

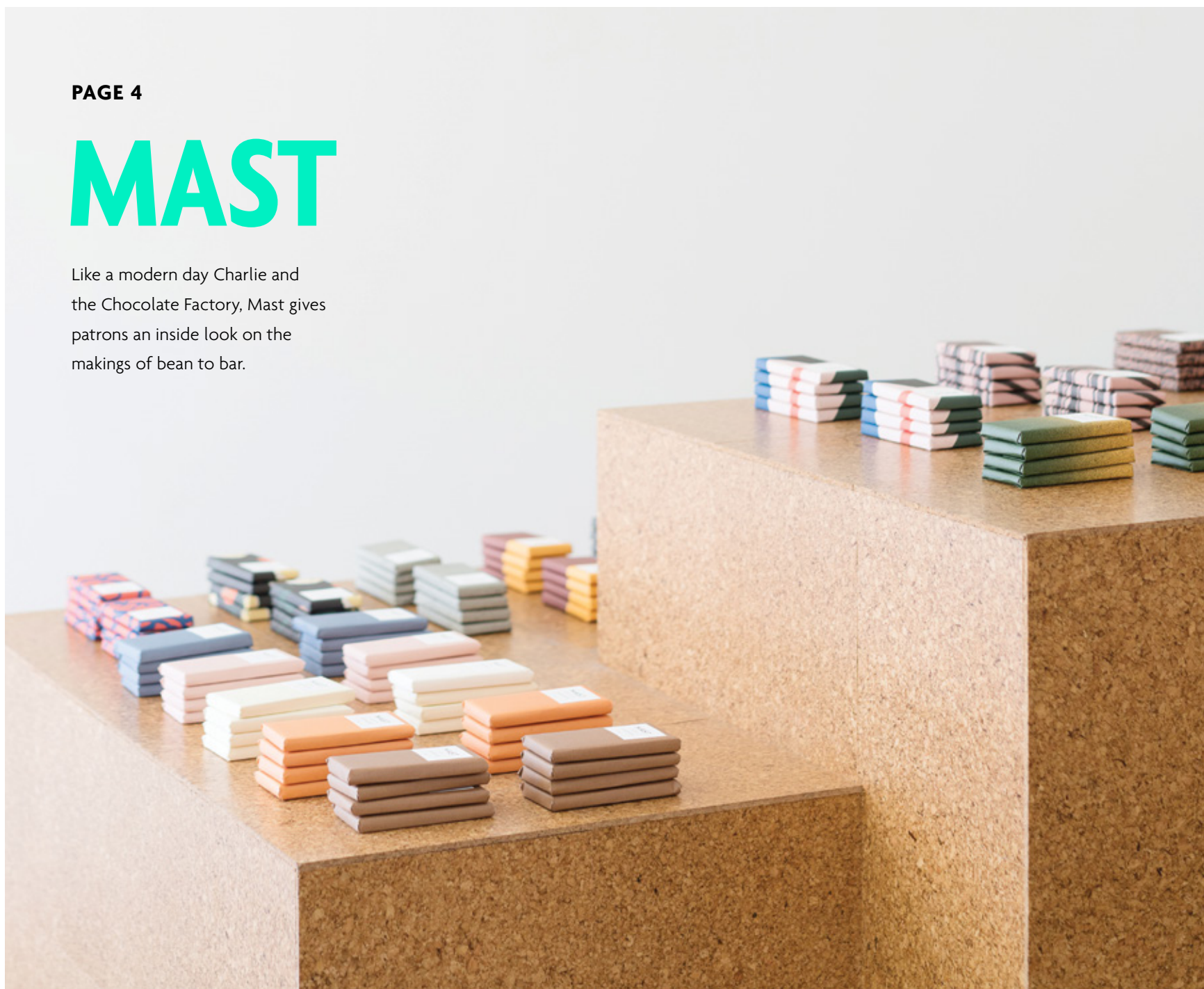
# DOWNTOWNER<sup>®</sup>

THE INSIDER GUIDE TO DOWNTOWN LOS ANGELES

PAGE 4

## MAST

Like a modern day Charlie and the Chocolate Factory, Mast gives patrons an inside look on the makings of bean to bar.



Photographed by: Logan Havens

### 71 ABOVE

With million dollar views and LA inspired cocktails, 71 Above gives customers a true taste of LA.

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### DOWNTOWN MAP

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### EVENT CALENDAR

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### SIMBAL

From 5 star to back-alley eateries, Chef Shawn Pham creates a menu inspired by his odd job experiences.

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# LONG LIVE DOWNTOWN

THE INSIDER'S VIEW OF DOWNTOWN CULTURE, FOOD, DRINKS, FASHION & THE PEOPLE WHO SHAPE IT.

A FERROCONCRETE PUBLICATION

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# MAST

**SWEET DREAMS ARE  
MADE OF THIS**

*Written By Rayna Jensen  
Photographed By Logan Havens*

The first stop of the Mast Chocolate Factory tour is an introduction to chocolate in its original form. About the size of a football, with a leathery rind and a slippery, citrusy flesh. When cracked open, it reveals a chamber of cocoa beans, suspended in the fruit like giant caviar.

“Wow, chocolate is kind of crazy, huh?” says Rick Mast, who co-founded Mast Chocolate with his brother in 2007. “Chocolate is one of those things that we all really love but don’t really understand, and it’s that gap between love and understanding that was really interesting us.”

When the Mast brothers first began making chocolate, they worked within the confines of their Brooklyn apartment. Now, they have factories in New York, London, and most recently in the Arts District, where patrons can watch the entire chocolate-making process, from bean to bar.

The 6,000 square foot space feels more like a sort of chocolate gallery than a factory. Each step of the chocolate making process takes place in one of five large separate cubes that line one wall of the space. Each cube is individually climate-controlled to suit its particular step of the method. The layout is intended to create a sense of inclusion and transparency, as though strolling through a museum, so the whole space becomes a place of interaction for the customer.

First, patrons are shown the cocoa fruit, and the beans, which come in 150-pound sacks from the countries in which they’re sourced. In the first cube, these beans are hand-sorted and the ones that make the cut are roasted. In the second, the husks of the beans are cracked and separated from the nibs, and then the nibs are taken to the



third cube, where stone grinders work them into a smooth paste over the course of two days. The fourth cube is where the chocolate is tempered. Some of it is left to age, like wine or cheese, and some of it is poured directly into bars. It’s here that the Mast brothers experiment with different flavors, their trademark being on the unexpected.

“At the end of the day, we’re always chocolate makers,” Mast says of the flavor combinations they ultimately choose. “We’re looking for culinary pairings that enhance the flavor of the chocolate, or that shine a unique perspective on the flavor of the chocolate we’re using.” The result is a subtle, nuanced take on flavors that range from classic pairings, like mint, vanilla, and coffee, to very unexpected, like bay laurel, peppercorn, or goat’s milk and thyme.

The final cube is their brewery, where they make a cold-brewed (nonalcoholic) cocoa beer. It’s similar to nitro coffee in texture, slightly carbonated with a creamy head, but the flavor is clean and light, almost like a chocolate kombucha.

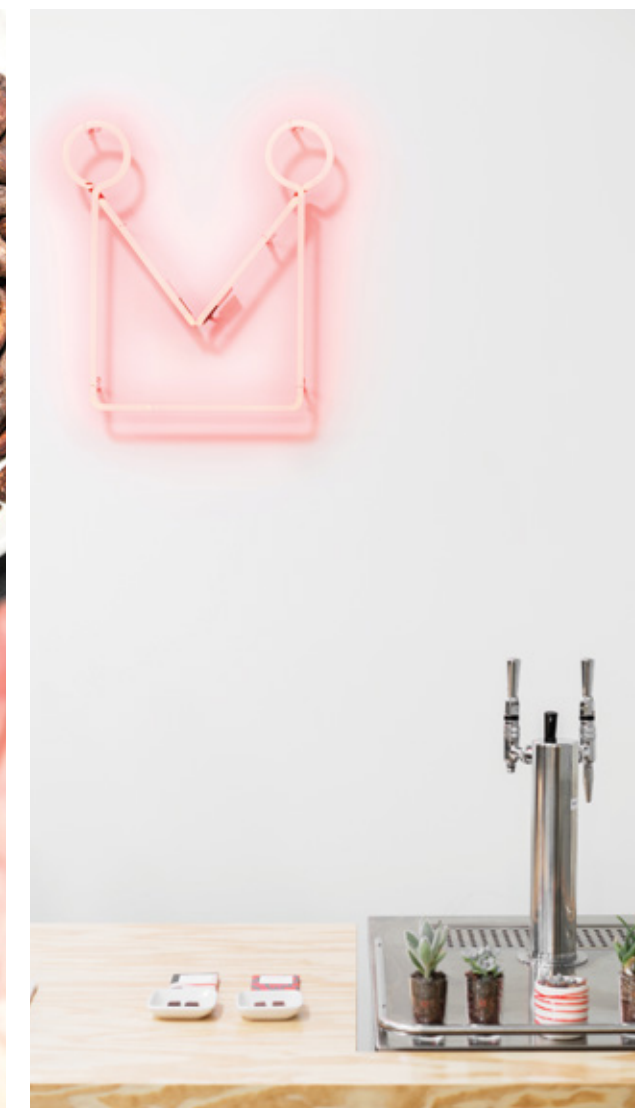
“We’re constantly reinventing not just the way we approach chocolate but also the context that surrounds it,” Mast says. As a business, Mast is committed to the idea of localized production: the chocolate that is sold at one of their locations is not only made there but reflects a little bit of the heart and soul of the surrounding city.

Their latest project in this new location is creating what they’re calling The Los Angeles Collection: six unique bars that are only going to be available in Los Angeles, and true to the spirit of the city. There are some murmurings around the shop about what they flavors will be, but until they launch at the end of this month, Mast is keeping it secret.

“I’ll tell you this,” Mast says, “They’ll definitely be unexpected.”

**FIND THEM HERE:**  
816 S Santa Fe Ave.  
mastbrothers.com

**WATCH THE VIDEO FEATURETTE:**  
ladowntowner.com/mast





# 71 ABOVE

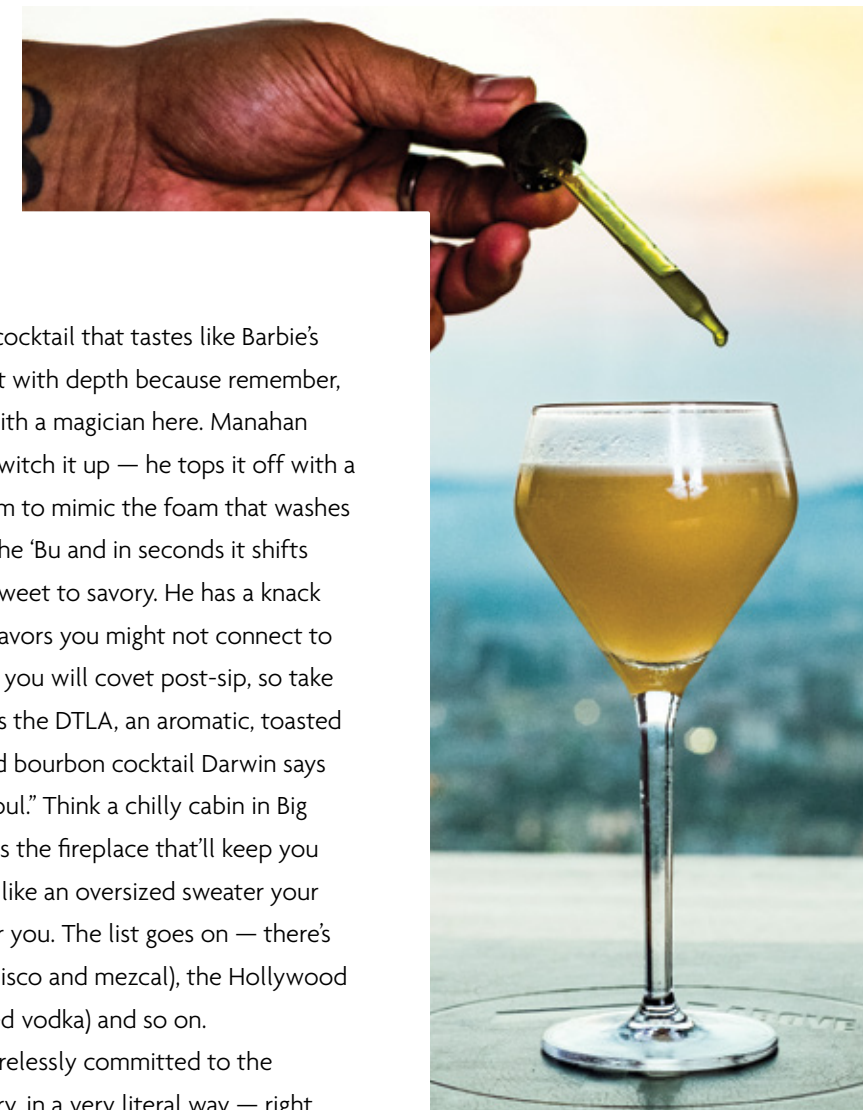
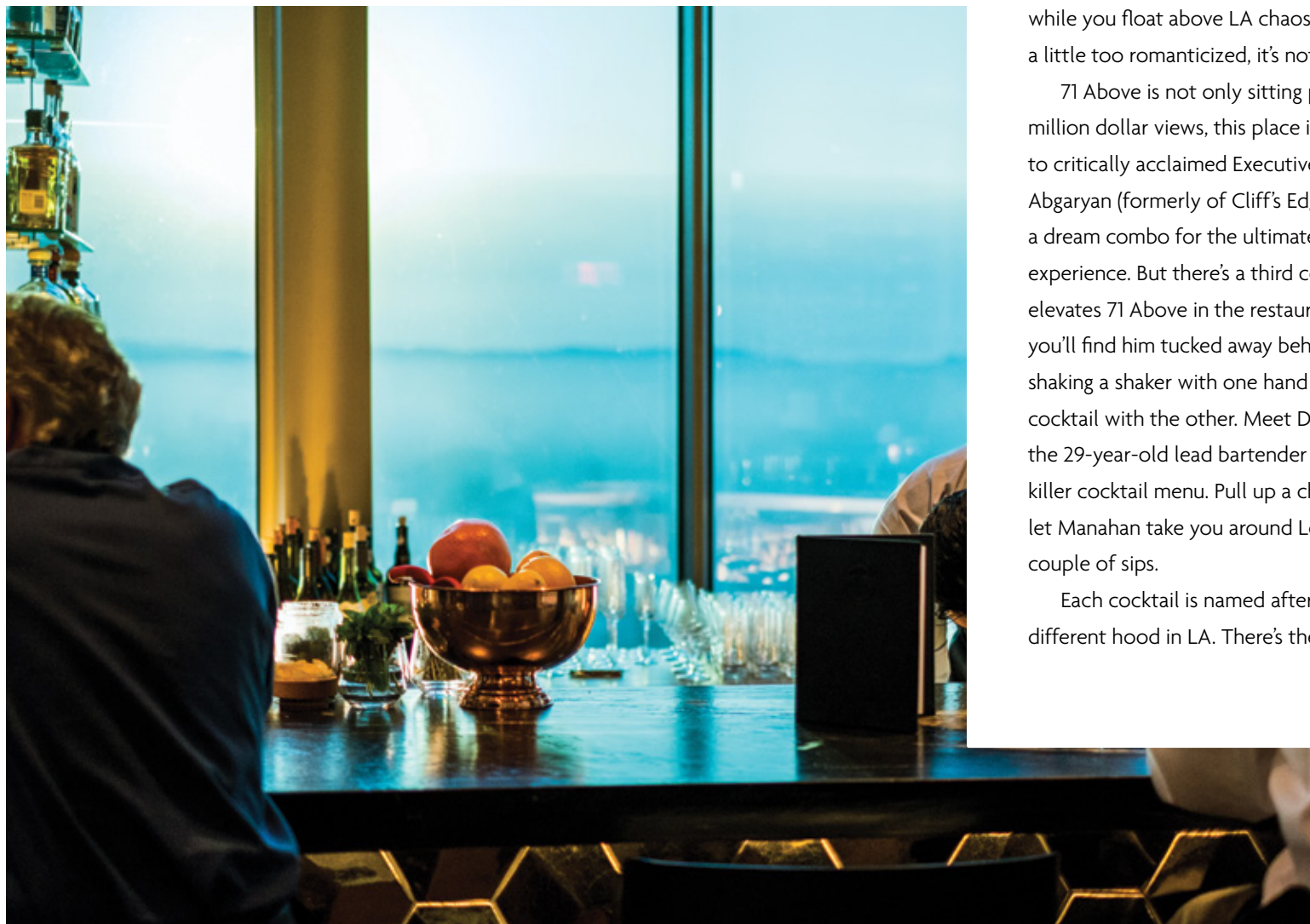
## HIGHER EXPECTATIONS

*Written By Linda Hosmer  
Photographed By Eric Cacioppo*

Two elevators and 71 floors later — you’ve arrived at 71 Above, “the highest restaurant west of the Mississippi.” As soon as you walk in, the city begins to reveal itself down a short hallway — a few steps later the panoramic views grab you from every angle. You immediately feel the stresses of the day drop down to ground level while you float above LA chaos. If all this sounds a little too romanticized, it’s not.

71 Above is not only sitting pretty with its million dollar views, this place is also home to critically acclaimed Executive Chef Vartan Abgaryan (formerly of Cliff’s Edge in Silver Lake), a dream combo for the ultimate foodie dining experience. But there’s a third component that elevates 71 Above in the restaurant world and you’ll find him tucked away behind the bar, shaking a shaker with one hand and stirring a cocktail with the other. Meet Darwin Manahan, the 29-year-old lead bartender behind 71’s killer cocktail menu. Pull up a chair, relax and let Manahan take you around Los Angeles in a couple of sips.

Each cocktail is named after and inspired by a different hood in LA. There’s the Malibu, a tequila

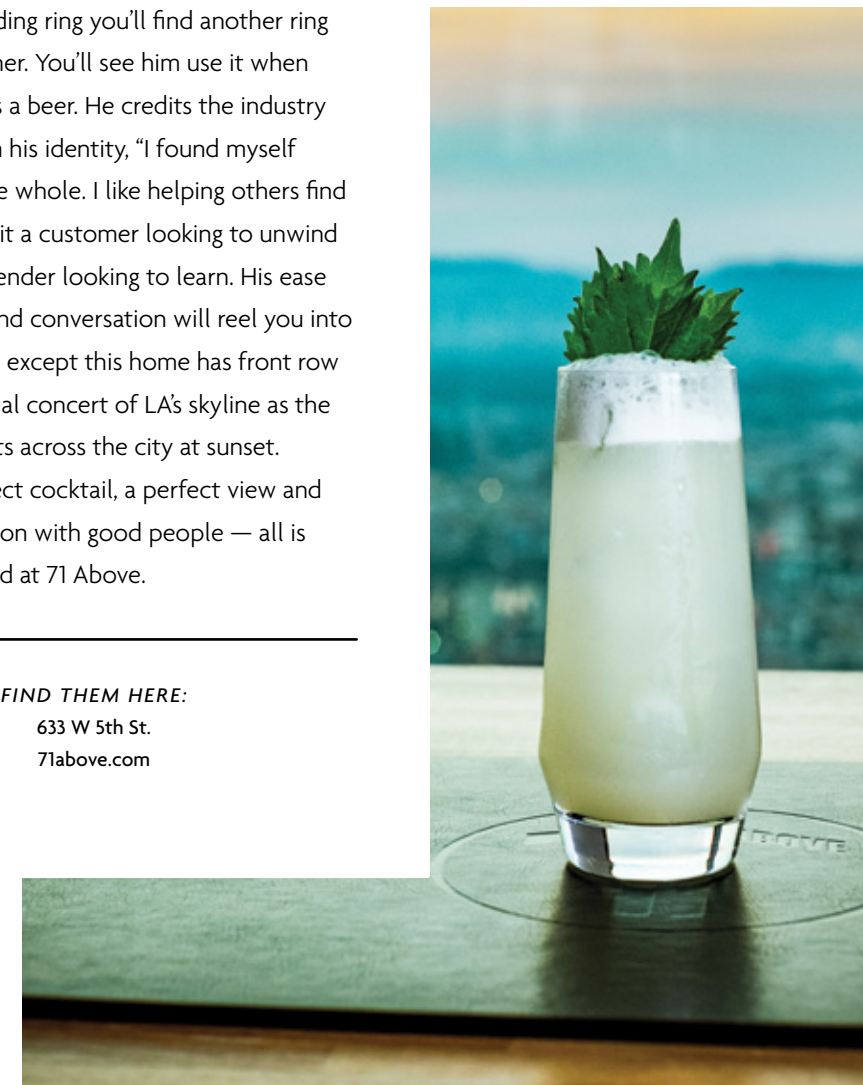


and Lillet Rose cocktail that tastes like Barbie’s Dreamhouse but with depth because remember, you’re dealing with a magician here. Manahan adds a trick to switch it up — he tops it off with a peppercorn foam to mimic the foam that washes up on shore in the ‘Bu and in seconds it shifts the taste from sweet to savory. He has a knack for combining flavors you might not connect to on the page but you will covet post-sip, so take a chance. There’s the DTLA, an aromatic, toasted hazelnut-infused bourbon cocktail Darwin says will “hug your soul.” Think a chilly cabin in Big Bear. This drink is the fireplace that’ll keep you nice and toasty, like an oversized sweater your grandma knit for you. The list goes on — there’s the Echo Park (pisco and mezcal), the Hollywood (jalapeño-infused vodka) and so on.

Manahan’s tirelessly committed to the beverage industry, in a very literal way — right next to his wedding ring you’ll find another ring — a bottle opener. You’ll see him use it when someone orders a beer. He credits the industry with serving him his identity, “I found myself here. It made me whole. I like helping others find themselves,” be it a customer looking to unwind or a fellow bartender looking to learn. His ease of personality and conversation will reel you into feeling at home, except this home has front row seats to the visual concert of LA’s skyline as the light slowly shifts across the city at sunset.

With a perfect cocktail, a perfect view and good conversation with good people — all is right in the world at 71 Above.

**FIND THEM HERE:**  
633 W 5th St.  
71above.com





# SIMBAL

## SIMPLE & BALANCED

Written By Sophie He  
Photographed By Kort Havens

You're a young chef from Los Angeles who has nurtured a solid culinary career in fine dining, working under the tutelage of renowned chefs like David Myers, Tom Colicchio, and Jose Andres. At this point in your professional life, your future prospects in the field are looking pretty golden. So what would be the next logical step? For Chef Shawn Pham of Simbal, that would be to get the hell out of the country, of course.

"I didn't know what I wanted to do at that point," says Pham, who relocated to Vietnam for 4 years after his stint at The Bazaar. "But I knew what I didn't want to do."

Pham felt like there were plenty of chefs out there cooking upscale European cuisine, so rather than ascribing to the status quo, he looked to Southeast Asia instead. There, he performed odd jobs, reconnected with his Vietnamese heritage, and hung out at hidden back-alley eateries, where he was exposed to regional dishes that were lesser known outside of the country, such as bún bò hu, a spicier noodle soup popular in central Vietnam.

"When you go there, you see that the food is vast and more complex than you realized," says Pham. "I found that there're more interesting types of cuisine out there that's not as developed or as explored." Pham eventually moved back to the states when his family decided to open up a restaurant in Downtown, where he would be able to share his experiences in Asia through a thoughtfully refined food and drink menu.

Simbal, which stands for simple and balanced, aims to serve fare that isn't "too fussy, complicated, or precious." Clean, minimal flavors



are the driving force behind every menu item, which is why dairy, heavy oils, bread, and puree are mostly absent from each dish. Despite this, Simbal's offerings, which are served tapas-style, feature quite a few decadent selections. Here you'll find braised pork belly that melts in your mouth, a rich beef tartare and lamb dish, and a dairy-free coconut flan, perfectly light and fragrant. We came, in particular, for the roasted bone marrow, paired with chili jam spread and Chinese donuts.

"In French cooking, they do bone marrow with onion or oxtail marmalade, so naturally, we did something similar to that: chili jam," says Pham. "We needed something to smear it on, and the Chinese donut kind of looked like a bone marrow to me, so we did that."

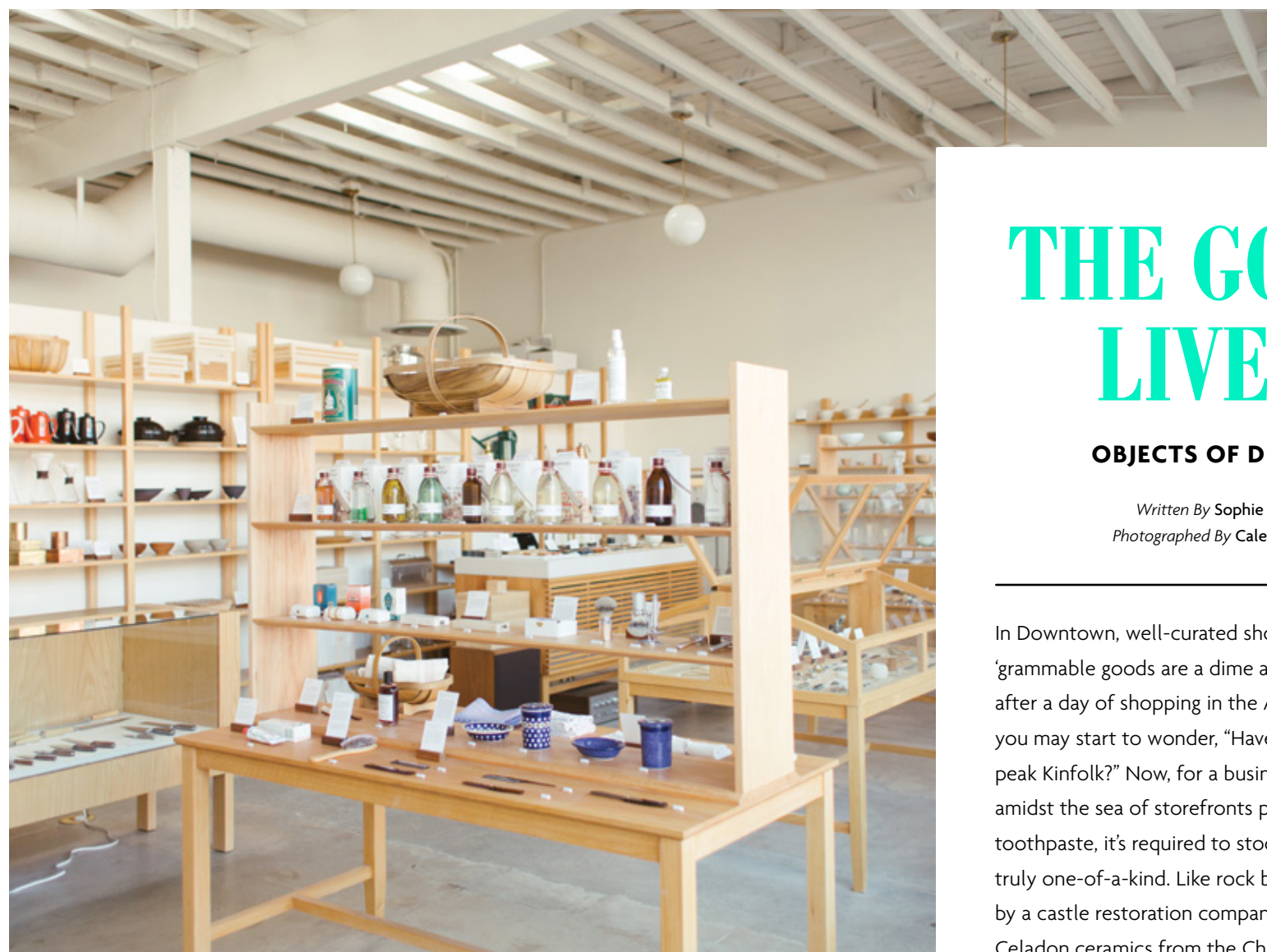
The marrow, buttery and rich, pairs nicely with the airy crunch of the Chinese donut, resulting in a lighter, more bite-sized alternative to the carb-heavy baguettes that typically accompany the dish. The chili jam, a departure from saltier spreads, compliments the fatty meat and fried dough with an extra layer of sweetness and tang. By experimenting with such unlikely flavor combinations, Chef Pham essentially subverts New American cuisine, over-saturated now to the point of derision, by marrying beloved flavors across both hemispheres.

Dinner would not be complete without an Asian-inspired drink from Simbal's impressive bar program, featuring seasonal craft cocktails, a curated selection of biodynamic wines and beers, sake, and house-made fruit shrubs. Expect floral gins infused with Jasmine tea, vodka with lemongrass and basil, and fresh mezcals, mixed with herbal liquors and celery garnishes. Playful and refreshing, like everything else.

**FIND THEM HERE:**  
319 E 2nd St. Suite 202  
simbalrestaurant.com

**WATCH THE VIDEO FEATURETTE:**  
ladowntowner.com/simbal





# THE GOOD LIVER

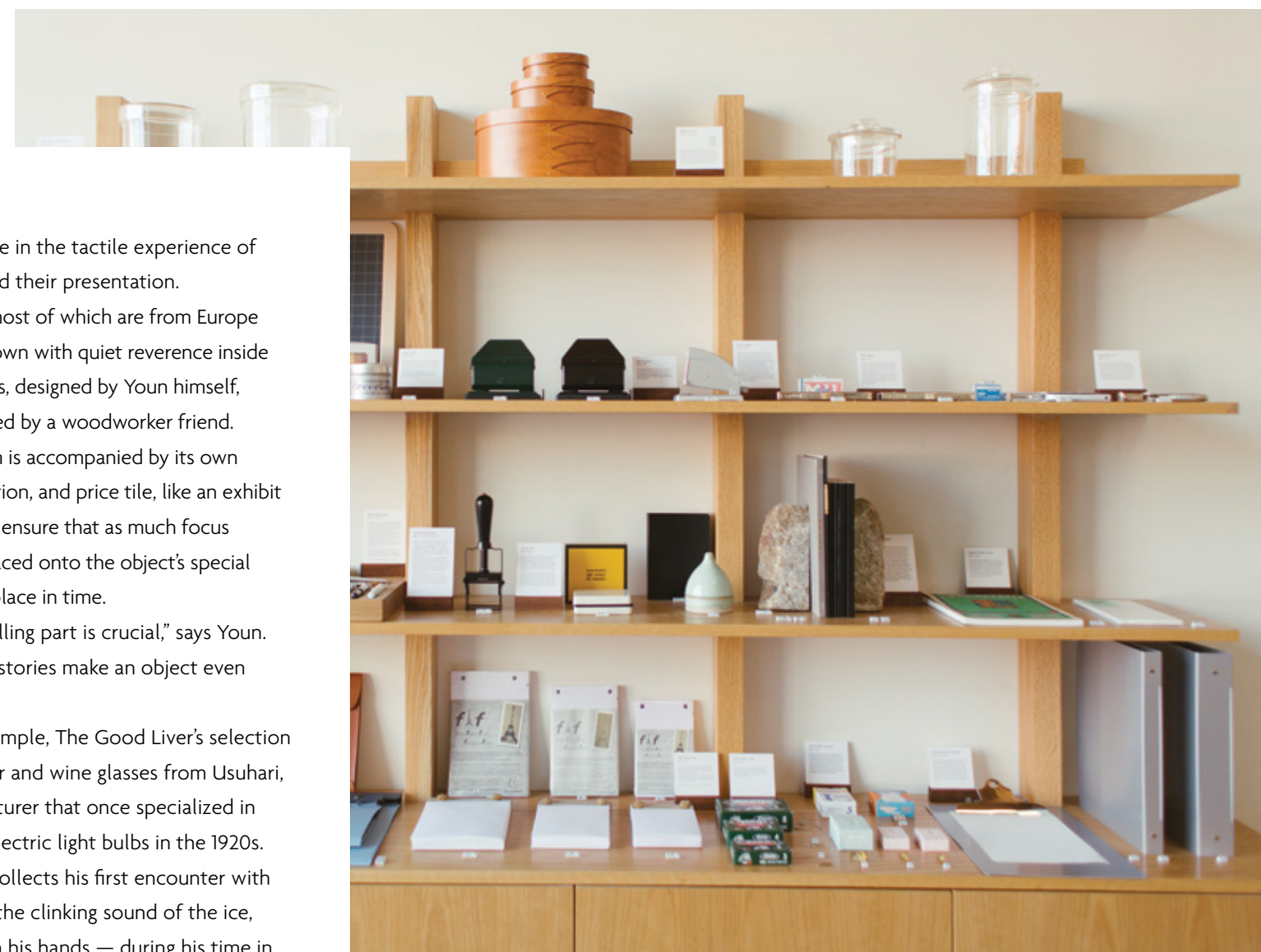
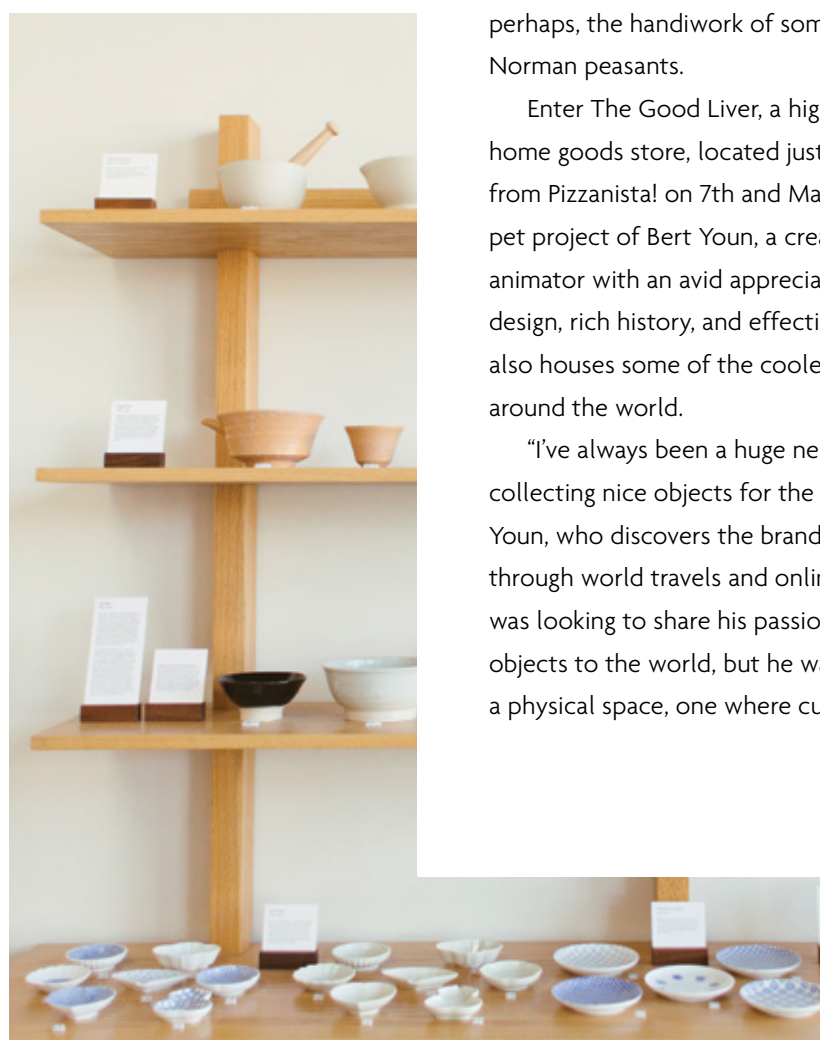
## OBJECTS OF DESIRE

Written By Sophie He  
Photographed By Caleb Thal

In Downtown, well-curated shops with highly 'grammable goods are a dime a dozen. In fact, after a day of shopping in the Arts District, you may start to wonder, "Have we reached peak Kinfolk?" Now, for a business to stand out amidst the sea of storefronts peddling Marvis toothpaste, it's required to stock items that are truly one-of-a-kind. Like rock bath mats made by a castle restoration company. Or delicate Celadon ceramics from the Chosun dynasty. Or, perhaps, the handiwork of some 17th-century Norman peasants.

Enter The Good Liver, a high-art, low-key home goods store, located just around the block from Pizzanista! on 7th and Mateo St. It's the pet project of Bert Youn, a creative director and animator with an avid appreciation for timeless design, rich history, and effective storytelling. It also houses some of the coolest things from all around the world.

"I've always been a huge nerd about collecting nice objects for the home," says Youn, who discovers the brands his shop carries through world travels and online research. Youn was looking to share his passion for interesting objects to the world, but he wanted to do so in a physical space, one where customers could



come in and take in the tactile experience of the products and their presentation.

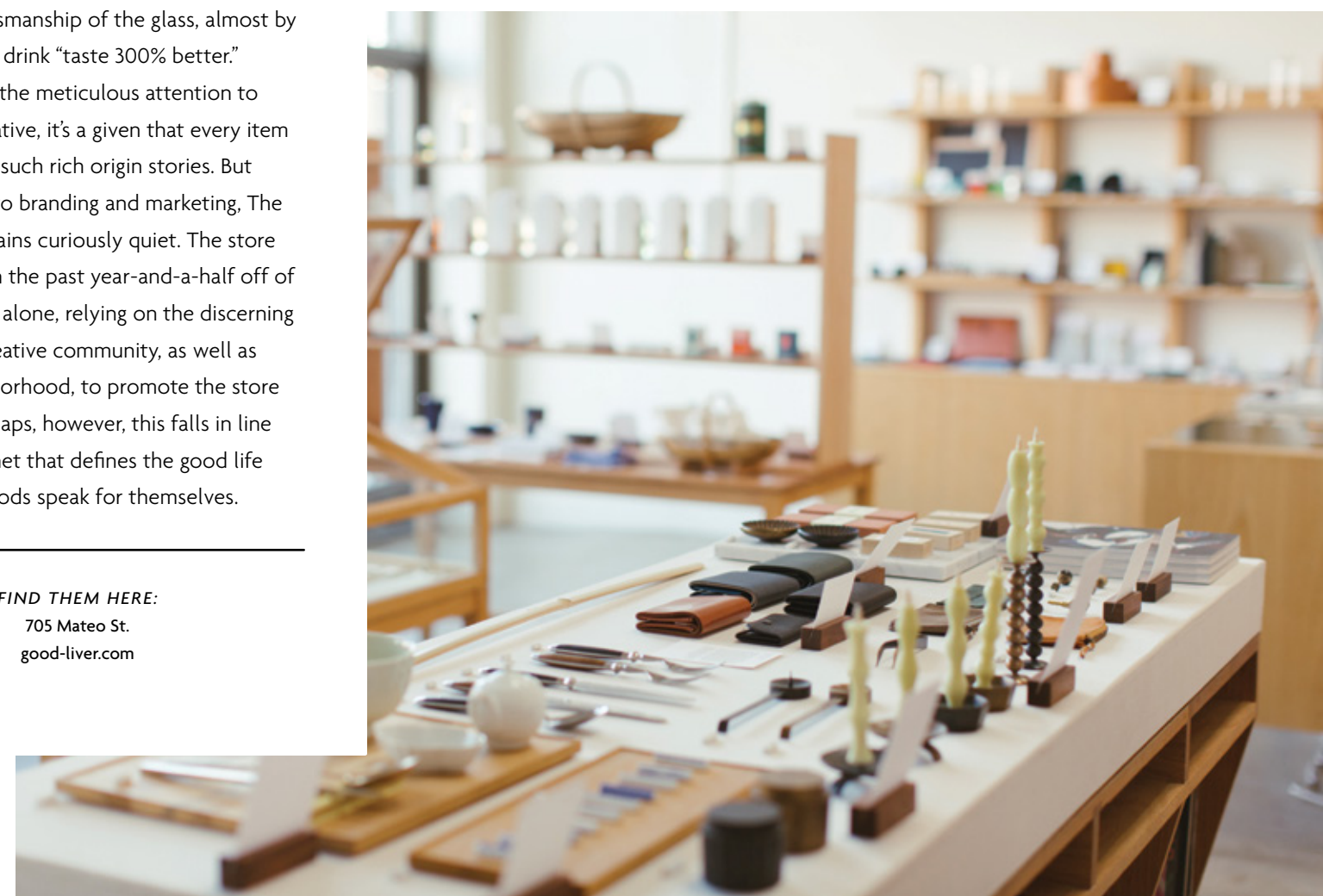
The wares, most of which are from Europe and Asia, are shown with quiet reverence inside oak display cases, designed by Youn himself, then hand-crafted by a woodworker friend. Every single item is accompanied by its own placard, description, and price tile, like an exhibit at a museum, to ensure that as much focus as possible is placed onto the object's special properties and place in time.

"The storytelling part is crucial," says Youn. "I believe these stories make an object even more special."

Take, for example, The Good Liver's selection of Japanese beer and wine glasses from Usuhari, a glass manufacturer that once specialized in hand-blowing electric light bulbs in the 1920s. Youn vividly recalls his first encounter with the glass set — the clinking sound of the ice, the way it felt in his hands — during his time in Japan. The craftsmanship of the glass, almost by magic, made his drink "taste 300% better."

Considering the meticulous attention to design and narrative, it's a given that every item in stock imbues such rich origin stories. But when it comes to branding and marketing, The Good Liver remains curiously quiet. The store has flourished in the past year-and-a-half off of word-of-mouth alone, relying on the discerning tastes of the creative community, as well as the local neighborhood, to promote the store organically. Perhaps, however, this falls in line with the key tenet that defines the good life itself: let the goods speak for themselves.

FIND THEM HERE:  
705 Mateo St.  
[good-liver.com](http://good-liver.com)





# DRINK

A

**71 ABOVE**  
633 W 5th St.  
71above.com

B

**LAZY BREWING COMPANY**  
116 E 5th St.  
lazybrewingdtla.com

C

**BAR MATTACHINE**  
221 W 7th St.  
(213) 278-0471



# EAT

D

**SIMBAL**  
319 E 2nd St. Suite 202  
simbalrestaurant.com

E

**THE ORIGINAL PANTRY CAFE**  
877 S Figueroa St.  
pantrycafe.com

F

**MIRO**  
888 Wilshire Blvd.  
mirorestaurant.com



# MOVE

G

**MAST**  
816 S Santa Fe Ave.  
mastbrothers.com

H

**THE GOOD LIVER**  
705 Mateo St.  
good-liver.com

I

**THE STRONGHOLD CLIMBING GYM**  
650 S Avenue 21  
strongholdclimb.com

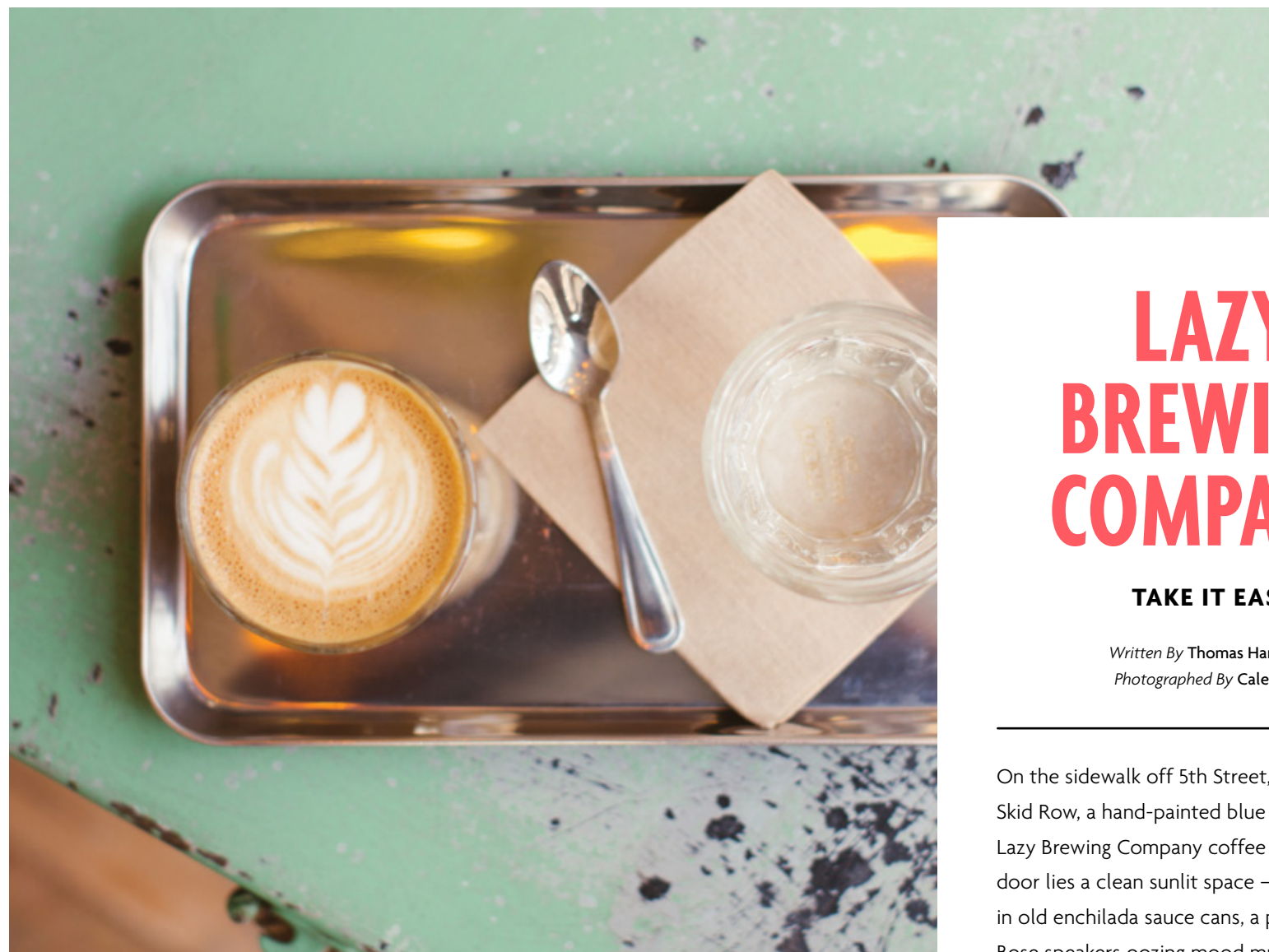
- CITY STREETS
- FREEWAYS
- LA RIVER
- M METRO RAIL STATIONS

\*MAP SIMPLIFIED & NOT TO SCALE



# DOWNTOWN FAVORITES

- 1 GIORGIPORGI**  
137 E 3rd St. — giorgiporgi.com  
The Arts District's newest mod cafe. With moss walls and asymmetric coffee cups, every bit of this cafe is photo approved. Filter or #NoFilter.
- 2 TWINKLE BROWN SUGAR**  
131 S Central Ave. — twinklebrownsugar.com  
Sea salt Thai tea, rose milk tea, or brown sugar milk tea, this unique tea and coffee shop will have your taste buds questioning for more
- 3 EL DORADO BAR**  
416 S Spring St. — eldoradofurniture.com  
We've waited far too long for the new seductive bar under El Dorado Lofts. This modern speakeasy serving craft cocktails will be a steady go-to for dates and hang outs.
- 4 MEX PERÚ GIPSY**  
414 E 12th St. — (213) 748-1773  
Small but powerful, this hole-in-the-wall Mexican and Peruvian spot serves mouth watering lomo saltado: marinated strips of sirloin, onion, and french fries. Lunch is suddenly the best meal of the day.
- 5 464**  
464 S Main St. — 464dtla.com  
Salads, burgers, and beer. For the times you try to be healthy but would rather not. Here, the burgers go beyond the bread and meat. Try The Korean: angus beef, spam, and sauteed kimchi.
- 6 THE CHAIRMAN**  
1200 E 5th St. — thechairmanla.com  
Bao down, The Chairman rules lunch. This quick and casual restaurant brings baos, bowls, and rice pudding to the Arts District. Choose from pork belly, chicken, or tofu.
- 7 THE BOX GALLERY**  
805 Tracation Ave. — theboxla.com  
Small art gallery inviting all with an interest in perversion or the grotesque. Be sure to check out the work of Barbara T. Smith starting mid September.
- 8 POP OBSCURE RECORDS**  
735 S Los Angeles St. — popobscurerecords.com  
Browse through a selection of new wave and alternative rock from late '80s and early '90s. Teach the kids a few things about music.
- 9 GUERRILLA ATELIER**  
912 E 3rd St. — guerillaatelier.com  
High-end shop for women, men, and home decor. From Andy Warhol art to one of kind designer pieces, spend an afternoon shopping for unique items or gifts people will refuse to return.



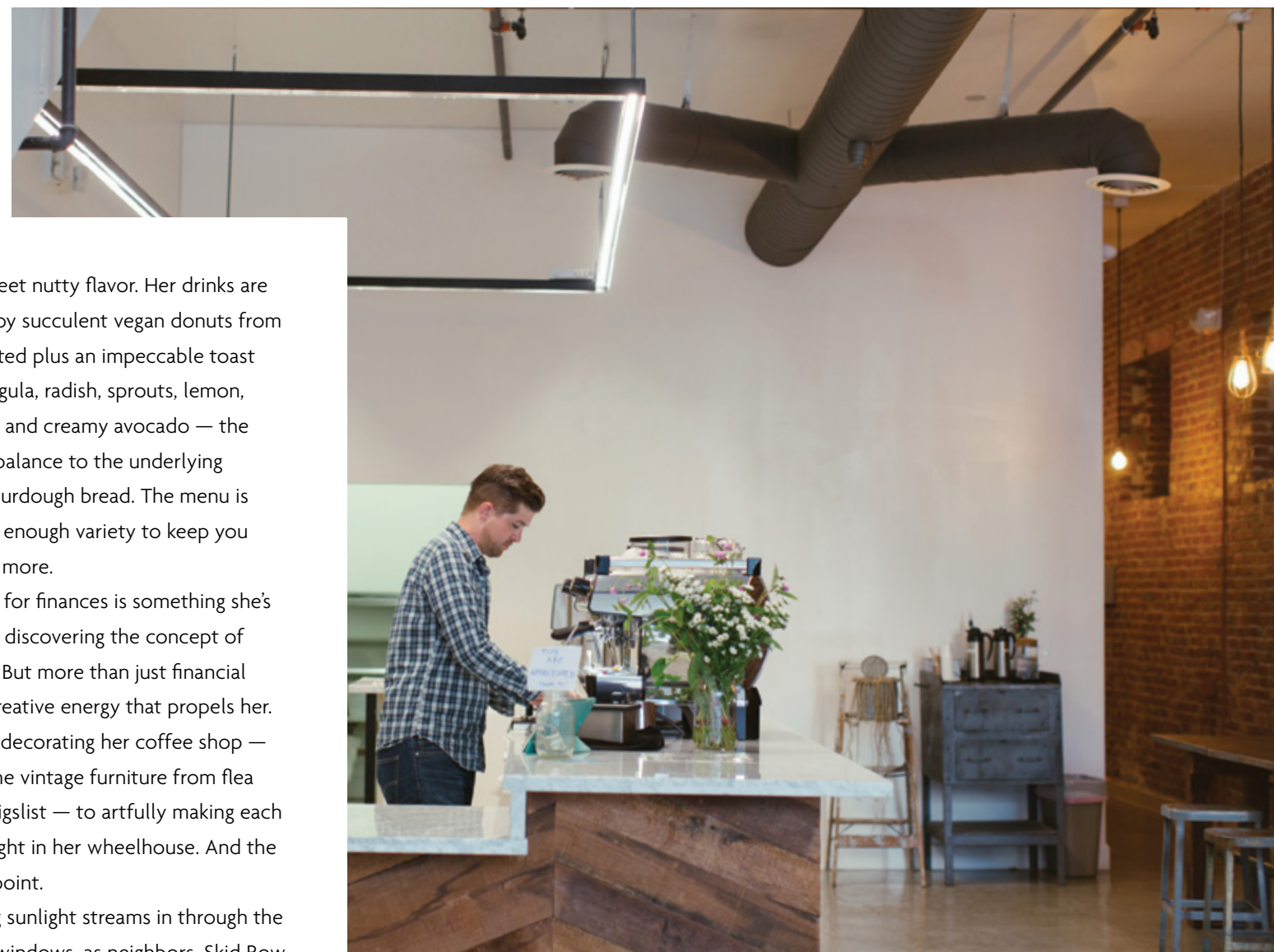
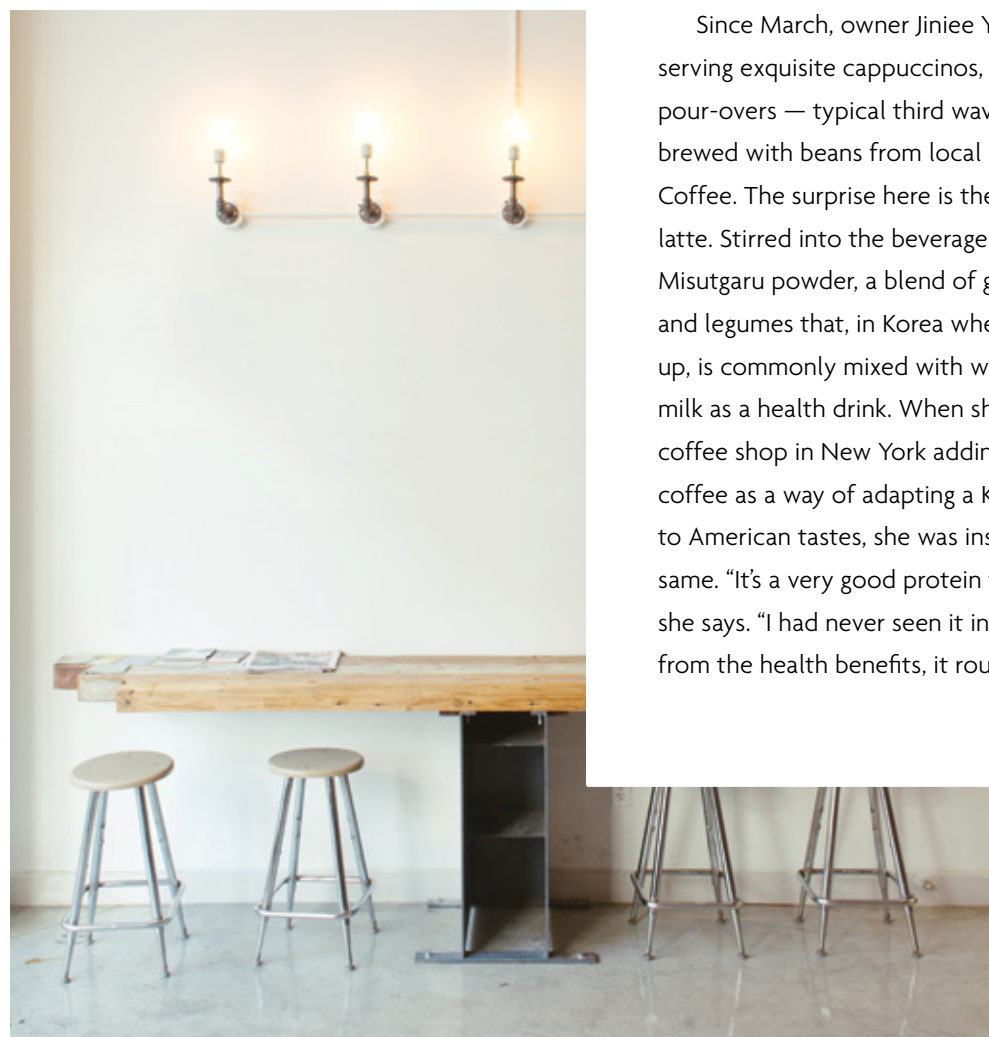
# LAZY BREWING COMPANY

## TAKE IT EASY

Written By Thomas Harlander  
Photographed By Caleb Thal

On the sidewalk off 5th Street, on the brink of Skid Row, a hand-painted blue sign calls out Lazy Brewing Company coffee shop. Inside the door lies a clean sunlit space — cactus growing in old enchilada sauce cans, a pair of throwback Bose speakers oozing mood music.

Since March, owner Jiniee Yoo has been serving exquisite cappuccinos, affogatos, and pour-overs — typical third wave offerings brewed with beans from local roaster Take Flight Coffee. The surprise here is the “whole grain” latte. Stirred into the beverage is high protein Misutgaru powder, a blend of grains, seeds, and legumes that, in Korea where Jiniee grew up, is commonly mixed with water, milk, or soy milk as a health drink. When she heard about a coffee shop in New York adding the mix to their coffee as a way of adapting a Korean beverage to American tastes, she was inspired to do the same. “It’s a very good protein for the body,” she says. “I had never seen it in L.A.” And, aside from the health benefits, it rounds out the latte



with a subtly sweet nutty flavor. Her drinks are complemented by succulent vegan donuts from Lamke Handcrafted plus an impeccable toast topped with arugula, radish, sprouts, lemon, piquant cilantro, and creamy avocado — the perfect counterbalance to the underlying crunch of the sourdough bread. The menu is simple, with just enough variety to keep you coming back for more.

Jiniee’s knack for finances is something she’s developed since discovering the concept of interest as a kid. But more than just financial know-how, it’s creative energy that propels her. Everything from decorating her coffee shop — tracking down the vintage furniture from flea markets and Craigslist — to artfully making each latte has been right in her wheelhouse. And the ambiance is on point.

Late morning sunlight streams in through the floor-to-ceiling windows, as neighbors, Skid Row residents, and Toy District workers hurry past outside. A pensive twenty-something silently types away at a screenplay on the blue leather couch, her dark chocolate latte subtly steaming on the rustic coffee table. An LAPD officer stops in on his beat for an espresso and a homeless man opens the door to ask for a glass of water. All who happen into the sanctuary of Lazy Brewing Co. receive Jiniee’s gracious welcome and, if they’re wise, they take a moment to sit in stillness and savor the drinks she crafts.

FIND THEM HERE:  
116 E 5th St.  
lazybrewingdtla.com







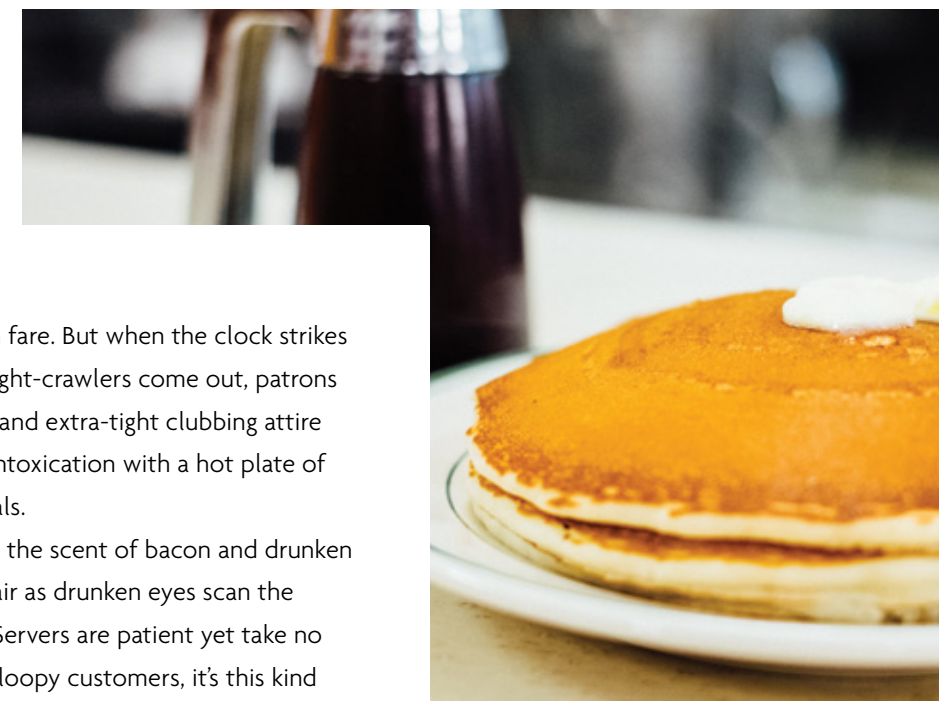
# THE ORIGINAL PANTRY CAFE

EATING UNDER THE INFLUENCE

Written By Janica de Guzman  
Photographed By Eric Cacioppo

Your night may have started off slow as you took a vow to “take it easy” – but a happy hour here and a drink special there can eventually lead to an unexpected night of marathon drinking. It’s inevitable that thirst will turn into hunger and if not addressed soon enough, that hunger will turn into the “spins.”

When drinking in Downtown, there are few places that come to mind when seeking a late night savory savior; LA Cafe on Spring Street and The Original Pantry Cafe on Figueroa. The Pantry, as we know it, is LA’s historic 24-hour diner unchanged since 1924. They pride themselves in never closing and never seen without a customer. When former mayor Richard Riordan bought the restaurant (and block’s property) he made no changes to keep the homely charm that people flock to. There’s nothing fancy about it here; scuffed linoleum floors, sticky counter-tops, and a cashier enclosed behind bars accepting cash only. On any given day, men and women in suits, uniform, or jeans form lines to get their hands greased up with a giant plate



of All-American fare. But when the clock strikes midnight and night-crawlers come out, patrons in Laker jerseys and extra-tight clubbing attire suppress their intoxication with a hot plate of breakfast specials.

At this hour, the scent of bacon and drunken chatter fill the air as drunken eyes scan the hanging menu. Servers are patient yet take no nonsense from loopy customers, it’s this kind of no BS service that has people coming back. “I’m not looking to get my ass kissed, I just want good food and quick,” says Eli, a customer who stumbled in after a concert. He chows down on a plate of steak and eggs, using his finger to shovel bits of scrambled egg onto his fork. By the looks of it, if Eli wanted to lick ketchup off his fingers he would. A server fills his cup of water for the third time, it’s a routine servers understand as a late night necessity – no requests needed, the heavy eyes say it all.

Buttermilk pancakes take the lead when slinging plates across the counter. They’re thick, fluffy, and the answer to soaking up excess tequila. The large portions challenge all eaters, no matter how hungry you are. With a pancake span as large as a plate, those who dare to finish the stack may result in minor regret.

The Pantry continues to serve as Downtown’s late night, early morning, or mid-day savior. With no frills or unexpected changes, you can count on The Original Pantry Cafe to fulfill your greasy, bacon-scented cravings time after time.

FIND THEM HERE:  
877 S Figueroa St.  
pantrycafe.com



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Downtown Los Angeles

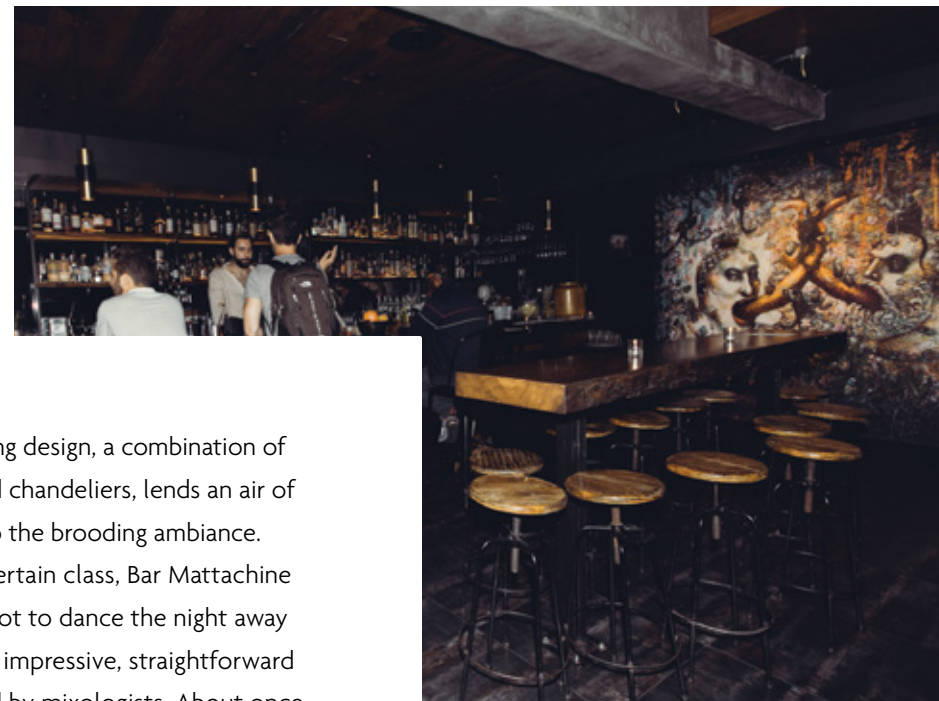
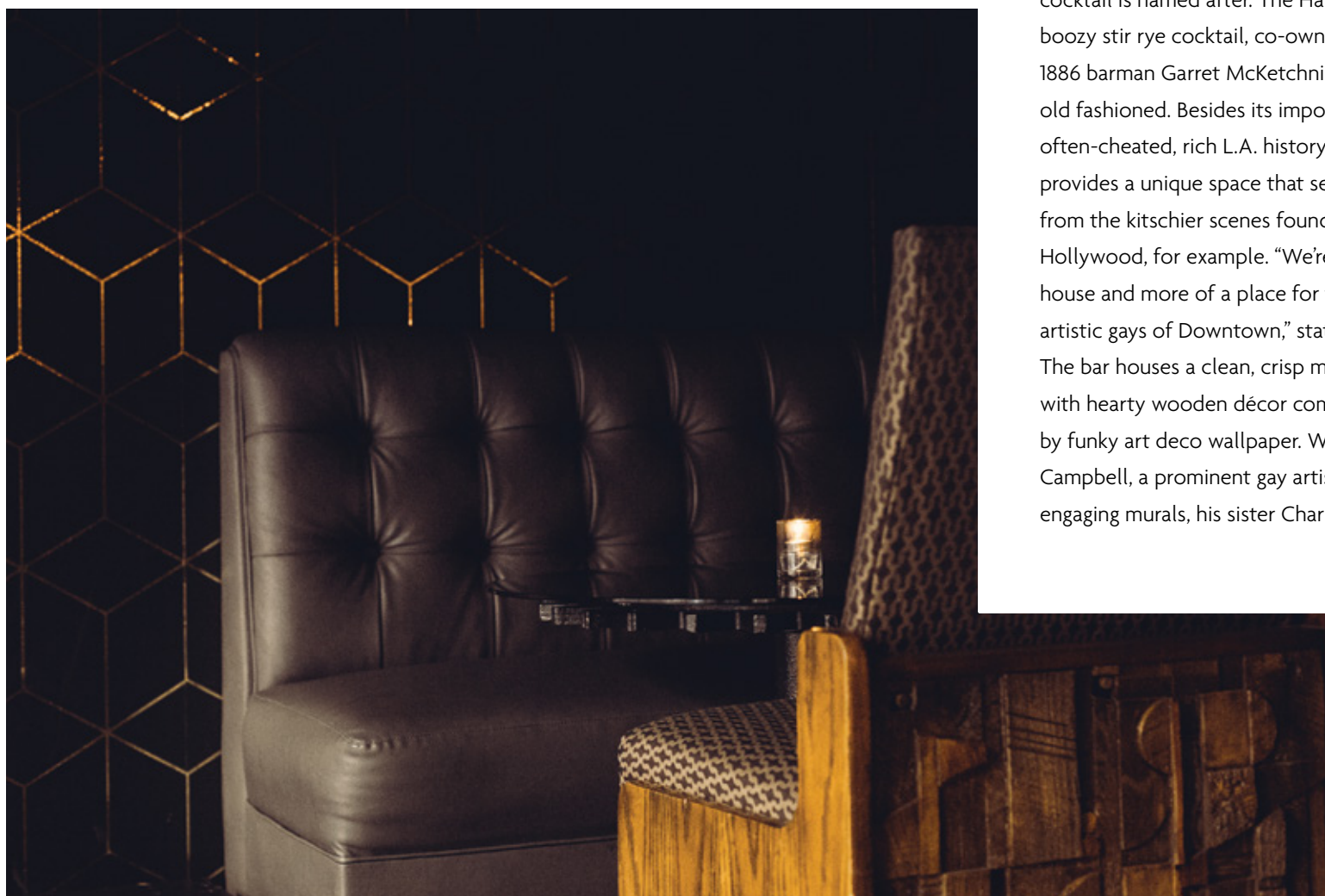


# BAR MATTACHINE

SOPHISTICATED FABULOUS

Written By Lucy Rogers-Ciaffa  
Photographed By Rozette Rago

"You are welcome to join us or do whatever you like" invites the friendly, low-key yet polished Bar Mattachine. The motto is lifted from the bar's historical inspiration, the Mattachine Society, a gay rights secret society founded in the 1950s by Harry Hay, whom their resounding fan-favorite cocktail is named after. The Harry Hay is a boozy stir rye cocktail, co-owner and former 1886 barman Garret McKetchnie's take on an old fashioned. Besides its important nods to the often-cheated, rich L.A. history, Bar Mattachine provides a unique space that separates itself from the kitschier scenes found in West Hollywood, for example. "We're less of a gay frat house and more of a place for the cultural and artistic gays of Downtown," states McKetchnie. The bar houses a clean, crisp minimalist design with hearty wooden décor complemented by funky art deco wallpaper. While Andrew Campbell, a prominent gay artist, provides engaging murals, his sister Charlie Campbell's

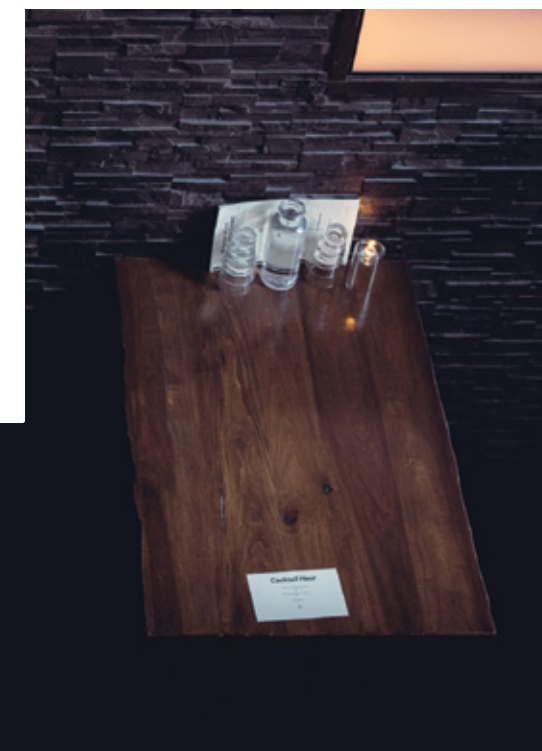


expressive lighting design, a combination of Edison bulbs and chandeliers, lends an air of sophistication to the brooding ambiance. Despite its certain class, Bar Mattachine is still a lively spot to dance the night away in a stupor from impressive, straightforward cocktails crafted by mixologists. About once a month, bar-goers enjoy a performance from drag queen Jackie Beat, the "World's Biggest Bitch." Performers such as Beat fulfill the bar's aim to showcase "drag performances that have something else to it – whether it be being an amazing comedian or great actor with a story," McKetchnie explains. The bar also hosts singers, DJ's on the weekends, and plan on expanding the idea of a weekly piano bar, where patrons can sing or request their favorite tunes.

Bar Mattachine welcomes all, it is a space for men and women alike of all persuasions, "with bartenders who have a good knowledge of history, and a history of making craft cocktails," remarks McKetchnie.

Make sure to drop by the effortlessly sleek Bar Mattachine one evening, humbly nestled between an alley and a small hummus restaurant. Despite all the action, you can always expect stellar service, a reliable nightcap, and a great time.

FIND THEM HERE:  
221 W 7th St.  
(213) 278-0471



LIVE IN DOWNTOWN LOS ANGELES

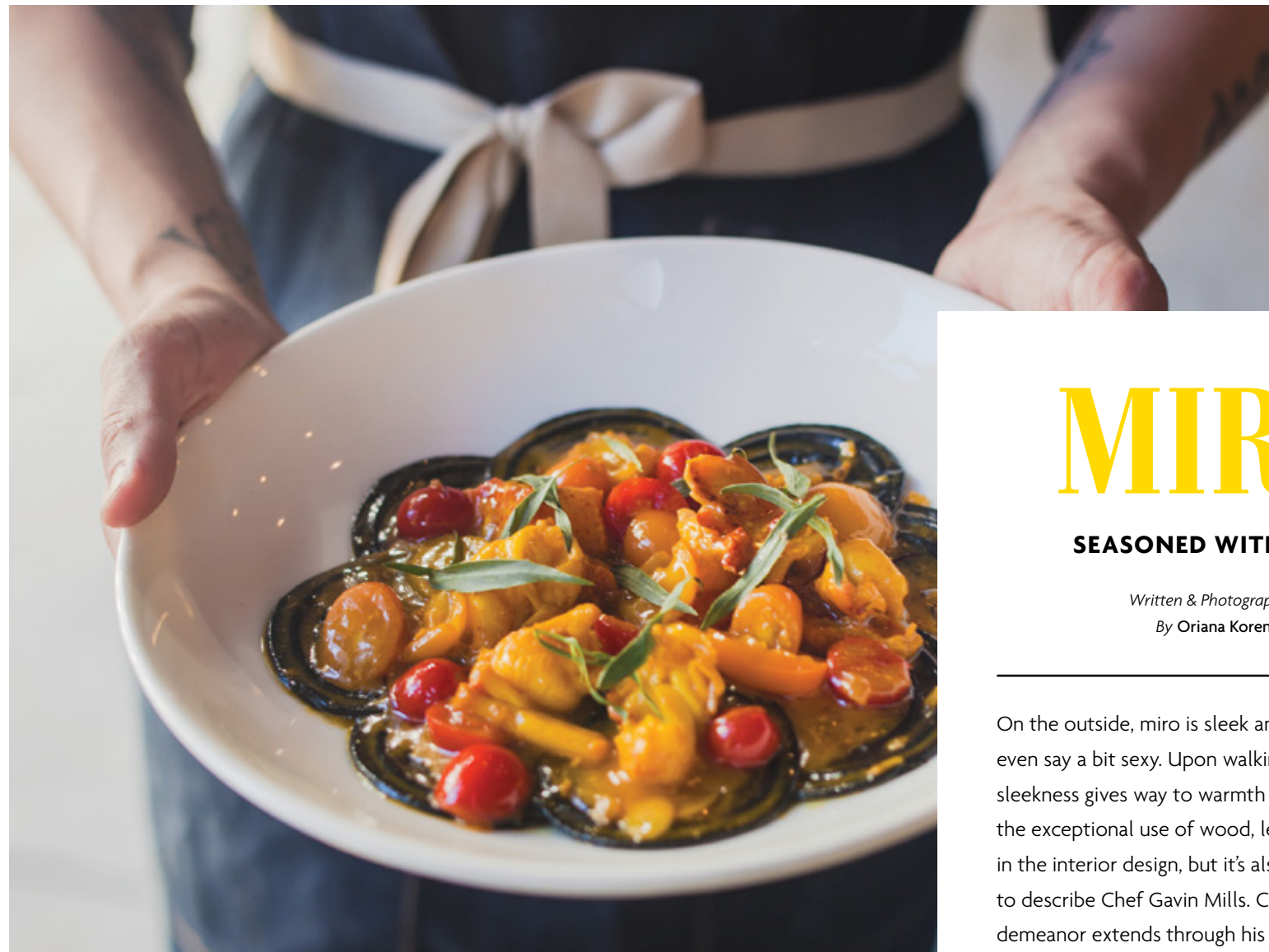
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# MIRO

SEASONED WITH LOVE

Written & Photographed  
By Oriana Koren

On the outside, miro is sleek and you could even say a bit sexy. Upon walking in, that sleekness gives way to warmth and it's not just the exceptional use of wood, leather, and granite in the interior design, but it's also the best way to describe Chef Gavin Mills. Chef Mills' warm demeanor extends through his booming voice dappled with a lovely British accent but it's in the way he talks about his team.

"I've been in kitchens my whole life...the best kitchens, in my mind, are the one's where the chef gives you credit and talks to you," Mills says. "Everyone works so hard — they're on the line doing the food, making sure it's how I want to be and how we, as a collective, do it." The corzetti squid ink pasta is an example of this collaborative spirit at miro. The dish was created by miro's pasta team — the pasta maker, Elizabeth, and her partner Gabe came up with the dish. After a few tweaks, they created the crown jewel of the menu that features corzetti



pasta flavored with squid ink and dressed in a gorgeous saffron sauce completed by cherry tomatoes, fresh tarragon, and tender pieces of lobster meat.

All of miro's produce is sourced from local farmers markets on Wednesdays and Saturdays by Chef Mills. The kitchen butchers a whole pig weekly to provide the kitchen with chops, bacon, and some inventive charcuterie inspired by the head butcher's Sri Lankan culture. At miro, everyone contributes to the success of the menu that changes seasonally and every person is an expert at his or her's task from the grill master to the bartender to the mistress of charcuterie. And if you are an Angeleno who loves a good whiskey, there is a small and intimate underground whiskey room tucked away where you can sample rare and hard to find whiskeys from India, Japan, Taiwan, and Australia.

Amrut, from Bangalore, India, won best whiskey of the world in 2011. miro has a bottle at the underground whiskey room where you can sit for a spell and learn a little more about how to be just as sleek, sexy and warm as miro is — inside and out.



FIND THEM HERE:  
888 Wilshire Blvd.  
mirorestaurant.com



FIGAT7TH FREE

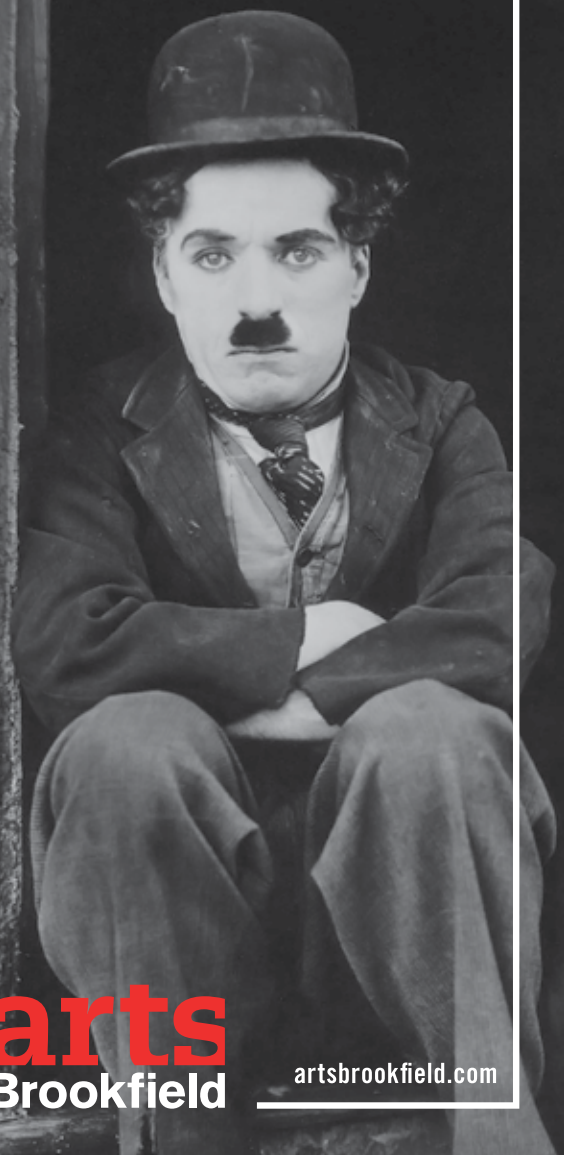
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# THE STRONGHOLD CLIMBING GYM

## HANG IN THERE

Written By Janet Sung  
Photographed By Jack Strutz

Walk into Stronghold Climbing Gym, and you may be in awe of the scene. What looks like colorful dots line the faux stone walls that span the space. Climbers are dispersed throughout, bouldering, sport climbing, top roping, and lead climbing — each of these involving a different set-up, ranging from 28 to 45 feet tall. Although slightly intimidating upon entrance, the gym is far from it. The staff greets you with a smile and is ready to get you started. Climbers may appear to be experts, but don't be fooled, all levels are welcome and no experience is necessary. Considered this a sport more than it is a workout, rock climbing is based on technique rather than strength.

Owners Kate Mullen and Peter Steadman wanted a place that was perfectly suited for climbing and chose the 100 year old former California Edison Company's #3 Steam Power Plant. Only a few minutes away from the bustling financial district, Stronghold is a great temporary escape from the city. It's nestled within Lincoln Heights in the 23-acre Brewery Arts Complex, an artist community housed in the historic Pabst Brewing facility.

The gym commits to being community-driven. It helps that members are naturally team-oriented. "Someone will see someone else struggling, and they'll help each other out. A lot of times, I'll see as many as 5 people working on a boulder problem or rope route together," says staff member Kyle McCoy. Each route is a certain level and is represented by its own colored stones to help guide your every grip. If you've never climbed before, the experience is just as riveting as it is scary. About midway up, the colored stones may get a little further apart, forcing you to think more about your hand and foot placement as you ascend upwards. It's important to make use of the chalk belted at your waist to avoid any sweaty-palm-syndrome. After pushing your foot off that last colored

stone, you climb over the wall to safety, and the feeling of the horizontal ground below you is relieving. As you gaze down at the boulder you just climbed, it's impossible not to give yourself a rewarding pat on the back.

Although it's only two years old, the gym has gained a rapidly growing following. Members feel like it's their second home, staying anywhere from two to five hours. And because it requires a lot of mental concentration, the gym complements the sport by offering yoga classes just upstairs. "After climbing, a lot of us will go over to Barbara's for food and drinks," says McCoy about the nearby bar, also located in the same complex. Sometimes the two neighbors will hold a "Yoga & Beer" event, where members enjoy a beer after a rigorous session.

At an affordable \$79/month, Stronghold offers more than your typical workout. Along with unlimited rock climbing and yoga, it also has a full gym should you want to change things up with a more standard fitness session. What more could you ask for?

FIND THEM HERE:  
650 S Avenue 21  
strongholdclimb.com

## DOWNTOWN EVENT CALENDAR SEPTEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>28</b> <b>LA SMORGASBURG</b> Alameda Produce Market 746 Market Ct.  Another amazing LA Smorgasburg lineup! The list of vendors is so impressive that this is an absolute must-attend event for all Downtowners.	<b>29</b> <b>MONDAY MAYHEM GAME NIGHT</b> Angel City Brewery 336 S Hill St.  7 – 9PM 15+ Board Games, 8+ Beers on Tap, 3-Round Cornhole Tournament and 1 Geeky Host.	<b>30</b> <b>ACOS &amp; TRIVIA TUESDAYS</b> Angel City Brewery 216 S Alameda St.  7PM Taqueria El Severo will be serving up their grilled tacos outside, while inside will be an ongoing game of trivia from King Trivia.	<b>31</b> <b>LOW END THEORY</b> The Airliner 2419 N Broadway  9:30PM – 1:30AM Weekly experimental hip hop and electronic music. Bring earplugs, the beats show no mercy.	<b>1</b> <b>FIRST THURSDAYS</b> Far East Plaza 727 N Broadway  5 – 9PM On the first Thursday of every month, Chinatown's hottest property becomes a hotbed of culinary innovation, as chefs and friends take over!	<b>2</b> <b>COLORS PRESENTS: THE BIGGEST 90S PARTY EVER</b> The Regent Theater 448 S Main St.  9PM #HashtagLunchBag x #AllDefComedyLive x #FeelGoodSound	<b>3</b> <b>RUSSIAN CIRCLES</b> Teragram Ballroom 1234 West 7th St.  8PM Vacillating from somber-yet-soaring melodies on one track to pummeling metal heft on the next, Russian Circles performs 'Memorial' live.
<b>4</b> <b>SHOP WALK DTLA</b> Historic Core ALL DAY  A day-long community block by block party of tours, discounts, special promotions, pop-ups, happy hours, and in-store events.	<b>5</b> <b>CALIFORNIA SOL</b> Ace Hotel 929 S Broadway  6PM Come soak in some sunshine with Jeremy Sole, plus the MOM LA Players and friends set the mood with warm soulful grooves.	<b>6</b> <b>THE MAKERS</b> Seven Grand 515 W 7th St.  10PM Smooth, improvised jazz and even smoother whiskey, upstairs.	<b>7</b> <b>DJ ESCO &amp; FRIENDS</b> The Novo 800 W Olympic Blvd.  9PM Future's DJ performs his solo hip hop show at The Novo.	<b>8</b> <b>HONEST TALKS</b> 527 Colyton St.  7PM Honest Conversations on Success in Entrepreneurial LA.	<b>9</b> <b>TEASE IF YOU PLEASE</b> Globe Theatre 740 S Broadway  8:30PM Burlesque and beautiful women — it's Downtown's sexiest performance.	<b>10</b> <b>THE PRINCE AND MICHAEL EXPERIENCE</b> Resident 428 S Hewitt  9PM The ultimate tribute to the king of pop and the purple one.
<b>11</b> <b>DISCO DIVE</b> The Rooftop at The Standard 550 S Flower St.  1 – 7PM Bikinis, city views, and cold drinks. Summer doesn't end in LA.	<b>12</b> <b>MOIST MONDAYS</b> La Cita Bar 336 S Hill St.  7 – 10PM Your weekly Monday night moistening, join the crew inside or out back on El Patio for a stiff drink or four.	<b>13</b> <b>TACOS AND TRIVIA</b> Angel City Brewery 216 S Alameda St.  7PM Taqueria El Severo will be serving up their grilled tacos outside, while inside will be an ongoing game of trivia from King Trivia.	<b>14</b> <b>WINE WEDNESDAYS</b> Everson Royce Bar 1936 E 7th St.  5 – 8PM Enjoy a \$25 flight of three wines with culinary creations by chef Matt Molina in one of the Arts District's nest outdoor areas.	<b>15</b> <b>DRAG QUEEN BINGO</b> Grand Central Market 317 S Broadway  8PM Not your typical Bingo. "Bingo-boy" and his drag queen hostesses have completely reinvented the old-fashioned Bingo wheel.	<b>16</b> <b>FLYGRLS #4 BENEFIT DANCE PARTY</b> The Regent Theater 448 S Main St.  9PM With a full female DJ and artist line up performing on stage, the venue will be filled with empowered influencers alike.	<b>17</b> <b>CITY BEATS</b> Fig at 7th 735 S Figueroa Ave.  4–6:30PM A fresh addition to the FIGat7th concert schedule, Maylee Todd, Aaron Paar, and Anthony Valadez take the outdoor stage.
<b>18</b> <b>NAMASDRAKE</b> Resident 428 S Hewitt  1 & 3PM A Drake themed yoga class, pose from 0–100 real quick.	<b>19</b> <b>MONDAY MAYHEM</b> Angel City Brewery 216 S Alameda St.  7 – 9PM 15+ Board Games, 8+ Beers on Tap, 3-Round Cornhole Tournament and 1 Geeky Host.	<b>20</b> <b>FABIANO DO NASCIMENTO + GUELLO</b> Blue Whale 123 Astronaut E S Onizuka St. Suite 301  11AM – 2PM Listen to soothing sounds of Brazilian jazz and Fabiano Do Nascimento's 7 string guitar.	<b>21</b> <b>DINOSAUR JR</b> Teragram Ballroom 1234 W 7th St.  8PM Roaring with various bleeding-ear psychedelic guitar touches, Dinosaur Jr takes the stage for 3 days at Teragram Ballroom.	<b>22</b> <b>DECADES COLLIDE 80S VS. 90S FEAT. BIZ MARKIE</b> Belasco Theater 1050 S Hill St.  7PM Biz Markie is back, this time to duel it out between the 80s vs 90s.	<b>23</b> <b>CLUB UNDERGROUND</b> Grand Star Jazz Club 943 Sun Mun Way  9PM LA's Premiere Indie, New Wave, Post-Punk, Britpop, and Synth-Pop Club. RSVP Online. So London...	<b>24</b> <b>SUMMER HAPPENINGS AT THE BROAD</b> The Broad 221 S Grand Ave.  8:30PM Late night music, performance, and art.
<b>25</b> <b>FOOL'S GOLD: DAY OFF</b> Shrine LA 665 W Jefferson Blvd.  2PM The Brooklyn indie label brings together the coolest names in hip-hop, dance music, and beyond.	<b>26</b> <b>ALL NIGHT HAPPY HOUR</b> The Escondite 410 Boyd St.  5PM Food and drink specials all night long? Tomorrow is going to hurt a little.	<b>27</b> <b>ARTIST TALK: JACKIE WINSOR</b> Hauser Wirth & Schimmel 901 E 3rd St.  2PM The sculptor discusses how she employs unrefined, natural materials and a meticulous handmade approach to create stunning works of art.	<b>28</b> <b>DJ SHADOW</b> Teragram Ballroom 1234 W 7th St.  8PM Bob your head with the DJ who's widely credited as a key figure in developing the experimental instrumental hip-hop style.	<b>29</b> <b>WOW: WOMEN OF WRESTLING</b> Belasco Theater 1050 S Hill St.  7PM The superheroes battle it out in the ring for a one of kind event in professional women's wrestling.	<b>30</b> <b>UNSILENT CINEMA</b> Fig at 7th 735 S Figueroa Ave.  7PM Classic silent films accompanied with live music by Daedelus, Marc Ribot, and more.	<b>1</b> <b>THE EAT SHOW</b> The Reef 1933 S Broadway  12 & 6PM Eat your heart out and your pants off at The Eat Show featuring hundreds of chefs and restaurants.



VIEW OUR FULL CALENDAR AT  
LADOWNTOWNER.COM/CALENDAR

# ELECTRIC EARTH DOUG AITKEN

SEPTEMBER 10,  
2016—JANUARY  
15, 2017

## THE GEFFEN CONTEMPORARY AT MOCA

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IN-KIND MEDIA SUPPORT IS PROVIDED BY [KCRW](#), [KCRW 89.9 FM](#), AND [Los Angeles](#).

Doug Aitken, *migration (empire)* (still), 2008. Video installation with three channels of video (color, sound), three projections, three steel and pvc screen billboard sculptures, 24:28 minutes/loop. Installation dimensions variable

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