

# The High Point Pook

HPC strives to guide, educate, encourage, and support

July 2023

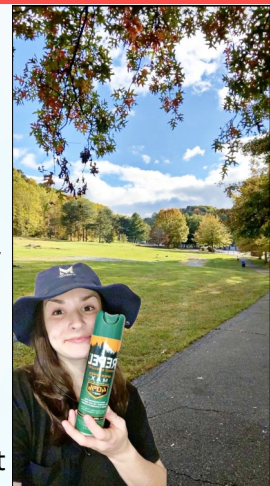
Volume 39

## SUMMERTIME IS ALL ABOUT FUN!

### Madison's Summertime Fun

Each summer I try and set a goal for myself and work towards it. Last year my goal was to be more active, and I think I did a good job with achieving that. I set goals for my summers because it can be so easy to sit inside the house day in and day out as no effort is required and it's probably cooler inside too. However, it can get very tiring doing the same thing over and over again all summer long. My goal for summer 2023 is to get out of the house to explore, to experience new things, and to spend time with people/family. There are so many things that we can do outside of the house! Some activities may cost money, but a lot are free. In summers past, I have gone on walks in neighborhood parks, gone to the lake with family, explored museums, and sometimes simply sat on my porch just taking in a sunset. I may not be a big fan of the outdoors i.e. BUGS, but I want to push myself this summer to leave the house and see new things. I may be packing my bug spray to come along with me wherever I choose to go, but I will be going out and seeing what the state of Tennessee has to offer.

P.S. Don't forget to stay hydrated! With the temperature and humidity increasing, make sure to drink enough water and stay safe from the sun's heavy rays. - Madison Deadrick, Receptionist



### Cari's Summertime Fun

Last summer my husband and I decided to grow 6 cucumber plants. It turns out that was too many for the two of us. We had to come up with ways to eat a bunch of cucumbers and our favorite recipe ended up being a simple cucumber salad. The recipe is approximately this:

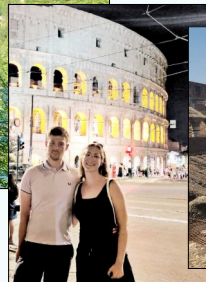
- 1 fresh large cucumber
- Salt and pepper to taste
- 1 tablespoon of honey
- 1/4 cup of white vinegar
- A splash of water

Mix it all together and let it sit for about 10 minutes. It's yummy and a great way to use up your excess produce!



We also like to travel when we can. Here are some photos of our trip to Germany (for our German wedding ceremony and some hiking) and Italy (pictured is the Colosseum).

- Cari Gregg, BSW, MDIV



### Summertime Memories

Words are very powerful. Hopefully these words bring back good summertime memories!

- fireflies
- cookouts
- lake time
- butterflies
- lizards
- frogs
- wildflowers
- lily pads on a pond
- rhododendrons
- rainbows
- hummingbirds
- water hose
- fresh mown grass
- ice in a glass
- hamburgers on the grill
- kids playing at the pool
- homemade ice cream
- banana pudding
- homemade popsicles
- haircuts
- crickets
- katydid
- bull frogs
- peepers
- ocean waves
- river rapids
- wind in the pine trees
- sprinklers
- pools
- sandals

### Emily's Summertime Fun!

Something I like to do in the summertime is to listen to live music outdoors. There are plenty of opportunities in our area with Fridays After 5 at King Commons in downtown Johnson City, Music on the Square on Friday evenings in Jonesborough, and festivals. We



recently went to the Blue Plum Festival in downtown Johnson City the first weekend of June and it was so much fun! For me, music has a way of lifting my soul to heights of beauty and bliss and on the flip side, being a companion when I'm struggling with grief and sadness. Music also evokes embodiment for me, so I often want to move my feet and body to the rhythm, which gets me out of my head and into the here and now. Last year my husband and I were able to see Bon Iver and this July we will go see Fall Out Boy in Cincinnati at an outdoor venue. I am excited for the whole experience!

—Emily Hand, LPC/MHSP

Sing  
Go Snipe hunting  
Play outside in the rain  
Make homemade lemonade  
Have a treasure hunt  
Try a new recipe  
Paint a picture  
Wade in a creek  
Go fishing

Go backpacking  
Grill out  
Go to a Farmer's Market  
Build a sandcastle  
Go on a road trip  
Swing  
Go to a splash park  
Play in a sandbox  
Cat Nap  
Play Hop Scotch

Play tag  
Stay up till midnight  
Make sun tea  
Catch a crawdad  
Watch hummingbirds feed  
Make ice cream  
Go to the zoo  
Visit the fair



## Rene's Imperfectly Perfect Contribution to Summertime Fun

My interpretation of fun has changed over the years. What I would have considered to be tons of fun 20-30 years ago is much different than what I would suggest being fun today. I have enjoyed a variety of summertime fun activities ranging from four wheeling, rock climbing, repelling, water skiing, rafting Class IV rapids, camping, hiking, softball, tennis, swimming, and more. But today, I enjoy more of the simple things which aren't so invigorating to my body but are invigorating to my spirit.

Fun can be cooking out on the deck after a day of weed eating and mowing or pulling some nasty weeds near a Hosta. Fun can be watching some newly fledged birds being fed for the first time by their parents. Fun can be throwing fish food to the goldfish and bluegill in their pond habitat, watching them come to the surface to grab a bite before plunging back into the darkness of the water. Fun can be listening to the sounds of the summer nights, observing the lights from the first lightning bugs of the evening, listening for the newly arrived chuck wills widow as a mating call is observed in the distance, or hearing a nearby owl and noticing its movement from one tree to the next as indicated through traveling calls.

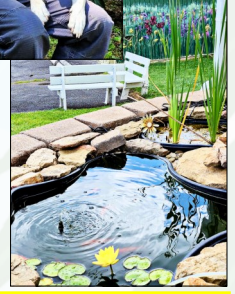
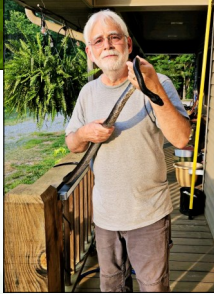
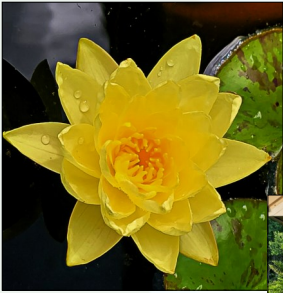
Summertime fun, for me, is just in the living one day at a time, the simple inhalation and exhalation when walking outside after being indoors all day—the enjoyment and appreciation of the east TN fresh air. To be given the sense of smell is something to be grateful for as I notice the familiar, sweet smell of fresh cut grass. Is there anyone who doesn't love that smell?

As I think about what brings me "fun" I realize that fun doesn't have to be something that requires money to buy but only the willingness to enjoy what is already available, like just the nature that surrounds us. We have one of the most beautiful places in the world to enjoy as we call this place our home and I hope that whatever you enjoy, you make time to incorporate that into this summer so you can say at the end of each day you had some fun!

We too easily get caught up in the work, the everyday needs, the automatic, and the daily requirements. Whenever possible, try to remember that having fun, whatever that means to you, should be placed as a priority in your life because, without it, well, your life would be bleak and dark. What can you do each day—just one thing—that would bring you joy and give you some fun? Whatever it is, if it's legal, maybe you should just do it!

- Rene' Shaw, Executive Director

### Dr. Shaw's Strange Summertime Fun



### Summertime Fun - Part 1

I remember  
the sound  
the sound of the ice cream truck.  
The loud  
the raucous  
the carnival music sound  
cutting through the air—  
The hot  
the hot, the humid  
the hot, the humid, the heavy air.  
Bringing life  
the excited  
the joyous  
the life eruption—  
teaming down the streets.  
All the children running to get  
a piece  
a piece of winter  
a piece of winter to devour.  
Taken.  
Taken like communion.  
Taken in remembrance.



Reflections by Larae Thompson,  
Administrative Director and Personal  
Assistant to the Executive Director

### Summertime Fun - Part 2

Trees are dancing with the breeze  
outside my window.  
Egrets go flashing past like fallen  
angels, glinting white and flame.  
Lizards scatter, running from the sun  
flakes,  
like thieves in a dark alley caught in  
the gleam of cop lights.  
Porch chairs sit empty, their sunbaked  
cushions releasing echoes of slow  
gossip, honeysuckle ripe, tinkling like  
ice in a lemonade glass against the  
tight-stretched blue of the enamel sky.  
Summer is calling me to run barefoot  
into the oven of the soul of my  
childhood.