

CENTRAL COAST LIVING

IN FOOD & WINE, F5-6

TWO SANDWICHES MADE
WITH SYRIAN CHEESE



IN TRAVEL, F3

A TALE OF TWO CITIES:
CALIFORNIA'S 1915 EXPOS

FEATURES EDITOR: SANDRA DUERR | SDUERR@THETRIBUNE.COM | PHONE: 781-7901 | FAX: 781-7905

SANLUISOBISPO.COM

SUNDAY, JANUARY 25, 2015

THE TRIBUNE **F**

RETIREMENT

More people slowing down in stages

Taking a gradual path to retirement is becoming more common

By ROBERT STRAUSS
The New York Times

At 54, Jack M. Guttentag decided to downsize. His children had grown, and he and his wife thought they should prepare for the future and move from their town house in Philadelphia to something countrified, a few dozen miles west in Valley Forge, Pennsylvania.

"I wasn't quite thinking about retirement, but looking toward that time," said Guttentag, known as the Mortgage Professor. He has long worked in that financing field as a professor at the Wharton School of the University of Pennsylvania and has an advice website of the same name.

That was 37 years ago. Guttentag is 91 now, and last year, having been an emeritus professor since 1996, he and his wife decided to downsize again. They moved halfway back toward Philadelphia and into a one-story retirement facility with some good amenities like a movie theater, a pool and a physical fitness center with two instructors.

"Now we want to be closer to the city and the things to do there," Guttentag said, adding that he no longer wanted to mow the lawn — or even find anyone to do it.

Guttentag is part of what some see as a growing trend toward retiring and downsizing in multiple steps.

In an earlier generation, people tended to do it all at once — and only once — typically either retiring in place or selling a house and moving to a resort area to play golf and mingle with others their age.

Now an overwhelming number of older people are taking a more gradual approach, downsizing a family home and full-time career but not abandoning work or a familiar region altogether.

Rather than seeking refuge in faraway warmer climates, large numbers tend to want to stay in the neighborhoods they've lived in for a long time — even if they do move around within the area in the short term.

A survey by the AARP's Public Policy Institute found that 87 percent of those age 65 and older, and 71 percent of those 50 to 64, preferred to stay close to their longtime neighborhoods and were not making the traditional choice of packing up and moving to a resort area.

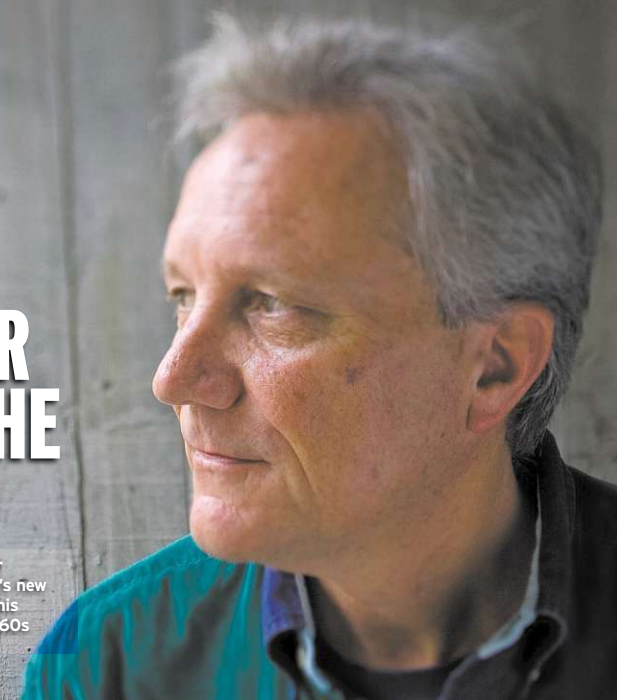
As people live longer — and are healthier and more productive as they age — the opportunity to retire

Please see RETIRE, F4

LOCAL AUTHOR

ALTAR TO THE PAST

Cal Poly professor John C. Hampsey's new memoir explores his boyhood in the 1960s



TRIBUNE PHOTO BY DAVID MIDDLECAMP

In 'Kaufman's Hill,' Cal Poly English professor John C. Hampsey recounts his upbringing in the Pittsburgh suburbs.

By SARAH LINN
slinn@thebusinessnews.com

In Cal Poly professor John C. Hampsey's new memoir, *Kaufman's Hill*, rises like a mythical monolith. Located in Mt. Lebanon, Penn., the crown vetch-covered slope is the site of countless boyhood adventures, of cruelty, courage and sexual awakening. It's the kind of landscape that looms large in the imagination.

"It's almost like we built an altar of our past and it has great sentimental value, but the altar keeps shifting as we get older and older," Hampsey, 60, said. "Time passes and we reshape it and it gets more distant but somehow more meaningful."

"Kaufman's Hill," which will be released Feb. 1 by Bancroft Press, details the author's experiences growing up in a middle-class, Irish-Catholic house in the Pittsburgh suburbs. The narrative follows Hampsey from age 7 to 14, beginning in 1961 and ending in 1968.

The youngest of five children, Hampsey endures run-ins with neighborhood bullies and abusive adults, grapples with his burgeoning sexuality and his flailing faith, and struggles to understand his distant father, an embittered lawyer who turns to bourbon highballs and get-rich-quick business schemes to drown his disappointment. ("He's really a King Lear tragic figure in the book," the author said.)

His mother, in comparison, is portrayed as a gentle, grey-haired woman who takes pride in her son's art education and relishes simple pleasures such as sipping her nightly beer while listening to the rain patter on the porch roof.

In contrast to the sensitive and at-times timid Hampsey is Taddy Keegan, a mercurial character whose ability to effortlessly guide an inner tube through a storm-swollen sewage tunnel fills the boy with admiration. "He was kind of a

BOOK READING SATURDAY

Cal Poly professor John C. Hampsey will read from his new book "Kaufman's Hill" at 7 p.m. Saturday at Philips Hall in the Performing Arts Center, 1 Grand Ave. in San Luis Obispo. The reading, which is free and open to the public, is sponsored by the Cal Poly English Department's WriterSpeak series. For more information, call 756-2585 or visit <http://english.calpoly.edu> or www.johnhampsey.com.

Huck Finn character that I was just in awe in because he was so brave and courageous," Hampsey said.

As befitting the volatile time period, race and religion play key roles in "Kaufman's Hill." In one scene, Hampsey encounters a group of rock-tossing black youths, in another, his mother drives the family's black cleaning lady, Lorraine, home to Pittsburgh's impoverished Hill District because riots have disrupted the bus lines.

"Kaufman's Hill" has earned accolades from the likes of "A People's History of the United States" historian Howard Zinn,

who called it "the best book written on American boyhood in decades."

"Kaufman's Hill" is among the most touching, sensitive and spellbinding memoirs I've encountered in many years," wrote "The Things They Carried" novelist Tim O'Brien, who Hampsey brought to Cal Poly to speak in the 1990s. "Beautifully and exactly written, this book will surely reach into the hearts of its readers."

Hampsey said he didn't set out to write a classic coming-of-age tale.

"I wrote this book primarily to capture that time period that I thought hadn't been captured ... that in-between time period as the suburbs are coming on and the green spaces are lost," Hampsey explained, sandwiched between the end of the straitlaced 1950s and the birth of the freewheeling counter-culture movement. "I wanted to capture that world, and then put myself in it and tell my story."

Hampsey, who holds a master's degree from the College of the Holy Cross in Worcester, Mass., and a doctorate degree from Boston College, has taught English at Cal Poly since 1989. His previous book was "Paranoia and Contentment: A Personal Essay on Western Thought," published in 2005 by University of Virginia Press. "Paranoia and Contentment" falls into the category of intellectual history, Hampsey said, but there are passages in the book that are analytical, anecdotal and autobiographical. "Nobody's really combined all those things together before," said the author, whose main focus is romantic and classical literature.

It's only appropriate, then,

that "Kaufman's Hill" also straddles the line between genres. Stylistically, it's a blend of autobiography and novel.

Hampsey started writing the book in the mid-1990s, inspired by an early memory of being forced by two cruel local brothers to strike at a dead rat with a golf club.

"Just on a lark, I had this memory and I thought I'd try this little seven-page story," Hampsey said, which became the first chapter of "Kaufman's Hill," "Rat Stick at Twilight." "My writers group went nuts over it. They said, 'This is really great.' (I thought 'Oh, maybe I'll do another chapter.'")

Hampsey took a break to write "Paranoia and Contentment" then returned to "Kaufman's Hill" in 2008 following his mother's death. The author, whose father had passed away earlier, finally felt liberated to write about his past, he said. Even so, all the names in his book have been changed for legal reasons, Hampsey explained. "People are going to recognize themselves and some of them aren't going to be very happy," he said.

When writing "Kaufman's Hill," Hampsey said, "I made the decision early on, and it was a crucial decision, to keep it true. Everything that's in it is true as far as I remember it." ("I don't remember literally words that were said. But I remember images that were key," he explained. "From the images, (the story) kind of unpacks itself.")

Hampsey also made a conscious decision about his style of narration.

Rather than write his memoir

Please see AUTHOR, F4



'KAUFMAN'S HILL'

By John C. Hampsey
Bancroft Press
\$25

TravelBriefs

LAX chocolates at center of spat

Travelers flying in and out of Los Angeles International Airport should stay clear of the chocolates sold at the airport's two Kitson shops.

That warning comes from Kitson itself. The L.A. boutique that sells novelty souvenirs is in a dispute with the Hudson Group, the New Jersey company that operates dozens of airport stores, including the Kitson stores at LAX.

Kitson is trying to get out of the licensing contract that lets Hudson sell its merchandise at the airport, contending that Hudson has overpriced some items and put new wrappers on expired See's candy so it can sell them with new expiration dates.

A Hudson representative disputed the charges of selling expired candy and said the prices of three items that were slightly overpriced have been lowered.

Kitson spokeswoman Courtney Saavedra said Hudson's actions are ruining Kitson's reputation.

Allegiant flights host games show

When you run a small, low-cost carrier with a tiny marketing budget, you have to be creative to get publicity.

That explains why Las Vegas-based Allegiant Air has allowed a television crew to film a game show in the cabin of its planes during regularly scheduled flights.

"We are always looking for ways to get lots of exposure," said Brian Davis, Allegiant's vice president of marketing.

"The Game Plane," hosted by Mark Walberg of PBS' "Antiques Roadshow," recently signed with Allegiant to begin filming a second season of episodes that include trivia contests and onboard games of skills, with cash prizes and vacations awarded between takeoffs and landings.

Allegiant reported a 13 percent growth in passengers in 2014, compared with the previous year, plus a 9.5 percent increase in income for the first nine months of the year.

Davis said he doesn't know if the game show has played a direct role in boosting the carrier's popularity or profits but passengers seem to like being part of the show.

"The feedback we've gotten from customers has been great," he said.

Five intriguing vacations for 2015

- **Cuba:** The Obama White House just announced major changes that will make it easier and hopefully cheaper for the average tourist to visit. Look for firm guidance by February.
- **Brazil:** As it prepares for the 2016 Olympics, 400 new hotels are opening and more flights from the U.S. are launching. Go this year.
- **Asia cruising:** Be the first on your block to see exotic ports like Jeju Province, South Korea and other places none of your braggish friends have visited yet.
- **Puerto Rico:** New verve in an old destination comes from increasing airline service, no passport needed, and new hotels and resorts.
- **Dubai:** A big airport expansion and a glut of hotels mean good deals for visitors to this glitzy Mideast city.

— Tribune wire services

**CURRENCY
\$1 equals:**

Britain/Pound	0.66
Canada/Dollar	1.24
Australia/Dollar	1.25
E.U./Euro	0.88
Japan/Yen	118.70
Mexico/Peso	14.64
Philippines/Peso	44.22
Russia/Ruble	64.61

SOURCE: WOLFE

Expos

From Page F3

Germany put up pavilions, nor did Mexico.

But Thomas Edison, Henry Ford, Charlie Chaplin, Helen Keller and former President Theodore Roosevelt all came. Laura Ingalls Wilder, future author of the "Little House" books, marveled at a cow-milking machine. Ansel Adams, age 13, had a season pass and wandered the grounds daily, shooting photos with a Brownie box camera.

In all, nearly 19 million visitors turned out, a civic triumph for San Francisco by just about every measure. On the last day alone, 459,022 guests showed up. And then it all but vanished.

Buildings were leveled, materials were salvaged and sold for scrap. Real estate reverted to its owners. And much was scattered among new owners. The plaster sculpture "End of the Trail," by James Earle Fraser, a bowed depiction of a Native American on horseback that once stood in the expo's Court of Palms, now graces the National Cowboy & Western Heritage Museum in Oklahoma City.

Among the significant structures, only one survived in its original location: the lagoon-adjacent rotunda and colonnades of the Palace of Fine Arts, which was bolstered by reconstruction in the 1960s. To see more of the 1915 expo in San Francisco, you must do some sleuthing—or visit during this year's centennial exhibitions.

On the one hand, said Laura A. Ackley, author of "San Francisco's Jewel City: The Panama-Pacific International Exposition of 1915," the event made money, gilded the city's reputation and "changed the standard for architectural illumination worldwide." On the other, "it was so ephemeral. And the San Diego one lives on."

San Diego's vision

In the beginning, things didn't look good for San Diego's Panama-California Exposition. Organizers had far less money to spend, no federal blessing and plenty of discord.

Nationally acclaimed landscape architects John C. Olmsted and Frederick Law Olmsted Jr. signed on, then quit. So did a rising architectural star named Irving Gill.

Under the terms of a truce with San Francisco, San Diego had to leave the



In San Diego, the Cabrillo Bridge, above, connects Balboa Park and the Banker's Hill neighborhood. The Casa de Balboa, left, features extensive cast concrete.



LOS ANGELES TIMES/TNS PHOTOS

word "international" out of the name of its expo.

"At first, it was a rivalry," said Iris Engstrand, a professor of history at the University of San Diego and curator of "San Diego Invites the World: The 1915 Expo" at the San Diego History Center.

"But then they both realized to have a fair, and they'd better cooperate."

Building on success

Opening day was Jan. 1, 1915, about 50 days ahead of San Francisco's. Two million people turned up in the first 12 months. Many San Francisco expo-goers made side trips to San Diego, including Roosevelt, Edison and Ford.

After the San Francisco expo closed, San Diego's fair kept going. It got a commercial second wind by bringing in foreign exhibitors and concessionaires who were happy to delay their return to a warring Europe.

In September of the expo's second year, noted Richard Amero in "Balboa Park and the 1915 Exposition," Dr. Harry M. Wegforth was driving nearby when he heard the roar of a lion on display along the Isthmus. He turned to his brother Paul and said, "Wouldn't it be splendid if San Diego had a zoo?"

Soon it did.

By the time San Diego's expo closed on Jan. 1, 1917, attendance had reached about 3.8 million over two years, about a fifth of San Francisco's total.

But San Diego's key buildings had been built to last — and on public land. Moreover, as the decades passed, three temporary structures along the Prado promenade (now known as the Casa del Prado, the Casa de Balboa and the House of Charm) were saved and eventually rebuilt near the remodeled House of Hospitality.

"Thanks to that fair, Engstrand said, "San Diego became a little more popular, although it has never achieved, even today, the status of San Francisco."

Meanwhile, she added, Spanish Colonial architecture gained popularity in the West. In the course of their hosting chores, local leaders also forged ties that helped the city emerge as a Navy town.

Today Balboa ranks among the nation's most admired urban cultural parks.

Its green spaces and 1915 legacy buildings have been joined by the Old Globe theater complex, the Reuben H. Fleet Science Center, the San Diego Air & Space Museum and about two dozen other organizations. The city estimates the park gets more than 14 million visitors per year.

San Diego's expo centennial party has been marred by fumbles, including the failure of Balboa Park Celebration Inc., a nonprofit group that disbanded in disgrace after spending \$2.8 million in public and private funds with little result. But there are events to mark the occasion (www.balboapark.org).

IF YOU GO: EXPO CENTENNIAL EVENTS

SAN FRANCISCO

The Palace of Fine Arts, a lagoon-adjacent building (3301 Lyon St.) and the only major 1915 expo structure still in its original location, will house a California Historical Society exhibition on the fair from Feb. 20, 2015 to Jan. 10, 2016.

San Francisco City Guides (sfcityguides.org)

offers tours of the Palace of Fine Arts and of the Marina District, with much of the script devoted to the 1915 expo.

The California Historical Society (678 Mission St.)

will stage an exhibition on the expo from Feb. 22 to Dec. 6. "City Rising: San Francisco and the 1915 World's Fair."

For more on expo centennial events:

www.ppie100.org.

To read and see more about the city in 1915:

"San Francisco's Jewel City: The Panama-Pacific International Exposition of 1915," by Laura A. Ackley, and "Panorama: Tales From San Francisco's 1915 Pan-Pacific International Exposition," by Lee Bruno.

SAN DIEGO

The San Diego History Center in the Casa de Balboa has organized two exhibitions:

"San Diego Invites the World: The 1915 Expo," to run Jan. 31, 2015 to March 31, 2016; and "Masterworks: Art of the Exposition Era," to run Jan. 16, 2015 to Jan. 3, 2016.

The center is also screening a 30-minute documentary,

"Balboa Park: The Jewel of San Diego," usually at 11 a.m. and 3 p.m. daily. Call (619) 232-6203 to be sure.

For more about centennial events:

www.balboapark.org.

To read more:

"Balboa Park and the 1915 Exposition," by Richard Amero.

Author

From Page F1

from the perspective of a grown man looking back on his past, he chose to portray events from the point of view of his younger self — following the examples of James Joyce's "A Portrait of the Artist as a Young Man" and Frank McCourt's "Angela's Ashes."

"The problem is, if you write from the perspective of 7 years old, 8 years old, 9 years old, you have to use the vocabulary that you had then," Hampsey said. "And you still want the writing to be lyrical and hopefully beautiful."

That's why it took him so long to write "Kaufman's Hill," he said. "I wanted to stay true to that consciousness, that tone, that voice, his language, but have it be lyric."

According to Hampsey,

Retire

From Page F1

she would quit when her husband retired.

"Now, more women hold jobs they may find "aspirational," Mitchell said, and may want to stay with them, delaying a final major downsizing and having an interim one instead.

"I do a lot of work with people who are just finding ways not to run out of money," she said. "With people living longer, that is a concern, so maybe they retire, then downsize, then go back to work, then retire again."

"Or, on the other hand, people may feel their mortality and just jump on something for a while before really downsizing," she said.

who's working on an existential, semi-autobiographical novel titled "Soda Lake," "Kaufman's Hill" is

more than the story of a boy. It's also an elegy for a lost world of unlocked doors and untamed

For Stu Alexander and his wife, Diarda Kaye, this gradual approach to a full retirement has become a long-term lifestyle. They had already moved once and changed careers. In 1996, when they were both 46, they left Minnesota for Arizona and giving up their former careers as a state recreation director and a sales executive, started writing, directing and acting, eventually opening up their own theaters.

"We thought we would do this for 10 or 15 years and then really retire," Alexander said. But in October 2012, at a seniors softball tournament, he went through a compli-

mentary health screening that showed an elevated blood sugar level. When he returned home, his doctor told him he had diabetes, and a month later, short of breath on a hike, he found he had clogged arteries and soon had triple-bypass heart surgery.

"When I recovered, there was no thought but to really live out our dream before anything else happened," he said. For the last two years, they have traveled in their recreational vehicle around North America for six months at a time, alternating with six months at home in Arizona. It's a schedule they hope to

'I made the decision early on, and it was a crucial decision, to keep it true.'

— John C. Hampsey

spaces, when children were free to roam wherever they pleased.

"When you left the house ... nobody knew when you'd be home for lunch. Nobody knew where you went," Hampsey recalled. "It was absolute freedom."

Added the author, "The freedom ... we were exposed to early on made my generation uniquely strong, in a way. No other generation's ever going to have that again."

maintain over the next eight years.

They travel slowly and tow a compact car that they can use for day trips around whatever campground they have chosen.

Alexander has long been a self-described baseball fanatic, so they plan to catch games in all 30 major league parks by the end of this year, their third in this retirement voyage.

"When we're done, we'll be 72. That should be the time we'll be slowing down for real," said Alexander, who still writes, particularly about his travels. "I guess we will have retired three times in a way, one step at a time."



Photos of Irish playwright and novelist Samuel Beckett are displayed on the door of John Hampsey's office at Cal Poly.

TRIBUNE PHOTO BY DAVID MIDDLECAM