



MOUNTAIN BIKE TRAILS OPEN!

National Trails Day 2014 will long be remembered at Lake James State Park, because on that day, June 7, the park's new, 15 mile mountain bike trail system opened for business.

The \$250,000 project, funded through the North Carolina Parks and Recreation Trust Fund, was a high priority within the master plan for Lake James State Park and represents a significant addition to the recreational activities already available there; including hiking, picnicking, wildlife viewing, swimming, boating, fishing and environmental education.

Located in the Paddy's Creek Area, the trails consist of the Tindo 4-mile beginner loop and

the 11-and-1/4-mile Wimba intermediate loop. Both tracks are accessed by a new, 30-vehicle parking area located just west of the maintenance shop road.

And that parking lot was full and then some for the opening remarks and ribbon-cutting ceremony, presided over by park superintendent Nora Coffey and Northwest North Carolina Mountain Bike Alliance president Paul Stahlschmidt. Representatives from the Friends of Lake James State Park were also in attendance to promote the organization to a whole new group of park users.

Coffey said the opening of the mountain bike trails will fill a void for local enthusiasts. "The

nearest mountain bike trails in Boone, Lake Lure and Lake Norman are at least an hour away," she said. "The trail system at Lake James State Park is a first-class project that we hope everyone will come and enjoy. Mountain biking is a tremendously popular sport with passionate participants. We look forward to welcoming those people to the park and introducing them to all of the other recreational opportunities that are available here."

During the course of the trail construction, Friends group volunteers helped cut and blaze the track and the board members approved several catered meals for volunteer bridge-building crews.

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.

SHAPE UP – Saturday, July 5

Different trees have different leaf shapes that help us identify which type they're from. Bring the kids for an arts-and-crafts hour of making leaf prints. Meet at the West Picnic Shelter in the Paddy's Creek Area at 9 a.m. and wear an outfit that can get messy.

DISCOVERING DECOMPOSITION – Saturday, July 5

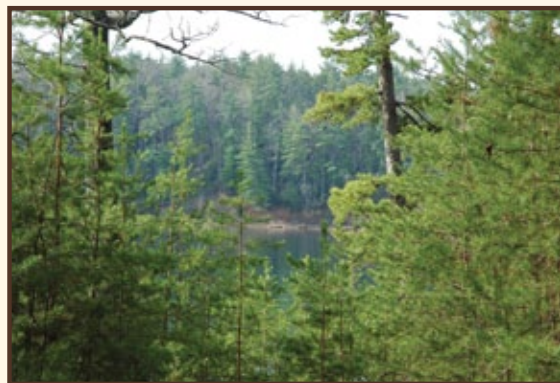
Plants rely on animals and animals rely on plants. These interrelationships are what drive ecosystems around the globe. Meet in the bathhouse breezeway at the Paddy's Creek Area for a hike to understand the function of scavengers and decomposers at 11 a.m.

TREE OF LIFE – Saturday, July 5

Plants and animals have integral relationships with the trees that tower above them. Find out about this web of life during this informative program. Meet at 2 p.m. at the Holly Discovery Trail parking area.

THE POWER OF SUNLIGHT – Saturday, July 5

How do plants turn sunlight into energy? With a simple activity, you'll see how during this short program starting at 3:30 p.m. at the bathhouse breezeway at the Paddy's Creek Area.



MORNING BOAT TOUR – Sunday, July 6

Before the summer sun gets too high there's no better way to welcome the day than by a leisurely boat tour led by an expert naturalist. Park Ranger Earl Weaver will be your captain and guide as you glide across the waters of Lake James in search of wildlife and scenic beauty. There are only seven spaces available aboard the park's patrol vessel, so pre-registration for this popular program is required. Bring appropriate clothing for an afternoon on the water, keeping in mind that it will be cooler offshore than it is at the dock. Life jackets will be provided. This program departs from the law enforcement boat dock, at the east end of the Paddy's Creek Area parking lot, promptly at 9 a.m. Meet Ranger Weaver underneath the East Picnic Shelter several minutes prior to setting sail. Call 828-584-7728 to register.

SOMETHING'S FISHY – Sunday, July 6

Kids will love this special activity that teaches about the different types of fish through the ancient art of making fish prints. Meet at 9 a.m. at the West Picnic Shelter at the Paddy's Creek Area.

TUNING IN TO NATURE – Sunday, July 6

Find out the effects and importance, both positive and negative, of sound on the ecosystem. Meet at the Catawba River Area office breezeway at 11 a.m.

WATERSHEDS – Sunday, July 6

What is a watershed? How can we humans have positive effects on preserving and restoring these critical habitats in the Lake James area? Find out at 2 p.m. in the bathhouse breezeway at the Paddy's Creek Area.

THE SHAPE OF THE ENVIRONMENT – Sunday, July 6

Some shapes occur over and over again in the natural environment; the question is, why? During this short and easy hike for kids we will discuss geometry in nature. The program begins at the parking area for the Holly Discovery Trail in the Paddy's Creek Area at 3:30 p.m.

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BUSY AS A BEAVER – Saturday, July 12

Discover the amazing life of the beaver, starting at 9 a.m. in the basement classroom at the Catawba River Area.

MOTHS AND BUTTERFLIES – Saturday, July 12

Children will enjoy this hands-on activity that helps them understand the amazing life-cycle of moths and butterflies. Meet at the basement classroom at the Catawba River Area at 10:30 a.m.

OVERMOUNTAIN VICTORY TRAIL HIKE – Saturday, July 12

Join Ranger Jamie Cameron as he retraces the steps of a heroic band of American frontiersmen on their march into history. The Overmountain Victory Trail runs along Paddy's Creek and is one of the most beautiful treks at Lake James State Park. Meet at the Holly Discovery Trail parking area at 11 a.m. and be prepared to hike 2 miles.

TREE STRUCTURE – Saturday, July 12

Do you really know what a tree looks and feels like? Test your skills of observation and memory during this afternoon program along the Paddy's Creek Trail. The hike starts from the bathhouse breezeway at 1:30 p.m.

INTERCONNECTED ECOSYSTEMS – Saturday, July 12

Learn how ecosystems are made up of thousands of fascinating interdependent organisms and how to identify what makes a suitable habitat. The program starts at 3 p.m. in the Paddy's Creek Area bathhouse breezeway.

EARLY EVENING HIKE – Saturday, July 12

As the sun starts to sink lower in the sky, some of the park animals start to become more active as the temperature cools. Join Park Ranger Kevin Bischof as he leads a hike along the Mills Creek Trail, and the waterfront to discover some of the park residents which become active during the evenings. The hike starts at 7 p.m. near the East Shelter in the Paddy's Creek Area of the park.

CHARTING DIVERSITY – Sunday, July 13

Play a game that will help you understand how science categorizes the millions of species on Earth. We'll be ready to start at 9 a.m. in the basement classroom at the Catawba River Area.

ZOOPLANKTON – Sunday, July 13

These tiny organisms play a huge role in the aquatic ecosystem of Lake James. Using a microscope, we'll be taking a closer look at these hidden cornerstones of the environment. The program begins at 11 a.m. in the Paddy's Creek Area bathhouse breezeway.

SHAPE UP – Sunday, July 13

Different trees have different leaf shapes that help us identify which type they're from. Bring the kids for an arts-and-crafts hour of making leaf prints. Meet at the bathhouse breezeway in the Paddy's Creek Area at 1:30 p.m. and wear an outfit that can get messy.

BUTTERFLIES AND BLOOMS – Sunday, July 13

In the heat of the summer, Lake James State Park's butterfly gardens are thriving and attracting many different species of beautiful butterflies. Ranger Jamie Cameron will act as naturalist, identifying and teaching about the insects and their relationship to the blossoms on which they feed. He'll also discuss starting your own butterfly garden at home. Meet in the bathhouse breezeway at the Paddy's Creek Area at 2 p.m.

TREE COMPETITION – Sunday, July 13

Trees must compete with each other for critical resources; sunlight, water and nutrients. Learn about this never-ending struggle during this program. We'll start at 3 p.m. in the bathhouse breezeway at the Paddy's Creek Area.

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ANIMAL TRACKS – Saturday, July 19

Kids will love this messy activity making animal track molds, starting at 9 a.m. in the basement classroom at the Catawba River Area.

THE ORIGINAL AMERICANS – Saturday, July 19

Find out more about the Catawba people and their attitudes towards the land and its resources. This informative program will be held in the Catawba River Area basement classroom and begins at 11 a.m.

MOTHS AND BUTTERFLIES – Saturday, July 19

Children will enjoy this hands-on activity that helps them understand the amazing life-cycle of moths and butterflies. Meet at the bathhouse breezeway at the Paddy's Creek Area at 1:30 p.m.

THE SHAPE OF THE ENVIRONMENT – Saturday, July 19

Some shapes occur over and over again in the natural environment; the question is, why? During this short and easy hike for kids we will discuss geometry in nature. The program begins at the parking area for the Holly Discovery Trail in the Paddy's Creek Area at 3 p.m.



TUNING IN TO NATURE – Sunday, July 20

Find out the effects and importance, both positive and negative, of sound on the ecosystem. Meet at the Catawba River Area office breezeway at 9 a.m. Sunday, July 20

MORNING BOAT TOUR – Sunday, July 20

Before the summer sun gets too high there's no better way to welcome the day than by a leisurely boat tour led by an expert naturalist. Park Ranger Clay Veasey will be your captain and guide as you glide across the waters of Lake James in search of wildlife and scenic beauty. There are only seven spaces available aboard the park's patrol vessel, so pre-registration for this popular program is required. Bring appropriate clothing for an afternoon on the water, keeping in mind that it will be cooler offshore than it is at the dock. Life jackets will be provided. This program departs from the law enforcement boat dock, at the east end of the Paddy's Creek Area parking lot, promptly at 10 a.m. Meet Ranger Veasey underneath the East Picnic Shelter several minutes prior to setting sail. Call 828-584-7728 to register.

SHAPE UP – Sunday, July 20

Different trees have different leaf shapes that help us identify which type they're from. Bring the kids for an arts-and-crafts hour of making leaf prints. Meet at the Catawba River Area basement classroom at 11 a.m. and wear an outfit that can get messy.

WATERSHEDS – Sunday, July 20

What is a watershed? How can we humans have positive effects on preserving and restoring these critical habitats in the Lake James area? Find out at 2 p.m. in the bathhouse breezeway at the Paddy's Creek Area.

TREE OF LIFE – Sunday, July 20

Plants and animals have integral relationships with the trees that tower above them. Find out about this web of life during this informative program. Meet at 3:30 p.m. at the Paddy's Creek Area bathhouse breezeway.

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TOAD TREK – Wednesday, July 23

The nighttime is toad time at Lake James State Park. Come on out for this special evening program with Ranger Jamie Cameron to increase your knowledge and appreciation of these bug-catching machines. We'll start our trek in the bathhouse breezeway at the Paddy's Creek Area at 8 p.m.

SCATOLOGY – Saturday, July 26

Let's face it – what kid doesn't like to talk about scat? They'll get their fill and make their own (pseudo-scat) during this fun activity. Meet in the basement classroom at the Catawba River Area at 9 a.m.

DISCOVERING DECOMPOSITION – Saturday, July 26

Plants rely on animals and animals rely on plants. These interrelationships are what drive ecosystems around the globe. Meet in the bathhouse breezeway at the Paddy's Creek Area for a hike to understand the function of scavengers and decomposers at 11 a.m.

MOTHS AND BUTTERFLIES – Saturday, July 26

Children will enjoy this hands-on activity that helps them understand the amazing life-cycle of moths and butterflies. Meet at the Paddy's Creek Area bathhouse breezeway at 2 p.m.

TREE STRUCTURE – Saturday, July 26

Do you really know what a tree looks and feels like? Test your skills of observation and memory during this afternoon program along the Holly Discovery Trail. The hike starts from the Holly Discovery Trail parking area at 3:30 p.m.

THE SHAPE OF THE ENVIRONMENT – Sunday, July 27

Some shapes occur over and over again in the natural environment; the question is, why? During this short and easy hike for kids we will discuss geometry in nature. The program begins at the Catawba River Area day-use parking area at 9 a.m.

TREE OF LIFE – Sunday, July 27

Plants and animals have integral relationships with the trees that tower above them. Find out about this web of life during this informative program. Meet at 11 a.m. at the Paddy's Creek Area bathhouse breezeway.

THE POWER OF SUNLIGHT – Sunday, July 27

How do plants turn sunlight into energy? With a simple activity, you'll see how during this short program starting at 2 p.m. at the bathhouse breezeway at the Paddy's Creek Area.

WATERSHEDS – Sunday, July 27

What is a watershed? How can we humans have positive effects on preserving and restoring these critical habitats in the Lake James area? Find out at 3:30 p.m. in the bathhouse breezeway at the Paddy's Creek Area.

MORNING BOAT TOUR – Saturday, Aug. 2

Before the summer sun gets too high in there's no better way to welcome the day than by a leisurely boat tour led by an expert naturalist. Park Ranger Clay Veasey will be your captain and guide as you glide across the waters of Lake James in search of wildlife and scenic beauty. There are only seven spaces available aboard the park's patrol vessel, so pre-registration for this popular program is required. Bring appropriate clothing for an afternoon on the water, keeping in mind that it will be cooler offshore than it is at the dock. Life jackets will be provided. This program departs from the law enforcement boat dock, at the east end of the Paddy's Creek Area parking lot, promptly at 10 a.m. Meet Ranger Veasey underneath the East Picnic Shelter several minutes prior to setting sail. Call 828-584-7728 to register.

EDIBLE WILD PLANTS – Sunday, Aug. 3

Lake James State Park is home to hundreds of different species of plants. Some pretty, some plain, some big, some small. But, have you ever wondered which you could eat if stranded in the woods? Meet Park Ranger Clay Veasey as he leads a hike to discover some of the edible plants that can be found within Lake James State Park. Please meet at the Paddy's Creek Area park office at 9 a.m. and prepare to walk for about an hour.

CANOE EXCURSION – Saturday, Aug. 9

The tranquility of paddling a canoe on a quiet morning is one of life's simple pleasures. Discover the beauty of Lake James State Park from the water with Park Ranger Jamie Cameron. Whether you're an expert paddler or you don't know the difference between starboard and port, we'll provide the equipment and instruction to make it a memorable morning. Six park canoes are set aside for this free program and each is capable of carrying two adults and one child. Meet at the Paddy's Creek Area bathhouse breezeway at 9 a.m. to be fitted for your PFD and paddle. You must pre-register with a head-count of how many people will be in each boat (sorry, no singles). Please call 828-584-7728 and sign-up today.

MORNING BOAT TOUR – Sunday, Aug. 10

Before the summer sun gets too high there's no better way to welcome the day than by a leisurely boat tour led by an expert naturalist. Park Ranger Earl Weaver will be your captain and guide as you glide across the waters of Lake James in search of wildlife and scenic beauty. There are only seven spaces available aboard the park's patrol vessel, so pre-registration for this popular program is required. Bring appropriate clothing for an afternoon on the water, keeping in mind that it will be cooler offshore than it is at the dock. Life jackets will be provided. This program departs from the law enforcement boat dock, at the east end of the Paddy's Creek Area parking lot, promptly at 9 a.m. Meet Ranger Weaver underneath the East Picnic Shelter several minutes prior to setting sail. Call 828-584-7728 to register.

PHOTO SAFARI – Sunday, Aug. 10

The breeding season is in full swing and there are lots of bird and animal babies around. Park Ranger Jamie Cameron, an award-winning photographer and former newspaper editor, will have camera in hand as we search for great photos at Lake James State Park. Wear clothing that is appropriate for the weather and bring whatever photography equipment you think you'll need to help you in your quest. Meet at the Holly Discovery Trail parking area at 9 a.m.

**SNAKES – Sunday, Aug. 24**

"The only good snake is a dead snake" ...or so the saying goes. One of the most feared, hated and misunderstood animals in nature; snakes are found throughout Lake James State Park. While there are two venomous, potentially dangerous species, most snakes here are harmless. Meet Park Ranger Kevin Bischof at the Holly Discovery Trail parking area for a hike along the Overmountain Victory Trail. Along the way we'll go through prime snake habitat, discuss the natural history of these legless park residents and, with any luck, see one for ourselves. Please wear sturdy hiking shoes, bring water, and be prepared to walk for about an hour. The program starts at 10 a.m.

TOAD TREK – Wednesday, Aug. 27

The nighttime is toad time at Lake James State Park. Come on out for this special evening program with Ranger Jamie Cameron to increase your knowledge and appreciation of these bug-catching machines. We'll start our trek in the bathhouse breezeway at the Paddy's Creek Area at 8 p.m.

EARLY MIGRATION BIRD HIKE – Saturday, Aug. 30

Can it really already be time for fall migration? Some songbirds, like American redstart, Cape May warbler and Baltimore oriole like to get a jump start on their annual journey to the southern wintering territories. We'll see if we can spot some of them on this easy hike around the Paddy's Creek Area lakefront with Ranger Jamie Cameron. Bring binoculars and a field guide if you have them. Meet in the bathhouse breezeway at 8:30 a.m.

NATURE NOTES

It can honestly be said there has never been a more thorough investigation of the flora and fauna residing at Lake James State Park than that which occurred this spring. The BioBlitz revealed hundreds of new species, more than doubling what was previously known for the 3,500-acre park (see related story).

For most of us casual observers however, May and June marked the normal transition from spring to summer. Bird migration raced through the park, with sightings of American redstart, yellow-throated vireo, Swainson's thrush, willet and black-throated-blue warbler as highlights. Spring also brought a flush of wildflowers, especially in the newly-burned acres in the Catawba River Area. Subtle beauties like Solomon's seal, mayapple, blue-eyed grass and windflower popped up across the charred hillsides of the Fox Den Loop Trail.

As the park settles into summer, the resident and breeding birds, mammals, reptiles and amphibians take center stage. Evenings are filled with the voices of bullfrogs, Fowler's toads and Cope's gray tree frogs, especially around the Paddy's Creek Area bathhouse. Occasionally, a chuck-wills-widow adds its plaintive call to the nightly chorus. Chuck-wills-widows are nocturnal birds that are often mistaken for whip-poor-wills. The two species are first cousins that both look and sound similar, but with very subtle differences. "Chucks" (as they are called for short) are far more likely in our area during summer than "Whips," so listen closely to see if you can tell the difference.



The N.C. State Parks system is celebrating moths and butterflies throughout 2014 and there are plenty to enjoy during summer. Recent butterfly sightings around the gardens at the Paddy's Creek Area bathhouse include red-spotted purple, Eastern tiger swallowtail, painted lady and great spangled fritillary. Recently, a small-eyed sphinx (moth) was identified early one morning in the bathhouse breezeway. Make sure you check the park program's schedule to get in on one of the butterfly/moth-related outings this year.

Now is the season for fawns and baby turkeys to start venturing out near the roads so please be careful and obey the park's 25 mph speed limit.

Hope to see you on the trail.

WHO WE ARE

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

Eric Jenkins - President
Robert Hunter - Vice President
Wendell Shelton - Member at Large
Mike Sewell - Secretary
Annette Bryant - Membership Coordinator
Bob Bielitz - Treasurer
Paul Braun - Member at Large
Greg Norell - Member at Large
Jim Williams - Member at Large
George Milner - Member at Large
Brock Hall - Member at Large
Ashley Wooten - Member at Large
Alan Scholl - Member at Large

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

LAKE JAMES WELCOMES BIOBLITZ



Imagine yourself as a scientist, dropped into the middle of an undiscovered island and tasked with finding and identifying all the various life forms you could during a 24-hour period. Imagine how exciting it would be out there on the leading edge of discovery. Imagine how hectic it would be, trying to find as many species as you could before time ran out.

If you think the days of fantastic scientific discovery in North Carolina are over, think again. The recent BioBlitz at Lake James State Park, May 13, 2014 proved beyond a shadow of a doubt that we have only scratched the surface of understanding the biodiversity residing inside park boundaries.

The idea of a BioBlitz originated in the wilds of South American jungles, where teams of biologists would go into remote areas threatened by development to uncover species that could be important to medical science before they were lost forever.

Luckily, the plants, animals, birds and insects that call Lake James State Park home are not in any danger from development – they are protected by statute and the division's stated mission of stewardship and preservation. That doesn't mean the rangers and N.C. Department of Natural Resources biologists aren't curious about the critters that fall under their care.

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LAKE JAMES WELCOMES BIOBLITZ (Cont.)



Enter BioBlitz 2014; only the state's second, full-scale attempt to inventory a state park.

The team of researchers included experts from academia, as well as state and federal agencies, with areas of expertise as narrow as terrestrial mollusks (snails and slugs), bryophytes, crayfish and leaf-hopper insects.

From start to finish, these 25 biologists, botanists, entomologists, etc., captured, counted, described and identified more than 500 new species for Lake James State Park, and the total is still growing. Some specimens will take months to get the official identifications for. The final tally could end up somewhere around 1,300 species!

The Friends of Lake James State Park board of directors saw the value of this effort and helped out by donating a catered dinner under the East Picnic Shelter for everyone involved. Dinner conversation may have struck the casual observer as a bit unusual, but stimulating and undeniably enthusiastic.

Among the many discoveries, the fish team from North Carolina Wildlife Resources Commission found 24 species inhabiting the creeks that wind through the park, including greenfin shiner, bluehead chub, margined madtom and Central stoneroller. The botanists added more than 250 species of vascular plants alone, including Jack-in-the-pulpit, Carolina Elephant-foot and farkleberry. The reptile and amphibian team identified black-bellied, Southern two-lined, Northern dusky and Northern red salamander.

To see the lists of species in their entirety, go to www.dpr.ncparks.gov/nrid/public.php.

NEBO CLASS OF 1959 REUNION



Last June under the East Picnic Shelter at Lake James State Park's Paddy's Creek Area. The park has three picnic shelters available for rent. They're perfect for family reunions, birthdays, graduations, corporate outings and anything else you can think of. Call 1-877-722-6762 to make a reservation this summer.

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)



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.



PARK GENERAL INFO

- July and August gate hours are 7a.m. until 10p.m.
- The campground is open through November 30
- The swimming area is open
- The concession stand is open
- Hidden Cove and Canal bridge boat access areas are open

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 or email info@lakejamesstatepark.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) \$_____
 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.