The Resident Survival Guide to Loma Linda is an official publication of the Alumni Association, School of Medicine of Loma Linda University, and is published annually for the benefit of LLUMC Residents. The Alumni Association is not responsible for the quality of products or services advertised in the Student Guide, unless the products or services are offered directly by the Association.

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The 2015 Survival Guide is available on the Alumni Association website at www.llusmaa.org
WELCOME FROM THE ALUMNI ASSOCIATION PRESIDENT

Congratulations on becoming a resident at Loma Linda University Medical Center. I am confident that you will look back and confess that it was a wise choice.

You are not here by accident, I think you are here by design. God has a purpose for your life. Through the prophet Jeremiah God speaks and says, “I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future” (Jeremiah 29:11). You are one of those chosen few who made the cut “many are called but few are chosen.”

These next few years will be very demanding of your time and will require determination. Please remember Proverbs 3:5-6: “Trust in the Lord with all your heart and lean not unto your own understanding; in all your ways acknowledge Him and He will direct your paths.” Continue in your faith and in the end it will be your greatest reward.

The Alumni Association has prepared this booklet, A Survival Guide to Loma Linda, which will acquaint you with the Loma Linda area. We hope you find it useful making your transition not only into residency, but also your transition into the community.

The Alumni Association raises funds from a variety of sources to help with research, community outreach, overseas mission experiences, and to provide scholarships and endowments. We hope that you will be able to take advantage of some of these resources available to residents.

- Complimentary registration for the Annual Postgraduate Convention (APC).
- Reduced Alumni Association annual membership fee of $35. Benefits include: a complimentary copy of the printed Alumni Directory ($50 value); access to “Members Only” website; access online to Alumni Directory; complimentary subscription to the Alumni Journal (3 issues per year).

Welcome to Loma Linda University Medical Center. By coming here you are joining a supportive family of alumni and we hope that this is the beginning of a lifelong association.
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+Dial 9 from an On-Campus phone to call outside the University.
*Off campus, you may use the prefix of 558 and dial the last four digits.

NOTE: If you have trouble with any of the on-campus phone numbers, call 558-4000 (Medical Center Operator), or 558-1000
(University Operator) and ask for the extension (or person/department) you are trying to reach.
### Administration, LLU

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- Behavioral Health, Beverly Buckles, DSW ......................... *48905
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- Nursing, Marilyn Herrmann, PhD .................................... *44517
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- Daisy DeLeon, PhD, Asst to Dean for Diversity Affairs ....... *44630
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- James Pappas, MD, Asso Dean, Quality & Patient Safety ......... *33608
- Martie Parsley, PhD, Asst Dean, Residency Curriculum ........... *88479
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- Ricardo Peverini, MD, Vice Dean, Clinical Affairs ................. *42853
- Rhodes Rigby, MD, MBA, Spec Asst to Dean for Adm ............ *33052
- Tamara Shankel, MD, Asst Dean, Clinical Educ ...................... *44271
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### Administration, LLU Medical Center

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**Chief Operating Officer**
Terry Hansen, MPH, Chief Operating Officer

**Chief Financial Officer**
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Peter Baker, JD, Vice President, Business Development

**Vice President, Revenue Cycle**
Mel Eisele, MBA, BA, Vice President, Revenue Cycle

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Daniel W. Giang, MD, Vice President, Graduate Medical Education

**Vice President, Risk Management**
Mark L. Hubbard, Vice President, Risk Management

**Vice President, Patient Engagement**
Jesse Mock, MA, Vice President, Patient Engagement

**Vice President, Quality & Patient Safety**
James Pappas, MD, Vice President, Quality & Patient Safety

**Vice President, Institutes**
Mark Reeves, MD, Vice President, Institutes

**Vice President, Transitional Care**
Rhodes Rigby, MD Vice President, Transitional Care

**Vice President, Finance**
James Seager, Vice President, Finance

**Vice President, Mission & Culture**
Gerald R. Winslow, PhD, Vice President, Mission & Culture
Loma Linda University is a Seventh-day Adventist educational institution founded in 1905 by John A. Burden. Pastor Burden came to California in 1904 as a representative of Ellen G. White, one of the founders of the Seventh-day Adventist Church.

Pastor Burden's purpose was to establish medical institutions in Southern California dedicated to the restoration of the whole man by combining the latest and best in medical science with spiritual therapy in the tradition of evangelical Christianity.

The property where Loma Linda University now stands was developed for the plush Mound City Hotel during the boom days of 1887-1888. Following the depression of the 1890s (during which the hotel complex failed), a group of investors, including a large number of physicians, bought the property. About $155,000 was invested in the property and buildings in hopes of making Loma Linda one of the finest health resorts in Southern California. This venture also failed.

When the property came to the attention of the Adventists, the asking price of $110,000 was prohibitive for the fledgling church. However, the price continued to drop until the early summer of 1905, when the stockholders ordered the property sold for $40,000.

The local church leaders were in Washington, D.C., world headquarters of the Seventh-day Adventist Church, when a letter arrived from John Burden urging immediate action lest the property be sold to others.

Informed that the local Southern California conference could not take on the additional financial responsibility, Mrs. White nevertheless wired instructions to secure an option. With private funds the group paid off the note, now discounted to $38,900, before the end of the year.

On August 26, 1905, the sanitarium was incorporated; on Friday, October 13, the first two patients were admitted. Loma Linda was in business.

Today, at Loma Linda University, approximately 3,300 students enroll annually in the professional curricula offered by the Schools of Allied Health Professions, Dentistry, Public Health, Medicine, Nursing, Pharmacy, Science & Technology, and the Graduate School.

Since its inception, Loma Linda University School of Medicine has graduated over 10,500 physicians. A large percentage of these graduates have served or are now serving abroad.

A cosmopolitan flavor is reflected in the University's student body. Over 600 students from 90 nations attend LLU every year, representing almost 20 percent of the entire student body.

School of Medicine—Approximate total living alumni: 8,500. The four-year professional curriculum in medicine was first offered in 1909. Establishment of the program—largely on faith alone—was followed by a 13-year struggle for survival; the church-operated College of Medical Evangelists finally received the coveted "A" rating in 1922 for its School of Medicine. With the completion of LLUMC in 1967, the School of Medicine was able to consolidate its curriculum on the Loma Linda campus; previously two years were taken at Loma Linda and two years in Los Angeles.
The Alumni Association, School of Medicine of Loma Linda University, represents more than 8,500 living graduates of the School. The Association was organized in 1921, twelve years after the School of Medicine was founded. You are about to become part of the rich heritage which claims graduates in 36 nations of the world and in each state of the United States.

Basically a service organization, the Alumni Association operates independent of the School of Medicine or the University as a nonprofit corporation. It was formed to serve students, support LLUSM alumni, and to encourage participation in short- and long-term mission service.

What follows is a brief overview of how the Association works in these areas.

**STUDENTS:** Freshmen medical students are welcomed to the LLU campus by the Alumni Association the night before orientation. The Freshman Welcome is hosted by the Association as part of the activities of the Student Affairs Council. Sophomore students assist in making this event a pleasant time for getting acquainted with classmates, faculty, and Association officers and staff.

During Orientation Week, the Juniors receive their white coats with their embroidered names and LLU logo provided by the Alumni Association. During the Junior year, the Association sponsors a seminar on residency application and the Match. The Senior Seminar, held prior to graduation, provides insights into life beyond medical school. Attending residents and other professionals provide insights into what residency is all about. In addition to the above activities, the Alumni Association provides pizza parties throughout the year for the freshmen and sophomores, a lending library, funds for mission trips, and a senior interview assistance program. Each class chooses a class member to sit on the Board of Directors of the Alumni Association. A member of each class also sits on the Student Affairs Council—the subcommittee of the board that plans all Association-sponsored student functions.

**ALUMNI:** In March of each year the Annual Postgraduate Convention (APC) is held on the campus of LLU, providing continuing education courses in a variety of specialties as well as for the family physician. A placement service is provided in the Association’s quarterly periodical, the Alumni Journal, in which alumni can advertise their physician needs. The Journal provides articles of interest to and information about the activities of alumni around the world. The Alumni Directory which lists the names and addresses of all alumni, is published annually and sent to all dues-paid members.

**THE SCHOOL OF MEDICINE:** The Alumni Association and its members have raised more than $30 million for the School of Medicine since its incorporation, supporting our alma mater and providing for its future. The Alumni Fund began 27 years ago to promote projects that would endow various programs within the School of Medicine. Thus far the Alumni Association has received contributions from alumni totaling approximately $25 Million in support of student loans, scholarships, research, professorial chairs and various special projects.

One of the main fundraising goals of the Alumni Association is to help finish the Centennial Tuition Endowment - a $50 million dollar tuition scholarship fund that will ensure the most qualified students gain a Christian medical education by reducing their financial stress through scholarships. This will not only benefit deserving students, but it will help the School of Medicine manage rising tuition costs. In addition to the Centennial Tuition Fund, the Alumni Association is also raising funds for a variety of other scholarships and endowments that benefit students and the School of Medicine. Visit our website for a complete list at www.llusmaa.org. Please note that all scholarship funds are handled through the Student Financial Aid Office and are distributed on the basis of need.

**MISSIONS:** Provision is made through the Association for alumni to donate to specific mission institutions and projects. The Alumni Association sees itself as an organization with international responsibilities.

**JUNIOR MEDICAL AUXILIARY:** All School of Medicine students and spouses are invited to become members of the JMA. JMA has vespers and many social activities during the school year. JMA provides the opportunity for friendship, support, and networking.

**LLU MEDICAL AUXILIARY** supports the Little White House, provides scholarships, student assistance and funds for medical mission projects. In addition, a new program called “From Stressed to Blessed” offers a delivery service for a first or second year medical student to receive a birthday cake, cupcakes, cookies or a care package from family or friends. Proceeds benefit the LLU scholarship fund. Please contact us at 909-558-4639 or visit our website at www.llumedaux.org.

The officers and staff of the Alumni Association trust you will find this guide useful as you embark on your chosen career. You are always welcome to stop by the Association office, where the staff will be happy to answer your questions, and assist you in any way they can.

**The Walter E. Macpherson Society (WEMS)** is a nonprofit Society organized in 1963 to foster and recognize excellence among students and faculty. It functions separately from the Alumni Association. WEMS supports medical education by:

1. Funding 25 or more medical students for research done during the summer between their freshman and sophomore years of medicine.
2. Giving a cash award to the winners of the Research and Clinical exhibits of students, residents, and fellows during APC.
3. Giving certificates and acknowledgement to students whose research has been published.
4. Funding equipment that would not otherwise be funded.

Through the years, the Macpherson Society has given more than $2 million to the School of Medicine. It has established a Macpherson Learning Center in the Centennial Complex. The sole purpose of the Society remains to “promote excellence in medical education and research.”
There are a wide variety of worship options in the Inland Empire for students of all faiths. School of Medicine students have prepared a list of a wide variety of denominations in the area that medical students have participated in. You may request this list from the SM Student Affairs Office, or see page 24 for an abbreviated list. The Campus Hill and University churches are on campus to provide worship, community and service opportunities to students. The regularly held SDA services on campus are as follows:

**CAMPUS HILL CHURCH**, located on the upper campus of LLU, provides a variety of spiritual, social and outreach activities for worshippers of all ages. For further information call (909) 796-0222. www.campushillchurch.net

Experience Great Worship, Bible Studies, and Support:
1. "Revive" - your spiritual being and join us every Friday at 7 pm in the sanctuary for Young Adult Worship Service. We are inviting all young adults, as well as those young at heart. We also need your help. Contact Pastor Igor, igor@campushill.org

2. Sabbath School Options- Saturday (Sabbath) morning 9:30-10:35 am A variety of choices for fellowship/discussion and lecture/discussion as well as classes for children and youth, especially k-earlitene who participate in multi-age learning settings.

3. Sanctuary Service- Saturday (Sabbath) mornings 10:40 am-12:30 pm. Emphasis is placed on Biblical preaching and congregational participation in a rich mix of hymns and praise songs.

4. Wednesday Evening - Musical praise, testimony, prayer, and Bible study, 6:30 pm, in Linda Hall. Join us for sweet, and enjoyable, mid-week fellowship. You'll be glad you came! Also, tutoring offered in mathematics, languages, al anon, etc.

**LOMA LINDA UNIVERSITY CHURCH.** Located on the campus of LLU, the church offers spiritual and social activities for all ages

1. Worship: A variety of Sabbath School classes are scheduled Saturday mornings at 10:30 am for children, adults, students, and families. The Contemporary Young Adult service (Re:Live) meets in the sanctuary at 10:25 am and is geared to young adults ages 18-35. (See www.reliveministry.com) Sanctuary worship services are Saturdays at 9:00 and 11:45 am.

2. UReach: ACTS-Adventist Team Services (Meals on Wheels, transportation, Re:Live Thrift) a great way to serve the community- Burt Clark, (909) 796-8357; EXCELL (tutoring at-risk youth)—Otis Coutoumpos (909) 796-8357, Ext. 28; Media Ministries—Stew Harty, (909) 558-4570, Ext. 87409.

3. Nurture: Children's Sabbath Schools (birth to 4th grade)—Shawna Campbell, (909) 558-4570, Jr. High (5th - 8th grade) —Doug Mace, (909) 558-4570; High School Youth Activities—Garrett Speyer (909) 558-4570; Young Adult (Re:Live) (18-35 years)—Tyler Stewart (909) 558-4570, Ext. 47087.

**Musical Organizations**

Loma Linda University Church Sanctuary Choir. Excellent musical selections and many classics. Rehearsals on Friday evenings at 7:00 pm. Contact Ariel Quintana, (909) 558-4570, Ext. 47079

Loma Linda University Church Sanctuary Brass. Wednesday evening rehearsals, 7:00 - 8:00 pm. Contact Virgil Nielsen, (909) 558-4570, Ext. 47079.

Loma Linda University Church Sanctuary Orchestra. Rehearsals as needed for performances (about every other month in church, usually for 1 1/2-2 hours on the evening before performance). Contact Ariel Quintana, (909) 558-4570, Ext. 47079.

Community Chorus Of Redlands. Rehearsals Wednesday evenings, 7:00-9:30 pm. Call Jeff Rickard at 793-2121, Extension 3278 for an audition.

Campus Hill Church Choir and Praise Team. Coordinator: Pastor Cristian Iordan. Contact Church @ 796-0222.
KSGN (89.7 FM) “Good News Radio” is a 24-hour station that broadcasts contemporary Christian music seven days a week. Included in its programming are words of inspiration, and educational features. Call 1-(800)-321-5746 or 687-5746 for a program schedule.

Air1(90.1 FM) is a Christian music radio station offering non-stop contemporary music 24 hours, 7 days a week. It also offers giveaways, unique contests, request hours, powerful 60-second features, traffic updates, weather, sports reports, and the latest news via satellite.

KVCR (91.9 FM) National Public Radio, broadcasts from 5:00 am to 12:00 midnight. Included in its programming are morning news, evening drama, classical music, and some contemporary music.

OTHER POPULAR RADIO STATIONS: KUSC (91.5 FM)—Classical; KTWV (94.7 FM)—Soft Jazz; KFRG (95.1 FM)—Country; KLOS (95.5 FM)—Classic Rock; KCAL (96.7 FM)—Album Rock; KIIS (102.7 FM)—Top 40; KCCX (103.9 FM)—Alternative; KBIG (104.3 FM)—Adult Contemporary; KFI (640 AM)—Talk Radio/News; KNX (1070 AM)—News/Traffic.

CABLE CHANNEL 17—Campus and Loma Linda, Loma Linda Broadcasting Network (LLBN) televisions the University Church service, vespers, and other religious programming. Available in Daniels and Lindsay Halls. If you are interested in volunteering at the station, call Betty deLeon, 799-6509.

TRADING POST is a weekly advertiser published by the University. Deadline for classified ad copy is Thursday at 11:00 am. The paper appears on Monday mornings. Deliver your ad personally to the University Relations office, lower Burden Hall, or drop your ad in one of the two drop boxes located at the MC student entrance and across from the Medical Center cafeteria. Ads may be sent via intercampus mail or regular mail. The address is Trading Post, University Relations, Burden Hall, LLU, Loma Linda, CA 92350. Cost is $4 for 25 words or less; $6 for up to 50 words; and $10 for up to 100 words. Your ad runs for two weeks. The Trading Post can be found on-line at http://www.llu.edu/news/tradingpost

NEWSGRAM is published each Monday (except summers and vacations) for students on the Loma Linda campus by the Dean of Students office. The Newsgram is e-mailed to students, or may be found at www.llu.edu/llu/studentaffairs.

ALUMNI JOURNAL is a quarterly publication published by the Alumni Association of the School of Medicine of Loma Linda University. Its 8,000 plus readers include alumni, medical students, and a list of subscribers around the world. The magazine includes feature articles of interest to alumni and students, editorials, and sections highlighting the activities of the medical school, Association, and alumni around the world.

SCOPE is a quarterly publication through the University Relations office. Its 40,000 circulation includes alumni and friends of LLU. SCOPE’s purpose is to keep LLU’s constituency informed of current news and features of the University. Free SCOPE subscriptions are available. Just send your name, address, city, state, and zip code to SCOPE, University Relations Office, Burden Hall. (SCOPE is automatically sent to all LLU alumni.)

TODAY is the Loma Linda campus newspaper published by the University Relations office for students, employees, and faculty of LLU. Today is published twice monthly on Thursdays. Deadline for copy is one week prior to publication. Student ideas, suggestions and/or articles are solicited.

2015 Survival Guide, ALUMNI ASSOCIATION, SMLLU 7
Outdoor Facilities
- Six lighted tennis courts
- One-half mile running track
- Lighted recreation field
- Grass volleyball
- Lap pool — 25 yards, 10 lanes
- Leisure pool — 150-foot recreation slide
- Jacuzzi
- Outdoor beach volleyball
- Horseshoe

Indoor Facilities
- Three basketball courts
- Five volleyball courts
- Nine badminton courts
- Five racquetball courts
- Martial arts studio
- Aerobic studio
- Cardio & weight rooms
- Men's and women's dry saunas
- Professional Massage
- TV lounge and game rooms
- One-tenth mile indoor track
- Two Table Tennis Tables

Intramurals in a variety of sports are available during most of the year. Watch for announcements at Drayson. Use of the center requires a current student I.D. card. Sports equipment is available for use in Drayson. Check for current hours. Memberships are free to LLU students and families.

Sitting in classes all day may make you decide to become involved in an exercise program, or perhaps you just need a break. Jogging may be the answer. If it is, you are not alone.

The Lopers Club, with over 700 members, meets every Sunday morning at 6:30 am, at the Drayson Center. The monthly run includes simultaneous one, two, three, four, five and six mile runs. The usual Sunday run, however, is devoted to distance and marathon training.

You don't have to be an accomplished jogger to join; they'll help you get going. One of the main activities of the Loper's Club is to train walkers, runners, or joggers to complete their first full 26.2 mile marathon each year.

For further information visit www.lopersclub.org, or call 951-769-8300, or email info2@lopersclub.org.
THE SURROUNDING COMMUNITIES
Housing and Moving

Housing in the Community

Where to find information:

1. LLU Foundation Rental Office, 24873 Taylor St., — (909) 558-4374. M-Th: 7:30 a.m. - 4:30 p.m. Fridays: 7:30 a.m. - 1:30 p.m. Closed for Lunch: 12:00 - 1:00 p.m.


3. Loma Linda Market — bulletin board.


7. University Realty — (909) 796-015 www.univrealty.com

General Information:

Renting. A one bedroom apartment runs about $700-$1,000. Two bedroom, one bath apartments run from $900 up to $1,200 per month and higher. Single students often share an apartment or house. Apartments typically have one to two bedrooms, bath, living room, a kitchen furnished with a refrigerator and a gas stove; carpet, drapes, gas heat, and usually air conditioning. Utilities often included in the rent are water/sewage/trash. Gas and electricity are usually the tenant's responsibility. And, of course, you can count on paying a separate phone bill! Some apartments include washer and dryer, dishwasher, and even a pool and/or jacuzzi. A two- to three-bedroom condominium rents for about $1,250 - $1,500 per month.

Buying. Real estate is relatively expensive around Loma Linda. Smaller homes within walking distance of the University range from $325,000 to $450,000. Larger and newer homes South of Barton Road range from about $350,000 - $900,000+. Most realtors will advise you to buy and have initiated several programs to accommodate first-time home buyers. There is a partnership program which makes it easier to qualify for and afford a home. This can also benefit the relative or friend who aids in the purchase of a home. Other programs offer lower effective interest rates and lower payments.

Local Realtors:

<table>
<thead>
<tr>
<th>Century 21 Lois Lauer Realty</th>
<th>Tarbell Realty</th>
<th>University Realty</th>
</tr>
</thead>
<tbody>
<tr>
<td>1998 Orange Tree Lane</td>
<td>1049 E. Harriman</td>
<td>11156 Anderson St.</td>
</tr>
<tr>
<td>Redlands 92374</td>
<td>San Bernardino</td>
<td>Loma Linda 92354</td>
</tr>
<tr>
<td>800-786-5647</td>
<td>796-5384</td>
<td>796-0156</td>
</tr>
</tbody>
</table>
## Utility Companies for Loma Linda:

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Electricity</strong></td>
<td>Southern California Edison Company&lt;br&gt;287 Tennessee&lt;br&gt;Redlands 92373&lt;br&gt;(800) 655-4555&lt;br&gt;www.sce.com</td>
</tr>
<tr>
<td><strong>Water, Sewer, &amp; Trash</strong></td>
<td>City of Loma Linda&lt;br&gt;25541 Barton Road&lt;br&gt;Loma Linda 92354&lt;br&gt;799-2845&lt;br&gt;www.lomalinda-ca.gov/</td>
</tr>
<tr>
<td><strong>Natural Gas</strong></td>
<td>Southern California Gas Company&lt;br&gt;624 West Fourth Street&lt;br&gt;(800) 427-2200&lt;br&gt;www.socalgas.com</td>
</tr>
<tr>
<td><strong>Telephone</strong></td>
<td>Verizon&lt;br&gt;(Loma Linda, Redlands)&lt;br&gt;(800) 483-1000&lt;br&gt;www.verizon.com</td>
</tr>
</tbody>
</table>

Utilities may require a deposit before initiating service. Two to three business days may be required before service can begin.

## Cable TV

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
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</thead>
</table>

## Cell Phone Companies:

<table>
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<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AT&amp;T</strong></td>
<td>1-800-ATT-2020, <a href="http://www.ATT.com">www.ATT.com</a></td>
</tr>
<tr>
<td><strong>Sprint/Nextel</strong></td>
<td>1-800-639-8359, <a href="http://www.sprintpcs.com">www.sprintpcs.com</a></td>
</tr>
<tr>
<td><strong>T-Mobile</strong></td>
<td>1-800-866-2453, <a href="http://www.tmobile.com">www.tmobile.com</a></td>
</tr>
<tr>
<td><strong>Verizon Wireless</strong></td>
<td>1-800-256-4646, <a href="http://www.verizonwireless.com">www.verizonwireless.com</a></td>
</tr>
</tbody>
</table>

## Internet Broadband Providers:

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Time Warner High-Speed Internet</strong></td>
<td><a href="http://www.RoadRunnerOffers.com">www.RoadRunnerOffers.com</a></td>
</tr>
<tr>
<td><strong>Verizon DSL Service</strong></td>
<td><a href="http://www.verizon.com">www.verizon.com</a></td>
</tr>
</tbody>
</table>

## Satellite TV:

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DirectTV</strong></td>
<td>1-800-280-4388 (new customers), <a href="http://www.directv.com">www.directv.com</a></td>
</tr>
<tr>
<td><strong>Dish Network</strong></td>
<td>1-888-278-8613 (new accounts) <a href="http://www.dishnetwork.com">www.dishnetwork.com</a></td>
</tr>
</tbody>
</table>
Public Transportation

Airports
Los Angeles International (LAX): (310) 646-5252  www.lawa.org
75.9 miles
Ontario International: 937-2700  www.lawa.org/ont  21.5 miles
Orange County John Wayne Airport (949) 252-5200  www.ocair.com
51.8 miles
Palm Springs Intl Airport  (760) 318-3800  www.palmspringsca.gov
52.5 miles

Buses
Omnitrans stops hourly in Loma Linda, and sbX rapid transit every 10-15 min. Bus fair is $1.75 one way, or $5.00 for an all-day pass. Schedules are available in the Student Services Center and in the Loma Linda Post Office. For more information call (800) 966-6428; www.omnitrans.org
Greyhound/Trailway Bus Lines: 596 North G Street, San Bernardino, (800) 231-2222

Trains
Amtrak local depot, 1170 W. Third Street, San Bernardino. For more information call (800) 872-7245.

Metrolink—long distance commuter train to Union Station in Los Angeles from San Bernardino or Riverside, M-F, (800) 371-LINK; www.metrolinktrains.com

Other

Libraries

Barbara J. Orr Lending Library
Alumni Association, SMLLU
11245 Anderson, Ste. 200
558-4633, or Extension 44633

Del Webb Memorial Library
Loma Linda University
Information, 558-4588 or Extension 44588

Jesse Medical Library & Information Center
Room 1105, Coleman Pavilion
Extension 44620

Leffingwell Library (Anesthesiology)
Room 2525, 2nd Floor, LLUMC Research Wing
Extension 46174

Multidiscipline Lab, School of Medicine
Basement of Risley Hall
(A good place for medical students to study.)

Orthopaedic Surgery Library
East Campus Ambulatory Building, 11406 Loma Linda Dr.
Extension 66443

Stilson Library (Radiology)
Room 2606, Schuman Pavilion
Extension 45537

Cal State University San Bernardino John Pfau Library
Take 215 N, exit University Pkway, turn right.
Information, 880-5091

Loma Linda Public Library
Loma Linda Civic Center, 25581 Barton Rd.
Information, 796-8621

University of California Riverside Library
900 University Avenue, Riverside
Information, 787-3229

University of Redlands Library
1200 E. Colton Ave., Redlands
Information, 335-4022

Local News Stories

The Advertiser (Green Sheet)
611 W. Redlands Blvd., Redlands
793-3768, (800) 678-4237

Los Angeles Times
145 S. Spring Street, Los Angeles
(800) 252-9141—www.latimes.com

Redlands Daily Facts
700 Brookside, Redlands
793-3221—www.redlandsdailyties.com

Riverside Press-Enterprise
3512 14th Street, Riverside
(951) 368-9601—www.pe.com

San Bernardino Sun
2239 Gannett Parkway, San Bernardino
386-3990—www.sbsun.com

Local Hotels / Motels

Loma Linda Inn
24532 University Ave., Loma Linda, (909) 583-2500

Hampton Inn
895 E. Hospitality Ln., San Bernardino, (909) 890-0600

Hilton Garden Inn
1755 S. Waterman Ave., San Bernardino, (909) 806-4040

Hotel San Bernardino
285 E. Hospitality Ln., San Bernardino, (909) 889-0133

Marriott Fairfield Inn & Suites
1041 Harriman Place, San Bernardino, (909) 382-4560
Local Banks / Credit Unions

1st California Bank
218 E. State Street
Redlands, 92373
798-3611

Bank of America
11195 Anderson
Loma Linda, 92354
381-2494, (800) 732-9194

Chase
25701 Barton Rd
Loma Linda, 92354
801-3030

Citibank
25487 Barton Road
Loma Linda, 92354
(800) 274-6660

Community Bank
200 E. Citrus Avenue
Redlands, 92373
307-8100

La Loma Credit Union
26151 Mayberry Street
Loma Linda, 92354
796-0206

Provident Bank
125 E. Citrus Avenue
Redlands, 92373
793-2992

Wells Fargo Bank
220 E. State Street
Redlands, 92373
793-2955

Local Museums

Asistencia Mission de San Gabriel, 26930 Barton Road, Redlands. 793-5402. The Asistencia serves as a public museum for articles from the Indian Mission San Gabriel, the Rancho San Bernardino, and the American pioneer period of Redlands' history. A good way to appreciate the way it used to be in Redlands. Tue - Sat, 10-3. Small admission. www.sbcountymuseum.com

Edward-Dean Museum of Decorative Arts, 9401 Oak Glen Road, Cherry Valley. (951) 845-2626. Priceless furniture and 17th, 18th-, & 19th-century European and Asian decorative art. Fri - Sun, 10-5. Small admission. www.edward-deanmuseum.org


March Field Museum, Go south on 1-215/Van Buren Blvd. at March Air Reserve Base, (951) 697-6600. Features military aviation relics, engines and trainers from 1918 to the present. Daily 9 - 4:00. Admission. www.marchfield.org


San Bernardino County Museum, 2024 Orange Tree Lane, Redlands. Take Interstate 10 off at California Street exit, 307-2669. The museum houses an extraordinary bird exhibit. Tue - Sun, 9 - 5. Admission. www.sbcountyuseum.org

UCR/California Museum of Photography, 3824 Main St., Riverside, (951) 784-3686. Displays photographs, cameras and related equipment. Many of the cameras on display date back to the invention of photography. Tue-Sun, 11-5. Free. www.cmp.ucr.edu
Florists
Loma Linda Florist, 10559 Anderson St., Loma Linda, 796-0710
Loma Linda Premier Florals & Gifts, 799-1185

Grocery Stores
Clark's Nutritional Centers, 11235 Mtn. View Ave., Loma Linda, Mtn. View Plaza, 478-7714
Food 4 Less, 2070 W. Redlands Blvd., Redlands, 793-0722
Loma Linda Market, Campus Plaza, Loma Linda, 558-4565
Gerrard's Market, 705 W. Cypress, Redlands, 793-2808
Loma Linda Oriental Market, 25655 Redlands Blvd.
Loma Linda, 796-6568
Stater Bros., 25630 Barton Rd., Loma Linda, 478-0072
1536 Barton Rd., Redlands, 798-0072
21700 Barton Rd., Colton, 783-0515
Trader Joe's, 560 Orange Street, Redlands, 798-3888.
Vons, 522 Orange St., Redlands, 793-0447

Party Supplies/Rentals
Party City, 27588 Lugonia, Redlands, 798-7272
Party Plus, 1801 Orange Tree Lane, Redlands, 335-2811
Party Plus Rentals, 24831 Redlands Blvd, Loma Linda, 796-3388

Pet Shops
Daryl's Pet Shop, 1589 W. Redlands Blvd., Redlands, 793-1788
PAWS, 912 E. New York Street, Redlands, 793-0898
Petco, 27580 W. Lugonia St., Redlands, 335-0842
Petsmart, 595 E. Hospitality Lane, San Bernardino, 884-1055
Pet World, 891 Harriman Place, San Bernardino, 884-3337

Pharmacies
Loma Linda Pharmacy, 25455 Barton Rd., Loma Linda, (Faculty Medical Offices), 796-8308
Rite Aid Pharmacy, corner of Mtn.View & Barton, Loma Linda 799-0591 (Drive-thru pharmacy)
Target Pharmacy, 27320 W. Lugonia, Redlands, 307-1810
Wal Mart Neighborhood Market Pharmacy, corner of Barton & Mountain View, Loma Linda.
Wal-Mart Pharmacy 2050 Redlands Blvd., Redlands, 792-6260

Specialty/Candies/Ice Cream/Frozen Yogurt
à la Minute, 19 East Citrus Ave., # 105, Redlands, 307-3751
Hand crafted ice cream. Freezes right before your eyes.
Rocky Mountain Chocolate Factory, 10060 Alabama St, Ste. C, Redlands, 798-7700. Chocolates and treats
See's Candy Chocolate Shops, 848 Tri City Ctr., Redlands, 798-2377.
Inland Center Mall, 500 Inland Ctr. Dr., San Bernardino, 884-7411
Yogurtlicious, 25805 Barton Rd., Ste. 105, Loma Linda, 478-9865,
Premium self-serve frozen yogurt and toppings

Sporting Goods
Big 5, 1573 W. Redlands Blvd., Redlands, 335-5950
Sports Authority, 897 E. Harriman, San Bernardino (by Sam's Club)884-7200
Sports Chalet, Citrus Plaza, 27550 Lugonia Ave., Redlands 335-3800
Discount Clothing Stores
Burlington Coat Factory, 1520 Industrial Park Ave., Redlands 748-6803
Marshalls, 1635 West Lugonia Avenue, Redlands 792-7722. Corner of Lugonia & Alabama
Nordstrom Rack, Mountain Grove at Citrus Plaza, 27651 San Bernardino Ave., Ste. 100, Redlands, 801-2750
Ross Dress for Less, Tri-City Center, Redlands, 792-8151. Go east on Redlands Boulevard, left on Alabama, right on Industrial Park Avenue.
SteinMart, 10930 Foothill Blvd, Rancho Cucamonga, 481-0400 335 E. Alesandro Blvd, Riverside, 789-7330

Household/Home Improvement Centers
Costco, 1099 Hospitality Lane, San Bernardino, 478-0359
Home Depot, 695 E. Hospitality Lane, San Bernardino, 884-4055
K Mart, 1625 Redlands Blvd., Redlands, 793-0711.
Lowes, 1725 W. Redlands Blvd., Redlands, 307-8883
Sam’s Club, 1055 E. Laurelwood Dr., San Bernardino, 796-1505
Target, 27320 W. Lugonia, Redlands, 307-1602
499 Orange Show Road, San Bernardino, 381-3391
Wal-MART, 2050 W. Redlands Boulevard, Redlands, 798-9114

Thrift Shops
American Cancer Society Discovery Shop, 1534 Barton Rd., Redlands, 307-8900
Goodwill, 223 W. Colton Ave., Redlands, 335-2006
Little White House, 24939 Prospect, Loma Linda, 558-8704
Operated by LLU Medical Auxiliary. Hours: Mon, 8-12; & 6:00 p.m.
Redlands Thrift, 614 Alabama St., Redlands, 793-6470
Re:Live Thrift, 24871 Redlands Blvd, Loma Linda, 796-4400
www.relivethrift.com (operated by LL University Church)
Salvation Army Thrift Store, 801 W. Colton Ave., Redlands, 793-2885 911 South E St., San Bernardino, 384-1831

MALLS/PLAZAS

Citrus Plaza
1-10 and 30 meet in Redlands at Lugonia & Alabama
4.5 miles

Mountain Grove at Citrus Plaza (see above)
4.5 miles

Galleria at Tyler
91 Freeway to Riverside, Tyler Street Exit
Department stores: Macy’s, Nordstrom, J.C. Penney.
18.1 miles

Inland Center
1-10 to San Bernardino, Inland Center Exit
Department Stores: Forever 21, Macy’s, Sears.
4.6 miles

Fashion Island (Area Favorite)
62 Fashion Island, Newport Beach
55 Freeway to Highway 73 South, Exit Jamboree, turn right, left on Santa Barbara. Department stores: Bloomingdales, Macy’s, Neiman Marcus, Nordstrom
54.7 miles

Palm Desert Mall
I-10 East to Palm Springs
Highway 111 at Monterey
Department stores: Macy’s, J.C. Penney
64.3 miles

South Coast Plaza (Area Favorite)
91 Freeway to 55 to 405 North. Exit Bristol, Costa Mesa
Department stores: Bloomingdales, Macy’s, Nordstrom, J.C. Penney, Sak’s Fifth Avenue, Sears. www.southcoastplaza.com
54.1 miles

Victoria Gardens Mall
I-10 West to I-15 North. Exit Foothill Blvd. Rancho Cucamonga
Macy’s, J.C. Penny, Pottery Barn, Williams-Sonoma.
23.1 miles

OUTLET MALLS

Desert Hills Premium & Cabazon Outlets
I-10 East to Fields Road Exit, Cabazon
Stores: 150+ stores, including Banana Republic, Coach, Nike, Nine West, Polo Ralph Lauren, Ann Taylor, etc. www.premiumoutlets.com
31 miles

Lake Elsinore Outlet Mall
I-10 West, 215 South, 91 West, 15 South. Exit Nichols Rd. Nike, Old Navy, Reebok, etc. www.lakeelsinoreoutlet.com
36.8 miles

Ontario Mills
“Largest outlet mall in the Western U.S.” - or so they say. Take I-10 West to I-15 North, exit Fourth Street. Featuring: multi-screen cinema (30), and 200 shops, eateries, and entertainment venues. 484-8300. www.ontariomillsmall.com
18.9 miles

SWAPMEETS/OUTDOOR MARKETS

Orange County Market Place - this is the upscale swapmeet with over 1200 vendors. Weekends 7-4. Orange County Fairgrounds in Costa Mesa, Freeway 55 and Fair Drive. Small admission. Free parking.

Palm Desert - College of the Desert Street Fair - another upscale swapmeet with over 300 vendors and food booths. Open Saturdays and Sundays, Oct - May 7-2, June - Sept 7-2. 435 Monterey Avenue, Palm Desert. Parking fee.

Redlands Market Night - State Street in downtown Redlands every Thursday night from 6:00-9:00 pm. A wonderful evening activity with various cuisines and local farm fare. Great funnel cakes and roasted corn.
Restaurants

BREAKFAST—

East Coast Bagel Cafe—11215 Mountain View Ave., Ste. 189, Loma Linda. This New York Broadway themed bagel shop boasts various gourmet bagels. Great for a quick pit stop before or after school $  

Carolyn's Cafe—1711 Lugonia, Redlands. 335-8181. Breakfast and lunch only. The coffee cake is "to die for." Reservations advised on weekends. $$  

Coco's Bakery Restaurant—242 E. Hospitality Lane, San Bernardino. 381-3513, & 1140 W. Colton Ave., Redlands, 792-3116. Good breakfast, lunch, & dinner at reasonable prices. $$  

Family Homestyle Cafe—24735 Redlands Blvd, Loma Linda, 478-9996. Home to the World's Largest Pancake! $  

Food Connection—22400 Barton Rd., Grand Terrace, 783-3106. Breakfast served all day. Closed on Sunday.  

Martha Green's Eating Room (Doughlectibles)—107 E. Citrus Ave, Redlands, 792-5400. Great breakfast and lunch with a farm style theme. Also a great place to buy a cake for special occasions! $  


IHOP—1) 1630 Industrial Park Ave, Redlands, 335-6030. 2) 219 E. Hospitality Ln, San Bernardino, 888-7880. $$  

COFFEE HOUSE—$  


Boba Tea House—25696 Barton Rd, Loma Linda, 796-8084. Best boba place in town. Try their fried tofu! Free Wi-Fi.  


Ten-Ren's Tea Time—1400 University Ave., Riverside, 951-686-5591. Excellent milk tea! Well worth the drive  

The Coffee Bean & Tea Leaf—528 Orange St., Redlands, 798-0454.  

FAST FOOD—$  

Angelo's—11275-D Mt. View Avenue, Loma Linda, in Mountain View Plaza. 796-0080. Popular lunch spot. Scrumptious sandwiches, spaghetti, and garlic rolls. Plenty to eat at a good price.  

Baja Fresh—745 E. Hospitality Lane, San Bernardino, 890-1854. Really fresh Mexican grill.  

Baker's Drive-Thru—24910 Redlands Blvd, Loma Linda. Their "Loma Linda Kitchen" offers a variety of non-eat items prepared with 100% vegetable oil.  

Burgertown UTA—222 E. Redlands Blvd., Redlands, 335-9902. Fast place to get burgers or even a simple breakfast.  

Carl's Jr—25536 Barton Rd., Loma Linda, 478-9834.  

Chipotle Mexican Grill—1092 E. Hospitality Lane, San Bernardino, 799-9420, or 635 Orange St., Redlands, 307-8424. Fresh salsa everyday and lots of flavorful food. $  

Costco—1099 E. Hospitality Ln, San Bernardino, 478-3364. Can't go wrong with $1.50 all beef kosher hot dog and drink combo! Great place for a warm churro.  

Del Taco—24898 Redlands Boulevard, Loma Linda, (corner of Anderson Street) 796-4022. Good burritos and a large menu. 24-hour drive-thru.  


Firehouse Subs—25713 Barton Rd, Loma Linda, 799-1767. Made to order hot & cold subs, plus a variety of hot sauces. Pricier, but good quality.  

Five Guys Burgers—525 Hospitality Ln, San Bernardino, 890-5666, 10060 Alabama St., Redlands, 335-6666  


Jersey Mike's Subs—10040 Alabama St, Ste. D, Redlands, 798-5388. Good variety of huge sandwiches and subs on fresh bread  

IN-N-OUT Burger—1065 E. Harriman Place, SB 800-786-1000. If you're vegetarian, order the grilled cheese.  

McDonald's—25775 Barton Rd., Loma Linda  

Miguel's Jr—22419 Barton Rd, Grand Terrace, 783-4271. A lunch favorite among students.  


Rubio's Baja Grill—633 Orange Avenue, Redlands, 335-2802. Famous fish tacos.  

Subway Sandwiches—25685 Redlands Blvd., Loma Linda, 796-5413. This location offers vegetarian meats.  


Taco Bell—258 E. Redlands Blvd., San Bernardino, 825-7220; 1225 W. Colton Ave., Redlands, 792-6664  


Waba Grill—25717 Barton Rd, Loma Linda, 799-3696. Asian fusion fast food, cooked fresh to order. No oil used in cooking.  

GENERAL—  

BJ's Restaurant—1045 E. Harriman Pl, San Bernardino, (next to Sam's Club) 380-7100. Generous portions of artfully presented good food. Try the desserts! $$$  

Cafe Society—24575 University Avenue, Loma Linda, 799-8511. Sandwiches and soup. $  

Cheesecake Factory—Victoria Gardens Mall, Rancho Cucamonga, 463-3011; Galleria at Tyler, Riverside, 951-352-4600. With over 200 items on the menu, & 30 cheesecakes, you won't go away hungry. $$$  

Chez Sabine—615 State St., Redlands, 793-2987. Fun little French Restaurant, crepes, quiche, glorious desserts. Open 10-3 only. Closed Mondays. $  


Citronne—328 Orange Street, Redlands. 793-6635. California-style cuisine and decor. Delicious pasta! $$$$  

Claim Jumper—1905 Commercenter E., San Bernardino, 383-1818. Incredible portions and great food! $$$  

Corner Bakery—402 Orange St., Redlands, 801-3962. Yummy bakery. Good place for lunch $$  

$ = $6 and below  $ = $6 - $10  $ = $10 - $15  $ = $15 & above Based on average price of dinner for one. (Prices subject to change).
Eureka Burger—345 Pearl Avenue, Redlands, 335-5700. Upscale burgers, salads and more made with fresh local ingredients. The Loma Linda veggie burger is amazing! $$

Famous Dave’s—27500 W. Lugonia Ave., Redlands, 792-4151 Award-winning BBQ restaurant famous for their variety of BBQ sauces. Try their beef brisket and scrumptious corn bread muffins. $$$

Flemings—7905 Monet Ave, Rancho Cucamonga, (Victoria Gardens Shopping Center). 463-0416. Great upscale steakhouse with an intimate fine dining atmosphere. Look for their Sunday prime rib dinner specials! $$$$$

Grandlund’s Restaurant and Candies—12194 California St. Yucaipa, 790-6266. Good food in a whimsical atmosphere. $$

Joe Greensleeves—220 N. Orange Street, Redlands, 792-6969. Expensive gourmet dining with intimate atmosphere. Vegetarian plate upon request. $$

Mill Creek Cattle Company—2087 Orange Tree Ln, Redlands. 798-5757. The only drive-thru BBQ restaurant in the area. Great for a quick southern BBQ lunch and sandwich options. $

Mimi’s Cafe—395 E. Hospitality Lane, San Bernardino, 890-4333. American cuisine with a French accent. $$


Panera Bread—1092 E. Hospitality Lane, San Bernardino, 478-5723. Fresh baked artisan sandwiches, panini, salads, soups $$


Simple Simon’s—3639 Main, Riverside, (951)-369-6030. $$

Souplantation—228 West Hospitality Lane, San Bernardino, 381-4772. Excellent variety of soups, salads, and breads. $

Tess’ Place—25875 Barton Rd., Ste. 105, Loma Linda, 796-8200 Family owned deli. Sandwiches, bakery, salads, & coffee. $$

TGI Friday’s—390 E. Hospitality Lane, San Bernardino, 888-9934. Party atmosphere. $$


The Yard House—12473 N. Mainstreet, Rancho Cucamonga, (Victoria Gardens Shopping Center) 646-7117. A great grill restaurant with half-price appetizer specials during weekday evenings. Try their macaroni and cheese, enchilada stack, and spinach artichoke dip! $$$


ASIAN—

A Dong Restaurant II—25685 Redlands Blvd., Loma Linda, 796-8840. Delicious Vietnamese cuisine. $$

Benjarong—1001 Park Ave, Redlands, 792-3235. Thai restaurant with good food in an elegant atmosphere. $$

Happy Family—2150 S. Waterman Ave., San Bernardino, 783-8928. This is the only all vegetarian Chinese restaurant in the area. The veggie meat may even fool some meat eaters. $$

Koreana BBQ Buffet Garden—10051 Magnolia Ave, Ste. A1, Riverside, 951-688-9000. All-you-can-eat Korean BBQ. They also offer sushi, tempura, and soft tofu soup. $$$$

Lotus Garden—111 E. Hospitality Lane, San Bernardino, 381-6171. Gourmet Chinese restaurant, specializing in vegetarian dishes. Lunch specials daily. $$$$-

Mongolian BBQ—22417 Barton Rd. Grand Terrace, 422-0788. All-you-can-eat Mongolian BBQ for less than $10!!! $ 

Mu Restaurant—(formerly Rama Garden) 309 W. State Street, Redlands, 798-7747. Authentic Thai cuisine. Inside and patio seating. Make reservations. $$$$-

Myung Ga Tofu and Korean BBQ—1760 S. Tippecanoe Ave, San Bernardino, 799-1727. Spawned by the owner’s of Niko Niko, this korean restaurant boasts tofu soup and a variety of Korean BBQ dishes. $$

Noodle 21 Asian Grill—10040 Alabama St., Redlands, 798-1888 $$Vietnamese food. Try the delicious veggie pho

Oh Mai Pho—25548 Barton Rd., Loma Linda, 799-8696 Vietnamese food. They pride on being MSG free $.


Pho Mai—433 S. Waterman Ave., San Bernardino, 383-5038. Looking for that pho fix? Pho Mai will saddle your hunger for hot noodle soup on those cold Inland Empire days.”pho sho”! $$


Rose Apple—1981 Diners Ct., San Bernardino, 890-0884. Thai food with lots of mock-meat options and no MSG

Supanburi Thai Restaurant—1091 S. Mount Vernon Ave, Colton, 825-1151. Traditional Thai restaurant. $$

Thai Bowl Cafe—25069 Redlands Blvd, Ste. A, Loma Linda, 478-5609. Fresh Thai food served in portions that are great or lunch. Try their fried bananas. $


Thai Kitchen—22411 Barton Rd., Grand Terrace, 370-2202. Fantastic Thai food. Simply prepared large size portions $$

Thai Ocha—22417 Barton Rd., Grand Terrace, 370-2202. Fantastic Thai food. Simply prepared large size portions $$


JAPANESE—

Gyu-Kaku—7893 Monet Ave., Rancho Cucamonga, (located at Victoria Gardens Shopping Center), 899-4748. Japanese Charcoal BBQ similar to Korean BBQ. $$


Sayaka Japanese Restaurant—1035 S. Mount Vernon Ave, Colton, 824-6958. Across from Wal-Mart. $$$$-

Shiki Sushi Sportsbar—996 E. Hospitality Lane, San Bernardino, 796-9200. It’s a great sushi stop right after studying at Starbucks or Panera. $$
Restaurants

Sushi Asahi—2955 Van Buren Blvd, Riverside, 951-637-1313.
Everything on the menu is their for your appetite's desire with top quality sushi.$$$$

SOUTH ASIAN—
Delhi Palace Cuisine of India—2001 S. Diner's Court, San Bernardino, (behind Lotus Garden) 884-9966. $$$
Gul-Naz Cuisine of Pakistan—1624 E. Washington St, Colton, 370-0111. Authentic Pakistani food with great family-style food options. $$$
Himalayan—672 Pine Knot, Ste. 2, Big Bear, 878-3068. The only Nepalese fair in the area. $$$
India's Clay Oven—228 W. Hospitality Ln, San Bernardino, 890-0090. Awesome lunch buffet with a wide selection of curries. Also try the dinner for 2 (which could probably feed 3) $$
Ravi's Indian Cuisine—1091 S. Mt. Vernon, Colton, 824-1100. $$

ITALIAN—
Antonious Pizza 2—1546 Barton Rd, Redlands, (in Stater Bros Plaza next to Stell Coffee) 335-0173. $4.00 lunch special. $
Domino's Pizza—25715 Redlands Blvd. Loma Linda, 796-1100. Take-out and deliveries only. $$
Gourmet Pizza Shop—120 E. State St., Redlands, 792-3313. Mouth-watering gourmet pizza! Gluten free pizza available $$
Jersey's Pizza—214 N. Orange, Redlands, 335-7076. A local hangout; good pizza. $$
*Napoli Italian Restaurant—24960 Redlands, Loma Linda, 796-3770. Good Italian food and nice ambiance. $$$
Olive Garden—460 East Hospitality Lane, 381-2747. A familiar favorite! Unlimited soup, salad, and breadsticks. $$$
Papa John's Pizza—25684 Barton Rd., Loma Linda 796-7272. Take-out and delivery only. $$
Pieology Pizzeria—23 Orange St., Redlands, 792-7329. Custom artisan style pizzas, unlimited toppings, whole wheat crust available $$
Saverino's Italian Deli & Market—617 State St., Redlands, 335-6000. Great homemade Italian food, good value, local favorite $$
Shakey's Pizza Restaurant—836 W. Colton Ave, Redlands, 793-5993. This pizza chain specializes in thin crust pizza, fried, chicken, and "mojo" potatoes. They also have an awesome lunch buffet if you mean business. (They also have an arcade). $$
The Old Spaghetti Factory—1635 Industrial Park Ave, Redlands. 798-7774. Scrumptious spaghetti at reasonable prices. Be prepared to eat a lot. $$

MEXICAN/LATIN/CARIBBEAN—
Cafe Rio Mexican Grill—27510 W. Lugonia Ave, Redlands, 801-6900. Delicious home made tortillas! $$
Casa Maya—1839 Mentone Blvd., Mentone, 794-7458. On the way to Forest Falls, this is Mentone's best-kept secret. Tasty Yucatan cuisine featuring fish tacos. $$
Cuca's—527 E. State St., Redlands, 335-9557 (original location). Barton at California, Loma Linda. 798-9801. Serves old-fashioned authentic Mexican food. $$
El Torito—118 E. Hospitality Lane, San Bernardino, 381-2316. Sunday brunch includes fresh Belgian waffles. $$$
Island Breeze Jamaican Cuisine—1063 S. Mount Vernon Ave., Colton, 514-0771. Try the goat curry, jerk chicken, and fried plantains! They also offer a wide range of authentic Jamaican sodas including ginger beer (it's non-alcoholic) and Ting (citrus soda)! $$
Juan Pollo—1220 E. Washington St., Colton, 433-0600. Mexican style rotisserie chicken. The mini-pack is a great deal including salsa, tortillas, potato salad, and rice! $$
Maria's Mexican Food—2049 E. Washington, Colton (Stater Bros Plaza) 825-1763. A favorite lunch spot for good and inexpensive Mexican food. $$
Taco Patron—1089 E. Washington St. Colton, 824-8226. Huge burritos at great prices. $$

MEDITERRANEAN—
Euro Grill—10010 Alabama, Redlands, 793-7110 Mediterranean, Turkish, and Greek food. Great Pizza, gyros and falafel. $$
Mr. Kebab—Barton at California, Loma Linda, 335-8881. Offers buffet till 3:00 pm. with authentic middle eastern food. Includes hummus, pita bread, falafel, spanakopitas, and much more! $$
Phoenixia—572 Orange St., Redlands, next to Traders Joes, 335-0030. Traditional and healthy Mediterranean cuisine. $$
LOMA LINDA AREA

Loma Linda Campus Hill Church  
11057 Hill Drive  
Loma Linda 92354  
796-0222  
www.campushill.org

Loma Linda Chinese Church  
25665 Van Leuven St.  
Loma Linda 92354  
824-0274  
www.llcsda.org

Loma Linda Filipino Church  
11180 New Jersey St.  
Redlands 92373  
798-3822  
www.llfc.org

Loma Linda Indonesian Church  
10827 California St.  
Redlands 92373  
307-3270  
www.llisda.com

Loma Linda Korean Church  
12408 S. Mt. Vernon Ave.  
Grand Terrace 92313  
www.llksda.org

Loma Linda Romanian Church  
26271 Mayberry St.  
Loma Linda 92354  
796-0881

Loma Linda Spanish Church  
11135 Mountain View Ave.  
Loma Linda 92354  
558-4992  
www.tagnet.org/lomalindaspanishchurch

Loma Linda University Church  
11125 Campus Street  
Loma Linda 92354  
558-4570  
www.lluc.org

Loma Linda Vietnamese Church  
711 West “C” Street  
Colton 92324  
825-6886  
www.abhpradio.org

Mission Road Church  
(formerly Loma Linda Japanese Church)  
27240 Alabama St.  
Redlands 92373  
335-8369  
www.missionroadchurch.com

Victoria Church  
1860 Mountain View Avenue  
Loma Linda 92354  
796-7869  
www.tagnet/victoria

RIVERSIDE/CORONA AREAS

Arlington Church  
8778 Magnolia Avenue  
Riverside 92503  
(951) 688-6630

Corona Church  
2550 South Main Street  
Corona 92882  
(951) 737-5953  
www.tagnet/corona

Corona Spanish Church  
3874 North Byron Street  
Corona 92879  
(951) 734-0505

La Sierra University Church  
4937 Sierra Vista Avenue  
Riverside 92505  
(951) 354-7095  
www.lsuchurch.org

La Sierra Spanish Church  
5885 La Sierra Avenue  
Riverside 92505  
(951) 689-1919  
www.lasierraspanishsda.org

Mira Loma Bilingual Church  
5287 Troth Street  
Mira Loma 91752  
(951) 685-5022

Mt. Rubidoux Church  
5320 Victoria Avenue  
Riverside 92506  
(951) 276-8374  
www.mtrubidouxsda.org

Norco Church  
3621 Corona Avenue  
Norco 92860  
(951) 278-8802

Riverside Church  
4850 Jurupa Avenue  
Riverside 92504  
(951) 686-1886  
www.riversidecommunitychurch.com

SANTA CRUZ AREAS

SBI SDA Churches

La Sierra University Church  
4937 Sierra Vista Avenue  
Riverside 92505  
(951) 354-7095  
www.lsuchurch.org

La Sierra Spanish Church  
5885 La Sierra Avenue  
Riverside 92505  
(951) 689-1919  
www.lasierraspanishsda.org

Mira Loma Bilingual Church  
5287 Troth Street  
Mira Loma 91752  
(951) 685-5022

Mt. Rubidoux Church  
5320 Victoria Avenue  
Riverside 92506  
(951) 276-8374  
www.mtrubidouxsda.org

Norco Church  
3621 Corona Avenue  
Norco 92860  
(951) 278-8802

Riverside Church  
4850 Jurupa Avenue  
Riverside 92504  
(951) 686-1886  
www.riversidecommunitychurch.com

Waterman Visayan Filipino Church  
882 S. Waterman Avenue  
San Bernardino 92408  
384-0233  
www.watermanchurch.com

SDA CHURCHES

Victoria Church  
1860 Mountain View Avenue  
Loma Linda 92354  
796-7869  
www.tagnet/victoria

San Bernardino/Colton Areas

All Nations African  
2282 Pumalo St.  
San Bernardino 92346  
862-8823  
www.allnationafricanchurch.org

Arden Hills Church  
5801 Arden Avenue  
Highland 92346  
864-1111

Azure Hills Church  
22633 Barton Road  
Grand Terrace 92313  
825-8611  
www.azurehills.org

Colton Church  
1291 North Rancho Avenue  
Colton 92324  
825-9344

Del Rosa Church  
222 E. 2nd St.  
San Bernardino 92410  
799-3500

Inland Spanish Church  
710 W. Citrus Street  
Colton, CA 92324  
824-1585

San Bernardino 16th St. Church  
1601 W. 16th Street  
San Bernardino 92411  
888-0084

San Bernardino Spanish Church  
918 N. Mountain View  
San Bernardino 92410  
885-6726  
www.iglesiaadvent.org

Valley Fellowship  
275 E. Grove Street  
Rialto 92376  
874-5851  
www.valley-fellowship.com

SDA Churches
SDA CHURCHES

Riverside Indonesian Church
5885 La Sierra Avenue
Riverside, 92505
(951) 485-2333

Riverside Kansas Avenue Church
4491 Kansas Avenue
Riverside 92507
(951) 682-9810

Riverside Korean
5200 Crest Avenue
Riverside 92503
(951) 359-3742

MORENO VALLEY

Imani Praise Fellowship Company
16050 Indian Avenue
Moreno Valley 92551
(951) 243-6999
www.imanipraise.com

Moreno Hills Church
11249 Perris Blvd.
Moreno Valley 92557
799-3527

Moreno Valley Church
12649 Indian Street
Moreno Valley 92553
(951) 242-6694
www.morenosda.org

REDLANDS/YUCAIPA/ CALIMESA/MENTONE AREA

Calimesa Church
391 Myrtlewood Dr.
Calimesa 92320
795-9741
www.calimesasda.com

Celebration Center
1307 E. Citrus Ave.
Redlands 92374
796-3510

Crosswalk
10421 Corporate Drive
Redlands 92374
796-3000
www.fishfeed.net

Forest Falls Company
40551 Valley of the Falls Drive
Forest Falls 92339
794-2322

Inland Empire Filipino Church
604 E. State St.
Redlands 92374
910-6091

Mentone Church
1230 Olivine Avenue
Mentone 92359
794-1610

Redlands Church
520 Brookside Avenue
Redlands 92373
793-6337
www.redlandssda.org

Redlands Spanish Church
320 W. Union Avenue
Redlands, CA 92374
863-1671

Thai Church
10855 New Jersey Street
Redlands 92373

OTHER WORSHIP OPTIONS

Calvary Chapel of Redlands
27165 San Bernardino Avenue
Redlands
793-8744
www.packinghouserelands.org

Colton First Baptist (Centerpoint Church)
170 W. F. Street
Colton
825-3670
www.coltonfirstbaptist.org

Cornerstone Fellowship Bible Church
1363 Linden Street
Riverside
(951) 781-8174
www.cornerstonebible.org

Green Valley Christian Church
11656 Bryant Street
Yucaipa
797-1526

Saint Joseph the Worker Catholic Church
10816 Mountain View Avenue
Loma Linda
796-2605

The Church of Jesus Christ of Latter-day Saints
640 S. Center Street
Redlands
335-6627
www.lds.org

The Rock Church & World Outreach Center
2345 S. Waterman Avenue
San Bernardino
825-8887
www.rockchurch.com

Trinity Evangelical Free Church
1551 Reservoir Road
Redlands
335-7333
www.trinityonline.org

*Most of these churches have been attended and recommended by LLU medical students
Getting Away

If you are new to this area, you might think the cities never end. But actually, there are quite a few places not too far away where you can escape the smog or crowds and find peace and quiet. However, you will not be the only one looking for solitude, and that creates some problems. Fortunately, the U.S. Park Service limits the number of hikers and campers by requiring permits and reservations. Buy tickets for campsites in the San Bernardino Mountains at various locations up to eight weeks in advance. During the off-season, the campsites are either closed or filled on a first-come, first-served basis.

You will need to purchase a Forest Adventure Pass ($5.00/day, or $30.00/year) to park in the National Forests. The pass is available at any ranger station or various locations throughout California such as Big 5 or Sports Chalet. A Wilderness Permit is required if you choose to enter any of the 24 special wilderness or primitive areas in the national forests. Some can be obtained by simply going to the ranger station in that area, but go extremely early in the morning if you plan to hike that same day! The permit is free and authorizes the building of campfires (depending on local weather conditions). There are many areas which do not require a permit of any kind, but it is best to check first. For the San Gorgonio area, contact San Bernardino National Forest, Box 264, Route 1, Mentone 92359 (794-1123). For the San Gabriel area, write the Angeles National Forest, 150 South Robles Avenue, Pasadena 91101. For the San Jacinto area, contact San Bernardino National Forest, Box 518, Idyllwild 92349, 383-5588. Visit www.wildernet.com for information on Inland Empire state parks and recreation areas.

CAMP ANGELES. For a good workout, try this one. From Redlands, drive Route 38 as it winds up the mountain to Camp Angeles, a distance of about 19 miles. When you reach a sign for the San Bernardino Peak Trail, turn right onto a dirt road, which leads to a parking lot. The 8 mile trail starts at the east end of the lot. Hike past the San Gorgonio Wilderness boundary and proceed four miles to the Manzanita Springs Trail Camp, off the trail to the right. Back on the main trail, look for Columbine Springs Trail Camp. The spring usually has water until mid- or late-summer. Two miles further is Lumber Pine Springs Trail Camp. About a fourth of a mile further watch for a another gurgling spring. Hike up the peak 10,624 feet and then return home the same way.

MILL CREEK CANYON. Less than an hour away is a great place to get away from the summer heat, or just enjoy a picnic lunch. From Redlands, take state Route 38 to the junction of Forest Home Road. Continue east to a parking area along Mill Creek Canyon. Watch for a sign marking Lost Creek and Falls Creek. Follow the trail along Mill Creek, but look for a junction near the south side of the creek. Take the trail to the right, and follow the path. The trail branches left, just before it reaches private property, and starts winding uphill.

PALM SPRINGS AERIAL TRAMWAY TO ROUND VALLEY. This is a fun variety for a backpack or hiking trip. The trails are open from June to October, because of heavy snow. This particular trail is only four miles round trip, but you can continue on through numerous campgrounds and make a large loop that will take a few days. From State Highway 111 turn west up Tramway Road. The tram station is two miles up the mountain. From the top tram station, head down to the Long Valley picnic area and from there hike west to Round Valley. The trails are well marked. Listen for the creeks that run all year long, and enjoy the spectacular views. Return the same way. Call ahead to confirm the tram is running. (760) 325-1391.

SOUTH FORK OF LYTLE CREEK TO BONITA FALLS. Idyllic Bonita Falls, a thin, silvery ribbon plunging into a grove of willow, alder, and oak trees, offers a striking example of how a small side stream can be impressive when it becomes a sheet of falling water. Actually there are two falls here—an upper 15 foot drop, then a section of cascades, and finally a 60 foot plunge into a rock-ribbed amphitheater. These falls are but a short walk from Bonita Trailer Camp, just off the Lytle Creek Road. Since most of the trip is boulder-scrambling, wear appropriate shoes. The best time to take this hike is in the spring soon after a rain when the stream is full and the falls are roaring. From Fontana, drive up Sierra Avenue (which becomes Lytle Creek Road) to its intersection with South Fork Road, 12 miles (1 1/2 miles past the ranger station). Look for signs for Bonita Trailer Camp. Turn left and drive a quarter mile to the entrance to the private resort. Park outside the gate. Walk through Bonita Camp and up the broad, boulder strewn canyon of the South Fork. Stay in the middle of the great wash and in less than a half mile you will see the upper part of Bonita Falls in the small canyon on the left.

Here are some pointers on Southern California bike trails.

(M) = Mountain Bike       (R) = Road Bike

LOMA LINDA (M). The hills south of Barton Road are excellent and have miles of trails. People come from all over to ride here. Access through Hulda Crooks Park at south end of Mountain View Avenue.

LAKE MATTHEWS (R). This is a fairly long trip. It will take about three hours to do the 24.5-mile route in the Riverside area. The traffic is light, though it gets a bit more crowded on Van Buren Boulevard. Start on Van Buren Boulevard, around Highway 91. Travel southeast to Victoria Avenue, then turn right. Pedal through the citrus and pepper trees until you reach La Sierra. Turn left. Pass Lake Matthews, and then turn left on Cajalco Road. Turn left at El Sobrante Road, then right onto Mockingbird Canyon. Return to Van Buren, or turn right on Irving Street. Enjoy the nice view here on a clear day. Turn left on Jackson Street, then right on Van Buren.

ANTELOPE VALLEY (R). This trail leads to the Mojave Desert and is a good place to get away from the masses. The trail takes three to four-and-a-half hours and covers 32 miles. Traffic is light. Start on Main Street in the town of Hesperia, five miles west of I-15. Go east on Main Street, and then curve around and head south on Arrowhead Lake Road. The road will curve and run west toward Highway 138. Just short of the railroad lines, take Summit Valley road north over a small hill. Here the road turns into a well-graded, but nonetheless dirt road for about four miles. This road will lead back to Main Street. Joshua Trees, named by the Mormons, abound here. Plan the trip at the right time of day to avoid the heat.
IDYLLWILD (R). This is one of the prettiest trails. It takes about an hour to do the 6.5 miles, and the traffic is light. From Interstate 10 at Banning, take Highway 243 South. Park, and start biking at the intersection of Highway 243 and North Circle Drive, heading northeast. Turn right at South Circle Drive, and then left on Fern Valley Road. Pedal up hill for about two miles; it's tough, but the view of Tahquitz Rock is worth it. Head back down the hill, but turn left on Rim Rock Road. The road zig-zags to the right at San Jacinto Road. Turn right at John Muir Road, left on South Circle Drive, and then right on Village Center Drive. Relax, enjoy a book, and breathe the fresh air.

WRIGHTWOOD (R). The tour will take about three to four hours and is recommended during the spring or fall when thermometers in the high desert and mountain areas register in the temperate zone. It is particularly nice in the late spring when the wildflowers and desert vegetation are in full bloom. Our starting point is at the store/care on Highway 138 approximately two miles west of Interstate 15.

Begin by pedaling east in Highway 138 on Lone Pine Canyon Road. You will pass the Mormon Rocks and then begin a hard, 2,700-foot ascent to Wrightwood. The terrain here, although mountainous, is very dry. About half way up Lone Pine Road, you’ll pass Clyde Ranch. From this point on, the road becomes steeper. Lone Pine Canyon Road will meet Sheep Creek Road, which in turn joins Highway 2 on the east end of town. If you wish to visit the village center, turn left on Highway 2 and pedal uphill for about a mile. Otherwise turn right on Highway 2 to continue the second half of the ride. It will be a speedy trip down Highway 2, which meets Highway 138. Turn right and coast down to the starting point. Total distance is about 22 miles. Road conditions are good and traffic is light on Lone Pine Road. On the state highways traffic can be moderately heavy, especially on weekends, so watch out!

BIG BEAR LAKE (R). Here is a nice two to three hour bicycle ride. You’ll need to truck your bike to our starting point on Highway 18. Find a safe place to leave your car and begin your circle trip around the lake. Along the road you’ll pass the Big Bear Solar Observatory. Here astronomers monitor the ever-changing activity on the surface of our nearest star. Fawnskin is a convenient place to take a food break. A beautiful creek tumbles through the town inviting opportunities for photographs. Total distance around the lake is 17 miles. Road conditions are good, but traffic can be extremely heavy on weekends.

SANTA ANA RIVER BIKE PATH (R). This is the area’s premier bike path, from the mountains to the ocean. It parallels the Santa Ana River channel starting in Riverside County at the Green River Golf Course entrance, and extends about 28.8 miles to Huntington Beach. The Santa Ana River is often full of water fowl, mostly ducks and egrets. Exit 91 at Green River and travel west on Green River Road, down a long hill. There is parking on the right side, however, this may not be the safest place to park, break-ins occur frequently. The first section of the trail, from Green River Golf Course to Yorba Linda Regional Park contains the only moderate hills of the largely flat trail. The stretch of path which runs parallel to La Palma Blvd. in Yorba Linda occasionally gets an intense, cold wind off the river. The path descend gently to the beach. In the afternoons there is almost always a moderate to stiff sea breeze. The path ends where the river ends between Huntington Beach and Newport Beach. From this point you can choose to either go towards Huntington and Bolsa Chica or Newport Beach.

For rough riders, the bike path starts at the edge of the Highland mountains of California in San Bernardino, close to the beginning of the Santa Ana river. This is a nice nature ride, with sage forests, birds, reptiles, and bugs. The entry point is on a country road called Green Spot. Take Lugonia to Green Spot in San Bernardino.

TURNBULL CANYON - WHITTIER (M). Take I-10 W to 1-605 south. Exit at Beverly Blvd., go east for 3 miles and park on the side of the road. When you just enter the canyon it turns into Turnbull Canyon Trail. Entrance is on the left. It is 5 miles to the top by a fire road. Once you reach the top, there are may single track options This a perfect trail for a ride into the sunset.
There are many great beaches in Southern California. Here are some of the best for swimming, surfing, diving or just sunbathing.

**Huntington Beach**—aka Surf City USA. There are areas for swimming, picnics, and of course surfing. Along Pacific Coast Highway between Golden West and Brookhurst Streets are 8.5 miles of uninterrupted beach all connected by a paved path in the sand. 60.7 miles.

**Laguna Beach**—best known for beautiful coves, tidepools, art festivals and galleries. Parking difficulties aside, this may be Orange County's premier beach. If the sand is too crowded, head north or south to more secluded bays and coves. Crystal Cove State Park is the best beach for diving anywhere. Located just three miles north of downtown Laguna Beach off of the Pacific Coast Highway, look for the signs for Crystal Cove. Off shore there is a thousand acre underwater park. Many tide pools dot the shoreline. There are parking lots on top of the bluff with restrooms, showers, and changing areas. 58.8 miles.

**Newport Beach**—has 6 miles of beach along the peninsula between the bay and the ocean. Balboa, Balboa Island, and Corona del Mar are all part of this area. Newport Beach is home to about 9,000 boats docked in the harbor. The Wedge at Newport Beach offers world-class body surfing for the experts! When the weather is rough or a storm out at sea, the waves will be huge. This is a place for the brave and not faint of heart to surf. Take the 55 freeway west until it becomes Balboa Ave. Drive through Costa Mesa and then over the bridge onto Balboa peninsula. Drive through the town of Newport to Newport pier, keep right to the end of the road. 57.6 miles.

**Santa Monica Beach**—The beach at Santa Monica is one of the widest and most popular beaches in Los Angeles. Close to two miles long and very wide, this is a great place to sunbathe. There is a bike path directly underneath the pier, that goes both north and south for miles. The pier has a restaurant, carousel, shops and an area for fishing. The sand is clean and the area is good for surfing, windsurfing and shore fishing. Plenty of restrooms available. You can get to Santa Monica by taking I-10 West. 75.2 miles.

**Great Views**

**Inspiration Point**—San Gabriel Mountains. This majestic view lies about six miles west of Wrightwood along Highway 2. A turnout near the Grassy Hollow Visitors Center marks the spot.

**Rim of the World**—Take the 215 freeway north to the 30 freeway toward "Mountain Resorts." Exit the 30 at Highway 18, a.k.a. Waterman Avenue, and proceed north into the mountains. Go past the Crestline turnout to Lake Arrowhead. There are many small turnouts along the way where you may safely view the valley below.

**Best Scenic Drive (with a 4x4)**—The Mojave Road is an east-west route that enters the Mojave National Preserve near Piute Spring on the east side and on Soda Dry Lake near ZZyzx on the west. Some sections are rough and sandy and four-wheel drive is recommended. Be sure to inquire about road conditions before attempting this route. For more information call (760) 252-2510.

**Redlands**—The corner of Ford Street and Crestview Road.

**San Bernardino**—Castaway Restaurant at 670 Kendall Drive.

**Mojave National Preserve**—Third-largest national park in the lower 48 states. www.nps.gov/moja/

**Joshua Tree National Park**—
www.nps.gov/jotr/

**San Bernardino National Forest**—
www.fs.fed.us/r5/sanbernardino/

**Angeles National Forest**—
www.fs.fed.us/r5/angeles/
Skiing

Whatever your style of skiing, you can find someplace around the Southern California area to practice.

CROSS COUNTRY—

Nordic, or cross-country, skiing is one of the fastest growing winter sports in California. It takes less of an initial investment to begin than does downhill, and you can go nearly anywhere there is snow. Equipment can be rented at most downhill ski shops.

Los Padres National Forest offers cross-country trails in the Mt. Abel/ Mt. Pinos area. Located off the Grapevine, or Interstate 5, above Fraser Park.

Inyo National Forest outside of Mammoth Lakes offers several Nordic ski trails—Devil’s Punchbowl is an excellent example. Located on the west side of Highway 395.

DOWNHILL—

Big Bear Area:

Bear Mountain has 12 lifts with access to 740 skiable acres, and 1665 ft. of vertical. Wide variety of challenging runs. At 8805 ft. high, Bear Mtn. has the steepest, highest peak in California down to gentle cruising runs. The terrain is 15% beginner, 15% low intermediate, 40% intermediate, 30 % advanced. Pipes: two half pipe, one beginner. Jet to the top of the mountain in the hi-speed Big Bear Express in under 6 minutes. Take route 38. Information, 585-2519; snow report, 585-2517. www.bearmtn.com.

Snow Summit has 14 lifts and one handle-tow lift. Night skiing, cross-country trails, and a scenic ski chair available. Elevation is 7,000 to 8,200 feet. Rentals are available. Ticket sales are limited. Slopes are 10 percent beginner, 40 percent intermediate, and 25 percent advanced. Take route 18-330. Information, 866-5766. Snow report, 866-4621. www.snowsummit.com.

Snow Valley-Running Springs has 12 lifts, 240 skiable acres, snowmaking machines, and night skiing. Slopes are 14 percent beginner, 46 percent intermediate, and 32 percent advanced, and 7% expert. Take route 18-330. Information, 867-2751; snow report, 867-5151. www.snow-valley.com

Angeles National Forest Area:

Mountain High-Wrightwood has 14 chairs and 290 acres of skiable terrain. Elevation is 6,600 to 8,200 feet. They have a snow board park, ski school/rentals and 7 food and beverage venues. Night skiing is available. Slopes are 25 percent beginner, 40 percent intermediate, and 20 percent advanced. 15% expert. Rentals are available. No mountain driving. Take Interstate 15 to Highway 138 and 2. It is located three miles west of Wrightwood. Information, (760) 249-5808. www.mthigh.com

Mt. Baldy has four chair lifts. Elevation is 6,500 to 8,600 feet. Rentals are available. Snow report, 981-3344. www.mtbaldy.com

Inyo National Forest Area:

Mammoth Mountain has two gondolas, two T-bars, a puma, 28 chairs, and 5,000 skiable acres. Elevation is 7,953 to 11,053 feet. Reals and ski school are available. Slopes are 25 percent beginner, 40 percent intermediate, 20 percent advanced, and 15% expert. During vacations, the mountain is swarmed with Southern Californians. Take Highway 395 north for about 5-6 hours. Information, (760) 934-2571, or (800) 626-6684.

Recreation

Castle Amusement Park Four different 18-hole miniature golf courses, water elements, over 35 amusement rides, arcade, game room, and snack bar, 3500 Polk Street, Riverside, 785-3000. www.castlepark.com

Fiesta Village Family Fun Park Spend a whole day at the village enjoying the water park, playing miniature golf, using the batting cages, playing lazertag, enjoying the arcade, the raceway, or the carnival rides. 1405 E. Washington, Colton. 824-1111. www.fiestavillage.com

Ontario Ice Skating Center 1225 W. Holt Blvd., Ontario, 986-0793. www.onarioiceskatingcntr.com

Pharaoh's Adventure Park 1101 California St, Redlands 335-7275. www.pharaohsadventurepark.com


Hangar 18 Riverside East 2111 Iowa Ave. Unit A, Riverside www.climbth.com


Metropolitan University Village Cinemas—1201A University Avenue, Riverside, (951)784-4342, www.movieticket.com

Regal Riverside Plaza 16—3535 Central Avenue, Riverside (951) 784-4600, www.fandango.com

Indoor Climbing Gyms

Movie Theaters
Local Health / Exercise Clubs

24-Hour Fitness

Bally Total Fitness
784 E. Hospitality Lane, San Bernardino 381-6800 www.ballyfitness.com

Drayson Center
(free membership to LLU students and spouses)
25040 Stewart Street, Loma Linda, 558-4975

Evolution Yoga
555 W. Redlands Blvd., Redlands, 798-2244

The Yoga Room
721 Nevada St., Redlands, 335-9642

Pro Sports

BASEBALL
Los Angeles Angels of Anaheim
Angel Stadium, 2000 Gene Autry Way, Anaheim (714) 940-2000 or (800) 6ANGEL www.angelsbaseball.com

Los Angeles Dodgers
Dodger Stadium
1000 Elysian Park Avenue, Los Angeles (866) 363-4377 www.dodgers.com

Inland Empire 66ers Professional Baseball
Local Class “A” Affiliate of the Anaheim Angels
Arrowhead Credit Union Park
280 S. “E” Street, San Bernardino (909) 888-9922

BASKETBALL
Los Angeles Clippers
Staples Center
1111 S. Figueroa Street, Los Angeles (213) 742-7300 www.nba.com/clippers

Los Angeles Lakers
Staples Center
1111 S. Figueroa Street, Los Angeles (213) 742-7300 www.nba.com/lakers

HOCKEY
Los Angeles Kings
Staples Center
1111 S. Figueroa Street, Los Angeles (213) 742-7340 www.lakings.com

The Mighty Ducks
Honda Center
2695 E. Katella Avenue, Anaheim (714) 704-2500 www.mightyducks.com

Places to Golf

Calimesa Country Club
1300 Third Street, Calimesa 795-2488 www.calimesacountryclub.com

Moreno Valley Ranch Golf Club
28095 J.F.K. Avenue, Moreno Valley 924-4444 www.mvrgolf.com

Oak Quarry Golf Club
7151 Sierra Avenue, Riverside (951) 685-1440 www.oakquarry.com

Oak Valley Golf Club
1888 Golf Club Drive, Beaumont (951) 769-7200 www.oakvalleygolf.com

San Bernardino Golf Club
1494 South Waterman Avenue, San Bernardino 885-2414 www.sanbernardinogolfclub.com

Shandin Hills Golf Club
3380 North Little Mountain Drive, San Bernardino 886-0669

Sierra Lakes Golf Club
16600 Clubhouse Dr., Fontana 350-2500

Soboba Springs Royal Vista Golf Course
1020 Soboba Rd., San Jacinto 888-524-6534

Yucaipa Valley Golf Club
33725 Chapman Heights Road, Yucaipa 790-6522 www.yvgc.com
THINGS TO DO

0 TO 50 MILES FROM LOMA LINDA—

REDLANDS AND VICINITY

ASISTENCIA MISSION de SAN GABRIEL. 26930 Barton Road at Terracina Boulevard, Redlands. The Asistencia was built in the 1830s and was a branch of the San Gabriel Mission. During the 1840s the buildings were part of a ranch. Now restored, they consist of two museum rooms with exhibits on Native American and early pioneer life in Southern California, and a wedding chapel. Tuesday – Saturday 10 – 3. Nominal admission. 793-5402. www.sbcountymuseum.org

BRACKEN BIRD FARM. 10797 New Jersey St., Redlands, 792-5735. Home to thousands of birds, the farm provides birds for pet stores and is open to the public for tours.

KIMBERLY CREST HOUSE AND GARDENS. 1325 Prospect Drive at Highland Avenue, Redlands, 792-2111. Offers a rare glimpse into Southern California’s turn-of-the-century “mansion era.” This elegant French chateau and its carriage house built in 1897 sit on seven acres surrounded by orange groves. Tours of the house and gardens are available on Thursday - Sunday, 1:00 – 3:30 p.m., except August. Admission. www.kimberlycrest.org

LINCOLN MEMORIAL SHRINE. 125 W. Vine St., behind Smiley Library, Redlands. 798-7636. This is the only museum and library west of the Mississippi River that is dedicated to the nation’s 16th president. The Shrine also contains an outstanding collection of Civil War memorabilia. Free. T-Sun, 1-5. www.lincolnshrine.com

MOREY MANSION. 190 Terracina Blvd., Redlands. Dubbed “America’s favorite Victorian,” the mansion has appeared in many movies and advertising campaigns. The mansion is now a private residence. www.moreymansion.com

REDLANDS BOWL. Eureka and Grant Streets. 793-7316. Each year the Redlands Bowl Summer Music Festival offers a series of free concerts, performed every Tuesday and Friday evening during the months of July and August. Freewill donation. Bring a blanket and a picnic supper. www.redlandsbowl.org

SAN BERNARDINO COUNTY MUSEUM. 2024 Orange Tree Lane, Redlands, 307-2669. The museum features regional anthropology, history and geology exhibits, an extensive collection of mammals, birds and eggs as well as fine arts and special exhibits. Open Tuesday – Sunday from 9 a.m. to 5 p.m. Admission. www.sbcountymuseum.org

UNIVERSITY OF REDLANDS. 1200 E. Colton Ave., Redlands, 793-2121. A beautiful campus to visit, the university brings special entertainment, theatrical productions, musical performances, art exhibitions and public affairs programs to the community each year. www.redlands.edu

YUCAIPA/OAK GLEN/CHERRY VALLEY

EDWARD–DEAN MUSEUM & GARDENS. A collection of 16th-19th century decorative arts, fine furniture, paintings by masters, porcelain, crystal, Persian carpets, Oriental treasures and much more. 9401 Oak Glen Road, Cherry Valley. (951) 845-2626. Fri-Sun, 10:00-5:00. Admission. www.edward-deanmuseum.org

OAK GLEN. Oak Glen Road, east of Yucaipa area. 797-6833. The best time to visit this area is in the fall during apple picking season. The mornings and evenings boast clean, clear, crisp air and when the snow level is low enough, a few inches of snow. There are several picnic spots in the area. www.oakglen.net

OAK GLEN PRESERVE AT LOS RIOS RANCHO. 39610 Oak Glen Rd, Yucaipa. This Wildlands Conservancy 2,189 acre preserve located by So. California’s largest historic apple ranch, is open every day from 8:00 - 4:30. Visit Montane Botanic Garden and meander through an evergreen forest, a black oak forest, past several ponds, and a willow shaded stream. 50 picnic tables available. www.wildlandsconservancy.org

YUCAIPA ADOBE. 32183 Kentucky St., Yucaipa, 795-3485. Built in 1859, the Yucaipa Adobe is the oldest standing residential building in the San Bernardino area. Tue. – Sat., 10 a.m. – 3 p.m. Donation. www.sbcountymuseum.org

SAN BERNARDINO MOUNTAINS

ALPINE SLIDE. Enjoy the 150-foot slide at Big Bear’s Magic Mountain Recreation area. One of only 16 such slides in the USA, the Alpine Slide makes use of ski slopes in the off-season. Open 10 a.m. to 6 p.m. daily during the summer. 866-4626. www.alpineslidebigbear.com

BIG BEAR DISCOVERY CENTER is on the north shore of Big Bear Lake in the San Bernardino National Forest. 40971 North Shore Dr. 382-2790. You will see changing seasonal exhibits at this nature center, plus interpretive programs, information about camping, bird watching, hiking, and mountain biking. The center offers nature tours in vans, canoes, kayaks and on foot. www.nationalforestassociation.org. Thu - Mon 8:30 - 4:30. Free.

FOREST FALLS. A year-round stream feeds a lovely falls. This is a nice place for picnics. Be careful, though, on the trail around the falls; several people are killed each year through carelessness. Highway 38 to Mill Creek Canyon on Valley of Falls Drive.

HOLCOMB VALLEY. (Dirt road 3N09), Big Bear. A few time-worn buildings and historic sites marked by Forest Service signs remain. Particularly noteworthy are Two-Gun Bill’s Saloon, Hangman’s Tree, and Pygmy Cabin. Holcomb Valley lies just over the ridge paralleling Big Bear Lake to the north. Holcomb Valley Road, a graded dirt road, leads in from State Route 38 about two miles east of Fawnskin. A guide is available at the Big Bear Discovery Center on the north shore of the lake. 866-3437. www.bigbeardiscoverycenter.com

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LAKE ARROWHEAD VILLAGE. 28200 Hwy. 189, Lake Arrowhead. A vacation retreat from city noise! Water skiing, boating, fishing, and lakeside dining available along with more than 70 shops and outlet stores. www.lakearrowheadvillage.com

BIG BEAR ALPINE ZOO AT MOONRIDGE. 43285 Goldmine Dr., Big Bear. Keeps injured or orphaned wildlife. Animals who can survive in the wild after rehabilitation are returned to the wild. Among the animals are black bears, bobcats, mountain lions, and timber wolves. Daily 10 – 5. Admission. 584-1171. www.moonridgezoo.com

RIM OF THE WORLD NATIONAL SCENIC BYWAY. You will see some of the most beautiful natural sights in California. Forests, deserts, and mountain passes up to 8,000 ft. await you. Start on Hwy. 138 at Cajon Junction, turn right onto Hwy. 18 and proceed to Crestline, then take Hwy. 38 north to Big Bear Lake. The trip is about 107 mile drive and should take you about 3 1/2 hrs. Pick up a brochure at any local ranger station.

RIVERSIDE AND VICINITY

DIAMOND VALLEY LAKE/VISITOR’S CENTER. At 4 1/2 miles long and 2 miles wide, Diamond Valley Lake is So. California’s largest freshwater reservoir. The lake supplies water needs of homes and industries, plus recreational and outdoor activities. The Visitor’s Center is located at State St. & Newport Rd. in Hemet. Call the information line at (800) 273-3430. www.dvlake.com


MISSION INN. Get a taste of history at Riverside’s famous Inn at 3696 Mission Inn Ave. It is a unique, historical mission-style hotel with collections of Spanish antiques, paintings, historical objects, 900 bells, crosses, and international dolls. St. Francis Chapel contains Tiffany windows and a 200-year old altar from Auanajuato, Mexico. Tours: (951) 788-9556. www.missioninn.com

MOUNT RUBIDOUX in Riverside, rises 1,337 feet above sea level adjacent to the beautiful Santa Ana River at the city’s west edge. On the summit are the Father Serra Cross and the World Peace Tower. The summit road which begins at 9th St. & Mount Rubidoux Dr., is a walking trail that leads to the top. If you’re an early riser on Easter morning, you may want to attend the Easter sunrise services.


UCR BOTANIC GARDENS on the east side of UCR campus off N. Campus Circle Dr., (951) 784-6962. This 40-acre garden features over 3,500 plant species. The garden is at its finest in spring when many of the tropical plants are in bloom. Daily 8 – 5. Donations. Parking Fee. www.ucr.edu

UCR/ CALIFORNIA MUSEUM OF PHOTOGRAPHY. 3824 Main St., Riverside, (951) 827-4787. Displays photographs, cameras and related equipment. Many of the cameras on display date back to the invention of photography. Tue – Sat, and first Sun of month, 12 – 5, Feb - May; and Oct - Dec. Nominal admission. www.cmp.ucr.edu

ORANGE COUNTY

CHRIST CATHEDRAL (formerly Crystal Cathedral) 12141 Chapman Ave. at Lewis St., Garden Grove, (714) 971-4013, is an all-glass sanctuary enclosed by 10,000 mirrored windows. The tower of the cathedral contains a 52-bell carillon. Tours Mon – Sat. 9-3:30. Donations.

DISNEYLAND® RESORT. 1313 Harbor Blvd., Anaheim, just off Interstate 5, (714) 781-4565. Besides Disneyland®, you will also find Disney’s California Adventure Park - right next door, plus Downtown Disney®, offering shopping, dining and entertainment. www.disneyland.com

KNOTT’S BERRY FARM THEMEPARK experience the atmosphere of the old west with five theme areas. In addition to rides, you will find a full-size reproduction of Independence Hall, and Good Time Theatre where major entertainers perform. A variety of shops and restaurants outside the amusement park are open daily all year except December 25. The park is located at 8039 Beach Blvd., Buena Park, (714) 220-5200. www.knott’s.com

RICHARD M. NIXON PRESIDENTIAL LIBRARY. 18001 Yorba Linda Blvd., Yorba Linda, (714) 983-9120. Take 91 West to Imperial Hwy. Go north 3 miles, left on Yorba Linda Blvd. You can see Nixon’s birthplace and gravesite, along with library, gardens, and special exhibits. 10 – 5, Monday – Saturday; 11 – 5, Sunday. Admission. www.nixonfoundation.org

TIDE POOLS. Laguna Beach. Walk along the beach at Laguna and turn over a few rocks in the pools of water. You’ll be surprised at what you might find.

50 TO 100 MILES FROM LOMA LINDA—

PALM SPRINGS AND DESERT AREAS

AGUA CALIENTE INDIAN CANYONS. On S. Palm Canyon Dr. is a huge scenic area that includes hiking trails and picnic areas set aside for visitors by the Agua Caliente Band of Indians. Daily 8-5. Entrance fee - cash only. 760-323-6018

CALICO GHOST TOWN. Located 11 miles on I-15 from Barstow, (800) 862-2542. Occupied between 1881 and 1896, Calico, named after the varicolored surrounding mountains, was a booming silver mining town of more than 4,000 people. Open daily from 9-5. Admission. www.calicotown.com

JOSHUA TREE NATIONAL PARK. Take I-10 towards Indio, follow directions, and you’ll find Joshua Tree. The national park is home to 261 species of resident and migratory birds and many animals including the desert bighorn. Best time to visit is spring, winter, or fall. Summer can be beastly hot. Camping is allowed in specified areas. Cottonwood Springs at Joshua Tree National Park is a good place to spend a quiet afternoon or a weekend of camping. From the base camp you can take a four-mile hike to Lost Palms Canyon out in the middle of nowhere. The walk is fairly easy and can be done in about four hours round trip. Check a Riverside County map for exact
location (take water with you). Admission/vehicle. (760) 367-5500. www.nps.gov/jotr

**THE LIVING DESERT ZOO & GARDENS.** 1.5 miles south off SR 111 at 47900 Portola Ave., Palm Desert, (760) 346-5694, is a 1,200-acre wildlife and botanical park with native and exotic animals, gardens, scenic hiking trails, live animal shows and American Indian culture exhibits. Picnic areas are available. Daily 9 – 5:00, Oct - May; 8-1:30, rest of the year. Admission. www.livingdesert.org

**Palm Springs Aerial Tramway.** Cool off at the top where it's 40 degrees cooler than at the bottom. The tram, located three miles north of Palm Springs on SR 111 and four miles west on Tramway Road, transports passengers two and one-half miles from Valley Station (elevation 2,642 feet) to Mountain Station (elevation 8,516 feet) at the east edge of Long Valley in the world's largest rotating tram cars. This route affords spectacular 360 degree views and access to the rugged San Jacinto Mountain region. M-F, 10-8; Sat & Sun, & holidays, 8 – 8, last car down at 9:45 p.m. Tramway closed 1-3 weeks in September. (888) 515-TRAM. www.pstramway.com

**Wildflowers.** Outside of Lancaster. If the winter has been rainy, the wild flowers will be in abundance in the Antelope Valley in the spring. It is best to check with the Lancaster Chamber of Commerce around March or April (or look in the local newspapers) for good flower-viewing times. Free.

**Greater Los Angeles**

**Autry National Center.** 4700 Western Heritage Way, in Griffith Park, just west of 1-5. Presents the history of America's westward movement through art, artifacts, and AV materials, and how it was depicted on the big and small screens. Tue- Fri, 10-4; Sat/Sun, 11-5. (323) 667-2000. Admission. www.autry-museum.org

**The Bradbury Building.** 304 S. Broadway, downtown Los Angeles. Through an inauspicious doorway in the heart of a bustling area, you can step into a refreshing turn-of-the-century building that was designed in 1893. Open elevators, ornate iron grillwork, and a glass roof set off the still-used office building. Open 9 – 5, daily. (213) 626-1893. Free.

**Cabrillo Marine Aquarium.** 3720 Stephen White Drive, San Pedro, (310) 548-7562. A fascinating showcase for thousands of Pacific Ocean specimens and fossils, a replica of a 1,100-pound turtle, nautical instruments, ship models, and a facsimile of a captain's cabin in a sailing vessel. Hours are 12 to 5 p.m., Tue - Fri; 10 - 5, Saturday and Sunday. Admission. Parking fee.

**California Science Center.** 700 State Drive, Los Angeles, (323) 724-3623. Numerous hands-on exhibits about life sciences, human innovation, powered flight and the environment. The Aerospace Complex contains an IMAX Theater. Open daily 10 to 5. Museum free, theater admission, parking fee. www.casciencectr.org

**Central Library.** 630 W. Fifth Street between Grand Avenue and Flower Street, Los Angeles, (213) 228-7000. The library has more than 2.1 million books and is adorned with sculpture, murals, and frescos. The California reference room is outstanding. Hours: M-Sat, 10-5:30; T & Th, 5:30-8:00. (213) 228-7168. www.lapl.org

**China Town** is bordered by Cesar Chavez, Spring, Yale and Bernard Streets. Chinese shops and restaurants line streets off Gin Ling Way, the “Street of the Golden Treasures.” Chinese festivals and processions are held here. (213) 617-0396 for general information and tour reservations. www.oldchinatownla.com

**City Hall.** 200 N. Spring Street, downtown Los Angeles, (213) 485-2891. The tower and observation deck, 454 feet high, are open daily 10 – 4. Free.

**Descanso Gardens.** 1418 Descanso Drive, La Cañada, (818) 949-4200. 160 acre botanic garden with 30,000 camellias from throughout the world. Roses, begonias, fuschias, and summer annuals bloom April through December. Gardens open daily 9 – 5:00. Admission. www.descanso.com

**El Pueblo de Los Angeles State Historic Monument.** 44 acres, bordered by Alameda, Arcadia, Spring, and Chavez Ave. This is the oldest section of LA close to the site of the pueblo where Los Angeles was established in 1781. The ethnic background and heritage of the diverse groups who settled here and contributed to the city's development are evident. Free guided walking tours originating at the visitor center past restored historical landmarks, Tues – Sat on the hour from 10:00 to 12:00 pm. Visitor's Center: in the Sepulveda House (213) 628-1274.

**Expo Center.** Bordered by Figueroa St., Exposition Blvd., Vermont Avenue, and Martin Luther King Jr. Blvd., is a civic, cultural and recreational center. You will see a 7-acre sunken rose garden in the park, where 20,000 specimens of 190 varieties are cultivated. Free. (213) 763-0114.

**Farmers Market.** 3rd St. and Fairfax Ave., Los Angeles, (323) 933-9211. LA's oldest market offers 95+ stores with food and gift shops. The outdoor cafes are popular. Mon-Fri, 9 - 9, Sat, 9-8, Sun, 10-7. Closed holidays. Free. www.farmersmarketla.com. Right next door is the Grove with upscale shops, restaurants, and theaters.

**Getty Center.** 1200 Getty Center Drive, Los Angeles. (310) 440-7300. Take the 405 Freeway to Getty Center Drive. The Getty Center houses pre-20th century European Paintings, sculpture, decorative arts, etc. Tue-Fri,& Sun, 10-5:30; Sat, 10-9. Free admission. Parking fee. No parking in neighborhood. www.getty.edu


**Glendale Forest Lawn Memorial Park.** 1712 S. Glendale Ave, Glendale (800) 204-3131. The park of 300 acres includes a civic, cultural and recreational center. You will see a 7-acre sunken rose garden in the park, where 20,000 specimens of 190 varieties are cultivated. Free. (213) 763-0114.

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THINGS TO DO


HOLLYWOOD BOWL is situated in a natural amphitheater in the foothills off Highland Ave. just west of Cahuenga Blvd. Seating 18,000, the bowl offers concerts by the Los Angeles Philharmonic and the Hollywood Bowl Orchestra. Open late June to early October. Ticket prices vary. Grounds open daily 9 – 4. Phone (323) 850-2000 for information and box office; for tickets (Ticketmaster) phone (800) 745-3000. www.hollywoodbowl.org

HUNTINGTON LIBRARY, ART COLLECTIONS, AND BOTANICAL GARDENS. 1151 Oxford Road, San Marino, (626) 405-2100, houses one of the world’s great collections of rare books and manuscripts including the Gutenberg Bible, the Ellesmere Chaucer, and Benjamin Franklin’s “Autobiography” in his own handwriting. The historic Huntington Art Gallery, housed in the Beaux Arts Mansion built in 1910, offering one of the finest collections of European art in the nation, is now open after an extensive $20 million renovation, along with California’s first classical Chinese garden, and a newly refurbished Japanese garden. Hours: M, W, Th, F from noon – 4:30 p.m., Sat & Sun, 10:30 – 4:30. Admission. Also features a Tea Room - reservations required. www.huntington.org

LA BREA TAR PITS. Wilshire Blvd. and Curson Avenue, Los Angeles. This is one of the richest sources of ice age fossils. These sticky asphalt beds entrapped prehistoric plant and animal life. Free. (323) 934-7243. www.tarpits.org

LITTLE TOKYO, bordered by First, Alameda, 3rd and Los Angeles Streets, is the social, cultural and economic area of the Southern California’s Japanese community. Three shopping centers contain numerous restaurants and shops.

LONG BEACH AQUARIUM OF THE PACIFIC. Off of Shoreline Dr. at 100 Aquarium Way, (562) 590-3100. Meet over 500 of the Pacific’s inhabitants in 19 major habitats and 32 personalized focus exhibits. Daily 9-6. Admission. www.aquariumofpacific.org

LOS ANGELES COUNTY ABORETUM BOTANIC GARDEN. 301 N. Baldwin Avenue, Arcadia, (626) 821-3222. This horticulture research center is composed of 127 acres of trees and shrubs, and orchid and begonia greenhouses, a reference library, bird sanctuary, and a small natural lake. Open daily 9 am - 5:00 pm. Admission. www.arboretum.org

LOS ANGELES COUNTY MUSEUM OF ART. 5905 Wilshire Boulevard, Los Angeles, (323) 857-6000. Six structures surrounded by a sculpture garden, with paintings, sculpture, costumes, textiles, and decorative art from around the world. You will see art from ancient to current times. Open M,T, Th 12-8, Fri 12-9; Sat & Sun 11-8. Admission and parking fee. www.lacma.org

LOS ANGELES MUNICIPAL ART GALLERY. 4804 Hollywood Boulevard in Barnsdall Park, Los Angeles, (323) 644-6269. Contemporary art is featured at this gallery, which is the site of the annual city outdoor art festival. Includes an exhibition about the nearby Hollyhock House, one of Frank Lloyd Wright’s finest works. Open 12:00 to 5 p.m. Thur – Sun. Free.

LOS ANGELESZOO & BOTANICAL GARDENS. For animal lovers of all ages. Located near the junction of the I-5 and SR 134 Freeways, (323) 644-4200. 133 acres of landscaped hilly terrain. Five continental areas provide a natural setting for over 1,100 mammals, birds, and reptiles. The Children’s Zoo features an animal nursery and petting yard. Admission. Open daily 10 to 5. www.lazoo.org


NATURAL HISTORY MUSEUM OF LOS ANGELES COUNTY. 900 Exposition Boulevard, Los Angeles, (213) 763-3466. The museum features exotic mammals, detailed habitats of Africa and North America, as well as displays on California and western history. Open 9:30 to 5, daily. Admission. In summer, walk through hundreds of butterflies flying free, in the Pavilion of Wings, separate admission. www.nhm.org


OLVERA STREET. Between North Main and Alameda Streets in Los Angeles. One of the oldest streets in Los Angeles, Olvera Street has been restored to its original appearance. Las Posadras, the Christmas celebration held in late December, is held here annually. Open daily from 10-7. Free. (213) 485-6855.

PAGE MUSEUM AT THE LA BREA TAR PITS. 5801 Wilshire Boulevard, Los Angeles, (323) 934-7243. Erected on the site of the Brea Tar Pits, the Page Museum houses reconstructed fossil skeletons of animals once trapped in the tar. A major exhibit is the 12-foot high Imperial Mammoth. A paleontologic laboratory operates in the museum, and visitors may view the actual work being done with fossils. Open 9:30 a.m. to 5 p.m., daily. Admission. www.tarpits.org


RANCHO SANTA ANA BOTANIC GARDENS. 1500 N. College Avenue, Claremont, (909) 625-8767. The 86-acre garden, contains an excellent collection of native California plants and flowers and is most colorful between February and May. Open 8 a.m. to 5 p.m. daily; closed major holidays. Admission. www.rsabg.org

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ROSE HILLS MEMORIAL PARK. 3888 S. Workman Mill Road, Whittier. Features a 3 1/2 acre plot with more than 600 varieties of roses, 7,000 bushes, and a Japanese Garden. Daily from dawn to dusk. (562) 699-0921. Free. www.rosehills.com


SOUTHWEST MUSEUM. 234 Museum Drive, Los Angeles, (323) 221-2164. This museum houses one of the nation’s finest collections of Southwestern Indian artifacts. On display is a Blackfoot Indian teepee with typical weapons, tools, implements, mementos of Indian life, plus an outstanding collection of relics and handicrafts. The museum and bookstore are open from 10 to 5:00, Tue-Sun. Admission. www.southwestmuseum.org

TELEVISION SHOWS/STUDIOS. Major broadcasting companies offer many studio audience shows and tours. Ticket requests should be made well in advance; some shows have waiting lists several months long. Audiences Unlimited Ticket Line can provide further information; www.tvtickets.com

TRAVEL TOWN MUSEUM. Griffith Park, Los Angeles, (323) 662-5874. This museum features various types of transportation devices from different eras. Included are railroad engines, streetcars, a World War II Japanese plane, and assorted fire engines. Numerous trains are exhibited outdoors and visitors are invited to explore the interiors. Open 10 to 4 daily. Donations.

UNIVERSITY OF CALIFORNIA, LOS ANGELES (UCLA). 405 Hilgard Ave., covers 419 acres in the foothills of the Santa Monica Mountains. Relocated here in 1929, the university has several major complexes, including a large medical center and enrolls approximately 40,000 students each year. The UCLA School of Arts and Architecture offers a variety of public events, including concerts, recitals, festivals, lectures, exhibitions and forums October to Mid-June. (310) 825-4321. Parking fee.

UNIVERSAL STUDIOS HOLLYWOOD. You can see behind the scenes of a major Hollywood studio. You may realize that show business isn’t as glamorous as it seems. Located at Lankersham Boulevard at the Hollywood Freeway in Universal City, (800) 864-8377. Open daily at 10. Closing times vary. Admission. www.universalstudios.com

WAYFARER’S CHAPEL. 5755 Palos Verdes Drive, Palos Verdes Peninsula, (310) 377-1650. The chapel was designed by Lloyd Wright, son of Frank Lloyd Wright. The “Glass Church” is built almost entirely of glass and stone, and is a landmark from both land and sea. The church is built on a bluff overlooking the Pacific, surrounded by redwoods and several acres of gardens. The chapel is open daily from 8 to 5, Visitor’s Center open 10-5. (310) 377-1650. Free. www.wayfarerschapel.org

WILL ROGERS STATE HISTORIC PARK, at 1501 Will Rogers State Park Rd. in Pacific Palisades, (310) 454-8212, Visit the humorist’s home as well as hiking trails and picnic facilities. Park open daily 8 to dusk. Admission per private vehicle.

SAN DIEGO COUNTY

BALBOA PARK. The 200-foot California Tower soars above the fifteen museums, gardens and recreation areas that make up this 1,200 acre park at the edge of the city’s business district. Phone (619) 239-0512. Admission for most museums. www.balboapark.org

BIRCH AQUARIUM AT SCRIPPS INSTITUTE OF OCEANOGRAPHY. 3200 Expedition Way, La Jolla, (858) 534-3474 located on a hillside overlooking the Scripps Institution of Oceanography at the University of California at San Diego. The aquarium features marine animals from the Pacific Ocean. Daily 9 – 5. Admission.


MISSION SAN JUAN CAPISTRANO. Two blocks off the SR 74/I-5 Jct., San Juan Capistrano, (949) 234-1300, ext. 318, founded by Father Junipero Serra. The mission is most famous for the swallows that arrive mid-March, and leave mid-October. Daily 8:30-5. Admission. www.missionsjc.com

MISSION BASILICA SAN DIEGO DE ALCALA. 10818 San Diego Mission Rd. in Mission Valley, (619) 281-8449. Take Mission Gorge Rd. (off I-8) and Twain Ave. Founded in July, 1769 by Father Junipero Serra, this is the first of California’s missions. Daily 9-4:45. Admission. www.missionsandiego.com

OLD TOWN SAN DIEGO. Just north of downtown is a California settlement depicting the Mexican and American years of 1821-1872, with historic buildings and adobe homes. Daily 10-5. Free guided 1-hour walking tours at 11 & 2 from the park headquarters. (619) 220-5422

PALOMAR OBSERVATORY. Palomar Mountain, San Diego County, (760) 742-2119. Made up of of four domes; the largest houses the 200-inch Hale Telescope, which is used to study distant celestial bodies. Museum and gallery open daily from 9 to 4. Free. www.astro.caltech.edu

REUBEN H. FLEET SPACE THEATER AND SCIENCE CENTER, 1875 El Prado, Balboa Park, San Diego, houses the world’s first giant IMAX dome screen with films & astronomy programs. The Science Center is a hands-on museum with a variety of exhibits. Open daily at 9:30 a.m.; phone (619) 238-1233. Admission. www.rhfleet.org

SAN CLEMENTE BEACHES. While the Los Angeles and northern Orange County beaches are teeming with people on most afternoons, several of San Clemente’s beach areas are less inhabited. San Clemente is a mere 20 minutes south of Laguna Beach on Pacific Coast Highway.

SAN DIEGO SAFARI PARK is located just south of Escondido about 5 miles east of I-15, Rancho Parkway Exit. (760) 747-8702. Home to more than 2,600 animals, most roam freely on land simulating their natural habitat. The 1,800-acre wildlife preserve features a five-mile
monorail tour of the main park. Opens daily at 9:00. Admission.
www.sandiegozoo.org

SAN DIEGO ZOO. One of the largest and best zoos anywhere, with some of the rarest creatures. The animals live in enclosures similar to their natural environment. Be sure to take along a telephoto lens. Opens daily at 9, closing times vary. The zoo is located in north San Diego off Interstate 15. Phone (619) 234-3153. Admission.
www.sandiegozoo.org

SEA WORLD on Mission Bay's south shore in San Diego, is a 189-acre marine adventure park with shows, aquariums, marine-life attractions, rides, and marina. You’ll see killer whales, dolphins, sea lions otters and walruses performing. Open daily at 9 in summer, 10 rest of year. Closing times vary. Phone (800) 257-4268. Admission.
www.seaworld.com

USS MIDWAY MUSEUM. 910 N. Harbor Dr. downtown at Navy Pier, (619) 544-9600. The Midway was the longest serving carrier in U.S. Navy history and the largest ship in the world for 10 years. Over 60 exhibits including the engine room and captain’s bridge are open, and more than 25 restored aircraft, from WWII to Desert Storm, are on display. Daily 10-5. Admission & parking fee
www.seaworld.com

OVER 100 MILES—

ANZA-BORREGO DESERT STATE PARK. Located outside Borrego Springs. The park consists of 600,000 acres on the Colorado Desert. Native flora and fauna abound. Camping is allowed in specific areas. A visitor center houses exhibits on weather, geology, history, desert plants and wildlife. Open daily 9 – 5, October – May; Saturday – Sunday, 9 a.m. – 5 p.m. rest of year. For park information, phone (760) 767-5311; for recorded wild flower information, phone (760) 767-4684. www.anzaborrego.statepark.org

CATALINA ISLAND. Just 22 miles off the California coast, this resort island offers all sorts of opportunities for outdoor fun including boating and hiking. Passenger boats leave daily from Long Beach, Dana Point, or San Pedro (800) 481-3470. Visitor’s information, 866-449-5797. www.catalina.com

RONALD REAGAN PRESIDENTIAL LIBRARY AND MUSEUM. The museum houses photos and memorabilia of President Reagan’s life. Included is a full-scale replica of the Oval Office and a section of the Berlin Wall. In the Air Force One Pavilion, you may walk through the cockpit, President and Nancy Reagan’s quarters, the “cabinet” room, galleys, etc. of the retired Air Force One, Boeing 707, that flew seven presidents. Daily 10-5. Admission. 40 Presidential Dr., Simi Valley, (800) 410-8354. www.reaganlibrary.com

SCOTTY’S CASTLE is quite a site in the middle of the desert near Death Valley. Built in the 1920’s as a vacation retreat the mansion contains beautiful furnishings and art objects. Tours are available. Open daily 9 to 5. Phone (760) 786-2392. Admission.
www.scottyscastle.org

SIX FLAGS MAGIC MOUNTAIN AND WATER PARK. West of 1-5 Magic Mountain Pkwy. in Valencia. This entertainment park has more than 100 rides (16 rollercoasters), shows and attractions. Complex opens daily at 10:30, (661) 255-4111. www.sixflags.com

LOCAL MUSICAL & THEATER OPPORTUNITIES

Ticket Information

California Theatre of Performing Arts, San Bernardino, 885-5152. www.californiatheatre.net

Calimesa Community Concert Series, Calimesa Seventh-day Adventist Church, 795-4960. www.calimesasda.com

Fox Performing Arts Center, (951) 779-9800, www.foxriversidlive.com

LifeHouse Productions, Redlands, 335-3035 www.lifehousetheater.com

Redlands Bowl Concerts (free of charge Tuesday and Friday evenings during the summer), 793-7316 www.redlandsbowl.org

Redlands Symphony Orchestra, 748-8018 www.redlandsymphony.com

Riverside County Philharmonic, (877) 744-5849 www.thephilharmonic.org

San Bernardino Symphony Association, 381-5388 www.sanbernardinosymphony.org

Victoria Gardens Cultural Center, 477-2752 www.vgculturalcenter.com

LOS ANGELES AREA MUSICAL OPPORTUNITIES

Ticket Information

Greek Theatre, (323) 665-1927. www.greektheatrela.com


LA County Music Center, (213) 972-7211. www.musiccenter.org

Microsoft Theater, microsofttheater.com, (213) 763-6020

Orange County Performing Arts Center, Costa Mesa, (714) 556-2787. www.ocpac.org

Pacific Amphitheater, (714) 708-1500 www.ticketmaster.com

PALM SPRINGS AREA MUSICAL OPPORTUNITIES

Annenberg Theater, (619) 325-4490. www.psmuseum.org

McCallum Theatre for the Performing Arts, (619) 340-2787 www.mccallumtheatre.com
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Ilusmaa.org
For Alumni Association info

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