



RANGER HUGHES COMMISSIONED



The Friends of Lake James State Park wishes to formally congratulate Ranger Jennifer Hughes on her recent commissioning as a Special Peace Officer for the State of North Carolina. The Oct. 2 swearing-in ceremony marked the official beginning of Hughes' and five other newly minted park rangers' careers as fully functioning law enforcement officers.

Hughes started at Lake James in December, 2022 and has been working her way toward this culmination of her training ever since.

She's not done yet, however. North Carolina State Park Rangers carry a multitude of certifications, including wildland fire fighting, search and rescue, environmental education and emergency medical response. Those skills will come in time, but with her law enforcement certification in hand, Ranger Hughes is now able to enforce all park rules and regulations, as well as state statutes, within the boundaries of Lake James State Park.

***Please join us in sending
Ranger Jenny a heartfelt,
"Job well done."***

NATURE NOTE

The transition from fall to winter in the park is often one of frantic activity among the feathered and furred residents. These may be the last few days when food is available in abundance for many species.

Depending on the year, acorns can be a significant portion of the fall and winter diet for many critters. White-tailed deer, wood ducks, wild turkeys, gray squirrels, blue jays, mice and black bears all eat oak acorns when given the opportunity. During some years,



nearly all the oak trees in a region will produce huge crops of acorns and wildlife flourishes. Other times, only a few select trees will bear any nuts and those become hotbeds of animal activity. During your next hike at the park, try to notice which oaks have acorns and discern the tracks, scat and other evidence of animals foraging under the all-you-can-eat buffet of the woods.

As the leaves drop from the trees visibility improves within the forest interior. Birds that were once hidden amid a wall of foliage are easy to spot. Woodpeckers are especially entertaining to watch during the cooler weather. The area around Lake James has five resident species; downy, hairy, red-bellied, pileated and northern flicker. Red-headed

woodpeckers are occasionally seen during fall migration and yellow-bellied sapsucker is a wintertime visitor. Is it possible to see seven different types of woodpecker in one day at Lake James State Park? Yes. Has anyone ever done it? Probably not, but early November would be the best chance to do it if one was so inclined.

Most of the park's reptiles and amphibians will have gone dormant for the season, but some frogs and salamanders remain active through much of the year. Spring peepers will still sing on warm winter nights and fence lizards, skinks and aquatic turtles will take advantage of sunny afternoons to bask on warm rocks and logs.

If you really want to see and know the park and its landscape, this is the time of year to explore it. **See you out on the trail.**

WHO WE ARE

A group formed in 2010, made up of dedicated people 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.

BOARD MEMBERS

- Eric Jenkins** - President
- Annette Bryant** - Vice President
- Mike Sewell** - Secretary
- Robert Hunter** - Ex Officio Member
- Randall Conley** - Member at Large
- George Milner** - Member at Large
- Greg Norell** - Member at Large
- Molly Sandfoss** - Member at Large
- Jeff Stark** - Member at Large
- Mickey Lewis** - Member at Large
- Bryant Lindsey** - Member at Large
- Teena Fox** - Member at Large
- Pete Colwell** - Member at Large
- Nancy Connelly** - Member at Large

To contact the Friends of Lake James State Park Group please email info@lakejamesstatepark.org

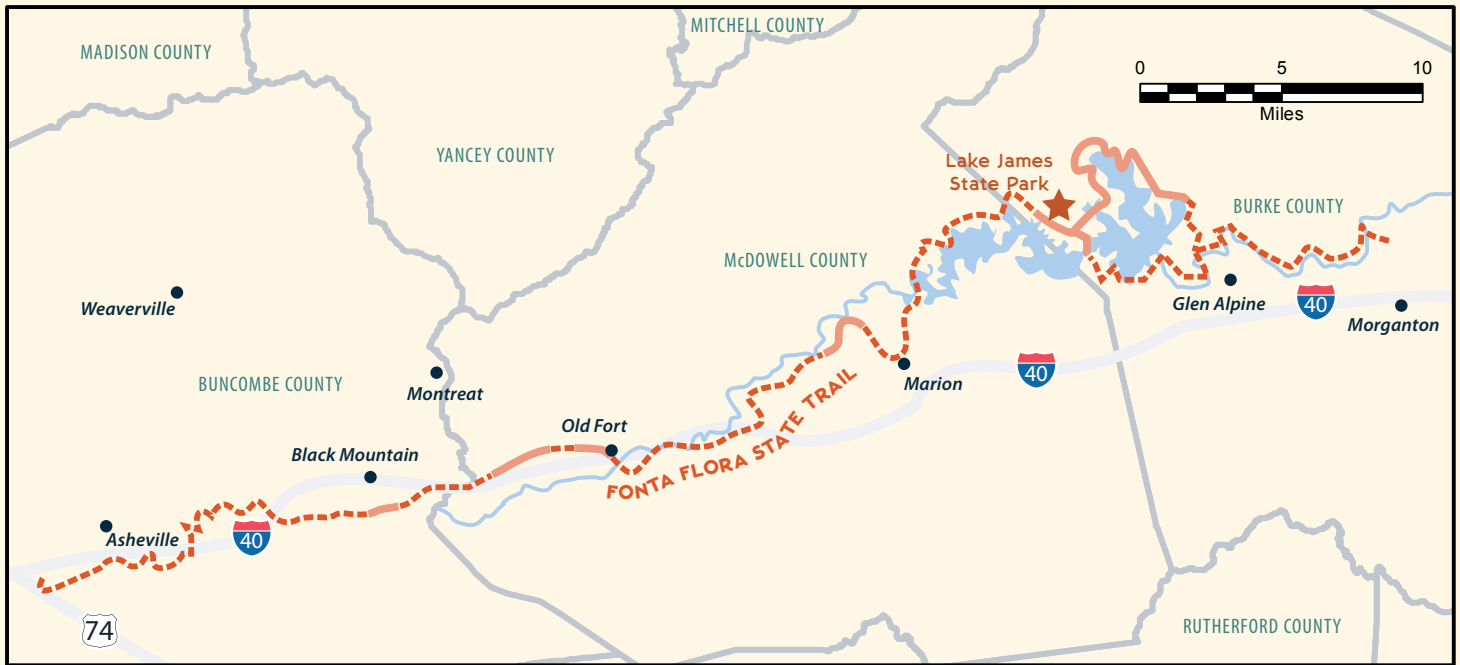
YEAR OF THE TRAIL



FONTA FLORA STATE TRAIL

north carolina state parks

NC TRAILS



LEGEND

- Existing Trail
- Planned Trail
- County Line
- City
- State Park
- Water



Spotlighting Fonta Flora State Trail

As we wind down the Year of the Trail, let’s check in on an ongoing project that will have a huge impact on the hiking and biking community in western North Carolina – the Fonta Flora State Trail.

Though the spark of the idea for such a project goes back much further, the Fonta Flora State Trail was established officially in 2015. Eight years later, the goal to connect Asheville to Morganton, with a lap around Lake James for good measure, is about a third of the way complete. To date, 30.4 miles of dual use

(hiking and biking) trail are complete and open to the public. Those completed sections include 20 miles within Lake James State Park (as shown on the map). With 60 miles remaining before the full vision of the Fonta Flora State Trail is realized, it’s an exciting time to imagine the future of outdoor recreation in Burke, McDowell and Buncombe counties.

To stay up-to-date on trail section progress, openings and volunteer opportunities, check out Friends of Fonta Flora State Trail at fontaflorastatetrail.com.

DRAGON BOAT RACE



DRAGON BOAT RACE



JR. RANGER JAMBOREE & LAKE JAMES ENVIRONMENTAL ASSOCIATION FIELD TRIP

The annual North Carolina State Parks Junior Ranger Jamboree took place at Lake James State Park this past October, with participants and their families enjoying the Paddy's Creek Area campground and all of the day use activities available here at the park.



The Lake James Environmental Association planned and hosted a fun weekend of outdoor activities for high schoolers, Oct. 6-8. The weekend started with a boat ride to the Long Arm Peninsula to set up camp and learn the basics of sleeping in the woods. Field trips and hiking soon followed, with a 3-mile trek to the Lake James State Park visitor center, cheering on the Dragon Boat Festival paddlers, participating in the annual Catawba RiverSweep effort with around 84 pounds of non-plastic and 16 pounds of plastic refuse removed from the Fonta Flora State Trail. Educational sessions on fire ecology, waterway erosion, the Cabo Rojo Puerto Rico Nature Preserve and emerging contaminants in the Lake James watershed, rounded out the weekend.



SAVE THE DATE



Mark your calendars now for the
3rd Annual Lake James State Park Ice Festival.

On January 13, the Paddy's Creek Area visitor center will look more like "Jurassic Ice Park," with amazing sculptures that are bigger than anything the festival has ever seen. Details are still being ironed out, but one thing that's certain is new, family-friendly rates so that everyone can see the spectacle. Stay tuned for more!

LJSP 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, easy)

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, moderate)
- Tindo beginners' mountain bike trail (4.0 miles)
- Wimba intermediate mountain bike trail (11.25 miles)
- South Wimba Hike/Bike Trail (1 mile, easy)

PARK GENERAL INFO

- During November, park hours are 7 a.m. until 8 p.m. Starting in December the nightly closing time is 7 p.m.
- The public swimming season is over for the year. As is the concessions stand and boat rentals at Paddy's Creek.
- The Visitor Center is open seven-days-a-week, from 9:00 a.m. until 5:00 p.m.

FRIENDS OF LAKE JAMES STATE PARK

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.

FRIENDS CONTRIBUTIONS

The Friends of Lake James State Park is proud to support the hardworking staff at Lake James State Park and contribute wherever we can to help improve park operations and offer new recreational opportunities to visitors. If you think these efforts are meaningful, please consider joining our group using the form at the bottom of this page.

- Boat Camping Project; partially funded, purchased equipment including rebar driver and auger
- Stand-up Paddleboards; purchased two for rental fleet and one for lifeguard use
- Funded instructor for Waterfront Safety training for lifeguards
- Linville Overlook picnic area
- Assisted with Overmountain Victory Trail 2 construction
- Holly Discovery Trail; partially funded and dedicated, annual funding for upkeep
- Park of the Year celebration
- Sponsored night rides on mountain bike trails
- RiverFest Sponsor

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.lakejamesstatepark.org, email info@lakejamesstatepark.org or Scan the QR Code to the right!



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/Industry \$100 - \$999 \$_____
- Lifetime \$1000 (or more) \$ _____

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

Where did you hear about us? _____

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____

**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.