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KATRINA SHAWVER, *HENRY: A POLISH SWIMMER'S TRUE STORY OF FRIENDSHIP FROM AUSCHWITZ TO AMERICA*, RIBBON FALLS PRESS, PHOENIX, ARIZONA 2017, PP. 328, ISBN 978-1-7345729-7-1

Sharing the inspiring story of survival in one of the darkest period in human history, courage and strength have been exemplified in the life of Henry Zguda, a Polish competitive swimmer, who survived the concentration camps of Auschwitz and Buchenwald, and more that had ensued during the Holocaust. Such a story that had witnessed shocking brutality and inhumanity, still, didn't affect the health and personality of Henry Zguda, as he shed light on the good, bad and worse days.

The above tale was passionately and deeply written by Katrina Shawver in her first book about Henry, to preserve the tale and artifacts of Henry before they get lost to history. As it seemed, fate chose her to write the story. Her writing career began as a writer for Arizona Republic in Phoenix, Arizona where she lives. She is an experienced writer, journalist, speaker and long-time history geek. She holds a BA from University of Arizona in English/ Political Science. The Polish American Congress in Arizona awarded her their 2018 Polish Heritage Award for contributing to the documentation of the suffering inflicted on Poles during the Holocaust.

The contents of the book began with a prologue, written in a manner that one can visualize the narrative of Shawver and Henry meetings. Following that were the stories of Henry from when he was little growing up, they were narrated in seven parts. The referencing was done in MLA style, and sources from books as well as websites. It contains 79 photos, sourced mainly from US Holocaust Memorial Museum, from the

author's personal collection, and from Henry Zguda's personal photo album. The book is a nonfictional historic work containing the biography of Henry Zguda which was inspired by multiple interviews with him, and later modified from just an article to a book.

The hero of the story Henry – described by Katrina Shawver – was born in Krakow, Poland, 1917. He spent three years in Auschwitz and Buchenwald camps as a prisoner. He later moved to America and married an American woman, Nancy. Henry and Nancy lived in Phoenix, Arizona until their passing. He died in 2003, a year after his interviews with Katrina Shawver; telling his story just in time before the cold hands of death got him. His wife Nancy later died in 2013.

The book was compiled very carefully on the basis of preserved archival documents, especially from the United States Holocaust Memorial Museum Collection and in many of the author's meetings with Henry. With Henry giving accounts and answering questions Shawver needed for clearer documentation, she went on with an extensive research, both locally and abroad. She opined his observations are important, for they weren't said to be correct or incorrect politically; but pragmatically spoken as he saw life at the moment. In the book, we get an idea of what life in Poland before the invasion of Nazi Germany and their quest to conquer the Polish territory and Poles, specifically the Jews. Amongst the Poles living their normal lives before the war was Henry. He was a Catholic and Pole who was also arrested and tortured in concentration camps because he was simply a Pole in other words, he was a political prisoner. The book records his life from childhood to adulthood as a swimmer to his imprisonment in the camps. Preceding that, the book records his life when Poland was a communist state after the war and then his life in America, living healthy as a survivor and a conqueror.

Conclusively, following the friendship based interview with Henry Zguda that culminated into a biography worth writing as a book instead of an article, Shawver has used her skills in journalism and interview to compute a story that witnessed what the Poles had faced during the Nazi Germany through the tales of Zguda, a survival of Auschwitz and Buchenwald concentration camps, World War II and Communist Poland, in a way that portrays bravery, strength and loyalty. The book contains documentation of the suffering inflicted on Polish people during the Holocaust. The story focused on the tales of the people; it's one of a kind that didn't focus on the states involved in the war, one rarely seen.

Just as fascinated like the author as to how someone having endured a lot hard labor, disease, starvation and nearly died of them still lived healthy without bitterness. The book is indeed inspiring as the author reveals Henry's strength and tenacity, strong will and luck in places and a time where many were deliberately wasted or unlucky. It is crystal clear Katrina Shawver and the Zgudas had a very special relationship as the book reveals that in words and photos. Highly recommended book; have a feel of what humanity had been through during the Holocaust, that period in human history should not be forgotten. In the book, history came to live.