

Aug. 26, 2022

BACK IN ACTION

Volleyball team scores a win;  
football team at home tonight

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PHOTO BY KIM BELTRAN

*A large group of volunteers, a majority Bank of the West employees from Calistoga and throughout the Bay Area, assembled at a home off Petrified Forest Road Wednesday morning before heading out to install reflective address markers on homes in and around Calistoga where the homeowners requested them.*

## Calistoga-area ‘Reflect to Protect’ program a model for fire safety

By Kim Beltran  
Tribune Editor

A team of about 35 volunteers – mostly employees of local and regional Bank of the West branches – spent all day Wednesday installing bright green reflective address signs at homes both in Calistoga and its

outlying areas, such as Petrified Forest Road, Diamond Mountain Road, Old Lawley Toll Road, etc. The signs and installation were provided free of charge to any Calistoga-area residents who applied for one. Since the program launched in April, some 400 residents signed up to receive one of the new mark-

ers, designed to be highly visible in dark or smoky conditions to help first responders locate an address as quickly as possible. The program was crafted by local residents involved with the Napa  
*See FIREWISE page 5*

## Health centers’ merger will expand services

By Pat Hampton  
Tribune Publisher

CommuniCare Health Centers and OLE Health last week announced their intention to merge into one regional nonprofit community health center network, providing primary care services across Napa, Solano, and Yolo Counties. By combining, the health center will have a total of 17 sites, serve more than 71,000 patients, and expand available services across their three-county geography. As federally-qualified health centers, CommuniCare and OLE Health provide comprehensive primary care services to everyone, regardless of insurance or ability to pay. The merger will allow for cross-pollination of services for the new entity: CommuniCare offers substance use disorder treatment and runs behavioral health services for Yolo County; OLE Health offers optometry and clinical pharmacy services. This ultimately gives patients access to new programs and expanded expertise. Both organizations offer bilingual, high-quality medical, dental, behavioral health, nutrition, perinatal programs, and care coordination for patients. Alicia Hardy, OLE Health CEO, will assume the role of CEO for the new organization. Melissa Marshall, CEO of CommuniCare, will become Chief Strategic Advisor to the new organization. The new board of directors and executive team will include existing members from both OLE Health and CommuniCare. A steering committee comprised of board members and executives from both organizations will work on transition planning, including determining the new organization’s name. While both boards voted to support the merger on Aug. 10,

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## Local entrepreneurs create ‘Calm Moment’ CBD drink

■ Local resident Doug Allan, who happens to serve on the Calistoga Planning Commission, partners with sister-in-law on new venture

By Julie Mitchell  
For the Tribune

Calistoga is known for many things: hot springs, mud baths, and of course, great wine. With a plethora of wineries and tasting rooms in and around town, it’s a cinch to enjoy a tasty glass of wine. Yet there are times when the alcohol content and sugar that wine contains can result in groggy mornings-after, poor sleep, and unwanted pounds. Sometimes, wine might not be the best way to unwind at the end of the day. Doug Allan and Jamie Rothberg Diaz have come up with an alternative: Calm Moment, a CBD beverage made right here in Calistoga. When COVID-19 started in 2020, Diaz found herself locked down at home, coping with a young child, a demanding work/life balance, and the stress of the pandemic weighing down on her. Like many, she turned to wine to relieve the stress but found that it led to poor sleep and elevated blood pressure. So, she looked for alternative product to help her relax and chill out. She chose CBD (cannibidiol) beverages because it doesn’t contain psychoactive components and allows her to carry on her activities while taking the edge off her stress. The problem? After trying several

CBD beverages – many of which can be sold in any establishment with a resale license and not just in dispensaries – Diaz couldn’t find one that tasted good enough to drink regularly. So, along with her brother-in-law Allan, she decided to create her own beverage, and Calm Moment was born. Allan and Diaz had been co-workers at Chateau Montelena in 2006, where he was the tasting room manager. She introduced Allan to her sister, who he eventually married, and now the two are business partners and co-founders of the new CBD drink. Allan, who has experience with start-ups, understood the route to marketing a new product, and Diaz provided the inspiration. “So, we embarked upon a journey to make a better quality, better tasting CBD beverage,” said Allan, who lives in Calistoga and built the business in his home office. The duo’s biggest challenge was finding a way to make their CBD beverage tasty yet also relatively healthful. They brought in local food and beverage consultant, Jim White, who has created more than 10,000 food and beverage products, to help them develop the drink.

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*Calistoga resident Doug Allan and his sister-in-law Jamie Rothberg Diaz teamed up to create and market a new, healthy CBD – or cannibidiol – drink in four different flavors: Pear Lime, Pink Grapefruit, Black Currant and Strawberry Rose. CBD is the second most prevalent active ingredient in cannabis (marijuana). While CBD is an essential component of medical marijuana, it is derived directly from the hemp plant, a cousin of marijuana, or manufactured in a laboratory. One of hundreds of components in marijuana, CBD does not cause a “high” by itself. Studies have shown CBD to be effective in the treatment of anxiety, insomnia, chronic pain and even addiction.*

PHOTO BY CLARK JAMES MISHLER