

STONE & IVY

M A G A Z I N E

WELLNESS, REIMAGINED WITH INTENTION AND GRACE.





EDITOR'S NOTE

Where the Light Finds Us

Summer. It lingers longer in the sky, softens the edges of our days, and invites us to step outside—to notice, to feel, to breathe a little deeper. But light is not only something we see. It is something we carry, something we search for, and sometimes, something that finds us when we least expect it.

This season, Stone & Ivy explores the many ways light exists in our lives. In the warmth of longer days and the quiet magic of fireflies at dusk. In the pull toward open water and distant lighthouses—steady, guiding, unwavering. In the moments when something heavy begins to lift, and we feel, even briefly, a sense of lightness return.

But light also lives alongside what is difficult. It does not erase the weight we carry, but gently reminds us that even within it, there are moments of clarity, connection, and hope.

This issue is an invitation—to notice where the light is reaching you. To honor the ways it shows up, both softly and boldly. And to trust that even in the most complex seasons, light has a way of finding its way in.

With gratitude,
Jen

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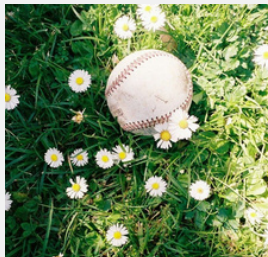
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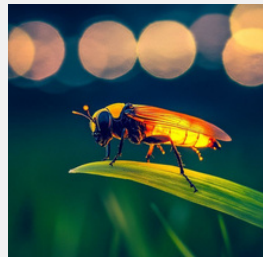
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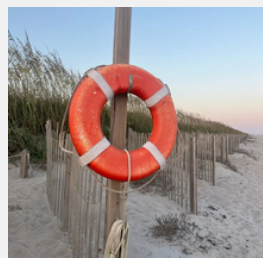
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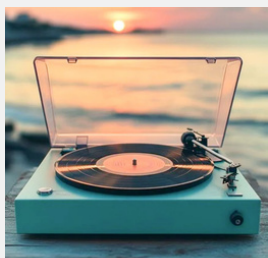
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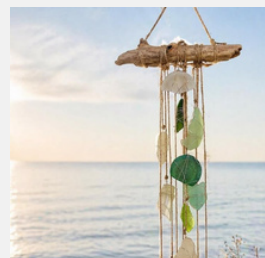
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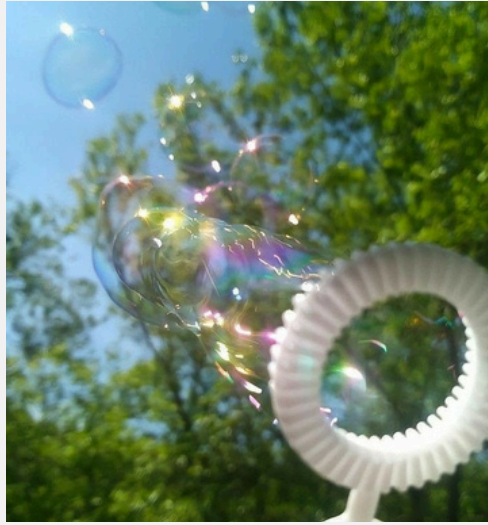
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SUMMER SOLSTICE – MORE LIGHT, MORE HOPE



Jen Timothy | Writer

There is a moment each year when the light lingers just a little longer—when the sun stretches into the evening and the day feels expansive, almost generous in what it offers. The summer solstice marks this quiet peak, a fullness of light that invites us to pause and notice. Something within us often shifts alongside it. We step outside and feel it immediately—the warmth on our skin, the softened edges of the day, the subtle invitation to stay a little longer and breathe a little deeper. Summer carries with it a sense of openness, a feeling that there is more time, more space, more possibility. In many ways, it can feel like a lightning—emotionally and mentally—as if something we’ve been holding begins to loosen its grip.

We find ourselves drawn outward. To longer walks, to open windows, to conversations that stretch into dusk. There is a quiet return to simple joys—bare feet on warm ground, the hum of cicadas, the flicker of fireflies that feel almost like small reminders that something gentle and magical still exists. In these moments, our inner child often surfaces in subtle ways. The part of us that remembers how to delight without reason, that finds joy in the ordinary—a drive with no destination, a day spent near water, the comfort of a familiar song that carries us somewhere else entirely. Summer has a way of bringing nostalgia with it, placing us back into moments that felt lighter, freer, and less complicated. There is something deeply restorative in allowing ourselves to revisit what once brought us joy, whether through a spontaneous day trip, a quiet afternoon outdoors, or reconnecting with someone who has been on our mind.

The longer days offer something else, too—time. Not necessarily to do more, but to notice more. To step outside of routine just enough to ask what feels good and what feels needed. To reconnect not only with others, but with ourselves in a way that can sometimes feel more difficult during the quieter, darker months of the year. There is an opportunity in this season to move with intention, to welcome light not just as something we see, but as something we experience and carry.

And yet, for all that summer offers, it is important to acknowledge that this season can also ask more of us than we realize. The heat, the extended daylight, and even the subtle pressure to “make the most of it” can build in ways that feel overwhelming. While summer is often associated with ease and happiness, mental health challenges can increase during these months.

Research has shown an approximate 8% rise in mental health-related hospitalizations during the summer, often linked to the effects of heat, disrupted routines, and increased physical and emotional strain. The same sunlight that lifts our mood can, at times, lead to fatigue, heightened anxiety, and a sense of depletion when our bodies and minds are pushed beyond what they need.

Because of this, the invitation of summer is not simply to embrace the light, but to do so with awareness. To allow for joy while also honoring limits. This might mean choosing rest on a day when everything feels overstimulating, or stepping inside when the heat becomes too much, both physically and emotionally. It may look like protecting quiet time, staying hydrated, or setting gentle boundaries around how much you give of your energy. These small acts are not restrictions; they are forms of care that make it possible to experience the season in a way that is sustainable and supportive.

Summer does not need to be filled to be meaningful, and it does not need to be perfect to be beautiful. It can be held in small, intentional ways—moments of connection balanced with moments of stillness, outward movement paired with inward attention. The solstice reminds us of the fullness of light, but it also marks the beginning of its gradual return to balance. Even at its brightest, there is a quiet shift unfolding, a reminder that light is something to be received, not chased.

Perhaps that is where the hope of this season lives. Not in constant brightness, but in the gentle understanding that joy and heaviness can exist side by side. That even in complex seasons, there are moments of ease, of warmth, and of connection waiting to be noticed. To step outside when it feels right, to linger in the light, and to return inward when needed is not a contradiction, but a rhythm—one that allows summer to be experienced not as something to keep up with, but as something to move within, at your own pace.



LIGHTHOUSE KEEPER

Jen Timothy | Writer

There is something about a lighthouse that feels both distant and deeply familiar. Perhaps it's the way it stands—weathered, unwavering—against wind and tide. Or the quiet promise it carries: that even in darkness, there is a light that does not forget its purpose.

We are drawn to them, often without fully understanding why. Maybe it begins as curiosity—an afternoon drive along the coast, a planned stop on a summer trip, a photograph we've seen somewhere that lingers longer than expected. But when we arrive, when we stand at the base of that towering structure and look out over the water, something shifts. The air feels different there. Slower. More intentional. As if time itself has learned to move with the rhythm of the sea.

Lighthouses were never meant to be ornamental. They were built with urgency, with necessity—with lives in mind. Before modern navigation, before the quiet confidence of technology, there were only the elements and the unknown. Ships moved through darkness guided by instinct, by stars when they were visible, and by hope when they were not. And then—there, in the distance—a light. Steady. Certain. Waiting.

That light meant something. It meant you're not lost. It meant home is closer than you think. It meant someone thought of you enough to build this, to keep it lit, to make sure you could find your way back. And behind that light, more often than not, was a keeper.

The life of a lighthouse keeper was not romantic in the way we sometimes imagine. It was solitary, demanding, and marked by responsibility. Long nights. Harsh weather. The constant tending of a flame that could not falter. Keepers lived in rhythm with the light itself—trimming wicks, cleaning lenses, ensuring that no storm, no neglect, no moment of exhaustion would allow the beam to dim.

They were, in many ways, guardians of passage. Quiet witnesses to arrivals and near-misses, to storms endured and journeys completed. Their work was unseen by most yet deeply felt by those who depended on it.



There is something profoundly human in that. Because in our own lives, we become keepers too. Not always in grand, visible ways—but in the steady presence we offer one another. In the late-night phone call answered. In the message sent without expectation. In the way we hold space for someone when they cannot yet hold it for themselves. We become a kind of light—sometimes flickering, sometimes strong—but always, in some way, guiding. And just as often, we find ourselves searching for that light in others.

There are people who enter our lives and, without announcement, become our lighthouses. They do not pull us from the water or calm the storm around us—but they remind us where we are. They help us orient. They offer something steady when everything else feels uncertain. Their presence alone can be enough to say, you're not as far off course as you think.

Perhaps that is part of why visiting a lighthouse feels different than simply seeing one. It is not just a structure to admire—it is a story to stand within. Each lighthouse carries its own history, shaped by the coastline it protects and the people who tended it. Some have withstood centuries of storms, their stones worn smooth by salt and time. Others sit perched on cliffs or tucked along quiet shores, less imposing but no less significant.



There is richness in seeking them out—whether as a planned destination or a spontaneous detour. A day trip along the coast. A quiet morning spent walking the grounds. Reading the plaques that tell of keepers who stayed through storms, of ships that found their way because someone kept the light alive. There is something deeply restorative in learning these stories, in letting them settle within you.

And perhaps, in those moments, something else begins to lift. The weight you've been carrying—sometimes unnamed, sometimes heavy in ways that are hard to explain—feels just a little lighter. Not gone, not resolved, but eased. As if being near something so steadfast reminds you that you, too, can endure. That light does not require perfection to exist—only intention, only care.

To stand there, even briefly, and remember: we are not meant to navigate everything alone. There are lights around us, and within us. There are people who guide, and people who are guided. There are moments when we keep the flame, and moments when we rely on someone else's.

So go—seek them out. The lighthouses along the coast, with their stories etched into stone. The quiet ones, the towering ones, the ones that feel like they've been waiting for you. Let yourself be drawn to them, not just for what they are, but for what they remind you of.

IF YOU BUILD IT: A FATHER'S DAY REFLECTION



Jen Timothy | Writer

There are certain stories that stay with us—not because of what happens, but because of what they awaken. *Field of Dreams* is one of them. It is a film about baseball, yes—but more so, it is about longing, reconciliation, and the quiet, persistent hope that what we've lost is never entirely gone.

At its heart is a field carved out of ordinary ground—something built not out of certainty, but out of faith. A place where the past and present gently meet. Where voices once silenced are heard again. Where fathers and sons, separated by time, are offered one more moment—one more chance to simply be together. There is something deeply familiar in that. Because Father's Day is not one story—it is many.

It is the laughter of those who are still here, steady and present in ways both seen and unseen. It is the quiet strength of fathers who show up daily, in patience, in protection, in the small acts that often go unspoken. It is also the presence of those who were never traditional fathers but became something just as meaningful—grandfathers, stepfathers, mentors, brothers, friends—men who stepped into the role and carried it with care.

And then, too, there is the other side of this day.

For those who have lost their fathers—or those who carry complicated relationships, unfinished conversations, or words that were never spoken—this day can feel layered in ways that are hard to explain. Grief does not follow a calendar, but it does have a way of becoming more visible in moments like these. And still—there is light here, too. Not the kind that erases the loss, but the kind that holds it gently.

In *Field of Dreams*, the field becomes a place where time softens. Where what was once distant feels near again. Where love, in its most enduring form, is given space to exist beyond what we thought was final.

We do not need a literal field to experience that.

Sometimes, it looks like revisiting a place that mattered to them—a park, a coastline, a stretch of road where conversations once unfolded. Sometimes, it is in the ritual of watching a favorite film, cooking a familiar meal, or holding onto something they left behind. Sometimes, it is simply in the act of remembering—allowing their voice, their presence, their impact to rise again, if only for a moment. And sometimes, it is in building something new.

A tradition.

A space.

A way of honoring what was by carrying it forward.

“If you build it, he will come.”

Because the truth is, they do remain. In the way we speak, in the way we show up for others, and in the values we carry, often without realizing where they began. They remain in the light that still reaches us—sometimes softly, sometimes unexpectedly, but always with a kind of quiet familiarity.

And for those who are still here, present in our lives now—this day is also an invitation. To notice them, to thank them, to sit a little longer, listen a little more closely, and say the things that matter while there is still time to say them.

There is no perfect way to hold all of this—the gratitude, the grief, the love, the absence. But perhaps we are not meant to resolve it. Perhaps we are only meant to honor it. To stand, as if at the edge of that field, and allow both what is here and what has been lost to exist side by side.

So this Father’s Day, however it meets you—whether in presence, in memory, or somewhere in between—may you find a moment of light. Because love, in its truest form, does not end. It changes. It softens. It finds new ways to reach us.

And like a field built on faith, it remains—waiting, steady, and full of light.



CHASING FIREFLIES



Jen Timothy | Writer

Summer carries certain moments that feel almost suspended in time—untouched by urgency, untouched by expectation. Fireflies belong to those moments. They arrive quietly, just as the day begins to soften, flickering in and out of view as if they are part memory, part magic.

We don't chase them in the same way we chase other things in life. There is no finish line, no real intention to catch and keep. Instead, there is a gentle reaching—a curiosity, a wonder, a willingness to be present in something fleeting. Their light appears for a second, then disappears, only to return again somewhere just beyond where you were looking. And somehow, that is enough.

There is something deeply comforting in that kind of light. It does not demand attention, yet it draws you in. It does not stay, yet it leaves an impression. Fireflies remind us that not everything meaningful needs to be constant to be real. Some of the most beautiful experiences exist in passing—in brief moments that ask nothing of us except to notice.

Perhaps that is why they feel so connected to memory.

For many, they carry us back to childhood summers—running through backyards at dusk, hands outstretched, laughter lingering in the warm evening air. A time when wonder came more easily, when the world felt expansive and full of small, glowing possibilities. In those moments, there was no need to understand the magic. It simply existed, and we existed within it.

As adults, we often move further from that feeling. Our lives become structured, our time accounted for, our attention pulled in countless directions. We begin to measure our days by what is completed, what is productive, what is gained. And somewhere along the way, we forget what it feels like to stand still and watch something beautiful unfold without needing it to be anything more.

Fireflies offer a quiet invitation back.

To step outside in the evening, even for a few minutes. To let the day settle around you. To watch as the first light appears, then another, then another –scattered across the dark like something both random and intentional at once. There is no rush in it. No expectation to stay longer than you want to. Only the gentle reminder that there is still wonder to be found in simple things.

There is also something metaphorical in their glow.

Light that appears in darkness. Not overwhelming, not constant, but steady in its return. A reminder that even in seasons where things feel uncertain or heavy, moments of light still exist. They may be brief, easy to miss, or quieter than we expect—but they are there.

And maybe we are not meant to hold onto them. Maybe we are meant to notice them, to feel them, and to trust that more will come.



To chase fireflies, then, is not really about chasing at all. It is about allowing yourself to be drawn toward something gentle. To loosen your grip on what needs to last, and instead lean into what simply is. It is about remembering that joy does not always need to be planned or sustained to be meaningful. Sometimes, it flickers. Sometimes, it fades. But in those moments, it is real.

So step outside when the day begins to dim. Let yourself linger a little longer in the evening air. Watch as the light returns, again and again, without asking anything of you.

And if, for a moment, you feel something soften—something familiar, something lighter—let it stay with you, even after the fireflies disappear. Because not all light is meant to last. Some of it is meant to remind you that it was always there.



STONE & IVY

Safe Under the SUMMER SUN

A SEASON OF SUNSHINE, A SEASON OF CARE

Summer invites us outdoors—into the salt air, the sparkling water, and the simple joy of long, golden days. Whether you're swimming in the ocean, relaxing by the pool, or setting out on a boat, a little preparation goes a long way in keeping memories sweet and worries small. Here are gentle reminders and practical tips so you can savor every moment with peace of mind.

SAFETY AT A GLANCE



OCEAN

Know the signs of rip currents and what to do if caught in one.



POOL

Baby proof your pool and surrounding area with simple steps.



BOATING

Smart choices on the water keep everyone safe.



CPR

Knowing CPR can save a life—yours or theirs.

*The goal
isn't to prevent
adventure,
but to prepare for it
with love.*



*Be prepared. Stay aware.
Make every moment count.*





SWIMMING IN THE OCEAN

**KNOW THE SIGNS.
KNOW WHAT TO DO.**

SIGNS OF A RIP CURRENT

- Water that appears darker
- A channel of churning, choppy water
- Waves breaking on either side of the channel
- A noticeable difference in water texture

IF CAUGHT IN A RIP CURRENT

- Stay calm and don't fight the current.
- Swim parallel to the shore until you are out of the current.
- Then swim back to shore at an angle.
- If you can't escape, float or tread water and raise an arm to signal for help.

When in doubt, don't go out.



BABY PROOFING YOUR POOL

KEEP LITTLE ONES SAFE

- Install a four-sided fence with a self-latching, self-closing gate.
- Keep gates locked when not in use.
- Remove climbable objects from around the pool area.
- Use pool alarms on doors and gates.
- Never leave children unattended—not even for a moment.
- Keep rescue equipment and a phone nearby.



BOATING DO'S & DON'TS

ENJOY THE RIDE. RESPECT THE WATER.

DO

- ✓ Wear a life jacket—always.
- ✓ Check the weather and water conditions.
- ✓ Tell someone your plan and expected return.
- ✓ Carry required safety equipment.
- ✓ Stay hydrated and wear sunscreen.

DON'T

- ✗ Don't drink and boat.
- ✗ Don't overload the boat.
- ✗ Don't ignore warning flags or signs.
- ✗ Don't let children move around the boat while underway.



CPR: A SKILL THAT SAVES LIVES

BE PREPARED. BE EMPOWERED.

CPR can double or even triple a person's chance of survival after cardiac arrest.

- Take a CPR class—you'll be ready when it matters most.
- Hands-only CPR can be effective for adults.
- For children and infants, trained CPR is essential.

Every second counts. You can make the difference.

JOY IS MEANT TO BE SHARED. SAFETY IS HOW WE PROTECT IT.



DID YOU KNOW?



- Rip currents are responsible for over 80% of ocean rescues.
- Drowning is the leading cause of unintentional injury death for children ages 1–4.
- A life jacket can reduce the risk of drowning by up to 85%.
- Immediate CPR can double or triple a victim's chance of survival.

BEFORE YOU HEAD OUT

A gentle checklist

- Check weather & water conditions
- Wear life jackets
- Pack sunscreen & hats
- Bring plenty of water
- Know your swimming ability
- Have a plan & tell someone
- Keep a charged phone handy
- Be present. Be aware. Be safe.



*May your summer be
filled with sunny days,
salty air, and safe travels.*



FROM THE THERAPIST'S CHAIR

Reflections on renewal, wellbeing, and the quiet work of becoming



John Poli, LMHC | Contributing Writer

As June marks Men's Mental Health Awareness Month, we wanted to begin this edition of From the Therapist's Chair by honoring the men in our lives and creating space for conversations that are often long overdue. Our hope is not only to answer this question, but to gently encourage more questions—because meaningful dialogue is often where healing begins.

Q: What does emotional strength really mean?

When most men think of emotional strength, they often imagine someone who never gets upset, never struggles, and always appears confident. In reality, emotional strength is something very different.

Emotional strength is not the absence of difficult emotions or struggling in silence. It is the ability to face those emotions honestly and respond to them in healthy ways. Emotionally strong people experience anxiety, sadness, fear, disappointment, and stress just like everyone else. What sets them apart is their willingness to acknowledge these feelings rather than ignore or suppress them.

True emotional strength involves self-awareness and resilience. It means recognizing when you need support, learning from setbacks, and continuing to move forward even when circumstances are challenging. It also means being able to communicate openly to friends and loved ones, set healthy boundaries, and make decisions that align with your values.

Many men mistakenly believe that vulnerability is a sign of weakness. In fact, the ability to be honest about your thoughts and feelings often requires tremendous courage. Some men find it easier to hide behind an emotion like anger. However, emotional strength allows people to build deeper relationships, manage stress more effectively, and navigate life's ups and downs with greater confidence.

Ultimately, emotional strength is not about being tough all the time. It is about being authentic, resilient, and willing to grow through life's challenges. The strongest men are often those who have learned that courage is not hiding emotions, but rather facing them.

Q: Why is summer a good time to begin therapy?

For many, taking the first step towards engaging in mental health therapy can feel incredibly difficult while also keeping up with the demands of work, family responsibilities, and packed schedules. Summer, however, offers a unique opportunity to begin that journey.

The longer days and warmer weather can often create a natural sense of renewal and energy. With extended daylight hours, the extra sunlight can naturally boost our levels of serotonin, which in turn, can increase a willingness and motivation to work on oneself. Many people find that summer schedules are also more flexible, making it easier to attend therapy appointments and establish a consistent routine. Vacations and time away from work can also provide the space needed for personal reflection and growth.

Summer activities such as exercising outdoors, spending time in nature, and connecting with friends can complement the therapeutic process. These positive experiences can help reinforce healthy coping skills and support emotional well-being while therapy addresses deeper concerns.

For those who have been putting off seeking help, summer can be an ideal season to start. Rather than waiting for stress, anxiety, relationship issues, or burnout to become overwhelming, beginning therapy during the summer months allows individuals to build resilience and develop practical tools before future pressures arise.

Mental health is just as important as physical health. Starting therapy during the summer can be a proactive investment in personal well-being, helping individuals gain greater self-awareness, improve relationships, and help them to prepare for the rest of the year with confidence and strength.



Stone & Ivy's contributing writer, **John Poli**, has 20+ years of experience working with adults of all ages experiencing minor or major concerns/changes in their lives. John also has extensive experience working with both individuals with a substance use disorder and individuals who have been impacted by a family member or loved one with a substance use disorder. www.helloalma.com/providers/john-poli



THE GENTLE MEDICINE OF SUMMER

Jen Timothy | Writer

This summer soak it all up – the extended time, the sunshine, the nostalgia, the day trips, the weekend getaways, the planned vacations, and the backyard barbecues. Social interaction is a known protective factor for mental health, and summer months offer more opportunities for connection.

The connection between summer and mental well-being is more than sentimental. Science supports what many of us intuitively feel. Exposure to sunlight helps stimulate the production of serotonin, a neurotransmitter associated with mood regulation, emotional stability, and feelings of happiness. Increased sunlight exposure can help improve mood, boost energy levels, and support healthier sleep cycles. It is one reason many people report feeling lighter and more optimistic during the summer months.

There is also something uniquely restorative about spending time near water. Researchers have long studied the calming effects of oceans, lakes, and rivers. The rhythmic sound of waves can help soothe the nervous system, while the expansive views often create a sense of perspective and calm. Even the salty air along the shoreline may offer benefits. Ocean air contains negatively charged ions, which some studies suggest may contribute to improved mood and reduced stress. Whether science fully captures the experience or not, most people know the feeling—a deep breath at the beach somehow feels different. Deeper. Fuller. More restorative.

Summer also creates opportunities for one of the most powerful protective factors in mental health: connection.

The gatherings of summer often feel different than those during the rest of the year. They are less formal, less rushed, and somehow more meaningful. A conversation on a porch swing. A family picnic. A neighborhood cookout. A sunset walk with a friend. There is no agenda, no meeting to attend, no task to accomplish. Just people sharing time together.

Human beings are wired for connection. Meaningful relationships help reduce stress, foster resilience, and remind us that we are not alone. Summer naturally creates more opportunities for these interactions. The goal is not to fill every square on the calendar or overcommit in pursuit of a perfect season. Instead, it is about creating space for the moments that nourish us.

It certainly doesn't mean filling up the calendar in a way that feels overwhelming. Rather, it is an invitation to embrace the extra hours in the day, welcome the thinner to-do lists, and relish in life's simpler moments.

And perhaps most importantly, no matter your age, nurture your inner child.



Be a sandcastle architect for an afternoon. Float in a lake without checking the time. Body surf the waves. Chase fireflies at dusk. Walk barefoot through the grass. Eat watermelon on the porch. Watch fireworks with wonder. Send postcards to faraway family and friends. Stay outside until the streetlights come on.

These small experiences may seem insignificant, yet they reconnect us with joy, curiosity, playfulness, and presence—the very qualities that often get buried beneath responsibilities and routines.

In a culture that often encourages us to optimize every moment, summer gently reminds us to simply experience them.

The sunshine, the salt air, the laughter around a picnic table, the spontaneous road trip, the sound of children playing outside, the warmth of an evening breeze—these are not distractions from well-being. They are well-being.

So this season, give yourself permission to slow down. To gather. To wander. To play. To rest. The days may be longer, but summer itself is fleeting. Let it be a gentle reminder that some of life's most meaningful moments are also its simplest.

And when they arrive, soak them all in.



GATHERING IN THE LIGHT

A celebration of the people and moments that help us shine



Jen Timothy | Writer

Who doesn't love and appreciate a sweet, summer barbecue with friends? There is a quiet kind of beauty in hosting a backyard gathering that doesn't try too hard—one that leans into the natural rhythm of summer and trusts that what's simple can still be deeply elegant. It lives in the in-between moments: the hum of conversation drifting through warm air, the golden light catching on glass jars, the sound of laughter carrying just a little further as the evening settles in.

An enchanting, backyard summer table doesn't demand perfection. Instead, it welcomes softness. A length of checkered linen, gently wrinkled, stretches across the table. Small mason jars—some holding wild baby's breath, others filled with neatly bundled utensils—become both practical and quietly beautiful. A few daisies gathered in clusters feel less like decoration and more like something borrowed from the landscape itself. Nothing overdone, nothing overstated—just enough to feel considered.

As the sun begins its slow descent, string lights flicker to life overhead, weaving a gentle glow through the space. They don't announce themselves; they simply exist, softening the edges of the evening. Nearby, large glass beverage jars catch the light—lavender lemonade in one, sweet tea in another—offering something refreshing, familiar, and a little nostalgic with every pour.

There's a certain kind of magic in creating space for both stillness and play. Toward the edge of the yard, a small table holds a quiet invitation for children—and perhaps the young at heart—a cluster of bubbles waiting to be carried into the breeze, pieces of colored chalk scattered loosely across a sun-warmed path.

For the adults, consider timeless lawn games that feel both nostalgic and refined. A beautifully crafted cornhole set placed off to the side, a simple ring toss nestled into the grass, or a set of oversized wooden blocks stacked and waiting. These are the kinds of games that don't demand attention, but naturally gather it—drawing people in with ease.

The beauty is in the simplicity. No instructions, no schedules—just moments of play unfolding as they wish. It's in these small, effortless touches that a gathering begins to feel alive, layered not only with conversation, but with joy in its most natural form.



Music drifts in gently, never competing, only accompanying. A mix of nostalgic summer songs—familiar enough to hum along to, soft enough to let conversations remain the focus—threads everything together. It becomes the backdrop to stories being told, to reconnecting, to simply being present. And that is, perhaps, the heart of it all.

An effortless gathering is not about what is served or how it is styled, though both can be lovely in their own right. It is about creating a space where people feel at ease—where they can linger a little longer, laugh a little louder, and settle into the comfort of shared time. Where nothing feels rushed, and everything feels enough.

As the evening fades and the last of the light slips away, what remains isn't the table or the details—it's the feeling. The quiet knowing that, for a few hours, everyone gathered exactly where they were meant to be.

SUMMER BBQ MENU

A summer backyard gathering asks very little of us—and gives so much in return. The light lingers a little longer, the air feels softer, and time seems to stretch just enough to hold laughter, stories, and the quiet comfort of being together. It's not about perfection, or presentation, or even what's set out on the table. It's about the easy rhythm of conversation, the familiar and the new woven together, and the simple joy of sharing space.

The food becomes a backdrop—something to pass, to savor, to gather around—but never the centerpiece. Instead, it's the company that fills the evening: the clink of glasses, the warmth of connection, the kind of presence that doesn't ask for anything more than to be noticed and enjoyed.



Peaches & Burrata with Honey + Thyme

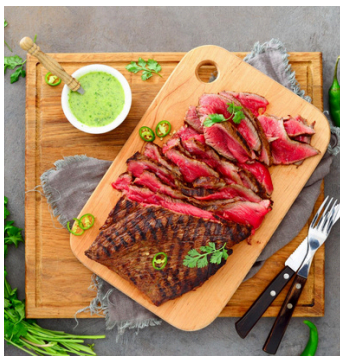
Ripe peaches, gently grilled or served fresh, layered with creamy burrata, finished with a drizzle of honey, fresh thyme, olive oil, and a touch of flaky sea salt. Serve with toasted baguette slices.



Lemon Orzo with Fresh Herbs
Parsley, dill, and a light vinaigrette.



Grilled Corn with Lime Crema
A softer, more delicate take on street corn.



Grilled Flank Steak with Chimichurri
Sliced thin and topped with a bright parsley-garlic sauce.



Vegetable Skewers (Vegan)
Zucchini, peppers, red onion, and mushrooms brushed with balsamic glaze.



Mixed Berry Cobbler (or Peach-Berry Blend)
Served warm, with a golden, buttery crust and a scoop of vanilla bean ice cream.



SUMMER VIBES

Every summer seems to have its own soundtrack.

A song playing on the car radio with the windows rolled down. Music drifting from a backyard barbecue. The tune that instantly transports you back to a particular beach, a family vacation, a first love, a long-forgotten road trip, or an evening spent laughing with friends beneath a sky full of stars.

This collection celebrates the spirit of summer in all its forms—the nostalgia, the adventure, the freedom, and the connection. These are songs that invite us to sing along, dance barefoot in the grass, linger a little longer on the porch, and embrace the simple joy of being together.

1. Counting Crows - *Rain King*
2. Blues Traveler - *Hook*
3. Jack Johnson - *Home*
4. The Psychedelic Furs - *Heartbreak Beat*
5. Bananarama - *Cruel Summer*
6. Vance Joy - *Riptide*
7. The Beach Boys - *Wouldn't It Be Nice*
8. Dusty Springfield - *Son of a Preacher Man*
9. U2 - *I Will Follow*
10. Eve 6 - *Inside Out*
11. Journey - *Don't Stop Believin'*
12. Duran Duran - *Hungry Like the Wolf*
13. Free - *All Right Now*
14. Bob Marley - *Could You Be Loved*
15. Big Head Todd & The Monsters - *Bittersweet*
16. Blondie - *The Tide is High*
17. Jimmy Buffet - *A Pirate Looks at Forty*
18. The Bellamy Brothers - *Let Your Love Flow*
19. Allman Brothers - *Soulshine*
20. Steve Miller Band - *The Joker*
21. Styx - *Come Sail Away*
22. James Blunt - *Bonfire Heart*
23. Daryl Hall & John Oates - *She's Gone*
24. Grateful Dead - *Shakedown Street*
25. Eddie Money - *Two Tickets to Paradise*
26. Buffalo Springfield - *For What It's Worth*
27. Chicago - *Saturday in the Park*
28. Red Hot Chili Peppers - *ScarTissue*
29. Bleachers - *Rollercoaster*
30. The Police - *Message in a Bottle*
31. Eagles - *Take it Easy*
32. Tommy Newport - *Tangerine*
33. Marvin Gaye - *Got to Give it Up*
34. Bob Seger - *Night Moves*
35. Manfred Mann - *Blinded by the Light*
36. Hollow Coves - *Coastline*
37. The Lumineers - *Ho Hey*
38. Dexys Midnight Runners - *Come on Eileen*
39. Jungle - *Back on 74*
40. Simple Minds - *Alive and Kicking*
41. Stick Figure - *Edge of the Ocean*
42. R.E.M. - *Nightswimming*
43. Bruce Springsteen - *Born to Run*

This mix can be found & saved on Spotify: Summer Vibes by JTimothy

TREASURES FROM THE TIDE



Jen Timothy | Writer

Though I love the philosophy of take nothing from nature except pictures and leave nothing but footprints, there is something irresistible about seashells, sea glass, and driftwood.

Perhaps it's because each one feels like a tiny story carried ashore by the sea. A smooth piece of sea glass, softened by years of waves. A weathered piece of driftwood shaped by wind, water, and time. A shell, imperfect yet beautiful, waiting to be discovered among thousands of others.

Summer invites us outdoors in ways no other season can. The days stretch longer, the evenings linger, and the shoreline becomes a place not just to visit, but to experience. There is a quiet therapy found in walking a beach with no destination in mind, listening to the rhythm of the waves and breathing in the salty air. The mind begins to slow. Shoulders soften. Thoughts untangle. Nature has a remarkable way of returning us to ourselves.

As you wander along the water's edge, you may find yourself drawn to certain pieces. A shell catches your eye because of its shape. A piece of sea glass glows like a tiny jewel in the sunlight. A fragment of driftwood feels sculptural and unique. There is rarely a reason for these choices beyond the simple fact that they resonate with you in that particular moment.

The act of collecting these treasures can become

a form of mindfulness - a reminder to pay attention, to notice, and to appreciate the beauty hidden in ordinary places. Whether you're walking alone, with a partner, or alongside children eagerly filling small buckets with their discoveries, the experience itself becomes the true keepsake.

Back home, those gathered treasures can find new life. A collection of shells arranged in a shallow bowl. Sea glass displayed in a clear mason jar where sunlight can pass through it. Driftwood transformed into a simple wall hanging. A handmade centerpiece created with family around the dining room table. The finished piece matters less than the memories attached to it.

These small projects become tangible reminders of a particular afternoon, a favorite beach, or a season spent together.

In a world that often encourages us to move quickly, summertime crafts offer an invitation to slow down. To create not for perfection, but for pleasure. To gather with intention. To appreciate the artistry already present in nature and simply add our own gentle touch.

This summer, make time for these moments. Wander the shoreline. Collect what speaks to you. Create something beautiful—or simply enjoy the process of creating it. Long after the season has passed, the shells, sea glass, and driftwood will remain, carrying with them memories of sunshine, salt air, and the simple joy of being fully present.



From All of Us at Stone & Ivy

As we close this Summer Edition, we hope these pages have inspired you to seek a little more light—not only in the world around you, but within yourself.

Summer has always carried a certain kind of magic. It arrives with longer days and open windows, with sun-warmed skin and familiar songs drifting through the air. It reminds us of simpler times and invites us back to the things that matter most: connection, presence, wonder, and gratitude.

Throughout this issue, we explored the many ways light finds us. In the steadfast glow of a lighthouse guiding weary travelers home. In the tiny flicker of fireflies dancing across twilight skies. In the healing power of nature, community, and meaningful moments shared with those we love. We reflected on the benefits of slowing down, embracing nostalgia, and making room for the kind of connection that asks very little of us—an evening on the porch, a walk along the shoreline, a conversation beneath the stars.

We hope you spend this season outdoors whenever possible. Watch a sunset. Wade into the water. Chase fireflies. Gather around a backyard table. Leave room for spontaneity. Nurture your inner child. Let the warmth of summer remind you that joy is often found in the smallest moments.

Until autumn arrives, may you seek the light, follow what guides you home, and find beauty in the moments that might otherwise pass unnoticed.

