

JULY 2013



WHAT'S GOING ON IN THE PARK

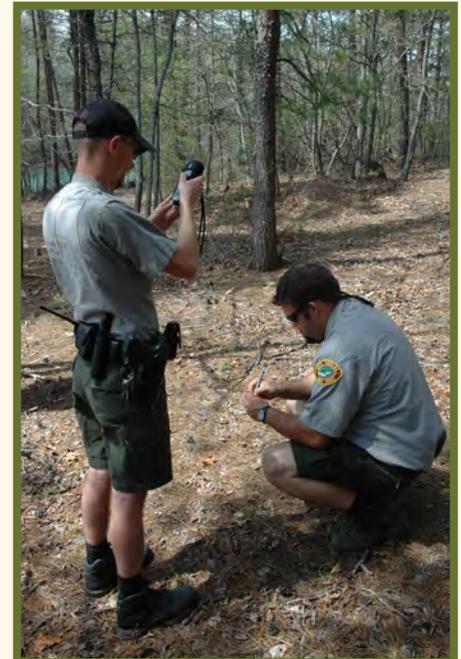
The summer swelter is upon us, but it doesn't stop progress from being made on major projects at Lake James State Park.

Many people are wondering when the new mountain bike trails will open. The short answer is that the date has yet to be determined. The long answer is that the trail-building crew is sweating it out through the heat to complete the 11-mile intermediate bike loop. Once it's finished, the park will have 14 miles of dedicated mountain biking trails, including the 3-mile beginners loop already completed. Park officials plan to open both trails, and a parking area, in one fell swoop sometime in 2014.

The other high priority project that is moving forward is the construction of 30 boat-in campsites on the park's Long

Arm peninsula shoreline. With funding secured through last year's Parks and Recreation Trust Fund, the individual sites have been selected and will form three "pods," with easy access to waterless restrooms.

NC Parks and Recreation has partnered with the North Carolina Department of Transportation, which will begin construction of a 7-mile service road that will allow access for emergency services and construction crews. The road is tentatively scheduled for completion sometime this fall and the staff at Lake James will be in charge of constructing the tent pads.



LAKE JAMES STATE PARK INTERPRETATION & EDUCATION PROGRAMS JULY 2013

If you would like to receive our monthly events list, contact Nora Coffey at nora.coffey@ncparks.gov. Please note: In an effort to reduce idle time, please make a reasonable effort to arrive a few minutes before the times set for programs.



LAKE BOAT TOUR

Saturday, July 6

What better way to experience the natural beauty of Lake James and learn about its fascinating history and wildlife than to sign up for this ranger-led boat tour? Join Park Rangers Earl Weaver and Clay Veasey as they explore the backwaters of the lake in search of secretive birds and animals and reveal the scenic vistas available only by boat. Pre-registration is required, as there are only eight spaces available. Bring sunscreen, water, binoculars and anything else you may require for an hour or more on the water. Life jackets will be provided. This program leaves from the law enforcement boat ramp at the east end of the Paddy's Creek Area main parking lot promptly at 10 a.m. To register, call the park office at 828-584-7728.

Dangerous Plants and Animals Hike

Sunday, July 7

Learn about the plants and animals of the Piedmont that can do harm to careless humans. From poison ivy to timber rattlesnakes, these woods require hikers to be alert and use plenty of common sense to stay safe. Join Park Ranger Clay Veasey for this informative program that just might save your life (or at least keep you from breaking out in an itchy rash). Meet at the Holly Discovery Trail parking area at 9 a.m. Wear comfortable hiking shoes and clothing suitable for the forecast.

LAKE CHANNEL OVERLOOK TRAIL HIKE

Sunday, July 14

Tour one of Lake James State Park's high scenic vistas by joining Park Ranger Earl Weaver to the Catawba River Area's favorite lookout – the Lake Channel Overlook. Ranger Weaver will point out many of the plants and animals we see along the way during this easy, .5-mile hike. Please wear appropriate clothing and footwear. Meet at the Catawba River Area office at 10 a.m.

WHO ARE THE FRIENDS OF LAKE JAMES GROUP?



A group formed in 2010, made up of dedicated people work together to help Lake James State Park meet its mission of providing opportunities for public enjoyment and education while still protecting the natural beauty and historic integrity of the State Park.

BOARD MEMBERS

- Greg Norell - President
- Eric Jenkins - Vice President
- Wendell Shelton - Vice President
- Mike Sewell - Secretary
- Bob Bielitz - Treasurer
- Leslie Young - Membership Director
- Paul Braun - Member at Large
- Joe Carey - Member at Large
- Robert Hunter - Member at Large
- Ashley Wooten - Member at Large

To Contact the Friends of Lake James State Park Group please email info@friendsofljssp.org

LAKE JAMES STATE PARK INTERPRETATION & EDUCATION PROGRAMS - Continued

TOAD TOUR

Wednesday, July 17

Summertime is toad time and nighttime is the right time to observe these fascinating amphibians as they shuffle forth in search of prey. Meet Park Ranger Jamie Cameron at the Paddy's Creek Area bathhouse breezeway for what promises to be a fun-filled evening under the lights as we watch the toads on parade. The tour begins at 8:30 p.m.

NIGHT MOVES

Sunday, July 21

Have you ever wondered what's making all that noise during those hot summer nights? Birds, bugs, frogs and toads all have a seat in the symphony. Join Park Ranger Jamie Cameron on this easy .75-mile hike around the Holly Discovery Trail to listen to and identify nocturnal critters. Meet at the Holly Discovery Trail parking area at 7:30 p.m.



MICROTREKK - INSECT EXPLORATION

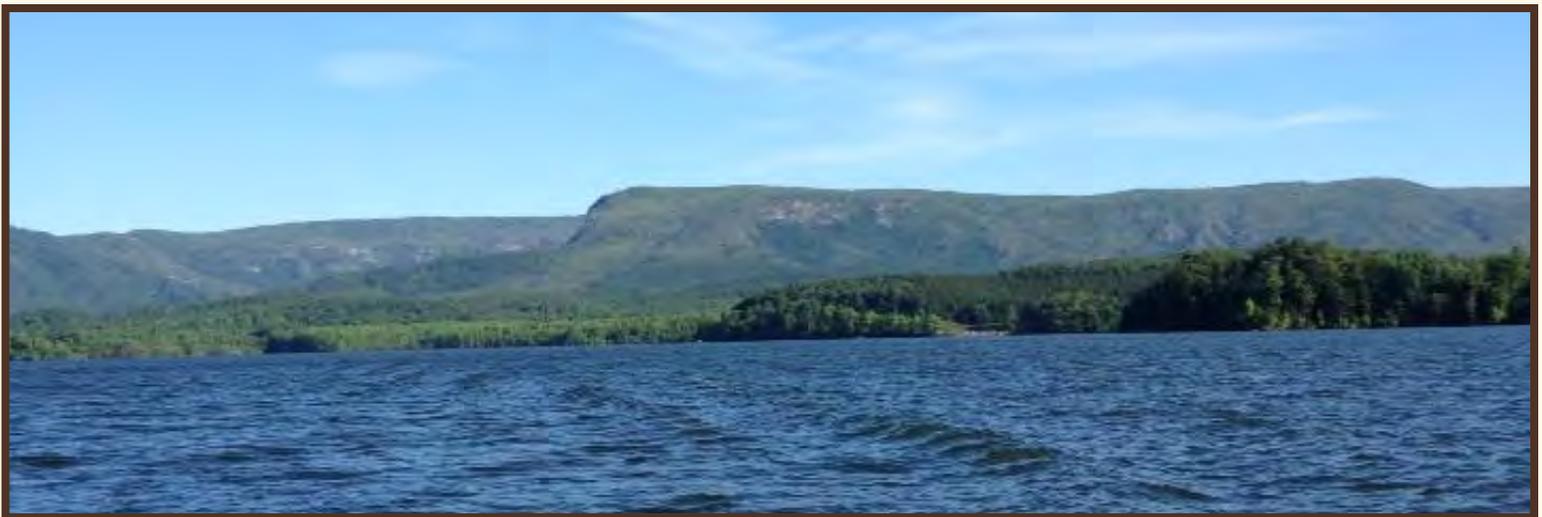
Friday, July 26

There may be bigger critters living in Lake James State Park, but insects are just as important and twice as interesting. Learn all about bugs; from where they live to how they're put together, in this educational program designed just for kids. We'll be "building" bugs and exploring how ants make noise. Meet at the Catawba River Area basement classroom at 10 a.m.

PREDATOR PRIMER

Saturday, July 27

There are two types of organisms on this Earth; predators and prey. Learn about the fascinating adaptations native predators use to capture their food. We'll be looking at hawk talons, snake teeth and fox ears down in the basement classroom at the Catawba River Area, starting at 10 a.m.



LAKE JAMES STATE PARK TRAILS



CATAWBA RIVER AREA:

- Fishing Pier Trail (0.3 mile, easy)
- Fox Den Loop Trail (2.25 miles, moderate)
- Lake Channel Overlook Trail (1.5 miles, moderate)
- Sandy Cliff Overlook Trail (0.5 mile, moderate)

PADDY'S CREEK AREA:

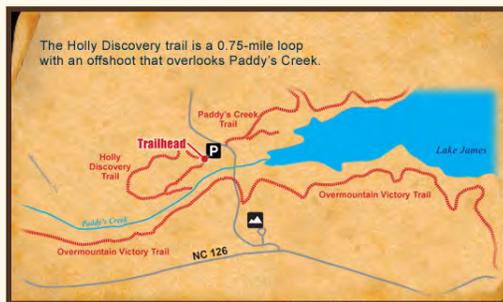
- Holly Discovery Trail (0.75 mile, easy)
- Mill's Creek Trail (3.6 miles, moderate)
- Overmountain Victory Trail (2.0 mile, moderate)
- Paddy's Creek Trail (2.0 miles, easy)



**HOLLY DISCOVERY TRAIL
IS NOW OPEN!**

The 3rd grade students from Marion Elementary enjoy walking on the Holly Discovery trail and learned so much from the interactive exhibits located on the trail. The students attended the grand opening of the Holly Discovery Trail on June 3.

When are you going to take a walk the newest Lake James State Park Trail?



FAMILIAR FACES: Josh Settlemeyer

Among the talented and dedicated seasonal staff that keeps Lake James State Park running like a top and looking great throughout the summer is a dedicated group of lifeguards keeping everyone in the swimming area as safe as they can be.

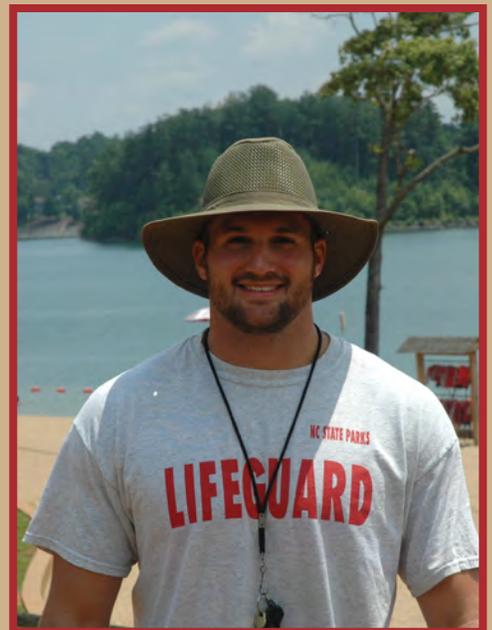
For the three years the swim beach at Paddy's Creek Area has been open, Josh Settlemeyer has been the head lifeguard in charge.

A lifelong resident of Old Fort in McDowell County, Josh started his seasonal career at Lake James as a member of the grounds crew during the summer of 2009. He moved over to the lifeguard stand in 2011 and figures this is his final season at the park after graduating from Emory & Henry College with a degree in criminal justice.

Lifeguards are a special breed to be able to maintain unwavering vigilance for hours at a time in the face of hundreds, even

thousands of happy swimmers and under the glare of the merciless sun. When asked what the most rewarding part of his job is, Josh responded, "Working outside and interacting with the public." Coincidentally, his response was the same when asked what the most challenging part of his job is.

As the summer progresses, Josh had a few requests for park visitors who come to cool off in the refreshing waters of Lake James. "Swim inside the swim line," he asked in the name of safety. "And if it seems like whatever you're doing would be against the rules, then it probably is against the rules."



NATURENOTES



The weather pattern in June seemed to pick up right where the spring left off – cooler and wetter than usual. Though the forecast may not have been all it could have for folks to enjoy the park, the plants and animals had a great time.

With plenty of moisture to keep their roots happy, the native plants park staff transplanted around the Paddy's Creek Area offices and bathhouse are thriving. New York ironweed, joe-pye weed, and narrow-leafed sunflower will provide a visual feast for the eyes this fall and hopefully serve as a way station for dozens of species of butterflies and the ranger-led programs that will be sure to follow.

Early spring reports of an osprey nest out on the lake were muted after park rangers checked it early in the month. Whatever attracted the ospreys to the manmade tower in the first place wasn't enough to keep their interest for long. A few sticks and twigs marked the start of the nest, but it was never finished. Hopefully one of these years we'll see a successful osprey nest at Lake James, but it won't be in 2013. Luckily, the bald eagles that have bred on the Linville side of the lake for years were back again and apparently successful. A quick pass by the nest revealed at least one juvenile eagle waiting to be fed.

Last month, a few lucky park visitors were shocked to see a flock of white pelicans soaring over the Paddy's Creek Area parking lot. This month a brown pelican made a brief visit to the swim beach, causing the rangers to scratch their heads and wonder what the heck is going on around here?

The first spotted fawns of the season were seen with their mothers during the middle part of June, as were several hen turkeys with their cute and fuzzy broods.

Some folks may be relieved, while others disappointed that the much-heralded emergence of the 17-year cicada appears to be finished in this area. Cool damp weather may have had an effect on the intensity of the event, as it never really lived up to the expectations.

July is going to be hot and sticky and there is no better way to beat the heat than to bring the family to Lake James State Park to enjoy the swimming area. While you're at it, grab a cold drink and an ice cream at the concession stand.

Hope to see you there.



SWIMMING, CANOES AND SNACKS - OH MY!



The swim beach at Paddy's Creek Area is now open daily, from 10 a.m. until 6 p.m. Lifeguards are on duty 10 a.m. - 6 p.m. Swimming fees are as follows:

Adults (age 13 and up) \$5

Children (ages 3-12) \$4

Children 2 years and under are free.

Canoes and kayaks are available for rent from the concession stand at Paddy's Creek daily from 10 a.m. until 5:30 p.m. with the last time to rent at 4:30 p.m. Rental fees are \$5 for the first hour and \$3 for each additional hour.

For more information on the swimming area operations please call the park office at 828-584-7728.



The concession stand at the Paddy's Creek Area bathhouse is the place to go for ice cold sodas and bottled water, coffee, snacks, hot and cold sandwiches, ice cream, rent canoes and kayaks, swimming privileges and Lake James State Park themed t-shirts, hats and more.

SAVE THE DATE

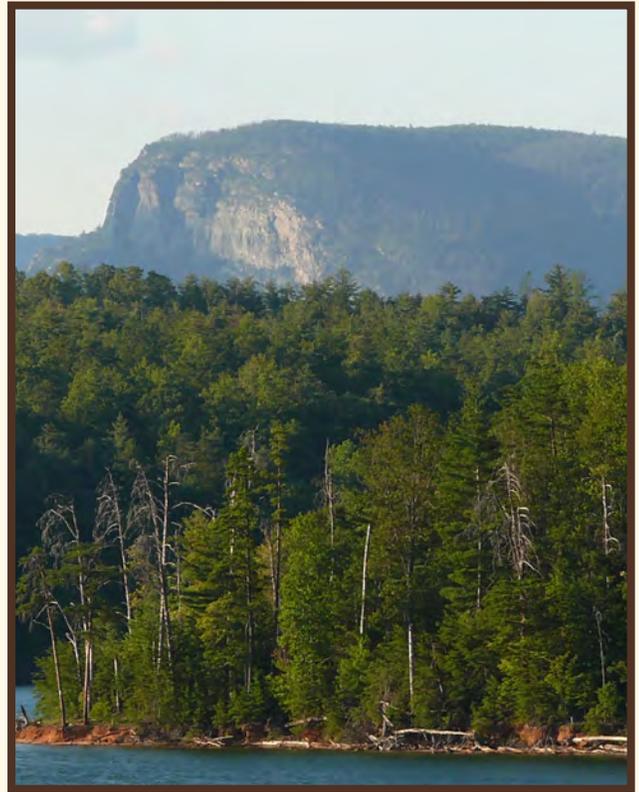
September 21, 2013
10th Annual RiverFest

HOW TO GET INVOLVED

Do you have an interest in Lake James State Park? Whether you enjoy hiking the trails, swimming at the beach or just picnicking with your family, there is some part of the park for everyone.

Join the Friends of Lake James State Park group and learn about all the opportunities to help make the park a better place for everyone to enjoy. The Friends of Lake James State Park focus on working together to help Lake James State Park meet its mission of providing opportunities for public enjoyment and education while still protecting the natural beauty and historic integrity of the State Park.

There are a variety of opportunities to get involved from trail work days, to volunteering at RiverFest and other festivals. Become a member of Friends of Lake James State Park, and know that you are helping to preserve the natural beauty and historic resources of Lake James for generations to come.



HOW TO JOIN THE FRIENDS OF LAKE JAMES STATE PARK GROUP

Become a member of Friends of Lake James State Park, and know that you are helping to preserve the natural beauty and historic resources of Lake James for generations to come. For more information please visit www.friendsofljosp.org or email info@friendsofljosp.org.

FRIENDS OF LAKE JAMES STATE PARK - MEMBERSHIP INFORMATION

Be a Friend of Lake James State Park

Select class of annual membership:

- Individual \$10
- Family \$25
- Corporate \$50
- Patron \$100 - \$999 \$ _____
- Lifetime \$1000 (or more) \$ _____

Name _____
 Address _____
 City _____ State _____ Zip _____
 Email _____
 Phone _____

I would like to be contacted about volunteer opportunities with the Friends of Lake James State Park

Where did you hear about us? _____

Return to:
Friends of Lake James State Park, Inc.
P.O. Box 1327
Nebo, NC 28761

*Friends of Lake James State Park, Inc. is a registered 501(c)3 charitable organization.
 Receipt of membership will be supplied upon request.*