

Entertainer of the Month: "JC" Costello

James Costello, known as "JC" around town, is a welcome addition to many stages. He describes himself as an amateur, in the classic sense of doing it for the love of playing.

JC got his first harmonica in 1957, while on the road with his family in the Carolinas. At a roadside stop, the 6-year-old boy was admiring the gleaming harmonicas in a display case, when his dad took notice and bought him one.

When they got back in the car, JC was surprised to learn his dad could play. Driving along, he played folk songs and old standards like Old Sussanna and Camptown Races. He could even play hands free while driving, using his tongue to define the notes!

JC started studying trumpet at nine and became quite accomplished. He played for 20 years. Music scholarships in trumpet and euphonium (baritone) helped pay for his college expenses. He played with marching bands, symphonies and orchestras, and was often called for studio work on radio jingles and TV commercials in his hometown of Winter Haven, and in Lakeland, Florida.

Since it's easier to carry around a harmonica than a trumpet, JC packed the harps and was always ready for an opportunity to play. He was introduced to the blues at the Florida Folk Festival, where for many years he found opportunities to play with a number of wonderful musicians in a number of genres - folk, country, bluegrass and of course, blues.

JC considers himself lucky to have the great joy of sitting in with a va-

riety of stellar musicians. In the early days, he joined Sonny Terry and Brownie McGee at Stuckey's Saloon in Lakeland, Florida. JC's wife recalls a very colorful old blues man named Spigot Plummer who had JC join him at an after-hours club in Pittsburgh.

JC came to Keys in 1986 and promptly met Lenore Troia. (Dave Feder was playing backup for Lenore at the time!) JC still plays with both of them, and has recorded with Lenore.

He was honored to join Toronto's original blues legend Michael Pickett on several occasions when he visited the Keys over the last 5-6 years.

Most recently, JC was called upon to play backup behind Lisa Gutkin at Bayjam 18.

He has been invited to the stage many times by local favorites Dave Feder and Jimmy Hawkins. Other local bands/players include Felix the Catt and Baga Tricks, Raiford Starke, several of Jimmy McGuire's bands, Steve Miller, Dana Collins, Steve Venini, Tyler Everett, Rick Arra, Doug Demming and Tommy Lee Cook.



JC invites Coconut Telegraph readers to come and enjoy the Sunday night jam at the Caribbean Club, hosted by Jimmy Hawkins, where JC frequently performs.

Bobbe Brown is back!

He's available for private parties.

Catch him Fridays and Sundays at Coconuts.

For bookings call 305-360-1127

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Missing Our Old Habits: Enduring Discomfort

Sometimes when we break a habit or addiction we find ourselves missing it like a dear friend.

Whenever we make the effort to free ourselves of an addiction or a habit we no longer need, we are often surprised to find ourselves missing the old pattern as we would a familiar friend. This sounds counterintuitive, because we think we should instinctively gravitate toward that which is good for us. And yet, it makes a lot of sense when you consider that we humans are creatures of habit. This is why we gravitate to people and places—and patterns of behavior--that make us feel comfortable.

Therefore, many of the habits we form are not conscious and are based instead on learned behavior from role models who were not always making the healthiest decisions.

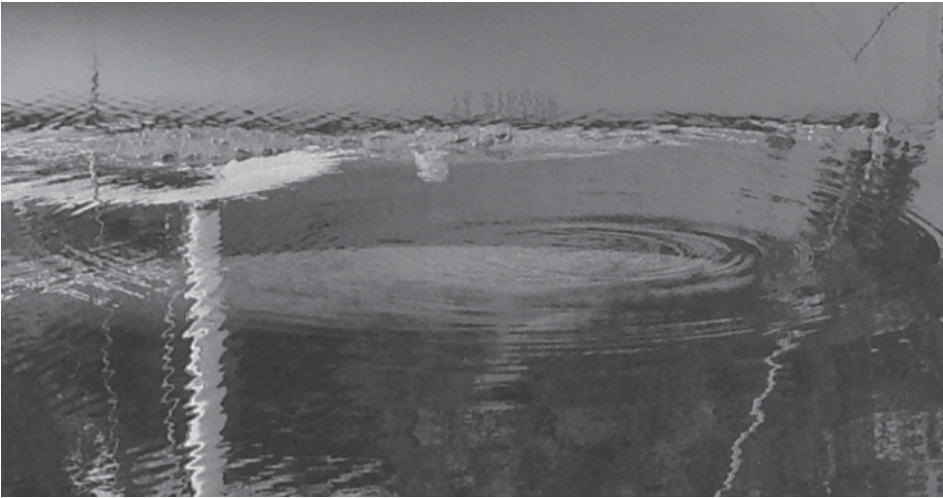
Most addictions begin as a way of avoiding feelings that are extremely uncomfortable, so it makes sense that stopping the addiction means, for a time, a fair amount of discomfort. The same, of course, is true of habits that we have developed over time that we are ready to release. Just knowing that this is hard, and having compassion for ourselves as we work through this process, can help us to stay the course when we feel the urge to backtrack.

It's also helpful to remember that in time we will establish new, healthier patterns, and the yearning for

the old ones will disappear. Eventually, we will instinctively reach for things that are good for us, and the longing for positive change may form the basis of a new habit.

The only way to get to this new place is to endure a time of difficulty, which is a challenge we can confidently handle, if we remember that it will lead to the change we seek in our lives.

Our bodies, hearts, and minds always need time to adjust to a new way of doing things, but they will adapt, and even become our allies, if we remain true to our vision of a new way.



Ok, we admit it's hard to see, but in this photo a croc is hanging out with a manatee! Photo by Kim Sikora, taken at MM105.5 in Stillwright Point.

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