

JoJo Conroy – 1950-2016



JoJo Conroy

Longtime South Lake Tahoe resident Johanna “JoJo” Conroy died July 9, 2016, after a 3½-year battle with brain cancer. She was 65.

She was born July 24, 1950, and grew up in Alhambra as the youngest of four children.

The summer before her senior year of high school JoJo lived in Tahoe with her sister and brother-in-law. This was the start of a love affair with the area. That following school year is when her love for her future husband, Jay, began to blossom.

The couple moved to South Lake Tahoe in 1973.

For most of the 40-plus years JoJo lived in Tahoe she was involved in helping youth.

When her children were in school she volunteered in their classroom, including being president of the parents club.

In 2007, she joined the board of Tahoe Arts Project. She was also a board member of the South Lake Tahoe Family Resource Center. She spent countless Mondays as a volunteer at Bread & Broth. She taught baptism classes at St. Theresa Catholic Church, and volunteered for the Outreach Program at Our Lady of Tahoe.

JoJo worked in the summers as a banquet waitress at Edgewood Tahoe Golf Course and in the winter managed Rainbow Mountain Ski & Snowboard.

When she wasn't busy helping others JoJo could be found in her garden, which she tended to until her final days.

She was also a devout San Francisco Giants fan, often going to games in person.

She loved the outdoors and was an avid hiker, biker, skier, and tennis player. JoJo was a member of Zephyr Cove Tennis Club's 3.5 team that won the national championship in 2010.

She is survived by her husband Jay; daughter Casey (Bobby); son Kyle; sisters Francie and Mary; and brother Robbie.

Services will be July 27 at 10am at St. Theresa Catholic Church, 1041 Lyons Ave., South Lake Tahoe.

In lieu of flowers, donations may be made to Tahoe Arts Project (PO Box 14281, South Lake Tahoe, CA 96151) or to the Family Resource Center (3501-B Spruce, Ave., South Lake Tahoe, CA 96150).

EDC offering back-to-school immunizations

For families without a health care provider, El Dorado County Public Health is offering low-cost back-to-school immunizations.

Public health can provide all childhood vaccinations required for school entry, as well as other vaccinations recommended to

keep children healthy.

Call 530.573.3155 for an appointment.

Vaccinations are charged at cost for those who have private insurance. Children on Medi-Cal, or who are uninsured, are eligible for low-cost immunization services; a \$10 administration fee is charged per shot, though no child will be refused a vaccination due to inability to pay.

For dates and locations of free walk-in vaccination clinics, go **online**.

Schools and child care facilities must verify each child's immunization record to ensure all required shots are completed before entry to child care, kindergarten and seventh grade. Students must receive all vaccines according to age and grade requirements.

**J.T. proves how sweet of a
musician he is**



James Taylor on July 13 proves why he has been a musical icon for decades. Photo/Kathryn Reed

By Susan Wood

STATELINE – It was as if Tahoe found a friend this summer with long-time Grammy award-winning singer, guitarist, songwriter James Taylor, who showered the crowd at the Harveys outdoor concert Wednesday night with his love of music.

Aside from a triple encore capped off by one overzealous fan barely crawling on stage to hug him, Taylor – who has spent more than half a century making music – chatted often July 13 with the concertgoers who he referred to as “an outstanding audience.”

“Fire and Rain,” “Don’t Let Me Be Lonely,” “Walking Man,” “Mexico,” “Your Smiling Face,” “Sweet Baby James ” – J.T., as he’s often referred to, cranked out hit after hit as promised when he held up a board of the agenda on “some type of roofing material” before the 20 minute “intermission.” He told the

enthusiastic attendees up clapping, yelling and dancing he didn't understand the need for the break as he simply would stand behind the curtain and wait while looking at his watch. But that might have been the one white lie of the evening.

Instead, Taylor came down from the stage to autograph items for the throng of fans who swarmed him like a bee target. Two who got lucky enough to wedge into the small crowd at the stage both told Lake Tahoe News, they were "still shaking" from the encounter.

"This is my eighth concert of his," Renee Rylander said, beaming from ear to ear. The Los Gatos resident who at 69 is one year older than Taylor got the singer to sign her album.

"I'm a huge fan. I've been with him from the beginning," Terry Richardson said, while holding up her autographed J.T. hat. The Murphys resident saw Taylor in 1969 at the Mariposa Folk Festival where Taylor performed with the likes of Joan Baez, Bob Dylan and Joanie Mitchell.

Taylor is known for his big-time collaborations, including meeting his manager Peter Asher when he moved to London in the late 1960s as Asher took a job at Beatles label Apple Records. He would later work with Paul McCartney and George Harrison of the landmark band. Harrison's classic "Something" was inspired by "Something in the Way She Moves," a sentimental ballad by Taylor, who at the time was the only non-British artist on the label.

One of the most well-known collaborations Taylor cultivated was with longtime friend Carole King, who wrote "You've Got a Friend" -- a massive hit that earned Taylor his first of five Grammys in 1972 for Best Pop Vocal Performance in the Male category. King won for Song of the Year. The "Mud Slide Slim and the Blue Horizon" album it was produced on sold 2.5 million copies.

King, who is undergoing a career resurgence of her own with a

Broadway hit “Beautiful” that chronicles her life and tenure as a songwriter, worked alongside Taylor in their early days of performing at the Troubadour nightclub in Los Angeles.

Taylor also performed the Drifters hit “Up on the Roof,” which King wrote, to a swaying, almost-entranced audience.

With “You’ve Got a Friend,” a resounding “awe” was heard from the crowd when Taylor launched the sentimental tune, which ideally fit with the nostalgic, friendly atmosphere and picture-perfect warm Lake Tahoe summer night.

“It’s beautiful here,” the multi-dimensional folk-jazz-rock-pop-blues artist said. Taylor would often close his eyes and shake his head to feel the music, as if never tiring of what might appear to be hundreds if not thousands of performances of each song.

With the help of a high-powered ensemble of singers and musicians behind him, Taylor as a gentle soul delivered a take-me-back-in-time collection of songs meant to inspire and cherish.

The North Carolina native gave a heartfelt rendition of “Carolina in My Mind,” which signified how homesick he was in England when the door was opening to a huge music career with timeless pieces through the years.

Taylor understood what the audience wanted to do – to be transported through those decades with the songs that forced them to reflect back on their own lives, and Taylor largely obliged often chatting it up with the crowd in a very personable way.

“I know you didn’t come here for any god damn new music. But the new ones just sound like the old ones,” Taylor said as the audience laughed. He pledged the new music such as the touching third encore “You and I Again” about love and aging would be performed quickly like the act of ripping away a

Band-Aid.

Taylor's music explains a lot about his life – and that of his fans.

Before launching "Country Road," he insisted that through the years it's been "nature as my church" and poked fun at his self-proclaimed "country-hippie bulls-." With a beauty backdrop of Lake Tahoe, the audience bellowed and applauded at the notion of living for the power of nature and beautiful views. He grew up in the rural part of North Carolina.

But Taylor's been around. He also performed "Angels of Fenway," providing a sentimental explanation of the story that inspired the song about the Boston Red Sox baseball team. After enduring the curse of the MLB team trading the legendary Babe Ruth, the Red Sox would undergo an 86-year drought before winning another World Series. When they came from the brink to win it in 2004, the curse was lifted. The song was written about a Boston Globe photo showing a note on a tombstone of a grandmother who never gave up hope her beloved Sox would do it again. The note read "Congratulations Grandma. We finally did it."

Incidentally, Taylor performed the "Star Spangled Banner" at Game 2 of the monumental World Series.

The melodic music of the singer-songwriter – who often just relied on his acoustic guitar to carry his tunes to the masses – is designed to soothe the savage beast of a cynical, violent, troubling world.

At one point, Taylor relied on the harmonic melody of his back up band to belt out a tribute to Martin Luther King Jr. He was also joined by an accentuating performance by back-up singer Arnold McCuller for "Shower the People."

A class act, Taylor would periodically introduce the 10 other performers backing him up and giving individual credit when

due. There was Luis Conte of Cuba, who played the bongos as if running a reggae band. Joining McCuller on vocals was Andrea Zonn – who provided beautiful accompaniments on violin – as well as Kate Markowitz coming off the success of her “Map of the World” album. Steve Gadd played drums like a “big rock” percussionist, while Walt Fowler offered up the jazzy feel with his trumpet.

Taylor also singled out bluesy saxophone player Lou Marini, who came from the original “Saturday Night Live” band. On his teal-colored electric guitar he called “pretty,” Taylor joined him and the rest of the ensemble in the high-energy nightclub-rocking tune “Steamroller Blues.”

With every turn and every tune, the audience seemed impressed with what they were witnessing.

The crowd even played a part in the second encore.

“I hope Tahoe can sing,” Taylor belted out to urge the thousands in attendance to help him take on “How Sweet It Is,” a song he performed with ex-wife singer Carly Simon.

The Harveys Outdoor Summer Concert Series continues with rock duo Sting and Peter Gabriel tonight; country great Tim McGraw on July 23; former Eagles lead man Don Henley on July 24; country singer Keith Urban on July 27 and 29; ex-Commodores lead man Lionel Ritchie on Aug. 13; rock band Steve Miller on Aug. 18; red rocker Sammy Hagar on Aug. 26; and soul-pop singer Stevie Wonder on Sept. 2.

You're in the lake, stuff is on the beach – now what?

By Daniel Victor, New York Times

You're alone at the beach, or maybe in a pair or a small group. It's pretty hot out there, so it's time to cool down in the water.

How do you make sure your phone, money and keys aren't stolen?

It's a simple question with no easy answer, especially if you don't have a car nearby. While it's easy to suggest leaving your valuables at home or at a hotel – which is, indeed, sensible advice – that option isn't always practical or desirable.

When I posed the question to my Facebook friends, I got a surprising variety of responses.

Read the whole story

Concert at Vikingsholm to raise money for castle

Sierra State Parks Foundation is offering Music in the Castle on July 16 at 5pm.

This fundraising evening features violinist John Metros, concert pianist David Nelson and guest musicians playing a special concert inside Vikingsholm with Scandinavian music themes. The concert will include the custom six-legged

Steinway piano, commissioned by the home's original owner in 1929.

A wine and hors d'oeuvres reception follows the concert.

Tickets are \$100 each and can be purchased **online**.

The Sierra State Parks Foundation's fundraising efforts at Vikingsholm have most recently included the restoration of the sod roof, upgrading all electrical components in the castle, and providing free school group tours. SSPF is currently fundraising to stabilize the south turret of the castle.

Tahoe not alone when it comes to litter

By Tom Stienstra, San Francisco Chronicle

The question is, can you fix stupid?

The answer is yes, according to the greatest director in the history of the national park service, Bill Mott. But you need a lot of people on board for the effort.

The aftermath of the Fourth of July weekend shows there is a lot of fixing to be done.

From San Francisco to Lake Tahoe, from the Sierra foothills to Mount Shasta, Stupid Syndrome is bringing California down.

Read the whole story

Tahoe Tails – Adoptable Pets in South Lake Tahoe



Snoopy

Snoopy is a handsome 8 month old Boxer mix who came to Tahoe from Contra Costa County to find his new home.

He has lots of energy. He needs a patient owner who will give him lots of exercise and will take him to training classes. He walks nicely on the leash and he knows sit.

Like most puppies, Snoopy still chews things and so needs to be in a crate when left home alone. He doesn't chase cats, but he does play too rough for most of them. A dog-savvy cat who kept him in line would help him understand how to play with cats.

Snoopy is neutered, microchipped, tested for heart worm, and vaccinated. He is at the El Dorado County Animal Services shelter in Meyers, along with many other dogs and cats who are waiting for their new homes. Go to the Tahoe animal shelter's Facebook page to see photos and descriptions of all pets at the shelter.

Call 530).573.7925 for directions, hours, and other information on adopting a pet.

For spay-neuter assistance for South Tahoe residents, go **online**.

– Karen Kuentz

TOCCATA to perform Mozart in the Mountains

TOCCATA – Tahoe Symphony Orchestra and Chorus – will continue its 21-concert Summer MusicFest with a new series entitled Mozart in the Mountains.

The first concert is Aug. 7, 4pm at St. Patrick's Episcopal Church in Incline Village (341 Village Blvd.). It opens with Mozart's "Violin Concerto No. 5" in A major performed by soloist Alex Eisenberg. Selections from Mozart's "happiest" Mass, "Coronation Mass KV 317", will be performed with soloists Becky Earl and Anne Davidson, soprano, Brad Perry, tenor, and Chris Nelson, baritone, as well as Mozart's "Laudate Dominum" from the "Vespers KV339". Closing the concert will be Miyuki Otani, performing Mozart's "Piano Concerto No. 17" in G major.

Other concerts in the series will be presented on Aug. 10, 7pm at Shepherd of the Sierra Lutheran Church in Carson City (3680 Highway 395 South), Aug. 12, 7pm at St. Theresa Catholic Church in South Lake Tahoe (1041 Lyons Ave.), and Aug. 14, 4pm at South Reno United Methodist Church (200 De Spain Lane).

Maestro James Rawie will conduct all performances.

Tickets are available at the door or **online**. General admission is \$25 adults and \$20 for seniors. Youth/students under age 24 with valid ID are \$5 for seating 10 minutes prior to concert time, and under 18 enter free. Preferred seating is \$35 and \$15 for youth/students.

Fundraiser for League on SLT beach

A fundraiser for the League to Save Lake Tahoe will simultaneously feature two movies and music.

Guests will receive headphones for the evening that have three channels for the movies and music. It's up to each person to choose his or her entertainment.

The July 20 event starts at 7pm at Lakeland Village in South Lake Tahoe.

The feature film will be "The Meaning of Wild," a documentary about the Tongass National Forest of southeast Alaska. Prior to the feature screening will be "One Day in Yosemite," which is a 14-minute human kaleidoscope told through the lenses of 30 videographers in Yosemite.

Music will be provided by disc jockeys Roger That and Rizzo.

This is open to all ages. Tickets are \$15 in advance, \$20 at the door. Discounted tickets are available **online**.

Dress warm and bring blankets for the beach. Seating will be provided for the movie. Parking will be limited.

South Lake Tahoe couple uses life's lessons to teach others how to cope with mental illness

Publisher's note: *This is one of several stories about mental health issues in the Lake Tahoe Basin that will be running through October. All stories may be accessed by going to the Home page, Special Projects, then hit Mental Health.*

By Jeanne Nelson

Nearly five years ago a kind nurse saw me sobbing in the waiting area of a psychiatric hospital.

I told her, "I don't know what to do to help our young adult son."



Because of overly restrictive HIPPA laws and our lack of psycho-education at the time we did not know the right questions to ask or the right information to proactively share to get him the help he needed and deserved. This kind nurse whispered in my

ear, "You need to find NAMI."

We had recently retired and moved to this beautiful rural area from the Bay Area. We could not find NAMI (National Alliance on Mental Illness) support and education locally so we would drive five hours each way monthly to attend NAMI Family

Support groups in Palo Alto. Our loved one was living in the Bay Area receiving mental health services and supports there.

Through NAMI support we found hope, education and healing. At first we did not comprehend that recovery was possible. The doctors and nurses helping our loved one were so confident about his ability to recover and thrive. We learned quickly the importance of believing in recovery and learned the important role psycho-education of the family/caregiver/friend community support system plays in the recovery process.

Based on our experience we felt compelled to help expand the availability of information about mental illness within the community; hoping to help others avoid the frustrations that we experienced. We now facilitate a NAMI monthly support group for family members and friends of those living with mental illness (second Tuesday of each month at 6pm at the South Lake Tahoe Library). We also offer a yearly evidence-based NAMI Family-to-Family class to help family members learn how to best help their loved ones, and themselves.

After struggling to find our way through the gaps in the mental health and criminal justice system for years we have identified several things that seem crucial to implementing an effective mental health support system, but are often unavailable. First and foremost there is a severe shortage of mental health providers. Psychiatrists are few and far between, and those willing to take on cases involving psychosis are mind-numbingly hard to find.

We need greater cross training for primary care physicians, cross training of mental health professionals in co-occurring addiction, and need greater cross-training of mental health professionals in actual brain science. The notion that bad parenting or purely trauma caused all psychiatric issues is outdated.



Jeanne and Alan Nelson use their experience to help others with mental health issues.
Photo/Provided

Trauma is a powerful thing, but genetic predisposition plays a strong role. We are fortunate in South Lake Tahoe to have two psychiatrists (three as of Aug. 1) plus tele-medicine for psychiatry. We also have many quality therapists locally.

LTUSD has secured excellent counselors, psychologists and nurses skilled in mental health focusing on early education and intervention.

We have far superior mental health services in our rural South Lake Tahoe than the vast majority of rural communities across the nation heavily due to the facilitation Barton Health has provided in pulling the community leaders and service providers together to work collaboratively on strategic

priorities. Still, the waiting lists are often several months long and you must have very specific types of insurance to access the providers.

Within the mental health system there is no universally recognized standard of care as there is in other fields of medicine. Policies must be enhanced toward a standard of care that is patient-centric. Metrics needs to drive this change in staff behavior and performance.

We had so many families calling us in the South Lake Tahoe area saying their loved one was released from the hospital but they do not have an outpatient appointment yet and they did not know what to do. This is one of the most common places our loved ones slip through the cracks.

This led us to publishing a post-hospitalization tip guide for El Dorado County. They are available at our NAMI support group meeting or one of the six new mental health kiosks located at these locations: Barton ER, Barton Family Medicine, Barton Community Health, El Dorado County Library on Rufus Allen Boulevard, and Lake Tahoe Community College.

Mental health care workers have not yet evolved to a community care approach. In-patient and outpatient workers need to see themselves as part of a single treatment team. The notion that my patient has been released from the in-patient psychiatric unit in Sacramento so my job is done needs to be more than just frowned upon. Policies must be enhanced toward a standard of care that is patient-centric.



Jeanne Nelson believes a sense of humor is critical to get through hard times.
Photo/Provided

We know that the jails in the United States are the largest provider of mental health services, and yet, they are not equipped to adequately deal with the mentally ill inmates. It is crucial to have a behavioral health court to divert some of the mentally ill arrestees to treatment, rather than jail.

Other counties such as San Mateo and Santa Clara have loads of folks lining up to get into those diversion programs and they have some superbly trained compassionate probation officers skilled at recognizing signs of de-compensation and skilled at facilitating treatment adherence.

Behavioral health court diversion programs require proactive collaboration by the jail nurse, probation, county mental health and substance abuse clinicians, the judge, and NAMI. If any of these key player-ingredients are not playing their position to proactively hunt for improvements in the overall program, we are falling short.

The Mental Health Commission (which is comprised of experienced volunteers) recently agreed to assess our EDC

Behavioral Health Court in South Lake Tahoe. Such assessments may inspire establishment of improved performance metrics. The results will be available by late summer.

Another thing that concerns us greatly is that many states across the U.S. have now “voted-in” marijuana as medicine, completely bypassing the FDA required studies to understand fully the potential effectiveness of a drug on a particular illness, as well as the side effects of the drug. Unfortunately, there is extremely limited research to support most of the claims of marijuana’s efficacy as a medicine and there is significant research to suggest that marijuana has a role in the onset of schizophrenia. Thirty-eight percent of those living with alcohol addiction and 53 percent of those with drug addiction have a co-occurring mental health condition and many do not realize it. This is why we emphasize the importance of having the crucial family history conversation with adolescents so they understand family genetics and the risks their choices can play on their life-long wellness.

We often think about how things could have been if we had been better educated about mental health before our journey began and consider what we would have done differently. We now know that family/caregiver support is a key ingredient in the recovery journey.

We now know who to talk to and what questions to ask psychiatrists and other mental health professionals. We know to use California’s AB-1424 form (medical history) and advise all family members with loved ones with mental health conditions to get familiar with this form (available on the El Dorado County website or at our NAMI support group meetings).

In hindsight we should have intervened much sooner in spite of others believing it was “just marijuana” causing the symptoms. We would have attended NAMI support group earlier in the process. We would have attended NAMI education sooner and

would have pursued understanding our family history by assessing both addiction and mental health genetic predisposition risks sooner. We would have had crucial conversations with our children earlier.

South Lake Tahoe has made impressive improvements in mental health services and support in the past year, and we are on the verge of a major transformation in the coming years. The better educated we all are about mental illness, the greater our progress and transformation will be.

We encourage a sense of humor within our family and in our community. My husband makes me laugh every day. This spring he surprised me with daffodils he planted in the shape of a giant happy face.

Jeanne and Alan Nelson are the NAMI – National Alliance on Mental Illness – representatives on the South Shore.