8 · The Coconut Telegraph · February 2017







Entertainer of the Month: Stephen Lundberg at the Mindful Mermaid Cafe

To be truly happy you must follow your heart wherever it takes you. Lucky for us, Stephen Lundberg does just that. Every year he and his wife pack their car from their home in California and drive across the country.

Stephen plays acoustic guitar and entertains at personally selected cafés, markets, wineries and restaurants at various stops while making their way to their home in Key Largo for the winter

Here in the Keys he has chosen the eclectic Mindful Mermaid Cafe at the Tradewinds Plaza next to Publix. It is the first red light going south in Key Largo. On Friday and Saturday you will find Stephen and his guitar outside the café making beautiful music for all ages.

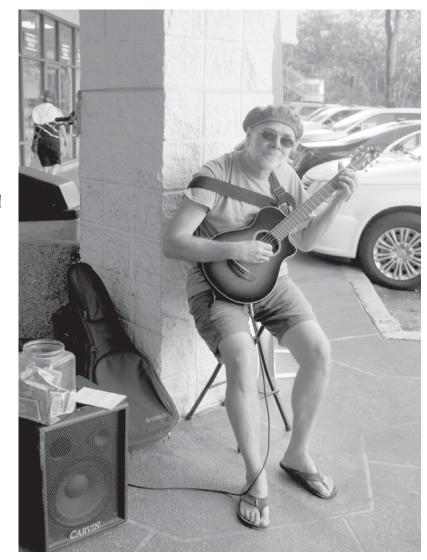
This traveling troubadour is a great fan of the Beatles and Led Zepplin, and hits from the 60s and 70s, but his taste is all over

the map... including the bossanoval He says one of his first memories was listening to his mother play guitar or piano and sing. He is self taught, but did take a music course in college.

When he is not playing music Stephen enjoys restoring furniture.

The Mindful Mermaid, owned by Lori Cretsinger is one of my favorite breakfast and lunch venues. They were Restaurant of the Month in November of 2015 and you can read about it in our online archives at TheConchTelegraph.com.

For a menu visit www. The Mindful Mermaid.com. The Mindful Mermaid is open Monday - Saturday 9 am to 5 pm. The mermaid meditates on Sunday. For take outs and catering call 305-451-2929. Delicious healthy food, a great vibe and soothing guitar by Stephen Lundberg.



Sounds of the Keys





Sweetwater Band at VFW in Key Largo.



Dave of the Stone Mojo Band hams it up, performing at Gilbert's (photo: Ron LeBrun).





Johnny O from Mr. Nice Guy joined Bobbe Brown on stage at Gilbert's (photo: Rob LeBrun)



Kenny Wendland joined Mr. Nice Guy on stage at Gilbert's Resort



Patrick Farinas of The Flyers (photo: Rob LeBrun)



Selwyn Birchwood ends the band's set plays the slide guitar at Gilberts at Bayside Grille with a lap steel number, "Hoodoo Stew." Contributed photo.