

SITE PREP FOR VISITORS CENTER PROGRESSES



Year-round visitors to the park are no doubt accustomed by now to the big yellow earth movers and red clay tire tracks going up and down Lake James State Park Road at the Paddy's Creek Area. Others will likely be surprised by all the activity, especially if they haven't kept up with the news that Lake James State Park is in the process of constructing a new visitors center, set for completion sometime this winter.

Contractors are well on their way toward clearing and grading the site, which sits atop a finger ridge that runs into the Mills Creek arm of Lake James. From that perch, the visitors center will offer scenic views of the Linville Gorge and South Mountains.

Until its completion, park patrons are not permitted in the construction zone, where heavy machinery, and a variety hazards abound.

With a little patience, the grand opening will be on the schedule before we know it, ushering in an exciting new chapter at Lake James State Park.

JUNIOR RANGER BOOT CAMP – SATURDAY, MAR. 7

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.

SEARCHING FOR STARDUST – SUNDAY, MAR. 8

The earth is bombarded by sixty tons of space dust from celestial bodies, asteroids and comets every day. These metallic, otherworldly stones come in all shapes and sizes, yet few are ever seen. This "star dust" is most commonly known as micrometeorites and they're hiding all around us in plain sight. Come join Ranger Wade Engels for an exciting hunt for micrometeorites and learn about what they are made of, the collection process and how to identify them. The program will start at Paddy's Creek Area bathhouse breezeway at 1 p.m. so bring a sharp eye and let the hunt begin.

CREATING THE CAMPFIRE – SATURDAY, MAR. 14

2020 is the "Year of Fire" for North Carolina State Parks. Humans have been making fire for thousands of years. Fire is an essential survival tool, used to boil water, cook food and generate heat to keep you warm. This program with Ranger Brian Vick will teach you how to gather the right materials to make a good campfire as well as provide "hands-on" practice in fire-building to use edible treats. We will meet at the Paddy's Creek Area bathhouse breezeway at 1 p.m.



FLIGHT OF THE TIMBERDOODLE – MONDAY, MAR. 16

Some folks call it a bog sucker. Others refer to it as a timberdoodle. Birdwatchers know it as the American woodcock. It's a sandpiper that lives in the woods! These charismatic birds have one of the strangest courtships of any North American species and it's happening now ... at Lake James State Park! This evening, we'll try to hear and hopefully see the male woodcock conduct their display flights over the open woodlands of the Catawba River Area. It will likely be cold and it will definitely be dark, so dress accordingly. The group will meet Ranger Jamie Cameron at the Catawba River Area main gate at 7:30 p.m.

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LAKE CLEAN-UP - SATURDAY, MAR. 21

The weather is warming, the birds are singing and the trees are beginning to bud — it's time for a little spring cleaning at Lake James. Lake James Area Wildlife and Nature Society will partner with the state park once again for the annual shoreline cleanup. It will be all hands on deck to get the lake ready for the busy spring and summer season. With water levels low, now is the time to remove as much trash as possible from the exposed shoreline. Volunteers are needed, but volunteers with boats (pontoon boats especially) will be at a premium. Team leaders will meet at 8:30 a.m. at the Paddy's Creek Area law enforcement boat ramp for a briefing. Volunteers should arrive by 9 a.m. The teams will reconvene at the East Picnic Shelter at 2 p.m. for a picnic lunch. Students note: participants will receive a Letter of Community Service upon request. Anyone interesting in lending a helping hand should check out the Lake James Area Wildlife and Nature Society on Facebook or call John Steine at 828-584-6948 or Howard Morgan at 828-584-0876.

ASTRONOMY FOR EVERYONE – SATURDAY, MAR. 21

Lake James State Park Superintendent Nora Coffey will be co-hosting with the Catawba Valley Astronomy Club for a night of star gazing. Learn some basic star gazing tips and take home your own star chart. There will be telescopes and binoculars set up for viewing the night sky, but feel free to bring your own if you have them. Folding chairs are also recommended. Please park at the East Picnic Shelter and walk to the upper parking lot (headlights and stargazing don't mix). The sun will set around 6:45 p.m. so we'll get things started shortly thereafter. As long as skies are clear we'll hang out until at least 9 p.m. In case of rain/clouds we will have a short program prepared in the East Shelter. Register by calling the park office at 828-584-7728.

WALKING THE WETLANDS - FRIDAY, MAR. 27

Park Ranger Clay Veasey 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 Veasey at the Canal Bridge Boat Access on NC 126 at 9:45 a.m. for a 10 o'clock carpool caravan to the site.

EAGLE NEST BOAT TOUR – SATURDAY, MAR. 28

The Lake James eagle nest should be buzzing with activity now as the eaglets are growing by leaps and bounds and demanding fish from their overworked parents. Ranger Clay Veasey will be your captain and guide aboard the park patrol boat as we pay the bald eagles a visit. The weather could be blustery, so be sure to dress warmly 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 9:45 a.m. for a briefing and prompt departure at 10 o'clock.

BEGINNER'S POETRY WORKSHOP – SATURDAY, MAR. 28

Spring is a magical time of change that has inspired generations of people to write poetry. We will look more closely at the transformation that happens to plant, bird, and insect life at Lake James State Park and learn how to capture spring's rapidly changing beauty in verse. Meet at the Catawba River breezeway at 11 a.m. This program is geared for the young at heart, particularly children in 4th - 8th grade. Participants will leave the program having crafted one poem celebrating spring's transformations.

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COYOTES - SATURDAY, MAR. 28

Learn about this highly adaptable animal who has managed to make its home all over North America. See how the "brush wolf" has learned to survive and thrive in the wildland urban interface for so many years. Ranger Brian Vick will lead this program, which will include hiking on the Paddy's Creek Trail (from the swim beach area) to a pre-set trail camera. Please dress appropriately for our 1 p.m. departure from the Paddy's Creek Area bathhouse breezeway.

SPRING BIRD HIKE – SATURDAY, APRIL 4

Warm southern winds are helping songbirds on their way to the nesting grounds and Lake James State Park is an important stopover for warblers, vireos, orioles, hummingbirds, swallows and a host of other birds. The Paddy's Creek day use area is an excellent place to look for these tiny travelers, as well as the many species that reside year-round along the lakeshore. Ranger Jamie Cameron will have his trusty binoculars and field guide for this enjoyable 3/4-mile hike featuring several different habitat types in the park. Plan to meet in the Paddy's Creek Area bathhouse breezeway for an 8:30 a.m. departure. Watch the weather forecast and dress appropriately.

CONTROLLED ROT: WILD YEASTS AND THEIR USES – SUNDAY, APRIL 5

Wild yeasts and bacteria have been used for thousands of years by humans to preserve many different foods. From sourdough bread to pickles, wild yeasts were the unseen force that ruled over food preservation for generations. Join Ranger Wade Engels on a guided hike where wild yeasts, capturing methods and potential food uses will be discussed. The program will begin at the Catawba River Access breezeway at 1 p.m.

BOAT TOUR – SUNDAY, APRIL 5

Lake James hosts many species of waterfowl during their return migration north, as well as the critters that stay here yearround. Ranger Jamie Cameron will be your captain and guide aboard the park patrol boat as we search for loons, otters, eagles

and scenic vistas. The weather could be blustery, so be sure to dress warmly if you are one of the eight lucky participants. Registration is required and available on a first-come, firstserved basis. Call the park office at 828-584-7728 to reserve your spot. Meet at the Paddy's Creek Area East Picnic Shelter at 1:45 p.m. for a briefing and prompt departure at 2 o'clock.

CAMP COFFEE – SATURDAY, APRIL 11

2020 is the "Year of Fire" in North Carolina State Parks. Ranger Brian Vick will teach you several methods for brewing piping hot, delicious camp coffee on your next backpacking or car camping adventure. We'll "mug up" at 10 a.m. at the Paddy's Creek Area bathhouse breezeway.



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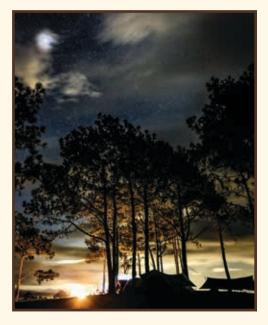
ASTRONOMY FOR EVERYONE – SATURDAY, APRIL 18

Lake James State Park Superintendent Nora Coffey will be co-hosting with the Catawba Valley Astronomy Club for a night of star gazing. Learn some basic star gazing tips and take home your own star chart. There will be telescopes and binoculars set up for viewing the night sky, but feel free to bring your own if you have them. Folding chairs are also recommended. Please park at the East Picnic Shelter and walk to the upper parking lot (headlights and stargazing don't mix). The sun will set around 7 p.m. so we'll get things started shortly thereafter. As long as skies are clear we'll hang out until at least 9 p.m. In case of rain/clouds we will have a short program prepared in the East Shelter. Register by calling the park office at 828-584-7728.

SEARCHING FOR STARDUST – SUNDAY, APRIL 19

The earth is bombarded by sixty tons of space dust from celestial bodies, asteroids and comets every day. These metallic, otherworldly stones come in all shapes and sizes, yet few are ever seen. This "star dust" is most commonly known as micrometeorites and they're hiding all around us in plain sight. Come join Ranger Wade Engels for an exciting hunt for micrometeorites and learn about what they are made of, the collection process and how to identify them. The program will start at Paddy's Creek Area bathhouse breezeway at 1 p.m. so bring a sharp eye and let the hunt begin.

BOAT TOUR – FRIDAY, APRIL 24



Lake James hosts many species of waterfowl during their return migration north, as well as the critters that stay here year-round. Ranger Clay Veasey will be your

captain and guide aboard the park patrol boat as we search for loons, otters, bald eagles and scenic vistas. The weather could be blustery, so be sure to dress warmly 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 9:45 a.m. for a briefing and prompt departure at 10 a.m.

LONG ARM CEMETERY TOUR - SATURDAY, APRIL 25

It's a rare opportunity for members of the public to have the chance 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 this experience to walk among the tombstones. Meet Ranger Clay Veasey at the Paddy's Creek Area bathhouse breezeway at 10 a.m. and we'll caravan to the cemetery from there.

CAMPING 101 - SLEEP SYSTEMS - SATURDAY, APRIL 25

A great day of outdoors activity while camping requires a great night of sleeping. Join Ranger Brian Vick for this program in which he will demonstrate different camp sleeping gear that is guaranteed to have you catching Zzzs in most any condition. Meet at the Paddy's Creek Area bathhouse breezeway at 1 p.m.

MEET THE RANGER

If the summer of 2019 was your last visit to Lake James State Park, welcome back and things have changed. Notably, the ranger staff at the park is going into the 2020 season at full strength, thanks to the recent addition of veteran Ranger Brian Vick.

Although Vick has lived in North Carolina for more than 30 years, he gained his first ranger experience in northern Colorado as a seasonal reservoir ranger for five years. During that time. Vick and his wife travelled across the western states in search of outdoor recreation and wilderness, but they always found themselves returning to their native state of North Carolina.

In 2017, Vick successfully applied for a permanent ranger

Ranger Brian Vick

position at Hammocks Beach State Park in coastal Onslow County and now, with his acceptance of the job here, they have made their home in western NC.

"It is by design that we find ourselves in WNC and Lake James," said Vick. "This area has always felt like home to us. My wife and I met in Asheville and we are looking forward to raising our son here."

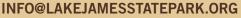
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Ranger Vick will take on the duty of swim area manager, as well as all of the law enforcement, first responder, search and rescue, resource management, environmental education and other required responsibilities that come with the territory.

"I'm literally living my dream."

During his career with both Colorado and North Carolina parks, Vick has accumulated a vast amount of boating experience, including a skill set that will serve him and park visitors well with, more than 33 miles of lake shoreline to patrol and an everincreasing amount of water recreation.

Most of all, Vick is looking forward to ensuring everyone who visits Lake James has a safe and positive experience. "This is a true outdoors park." he said. "The trails at Lake James are trails I plan to hike with my family. The campgrounds are places we plan to stay. I love and appreciate the outdoors and I want to do everything I can to protect it. Being a park ranger is the best way I can think of to do that."



NATURE NOTES

As memories of this warm, wet Winter fade into the promise of Spring, it's time to embrace the changing seasons, even at this accelerated pace.

Flowering trees like dogwoods, redbuds, cherries and serviceberries have blossomed for better or worse. If we experience a hard frost during March it will have a negative affect on the amount of fruit these understory trees produce and therefore impact the diet of many birds and mammals. It may be that above normal temperatures and precipitation increases the early activity of insects, which in turn might fill in the nutritional gap for some of the critters that would typically be feeding on fruits.



It also means that we lovers of outdoor activities need to think about protecting ourselves from ticks. Warm, wet weather equates to an increase in the tick population. There are several species found around Lake James, but getting bitten by any of them is something to be avoided. While most people are aware of the significant health consequences of Lyme Disease and Rocky Mountain Spotted Fever, there are a number of other nasty tick-borne diseases in the Southeast and the frequency in which they are transmitted to humans is on the rise.

Just last year, former North Carolina Senator Kay Hagan died following a three-year battle with Powassan Virus, which she contracted through a tick bite in 2016. She was 66 years old.

How can we avoid ticks while making the most of the wonderful outdoor activities available at Lake James State Park and beyond? Stay on the trail; avoid grassy and

brushy areas where ticks are found. Treat your clothing with permethrin or other approved insect repellents. Check your clothes for ticks when you get home. Take a shower and do a thorough tick check of your entire body. Remove any attached ticks immediately.

Incidentally, there is at least one effective natural predator of ticks out in the forest - the Virginia opossum. Opossums are North America's only marsupials, belonging to the same family as koalas and kangaroos.

A 2014 study published by the Cary Institute of Ecological Studies showed that opossums ate more than 90-percent of the ticks that attempted to parasitize them. That same paper extrapolated that individual opossums consumed up to 5,500 ticks per season.

Spring is coming! Be prepared. Be careful. Be happy.

See you out 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 opportinities 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 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 Abernathy - Member at Large

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

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FRIENDS OF LAKE JAMES STATE PARK VOLUNTEERS MAKE THE DIFFERENCE

<image>

The year 2019 brought a 20-percent increase in visitation to Lake James State Park. With all that love, though, comes a need for help in maintaining the park's amenities. Fortunately, we have a marvelous pool of volunteers that provides that help in abundance!

Overall volunteer hours rose 17.6% from 2018, and this covered a variety of categories, from individuals to large non-profit organizations, and included a variety of activities; from campground hosting to trash pick-ups.

By far, the annual Lake James Cleanup on March 23 clocked in the highest number of volunteers with 276 hours recorded for day. Nearly half of the volunteers were students from Freedom High School in Morganton, and together they hauled in 4.5 tons of trash, including 30 discarded tires. We also praise the efforts of the Northwest North Carolina Mountain Bike Alliance, which sponsored two trail workdays on the Tindo and Wimba loops. These volunteers cleaned out drainage dips, installed technical features and performed yearly maintenance; keeping our trails some of the bestmaintained in the state. Special thanks go to Richard Judy, Scott Duncan, Jack Brown, Eric Loomis, Tom Coffey, and Paul Stahlschmidt who led the effort this year. [Photos by Scott Duncan]

We look forward to working with our volunteers in 2020. More bike trail clean ups will be held, and the Lake James Cleanup is scheduled for March 21. If you are interested in helping out at the park in these or any another capacity, contact Ranger Wade Engels at 828-584-7728 for more information.

18TH ANNUAL LAKE JAMES CLEAN-UP

As the weather starts to turn towards summer, people from near and far are looking forward to spending time at the lake. With clear waters, beautiful surroundings and water sports of every type, it's easy to get excited about the coming months. Like most places people live, work and play, Lake James could use a good spring cleaning to be looking its best when the guests arrive.

Goodness knows the lake needs it, especially this year with all the flotsam and jetsam that's been washed

downstream as a result of heavy rainfall in the Catawba River Basin last month. Everything flows down-river, including trash.

Thankfully, Lake James has a dedicated group of stewards to make sure the area is looking its best for residents, visitors and for the health of the environment. Once again, the Community of Lake James and Lake James Area Wildlife and Nature Society will partner with the state park for the annual Lake James Clean-Up. This one-day volunteer effort takes place March 21 and will focus on the lake shoreline



contained within Burke County.

"It started out as a small group of us back in 2002," explained Howard Morgan, one of the event's original organizers. "It just kind of grew as more and more communities got involved."

Last year, for the 17th annual iteration of the clean-up, more than 100 volunteers showed up and filled several dumpsters with trash collected from boats and on foot.

Gloves, trash bags and mechanical grabbers will be available until supplies are exhausted. Water and lunch will be provided. Volunteers who can provide the use of their personal watercraft are especially welcome, as accessing remote shorelines will be a priority. Student volunteers will receive the added benefit of earning a letter of Community Service for their involvement.

For more information or to register to help, call Howard Morgan at (828) 584-0876 or John Stein at (828) 584-6948.

SWIMRUN LAKE JAMES RETURNS



Get ready for the most extreme endurance race this side of Burke County: The Lake James SwimRun returns April 18. Up to 100 2-person teams will try to conquer the elements as they negotiate the 19-mile long course or the 12-mile short course. Both races involve a series of running and swimming legs of various distances. If you're not feeling up to the task, there's still opportunities to experience the event as a race course volunteer or as one of the paid lifeguards who watch over the athletes. For sign up and volunteer information go to signup.com and search SwimRun Lake James.

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YEAR OF THE FIRE

While the Americans have become quite accustomed to the annual explosion of extreme wildfires in the West during late summer and into the fall, it is a different story here in the Southeast. The old saying suggests "April showers bring May flowers," but around these parts, late February through May is the period when most wildfires occur. Humans are responsible for the vast majority of wildfire ignitions in North Carolina, where burning piles of yard debris is commonplace as folks tidy up in preparation for the growing season. Unfortunately, some people who burn yard waste do not take into account risky environmental conditions that can lead to tragedy. High winds, low humidity and dry fuels are ingredients for unintended disaster. These are the threats that keep fire managers up at night.

This is also traditionally the time of year when those same fire managers look for the perfect combination of atmospheric and terrestrial parameters to conduct prescribed burns on the lands they oversee. At Lake James State Park, prescribed fire has been used as a management tool since 2014. Designated areas of the park, known as burn units, range in size from 30 acres to more than 500. Burn units are separated out from the landscape with fire lines. Fire lines can be constructed by hand or heavy equipment, or they can be natural. At Lake James State Park, burn units are often defined by at least one natural boundary that fire cannot cross, like a wide creek or even the lake itself. Other fire lines can be pre-existing, like the paved roads traversing the park and its campgrounds, or constructed by raking or bulldozing all of the combustible material from a Point A to Point B.

Each burn unit has its own prescription, which defines the conditions under which it can be burned effectively and safely. These conditions include, wind speed and wind direction, forecasted air temperature and relative humidity, moisture levels within the fuels that will burn and the human and mechanical assets to do the job.

If the weather cooperates, you might see a column of smoke rising from the park. You might also be inconvenienced by a gate closure at either the Paddy's Creek or Catawba River areas when a prescribed burn is being conducted. If that happens, you'll know the burn is being happening to improve wildlife habitat and restore the historic forest ecosystem. It's also consuming the dry, dead wood and leaflitter on the forest floor in a gentle and controlled intensity – far more desirable than what could happen during an extreme wildfire situation.



SAVE THE DATE



LJSP TRAILS



- The annual Lake James Clean Up is scheduled for March 21. Volunteers are needed to help with this massive effort to remove trash from the Burke County shoreline of the lake and areas within the state park. Information will soon be available at the Community of Lake James Facebook page, or you can call Howard Morgan at 828-438-7003 to talk about volunteering.
- The 3rd annual SwimRun Lake James on April 18. This endurance race pits teams of two against the rest of the field and, more importantly, whatever weather is on tap for race day. Racers will navigate 2-3 miles of open water swimming and 13-14 miles of trail running (depending on the final course layout). Athletes will be vetted for experience in endurance events and registrations must be received by April 1. For more information, go to https:// runsignup.com/Race/NC/Nebo/SwimRunNCLakeJames
- The 18th annual Catawba RiverFest will be held September 19. There will be something for everyone at the Paddy's Creek Area, with dozens of interactive and information booths representing area conservation, outdoor recreation and historic organizations. Admission to RiverFest is free. For more information, check out the Friends of Lake James State Park page on Facebook, or call the park at 828-584-7728.

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

- Gate hours during March and April are 7 a.m. until 9 p.m.
- The Hidden Cove Boat Access will reopen March 1. Gate hours are 7 a.m. until 8 p.m.
- The swim beach and concessions stand remain closed for the season. Canoe and kayak rentals are unavailable at this time.

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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:		Name			
Individual	\$10	Address_			
Family	\$25	City		State	Zip
Corporate	\$50	Email			
Patron/Industry	\$100 - \$999 \$	Phone			
Lifetime	\$1000 (or more) \$				
I would like to be contacted about volunteer			Return to:		
opportunities with the Friends of Lake James State Park					tate Park, Inc.
			P.O. Box 13		
Where did you hear a		Nebo, NC 2	8761		

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