event on October 5 at Station Square Park
- ☞ Monthly artist workshops for professional development
- ☞ Area small businesses featuring local artists' shows
- ☞ City "Art in Public Places" proposal opportunities

MAFA has supplied more than \$50,000 for art education benefitting



Monrovia students since 2004. Artist members from MAFA created an afterschool art curriculum for the Monrovia Unified School District, and MAFA works with the Foothill Unity Center's events so that at-risk children also learn about art. In 2019, MAFA and Mt. Sierra College became partners to promote educational events to local residents and include Mt. Sierra students in MAFA shows and events.

MAFA's legacy of enhancing life in Monrovia by "artful interaction" continues. We'll see you at the Summer Art Walks this month!



Monrovia Association of Fine Arts



How to Sell Your Art Workshop



More Than Pampering: Wellness for Men

By Taylor Weigel & Natalie Vasquez, Xylem estheticians

For many men, skin care takes the form of a bar of soap, 3-in-1 shampoo-conditioner-body wash, and “manly” black packaging. It’s time to consider that wellness should not be gendered, and men’s skin care shouldn’t stop at the shower. With Father’s Day coming soon, Xylem Salon & Spa can help you gift the special man in your life some time for relaxation and wellness. Let’s take a look at the practical health benefits of wellness services for men:

- ★ It relieves stress and tension which have been linked to high blood pressure, ulcers, and even irritable bowel syndrome, according to the article “Stress and Heart Health” found on the American Heart Association
- ★ It can improve self-esteem which increases self-confidence.
- ★ It can address any skin concerns, and Xylem’s

knowledgeable team of estheticians are committed to finding a solution using Aveda’s naturally derived, plant-based products.



Natalie Vasquez



Taylor Weigel

If you’re not sure where to start with wellness services for men, we can help! Consider these popular services for men:

- ★ **Facials:** Xylem Salon & Spa offers 30 and 60-minute facials because men’s skin care can go a step beyond aftershave. We can treat specific skin concerns, such as acne or oiliness, or we can focus on preventative treatments for anti-aging.
- ★ **Waxing:** Xylem’s estheticians are trained in the art of hair removal. From itchy hairs on the earlobes to back hair that can’t be reached by shaving, we can take care of it. Another benefit is that depending on an individual’s growth pattern, waxing can leave the skin smooth and hair-free for up to six weeks!

Xylem also offers Aveda products for men, such as Grooming Essentials, a small starter pack with shampoo, conditioner, aftershave, and grooming clay, as well as Aveda Men Pure-Formance Composition Oil, an organic soybean oil combined with meadowfoam seed, tamanu, and plai oils, used to condition the scalp and hair and soothe dry skin.

Give your favorite man the chance to de-stress at Xylem Salon & Spa! Visit www.salonxylem.com and check out our skin and men’s pages. Call 626-357-1886 to schedule an appointment, or visit us for a complimentary consultation.



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Riesling: Perfect for Summer!

By Julie Kalicki, The Saltner



When deciding on a refreshing wine for a late summer afternoon, consider Riesling. Riesling originated on the Rhine River in Germany. Known for its fresh aromatics this wine has flavors of apples, pears, and stone fruits like nectarines and peaches. Made as a dry, semi-sweet, or sparkling wine, this wine is crisp due to its high acidity. This wine, like Chardonnay, is age-worthy due to the high acidity and a chemical inside the Riesling grape known as TDN. When TDN is present in a wine, it gives off a strong kerosene-like smell which is how many wine enthusiasts believe you can tell a high-quality Riesling apart from other Rieslings.

Understanding the label when buying Riesling is very important and labels vary from country to country. The California, Washington, New York, New Zealand, South Africa, and Austria Riesling are typically dry (nonsweet: all the sugar has been converted to alcohol during fermentation) to off-dry or semi-dry wine. However, these wines still have a perceivable sweetness as there is still a residual sugar left in the wine. Germany has the most extensive categorization of their Riesling wines, and this can be tricky unless you become familiar with the classifications.

Qualitätswein (quality wine from a specific region): The region must be specified on the label. These are the basic, everyday, mostly inexpensive wines. The grapes for these wines are typically at a low level of ripeness and alcohol content must be at 7% by volume. Sugar is often added to the unfermented grape juice which results in a final higher alcohol level, and this process is called chaptalization. The styles range from dry to semi-sweet which is often indicated on the label.

Prädikatswein (superior quality wine): known as the highest level of wines, these display Präikat (ripeness level designation) on the label and no extra sugar can be added to the unfermented

grape juice. These wines have a notable sweetness unless the bottle is marked dry or off-dry.

Kabinett: This classification literally means “cabinet,” and it conveys that these wines are of reserve quality. They are fully ripened light wines with crisp acidity and usually semi-sweet; however, they may also be dry if labeled.

Spatlese –This classification means “late harvest,” and these wines usually are half- dry and more fruity and sweet than Kabinett. The grapes are picked after harvest, so they are riper.

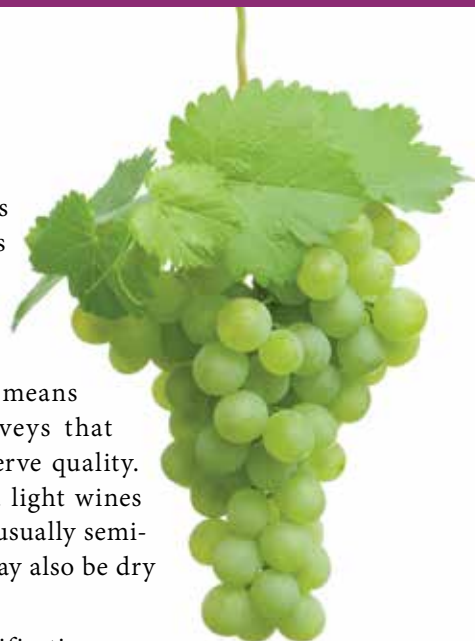
Auslese: A select harvest of grapes that are hand-picked and made into a sweet or semi-sweet wine with a noble rot character which enhances sweetness. Noble rot is a gray fungus that can be helpful in the winemaking process.

Beerenauslese: This means “select berry harvest.” This wine is created by overripe grapes combined with noble rot, resulting in a sweet dessert wine.

Trockenbeerenauslese: This wine, whose name means “select dry berry harvest,” comes from overripe and shriveled grapes affected by noble rot. It is an extremely rich and sweet wine.

Eiswein: “Ice Wine” is made from grapes frozen on the vine resulting in a very concentrated wine. They must reach the same level of sugar as a Beerenauslese in the must. Classic styles don’t use grapes that have been affected by noble rot.

When the weather turns warmer, wine lovers turn to varieties of Riesling for its crispness and acidity. **Cheers!**



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By Ms. Turna Page

June 2019 Book Recommendations:

Babies

Toesy Toes by Sarah Tsiang

This board book explores the sensations babies feel when they explore their toes.

Children

Mary Poppins by P.L. Travers

This is the story of one brilliant idea and the child who helps to bring it into the world. As the child's confidence grows, so does the idea itself. And then, one day, something amazing happens. This is a story for anyone, at any age, who's ever had an idea that seemed a little too big, too odd, too difficult. It's a story to inspire you to welcome that idea, to give it some space to grow, and to see what happens next. Because your idea isn't going anywhere. In fact, it's just getting started. Adapted by Amy Novesky

When the East Wind blows Mary Poppins over Cherry Tree Lane and into the lives of the Banks children, nothing is ever the same! This picture book adaptation of the original novel is full of Mary's unique brand of whimsical adventure: There's a tea party on the ceiling, a visit to the night zoo, and a trip to a mysterious shop that sells stars. Young and old, longtime friends of Mary, and those meeting her for the first time will revel in this colorfully illustrated version of the story that inspired the image of the beloved nanny of page, stage, and screen.

Middle Grade

Tales from the Inner City by Shaun Tan

A collection of illustrated short stories, each one about the relationship of humans and the animals, both wild and domestic, that share the urban environment of the inner city. Some of the

stories are only one page in length; others are told in free-form verse; all throw light on the hidden world of truth and feeling beneath the surface of our everyday lives.

Young Adult

Come November by Katrin Van Dam

Senior year at high school is going to be hard enough for Rooney Harris, desperate to get into a good college and away from her small town, but things get tougher when she ends up as the sole support for herself and her younger brother because of their mother's obsession with the Next World Society, a cult that believes they will be whisked away to a new world paradise on November 17.

Adult

This Chair Rocks: A Manifesto Against Ageism by Ashton Applewhite

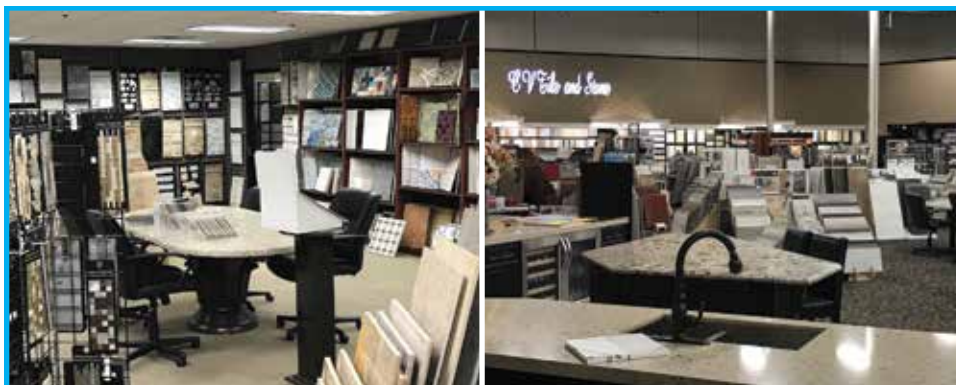
In our youth-obsessed culture, we're bombarded by media images and messages about the despairs and declines of our later years. Beauty and pharmaceutical companies work overtime to convince people to purchase products that will retain their youthful appearance and vitality. Lively, funny, and deeply researched, this book traces Applewhite's journey from apprehensive boomer to pro-aging radical and in the process debunks myth after myth about late life.

Upcoming Library Events:

Summer Reading Club: June 10 through August 3 – All Ages

Starting June 10 – Storytimes on Mondays, Tuesdays, and Wednesdays - Baby and Preschool

For more programming, check out our Calendar of Events at monroviapubliclibrary.org



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Smart Home Technology

By Dave Fernandez, Owner of Czar Audio Video & Home Theater



Czar is often asked about Smart technologies. Here are some of the latest innovative ideas to simplify your castle:

Smart Home. This term means you are able to connect devices and automate technology, including Lighting, Home Theater control, Security systems, Shade control, Home energy monitoring, and Vacation Modes.

One-touch Control. Seamlessly control all your devices from a central touch panel location, smartphone, and or labeled keypad next to your light switches in every room. This is generally the reason why people invest in smart home technology.

Why should you consider Smart Home or One-Touch Control technology? To simplify your life and keep things organized. The whole point of in-home technology is simplicity. Even if you're initially uncomfortable with technology, we can help you move forward at a pace you're comfortable with.

Here at Czar, we specialize in Smart Home Technology. With so many options to consider, we always recommend doing some research, but we can share our



experiences utilizing Crestron Smart Home Technology and others and how they can keep your life organized. If you see me or any of our technicians around town, feel free to ask a question.

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A Boy and His Dad

By Edgar Guest (1881-1959)

A boy and his dad on a fishing-trip—
There is a glorious fellowship!
Father and son and the open sky
And the white clouds lazily drifting by,
And the laughing stream as it runs along
With the clicking reel like a martial song,
And the father teaching the youngster gay
How to land a fish in the sportsman's way.
I fancy I hear them talking there
In an open boat, and the speech is fair.
And the boy is learning the ways of men
From the finest man in his youthful ken.
Kings, to the youngster, cannot compare
With the gentle father who's with him there.
And the greatest mind of the human race
Not for one minute could take his place.
Which is happier, man or boy?

The soul of the father is steeped in joy,
For he's finding out, to his heart's delight,
That his son is fit for the future fight.
He is learning the glorious depths of him,
And the thoughts he thinks and his every whim;
And he shall discover, when night comes on,
How close he has grown to his little son.
A boy and his dad on a fishing-trip—
Builders of life's companionship!
Oh, I envy them, as I see them there
Under the sky in the open air,
For out of the old, old long-ago
Come the summer days that I used to know,
When I learned life's truths from my father's lips
As I shared the joy of his fishing-trips.

This poem is in the public domain.



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