

LIBRARY NEWS!

FEBRUARY 2026

HEARTLAND REGIONAL LIBRARY

www.heartland.lib.mo.us

February

February may be the shortest month of the year, but it's packed with opportunities to learn, connect, and enjoy your library.

As winter continues, the Heartland Regional Library System is here to be a warm and welcoming place for all ages—whether you're discovering a new book, attending a program, or taking advantage of our many resources.

We hope you'll join us for the exciting events and services highlighted in this month's newsletter.

FEBRUARY

Lisa Garro
HRLS Director

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NEW ITEMS!

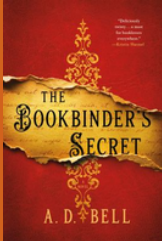
Visit our online catalog here.

<https://heartland.missourievergreen.org/eg/opac/home>

ADULT FICTION

The Bookbinder's Secret by A. D. Bell

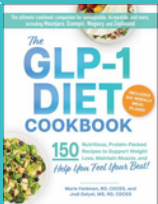
Every book tells a story. This one tells a secret. A young bookbinder begins a hunt for the truth when a confession hidden beneath the binding of a burned book reveals a story of forbidden love, lost fortune, and murder. Lilian ("Lily") Delaney, apprentice to a master bookbinder in Oxford in 1901, chafes at the confines of her life. She is trapped between the oppressiveness of her father's failing bookshop and still being an apprentice in a man's profession. But when she's given a burned book during a visit to a collector, she finds, hidden beneath the binding, a fifty-year-old letter speaking of love, fortune, and murder. Lily is pulled into the mystery of the young lovers, a story of forbidden love, and discovers there are more books and more hidden pages telling their story. Lilian becomes obsessed with the story but she is not the only one looking for the remaining books and what began as a diverting intrigue quickly becomes a very dangerous pursuit. Lily's search leads her from the eccentric booksellers of London to the private libraries of unscrupulous collectors and the dusty archives of society papers, deep into the heart of the mystery. But with sinister forces closing in, willing to do anything for the books, Lilian's world begins to fall apart and she must decide if uncovering the truth is worth the risk to her own life.



ADULT NON-FICTION

The GLP-1 Cookbook by Marie Feldman & Jodi Dalyai

When starting your GLP-1 journey, you'll notice a distinct decrease in appetite -- but when you're eating less, it's more important than ever to make sure you're getting the vitamins and nutrients your body needs in every meal. To avoid malnutrition, make the most of every meal, and continue losing weight, every recipe in this book is designed to get you the nutrients you need, prioritize protein and fiber to keep you feeling full and maintain muscle mass, and be delicious, quick, and easy...even with a small meal. From breakfast to dinner, try recipes like: Tomato and Basil Baked Egg Cups that make a hearty, low-carb breakfast; A nutrient-packed Power Salad with Dijon Vinaigrette that's the perfect filling meal; Apple Almond Energy Bites that are the perfect energy-boosting snack; And many more! Complete with six weeks' worth of meal plans, this cookbook has everything you need. Whether you're just starting a GLP-1 medication and are looking for some healthy meal swaps or are a longtime user looking for some easy, tasty recipes to add into your rotation, look no further than The GLP-1 Diet Cookbook!



ADULT BIOGRAPHY

Dolly Parton Star of the Show
by Dolly Parton

A stunning celebration of Dolly Parton's iconic career as a performer, featuring entertaining personal stories alongside 350 full-color photographs, including exclusive images and ephemera from her archive, and an 8-page gatefold listing her performances.



Resources

Sewing Machines

Did you know the library has sewing machines available for public use? Whether you're mending clothes, working on a quilt, creating handmade gifts, or learning a brand-new skill, our sewing machines are here for you. February is the perfect month to get creative—sew something cozy, heartfelt, or practical. Stop by the library to ask about availability and get stitching!



<https://www.heartland.lib.mo.us/sewing-machines>



Want to learn how to sew or brush up on your skills before starting a project on the library's sewing machines? CreativeBug is a free online crafting resource available with your library card! With step-by-step video classes taught by expert instructors, you can learn sewing basics, machine techniques, garment making, quilting, and more—at your own pace.

Watch classes at home or on your phone, then take what you've learned to practice on our sewing machines. It's the perfect way to gain confidence, learn new techniques, and start creating something you'll love this February.

Ask a staff member how to access CreativeBug or visit our website to get started!

<https://www.creativebug.com/?org=heartlandlib>



Hobbies come in many forms, and February is the perfect time to explore new ways to create. Whether you're sewing, crafting, or cooking, the library has resources to inspire you. AtoZ Food America is a free online recipe collection available with your library card, helping you express creativity in the kitchen just like you do with fabric, yarn, or paint.

- Valentine's Day: Create a heartfelt dessert for your sweetheart—homemade always adds a personal touch.
- Black History Month: Celebrate culture and history by cooking soul food and traditional recipes passed down through generations.
- Heart Health Month: Find heart-healthy recipes by searching ingredients you already have on hand.

<https://www.atozfoodamerica.com/?c=qkp8DUw7Nc>

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