



VISITOR CENTER AND COVE BRIDGE HEAD INTO HOMESTRETCH



Since its establishment in 1986, Lake James State Park has never undertaken projects of such magnitude as the new visitor center and pedestrian bridge at the Paddy's Creek Area. Considering their individual merits alone, each of these major construction items would dramatically enhance the visitor experience at the park. Together, the visitor center and bridge will be an iconic attraction for all future day trips to Lake James.

Before opening to the public sometime this fall, each project still has a ways to go before completion. The visitor center work crews will be busy finishing concrete work around the building, laying asphalt on the entrance road, parking lot and pedestrian trail to the bridge,

landscaping, interior paint and installation of exhibits, as well as bathroom fixtures and cabinetry.

The bridge across Mills Creek requires handrails and fencing along the approaches at either end.

As with any project of this scope, the exact date for the grand opening remains elusive. It is reasonable to hope that, without setbacks, the VC and bridge will welcome their first guests during a ceremony in late September or early October.

Stay tuned.

LONG ARM CEMETERY TOUR – THURSDAY, JULY 15

It has been many months since members of the public have had the opportunity to visit the historic cemetery on Long Arm Peninsula. Before the area became part of Lake James State Park in 2005 it was long held in private ownership. As new park facilities are developed to access and enjoy this beautiful area, the park staff is excited to provide a rare opportunity to walk among the tombstones. Meet Ranger Veasey at the Paddy's Creek Area bathhouse breezeway at 9 a.m. and we'll caravan to the cemetery from there.



WETLANDS HIKE – FRIDAY, JULY 16

Join us for an opportunity to visit the “River Section” of Lake James State Park. Park Ranger Engels will be meeting a group of adventurous hikers to the Old Catawba River to search for aquatic plants, animals, insects and birds. The wetland habitat in this area is rich in biodiversity and rarely visited by humans. Meet Ranger Engels at the Canal Bridge Boat Access on NC 126 at 9 a.m. for a 9:15 carpool/ caravan to the site.

FIREFLIES, FACT AND FICTION – SUNDAY, JULY 18

As we continue our celebration of the Year of the Beetle, let's take a closer look at one of the most beloved beetles of them

all, the firefly. Not all fireflies are the same, but they're all beetles. Meet Park Ranger Jamie Cameron at the Shortoff Mountain Overlook parking lot, just after you turn into the Paddy's Creek Area. We'll look for fireflies, try to get an up-close experience and talk about the unique life histories of these fascinating insects. Our program begins at 9 p.m. and will last for 45 minutes.

JUNIOR RANGER BOOT CAMP – WEDNESDAY, JULY 21

Do you think you have what it takes to join the prestigious ranks of the North Carolina State Park Junior Rangers? If you do, the rangers at Lake James State Park want you! The Junior Ranger program is for kids ages 6-12 who have an interest in nature and stewardship. Join Park Ranger Jamie Cameron to receive your Junior Ranger workbook and participate in several activities that will put you well on your way towards earning your Junior Ranger certificate at patch. We'll meet at the Paddy's Creek Area bathhouse breezeway at 10 a.m. You must pre-register for this program by calling the park office at 828-584-7728.

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LAKE JAMES BOAT TOUR – FRIDAY, AUGUST 6

The waters and shoreline of Lake James is bursting with life and there's no better way to explore than by boat. Park Ranger Veasey will be your captain and guide aboard the park patrol boat as we search for ospreys, otters, eagles and scenic vistas. The weather could be hot and muggy, so be sure to watch the forecast and dress appropriately for the day (remember it's always cooler out on the water) if you are one of the eight lucky participants. Registration is required and available on a first-come, first-served basis. Call the park office at 828-584-7728 to reserve your spot. Meet at the Paddy's Creek Area East Picnic Shelter at 8:45 a.m. for a briefing and prompt 9 a.m. departure.

OLD HOMESITE TOUR – THURSDAY, AUGUST 12

Before there was Lake James, the Catawba River and Paddy's Creek were home to communities of farmers. Their legacy remains along the lakeshore in the homesite ruins they left behind and we can learn a lot about life during those times if we consider the structures they built. Join Ranger Engels on a hike to some of the homesites along park trails. Meet at the Paddy's Creek Area bathhouse breezeway at 9 a.m. for this popular and informative trip back in time.



OWLS AMONG US – SUNDAY, AUGUST 15

Throughout written history, owls have always held a special place in people's hearts. In spite of our desire to know them, owls remain mysterious. They are also relatively common in the forests and fields of western North Carolina. Once you recognize the myriad sounds owls make, a whole new world of appreciation opens. Ranger Jamie Cameron will lead a group of curious owl-seekers on a short hike along the Lake Channel Overlook trail at the Catawba River Area side of the park. We'll start from the campground parking lot at 9 p.m. Bring a headlamp or flashlight, binoculars if you have them and a pair of comfortable hiking shoes for this 45-minute program.

JUNIOR RANGER BOOT CAMP – WEDNESDAY, AUGUST 25

Do you think you have what it takes to join the prestigious ranks of the North Carolina State Park Junior Rangers? If you do, the rangers at Lake James State Park want you! The Junior Ranger program is for kids ages 6-12 who have an interest in nature and stewardship. Join Park Ranger Jamie Cameron to receive your Junior Ranger workbook and participate in several activities that will put you well on your way towards earning your Junior Ranger certificate at patch. We'll meet at the Paddy's Creek Area bathhouse breezeway at 11 a.m. You must pre-register for this program by calling the park office at 828-584-7728.

NATURE NOTES



Without the marvel of modern air conditioning or the uniquely human ability to sweat, the animals of the forest must adjust their periods of activity to avoid the heat of summer. That means early mornings and late evenings are best for wildlife viewing in the park now that we are living through the dog days of summer.

An exception is the birds nesting within the park. The breeding season has been

going on for more than two months now and some mated pairs are working on their third broods of the season. You may notice the bluebird boxes erected along the park road in the Paddy's Creek Area. These iconic songbirds are thriving in the artificial cavities maintained by the park staff. During the 1970s and 80s, eastern bluebirds had declined to the point that biologists were getting concerned. The subsequent campaign to provide nest boxes in suitable habitat resulted in a surge in the bluebird population and today we enjoy bluebirds as a fairly common resident around Lake James.

Another exception to the midday siesta rule is the multitude of insects that pollinate plants of every variety. A great place to observe these essential workers of the natural world is the planted native gardens at the Paddy's Creek day use area. Butterflies, bees, beetles and flies all play a critical role in moving pollen from one flower to another. Without insects, the essential system of plant pollination, fruiting, seeds and growth would cease to exist.

Be aware as you drive the park roads that young animals are on the move. Spotted fawns, fuzzy turkey poults and miniature raccoons and opossums are following their mothers around as best they can, but they're slower than the adults and have yet to learn the hazards of cars and roads.

Sure it's hot outside, but the park trails are shaded and cool, so come on out for a hike or a swim. 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

Mike Sewell - Secretary

Annette Bryant - Membership Coordinator

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

Jim Williams - Member at Large

Mickey Lewis - Member at Large

Charles Abemathy - 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 BEETLE

FIREFLIES AND LIGHTNING BUGS; THE HARBINGERS OF SUMMER



It's an American summertime tradition as dear as apple pie and baseball; children venturing out into backyards and open fields after the heat of the day, waiting impatiently for the evening's magic show to begin. With bare hands and butterfly nets, giggling kids race across the grass to capture a few of Nature's tiny Tinkerbells to light up nightstand Mason jars when their parents finally call them inside to bed.

Though they lack the hard exoskeleton of other beetles, fireflies and their allies belong to the same Coleoptera order that includes lady bugs, click beetles, weevils and scarabs. What makes them uniquely obvious and charismatic to the casual observer is the ability of some species to flash bioluminescent light from specialized organs in their abdomens.

There are 81 known species of lightningbugs (Lampyridae) in eastern North America. In North Carolina, 30-40 species have been identified, including the famous synchronous fireflies of the Blue Ridge Mountains and the blue ghosts of the southern Appalachians.

You don't have to travel far to see fireflies in rural and suburban communities, especially if suitable habitat is available and pesticide use is minimal or non-existent. In their

larval stage, fireflies need areas with dead leaves and thick vegetation. Home gardeners will be happy to know that firefly larvae are voracious predators that feed heavily on snails and slugs. In the adult form, most fireflies forego food and focus on finding a mate.

Which brings us back to the kids in the backyard catching fireflies as they flash across the lawn. Males and females flash back and forth to find one another in the darkness. Fireflies also use this bioluminescence to warn would-be predators off. Chemical compounds within the bugs make them quite distasteful to birds, toads, bats and other insect-eating critters.

If you're like most folks and you love seeing fireflies on mid-summer nights, don't put them in your mouth, make sure kids release them back into the great outdoors after enjoying them for a night, let some areas of your yard stay vegetated and unraked, and limit the use of pesticides, bug zappers and fly traps.

It's an amazing world out there so get outside this evening and watch the show.

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"We hold these truths to be self-evident that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness."

-Thomas Jefferson





CLAY'S CORNER: BE YOUR OWN FIRST RESPONDER

Chief among your rangers' responsibilities here at the state park is providing you with valuable recreational and educational opportunities. North Carolina State Park rangers try to provide you with knowledge and experiences that will increase your joy and satisfaction long after you leave. We'd like to send you home with lessons that can be applied directly to your everyday life. Although park rangers don't typically make it their practice to pass out medical advice, allow me to introduce you to a proven medical fact to remember: You are your own first responder, both in the park and at home.

In the lower 48 states there are few places you can travel where a hospital with advanced trauma care is more than an hour away. The vast majority of us will have police, firefighters or paramedics on our doorstep within 10 minutes of a call for help. As reassuring as that sounds, why would anyone put any effort or money into medical training and supplies? Along with quick access to the best medical care in the world, we also have quick and cheap access to more power tools, sharp cutting implements and firearms than ever before. These tools can cause serious injuries that won't wait 10 minutes or more for help to arrive. Traumatic injuries can be so significant that the matter of life and death is measured in seconds, not minutes.

Like most law enforcement officers across the state, each park ranger carries an Individual First Aid Kit (IFAK). These kits contain supplies to assist in dealing with physical trauma to ourselves or park visitors.

The most important piece in this kit is a tourniquet, used to deal with severe bleeding from an extremity. Tourniquets have gotten a bad rap throughout the years, but in the past decade they have been proven safe and extremely effective. They are



applied to the arm or leg just above the injury and tightened until bleeding is stopped. If you carry only one item that we cover here it should be a tourniquet, or maybe two.

The next gem in your kit should be hemostatic gauze. Treated with a chemical that encourages blood to clot quickly, it can be purchased either folded or rolled and is used to tightly pack puncture wounds or deep lacerations

in order to stop blood loss. Hemostatic gauze can be used on most parts of the body, but is primarily used on the abdomen or joints where it is difficult or impossible to apply a tourniquet. It should be pressed deeply into the wound cavity using a gloved finger until the cavity is filled tightly.

Next on the list are chest seals; adhesive dressings used to seal a puncture wound to the chest cavity. When the chest cavity is punctured, air can be drawn in through the wound rather than through the nose and into the lungs, preventing the patient from breathing sufficiently. Chest seals function as a valve, allowing air to escape through the wound but preventing air from being sucked back in. Use direct pressure to control any bleeding and never pack a chest wound with gauze because you risk obstructing the lungs.

Your actions during the first few moments of a severe accident are critical in determining the outcome. Start with getting some training in basic life support and keep getting it updated. It's a perishable skill and the science is constantly improving. You don't need to be a doctor or even a paramedic to understand and apply the fundamentals of medical intervention. Buy proven gear and carry it on your person or in your vehicle. And remember, whether you are defending your home or patching up your buddy's chainsaw injury, you are your own first responder.

CAMPFIRE COOKING

RANGER VICK'S OLD FASHIONED NONALCOHOLIC MICHELADA



Many years ago, prior to my natural resources career, I ran a small health-based restaurant in downtown Asheville. During my employment there I became privy to an elixir that both perplexed and, some may say, obsessed me. This drink, called kombucha, was said to be a drink with numerous health benefits that also tasted good.

So, what is Kombucha?

Kombucha is a fermented drink made with tea, sugar, bacteria and yeast. Although it's sometimes referred to as kombucha mushroom tea, kombucha is not a mushroom — it's a colony of bacteria and yeast. Kombucha tea is made by adding the colony to sugar and tea, and allowing the mix to ferment. The resulting liquid contains vinegar, B vitamins and a number of other chemical compounds. The acids produced by the fermentation process may have antimicrobial and antibacterial properties, as well as a positive impact on blood sugar levels after eating. These benefits are still being studied. Limited evidence suggests kombucha tea may offer benefits similar to probiotic supplements, including promoting a healthy immune system and preventing constipation. However, that evidence only goes so far and it is up to the individual to decide. This ranger personally has found the tea to aid in digestion as well as recovery.

After a day of hiking or biking why not pull up a chair to the campfire and kick back with this Kombucha "Kocktail"?

NONALCOHOLIC MICHELADA

- Lime juice
- Sea salt, like Himalayan or Alaea
- 1½ tablespoons tomato paste
- Ice
- 12 ounces kombucha
- Lime Zest for flair

Wet a glass rim with lime juice and dip into sea salt. Add 2 tablespoons lime juice and tomato paste and stir. Top with ice and kombucha. Stir to combine. Add lime zest on the top and your favorite swirly straw for an extra 8% of fun!!

JUNETEENTH STORYWALK



Lake James joined N.C. State Parks in celebrating Juneteenth this year. The new federal holiday commemorating the final emancipation of enslaved people in Texas, June 19, 1865, was spotlighted with a storywalk along the Sandy Cliff Trail at the Catawba River Area. Floyd Cooper's children's book "Juneteenth for Mazie" was featured.

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)

PARK GENERAL INFO

- Park hours for July and August are 7 a.m. until 9 p.m. for day use areas. Gates will remain open until 10 p.m. for registered campers only.
- The Paddy's Creek Area swim beach is open seven-day-a-week, from 10 a.m. until 6 p.m. Please refer to the park web site at www.ncparks.gov/lake-james-state-park/home or call the park office at 828-584-7728 for updates.
- Canoe and kayak rentals are limited to Friday – Sunday. Boats are available on a first-come-first-served basis starting at 10 a.m., with a two-hour, \$20 minimum rental. Rentals cease at 4 p.m. and all boats must return by 6 p.m.
- Park offices and gift shop at Catawba River Area are open Monday – Friday, 8:30 a.m. until 4:30 p.m. The Paddy's Creek Area office and gift shop is open seven-days-a-week, from 10 a.m. until 6 p.m.

IT'S TURTLE SEASON



Summer thunderstorms put box turtles and other reptiles and amphibians in the mood for explorations. These periodic wanderings often take our scaly friends across roadways and put them in danger of getting run over. Please drive with caution and share the road.

BUG OUT



Get ready for a Creep-Crawly adventure at the Holly Discovery Trail! The Kids In Parks Track Trail has a new educational brochure featured for 2021, the Year of the Beetle, with Bug Out. The new brochure is a great beginners guide to insect investigations and dives into the differences between spiders, insects, and arthropods.

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 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/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.