***AmPRO—IPRO Director’s Message August 2022***

**It is not every day that one celebrates his or her 100th birthday! Last month in Phoenix (Sun City West), I had the opportunity to be a part of an historic event along with some 80 others. Lake Westphal is his name; yet, I endearingly call him, Lago. For years he has come to New Mexico to participate in the IRF World Senior Championships; spreading over 5 decades.**

**A few years back he made history by playing in the final of the Mens 95+ Singles division. After the match (he won 11-10 tiebreaker), he and compatriot William Matotan were interviewed by a local television sports broadcaster. Asked what his goals for racquetball were; he responded, ‘ *I hope to play him again in five years in the 100+ category.’* This stance was echoed by his opponent. Unfortunately, William passed away at 99. A fascinating projection from a man who twenty years prior in our AmPRO seminar said; *‘My long term goal is to be here tomorrow.’***

**Westphal has a lucrative resume which includes military service, entrepreneur, and public service. In addition, he is the oldest certified racquetball instructor; and, will always add suggestions for your game! Follow a few verses from Ode to Lagol**

***Most call him Lake or Mr. Westphal. I do not adhere to that call.***

***A man with a great heart; add sabiduria & the color blue to his cart.***

***At 99 with his sweetheart Ann, they embarked across the bay.***

***Traveling north and south, not much else to say.***

***Approaching 10,000 miles in auto, staying energized & fit;***

***He will do it again, do not bet against it!***

***Here we are after having blinked twice.***

***Reaching 100, we may place him on ice.***

***Racquetball this year in Albuquerque? He said ‘Naw.’***

***Lo and behold our friend, your name is in the draw.***

***So before we all leave, one more time, say it slow;***

***WE ALL LOVE YOU LAGOOOO***