



The High Point Pook



HPC strives to guide, educate, encourage, and support !

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Recognize any of these people having summertime fun?



Larae has given me permission to create the newsletter you are holding in your hands. One side is filled with images which may spark a memory or a desire. Summertime is time to wear tank tops, shorts, hats and, if you remember, sunscreen. A time to walk with sandals or go barefoot allowing the grass to brush up around your feet. Put your attention on past summers where you can touch upon a happy, fun-filled memory and make certain you schedule time this summer to do what you love. Take time to unplug, read a good book, spend time in nature. There is nothing more healing to a confused or saddened spirit than to breathe in the fresh air of summer. Get outside early and discover a freshly made spider web visible in the morning dew. Sit outdoors with your favorite, cold drink and ponder a day filled with fun and then make that day happen. Enjoy the summer, now. Enjoy today. Intend to bring both you and those who are important to you some summertime fun. And, if you are having a hard time remembering what that looks like, then be reminded by these pictures and then make the picture your own experience. Plan something. Make a fun summertime memory today. Rene' Shaw



Summer Reading List

There is nothing better than curling up with a book outside and reading your heart away during the summer time (under shade of course)! So here is a list of books that I highly recommend for some summertime reading fun!

The Mercedes Thompson Series by Patricia Briggs- This series starts with "Mooncalled" and is captivating from beginning to end. Mercy Thompson is a sassy coyote shifter who hangs out with werewolves, vampires, and the fay. Definitely a must read! You can buy it on Amazon, at bookstores, and you can usually find it at Mr. Kays.

The Wayward Children Series by Seanan McGuire- A fantasy filled series about kids who can find "doors" to other worlds and are trying to find their ways back after coming back to our boring, mundane world. Think Alice in Wonderland, but more straightforward and interesting. The first book, "Every Heart a Doorway", is follows a murder mystery and introduces an exceptionally interesting cast of characters.

Phasma by Delilah S. Dawson- Available on Amazon for \$8.75 this book follows the mysterious past of Captain Phasma from the new Star Wars series. Once you pick it up, you won't be able to put it down!

Holy Envy: Finding God in the Faith of Others by Barbara Brown Taylor- This one is available at the Johnson County Library if you can manage to snag it before someone else does. This is a non-fiction book written by priest turned university teacher Barbara Taylor. It follows her journey of finding out exactly what is Holy Envy and how one can see God all around us if we just learn to look instead of see.

City Stained Red by Sam Sykes- If you're a fan of Dungeons & Dragons, then look no further for your favorite summer book. It follows a variety of characters from shadow elves to mercenaries, all with enough personality to have you laughing until you cry.

Eaters of the Dead by Michael Crichton- Basis of the movie The Thirteenth Warrior, follow the adventure of a stranger in a new land who is sent on a quest by a tribe he is not a part of. Michael Crichton weaves fact and fiction together in an epic tale that will have you on the edge of your seat.

The *Harry Potter Series* by J.K. Rowling- You know why I am recommending this.

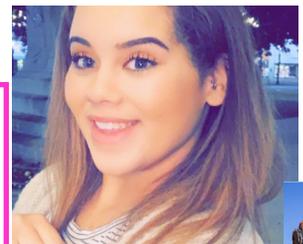
The *Kate Daniels Series* by Ilona Andrews- Kate Daniels is a for-hire warrior with a secret who becomes intertwined with the leader of the local shifter pack and who has a habit of collecting orphans to care for. This series will have you laughing and reading with bated breath simultaneously.

Death's Acre: Inside the Legendary Forensic Lab the Body Farm Where the Dead do Tell Tales by Dr. William M. Bass- Dr. Bass created the first ever Body Farm, located in Knoxville, TN. This book covers how and why the Body Farm came to be as well as exploring some of its most interesting cases. Don't read if you are squeamish!

The Armored Saint Series by Myke Cole- This is a grim-fantasy series not for the faint of heart. It follows a girl named Heloise (Ell-waz) who is torn between the fear of magic, the oppressors of her world, and the safety of her village. She is a reluctant hero who must stand and fight when no one else is willing.

Written by and presented to you by our own Jae Thornton...

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. Written by: Larae Thompson



Please welcome **Shawnde Pack** as one of our newest members of the High Point Family. She is our new "Patient Coordinator" who you will be seeing during each visit. She loves family cookouts and hiking in her spare time in the summer. And, she has an affinity for French bulldogs!

