



**RECREATION
& ENTERTAINMENT**

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ART GALLERIES

The Gallery on Main Street, St. Helena, 963-3350
I. Wolk Gallery, St. Helena, 963-8800
Mumm Gallery (photography), Rutherford, 967-7700
Rasmussen Art Gallery, PUC campus
Volakis Gallery, Yountville, 945-1125

BEACHES

Bodega Bay, Goat Rock, Salmon Creek, Stinson Beach
Santa Cruz Beach Boardwalk
Carmel-By-The-Sea

BIKING & HIKING TRAILS

See the PUC Trails Map on page 58.
Bay Area locations: marintrails.com and ridgetrail.org/trail/

CONCERT SITES AND SHOWS

Elmer Herr Adventure Film Series, PUC campus
Fine Arts Series, PUC campus
HP Pavilion at San Jose, 408-287-9200
Marines Memorial Theatre, San Francisco, 415-441-7444
Napa Valley Opera House, Napa, 226-7372
Napa Valley Symphony, Yountville, 226-8742
The Arena in Oakland, Oakland, 510-986-2200
Paramount Theatre, Oakland, 510-465-6400. Home to Oakland Ballet and
Oakland East Bay Symphony
San Francisco Opera, 415-864-3330
San Francisco Symphony, Davies Symphony Hall, 415-864-6000
Sony Metreon IMAX, San Francisco, 415-369-6000
Tech Museum of Innovation IMAX, San Jose, 408-294-8324
The Yerba Buena Center for the Arts, San Francisco, 415-978-2787
The Warfield Theater, San Francisco, 415-775-7722

EARLY CALIFORNIA HISTORY SITES

Marshall Gold Discovery State Historic Park, Coloma, 530-622-3470
Mission San Francisco de Asis, San Francisco, 415-621-8203
San Francisco Solano Mission de Sonoma, Sonoma, 707-938-1519
Yosemite National Park, 209-372-0200

MUSEUMS

California Academy of Sciences/Planetarium, San Francisco,
415-321-8000
The Cartoon Art Museum, San Francisco, 415-227-8666
Exploratorium, San Francisco, 415-561-0360
Fine Arts Museum of San Francisco, 415-863-3330
Intel Museum, Santa Clara, 408-765-0503
Lawrence Hall of Science, UC Berkeley, 510-642-5132
Napa Valley Museum, Yountville, 944-0500
San Francisco Museum of Modern Art, 415-357-4000
Sharpsteen Museum, Calistoga, 942-5911
Silverado Museum, St. Helena, 963-3757

PARKS

Angel Island State Park, San Francisco, 415-435-1915

Armstrong Redwoods State Reserve, Guerneville, 707-869-2015
Bale Grist Mill State Historic Park, St. Helena, 942-4575
Bothe-Napa Valley State Park, St. Helena, 942-4575
Conn Dam-Lake Hennessey, Rutherford
Golden Gate National Recreation Area, San Francisco, 415-561-4700

- Presidio Visitor Information Center, 415-561-4323
- Muir Woods Visitor Information Center, 415-388-2595
- Alcatraz Visitor Information Center, 415-561-4900
- Marin Headlands Visitor Information, 415-331-1540
- Cliff House Visitor Information Center, 415-239-2366

Lake Berryessa, Route 128, 707-966-2111
Lake Tahoe, Sierra Nevada Mountains, 530-541-5255
Mount Diablo State Park, Walnut Creek, 925-837-2525
Mount Tamalpais State Park, Mill Valley, 415-388-2070
Old Faithful Geyser, Calistoga, 942-6463
Petrified Forest, Calistoga, 942-6667
Robert Louis Stevenson State Park, Calistoga, 942-4575

- Mount St. Helena Summit Trail
- Palisades Trail
- Table Rock Mountain Trail

Safari West, Santa Rosa, 1-800-616-2695

SPORTS

Baseball

Oakland A's, McAfee Coliseum
San Francisco Giants, SBC Park

Basketball

Golden State Warriors, The Arena in Oakland
Sacramento Kings, ARCO Arena

Football

Oakland Raiders, McAfee Coliseum
San Francisco 49ers, Monster Park

Golf

AT&T Pebble Beach National Pro-Am, Pebble Beach (February)

Ice Hockey

San Jose Sharks, HP Pavilion at San Jose

Mountain Biking

Howell Mountain Challenge, PUC Campus (August)
Napa Valley Dirt Classic, PUC Campus (April)

Running

Bay to Breakers, San Francisco (May)

Skiing

Lake Tahoe

THEME PARKS

Outrageous Waters, Clearlake, 1-877-932-3386
Paramount's Great America, Santa Clara, 408-988-1776
Raging Waters, San Jose, 408-238-9900
Six Flags Marine World, Vallejo, 707-643-6722
Waterworld USA Concord, 925-609-1364
Waterworld USA Sacramento, 916-924-3747



HOW TO CRAM FOR A TEST

First, a disclaimer: Cramming is not the same as learning. When you cram for a test, you cheat yourself of quality education, a decent night's sleep, and the best possible grade. So don't cram.

But, all of us must cram occasionally. Sometimes stuff happens, and suddenly it's the night (or morning) before a test you haven't studied for. You feel guilty and anxious, maybe a little afraid. But since we don't have much time before tomorrow's test, let's get started.

Don't Punish Yourself.

It's easy to put yourself down for procrastinating. Every few minutes, you want to mutter, "I'm such an idiot!" However, you only waste time by thinking about "what might have been." It's over. Next time, you'll study earlier and more often. Lighten up. You will learn much more if you don't criticize yourself.

Make Choices.

You must accept the fact that you can't learn everything when cramming. Instead, pick a few important items to learn really well. Resist the temptation to go over everything lightly. Be bold and learn a few things backwards and forwards. Ideally, spend 25% of your time learning new stuff and 75% of your time reviewing.

Recite Till You Drop.

Cramming works by pounding the material into your head. Repetition is the best way. You might try tape-recording yourself as you recite. Then replay the tape over and over again.

Relax.

If you are overly tense and stressed, you won't retain the material so easily. Try to relax. Try some breathing exercises. Maybe play some soothing music. The same technique may work during the actual test. For some reason, our brains cooperate best when relaxed.