

# Calistoga Tribune

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PHOTO BY CLARK JAMES MISHLER

- ▼ **CHEER CAMP CASH**  
Calistoga Youth Cheer group raising funds for 2-day camp  
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Cal Fire gaining upper hand on Pawnee, County fires **5**
- ◀ **SERVING UP FOOD**  
Helen Archerd heads up the Calistoga Cares Food Pantry



PHOTOS BY CLARK JAMES MISHLER

Members of the Upper Valley Girl Scouts walk alongside the entry from Safari West African wildlife preserve during Calistoga's annual Fourth of July parade Wednesday. Thousands of spectators lined Lincoln Avenue under cloudy skies and a cool temperature of 65 degrees – a far cry from most years when the temperatures on July 4 soar into the 80s and 90s. The parade route began at Cedar Street, headed north on Lincoln and then west on Fair Way to the fairgrounds, where a Star-Spangled Social was held.

## Calistoga Fourth: A Norman Rockwell scene

By Kim Beltran  
Tribune Editor

A happy, mellow mood, along with a cooling cloud cover, hung over the throng of people lined up Wednesday morning along Lincoln Avenue for the city's annual Fourth of July parade.

Decked out in red, white and blue, spectators waved small American flags (1,500 handed out by American Legion Post 231) and cheered as colorful floats, souped-up cars and groups galore paraded their way from Cedar Street to Fair Way.

"I love coming here on the fourth and seeing all my friends from Calistoga," said St. Helena resident Kevin Horowitz, between bites of a ZenDog – beef hotdogs with specialty toppings being sold out of a cart by Nick Regalia, a St. Helena High School graduate now living in Southern California.

"I'm from an Italian family and I grew up cooking," said Regalia, who on Wednesday was serving up Hawaiian dogs, bacon-wrapped dogs and regular dogs with traditional condiments.

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A young girl sits with her family and dog watching the Fourth of July parade on Lincoln Avenue in Calistoga Wednesday.

PHOTO BY CLARK JAMES MISHLER

## Do you have an FOL on your fridge?

■ Calistoga woman helping seniors gather medical information in case of an emergency

By Claudia Aceves  
Tribune Reporter

A Calistoga woman has made it her mission to help elderly residents be better prepared for medical emergencies after learning that many seniors are unaware of the information rescuers need when responding to a call for medical aid.

Rose LeClerc has lived in Calistoga more than 30 years but it wasn't until she moved from her home on Foothill Boulevard to Chateau Calistoga mobilehome park eight months ago that she learned the term FOL – Files of Life – during a Homeowners Association meeting for park residents.

LeClerc realized that not only did she and many of her neighbors not know about FOL, but that there were differing ideas about what actions residents should take in preparation for a medical emergency. Some people thought telling their medical conditions to a neighbor to be relayed to first responders was sufficient, or that they could tell them themselves, said LeClerc. Others had filled out medical history forms but could not remember where they had stored them.

While most seniors have either a "Physician Orders for Life-Sustaining Treatment" (POLST) or a "Do Not Resuscitate" (DNR) form posted on their refrigerator or somewhere convenient inside their homes, many don't have an FOL, said LeClerc.

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## Youth cheer group seeks donations to attend two-day camp

By Kim Beltran  
Tribune Editor

Thirty-nine Calistoga girls in the second through eighth grades need the community's help to fund their participation in a two-day cheer camp in Vacaville in August.

Led by coach Elly Galindo, Calistoga's Youth Cheer members have been selling baked goods and lemonade to raise money for the camp. The group also recently launched a Go Fund Me account to raise the \$5,850 needed to pay for the excursion.

"The girls get a lot of intensive instruction at the camp but more importantly they meet girls from other schools and see how far other programs have evolved," said Galindo, who started the Calistoga program in 2013 after coaching cheer in Stockton for 10 years. "It's

a good, fun learning experience for them."

All children in second through eighth grade are welcome to participate free of charge in the Youth Cheer program, which was modeled after the city's free Cub Football program.

The cheer squads begin their three-times-per-week, two-hour practices on July 30 and continue through the end of November. The squads cheer for the varsity and junior varsity Cub Football teams at their weekly games.

It costs about \$150 per person for the girls to attend the Jamz Youth Cheer Camp Aug. 11 and 12, Galindo said. Camp registration is \$80 per attendee, each of which also needs camp clothing (matching t-shirts and

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PHOTO BY CLARK JAMES MISHLER

Calistoga Youth Cheer members marched in Wednesday's Fourth of July parade. The group, which currently numbers 39, is raising money to be able to attend a Cheer Camp in Vacaville in August.