
Love Is in the Air at Paragon Coffee Shop

By Linda Sutter September 24, 2026

Love was definitely in the air at Paragon Coffee Shop this week. As Elizabeth Freeman, Jan Cooper, and I sat together enjoying a quiet cup of coffee, a moment unfolded that was too genuine not to notice. Across the room, two young people embraced each other with the kind of easy affection that makes you smile without meaning to — so I snapped a picture. The couple, Gareth Freeman and Elizabeth Coburn, had decided to spend their day off together, starting with coffee at Paragon. Gareth is a newcomer to Del Norte County, having lived here for just 18 months while working at Rumiano Cheese. Elizabeth, on the other hand, has called Del Norte home for 20 years. In the short conversation we shared, their comfort with each other was unmistakable — the kind of connection that doesn't need to be explained. As I looked around the shop, it became clear they weren't the only ones enjoying a quiet moment of closeness. Several young couples were scattered throughout the café, talking softly, sharing smiles, and savoring both their coffee and each other's company. Maybe it's the season, maybe it's the atmosphere, or maybe Paragon's coffee really does have a little magic in it. Whatever the reason, it was a reminder that even in a world full of noise, stress, and responsibility, simple moments of connection still shine the brightest. Wishing nothing but the best for Gareth and Elizabeth — and for every couple finding a little love in the air, or maybe just in their morning cup of coffee. Love Is in the Air at Paragon Coffee Shop