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“Pickleball”
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You may be aware that a new craze has taken hold in Humboldt County and across the country. It's called "Pickleball", and it is a bit of a fusion of tennis and ping pong. Simple to play but difficult to master, pickleball has broad appeal to people of all ages and skill levels. It can be played indoors or outdoors, making it an all-year, all-weather sport. Pickleball allows one to get exercise in a way that is fun, creates social networks, and challenges you both mentally and physically. The rules are simple and can be learned in a day, yet the game holds enough complexity to keep the interest of seasoned players. Addictive? Possibly, but in a good way. Pickleball costs very little to play, so it attracts people of all socioeconomic levels. All you need is a paddle and small ball full of holes. (And 3 other people to play with you.) I believe pickleball has the ability to transform retirement because people of all ages can play and enjoy the game. In fact, addiction to pickleball is probably a motivation for retirement. But the most important thing of all is that pickleball is FUN!. I've never heard so much laughter and joking going on during a sporting event. Pickleball is really cool. It'll make you laugh, it could make you cry, you'll make tons of new friends and you'll get a lot of exercise. Try it.