

THE ALUMNI ASSOCIATION'S 2021 LOMA LINDA SURVIVAL GUIDE

For Loma Linda University Medical Residents



www.llusmaa.org

The 2021 Survival Guide
is produced by your
Alumni Association,
School of Medicine of Loma Linda University

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Loma Linda, CA 92354

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www.llusmaa.org

The 2021 Survival Guide

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ALUMNI ASSOCIATION

School of Medicine

Loma Linda University

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 the Loma Linda University Medical Center Residents. The Alumni Association is not responsible for the quality of products or services advertised in the Resident Guide, unless the products or services are offered directly by the Association..

Due to COVID-19 some information in this Survival Guide may be inaccurate or temporarily incorrect.

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The 2021 *Survival Guide* is available on the Alumni Association website at www.llusmaa.org.

WELCOME FROM THE ALUMNI ASSOCIATION PRESIDENT



Congratulations on matching to a residency at Loma Linda University Health. We are glad you chose this place and believe your decision to train at a Christian based residency program will be of lifelong value.

You are not here by accident—I believe you are here by design. “We know that in all things God works for the good of those who love him, who have been called according to his purpose.” Romans 8:28 (NIV). You have been called. He is working through you now and will continue to work for good through you during your residency, and beyond. Avoid thinking you are putting your life on hold by being here. Jesus himself was a student and then apprentice before becoming a master carpenter. He was 30 years old when he left the carpenter’s shop but never doubted that He was doing His Father’s business during those first three decades. You are doing the same!

Also, by choosing to come to Loma Linda, you are joining a lifelong community of fellow Christian physician alumni, a community that cares about you. Among other activities, the Alumni Association raises funds from a variety of sources to support residents. The support is available to all residents regardless of where you graduated. We hope you will take advantage of some of these funds and activities:

- Complimentary registration for the Annual Postgraduate Convention (APC). This event, held each March, includes a poster competition for students and residents. As you well know, presenting posters is one way to increase your competitionness for a future fellowship.
- Reduced Alumni Association annual membership fee of \$35.00. (One year complimentary membership for new graduates of LLUSM). Benefits include: a complimentary copy of the printed Alumni Directory (\$50 value); access to “Members Only” website; access online to *ALUMNI DIRECTORY*; (3 issues per year).

These years in residency training will be very demanding and will require determination. “Trust in the Lord with all your heart; do not depend on your own understanding. Seek His will in all you do, and He will show you which path to take,” Proverbs 3:5-6 (NLT). Also, never be afraid to ask for help. We all need each other and we are called to support one another.

Hold on to your faith now and throughout your career. Be His hands in the world, and when you have run the race and fought the good fight, you can be confident He will say to you, “Well done, my good and faithful servant. You have been faithful in handling this small amount, so now I will give you many more responsibilities. Let’s celebrate together!” Matthew 25:21 (NLT).

Again, welcome to Loma Linda University Health and to the community of LLU alumni. May your journey here at LLU be one of grace.

Good luck and God bless,

A handwritten signature in black ink, appearing to read 'Jon Kattenhorn'.

Jon Kattenhorn ‘74
President

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Orientation to Campus



Telephone Directory

University Campus

Alumni Association	*44633
Campus Store	*44567
Drayson Center.....	*44975
Events and Media	*44748
Faculty Medical Clinics	909-558-2840
Graduate Medical Education Office.....	*66131
GME Website: www.lluh.org/gme	
Library, University	*44588
LLU Behavioral Medicine Center.....	909-558-9200
LLU Children's Hospital	909-558-8000
LLU Medical Center.....	909-558-4000
Emergency Room	*44444
LLU MC East Campus Hospital	909-558-6000
LLUMC Employee Health Services.....	909-558-8797
Loma Linda Children's Center (day care).	909-796-0161
Mail Center	*44046
Post Office, Loma Linda	800-275-8777
Resident Physician Vitality.....	*66780
Risk Management.....	909-651-4010
School of Medicine.....	*44462
Security-Control Ctr. and Lost & Found.....	*44320
Social Action Community Health Systems (SACHS)	909-382-7190
University Church	*44570
VA Medical Center	909-825-7084

Publications

ALUMNI JOURNAL.....	Email: llusmaa@llu.edu
University SCOPE	Email: scope@llu.edu
Trading Post	Email: tradingpost@llu.edu

+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 - Loma Linda University Health (LLUH) and LLU

President & CEO	Richard H. Hart, MD, DrPH
Chief Executive Officer of LLUH Hospitals & Exec Vice President for Hospital Affairs	Kerry L. Heinrich, JD
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Senior Vice President for Financial Affairs.....	Rodney D. Neal, MBA
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Dean, School of Dentistry	Robert Handysides, DDS
Dean, School of Nursing.....	Elizabeth A. Bossert, PhD
Dean, School of Pharmacy.....	Michael Hogue, PharmD
Dean, School of Public Health	Helen Hopp Marshak, PhD
Dean, School of Religion	Leo Ranzolin, ThD



Background and History of Loma Linda University

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 4,515 students enroll annually in the professional curricula offered by the Schools of Allied Health Professions, Dentistry, Public Health, Medicine, Nursing, Pharmacy, Behavioral Health, and the Religion.

Since its inception, Loma Linda University School of Medicine has graduated over 12,500 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. Students from over 75 countries and every state in the nation are represented in LLU's student body.

School of Medicine—Approximate total living alumni: 8,800. 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.



SBCMS



Complimentary membership in our medical society:

- Prepares you for your own medical practice
- Creates a pathway for professional leadership
- Offers representation in mode of practice forums
- Provides networking with established physicians
- Develops your voice in organized medicine

**Welcome
LLUSM
residents
for 2020-21!**



**Contact us today at
scobb@sbcms.org to complete
your **free** membership application
and get started with medical
society activities!**

**Automatically includes dual membership
with California Medical Association (CMA).**

SBCMS | 1859 W. Redlands Blvd. | Redlands, CA 92373 | (909) 273-6000
www.sbcms.org | www.facebook.com/sanbernardinocountymedicalsociety | @SBCMS



Alumni Association, School of Medicine

The Alumni Association, School of Medicine of Loma Linda University, represents more than 8,700 living graduates of the School. The Association was organized in 1921, 12 years after the School of Medicine was founded. You are about to become part of the rich heritage which claims graduates in 32 nations of the world and in each state of the United States.

Basically a service organization, the Alumni Association operates independently from the School of Medicine or the University as a nonprofit corporation. It was formed to serve students, support LLUMS 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.

Alumni: Each year in March, alumni are invited to participate in the Annual Postgraduate Convention (APC). Held on the Loma Linda campus, APC provides continuing education courses in a variety of specialties and for the family physician. The Alumni Association periodical, the *ALUMNI JOURNAL*, provides articles of interest and information about activities of alumni around the world. The *JOURNAL* also includes placement opportunities submitted by physician recruiters. The *ALUMNI DIRECTORY*, which lists alumni contact information, is published annually and is sent to dues-paid and perpetual members. Alumni are also invited to join Lifetime Experience trips organized by the Alumni Association. Our alumni care about students, and a growing number of alumni have opted in to become mentors to medical students, review resumes, and to host students during clinical rotations and residency interviews.

Medical Students: The Alumni Association actively supports students, hosting events such as the Freshman Welcome Picnic which provides classes the opportunity to meet together for the first time. The Alumni Association also provides treats after exams, providing a time for students to interact. Students are encouraged to apply for the *Paying It Forward* Scholarship which provides funds that cover half of their tuition in their third and/or fourth years. Watch for announcements from the School of Medicine about the *Paying It Forward* Scholarship.

Guided by the Student Affairs Council, the Alumni Association provides services that contribute to students' success in medical school and as they prepare to apply to residency programs and for residency interviews. Services include the Student Lending Library at the Alumni Association office where students may borrow review books and resources for classes and boards, the Junior Match Symposium, Senior Seminar and much more. Alumni care about students, and a growing number of alumni have opted in to become mentors, review resumes and to host students during clinical rotations and residency interviews.

Students can also help build the Alumni Association community and be rewarded for it by participating in the Student Ambassador Program, inviting alumni to become perpetual members. For more information, check out <https://llusmaa.org/student-ambassador/>.

Missions: Alumni join the Alumni Association in actively supporting specific global medical mission institutions and projects. Alumni are also invited to explore short- and long-term volunteer mission opportunities at international mission sites in Africa, Asia, Central America, and the Pacific Islands. Information is available on the Alumni Association website at www.llusmaa.org.

JUNIOR MEDICAL AUXILIARY (JMA): 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: This organization supports the Little White House and provides scholarships, student assistance, and funds for medical mission projects. Please contact them at



Walter E. Macpherson Society

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 Scientific Poster Sessions for students, residents, and fellows during APC.
- (3) Giving certificates and acknowledgment to students whose research has been published.
- (4) Supporting students with lab coats for membership during their first year in the Anatomy Labs.

Through the years, the Macpherson Society has given more than \$2 million to the School of Medicine. It has established a Macpherson Learning Center (Harvey Simulation Lab) in the Centennial Complex. The sole purpose of the society remains to "promote excellence in medical education and research."



Interested in an INTERNATIONAL RESIDENCY ROTATION?

The Global Health Institute (GHI) can work with you and your residency program to arrange a rotation experience that will create synergy and sustainability by focusing resources and expertise at approved Loma Linda University Health international partner sites.



LOMA LINDA UNIVERSITY
HEALTH
Global Health Institute

ghi.llu.edu/residentrotation

Missions *Student Assistance* **DUO** **LWH** **Scholarships**



Loma Linda University
Medical Auxiliary
2021-2022

Welcomes YOU

We are here to support YOU!!
contact@llumedaux.org (909) 558-4639

Missions *Student Assistance* **DUO** **LWH** **Scholarships**

Campus Organizations



Religious Organizations

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 19 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, the church provides a variety of spiritual, social, and outreach activities for worshipers of all ages. For further information call (909) 796-0222 or visit www.campushillchurch.net.

Experience Great Worship, Bible Studies, and Support:

1. **Sabbath School Options**—Saturday (Sabbath) 9:30–10:35 a.m. A variety of choices for fellowship/discussion or lecture/discussion as well as classes for children and youth, especially kindergarten through early teen, who participate in multi-age learning settings.
2. **Sanctuary Service**—Saturday (Sabbath) 10:40 a.m.–12:30 p.m. Emphasis is placed on Biblical preaching and congregational participation in a rich mix of hymns and praise songs.

LOMA LINDA UNIVERSITY CHURCH (LLUC):

Our church family is located on the campus of LLU. There are many opportunities to grow deeper in your spiritual walk through worship and study, build meaningful and lasting relationships by connecting with our community groups, and use your talents in service for others.

Worship With Us: Participate in real authentic worship and experience inspiring and life-transforming messages from the Word of God. Music is a huge part of our worship experience. Our worship service offers a variety of exceptional music styles from praise to a full orchestra.

Worship Service Times: Sabbath at 9:00 and 11:45 a.m. (Traditional). 10:30 a.m. Anthem (Modern)

Connect & Build Community With Us: We have a variety of ministry groups for you to connect with for community and service.

Praxis Ministry (Young Adults) :

- Sabbath School, Saturday at 9:00 am
- Night Church, Friday at 8:00 pm
- Midweek Life Groups
- Socials
- Follow us on IG Praxis Ministry

Music Ministry:

- Sanctuary Choir: Excellent musical selections and many classics. Rehearsals on Friday evenings at 7:00 p.m. Contact Brenda Mohr at (909) 558-4570, ext.
- Sanctuary Brass: Wednesday evening rehearsals, 7:00 – 8:00 p.m. Contact Craig Mohr at (909) 558-4570, ext. 58945.

UReach Ministry: Meets the needs of people in our local community through:

- Meals on Wheels
- Transit Service
- Re:Live Thrift
- EXCELL Tutoring and Mentoring.

Media Ministry: Serve our local community and viewers worldwide gaining experience and helping with our live production.

- Camera operator
- Production
- Make-up artist
- Graphics
- Acting

For more information on how you can get connected and become a part of our LLUC family, please visit www.lluc.org or contact Joelle Reuer, Pastor for Discipleship, at (909) 558-4570, ext. 85739



Musical Organizations

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

Loma Linda University Church Sanctuary Brass: Wednesday evening rehearsals, 7:00–8:00 p.m. Contact Virgil Nielsen at (909) 558-4570, ext. 47079.

Loma Linda University Church Sanctuary Orchestra: Rehearsals as needed for performances (about every other month in church, usually for 1.5–2 hours on the evening before performance). Contact Ariel Quintana at (909) 558-4570, ext. 47079.

Campus Hill Church Music Coordinator: Pastor Cristian Iordan. Contact the church at 909-796-0222.



University Publications

ALUMNI JOURNAL is published three times per year by the Alumni Association of the School of Medicine of Loma Linda University. Its 8,800-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 across the globe.

SCOPE is a quarterly publication through the Marketing & Communications Department. 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*, Welcome Center, 11157 Anderson St., Loma Linda, CA 92354. (*SCOPE* is automatically sent to all LLU alumni.)

TRADING POST is a weekly advertiser published by the University. Ads may be submitted and paid for online at www.tradingpost.llu.edu. Digital Production Ink, 11161 Anderson St. Ste. 105, Loma Linda, CA 92354. Deadline for classified ad copy is Wednesday, 2:00 pm. The paper appears on Friday mornings. Rates per week, per ad: \$8 ad up to 25 words; \$12 ad up to 50 words; \$16 ad up to 100 words. Lost and Found classified ads are free for one week.

Campus Recreation



Drayson Center

Outdoor Facilities

- Five lighted tennis courts
- Four permanent lighted pickleball courts
- Half-mile running track
- Lap pool with 10 lanes
- Leisure pool with giant water slide
- Jacuzzi
- Two sand volleyball courts

Indoor Facilities

- Three full-length basketball courts
- Five volleyball courts
- Nine badminton courts
- Five racquetball courts
- Aerobics and martial arts studios
- Cardio and weight rooms
- Men's and women's dry saunas
- Therapeutic massage
- Tenth-mile elevated track
- Table tennis
- Locker rooms and showers
- Personal training

Intramural leagues featuring various sports are available throughout the school year and most summers. Watch for announcements at drayson.llu.edu/intramurals. Membership is complimentary with a valid LLU student ID, and family members are also free with proper identification. Sports equipment for use on the premises is available for checkout. Visit drayson.llu.edu for hours, closures, and program information.



Loper's Club

Working on the wards 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 at 6:30 a.m. 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.





LOMA LINDA UNIVERSITY

Drayson Center

*LLU Alumni
Discounted Memberships
Available*

*A
Community
of
Wellness
and
Vitality*

25040 Stewart Street

Loma Linda, California

drayson.llu.edu | 909-558-4975

DRAYSON CENTER

THE SURROUNDING COMMUNITIES





Public Transportation

Airports

Hollywood Burbank Airport : (818) 840-8840

www.hollywoodburbankairport.com

71.4 miles

Los Angeles International (LAX): (310) 646-5252 www.lawa.org

76.1 miles

Ontario International: (909) 937-2700 www.flyontario.com

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 20-30 min. Bus fair is \$2.00 one way, or \$6.00 for an all-day pass.

For more information call (800) 966-6428 or visit www.omnitrans.org.

Greyhound/Trailway Bus Lines: 596 North G Street, San Bernardino, (909) 884-4796

Trains

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

Metrolink—A long distance commuter train to Union Station in Los Angeles from San Bernardino or Riverside, Mon–Fri. Call (800) 371-LINK or visit www.metrolinktrains.com. In 2022, the Redlands Station will be completed and terminate at the University of Redlands.

Other

There is no direct public transportation between Loma Linda and the Ontario and Los Angeles International airports. However, shuttle services are available: Apex Transportation: 1-888 938-4500—www.1800fly1800.com. For a cheap fare, check out the Metrolink to Union Station, and the FlyAway Bus to LAX. Allow at least 3 hours.



Local News Stories

Los Angeles Times

2300 E. Imperial Hwy, El Segundo

(800) 252-9141—www.latimes.com

Redlands Daily Facts

19 E. Citrus Ave, Redlands

793-3221—www.redlandsdailyfacts.com

Riverside Press-Enterprise

1825 Chicago Ave, Ste. 100, Riverside

(951) 684-1200—www.pe.com

San Bernardino Sun

473 E. Carnegie Dr, Ste. 200, San Bernardino

(909) 889-9666—www.sbsun.com



LLU Libraries

Barbara J. Orr Student Lending Library

Alumni Association, SMLLU

11245 Anderson, Ste. 200

558-4633, or Extension 44633

Del Webb Memorial Library <https://library.llu.edu>

Loma Linda University

Information, 558-4588 or Extension 44588

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



Seventh-day Adventist Churches

LOMA LINDA AREA

Loma Linda Campus Hill Church
11057 Hill Drive
Loma Linda 92354
(909) 796-0222
www.campushillchurch.net

Loma Linda Chinese Church
25665 Van Leuven St.
Loma Linda 92354
(909) 824-0274
www.llcadventistfaith.org

Loma Linda Filipino Church
11180 New Jersey St.
Redlands 92373
(909) 798-3822
www.llfc.org

Loma Linda Indonesian Church
10827 California St.
Redlands 92373
(909) 307-3270
www.llisdac.org

Loma Linda Korean Church
11487 New Jersey St.
Redlands 92373
(909) 435-2305
www.lomalindakoreansda.com

Loma Linda Romanian Church
26271 Mayberry St.
Loma Linda 92354
(909) 796-0881
www.lomalindaro.org

Loma Linda Spanish Church
11135 Mountain View Ave.
Loma Linda 92354
(909) 558-4992
www.lomalindaspanshchurch.org

Loma Linda University Church
11125 Campus Street
Loma Linda 92354
(909) 558-4570
www.lluc.org

Loma Linda Vietnamese Church
711 West "C" Street
Colton 92324
(888) 901-4747

Mission Road Church
(formerly Loma Linda Japanese Church)
27240 Alabama St.
Redlands 92373
(909) 335-8369
www.lljapanese.adventistfaith.org

Victoria Church
1860 Mountain View Avenue
Loma Linda 92354
(909) 796-7869
www.victoriaadventist.org

SAN BERNARDINO/ COLTON AREAS

All Nations African
2282 Pumalo St.
San Bernardino 92346
(909) 862-8823
www.allnationsafricanchurch.com

Arden Hills Church
5801 Arden Avenue
Highland 92346
(909) 864-1111
www.ardenhillssda.org

Azure Hills Church
22633 Barton Road
Grand Terrace 92313
(909) 825-8611
www.azurehills.org

Colton Church
1291 North Rancho Avenue
Colton 92324
(909) 825-9344
www.coltonca.adventistchurch.org

San Bernardino Community Church
222 E. 2nd St.
San Bernardino 92410
(909) 799-3500
www.delrosasda.adventistfaith.org

Inland Spanish Church
710 W. Citrus Street
Colton, CA 92324
(909) 824-1585
www.inlandspanish22.adventistchurchconnect.org

San Bernardino 16th St. Church
1601 W. 16th Street
San Bernardino 92411
(909) 888-0084
www.one6adventist.org

San Bernardino Spanish Church
918 N. Mountain View
San Bernardino 92410
(909) 885-6726
www.sanbernardinospansh22.adventistchurchconnect.org

Valley Fellowship
275 E. Grove Street
Rialto 92376
(909) 874-5851
www.valleyfellowshipsda.org

Waterman Visayan Filipino Church
882 S. Waterman Avenue
San Bernardino 92408
(909) 384-0233
www.watermanvisayanfilipino22.adventistchurchconnect.org

RIVERSIDE/CORONA AREAS

Arlington Church
8778 Magnolia Avenue
Riverside 92503
(951) 688-6630
www.arlingtonsdasda.org

Corona Church
2550 South Main Street
Corona 92882
(951) 737-5953
www.coronasdachurch.com

Corona Spanish Church
3874 North Byron Street
Corona 92879
(951) 734-0505
www.coronaspanish22.adventistchurchconnect.org

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.lasierraspanshchurch.org

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

Norco Church
3621 Corona Avenue
Norco 92860
(951) 278-8802
www.norco.adventistfaith.org

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

Riverside Kansas Avenue Church
4491 Kansas Avenue
Riverside 92507
(951) 682-9810
www.kansasave.org

Riverside Korean
2625 Avalon St.
Riverside 92509
(951) 359-3742
www.riversidesda.com

**Visit the Southeastern CA Conference of SDA website at www.secc.adventistfaith.org for more information on which churches are streaming their worship service.*

Seventh-day Adventist Churches

MORENO VALLEY

Moreno Hills Church
25873 Alessandro Blvd
Moreno Valley 92553
(951) 485-4646
www.morenohillssda.org

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

REDLANDS/CALIMESA/ MENTONE AREA

Calimesa Church
391 Myrtlewood Dr.
Calimesa 92320
(909) 795-9741
www.calimesasda.com

Crosswalk
10421 Corporate Drive
Redlands 92374
(909) 796-3000
www.crosswalkvillage.com

Forest Falls Company
40551 Valley of the Falls Drive
Forest Falls 92339
(909) 794-2322
www.forestfallssdachurch.org

Inland Empire Filipino Church
604 E. State St.
Redlands 92374
(909) 910-6091
www.iefsdac.org

Mentone Church
1230 Olivine Avenue
Mentone 92359
(909) 794-1610
www.mentone.adventistfaith.org

Redlands Church
520 Brookside Avenue
Redlands 92373
(909) 793-6337
www.redlandschurch.com

Thai Church
10855 New Jersey Street
Redlands 92373
www.thaisdachurch.org

Other Worship Options

Calvary Chapel of Redlands
27165 San Bernardino Avenue, Redlands
(909) 793-8744
www.packinghouseredlands.org

Colton First Baptist (Centerpoint Church)
170 W. F. Street, Colton
(909) 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
(909) 797-1526
www.gvcc4.com

Paradox Ministries
Meets Saturdays, 10:00 a.m.
301 Cajon St. Redlands 92373
www.paradoxministry.org

Saint Joseph the Worker Catholic Church
10816 Mountain View Avenue, Loma Linda
(909) 796-2605
www.stjosephlomalinda.org

The Church of Jesus Christ of LDS
640 S. Center Street, Redlands
(909) 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 92373
(909) 335-7333
www.trinityonline.org

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



SOUTHERN CALIFORNIA



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 at various locations throughout California such as Big 5. 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 information on the San Bernardino National Forest visit www.fs.usda.gov/sbnf. To find more local hikes, try visiting www.Alltrails.com.

PALM SPRINGS AERIAL TRAMWAY TO ROUND VALLEY:

This offers 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. www.pstramway.com.

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 (1.5 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.



Bike Trails

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. The main access is through Hulda Crooks Park at the south end of Mountain View Avenue.

ANTELOPE VALLEY (R): This trail leads to the Mojave Desert and is a good place to get away from the masses. The route 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.

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.

IDYLLWILD (R): This is one of the prettiest of 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 uphill 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.

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.



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SANTA ANA RIVER TRAIL (SART) (M): This trail near the town of Angelus Oaks in the San Bernardino National Forest is a really fun ride that is in the epic category. Not to be confused with the Santa Anna River Bike Path, this single-track trail hugs the sides of the mountains and flows through trees, shade, streams, and offers incredible view of the valley below. Go through Redlands and the town of Mentone. Get on the 38 as you head up the hill. When you come into Angelus Oaks look for the Post Office and general store on your left. Park here. Right there is also a Fire Road that will either be called Mill Creek Road or Middle Control Road depending on the time of year. You will be climbing up this fire road at the end of the ride.

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 highway 91 at Green River Road 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 as 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 descends 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 toward 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 I-605 south. Exit at Beverly Blvd., go east for three 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 five miles to the top by a fire road. Once you reach the top, there are many single track options. This is 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.

WRIGHTWOOD (R): The tour will take 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 on Highway 138 approximately two miles west of Interstate 15.

Begin by pedaling east on Highway 138. You will pass the Mormon Rocks and then turn right onto Lone Pine Canyon Road to begin a hard, 2,700-foot ascent to Wrightwood. The terrain here, although mountainous, is very dry. About halfway 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!

Family Hikes

Children's Forest: The National Children's Forest is a half-mile self-guided and paved trail that's handicapped-accessible. Take Highway 18 to Keller Peak Road east of Running Springs, San Bernardino Mountains. Call 909-382-2600 for more information.

Heaps Peak Arboretum: A 0.7-mile, self-guided trail that winds through the forest, three-quarters of a mile east of the old Santa's Village, off Highway 18 in the San Bernardino Mountains. Call (909) 382-2790 for more information.

Idyllwild Park Nature Center: Trails, interpretive exhibits and programs, one mile northwest of Idyllwild on Highway 243 in the San Jacinto Mountains. For more information call (951)-659-3850.

Indian Rock Trail: Easy half-mile hike that begins immediately east of Rock Camp Station off Highway 173, west of Lake Arrowhead, San Bernardino Mountains. For more information call (909)382-2600.

It's best to call first to make sure the trails are open and in good condition. All visitors are required to display the Adventure Pass in their vehicle when parked on National Forest land for recreation purposes. The Pass is available in two forms: a daily pass for \$5 and an annual pass good for one year from the month of purchase for \$30. Passes are available at Forest Service offices and a variety of local vendors. The closest Forest Service office is the Mill Creek Ranger Station in Mentone, (909)382-2882.

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) 252-6100.

Redlands: The corner of Ford Street and Crestview Road.

San Bernardino: Hilltop Banquet Center at 670 Kendall Drive.



Beach Fun

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. Offshore there is a 1,000-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: Six miles of beach lay 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 there is a storm out at sea the waves will be huge. This is a place for the brave—not the 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.



Parks

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 and Snowboarding

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 1,665 ft. of vertical. It has a wide variety of challenging runs. At 8,805 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 six minutes. Take route 38. Information, (909) 585-2519; snow report, (909) 585-2517. www.bearmtn.com.

Snow Summit has 16 lifts and one handle-tow lift. Night skiing, cross-country trails, and a scenic sky chair available. Elevation is 7,000 to 8,200 feet. Rentals are available. Ticket sales are limited. Slopes are 10% beginner, 25% low intermediate, 40% intermediate, and 25% advanced. Take Route 18-330. Information, (909) 866-5766. Snow report, (909) 866-4621. www.snowsummit.com.

Snow Valley-Running Springs has 12 lifts, 240 skiable acres, snowmaking machines, and night skiing. Slopes are 14% beginner, 46% intermediate, 32% advanced, and 7% expert. Take Route 18-330. Information, (909) 867-2751; snow report, (909) 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 seven food and beverage venues. Night skiing is available. Slopes are 25% beginner, 40% intermediate, 35% advanced. 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, (909) 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% beginner, 40% intermediate, 20% advanced, and 15% expert. During vacations, the mountain is swarmed with Southern Californians. Take Highway 395 north for 5-6 hours. Information, (760) 934-2571, or (800) 626-6684

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. www.redlandsconservancy.org/the-asistencia

KIMBERLY CREST HOUSE AND GARDENS: 1325 Prospect Drive at Highland Avenue, Redlands. 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. www.kimberlycrest.org

LINCOLN MEMORIAL SHRINE. 125 W. Vine St., behind Smiley Library, Redlands. 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. www.lincolnshrine.com.

MOREY MANSION. 190 Terracina Blvd., Redlands. Built in 1890 and 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. 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. 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. www.sbcountymuseum.org

UNIVERSITY OF REDLANDS. 1200 E. Colton Ave., Redlands. 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. www.edward-deanmuseum.org

OAK GLEN. Oak Glen Road, east of Yucaipa area. 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 is located by Southern California's largest historic apple ranch. Visit Montane Botanic Garden and meander through an evergreen forest, a black oak forest, past several ponds and a willow shaded stream. Fifty picnic tables available. www.wildlandsconservancy.org

YUCAIPA ADOBE. 32183 Kentucky St., Yucaipa. Built in 1859, the Yucaipa Adobe is the oldest standing residential building in the San Bernardino area. www.sbcountymuseum.org

SAN BERNARDINO MOUNTAINS

ALPINE SLIDE. Enjoy the 150-foot slide at Big Bear's Magic Mountain Recreation area. One of the few such slides in the USA, the Alpine Slide makes use of ski slopes in the off-season. www.alpineslidebigbear.com

BIG BEAR DISCOVERY CENTER. On the north shore of Big Bear Lake in the San Bernardino National Forest. 40971 North Shore Dr. 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.bigbeardiscoverycenter.com

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. www.bigbeardiscoverycenter.com

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.thelakearrowheadvillage.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. 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 a 107-mile drive and should take you about 3.5 hours. Pick up a brochure at any local ranger station. www.visitcalifornia.com/experience/road-trip-inland-empire-rim-world/

RIVERSIDE AND VICINITY

DIAMOND VALLEY LAKE/VISITOR'S CENTER. At 4.5 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. www.dvlake.com

MARCH FIELD AIR MUSEUM. Drive south on I-215/Van Buren Blvd. at March Air Reserve Base. Features 1918-to-the present military aviation relics, engines and trainers. www.marchfield.org

MISSION INN. Get a taste of history at Riverside's famous Inn at 3696 Mission Inn Avenue. 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. 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. www.riversideeasterservice.com/when-how

UCR BOTANIC GARDENS on the east side of UCR campus off N. Campus Circle Dr. 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. www.gardens.ucr.edu

UCR/CALIFORNIA MUSEUM OF PHOTOGRAPHY. 3824 Main St., Riverside. Displays photographs, cameras, and related equipment. Many of the cameras on display date back to the invention of photography. www.cmp.ucr.edu

ORANGE COUNTY

CHRIST CATHEDRAL (formerly Crystal Cathedral) 13280 Chapman Ave. at Lewis St., Garden Grove, is an all-glass sanctuary enclosed by 10,000 mirrored windows. The tower of the cathedral contains a 52-bell carillon. www.christcathedralcalifornia.org

DISNEYLAND® RESORT. 1313 Harbor Blvd., Anaheim, just off Interstate 5. 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 THEME PARK 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. The park is located at 8039 Beach Blvd., Buena Park. www.knotts.com

RICHARD M. NIXON PRESIDENTIAL LIBRARY. 18001 Yorba Linda Blvd., Yorba Linda. 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. Newly renovated. 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. www.californiabeaches.com/map/laguna-beach-tide-pools

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. www.indian-canyons.com/trailmaps

CALICO GHOSTTOWN. Located 11 miles on I-15 from Barstow. Occupied between 1881 and 1896, Calico, named after the varicolored surrounding mountains, was a booming silver mining town of more than 4,000 people. www.calicotown.com

JOSHUA TREE NATIONAL PARK. Take I-10 toward 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). www.nps.gov/jotr

THE LIVING DESERT ZOO & GARDENS. 1.5 miles south off SR 111 at 47900 Portola Ave., Palm Desert, 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. 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 3 miles north of Palm Springs on SR 111 and 4 miles west on Tramway Road, transports passengers 2.5 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. www.pstramway.com

WILDFLOWERS. Outside of Lancaster. If the winter has been rainy, the wildflowers 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 for good flower-viewing times. www.lancasterchamber.org

GREATER LOS ANGELES

AUTRY NATIONAL CENTER. 4700 Western Heritage Way, in Griffith Park, just west of I-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. 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. www.laconservancy.org/locations/bradbury-building

CABRILLO MARINE AQUARIUM. 3720 Stephen White Drive, San Pedro. 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. www.cabrillomarineaquarium.org

CALIFORNIA SCIENCE CENTER. 700 State Drive, Los Angeles. Hundreds of hands-on exhibits about life sciences, human innovation, powered flight and the environment, including the Space Shuttle Endeavour. The Aerospace Complex contains an IMAX Theater. www.casciencectr.org

CENTRAL LIBRARY. 630 W. 5th Street between Grand Avenue and Flower Street, Los Angeles. (The library has more than 2.1 million books and is adorned with sculpture, murals, and frescoes. The California reference room is outstanding. www.lapl.org

CHINATOWN 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. www.oldchinatownla.com

CITY HALL. 200 N. Spring Street, downtown Los Angeles. The tower and observation deck is 454 feet high. www.lacity.org

DESCANSO GARDENS. 1418 Descanso Drive, La Cañada. 160-acre botanic garden with 30,000 camellias from throughout the world. Roses, begonias, fuschias, and summer annuals bloom April through December. www.descansogardens.org

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, are available. www.elpueblo.lacity.org

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 seven-acre sunken rose garden in the park where 20,000 specimens of 190 varieties are cultivated. www.laparks.org/expo

FARMERS MARKET. 3rd St. and Fairfax Ave., Los Angeles. LA's oldest market offers 95+ stores with food and gift shops. The outdoor cafes are popular. Right next door is the Grove with upscale shops, restaurants, and theaters. www.farmersmarketla.com

GETTY CENTER. 1200 Getty Center Drive, Los Angeles. Take the 405 Freeway to Getty Center Drive. The Getty Center houses pre-20th-century European paintings, sculpture, decorative arts, etc. www.getty.edu

GETTY VILLA. 17985 Pacific Coast Hwy, Pacific Palisades. This recreation of a first-century AD Roman villa houses an educational center and museum dedicated to the study of the arts and cultures of ancient Greece, Rome, and Etruria. www.getty.edu

GLENDALE FOREST LAWN MEMORIAL PARK, 1712 S. Glendale Avenue, Glendale. The park of 300 acres includes a large collection of white Carrara marble statuary. Perhaps the most famous attraction is the stained glass recreation of Leonardo da Vinci's "The Last Supper" and one of the world's largest religious oil painting, Jan Styka's 45x195-foot "Crucifixion." The Forest Lawn Museum displays an exact reproduction of Ghiberti's "Paradise Doors." www.forestlawn.com

GRIFFITH OBSERVATORY AND PLANETARIUM. Griffith Park, Los Angeles. Located atop Mt. Hollywood. National leader in public astronomy and an icon of LA, features state-of-the-art projection technology. www.griffithhobs.org

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. www.hollywoodbowl.org

HUNTINGTON LIBRARY, ART COLLECTIONS, AND BOTANICAL GARDENS. 1151 Oxford Road, San Marino, 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, offers one of the finest collections of European art in the nation, along with California's first classical Chinese garden, and a Japanese garden. www.huntington.org

LA BREATAR 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. www.tarpits.org

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

LONG BEACH AQUARIUM OF THE PACIFIC. Off of Shoreline Dr. at 100 Aquarium Way. Meet over 500 of the Pacific's inhabitants in 19 major habitats and 50 personalized focus exhibits. www.aquariumofpacific.org

LOS ANGELES COUNTY ARBORETUM BOTANIC GARDEN. 301 N. Baldwin Avenue, Arcadia. 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. www.arboretum.org

LOS ANGELES COUNTY MUSEUM OF ART. 5905 Wilshire Boulevard, Los Angeles. 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. www.lacma.org

LOS ANGELES MUNICIPAL ART GALLERY. 4804 Hollywood Boulevard in Barnsdall Park, Los Angeles. 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. www.lamag.org

LOS ANGELES ZOO & BOTANICAL GARDENS. For animal lovers of all ages. Located near the junction of the I-5 and SR 134 Freeways. 133 acres of landscaped hilly terrain. Five continental areas provide a natural setting for over 1,400 mammals, birds, and reptiles. The Children's Zoo features an animal nursery and petting yard. www.lazoo.org

MUSEUM OF TOLERANCE. 9786 W. Pico Blvd., has interactive exhibits about racism and prejudice in America. You will see the history of the Holocaust depicted. A learning center allows additional research. www.museumoftolerance.com

THE MUSIC CENTER. 135 N. Grand Avenue, downtown Los Angeles. An hour-long guided tour will take you through the four buildings which make up the Music Center complex. Includes Walt Disney Concert Hall. www.musiccenter.org

NATURAL HISTORY MUSEUM OF LOS ANGELES COUNTY. 900 Exposition Boulevard, Los Angeles. The museum features exotic mammals, detailed habitats of Africa and North America, as well as displays on California and western history. In summer, walk through hundreds of butterflies flying free in the Pavilion of Wings. www.nhm.org

NORTON SIMON MUSEUM. 411 W. Colorado Blvd., at Orange Grove Blvd., Pasadena. Exhibits include art from the early Renaissance through the mid-20th century, with works by Monet, Renoir, and Van Gogh. www.nortonsimon.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. www.olvera-street.com

PAGE MUSEUM AT THE LA BREA TAR PITS. 5801 Wilshire Boulevard, Los Angeles. 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. www.tarpits.org

QUEEN MARY. 1126 Queens Highway, Long Beach. Historic luxury liner moored in Long Beach Harbor. Behind-the-scenes tours. www.queenmary.com

RANCHO SANTA ANA BOTANIC GARDENS. 1500 N. College Avenue, Claremont. The 86-acre garden contains an excellent collection of native California plants and flowers and is most colorful between February and May. www.rsabg.org

ROSE HILLS MEMORIAL PARK. 3888 S. Workman Mill Road, Whittier. Features a 3.5-acre plot with more than 600 varieties of roses, 7,000 rose bushes, and a Japanese Garden. www.rosehills.com

SOUTH COAST BOTANIC GARDENS. 26300 Crenshaw Blvd., Palos Verdes Peninsula. The gardens house over 250,000 plant species. www.southcoastbotanicgarden.org

TCL CHINESE THEATER. 6925 Hollywood Blvd., Hollywood. The handprints and footprints of many past and present stars are imprinted in the concrete of the courtyard in front of the theater. www.tclchinese-theatres.com

THE BROAD. 221 S. Grand Ave, Los Angeles. Contemporary art museum displaying close to 2000 works of art. www.thebroad.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

TRAVELTOWN MUSEUM. Griffith Park, Los Angeles. 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. www.traveltown.org

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. www.ucla.com

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. www.universalstudioshollywood.com

WAYFARER'S CHAPEL, 5755 Palos Verdes Drive, Palos Verdes Peninsula. 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. www.wayfarerschapel.org

WILL ROGERS STATE HISTORIC PARK, at 1501 Will Rogers State Park Rd. in Pacific Palisades. Visit the humorist's home as well as hiking trails and picnic facilities. www.parks.ca.gov/willrogers

SAN DIEGO COUNTY

BALBOA PARK. The 200-foot California Tower soars above the 15 museums, gardens and recreation areas that make up this 1,200-acre park at the edge of the city's business district. www.balboapark.org

BIRCH AQUARIUM AT SCRIPPS INSTITUTE OF OCEANOGRAPHY. 2300 Expedition Way, La Jolla, located on hillside overlooking the Scripps Institution of Oceanography at the University of California at San Diego. The aquarium features marine animals from the Pacific Ocean. www.aquarium.ucsd.edu

CABRILLO NATIONAL MONUMENT. At the south end of Cabrillo Memorial Dr. (SR 209) on Point Loma. You will see wonderful views of the Pacific from this monument. www.nps.gov/cabr/index.htm

MARITIME MUSEUM OF SAN DIEGO. On the Embarcadero at 1492 N. Harbor Dr. Nautical exhibits featured aboard three historic ships—a windjammer, a ferry, and a yacht. www.sdmaritime.com

MISSION SAN JUAN CAPISTRANO. Two blocks off the SR 74/I-5 Jct., San Juan Capistrano, founded by Father Junipero Serra. The mission is most famous for the swallows that arrive mid-March and leave mid-October. www.missionsjc.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. www.oldtownsandiego.org

PALOMAR OBSERVATORY. Palomar Mountain, San Diego County. Made up of four domes; the largest houses the 200-inch Hale Telescope, which is used to study distant celestial bodies. www.astro.caltech.edu/palomar/

REUBEN H. FLEET SPACETHEATER AND SCIENCE CENTER, 1875 El Prado, Balboa Park, San Diego, houses the world's first giant IMAX dome screen with films and astronomy programs. The Science Center is a hands-on museum with a variety of exhibits. 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 ZOO SAFARI PARK is located just south of Escondido about 5 miles east of I-15, Rancho Parkway Exit. Home to more than 3,500 animals, most roam freely on land simulating their natural habitat. The 1,800-acre wildlife preserve features a 5-mile monorail tour of the main park. 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. The zoo is located in north San Diego off Interstate 15. www.sandiegozoo.org

SEAWORLD. 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 dolphins, sea lions, otters, and walrus performing. www.seaworld.com

USS MIDWAY MUSEUM. 910 N. Harbor Dr. downtown at Navy Pier. 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. www.midway.org

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. www.parks.ca.gov/anzaborrego

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. www.catalinachamber.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, a Boeing 707, that flew seven presidents. 40 Presidential Dr., Simi Valley. www.reaganlibrary.com

SIX FLAGS MAGIC MOUNTAIN AND WATER PARK. West of I-5 Magic Mountain Pkwy. in Valencia. This entertainment park has more than 100 rides (19 rollercoasters), shows, and attractions. www.sixflags.com

BIRDING. For recent sightings of local and Southern California birds and upcoming field trips, call the San Bernardino Valley Audubon Bird Alert. www.ebird.org



Musical Performances

LOCAL MUSICAL & THEATER OPPORTUNITIES

Ticket Information

California Theatre of Performing Arts, San Bernardino,
(909) 885-8263. www.californiatheatre.net

Calimesa Community Concert Series, Calimesa Seventh-day
Adventist Church, (909) 795-4960

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

LifeHouse Productions, Redlands, (909) 335-3037
www.lifehousetheater.com

Redlands Bowl Concerts (free of charge Tuesday and Friday
evenings during the summer), (909) 793-7316
www.redlandsbowl.org

Redlands Symphony Orchestra, (909) 587-5565
www.redlandssymphony.com

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

San Bernardino Symphony Association, (909) 381-5388
www.sanbernardinosymphony.org

Victoria Gardens Cultural Center, (909) 477-2752
www.vgculturalcenter.com

LOS ANGELES AREA MUSICAL OPPORTUNITIES

Ticket Information

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

Hollywood Bowl, (323) 850-2000. www.hollywoodbowl.org

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

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

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

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

Rose Bowl, Pasadena, (626) 577-3100. www.rosebowlstadium.com

PALM SPRINGS AREA MUSICAL OPPORTUNITIES

Annenberg Theater, (619) 325-4490. www.psmuseum.org/events/venue/annenbergtheater

McCallum Theatre for the Performing Arts, (619) 340-2787
www.mccallumtheatre.com



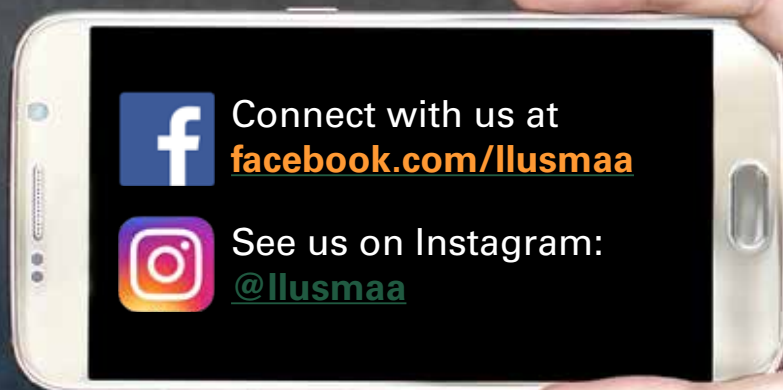
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- Comprehensive online LLU medical alumni database with maps
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- Event details
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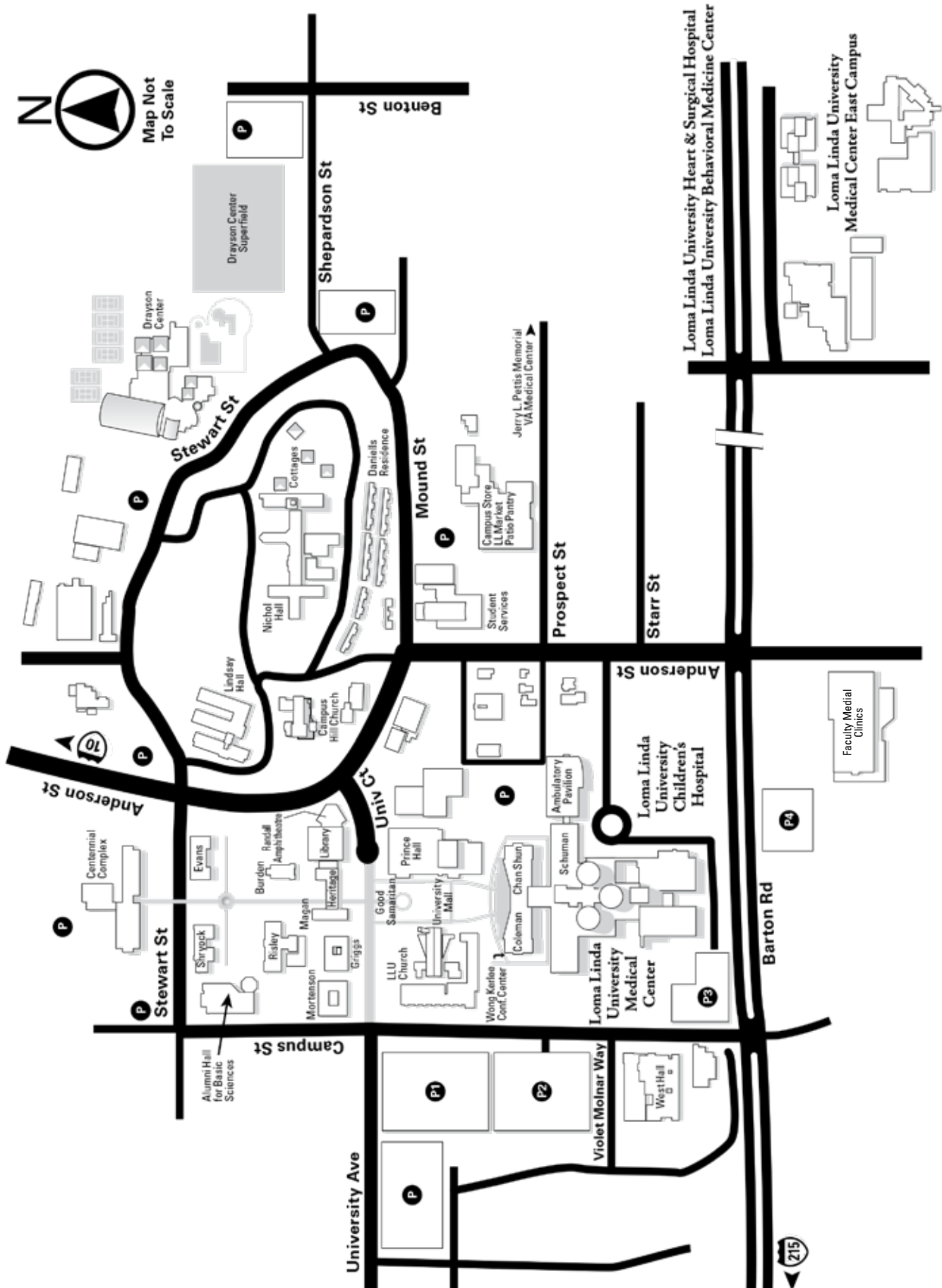
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