

Celebrations in nearby cities create holiday cheer

Staying home for the holidays is all well and good. But getting out of town—but not too far—and experiencing celebrations in other communities can start some new and unexpected traditions. SN&R offers this guide of places within a three-hour drive that go all-out with cheerful festivals, live music and scenic views.

Ye old Christmas

Historic Nevada City is a picturesque, little town that's about an hour away, and each year it transforms into a Victorian-era village on Sundays and Wednesdays throughout December. On Broad Street downtown, vendors sell unique crafts and goods, children's choirs and bands perform and almost everyone dresses the part. Vendors operate by battery-operated candlelight, Santa Claus sits inside City Hall waiting for kids to recite their Christmas lists, a walking holiday tree roams the streets and the sounds of bagpipes fill the night sky. Various dates and times; 317 Broad St., Nevada City; nevadacitychamber.com.

Illuminating Mendocino

Each winter, the Mendocino Coast Botanical Gardens bathes its lush backdrop in bright lights and holiday décor from Nov. 29 through Dec. 22 for its Festival of Lights. Choirs from local high schools—as well as bands covering genres such as American roots, folk and electronic music—keep evenings festive. On select nights, enjoy local wine and craft beer pours, face painting for the kids, holiday karaoke and a free photo booth. Various dates, doors open at 5 pm; \$10 for adults, children 16 and under are free. 18220 Hwy 1, Fort Bragg; gardenbythesea.org.

Ocean views and hot cocoa

Take a trip to scenic Monterey and revel in a variety of events throughout December. On Dec. 6, the fourth annual Christmas on the Wharf begins with a Santa meet-and-greet, the crowning of the holiday princess and free cookies, cocoa, coffee and cider at the Wharf Tent to warm up attendees. A Lighted Boat Parade on Dec. 8 is another celebration to see with a showcase of Monterey Yacht Club's most festive vessels all decked

out for the occasion. Various dates and times; #1 Old Fishermans Wharf, Monterey; montereywharf.com/events.html.

Holidays on horseback

On Dec. 8, drive back in time and visit old town Columbia, just under a two-hour drive and a welcome change of scenery for the holidays. Each year, the Backcountry Horsemen of California organize their Christmas Equestrian Parade. Bring the family to see horses, donkeys, ponies, mules and draft horses as they all strut down Main Street with their riders. This Gold Rush-era community will also host Santa and Mrs. Claus for photo opps with the kids during this non-motorized affair. 11am–2pm, free admission; 11255 Jackson St., Columbia; visitcolumbiacalifornia.com/events/christmas-equestrian-parade.

Gone country

During Thanksgiving weekend, pack up the car and head out to Grass Valley for its Country Christmas Faire. This event boasts four large exhibit buildings filled with thousands of gift ideas, an ornament



PHOTO COURTESY OF NEVADA CITY CHAMBER

and gingerbread house competition, a community bonfire, live music and all the delicious fried fair foods to top off that turkey dinner. The Fairgrounds Foundation will also serve up holiday-themed cocktails for those 21 and over. Cheers! Various dates and times; 11228 McCourtney Road, Grass Valley. \$5 for adults, children 12 and under are free; nevadacountyfair.com/country-christmas-faire.

Dress the part during Nevada City's Victorian Christmas.

"Home for the holidays"

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Men: It's okay to talk about low testosterone.

Decreased sexual desire?

Feel fatigued? Depressed mood?

What you're feeling could be related to low testosterone (hypogonadism).

Consider joining the TRAVERSE research study for men age 45 – 80 who have symptoms of low testosterone (hypogonadism) and have a history or risk of heart disease or stroke.

If you volunteer and qualify, your participation will last up to approximately 5 years. During that time you'll receive testosterone replacement therapy or placebo in the form of a gel that you'll apply to your skin. Your health is very important to us, and will be monitored throughout the study.

If you qualify, you may potentially receive:

- Testosterone replacement therapy or placebo
- Study-required medical care from a study doctor

You also might be eligible for some compensation for participation.

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EXPERIENCING FLU SYMPTOMS?

We're researching an investigational flu medication.



DIAMOND

IRB Approved at the Protocol Level Oct. 1, 2018

The DIAMOND Study is researching an investigation medication for people with influenza A (the flu). Doctors would like to see if adding it to standard care from flu can affect how quickly patients recover. They will also look at the safety of the investigational medication.

Participation in the DIAMOND Study may be open to those who:

- have started to get flu symptoms, such as ccugh, sore throat, stuffy nose, body aches, headache, fever, or tiredness
- are 13-65 years of age and have a long-term health condition (for example, a weakened immune system, lung disease, or a heart condition) or
- are 66-85 of age.

Study participation will last for about 28 days. Study medication will be provided at no cost.

To learn more, please contact Jennifer Hurst, CCRC, Site Director
Allied Clinical Research • 916-281-2262 • www.alliedclinical.org