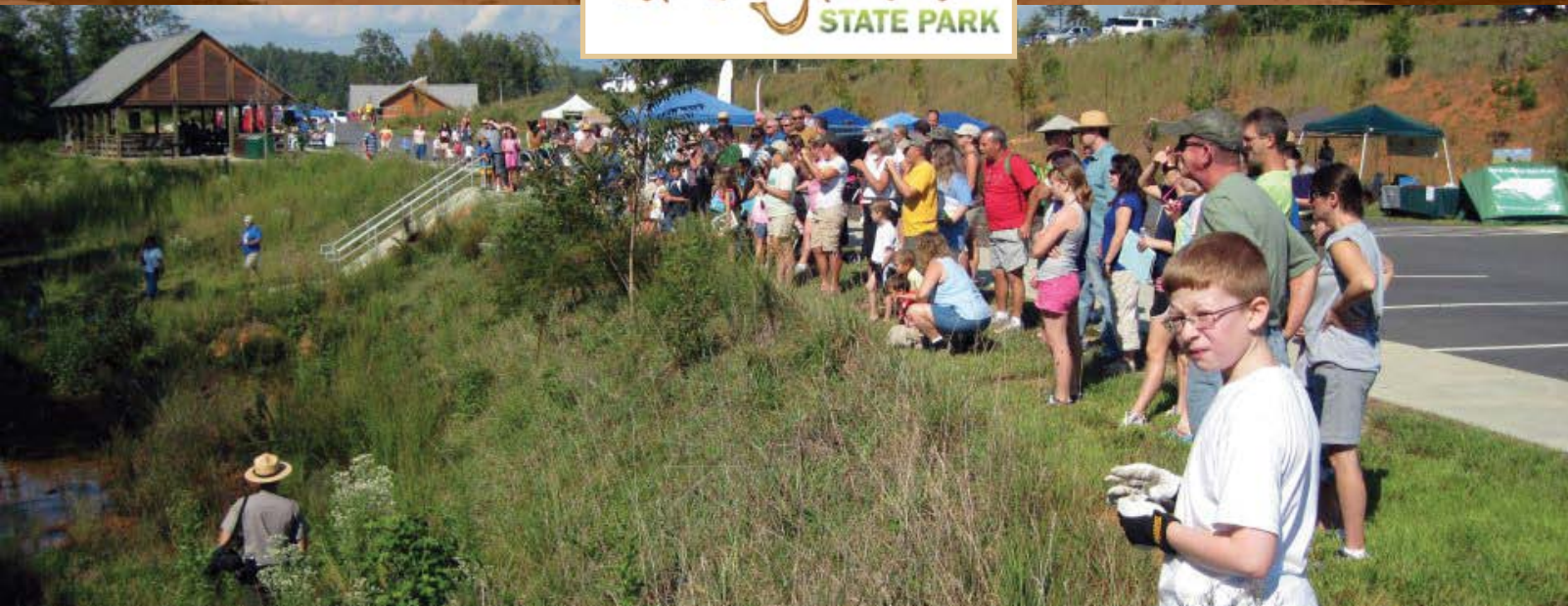




**SEPTEMBER-OCTOBER
2014**



THE 11TH ANNUAL CATAWBA RIVERFEST

Get Ready for Lake James State Park's Signature event!

This fun-fill, family-oriented celebration of the Catawba River Basin and recognition of its economic and recreational value to the communities within will take place Sept. 20th at the Paddy's Creek Area, from 10 a.m. until 3 p.m. Interactive information booths for dozens of area conservation, outdoor recreation and local history organizations will tell the story of how the river has shaped this region and the many challenges it faces today. Live musical entertainment will be provided by Alan Darveaux with Slight Departure, who will take their traditional folk sound to the people by roving throughout the festival grounds.

This year, a pre-festival bike ride on the new mountain bike trails at the park will highlight this very popular activity. Stay tuned for this and other cycling-related programs as festival plans solidify.

Scheduled exhibitors include: Carolina Raptor Center, which plans to release a rehabilitated hawk back into the wild during the festival, Lake James Area Wildlife and Nature Society, Catawba Riverkeeper Foundation, NC Forest Service, The Foothills Conservancy, Healing Dragons of Lake James, McDowell Trails Association, McDowell Honeybees, Lake James Environmental Association and many more.

For those who wish to explore the lake and find out what makes it so special, there will be a series of ranger-led boat tours. A sign-up sheet will be available at the NC State Parks booth.

Always a crowd favorite around lunchtime, Good Wood Pizza of Lincolnton will once again be baking delicious, single-serving pies

onsite throughout the day. The park concession stand will also be open to provide drinks and snacks.

Visitors are encouraged to bring their canoes and kayaks, or check out the demonstrations provided by CBS Sports of Morganton.

The 11th annual Catawba RiverFest is sponsored by Lake James State Park, Catawba Valley Heritage Alliance and The Friends of Lake James State Park. For more information, call (828)584-7728.

Come out and greet the beautiful fall season with folks who love the area as much as you do. We hope to see you there.

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.

BUTTERFLIES AND BLOOMS -

Saturday, Sept. 6

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 11 a.m.



BOAT TOUR - Saturday, Sept. 6

Any day on the waters of Lake James is a special day, but early fall brings out the beauty of the surrounding mountains and forest. Bring the kids to experience the colors of autumn in a way you'll never forget. Ranger Clay Veasey will be your captain and guide for this unique perspective of Lake James. There are just eight spaces aboard the park's patrol boat, so pre-registration is required. Call the park office at 828-584-7728 and plan to meet at 10 a.m. in the East Picnic Shelter at the Paddy's Creek Area. Bring a camera to document the journey.

EDIBLE PLANTS - Sunday, Sept. 7

Did you know you can harvest a delicious and nutritious bowl of wild greens and flowers right out of the woods and fields? Ranger Clay Veasey will lead participants on a foraging adventure that's sure to open your eyes to the possibilities of gathering food the way native peoples did thousands of years ago. Meet at the Paddy's Creek Area breezeway at 10 a.m.

BIRD HIKE AT PADDY'S CREEK - Sunday, Sept. 7

Early fall brings some of the first migrants of the season to Lake James State Park. Warblers, thrushes, flycatchers and hawks are all passing through on their way to the Neotropics, where they'll spend the winter. Park Ranger Jamie Cameron will lead the way during this exploration of the habitats found along the lake. Bring binoculars and a field guide if you have them. Meet at the Paddy's Creek Area bathhouse breezeway at 8 a.m.

Continued Next Page

**SNAKES! - Saturday, Sept. 13**

"The only good snake is a dead snake"... or so the saying goes. Some 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.

BUTTERFLIES AND BLOOMS - Saturday, Sept. 13

As summer turns to fall, 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 1 p.m.

BIRD HIKE AT PADDY'S CREEK - Sunday, Sept. 14

Early fall brings some of the first migrants of the season to Lake James State Park. Warblers, thrushes, flycatchers and hawks are all passing through on their way to the Neotropics, where they'll spend the winter. Park Ranger Jamie Cameron will lead the way during this exploration of the habitats found along the lake. Bring binoculars and a field guide if you have them. Meet at the Paddy's Creek Area bathhouse breezeway at 7:30 a.m.

CREEKING - Wednesday, Sept. 24 (TACO Week)

Experiencing a peaceful mountain stream is something most everyone enjoys, but have you ever wondered what lives in that peaceful mountain stream? From the creepy-crawly to the slimy swimmers, start off Take a Child Outside Week (TACO Week) with a walk down to Paddy's Creek to discover what calls Lake James' streams home. Meet Ranger Kevin Bischof at the Holly Discovery Trail Parking Area for a short walk down to Paddy's Creek. Bring sturdy footwear that you don't mind getting dirty or wet. The creek discovery starts at 3 p.m. and will last about an hour.

FALL MIGRATION BIRD TREK - Thursday, Sept. 25

Celebrate Take A Kid Outside Week by bringing your young naturalists on this exploration of the avian life along the Holly Discovery Trail. We'll be searching for fall migrants with Ranger Earl Weaver, so bring binoculars and a field guide if you have them. This excursion begins at 10 a.m. in the Holly Discovery Trail parking area.

Continued Next Page

BOAT TOUR - Friday, Sept. 26

Any day on the waters of Lake James is a special day, but fall brings out the beauty of the surrounding mountains and forest. Bring the kids to experience the colors of autumn in a way you'll never forget. Ranger Earl Weaver will be your captain and guide for this unique, Take A Kid Outside Week program. There are just eight spaces aboard the park's patrol boat, so pre-registration is required. Call the park office at 828-584-7728 and plan to meet at 10 a.m. in the East Picnic Shelter at the Paddy's Creek Area. Bring a camera to document the journey.

NATIVE PLANT GARDENING - Saturday, Sept. 27

In celebration of the environmental education theme, Lepidoptera (moths and butterflies), visit Lake James on National Public Lands Day. Join Park Ranger Earl Weaver and learn native plant gardening techniques and plants to attract these beautiful insects to your yard. The program will start at the Paddy's Creek Area of the park near the bath house breezeway. Program starts at 10:00 a.m. and will last approximately 30 to 45 minutes.

EXPLORE LAKE JAMES BY CANOE - Monday, Sept. 29

Lake James by morning is the most peaceful and beautiful time to be on the water, especially for kids celebrating Take A Kid Outside Week. Wildlife abounds, with fish jumping, herons stalking, deer browsing and dragonflies buzzing. Enter this quiet realm by canoe and see life on the lake in its undisturbed state. Ranger Jamie Cameron will lead this special tour that includes instruction on proper paddling techniques and entering and exiting a canoe. Pre-registration is required for the limited number of vessels available. Bring sunscreen, binoculars and cameras, along with clothing and footwear that can get wet. We'll meet in the breezeway at the Paddy's Creek Area bathhouse at 9 a.m. To register, call the park office at 828-584-7728.

OVERMOUNTAIN VICTORY TRAIL ANNUAL MARCH AND CELEBRATION - Tuesday, Sept. 30

During the early stages to the Revolutionary War, a band of southern frontiersmen set out on a journey to find and engage a British-sponsored army and defeat it at the Battle of King's Mountain. Come out to Lake James State Park and walk in the footsteps of freedom along a segment of the Overmountain Victory National Historic Trail. We will depart from the Holly Discovery Trail parking area at 6:00 p.m. for a short hike, before regrouping at the swim beach at 7:30 p.m. for storytelling and music, courtesy of the Overmountain Victory Trail Association and the Backwater String Band.

AMPHIBIAN - Wednesday, Oct. 1 (TACO Week)

September is a fantastic time of year to see some of the Lake James cold-blooded residents. Meet Ranger Kevin Bischof as he explores the Holly Discovery Trail in attempt to discover some of the amphibians that live in the park. The hike is approximately .75-mile in length and starts 7 p.m. from the Holly Discovery Trailhead in the Paddy's Creek Area of the park.



Continued Next Page

WHO WAS HERE? - Saturday, Oct. 4

Many park visitors explore the trails of Lake James and have the good fortune to see some of the wonderful wildlife that lives inside the park. Yet some park visitors hike the park's trails and see little, or no wildlife. If you don't see it, does that mean it isn't there? Not at all. Hike with Ranger Kevin Bischof along the Fox Den Loop Trail to discover the tracks and signs left behind by the animals that inhabit Lake James State Park. Bring sturdy footwear and water to enjoy this hike to the fullest. Meet at the Catawba River Area Picnic Shelter at 3 p.m.

FALL COLOR AT LAKE JAMES - Sunday, Oct. 5

There is no better time to hike in the mountains of North Carolina than the fall, and with that, arguably no better time to hike at Lake James State Park. So come out and do it! Meet Park Ranger Kevin Bischof at the Catawba River Area to enjoy the park in its fall glory along the Lake Channel Overlook Trail. Along the way we will discover how all the leaves got their beautiful fall colors, and what happened to the summer green we grew used to seeing for the last couple of months. Wondering what types of trees bring your favorite autumn reds, or which trees bring brown and yellow to the color wheel so many love about fall? In addition to the color change, tree ID will be discussed along a hike that culminates with one of the finest views of Lake James, the park has to offer. We will meet at the park office in the Catawba River Area at 3 p.m.



PADDY'S CREEK TRAIL HIKE - Saturday, Oct. 11

Meet Ranger Earl Weaver for an invigorating hike along the Paddy's Creek Trail. This easy trek along the lakeshore will begin at the Paddy's Creek Area bathhouse breezeway. Ranger Weaver will point out trees, plants, birds and critters along the way. Meet at 9 a.m. wearing comfortable footwear and clothing appropriate for the weather forecast.

PHOTO SAFARI - Saturday, Oct. 11

Autumn is a time for Nature's most vibrant colors and what better way to capture the mood than with a photograph. Park Ranger Jamie Cameron will lead, but your own creativity will set the pace during this hike along the Sandy Cliff Overlook trail. Our goal will be great photographs and nature will be our canvas. Please bring whatever cameras and gear you think you'll need and comfortable clothing and footwear for this easy, .5-mile hike. Meet at the Catawba River Area office breezeway 4 p.m.

Continued Next Page

LEAF PEEPERS' BOAT TOUR - Sunday, Oct. 12

Any day on the waters of Lake James is a special day, but fall brings out the beauty of the surrounding mountains and forest. Experience the colors of autumn in a way you'll never forget. Ranger Earl Weaver will be your captain and guide for this unique program. There are just eight spaces aboard the park's patrol boat, so pre-registration is required. Call the park office at 828-584-7728 to reserve your spot for the 2 p.m. departure from the East Picnic Shelter. Plan to bring a camera to document the journey.

BIRD HIKE AT PADDY'S CREEK - Wednesday, Oct. 15

Autumn brings some of the best birdwatching opportunities of the year to Lake James State Park. Warblers, thrushes, flycatchers and hawks are all passing through on their way to the Neotropics, where they'll spend the winter. Park Ranger Jamie Cameron will lead the way during this exploration of the habitats found along the lake. Bring binoculars and a field guide if you have them. Meet at the Paddy's Creek Area bathhouse breezeway at 7:30 a.m.

EXPLORE LAKE JAMES BY CANOE - Wednesday, Oct. 22

Lake James by morning is the most peaceful and beautiful time to be on the water. Wildlife abounds, with fish jumping, herons stalking, deer browsing and dragonflies buzzing. Enter this quiet realm by canoe and see life on the lake in its undisturbed state. Ranger Jamie Cameron will lead this special tour that includes instruction on proper paddling techniques and entering and exiting a canoe. Pre-registration is required for the limited number of vessels available. Bring sunscreen, binoculars and cameras, along with clothing and footwear that can get wet. We'll meet in the breezeway at the Paddy's Creek Area bathhouse at 9 a.m. To register, call the park office at 828-584-7728.

FALL COLORS CANOE EXCURSION - Saturday, Oct. 25

Fall colors around the lake will be at their peak for this tour of the Paddy's Creek cove by canoe. Park Superintendent Nora Coffey will lead this special tour that includes instruction on proper paddling techniques and entering and exiting a canoe. Pre-registration is required for the limited number of vessels available. Bring binoculars, a camera and footwear that can get wet. We'll meet in the breezeway at the Paddy's Creek Area bathhouse at 2 p.m. To register, call the park office at 828-584-7728.

LEAF PEEPERS' BOAT TOUR - Saturday, Oct. 25

Any day on the waters of Lake James is a special day, but fall brings out the beauty of the surrounding mountains and forest. Experience the colors of autumn in a way you'll never forget. Ranger Clay Veasey will be your captain and guide for this unique program. There are just eight spaces aboard the park's patrol boat, so pre-registration is required. Call the park office at 828-584-7728 to reserve your spot for the 10 a.m. departure from the East Picnic Shelter. Plan to bring a camera to document the journey.

EXPLORING OLD HOME SITES - Sunday, Oct. 26

Long before there was a state park at Lake James, people lived along Paddy's Creek and its surrounding landscape. Evidence of their existence remains in the shadows of the homes they lived in and the walls they built for livestock and property lines. Ranger Clay Veasey will take you to some of these historic sites on this special tour around the park. Learn how to identify old home sites and begin the process of discovering the stories they tell about their inhabitants. Meet at the Paddy's Creek Area bathhouse breezeway at 10 a.m.

NATURE NOTES

As summer begins its inevitable transition into fall, birds and animals change their habits to reflect the season.

For many birds, autumn is a time of long-distance migration; from the breeding grounds in the North, to the wintering grounds in the South. Some species, like hermit thrush, golden-crowned kinglet, dark-eyed junco and yellow-bellied sapsucker, will arrive at Lake James and find the climate suitable for overwintering. Others, like broad-winged hawk, bobolink, Baltimore oriole and dozens of warbler species, will only pass through our area on the way to winter territories in the tropics.

Birdwatchers delight in the multitudes this time of year and the park has proven itself to be a top-notch birding destination during the fall, with sightings of unusual species like white-rumped sandpiper, yellow warbler, savannah sparrow and dickcissel among the recent records.

It may seem counterintuitive, but autumn is also a fantastic time to observe butterflies, especially around the native flower gardens at the Paddy's Creek Area office. New York ironweed, Joe-pye-weed, narrow-leafed sunflower, various asters and butterfly weed all do their part to attract a wide variety of butterflies. Sizes and shapes will vary; from the tiny skippers to the impressive swallowtails, but all of them find their way to the food sources. Of course, everyone is hoping for a return of the monarch butterflies, but early reports from up North indicate it's going to be another year of scarcity for these amazing insects. Habitat losses in both the summertime milkweed fields of the U.S. and Canada and the tiny winter micro-habitat in northern Mexico, combined with a cool, wet spring, have conspired against the monarchs. Anyone who spots a monarch on its southbound migration this fall should consider themselves lucky. Let's hope for better days ahead for these iconic and embattled butterflies.

The mammals of Lake James State Park will also be on the move. White-tailed deer are back in the forest eating acorns and soft mast like persimmons and wild grapes wherever they can find them. Sightings of foxes and bobcats tend to increase this time of year and there's always the possibility of spotting a black bear. In fact, the park staff had two separate sightings of bears within one week of each other at different ends of the park back in early August. As always, keep your speed to the park's 25-mph limit to give wildlife a chance to cross the roads safely.

Many people consider fall to be the finest time to enjoy the park. Hope to 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 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



EAGLE SCOUT PROGRAM



Lake James State Park has a long-standing relationship with the Boy Scouts of America's Eagle Scout program. Over the years, dozens of area Eagle Scout candidates have performed their community service projects at the park. Examples include clearing and cleaning up the park's historic cemeteries, repairing hiking trails and constructing educational displays.

Last month, John Thompson completed an ambitious project to design, construct and deploy three rustic benches along the Mills Creek Loop Trail.

Hikers will certainly appreciate the new sitting spots, strategically located along the 3.6-mile track within the Paddy's Creek Area. John and his hard-working crew of Scouts placed the benches during the last week in July, braving high heat, humidity and a particularly angry swarm of yellow jackets. In total, the Scouts and their adult advisors put in more than 100 volunteer hours to complete the project.

So the next time you find yourself on the Mill's Creek Loop looking for a place to rest your trail-weary feet, think of John and his team and the hard work they put in.

PADDLEBOARDING AT THE LAKE



The Friends of Lake James State Park have made an exciting addition to the park's rental fleet with the donation of two new paddleboards and the accompanying gear to go with them.

Stand-up paddleboards have become very popular in recent years as people come to realize how versatile they can be and what a great workout they can provide.

In fact, the lifeguard staff at the Paddy's Creek Area beach has been using a paddleboard to give them a different perspective on the swimming area for the past two seasons.

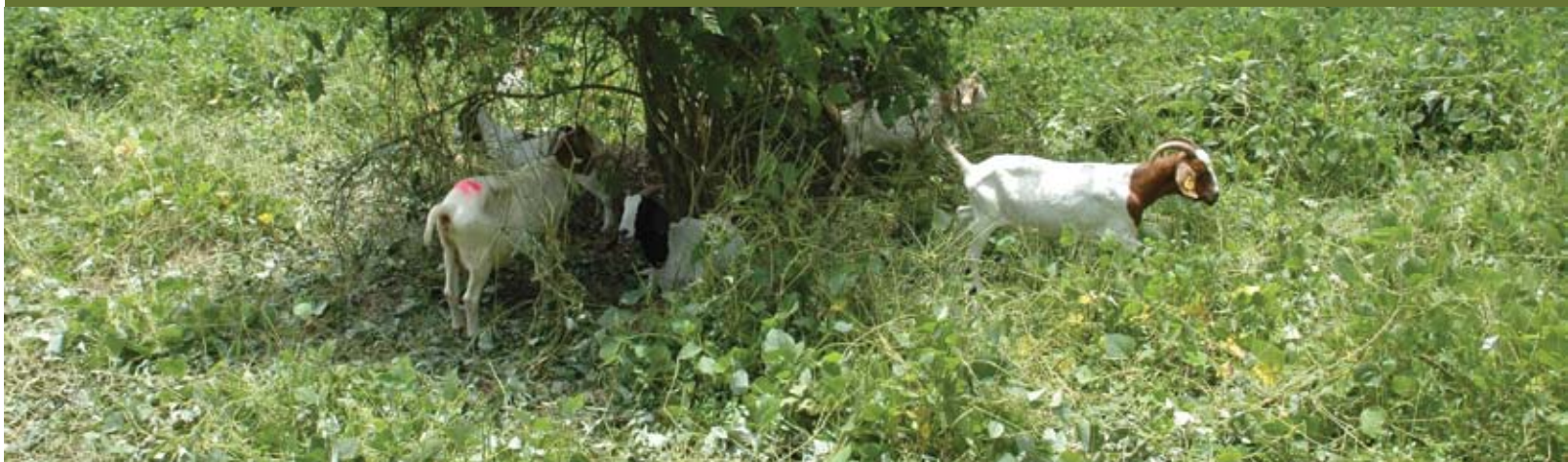
"The park staff came to us last fall to discuss the possibility of the Friends group purchasing paddleboards to add to their rental fleet," explained

Friends of Lake James State Park president Eric Jenkins. "Considering how popular the sport has become, it was a no-brainer for the board of directors to appropriate the funding to make that happen. We spent around \$750 on what we strongly believe will be a win-win for the park and its visitors."

The paddleboards will be available to rent at the same rate as the canoes and kayaks; \$5 for the first hour and \$3 for every hour after that. Rentals are on a first-come, first-served basis, between the hours of 10 a.m. until 4:30 p.m. for as long as the concessions stand remains open through the season.

"The Friends group is continuing its tradition of supporting the park and expanding the outdoor recreational opportunities we can provide to our visitors with the donation of these paddleboards," said park superintendent Nora Coffey. "It's another great example of our community participating in their state park."

GOAT PROJECT



Your favorite state park continues to build upon its role as an innovator within the West District and the division of parks and recreation as a whole. First, the Holly Discovery Trail at Lake James State Park proved that a contemporary and interactive nature experience could be conceived, designed and built in-house while saving taxpayers more than \$100,000 and winning state and national awards for excellence. Next, it joined the forefront of state parks in the mountains to use prescribed fire to reduce the likelihood of a catastrophic wildfire and improve native and historic habitat. Then, Lake James State Park opened its much-anticipated mountain bike trail system to the tune of more than 13 miles of pedal-pumping, calf-burning undulating track for beginners and intermediate-level riders. And now, goats.

That's right, goats. The park recently introduced a herd of approximately 30 goats to help combat a large infestation of kudzu taking over 3 acres within the "river section," below the spillway along NC 126. It is the first time a North Carolina state park has used goats to control an invasive and exotic plant. Due to its proximity to the Old Catawba River and the difficulty of accessing the kudzu patch, traditional methods utilizing large volume herbicide sprayers was logistically and environmentally undesirable. Goats, with their prodigious appetites for leafy greens and relatively low-impact on the environment (in the short term), are the perfect tool to reduce large infestations of the obnoxious vine before following up with directed and judicious application of an herbicide.

The goats are owned by Ron Searcy, of Wells Farm in Horse Shoe, N.C. His herds for hire have munched down kudzu patches at Davidson College and near Tryon, High Point and even Long Island, N.Y.

Ranger Jamie Cameron is the park's lead natural resources manager and has high hopes for the future use of goats in other North Carolina state parks. "The goats have been on the ground since early July and they have been eating their way through the infested area at a remarkable rate," he said. "We'll have them back in the fall to knock back the re-growth and carefully apply an herbicide to any kudzu that shows signs of life. Lake James is the first state park in the division to use goats in this manner and our success or failure will set the tone for other parks with exotic and invasive plant species to consider goats as a management option."

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)

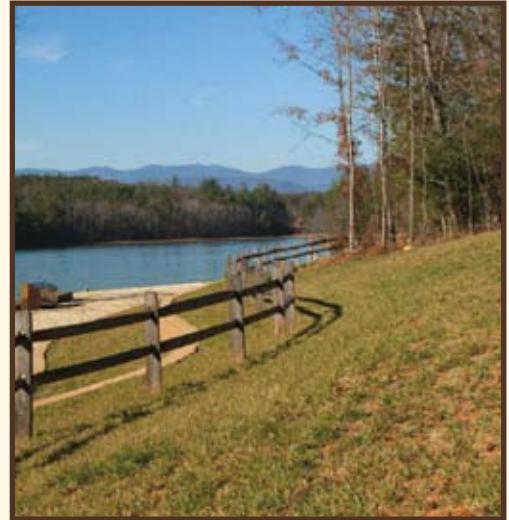
Mill's Creek Trail (3.6 miles, moderate)

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

- Gate hours during September are 7 a.m. until 9 p.m. for day use areas (10 p.m. for campground and Hidden Cove Boat Access)
- Gate hours for October are 7 a.m. until 8 p.m. for day use areas (9 p.m. for campground and Hidden Cove Boat Access)
- The campground is open through November 30
- The swimming area will remain open through September 30
- The Concession stand (canoe, kayak and paddleboard rentals) will remain open daily through September and on weekends only during October
- 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.