

## Loud and Proud: A Brief History

Pride month has become so ubiquitous in this current time that, for an entire month, you see rainbows everywhere from the cover of Playbill to Instagram icons, and even rainbow-fied logos for some of the biggest brands out there. We see the pride parades and hear about the celebrations, but where did this all start and what does it really mean?

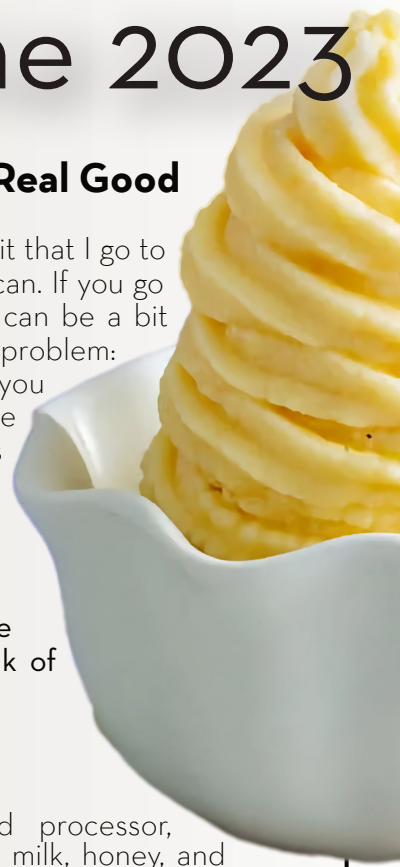
The first documented groups for LGBTQ rights started as early as the 1920's with the Society for Human Rights. By the 60's, there were several groups of brave men and women who began to organize into associations such as the Mattachine Society and the Daughters of Bilitis. In 1969, the Stonewall Riots occurred. This is widely considered to be the start of the modern-day LGBTQ rights movement.

One year later, a march in remembrance of the riots took place and has been commemorated as the first "pride parade". According to one of the original activists, Craig Schoonmaker, it was originally thought to be called "gay power". However, very few people have power, "but anyone can have pride in themselves, and that would make them happier as people, and produce the movement likely to produce change."



## Whip it...Whip it Real Good

I'm not ashamed to admit that I go to Disneyland whenever I can. If you go often, you know that it can be a bit busy. That poses a problem: What do you do when you need your favorite pineapple treat? Let's just make some at home.



### Pineapple Whip

- 4 C frozen pineapple
- 1/2 C dairy free milk of choice
- 1/4 C honey
- 1 tsp Vanilla Extract

In a blender or food processor, combine the pineapple, milk, honey, and vanilla. Blend until completely smooth. The mixture will be thick-don't be tempted to add more milk, or the whip will be too thin. Enjoy immediately for a soft-serve texture. For a thicker texture, transfer the mixture to an ice cream maker. Mix for 5 minutes or freeze the mixture for 30 minutes before enjoying.

If it's been in the freezer for more than 30 minutes let it sit out on the counter for 20 to 30 minutes to thaw before scooping.

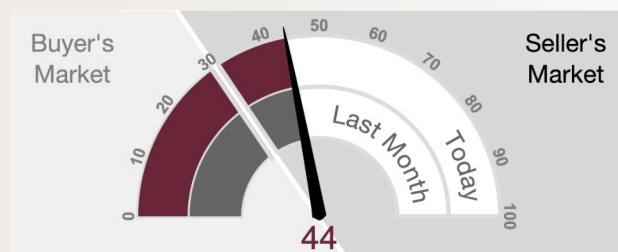
Notes: I prefer using coconut milk in this because of its rich texture, but you can use whatever dairy-free milk works for you. You can also use 1 banana instead of the honey for sweetness.



SCAN FOR INFO

## Slight Seller's Advantage

This week the median list price for Los Angeles, CA is \$1,599,997 with the market action index hovering around 44. This is about the same as last month's market action index of 44. Inventory has increased to 1,118.



Scan here to stay informed with the Los Angeles Market.



JIMMY RASHID

at

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## Smart Strategies for Healthy Traveling



School is out for summer! So as we head into this busy travel season, here are some tips to keep in mind on your next journey away from home:

**Tips for Flying:** Support your circulation by walking around the terminal as much as possible before departing, being one of the last people to board and wearing compression socks (especially on long flights).

- If possible, choose a window seat. Aisle seats increase your chances of picking up a virus.

**Make Sleep a Priority:** It takes one day per time zone for your body to adjust, so planning ahead can help ease jet lag.

- Use a mask, ear plugs and a sound machine to reduce light and noise.

**Eat and Drink Well:** Pack healthy snacks for both the trip & to have at your destination.

- Try to limit your "splurge" meals to every other day.

**Find Ways to Stay Active:** Sign up for a short-term bike rental service

- Pack shoes and clothes that double as workout attire.
- Check out hiking trails kayaking, pools, etc.



## Local Activities and Events

- LA Sanitation One-Time Brush Collection: Once a year, Sanitation will collect all of your 30 lb bags of brush clearance - call 800-773-2489 one day before your collection day and report the number of bags
- Now - June 23: LA Sanitation Toiletries Drive
- June 24: Chatsworth Nature Preserve Earth Day Open House
- June 25: Concert in Warner Center Park
- June 29: Valley Jewish Community Center Speaker Series: "What Glass Ceiling?"
- July 9: A Wild, Wild West Mystery Plan & Chili Cook-Off
- July 15: Free Bulky Item Drop Off

*Oh by the way... I'm never too busy for your referrals*



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# LA MONTHLY UPDATE