



FootNotes *



* Newsletter of the Highlanders Chapter,
Florida Trail Association
November – December 2020
Volume 21, Issue 6

Mission of the Florida Trail Association

The Florida Trail Association develops, maintains, protects and promotes a network of hiking trails throughout the state, including the unique Florida National Scenic Trail. Together with our partners we provide opportunities for the public to hike, engage in outdoor recreation, participate in environmental education and contribute to meaningful volunteer work.

Highlanders Nature Notes – Jumping Spiders



Bold Jumper (Phidippus audax)
https://commons.wikimedia.org/wiki/File:Phidippus_audax_male.jpg#/media/File:Phidippus_audax_male.jpg

In the wonder-filled world of nature is there anything cooler than jumping spiders? If there is, I'd sure like to see it. I think these little spiders are some of the coolest looking animals on the planet. Now I know some of you are thinking as you read this: "I can't believe he's writing about spiders now, of all things!"

Many people consider spiders the creepiest of all critters we see in the wild. When I was younger, I used to have an aversion to spiders myself (you could even call it a fear, but not quite a phobia). I cured myself of this irrational fear by becoming more acquainted with spiders. Once I began studying them I was able to understand their important role in nature and how they even benefited me (by eating some of the biting insects that were after my blood or those that would eat my garden plants). When we understand something better our prejudices or pre-judgments, based on ignorance, are corrected by the facts. This is true for everything we encounter: animals, plants, and even people different from us.

I wrote in a previous essay about all of the cool looking beetles that I find fascinating to watch. I feel the same way about the jumping spiders. On the front cover of the second reference below is an enlarged photo of a male Regal Jumping Spider (*Phidippus regius*). They're so fuzzy and furry, almost like a stuffed Teddy Bear. What's not to like? And the female is even cuter with her orange abdomen.

I also like the colorful *Phidippus clarus* (especially the female) and the Bold Jumper (*Phidippus audax* – see on page 1). I don't believe I've seen the first one in the wild yet, but I'd sure like to. They're so pretty!

Then there's the Red Beauty Jumping Spider (*Phidippus pulcherrimus*) shown below with her lovely red-orange abdomen and bold markings. The species name, *pulcherrimus*, means "most beautiful" in Latin. There are so many jumpers with beautiful and colorful markings that it's hard to pick favorites. Many even have iridescent, or shiny metallic markings that make them stand out.



Red Beauty Jumping Spider (*Phidippus pulcherrimus*)
https://commons.wikimedia.org/wiki/File:Phidippus_pulcherrimus_0279.jpg

Their family name, Salticidae, is derived from the Latin word meaning "to jump." It reflects their ability to accurately jump several times their body length from one point to another.

These spiders have also been known to solve fairly complex problems. When they see a target (either prey or a potential mate) and it is located some distance away and not easily accessed, they have the ability to figure out a route to get there. Even a circuitous route that initially takes them out of sight of their target or causes them to have to move away from it, doesn't foil them. They have the ability to remember locations in three-dimensional space, so they eventually end up where they originally intended. Pretty impressive for such a tiny, simple creature.

Of course, like most other spiders, jumping spiders are harmless to people. They use venom to subdue their prey but they are too small to be able to inject it into humans (nor has that venom been shown to be harmful even if they could bite us). So there is no reason to fear them.

Spiders still scare many people, in spite of the facts. To put things into perspective, bees and wasps kill more people in the U.S. every year (due to allergic reactions) than spiders and snakes (combined) kill in ten years. Dogs and cats kill or seriously injure many more people every year than bees and wasps. Yet it is spiders that people most often fear!

Florida has the most diverse group of arachnids (spiders and their relatives) in the eastern U.S. Florida is estimated to have about 900 species of spiders. Worldwide, more than 35,000 spider species are known to exist. This is believed to be only half of all the spiders that might exist. Some estimates even go as high as 170,000 possible spider species on the planet. In the world of tiny organisms, there remains much to discover.

So take notice of the little things you encounter as you walk our many trails. There's much to see and marvel at. You might even discover something new to science! At any rate, the colorful jumping spiders won't disappoint you. Check them out closely. You might even use a magnifying glass. They have many details worth noticing. I recommend enjoying them whenever you can.

–Mike Barnett

Sources:

Bradley, Richard A. *Common Spiders of North America*. Berkeley, CA: University of California Press, 2013.

Marshall, Sam and G. B. Edwards. *Florida's Fabulous Spiders*. Tampa, FL: World Publications, 2001.

Notes from the Chairperson – Meetings, Activities, and Trail Work

Hello Highlanders and welcome back for this fall's adventures!

As we continue to deal with the COVID-19 limitations there will be some last minutes updates. Regarding the October and November meetings, the Leesburg library is still running on limited hours and capacity. Therefore, we will not be holding out typical monthly meetings there (November's meeting may change - TBD).

This is not to say that we are not hiking, working, and generally gearing up for fall. Our social hikes are still

going on, albeit in smaller groups and following the Florida/CDC guidelines. A special thanks to all the Activity Leaders! Work hikes are also starting up, again following the Florida/CDC guidelines. A special thanks to all the Trailmasters!

Let's not let the current restrictions keep us out of the woods!

Be Safe and Sane

-Mike

A Glimpse of the Forest Photos by Nora Allen



To all Florida Trail Members and Prospective Members

Please be considerate of those members with sensitivities to various chemical or scented products. Some scented products such as hair sprays, perfumes, scented deodorants, sunscreens and scented body washes can trigger reactions such as respiratory distress, coughing, migraine headaches and other asthmatic type symptoms.

We ask for everyone's cooperation to accommodate others' health concerns by trying to use unscented products before attending a recreational or work hike. If you are using a long-lasting clothing insect spray, please try to spray a few days before the event to give time to air the clothing. We appreciate your help.

Thank You

Highlanders Activities

Please Note

Due to the spread of the COVID-19 Pandemic, most FTA and Highlanders group activities (including chapter meetings) have been canceled or put on hold to minimize large groups until further time. Chapter trail maintenance has been approved with smaller teams in accordance with FTA Covid 19 rules. If the situation changes and we can start our activities and chapter meetings again, we will notify everyone by email.

Please note that in the Governor's Executive Order 20-91, that "recreational activities (consistent with social distancing guidelines) such as walking, biking, hiking, fishing, hunting, running, or swimming" is allowed. Some locations, such as parks, the national forest, and the state forest may have areas closed (i.e. campgrounds, boat launches, or other areas where people have been found to congregate in large numbers) and that restrooms may be closed and locked. Due to the changing environment surrounding the spread of the COVID-19 Pandemic, this can change. You may want to check first.

Friday, November 6, 2020

Bike Ride from Land Bridge Trailhead to Santos Trailhead, Cross Florida Greenway - Easy 14 miles round trip. Meet at the trailhead at 9:30 AM. Wear Helmet, and bring lunch and water.

Directions to Land Bridge Trail Head: Take I-75 north to exit 341 Belleview highway 484, turn right at the end of ramp. Go about 1/4 mile to first left on to highway 475A. Follow 475A north 2.3 miles to Land Bridge Trail Head entrance on the left. Sign is off the road and difficult to see. Follow entrance road to parking area and restrooms. Trip Leaders Gene Bouley cell 352-360-3722 and Bruce Zollner **29.058871 -82.152708**

Friday, November 20, 2020

Hike and Bike, Ridge Manor to Silver Lake - Bruce and Gene will run a bike and hike trip from Ridge Manor to Silver Lake State Park. We will meet at 8:45 AM at the Ridge Manor parking lot for the Withlacoochee State Bike Trail just off highway 50 on Croom Rital Rd. We will shuttle our bikes to the Crooked River Campground at Silver Lake. The bikes will be left there (bring locks) and we will return to Ridge Manor to begin our 5.2 mile hike along the River Trail. When we get to our bikes we will ride 1.5 miles of hard packed road to our lunch

spot on Silver Lake. After lunch we will ride our bikes back to the cars on the Withlacoochee Bike Trail (paved for five miles). Lunch can be carried or left in your bike bags. For those who do not want to bike we could shuttle your car to Silver Lake. The park has a \$2.00 per person fee. For more information call Gene Bouley cell 352-360-3722 **28.526566 -82.218628**

Monday, November 30, 2020

Hike Lake Louisa State Park - We will hike about 5-6 miles on park trails and return to the beach area for lunch. If you bring bikes or a canoe/kayak you might want to spend the afternoon enjoying other parts of the park. We will meet for the hike at 9:30 AM. Take U.S. 27 south. The entrance to the park is on the right seven miles south of route 50 on US 27 (Clermont) and the park fee is \$5.00 per car. Follow the park road to the "T" at the bottom of the hill and turn right towards the lake. We will meet at the parking lot at the end of the road at the beach area (boardwalk). Hike leaders Gene Bouley 352-360-3722 and Bruce Zollner **28.456869 -81.720944**

Thursday, December 10, 2020

Bike trip Withlacoochee State Trail at Ridge Manor - We will bike nine miles from Ridge Manor Trailhead to Nobleton (18 miles round trip). We will meet at the Ridge Manor Trailhead off highway 50 on Croom Rital Road at 9:30 AM. Wear helmet and bring water and lunch. Lunch will be at Lake Townsen Park in Nobleton. Restrooms at both ends. Take highway 50 west to traffic light at Croom Rital road. Light is right after you pass under the bridge for the trail over the highway. Turn right at the light and follow Croom Rital road about 1/4 mile. Parking for the trailhead is on your right (If you get to I-75 you went too far on highway 50). Come join us for a leisurely ride. Trip Leader Gene Bouley cell 352-360-3722 Co-leader Bruce Zollner **28.526566 -82.218628**

Highlanders Trail Maintenance Schedule

Please Note

This work hike schedule is VERY tentative. Always check the emails sent about one week before the work hike for updates.

All volunteers are expected to protect each other by cooperating with the FTA COVID-19 procedures and Job Hazard Analysis (<http://floridatrail.org/covid-19/>). Please, if possible, bring your own face mask, gloves, pen for sign-in, and hand sanitizer.

Tuesday, November 10, 2020

Trail Maintenance Work Hike, Ocala National Forest - Meet before 9:00 AM in the parking lot on the West side of highway 19 that is 2 1/2 miles north of the turn off to Alexander Springs (highway 445). Please let us know if you plan to attend so that we can plan teams and equipment. Please bring hat, gloves, face masks, a pen, sunscreen, hand sanitizer, bug repellent, etc. and lots of water (must carry at least two quarts of water). Please be on time as we will be shuttling to another area to work. If you have further questions email or call Bobbi Keenan at bobbiszoo@yahoo.com or 352-787-8654 **29.073833 -81.629374**

Tuesday, November 17, 2020

Trail Maintenance Work Hike, Seminole State Forest - Meet in Cassia at the Brantley Branch Road entrance before 9:00 AM. Please be on time as we will be shuttling to another area to work. Please let us know if you plan to attend so that we can plan teams and equipment. Please bring hat, gloves, face masks, a pen, sunscreen, hand sanitizer, bug repellent, etc. and lots of water (must carry at least two quarts of water). If you have further questions email or call Bobbi Keenan at bobbiszoo@yahoo.com or 352-787-8654 **28.890749 -81.461616**

Saturday, December 5, 2020

Trail Maintenance Work Hike, Ocala National Forest - Meet before 9:00 AM at the intersection of Highway 455 and Paisley Road (FR 69) just South of Alexander Springs. Please let us know if you plan to attend so that we can plan teams and equipment. Please bring hat, gloves, face masks, a pen, sunscreen, hand sanitizer, bug repellent, etc. and lots of water (must carry at least two quarts of water). Please be on time as we will be shuttling to another area to work. If you have further questions email or call Bobbi Keenan at bobbiszoo@yahoo.com or 352-787-8654 **29.073833 -81.629374**

Wednesday, December 16, 2020

Trail Maintenance Work Hike, Seminole State Forest - Meet in Cassia at the Brantley Branch Road entrance before 9:00 AM. Please be on time as we will be shuttling to another area to work. Please let us know if you plan to attend so that we can plan teams and equipment. Please bring hat, gloves, face masks, a pen, sunscreen, hand sanitizer, bug repellent, etc. and lots of water (must carry at least two quarts of water). Please be on time as we will be shuttling to another area to work. If you have further questions email or call Bobbi Keenan at bobbiszoo@yahoo.com or 352-787-8654 **28.890749 -81.461616**

Chapter Officers and Committee Chairs

Chapter Chair, Mike Tamburrino, miketamburrino@yahoo.com or 303-809-3284

Vice Chair, Glenda Moore, gmaemoore@yahoo.com or 352-324-2570

Secretary, Mary Ring, momring@yahoo.com or 352-250-1426

Treasurer, Diane Roesch, cattail3638@gmail.com or 407-469-3638

Trail Coordinator, Hugh (Sandy) Bell, mdvsandy@gmail.com or 912-322-4336

Activity Chairs, Mary Ellen Milton, mem32735@aol.com or 352-669-3628, Bobbi Keenan,

bobbiszoo@yahoo.com or 352-787-8654, and Mary Ring, momring@yahoo.com or 352-250-1426

Membership Chair, Mary Ellen Milton, mem32735@aol.com or 352-669-3628

Chapter Coordinator, Bobbi Keenan, bobbiszoo@yahoo.com or 352-787-8654

Outreach Coordinator, Cathy Leavers, cjleavers@yahoo.com or 352-360-3953

Newsletter Editor and Meetup Coordinator, Wade Williston, wwillist01@gmail.com or 407-584-7431

Program Chair, Ginger Leach, gingerleach@hotmail.com or 352-728-6438

Chapter Council Representatives, John Grob, johndgrob@gmail.com or 352-750-0341 &

Mike Tamburrino, miketamburrino@yahoo.com or 303-809-3284

Webmasters, Bobbi & Francis Keenan, bobbiszoo@yahoo.com, fkeenan@embarqmail.com or 352-787-8654

Chapter Photographer, Diane Dammiller, Dammiller@aol.com or 352-205-9620

Grant Writer, Dee Bender, deebender829@gmail.com or 352-460-7085

Quartermaster and Archivist/Historian, Christine Pena, pena2081@comcast.net or 908-499-2215

Media PR Coordinator, Glenda Moore, gmaemoore@yahoo.com or 352-324-2570

Calendar Editor, Bobbi Keenan, bobbiszoo@yahoo.com or 352-787-8654

Memorial Committee Chair, Stuart Force, stuart.force@comcast.net or 352-303-5623
Recycling Coordinator, Bill Leach, wwleach@hotmail.com or 352-728-6438

Trailmasters and Activity Leaders

Trailmasters: Arlene Beal, Sandy Bell, Dee Bender, Gene Bouley, Richard Devine, Stuart Force, Dennis and Melodie Hardy, Karen Harrington, Greg Hart, Brad Hoopes, Francis Keenan, Bill and Ginger Leach, Mary Ellen Milton, Tom Mowbray, Steve and Bernice Nemeth, Mary Ring, Mike Tamburrino, Wade Williston, and Bruce Zollner.

Activity Leaders: Richard Abrams, Mike Barnett, Arlene Beal, Gene Bouley, Diane and Ken Dammiller, Doris Danzer, Richard Devine, John Grob, Dennis and Melodie Hardy, Brad Hoopes, Bobbi and Francis Keenan, Marilyn LeMire, Bill and Mary Ellen Milton, Steve Nemeth, Diane Paul, Bob and Suzanne Sippey, Mike Tamburrino, Don Valcheff, Wade Williston, and Bruce Zollner.

Links

Florida Trail Association:	http://www.floridatrail.org
Highlanders Chapter, FTA:	http://www.highlanders.floridatrail.org
Meetup for Highlanders:	https://www.meetup.com/Florida-Trail-Association-Central-Florida-Chapter/
Highlanders Photos:	https://www.flickr.com/photos/highlandersfta/albums/
Previous Newsletters:	http://highlanders.floridatrail.org/NewsletterArchives.htm
Boondocking Tips	http://highlanders.floridatrail.org/Newsletters/Diane_Dammillers_Boondocking101_presentation.pdf



Eyes of a Female Phidippus regius - Flickr by Thomas Shahan