



PDN FILE PHOTO

JJ Ambrose, local mixed-martial arts fighter and owner of Steel Athletics, spends some time sparring inside the steel octagon at the Tamuning gym Sept. 2, 2021. Ambrose will return to the ring on Sept. 23, 2022, for Cage Warriors 143 at the famed Humphreys by the Bay in San Diego.

other athletes, or watching other athletes' experiences throughout my life, that my time will come too when I'm asked to pass the torch on to somebody," he said. "So I'm doing as much as I can. People think that I'm taking some risks, but I feel that there is this tiny window of opportunity that I need to jump through because then five years from now I could be like, 'Hey, I feel like fighting this weekend.' And it's gone, it's over. When I hit 40 there's no way that I want to put my body at risk anymore.

"You know, I know every time I go out there, I'm risking my life and my future. So this window that I have, I'm not going to have very much longer, so I'm doing everything I possibly can.

So that when I look back, I have no regrets. And I don't think that I had one."

Ambrose said that lately, more so than any other time in his life, he gets random people, old and young, coming up to him, offering congratulations and other words of encouragement.

"I can't tell you enough how much that means to be, you know, coming from a small town," he said. "Like, I didn't have a whole lot going for me when I was younger, but I feel so much support and love that I never felt at any other time in my life."

Pacific Daily News reporter Jojo Santo Tomas covers sports and food. Email him at jsantotoma@guampdn.com.

Superman

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"Like the quote says, 'Pressure is a privilege.' Right? I enjoy this. I love testing myself," said Ambrose. "Because if I win, I'm doing the right thing. If I lose, that gives me an opportunity to grow. I get better each time when I carry on doing what I'm doing right? And losses, I get so much out of it. There's so much growth. I feel I'm one of those people that leaves no stone unturned when it comes to training and lifestyle. You know, I train every single day the way that I should like a professional.

So I'm always ready for an opponent."

No regrets

Being ready for anyone is what's important for Ambrose, who has fought professionally since he was 19.

"I'm 35 years old right now, I feel better than ever. But I know it's fleeting. I know that just from hearing

Baseball

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Andrew Perez went 2-3 for the Tritons and had two runs while teammates Jathan Muna-Barnes and

Antonio Norita both scored two runs for the team with each having a hit, and Muna-Barnes walking twice and Norita once, according to the release.

The Marlins were able to

score two runs in the first and seventh inning and added a single run in the third.

Results from the Tritons game against the Braves weren't available as of press time.



COURTESY OF TRITON ATHLETICS

University of Guam Tritons pose after their 8-5 win against the Marlins during the opening of the Guam Amateur Baseball league on Sept. 16, 2022, at the Triple J Baseball Complex at Okkodo High School.

MONGMONG-TOTO-MAITE MUNICIPAL PLANNING COUNCIL (MTMPC) REGULAR MEETING SEPTEMBER 21, 2022 • 6:00PM • MTM COMMUNITY CENTER

A G E N D A

- I. Call to Order
- II. Inifresi
- III. Approval of June 22, 2022 Meeting Minutes
- IV. Treasurer's Report • June, July and August 2022
- V. New Business
 - A. Request for Payment – ARP Funds Purchase (non-payment by DOA)
 1. T-Factory and Promotional Specialties (Manamko) Celebration
 2. Guam PDN – June and September meeting notices
 3. Balance of Playground Equipment
 - B. Halloween Activity
 1. Date/Time/Place
 - Friday • October 28, 2022 • 6:30PM • MTM Community Center
- VI. Public Comments
- VII. Next meeting
- VIII. Adjournment

Guam Board of Examiners for Dentistry Regular Board Meeting

Wednesday, September 21, 2022 03:00 PM Guam, Port Moresby

Join Zoom Meeting

<https://us06web.zoom.us/j/82316414868?pwd=eHIWSDA2NkVWVWnBWMGIbRHpZSmJyQT09>

Meeting ID: 823 1641 4868
Passcode: 244128

Meeting Agenda:

- I. Call to Order
- II. Roll Call
- III. Proof of Publication
- IV. Approval of Agenda
- V. Approval of Minutes
- VI. Treasurer's Report
- VII. HPLO Administrator's Report
- VIII. New Business
 - (a) Initial Applications for Review and Approval
 - (b) Clinical Exam Results
- IX. Announcements
- X. Adjournment

To view the names of the applicants being considered go to <http://guamdentistry.org>
To View live Streaming visit <http://facebook.com/HPLOGuam>

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