



Florida Black Bear National Scenic Byway Newsletter

Animals are such agreeable friends - they ask no questions; they pass no criticisms. George Eliot

No meeting in May so no minutes.

In the Know Cool Bits

Gator Aid

If ever you've played sports in your life, or heck, even went to one-too-many parties in college, you likely know what Gatorade is and tastes like. But what many people don't know about this popular sports drink is where it was created.

Back in the 1960s, a team of scientists from the University of Florida College of Medicine developed the drink in hopes to help replenish the carbohydrates that were lost in student-athletes.

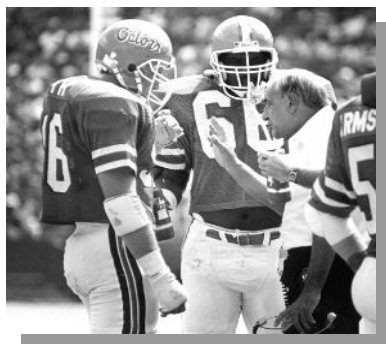
The scientists found that student-athletes from the University of Florida were burning through carbs, while simultaneously losing water and electrolytes as they sweat during sports.

The very first versions of the drink included combinations of water, sodium, sugar, potassium, and phosphate, plus a little lemon juice thrown in the mix.

After becoming a popular drink among athletes after rigorous testing, the University of Florida researchers almost named the product "Gator-Aid" as it helped the Gators win their first Orange Bowl victory in 1967.



Dr. Robert Cade, Gatorade inventor



UF Football Team

Female orb spiders

can spin webs up to three feet wide. The spider has a leg-span of about five inches.

Next time you are out on the byway and see an orb spider look at their web, notice how they are symmetrical. Do you think there is an ecological advantage to spinning a perfectly symmetrical web?

Scientists are unsure of the ecological advantage of a symmetrical web. Some hypothesize that giant orb spiders build their webs symmetrically so the force of insects flying into the web is distributed evenly, preventing the web from breaking.



The Florida Cracker

is one of the oldest breeds of cattle in the United States, descending from Spanish cattle brought to the New World beginning in the early 1500s. As the Spanish colonized Florida and other parts of the Americas, they established low input, extensive cattle ranging systems typical of Spanish ranching. The Florida Cracker and other breeds which developed under these conditions are called - criollo cattle, which means "of European origin but born in the New World."

Discover Wild Florida

Website

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Virtual Trip

What does one say a virtual reality trip. A trip where one can catch a meal and can go back in time.

Shortly after Florida became part of the United States, a handful of resourceful men decided Jacksonville should be on the St Johns River. Back at that time the river meant transportation, carrying goods, passengers upstream into Jacksonville, and downstream was used as coastal trading, facilitated commerce, enhanced security, and provided food and recreation for the tourists.

When you travel the St Johns River it will bring you back in time, a time of what Florida was really like in the 1800's and before. A slow moving river, the largest in Florida (approximately 310 miles long) offers a meal among many other things. The bass fishing along the river is legendary and has been for decades.

Drifting along and working the banks with a plastic worm can be one of the most effective ways to land dinner or lunch, perhaps bass. You can search for creek mouths, run outs and the normal cover where fish stage.

If you are a fly fisherman break out the gear and get in on the action when the shad start moving through the river. Shad are relatives to the herrings and swarm up rivers of the East Coast every year to spawn. When they return to the ocean they disappear, and no one knows what they do or where they go. If you are not a fly fisherman, don't worry, they will readily hit darts and poppers. Although the shad is not a large fish, it is an extremely hard fighter.

One might ask "what is one to do if they are not a fisherman or the fish saw you coming and decided to take a day off."

Break out the camera for some superior images of bald eagles, deer and black bear, only to name a

few land critters. Water critters might be a different story, you might spot a dolphin or two or maybe if the current is with you, you might spot a manatee or an alligator.

Well I hope you enjoyed this virtual trip along the St Johns that will wrap up another adventure along the Florida Black Bear National Scenic Byway.



St Johns River Photo By Nikki Thorsen

To live a happy and healthy life, people need to feel at peace with their environment and to be able to enjoy the beauty around them. Nature gives us all the things we need to be happy and we can become explorers who find meaning and beauty in nature's diversity.



Photo by Linda Petzi Wilinski - [Website](#)