

**It's Kitten Season! Fix Those Felines!** Please help "fix" pet overpopulation by spaying and neutering your pets.



Free spay and neuter clinics at Key Largo Animal Shelter, normally every 2 weeks.

This program is privately funded by Humane Animal Care Coalition for Upper Keys residents.

Please call the shelter for details and appointments.

Open Monday to Friday 9am to 6pm and Saturday 9am to 5pm

Mile marker 106 Oceanside • phone 305-451-0088

**The UPS Store** 

UPS, USPS, Shipping & Stamps  
Personal & Business Mailbox Rental  
Amazon & "Happy Returns"  
Dropoff Center  
Wide Format Printing & Copying  
Notary & Fingerprinting  
by appt. only M-F 10am-4pm

101425 Overseas Hwy  
TRADEWINDS PLAZA  
Key Largo, FL 33037

**305.453.4877**  
fax: 305.453.4878  
store4181@theupsstore.com

**\$5 OFF ANY SERVICE**  
Excluding Notary & Fingerprinting

OPEN 6 DAYS: Monday-Friday 7:30am-6pm • Saturday 9am-2:30pm

**A Frog in the Milk?**



In the past, people in Russia and Finland would put live frogs in milk to keep it from going bad. This practice is based on the fact that the skin of frogs contains antimicrobial compounds and peptides that can prevent milk from spoiling.

The skin of the European brown frog contains a variety of peptides that can fight harmful microbes and prevent infection. These peptides are as effective against Staphylococcus and Salmonella bacteria as prescription antibiotics.

The Smithsonian Tropical Research Institute writes: As bacterial infections become more resistant to antibiotics, the toxins on the skin of frogs presents huge opportunity for new drug discovery. As human diseases become alarmingly antibiotic resistant, identification of new pharmaceuticals is critical. The cane toad and other members of the Bufonidae family produce substances widely used in traditional folk medicine, but ...some frogs... may disappear before revealing their secrets. Smithsonian scientists and others have created a compendium of the known chemicals produced by this amphibian family in the Journal of Ethnopharmacology highlighting their largely unexplored potential for new drug discovery.

**It's Back! Sunday Brunch**  
11 AM to 2 PM

Complimentary Glass of Champagne, Mimosa or Bloody Mary with each Entrée

**PILOT HOUSE**

Does your group need an air conditioned place for lunch or dinner?  
Call us! We can accommodate groups of up to 75 people!

Locals Day Wednesday  
12 Beers ON TAP Full Wine SELECTION  
KID & PET FRIENDLY!

**SOMETHING FOR EVERYONE!**  
HAPPY HOUR - Daily 4:30-6:30 pm  
LIVE MUSIC - Friday 5:30-8:30, Saturday 5-9  
LOCALS DAY - Use your Pilot's License all day Wednesday for your discount and rewards

**SIGN UP FOR OUR NEWSLETTER** **MM 99.6 Oceanside**



**WEDNESDAY to SUNDAY**  
11:30 am to 9:00 pm

**Pilot House Restaurant & Marina** • 13 Seagate Blvd., Key Largo, FL 33037  
(305) 451-3142 • info@pilothousemarina.com • https://www.pilothousemarina.com

**Artist of the Month: Deb Riolo's Creative Energy**

by Karen Beal

What do you do when color and paint cross your mind no matter what you are doing? You give in to temptation! On the water, in the garden or in a classroom - Deb Riolo brings color and joy to the scene.

Deb and her husband Rich are retired with a combined 58 years as Career Education Instructors from Michigan. Riolo was a graphic design and illustration instructor, so art is her love language. Follow her @BellaNonaArt. They have been living in the Upper Keys for 9 years.

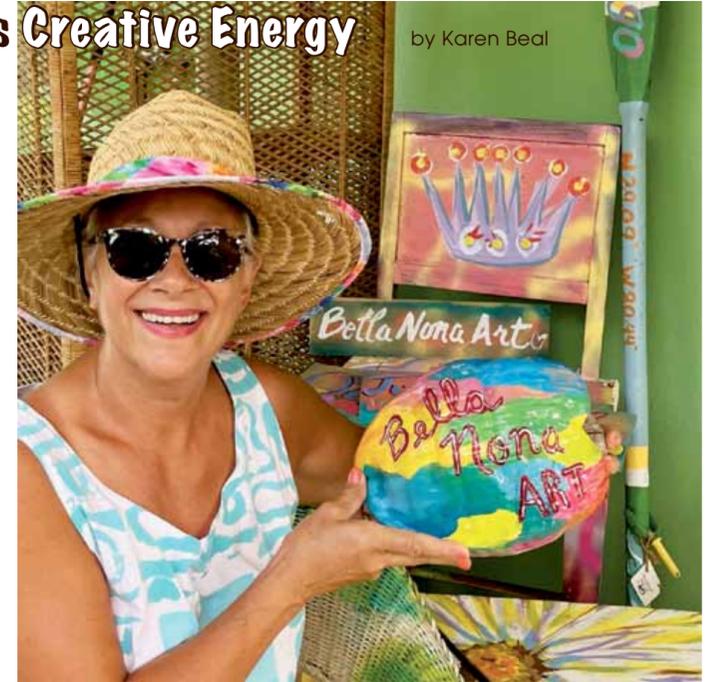
She is involved with many community groups: Art Guild of the Purple Isles (AGPI), Upper Keys Garden Club, Florida Keys Orchid Club, San Pedro Catholic Church and Wild Women On the Water - to name a few.

When she became a member of the Upper Keys Garden Club, Riolo took going native to heart. Her yard, once a sand lot, is now a showpiece for her neighborhood and an inspiration for her floral paintings.

As fresh and salt water anglers, the couple made time on the water memorable for their children and grandchildren, catching fish and creating artistic gyotaku prints. Art finds its way into many aspects of her life.

Another art outlet is up-cycling furniture with one-of-a-kind tropical paintings. When expressing her love for Florida's native plants, palms and marine life, her art is a take-home slice of paradise. Keys art fairs are the perfect opportunity to showcase her work and make new friends. Riolo loves finding kindred spirits who enjoy her wild and colorful creations.

Working with Key Largo School and homeschool students who express an interest in art has always been an interest. Donating rejuvenated furniture to schools and the Children's Shelter is her favorite way of giving back to the community.



Riolo and her bright art can be found at many art fairs and community events during the winter months.

"I would like to see my work grow into a commission-based business. However, I've set personal goals to participate in events AGPI has offered." Riolo says, "This year I hope to submit an art piece to every art exhibit. Starting with the Dive Museum, Tassel Building show and the Judged Show at the Dolphin Hospital."

Riolo offers Paint & Sip sessions as fundraising opportunities for local nonprofits. A group can engage her at a minimal reimbursement for supplies and create an event where



While acrylic paint is her usual medium, Riolo explored watercolor in a recent workshop.

they can charge attendees, as they provide a venue and refreshments. Email Deb at BellaNonaArt@gmail.com for details. The events have been very successful and can cater to a topic that fits the group.



A personal goal of showing her art in more professional venues has begun to be realized this past year through Art Guild events and local exhibits.



Painted furniture turned tropical with various sea creatures. This set is now at the Key Largo School in the library for fun story time seating.



Paint & Sip events and classes taught at the library are always fun for everyone involved. Riolo gives her positive energy back to the community she loves.



2025 KLS Earth Day mural involving 400+ students. Riolo will be working to create a 2026 Earth Day mural with KLS students and teacher Pam Caputo's vision.