



# REGINA LIBRARY NEWSLETTER

*Discover. Connect. Inspire.*

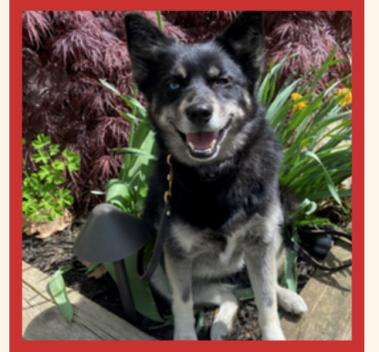


*“What’s the world for if you can’t make it up  
the way you want it?”*

*– Toni Morrison*

## Therapy Dog Visits

Keep your eye out for more email announcements with specific days and times. Our furry friends will be in the **first-floor lounge**, near the glass display case. You won’t want to miss the opportunity for some fun stress relief and feel-good puppy time!



**Talia**

Tuesday, Feb. 24  
12pm – 1pm

## Basant Paper Flower Craft

**January 22 – February 12**

**Main Lobby**

Basant is observed by Hindus and Sikhs from January 22 – February 12. It celebrates the first day of spring and the goddess Saraswati. Kites, the color yellow, and expressions of romantic love are all associated with Basant. Come use our craft table and instructions to make paper flowers and post them for the community to see!



## Love Notes to Your Younger Self

**February 13 – February 23**

**Main Lobby**

Love Notes to My Younger Self is a reflective program designed to reconnect with their past selves through compassion, understanding, and self-love. By writing heartfelt messages to our younger self, participants acknowledge their growth, heal old wounds, celebrate resilience, fostering emotional awareness and personal empowerment.



## Blind Date With a Book

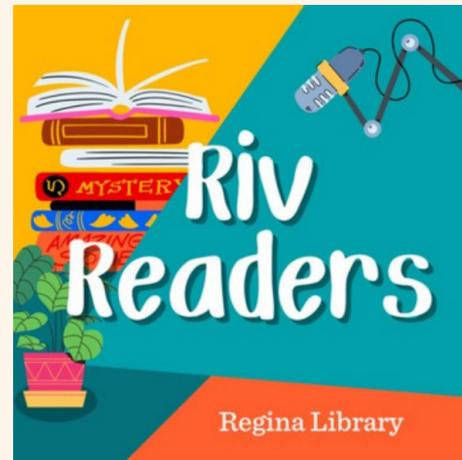
### Main Lobby

Discover a book that feels chosen just for you. Bring it to the desk and we'll check it out for you. If the magic isn't there, swap it out and find a new literary love!



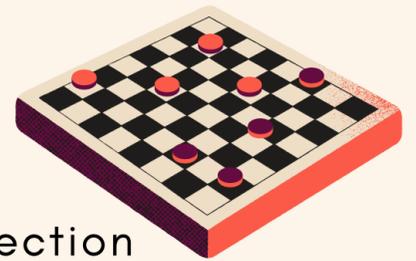
## Riv Readers Podcast

Every episode, we talk with a Riv student, staff, or faculty member about what they're reading - their all-time favorites and latest obsessions. Search for RivReaders on Spotify, YouTube or YouTube Music to listen to the latest episode!



## Did You Know?

We have board games to borrow!

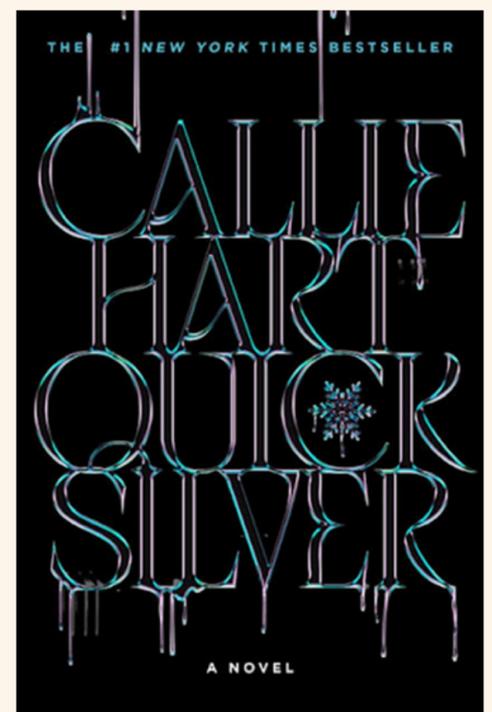


Looking for a low-stress study break? Our board game collection is here to help you unwind and recharge. You can use games right in the library (low volume, please!) or check them out for seven days to enjoy at home or in your dorm. Find the full collection in the second-floor open study area, next to the puzzle table. All we ask is that you return each game with all its pieces.

## Staff Pick of the Month

Kati MacFarline, Research/Instruction Librarian

Twenty-four-year-old Saeris Fane comes from the sand-blasted land of Zilvaren, where water is scarce and an immortal queen has ruled for a thousand years. After a violent encounter at the palace, Saeris learns she's an Alchemist with the power to manipulate quicksilver, a metal that can be forged into godly weapons.



In her hands, an ancient sword opens a portal to another world - one wholly different from her own, full of cold, snow, and a band of Fae warriors fighting an unwinnable war. They're not so keen on protecting the fragile mortal who stumbled into their realm. But an Alchemist? Now that they could use.

*Quicksilver* was unputdownable, with a fully realized, fleshed-out heroine and incredible worldbuilding. The characters and their interactions are full of snark and sass. I can't wait to get to the sequel, which was just released in November 2025!

## Faculty Speaker Series: Dr. Lisa Strout

Rooted in the principles of the three disciplines, Professor Stout will begin by sharing the domains of human development for early adulthood, followed by discussing effective study techniques, ways to cope with stress, and factors that can influence group work with peers.

**Dr. Lisa Strout**

All are welcome to a talk by Rivier professor Dr. Lisa Strout on **Generation Z: Using the Interdisciplinary Approaches of Education, Psychology, and Sociology to Support Learning**

**11 a.m.**  
**Tuesday,**  
**Feb. 17**

**Regina Library**  
Upstairs event space

## New Books and Movies!



***Press, hold,  
and scan!***



## February Library Displays



Blind Date With a Book - Black History Month - Fairies & Fairytales - Winter Wonders - Olympics - Library Lovers Month

Social Media:  
[@reginalibrary](https://www.instagram.com/reginalibrary)



***“But for each of us, isn’t life about  
determining your own finish line?”***

***– Diana Nyad***