



A Little *You* Time

Take some time to relax and unwind with a soothing lavender milk bath! A few simple ingredients can turn an ordinary soak in the tub into a luxurious spa-like moment: You'll need:

- 1/2 cup epsom salt
- 1/2 cup instant/powdered milk
- 1/4 cup baking soda
- 1/4 cup dried lavender buds (optional)
- 4 drops lavender essential oil
- 12 oz airtight jar or container (like a mason jar)
- medium size bowl

Combine everything together in bowl. Store in an airtight container and use whenever life feels a little meh. Add approximately 1/2 cup to warm bath water and soak away.

Strawberry Rhubarb Bars

This recipe is super easy because the crust and the crumb topping are one and the same. It's a gluten-free mix of oats, nuts, brown sugar, flax, and cinnamon. Get the recipe [here](#) from Love and Lemons.



Perfecting The Nest

First thing you do in a new home? Nest. Same with this lovely bird, The Blue Tit. Watch a **46-day timelapse video** of her getting her home ready for some babies. She's an incredibly hard worker and very fastidious. Maybe it's time to clean out my basement...



Dalgona Coffee

Have you heard of dalgona coffee? It's a coffee drink made by whipping instant coffee powder, sugar, and hot water until frothy and creamy then adding it to cold or hot milk. It was a big early-pandemic trend when we were restricted from getting our coffee-shop fixes. The name comes from dalgona, a Korean sugar candy because the drink tastes and looks like the candy. **Here's how to make one yourself!**



SUMMER PROGRAMS at Your Library

WEEK
OF
JULY
25-31

Find your nearest library here: aclalibraries.org/library-finder/

To download a digital copy of the Summer Sampler with links, go to:
aclalibraries.org/summer-sampler

THE LIBRARIES IN ALLEGHENY COUNTY RAMP UP THEIR PROGRAMMING FOR ALL AGES IN THE SUMMER. HERE ARE SOME OF THE GREAT THINGS HAPPENING FOR GROWN-UPS THIS WEEK:

TECH HELP TUESDAY

Tuesday, July 19th | appointments available 10-3 every Tuesday **Baldwin Borough Public Library** Have a technology question? Need help using your computer, tablet, or phone? Schedule a half-hour 1-on-1 technology help session. Register for a time slot [here](#).

MONDAY MOVIE

Monday, July 25th (and every Monday) | 2:00-4:00 **Brentwood Library** Join us for a recently released movie featured on our big screen TV. No registration needed.

NOT YOUR MAMA'S BOOK (& BEER) CLUB

Tuesday, July 26th | 7:00-8:00 **The Crafthouse Stage and Grill** (through **Whitehall Public Library**) Enjoy beer, food, and friends – all while discussing great books! We always meet at the Crafthouse Stage & Grill. This month we're discussing *The Midnight Library* by Matt Haig. No registration needed.

NATIVE PLANTS VS. NATIVARS VS. CULTIVARS

Wednesday July 27th | 7:00-8:00 **Monroeville Public Library** What are the differences between natives, nativars, and cultivars and why do they matter? Miriam Cheng's class will teach you important distinctions between these kinds of plants and how to integrate plants you enjoy without guilt. No registration needed.

POTERRING AROUND THE UK: REAL SPOTS FROM HARRY POTTER

Wednesday, July 27th | 7:00-8:00 **Western Allegheny Community Library** (via Zoom) Travel with Claire Evans on a historic, scenic, architectural, and occasionally culinary tour of Harry Potter's magical world. Presented in partnership with West Region libraries. Please register [here](#).

PENN HILLS HISTORY BUFFS

Thursday, July 28th | 5:30-7:00 **Penn Hills Library** Gather with us and watch documentaries and films about and based on our collective past. No registration needed.

DO-IT-YOURSELF DIGITIZATION LAB

Various days and times **Cooper-Siegel Community Library** We offer 1-on-1 Digitize It Yourself (D.I.Y.) Lab appointments where you can transfer and store your analog memorabilia, such as photos, slides, audio and video cassettes into a digital format. [Click here](#) for more information and register for an appointment [here](#).

GOLDEN AGE OF BROADWAY WITH SASSY SENIORS

Thursday, July 28th | 2:00-3:00 **Northland Public Library** Join the *Better Than Ever Independents* group as they perform songs from classic broadways musicals! Register on [the library website](#).

BOOK CLUB DISCUSSION

Thursday, July 28th | 1:30-2:30 **Scott Township Public Library** Join us a for a lively discussion of the month's title! Please register [here](#).

ROMANCE READERS BOOK GROUP

Thursday, July 28th | 7:00-8:00 **Sewickley Public Library** This book club invites you to revel in romance! Our focus is on love stories and happy endings, from historical to contemporary and everything in-between. Join us to discuss *Beach Read* by Emily Henry this month! No registration needed.