

Entertainment

May 20

Seatbelt

The new line-up of Seatbelt will be playing tunes from their forthcoming compact, *Pour Me a Traveler*. The show starts at 8 p.m.

Venue: Pete's Place

Location: 2158 Lomita Blvd., Lomita

Ground Zero

Rock band, Ground Zero, to perform at 10 p.m. Cover is \$3.

Details: www.sanpedrobrewing.com

Venue: San Pedro Brewing Co.

Location: 331 W. 6th St., San Pedro

Buck-O-Nine

Starts at 8 p.m.

Detail: www.alex sbar.com

Venue: Alex's Bar

Location: 2913 E. Anaheim St., Long Beach

Royal Blues Band

Starts at 10p.m.

Details: (562) 436-3600; www.bluecafelive.com

Venue: Blue Café

Location: 217 Pine Ave., Long Beach

May 21

LGB2NETWORK

Don't miss the hottest pool party during Long Beach Pride, from 1 to 5 p.m. May 21 at the Hotel Maya in Long Beach.

Details: www.lgb2network.com

Venue: Hotel Maya

Location: 700 Queensway Drive, Long Beach

Toys That Kill

Punk band performs at 10 p.m. Cover is \$3.

Details: www.sanpedrobrewing.com

Venue: San Pedro Brewing Co.

Location: 331 W. 6th St., San Pedro

Zhena Folk Chorus

Friends of San Pedro Library will present Zhena Folk Chorus, at 2 p.m. May 21, at the San Pedro Library. The group, led by San Pedran Eve Pericich, will perform a *cappella* numbers from Central and Eastern Europe. The singers, dressed in authentic costumes of the various nations, span six generations and eight nationalities.

Details: (310) 832-6288

Venue: San Pedro Library

Location: 931 S. Gaffey St., San Pedro

Celloist Bronwyn Banerdt and Pianist David Kaplan

Enjoy the sounds of cellist Bronwyn Banerdt and pianist David Kaplan, at 2 p.m. May 21, at Trinity Lutheran Church in Manhattan Beach. Banerdt has appeared as a soloist with Los Angeles Philharmonic, Houston Symphony, New West Symphony, Symphony in C and the Young Musicians Foundation Debut Orchestra, where she premiered Michael Kamen's Poem. David Kaplan has been lauded by *The New York Times* for "striking imagination and creativity."

Details: (310) 316-5574

Venue: Trinity Lutheran Church

Location: 1340 11th St., Manhattan Beach

LaVerne McCoy, Sr. Recital

Starts at 7 pm. Suggested donation is \$2.

Details: (310) 243-3543

Location: 1000 E. Victoria St., LCH E303, LCH A349, Carson

May 22

Brahms Requiem

Witness in Brahms Requiem, at 3 p.m. May 14, at the Warner Grand Theatre.

Details: (310) 433 8774; www.gspo.com

Venue: Warner Grand Theatre

Location: 478 W. 6th St., San Pedro

St. Louis and the Beat-up Mustangs

Detail: www.alex sbar.com

Venue: Alex's Bar

Location: 2913 E. Anaheim St., Long Beach

Don Littleton at Seabird Jazz Lounge

Don Littleton performs will be performing at The Scott Martin Band. Starts at 5:30 p.m.

Details: www.seabirdjazzlounge.com

Venue: Seabird Lounge

Location: 730 E. Broadway, Long Beach



Yes, I Would Have Rather Finished Up In Pittsburg

By Gretchen Williams, Cuisine Writer

If Iron City Tavern is any indication of Pittsburg pride and passion, the words of former football player Franco Harris, when he said, "Yes, I would have rather finished up in Pittsburgh," probably carry weight.

Start and finish up at Iron City on 9th Street in San Pedro, site of the original Olsen's. Proprietor Steve Patrick saw the powerful cranes in the port as heavy metal similar to the steel yards of his hometown Pittsburgh, Pa. Patrick has forged foundry with *foc's'le* for the latest thing on

'Pedro's pub scene. Big screens on all walls make every seat a good one. Steelers allegiance is obvious everywhere, down to the subtle color scheme and memorabilia.

The Tavern is either a bar with the most phenomenal bar snacks you have ever eaten or a restaurant with an excellent and fetching barkeep; any road is the high road at Iron City. Steve Patrick knows what real people want to eat and drink and has proceeded accordingly. Though sports are a continuing theme at the Tavern, the pub is com-

fortable and welcoming, evident in the parties of attractive women enjoying elegant cocktails on a recent weekend evening. The dress code was casual, the lively atmosphere was warm and relaxed, the bartender has chops and isn't shy about show. Known as the "Polish Princess," she has the bar at bay with a whip and a chair and has inspired the Polish menu items with great results. It is worth a trip to Iron City just to meet the Polish Pistol, packed with pulchritude and personality, but be certain to try the premium *pierogi* as well.

The chef at the Tavern is a maestro on the Fry-o-lator, turning out masterfully crisp calamari, chicken tenders, mozzarella sticks and Buffalo wings. The fried zucchini are melting on the inside, crunchy and golden outside, a brilliant application of the fryer arts, then served with zesty marinara sauce for dipping. French fries are a tribute to the European tradition, especially alongside Iron City's burgers or fish and chips. Onion rings are perfection, hot and brown and seasoned lightly with salt. Sweet potato fries are lovely, but hold the powdered sugar, please. The dusting of confectioner's sugar is pretty but takes the fries from side dish to dessert, somewhat disconcerting for the more traditional diner. The sweet potato fries are very good with a light sprinkle of salt.

The Tavern serves homemade chili with serious kick, thrills in a bowl with generous lashings of chopped onion and grated cheese to add as desired, saltines on the side. Add a brew on tap and prepare for paradise.

Burgers are belly busters at Iron City, especially ordered thrice as nice with a triple patty, lettuce, tomato, pickles, onion and mayo. Go deep Iron City Continued on page 13.

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ACE >> Arts • Cuisine • Entertainment

L.A. JAZZ

May 20 - June 2, 2011

Iron City Continued from page 12.

with named burgers like the Roethlisberger, topped with hard salami and Swiss cheese, or the MoFo burger, crowned with rashers of bacon, sautéed mushrooms, Swiss cheese, grilled onions and full compliment of lettuce and tomato. The Pepper burger boasts grilled jalapeños for smoky bite that belies its mellow title and delivers with American and Swiss cheese melted over the top. Chili Size is the classic open faced hamburger smothered with chili and topped with the requisite chopped onion and grated cheese, heaven on a plate!

Polish Pistol Kielbasa is the leader of the pack, full of flavor and served with old country panache on a bed of sauerkraut with chopped onions and slathered with spicy mustard. Top dogs are Vienna all beef quarter-pounders, frankfurters with atti-

tude, available Polish or "fire" style. For the purist, mustard, onion, relish and cheese make hot dog history on a French roll, while the more adventurous might go whole hog for Louisiana hot smoked sausage on a roll with mustard and onions. Look for Iron City Tavern to host a Polish Sausage tasting during the summer, searching for an all natural nirvana on a bun. Polish pup fans, unite!

Sandwiches span the globe at Iron City, starting with Pennsylvania favorite Philly Cheese steak. Strips of steak, grilled onions and sautéed mushrooms are packed in a French roll and then laden with melted cheese, sauced with mayo and served with Philly finesse. A California take on the Philly cheese steak uses Ortega green chilies to add bite, then crowns the grilled steak with

melted cheese. The hearty Longshoreman stows sliced turkey breast, bacon, melted cheddar and Ortega chilies, tomatoes and caramelized onions on grilled sourdough to satisfy even the biggest load of dunnage. Patty and tuna melts are classic, built on seeded rye bread and grilled to perfection. Hot ham and cheese tripled is a grilled masterpiece, layered with thinly sliced ham and Swiss cheese, zippy mustard adding sunshine to the sandwich. BLT is a blast from the past, piled tall with bacon, lettuce and tomato, spread with mayo on your choice of bread or roll.

Linguine with clams or mussels or calamari seems right at home in 'Pedro, saluting Italian heritage deliciously and *al dente*. Chicken Marsala is gently sautéed with aged Marsala wine and mushrooms, tasting of Nona's kitchen and tradi-

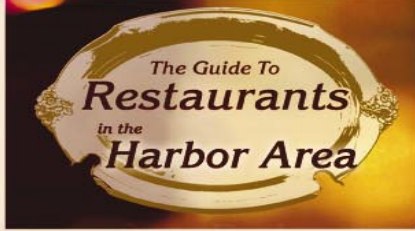
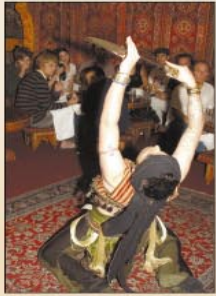
Iron City Continued on page 15.

RANDOM LENGTHS

HARBOR INDEPENDENT NEWS

BABOUCH MOROCCAN RESTAURANT

Gracious hospitality and authentic three-star Moroccan cuisine in an intimate tent-like atmosphere. The Babouch Stimulus Package dinner and show for \$9.25 served from 5:30-9:30 p.m., Sun.-Thurs.—choice of beef kabobs, chicken, lamb or fish served with couscous, vegetables and fresh baked bread. Children under 10 eat free from our children's menu (not valid with coupons or gift certificates). Ladies Night every Friday from 5-9 p.m. in the Casablanca Lounge, belly dancing with Posha Khalil and Tarot card readings. Full bar, prix fixe dinners and a la carte menu available. Hours: Dinner, 5-10 p.m. Tues.-Sun., closed Mondays. 810 S. Gaffey St., San Pedro. (310) 831-0246. www.babouchrestaurant.com.



IRON CITY TAVERN

Iron City features a newly renovated dining room and wonderfully restored bar in a modern setting. The most comfortable restaurant/bar in San Pedro, Iron City offers a casual dining for lunch and dinner with food service at the bar. Watch all sporting events on five big screens in SurroundSound. (Iron City is a supporter of the Black & Gold.) Iron City features authentic Philly Cheese Steaks, various hot sandwiches and burgers, calamari steaks and a variety of Italian pasta dishes. Hours: 10 a.m.-2 a.m. 7 days a week. Happy hour from 4-6 p.m. 589 W. 9th St., San Pedro, (310) 547-4766.



11:30 a.m.-3 p.m., Sunday Brunch: 10 a.m.-2:30 p.m. Dinner: Mon.-Thurs. 5-9 p.m., Fri. 5-10 p.m., Sat. 3-10 p.m. Sun. 3-9 p.m. Berth 76, Ports O'Call, San Pedro (310) 833-3553. www.portsocalldining.com

7th STREET CHOPHOUSE

7th Street Chop House in downtown San Pedro offers diners a well-crafted menu featuring Continental classics with French or Latin American flare. Fine quality meats and seafood are paired with inventive sauces and a wide variety of appetizers, salads and sides. The ChopHouse offers a 12 oz. prime rib dinner for \$19.99, Thursday through Saturday. Live music on weekends upstairs in Levels Lounge. Banquet facilities available. Hours: Tues. and Wed. 4-9 p.m., Thurs.-Sat. 4-10 p.m. 465 W. 7th St., San Pedro. (310) 684-1753. www.7thstreetchophouse.com.



SPIRIT CRUISES

The only dinner cruise in the Los Angeles Harbor. Two- and three-hour Sunset Dinner cruises and charters for special occasions feature prime rib, pastas, ribs, and salad selections. Full bar and unlimited cocktails served. Call for times and reservations. Located in Ports O'Call Village, Berth 77, San Pedro. (310) 548-8080.



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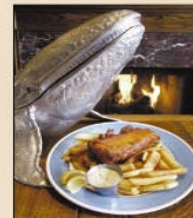
TONO'S CAFE & GRILL

Chef Tony Ortega has worked in the casino and hospitality industries for over 39 years. Now at Tono's Cafe & Grill (co-owned with his son), Tony serves the cuisine of his native central Mexico state, Colima. He uses only the freshest, highest quality ingredients; Angus beef, real chicken breast, and roasted meats. Tono's serves on green, recyclable dishes and flatware. Open 7 days a week. 655 W. 7th St., San Pedro. (310) 221-0910.



THE WHALE & ALE

San Pedro's only British restaurant and pub offers comfortable dining in an oak-paneled setting. Dine on authentic pub fare such as shepherd's pie and fish & chips, plus roast prime rib, fresh seafood and beef Wellington. Enjoy a great selection of wine, 14 European beers on tap and full bar. Live music on weekends and First Thursdays. Hours: 11:30 a.m.-2:30 p.m.; 5-9 p.m. Mon.-Thurs. 11:30 a.m.-10 p.m. Fri. & Sat. 11:30 a.m.-9 p.m. Sunday. 327 W. 7th St., San Pedro. (310) 832-0363. www.whaleandale.com.



BIG NICK'S PIZZA

Tradition, variety, and fast delivery; you get it all at Big Nick's Pizza. The best selection of Italian specialties include hearty calzones, an array of pastas, and of course our amazing selection of signature pizzas, each piled high with the freshest toppings. Like wings or greens? We also offer an excellent selection of appetizers and salads. Call for fast delivery. Hours: 10 a.m.-11 p.m. Sun.-Thurs., 10 a.m.-11:30 p.m. Fri. & Sat. 1110 N. Gaffey St., San Pedro. (310) 732-5800.



BOARDWALK GRILL

Dine in or on the heated patio for lunch and dinner at the Boardwalk Grill located on the Waterfront in scenic Ports O'Call Village. Known for the best ribs, fish and chips, charbroiled burgers, beer, and wine that you can find on the Waterfront. Hours: lunch and dinner, Sun.-Thurs. 11 a.m.-7 p.m.; Fri.-Sat. 11 a.m.-8 p.m. Berth 77, Ports O'Call, San Pedro. (310) 519-7551.



BUONO'S AUTHENTIC PIZZERIA

Famous for exceptional award-winning pizzas, Buono's was named one of the four best pizzerias in Southern California by Mario Martinoli of Channel 9 K-Cal News. Also voted "Best Pizza" in the Best of the Harbor Readers Poll. All ingredients prepared fresh daily. Dine-in, carry-out or delivery and catering. Hours: 11 a.m.-10 p.m. Sun.-Thurs.; 11 a.m.-11 p.m. Fri. & Sat. Three locations: San Pedro, 1432 S. Gaffey St., (310) 547-0655; Long Beach, 401 W. Willow, (562) 595-6138; Downtown Long Beach, 250 W. Ocean Blvd., (562) 432-2211. www.buonospizza.com.



PRONTO'S FRESH MEXICAN GRILL & PRONTO'S BURGERS

Since 1984 the Licon Family has been serving the authentic Mexican food, giving all of our customers the pleasure to savor the rich flavor of Northern Mexico. Our plates are prepared with the freshest vegetables and ingredients and cooked on low fire until it reaches its full flavor. Pronto's food is cooked to order, giving you the freshness of a home cooked meal. We hope you see you PRONTO! Three locations: 2432 S. Western Ave. (25th and Western), San Pedro, (310) 832-4471; 110 W. El Segundo Blvd., L.A., (310) 527-7323; 13890 S. Normandie Ave., Gardena, (310) 327-5615. www.prontomexgrill.com.



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To advertise in the Restaurant Guide for the Harbor Area, call (310) 519-1442 or www.randomlengthsnews.com

Happy Hour

7th Street Chophouse

Happy Hour drink & food specials: 4 to 7 p.m. Tue. to Sat. (310) 684-1753, 465 W. 7th St., San Pedro

Godmother's Saloon

Happy Hour prices all day, everyday. (310) 833-1589, 302 W. 7th St., San Pedro

Harold's Place Happy Hour Drink Specials: 8 a.m. to 6 p.m. Daily. (310) 832-5503, 1908 S. Pacific Ave., San Pedro

Iron City Tavern Happy Hour 1/2-price appetizers & drink specials: 4 to 6 p.m. Mon. to Fri. 589 W. 9th St., San Pedro; (310) 547-4766

June's Bar Happy Hour: Domestic beer specials. Thurs, 5 to 8 p.m. (310) 833-4171, 1100 S. Pacific Ave., San Pedro

Ports o' Call Happy Hour: Mon to Fri, 3 to 8 p.m. (310) 833-3553, Berth 76 Ports O' Call Village, San Pedro

San Pedro Brewing Co. Happy Hour: 2:30 to 6:30 p.m., Mon to Fri. (310) 831-5663, 331 W. 6th St., San Pedro

Whale & Ale Happy Hour: 5 p.m. to 7 p.m., Mon to Fri. Late Night Happy Hour: 10 p.m. to Midnight, Fri Only. (310) 832-0363, 327 W. 7th St., San Pedro

May 22

Whale & Ale: Hot Jazz on Sundays: 5 p.m., no cover.

May 23

San Pedro Brewing: Margarita Mondays

May 24

Harold's Place: Ladies Night from 8 to 11 p.m.

June's Bar Taco Tuesday starts at 3:30 p.m.

San Pedro Brewing: Martini Tuesdays

May 25

Harold's Place's pool tournament starts at 7 p.m.

June's Bar Wednesday Game Night win prizes 6 p.m. to 9 p.m.

May 27

Harold's Place's Live D.J. from 9 p.m. to 12 a.m.

May 30

San Pedro Brewing: Margarita Mondays

May 31

Harold's Place: Ladies Night from 8 to 11 p.m.

June's Bar Taco Tuesday starts at 3:30 p.m.

San Pedro Brewing: Martini Tuesdays

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Harold's Place's pool tournament starts at 7 p.m.

June's Bar Wednesday Game Night win prizes 6 p.m. to 9 p.m.

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Continued from page 11.

Alva's Show

"The thing about bass is it takes to alternative tunings better than a guitar."

In listening to *Soliloquy* you forget you are listening to a single bass solo, on the whole the disc is extremely engaging. Check out his YouTube videos that will give a taste of his work

Miroslav Tadic, who plays guitar, fuses musical ideas into something that is uniquely his own. He draws his influence from Macedonian music, classical, flamenco, blues, rock, jazz and the music of Northern India. If you think about it, all these influences are more alike than different. Macedonia is at the crossroads of old Southeastern Europe and the Near East. Music from this region is often found to be exotic and highly syncopated.

The Serbian guitarist is noted for his pioneering work in applying the elements of classical and flamenco techniques to the electric guitar.

I first met him about two years ago for a

Grande Mothers show (Three of the original members of the Mothers, plus Tadic and Garcia) at Los Angeles Harbor College. Tadic does not try to be a note for note Zappa clone, but rather playing in the spirit, giving latitude to being far more innovative. The man's chops are scary, (In what I have heard outside the Grande Mothers) some of his work leans toward the kind of modal playing that you would hear from Miles Davis. The editors of *Guitar Player Magazine* voted Tadic, "One of the worlds thirty most radical and innovative players."

Checkout his YouTube videos, first listen to the one with guitarist Vlatko Stefanovski, then listen to "Tomna Voda" from his CD *Dark: Tomna Voda*. Listen to how he plays in modes here, electric and edgy.

Christopher Garcia has traveled the world teaching and playing in some of the most eclectic groups imagined. In the group Mexica (pre-colonial Mexican music) he performs with percussion instruments to those used by the indigenous people. His work in fusion music with Continuum puts Garcia in a league with Billy Cobham.

Garcia was classically trained in world music performing North Indian style tabla. Then you will find him touring as the percussionist with the Grande Mothers Reinvented, performing the music of Frank Zappa. Listen to his playing on *de mania* and then try out his work with another world music group Ancient Grooves, or his fusion band Continuum on the track "Celestial Terrestrial."

Showtime is at 8 p.m. Suggested donation is \$30.

Venue: Alva's Showroom

Details: www.miroslavtadic.com, <http://tinyurl.com/3w4ynrc>

Location: 1417 W. 8th St., San Pedro **AL**

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RANDOMNotes

Local Talent to Shine at Pride Festival

This year's Long Beach Pride festival has no shortage of star power, with the headlining acts featuring the Grammy-winning rhythm and blues singer Monica, the multi-platinum recording artist Taylor Dayne, soul singer Thelma Houston and more.

But perhaps what is even more interesting is some of the local talent on the main stage, such as country singer Sunny Daye, daughter of sultry jazz singer Windy Barnes Farrell. A few years ago, Daye said that she fell in love with country music at the age of 7 or 8, when her mother brought a Tanya Tucker record home, a rare country artist who reached fame as a child and managed to keep her audience as an adult.

"At that point I knew I was going to be a country singer," Daye explained. "It was something about it. (On) long trips when people would turn the station or fall asleep, I would listen to those in between twangy station."

Sunny will be performing on Saturday on the Main stage at 6 p.m.

Sonsoles is a *rock en español* band, fronted by José Hernández. This band is known for its fusing of rock, pop, reggaetón salsa and folk into their repertoire.

Sonsoles (pronounced sone-so-les) was formed in Los Angeles in 2008 by founding members Steve Baltazar and Cesar Abrego, two friends who were looking to create a unique, modern Latin Rock sound. Hernández, lead guitarist and longtime friend of the duo joined shortly thereafter, having already been involved in several heady rock groups. With the addition of Los Angeles native and drummer Lonnie Moreno and rapper Delwin G., Sonsoles the "band" was officially born.

Sonsoles will be on the Main stage at 4 p.m.

Another local talent is Vicky Tafoya and The Big Beat has been performing doowop, rock 'n' roll, blues and r&b favorites for almost 20 years. You'd think she's too young for the 1940s style music, but you can credit that to an old soul and the fact that she only listened to her parents records as a child. With a long list of acts filling out Saturday's events, Vicky and her band will get your festival started right.

Continued from page 13.

entrée >>

Fried calamari steak is nicely fried with crisp golden edges, served with mashed potatoes and fresh vegetables. Blackened Ahi tuna steak is an appetizer classic brought to grown up entrée status, rich and rare with mashed potatoes and steamed vegetables. Fish and chips take the fried classic to new heights, served with fresh lemon wedges and very good French fries. *Pierogi* are handmade, stuffed with tasty potato and cheese filling and served with sautéed onions and vegetables, a real treat for the uninitiated.

Brews on tap at Iron City keep the hops hopping, from Blue Moon, Guinness, Harp ale, Hefewizen Haywire and substantial Newcastle Brown ale to Ranger IPA and Stella Artois, as well as Coors Light. Domestic bottled beers on offer include Budweiser, Bud Light, Coors, Coors Light, Miller Light, Rolling Rock, Samuel Adams Sierra Nevada Pale Ale and Iron City while imports include Amsted Light, Corona, Heineken, Pacifico and Peroni. Cocktails are gorgeous and Her Polish Highness makes a mean Martini.

Iron City keeps dessert simple – spumoni ice cream, colorful and interesting and full of surprise bits of dried fruit.

Venue: Iron City Tavern

Location: 589 W. 9th St., San Pedro

Details: (310)547-4766

Vicky Tafoya and The Big Beat will be on the Main stage at 3 p.m.

On the Spotlight stage, one of Southern Cali's slickest emcees, V.I.T.A.L. (also known as Noel Vinson) is going to be a treat for festival goers at this year's Pride festival. As a rapper, songwriter, artist and activist, V.I.T.A.L. is not afraid to speak truth against hate with the fire of TuPac. With the effort V.I.T.A.L. puts into every verse and every note from the production to the stage, hip hop heads are going to nod their heads and pump their fist as V.I.T.A.L. leads them like the pied piper through the beats.

V.I.T.A.L. is on the Spotlight stage from 4 p.m.

Art Theatre Screens New Documentary on Bullying

Few people escape childhood bullying without scars. After numerous reports of children committing suicides rose, it appears that some aren't even making it into adulthood leaving parents, educators and civic leaders to figure out how to deal with the crisis.

A short documentary was released recently and screened at the Art Theatre on May 15. The 39 minute film was narrated by Emmy Award winning actress and comedian, Lily Tomlin, explores the tragic effects of homophobia, bullying, and school violence against LGBT young people. It tells its story through interviews with parents, teachers, students, and professionals from various gay and lesbian service organizations.

The film's producers Gary Takesian Roz Esposito, and Steven Roche use the story of 15-year-old Lawrence King, who was fatally shot, allegedly by a 14-year-old Oxnard classmate in 2008, as a backdrop to the larger issue of harassment and violence against gay students. The King case has not yet gone to trial.

The film drew a packed audience at its only showing thus far. The filmmakers' aim with the documentary is to bring homophobia and its harmful repercussions to light, and to hopefully, as the film's website explains, "effect a change in society's consciousness such that the bullying and violence against our LGBT young people is greatly reduced, and ultimately eliminated."

RL

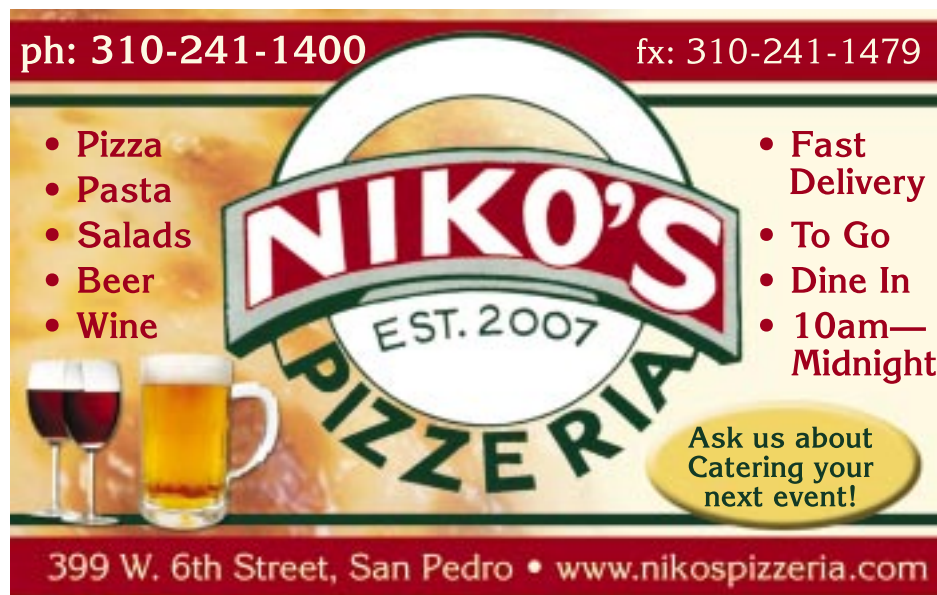
entréeNews

Food Trucks

Circle the wagons! Four gourmet food trucks from the Mobile Food Vendors Association will assemble on Mesa and 7th streets from 6 to 10 p.m. on First Thursday, June 2. Goodies from the Grilled Cheese truck, Vietnamese Nom Nom truck, the Lobsta truck and desserts from the Ice House will tempt First Thursday participants.

RL





Entertainment Calendar from page 13.
p.m.

Venue: Grand Annex

Location: 434 W. 6th St., San Pedro

Long Beach Pride Festival Weekend May 20

3rd Annual Teen Pride Festival-Miami Getaway From 4 to 8 p.m., teenagers can dance to hard thumping mixes of DJ Rick, DJ Knowledge, and DJ Knuckles inside of the Long Beach Pride Festival at the Rainbow Lagoon.

Details: (323) 482-0662; www.cffocus.org

May 21

Fantasy vs. Reality

TransgiaDivas and Long Beach Pride 2011 presents this panel workshop focusing on fantasy vs. reality and Drag vs. Transgenders. Are they the same? Are they different? YOU DECIDE. The discussion is intended to Educate and Empower The LGBT Community on what it is to be Transgendered.

Venue: Long Beach Pride, Transgendered Tent

Details: www.longbeachpride.com

May 22

Long Beach Pride Parade

Early arrivals who show their pride could receive FREE ADMISSION to the 2011 Long Beach Pride Festival, exclusive Long Beach Pride merchandise and more. The parade hot spot kicks off an hour early at 9:30 a.m. located on Cherry Ave. and Ocean Blvd. at Bixby Park, the location provides plenty of shade and a community gathering spot for anyone watching the parade. **9:30 a.m.** DJ Zenway gets your body moving with music and giveaways. **9:45 a.m.** Fun with the Sisters of Perpetual Indulgence. **10:00 a.m.** Join the pep rally with Cheer L.A. in a choreographed high-flying stunt spectacular. **10:15 a.m. until Parade arrival.** DJ Zenway celebrates with interactive crowd games and more high-energy music. Meet parade commentator' actress and comedian Carlease Burks, on street announcer Justin Rudd and community supporter Steve Eng as they guide you through all the entries one by one. Be sure to stay tuned after the parade for more giveaways and fun!

Details: www.longbeachpride.com

Fantasy vs. Reality Fashion Show

From 6:30 pm to 9:30 p.m. Fashion Show and Entertainment Extravaganza.

Venue: Long Beach Pride, Transgendered Tent

Details: www.longbeachpride.com

LBC Pride After Party

Executive Suite kicks it into another gear with the "Long Beach After-Party 2011" celebration, starting at 8 p.m. May 22. Cover is \$5.

Venue: Executive Suites

Location: 3428 Pacific Coast Hwy., Long Beach

Family/Community

May 20

San Pedro Farmers Market

Buy fresh ripe fruits and vegetables organically grown, as well as flowers, honey, eggs, crafts and assorted cooked taste treats, from 9 a.m. to 2 p.m., at the San Pedro Farmers Market.

Location: 6th Street between Pacific and Mesa streets in San Pedro.

Armed Forces Day

Torrance is paying tribute to the Armed Forces with its 52nd annual Armed Forces Day celebration and parade, at 1:30 p.m. May 21, near Torrance near Crenshaw boulevards to Torrance City Hall. Each year the city honors a different military branch. This year, the city will highlight the U.S. Army.

Location: Torrance near Crenshaw blvds in Torrance

The Use of Regret Book Reading Extraordinaire

Local author, Gregory Moore is reading his book *The Use of Regret* at The Farm in Long Beach. As he reads, actors Eric Hamme, Paul Knox, Jessica Variz, Kim Bush and Aaron Van Geem will bring the reading to life.

Venue: The Farm

Location: 555 E. 3rd St., Long Beach

A Night of 1,000 Laughs

Details: (310) 548-7672;

www.nightof1000laughs.com

Venue: Warner Grand Theatre

Location: 478 W. 6th St., San Pedro

Family/Community Calendar to page 17.