

Authors

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Kings of Shanghai: The Jewish Dynasties Who Helped Create Modern China.

"I am very pleased that the Friends' Nonfiction Author Series will return to being an in-person event in 2022," said Lew Paper, who is chairman of the series.

"Unlike virtual events," said Paper, "in-person events promote the social camaraderie that has long been a hallmark of the Friends' Nonfiction Author Series. In-person events also facilitate interaction with the authors. On that score, I am very excited about next year's lineup. Our authors are all accomplished individuals who will cover a diverse range of topics. I am sure the series will provide a stimulating and enjoyable experience for everyone."

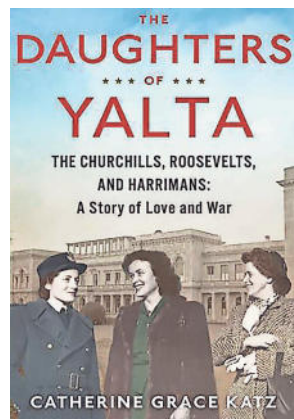
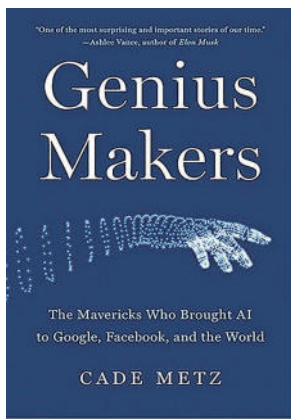
The first speaker, on Jan. 17, is Cade Metz. His "Genius Makers: The Mavericks Who Brought AI to Google, Facebook, and the World" tracks two unusual men whose research in artificial intelligence drove a technology arms race to stretch the boundaries of AI. The book raises intriguing questions, such as: What does it mean to be human?

"Genius Makers" won praise from The Los Angeles Times, which called it "a snappily written book" that is "both entertaining and valuable," and Forbes magazine, which said it was "easy and fun to read." Metz was a senior writer for Wired magazine before joining The New York Times.

On Feb. 14, Catherine Grace Katz's "The Daughters of Yalta: The Churchills, the Roosevelts, and the Harrimans — A Story of Love and War" presents a unique perspective on the February 1945 Yalta Conference.

At Yalta, British Prime Minister Winston Churchill, President Franklin D. Roosevelt and Averill W. Harriman, FDR's key adviser on Soviet relations, met with Soviet dictator Joseph Stalin to plot the shape of the post-World War II world. The conference unfolds through the eyes of three women who accompanied their famous fathers — Sarah Churchill, an actress-turned RAF officer who frequently advised her father; Anna Roosevelt, FDR's only daughter and his most cherished confidante; and Kathleen Harriman, a champion skier and war correspondent.

The New York Times Book Review called the book



"entertaining history," and The Wall Street Journal said it was "extraordinary." Katz, a native of Winnetka, Illinois, is currently pursuing a law degree at Harvard Law School.

On March 7, Jared Diamond has the answers for Major League Baseball fans who wonder about the burst of home runs that began in 2017 and culminated with 6,776 homers being hit in 2019 — an increase of more than 1,000 from the number of home runs hit in 2000.

In "Swing Kings: The Inside Story of Baseball's Home Run Revolution," Diamond traces the seeming mystery to a change in the most basic aspect of hitting — the swing. Publishers Weekly called the book a "rollicking account."

The Nonfiction Author Series concludes on March 28 with Jonathan Kaufman, author of "The Last Kings of Shanghai: The Jewish Dynasties Who Helped Create Modern China."

Kaufman's years of reporting in China for The Wall Street Journal led to this remarkable story of two Jewish families who devoted more than 175 years to the building and exploitation of financial opportunities in Shanghai, the hub of international business activity in China. Multiple reviews praised the book's tales of rivalry, opium smuggling, political intrigue, revolution and war.

As a reporter and editor, Kaufman was on Pulitzer Prize-winning teams at Bloomberg News and The Boston Globe. He currently is Director of the School of

Journalism at Northeastern University in Boston.

Each lecture in the series will be preceded by breakfast, featuring choices of hot and cold entrees, including eggs with bacon and sausage, cereals, yogurts, fruits, a variety of breads, juice and coffee.

The 2022 sponsors of the Nonfiction Author Series will be announced later. The 2021 sponsors include Books-A-Million, The Capital Grille, The Club at Olde Cypress, Fleming's Prime Steakhouse & Wine Bar, Gulf Coast International Properties, John R. Wood Properties, Naples MacFriends User Group, Stock Development, Tradewind Pools, Vicki Tracy and Wynn's Market.

More information

What: Author lectures and breakfast that are a major fundraiser for the Collier County Public Library

Where: Kensington Country Club, 2700 Pine Ridge Road, Naples

When: Breakfast is served at 8:30 a.m.; the authors speak at 9:15 a.m., followed by a book signing

Author lineup: Cade Metz, Monday, Jan. 17; Catherine Grace Katz, Monday, Feb. 14; Jared Diamond, Monday, March 7; and Jonathan Kaufman, Monday, March 28

Cost: \$250 for all four events for members of the Friends of the Library of Collier County, and \$295 for nonmembers. Friends memberships begin at \$30/year and provide access and discounts to other programs.

Purchase tickets and become a member: Go to collier-friends.org; or call Marlene Haywood, the Friends' Program Director, at 239-262-8135; or email Marlene at mkern@collier-friends.org.

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BLUE ZONES PROJECT - SOUTHWEST FLORIDA



BLUE ZONES PROJECT

Challenge Completed: Southwest Florida gets moving for at least 30 minutes for 30 days

By Sebastien Saitta

If you're like most people, chances are you have a hard time sticking to an exercise routine. With the best of intentions, you set out to make your fitness goals and take those first steps. Perhaps you bought that fancy exercise gadget you saw on a 2:30 a.m. infomercial because it's "guaranteed to give you the body you've always dreamed of in no time." Or, you signed up for a year membership at the gym fully convinced that you will be there every day at 6:00 a.m. You even splurge on those fancy, new exercise clothes that are perhaps one size too small. That way they will fit just right when you lose all that weight.

Unfortunately, research suggests that approximately 50% of individuals who start an aerobic exercise program will stop within the first six months. Usually, it starts with one missed day that carries onto the next, and then the next. Let's face it, life can get in the way. It happens to all of us.

So what keeps people exercising? Nino Maggadino, personal trainer and owner of Max Flex Fitness, a Blue Zones Project recognized organization has some thoughts on this. "Generally, people who are seeking to get moving and lose weight through exercise, tend to lose more weight when they are exercising with fit friends or people who are striving for same goals," he says. "The more time spent together the more weight loss."

In July, Blue Zones Project set out to engage the community with a single goal with the 30 minutes for 30 days summer challenge. More than 400 community members participated in the challenge with the common goal of moving for a minimum of 30 minutes a day for 30 days. Any movement counted. Participants received a tracking sheet to log their daily movement and weekly emails with Blue Zones inspired tips and motivation.

"The whole idea is to help others realize that exercise doesn't necessarily include going to the gym or even being a part of a Zumba or

spin class," says Megan Greer, Worksite and Policy Lead at Blue Zones Project. "It's really about recognizing movements that you do each day and doing more of that. By the end of thirty days, it's truly amazing how all of that movement can add up and make a big impact on personal well-being"

The Blue Zones Power 9® longevity principle, Move Naturally encourages individuals to incorporate natural movements in their daily lives that include walking, gardening, biking, or doing chores. Intentionally parking farther away from the store entrance or taking the stairs rather than an elevator are great ways to incorporate more ways to move naturally. Or, enjoy the outdoors by starting a new landscaping or gardening project.

"Participants really got creative in how they engaged with the challenge," said Greer. "Small nudges like this where people have some sort of accountability make the difference between completing or stopping short of a goal."

30 for 30 participant, Cindy Gomez from Collier County Public Schools found that being able to track her progress went a long way in keeping her motivated. "I made a commitment to myself to move every day," she said. "By week three, I invested in a Fitbit, monitored my water consumption, and started a food log. In the end, I feel better, lost a bit of weight (so did the dog), and the dog and I are walking two to three times a day."

Brigid O'Malley found that the challenge played an important part in her recovery. "It was an awesome experience and got me going post-cancer treatment."

The 30 for 30 challenge served as a great well-being motivator and tool for Blue Zones Project worksites. Susan Brehm at Markham Norton Mosteller Wright & Company, P.A. noted that the challenge served as a fun and friendly competition between 12 coworkers. "I love that our team members are so competitive; it was very motivating," she said. "I believe

that we all became more aware of the benefits of activity with this challenge. This is huge because we are accountants and counting beans is a very sedentary occupation."

TwinEagles, Quail West, Windstar on Naples Bay, Wyndemere Country Club, and Stonebridge Country Club were among the Blue Zones Project recognized Homeowners Associations that used the challenge as a well-being tool for residents. "The Blue Zones Project philosophy to make healthy choices the easy choice has been one that has helped me lose seven pounds during the 30 for 30 challenge," said Timothy Jones, General Manager and COO at Stonebridge Country Club.

The challenge also found its way beyond Southwest Florida. Bryan and Mary Millican from Illinois have made daily activity part of their routine, and the challenge served as a way to make that happen. "The challenge was a perfect way to get and keep motivated during the hot lazy days of summer," said Mary Millican. "Once one commits to daily activity, regardless of the weather, regardless of other daily priorities, it becomes easy to get meaningful exercise."

"Our goal with challenges like these is to help others engage in well-being practices through the power of habit, community, and accountability while having fun," says Greer. "The feedback we receive from participants are a testament to that and the meaningful impact that is made on well-being in Southwest Florida."

Brought to Southwest Florida by NCH Healthcare System, in collaboration with Sharecare, Inc., Blue Zones Project is a vital part of Southwest Florida's well-being improvement initiative that encourages changes in the community that lead to healthier options. For more information about Blue Zones Project Southwest Florida, visit southwestflorida.bluezonesproject.com.