



## LA County Fair: “Art Unleashed” Celebrates Creativity & Community

The LA County Fair is back in Pomona, now through May 26 and this year's theme — “Art Unleashed” — celebrates the creativity that lives in every corner of our lives. This year's fair invites you to get inspired, get involved, and maybe even get your hands a little dirty.

### Must-See Exhibits & Experiences

#### The Farm & Gardens

Wander through five acres of working farmland, where you'll find everything from alpacas and goats to vegetable patches and pollinator gardens. Enjoy hands-on classes, live animal interactions, and agricultural demos that make learning feel like play.

#### Art Walk & Clay Play

Explore the new Art Walk, a curated path through local and regional artworks, murals, and live painting sessions. Try Clay Play, where visitors of all ages can take wheel-throwing pottery classes and bring home their own handmade creations.

#### Home Arts Pavilion

This is where tradition meets talent. Discover award-winning quilts, embroidery, woodworking and baking by local community members. With daily live demos you can vote for your favorites.

#### Heritage Square

Step back in time with hands-on experiences in blacksmithing, beekeeping, candle making, and other time-honored trades. Watch a glassblower shape molten art or try spinning wool. Heritage Square is full of nostalgic charm.

#### Flower & Garden Pavilion

Lose yourself in a world of color and fragrance. This year's flower exhibits are inspired by fine art, with floral designers recreating famous paintings using petals, stems, and leaves. Don't miss the oversized botanical sculptures and garden design showcases perfect for home inspiration.

#### Why Go?

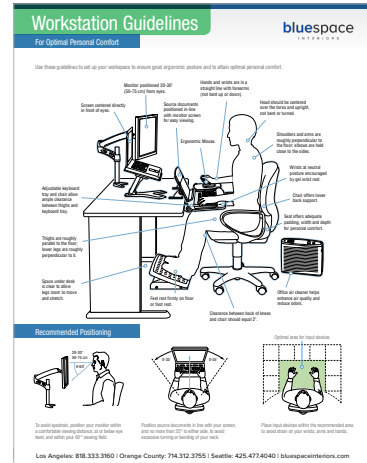
Whether you're in it for the plants, the pottery, or just a picture with a prize-winning pig, the LA County Fair 2025 is bursting with hands-on fun and authentic California charm. Bring the whole family or come solo — either way, you'll leave with inspiration and maybe even a new hobby.



## Prioritizing Posture: The Benefits of Ergonomics in the Workplace

May is Posture Awareness Month, a great opportunity to reflect on how our daily work habits, especially how we sit and move, affect our health and performance.

Ergonomic task chairs are essential for supporting healthy posture. Designed to follow the natural curves of the spine, these chairs help reduce pressure on the lower back, improve circulation, and prevent the discomfort that often comes from sitting in one position too long. Adjustable features like lumbar support, seat depth and armrests allow users to tailor their chairs to their bodies, creating a more personalized and supportive work experience.



[Request our free Ergonomic Seating and Exercise chart](#)

Sit-to-stand desks have also become key tools in creating healthier workspaces. They offer flexibility to alternate between sitting and standing, which helps reduce fatigue, boost circulation, and improve focus throughout the day. Research referenced by Humanscale and leading universities shows that changing postures during the workday can significantly benefit both comfort and productivity.

Even small habits can make a big difference in supporting posture:

- Stand or stretch during virtual meetings
- Raise screens to eye level to reduce neck strain
- Do hourly posture resets by aligning your shoulders, hips, and feet
- Take walking breaks to keep muscles engaged

Companies like Humanscale are at the forefront of creating ergonomic solutions that support well-being in both office and remote settings. From thoughtfully designed chairs to intuitive sit/stand products, their work continues to show how better posture can lead to better work.

At bluespace interiors, we're proud to offer ergonomic solutions that make people feel more supported, productive, and at ease in the spaces where they work. [Request our ergonomic seating position and exercise chart to share with your team.](#)

## Upcoming Events for May

**May 2 - 26**  
LA County Fair  
Fairplex  
Pomona, CA

**Now - May 18**  
Renaissance Pleasure Faire  
Santa Fe Dam Rec. Area  
Irwindale, CA

**May 16 - 18**  
Fountain Valley Crawfish Festival  
Fountain Valley Sports Park  
Fountain Valley, CA

**May 17**  
Cruel World Festival (Music)  
Rose Bowl  
Pasadena, CA

**May 21 - 26**  
LA Fleet Week (Free)  
San Pedro Waterfront  
San Pedro, CA

**May 25 (Memorial Day Weekend)**  
Vista Strawberry Festival  
Downtown Vista  
Vista, CA





## Pedal Power: May is Bike to Work Month!



Time to dust off those helmets, pump up your tires, and hit the streets—May is Bike to Work Month! Whether you're a daily cyclist or just thinking about giving it a go, there's no better time to swap four wheels for two and celebrate the freedom, fitness, and fun of biking.

### Why Ride?

Biking to work is more than a great way to stay active—it's a small lifestyle shift that makes a big impact. Fewer cars mean less traffic, less pollution, and more good vibes for everyone. Plus, we hear the post-ride coffee hits way different after a morning commute powered by your own legs.

### Save the Date: Bike to Work Day – May 16

Join the nationwide celebration on Thursday, May 16 for Bike to Work Day! Many cities will be offering pit stops with free snacks, swag, and tune-ups for bike commuters. It's a great day to connect with your fellow riders and show some love for greener commutes.

### Streets for People: CicLAvia is Rolling In

Want to ride beyond the commute? Mark your calendars for CicLAvia, L.A.'s favorite open streets festival where the roads are car-free and carefree:

#### Saturday, May 18 – CicLAvia: Southeast Cities

Cruise through Huntington Park, Walnut Park, South Gate, Cudahy, and Bell. It's a celebration of community and culture on wheels!

#### Saturday, June 22 – CicLAvia: South LA

Another chance to ride, stroll, dance, or skate through the city's vibrant streets without a car in sight.

No cars. No stress. Just fresh air, good tunes, and all the space to ride free.

### Final Tip: Ride Smart, Ride Safe

Before you hit the pavement, check your brakes, wear your helmet, and plan your route. And don't forget your sunscreen—it's May in SoCal after all!

So, whether you're commuting to the office or coasting through CicLAvia, make May a month of forward momentum!

## Design Inspiration: Circular Lounge Hightop Cafe



### Description

The rendering features a small café inspired by Pantone's Peach Fuzz, incorporating high-top seating and a cozy lounge area.

### Manufacturers

Hon, OFS, Buzzispace, Studio TK

### Products

Soco, Marisol Tables, Sculpt, Sante