

# Triple J's MTB Race set for Saturday

Pacific Daily News

Triple J Ford is setting up for its Built Tough Monsoon MTB Race Saturday at the Guam International Raceway Park in Yigo.

The event will feature a six-lap course or a short course of three laps. Each lap is measured at four miles, according to a release from the Guam Cycling Federation.

The top three age group finishers will receive certificates, with special prizes

given to the top three overall male and female riders in both long and short course. Raffle prizes will be up for grabs, according to the release.

Guam Cycling Federation members are able to register with an entry fee of \$20, according to a release. Deadline to register is 5 p.m. Thursday.

Show time for participants is 6 a.m. with the competition starting at 7 a.m.



PDN FILE PHOTO  
In this file photo, cyclists begin their journey at Ypao Beach during the Guam Cycling Federation's I Bike village ride in Tumon. Triple J Ford is setting up for its Built Tough Monsoon MTB Race Sept. 17, 2022, at the Guam International Raceway Park in Yigo.

## Golf

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### 'The moment of truth'

Most find it difficult to do a golf swing. What is the impact on the golf swing? It is the time when the golf club face meets the ball downward. Yes!

Amateurs swing the club the opposite way — upward. And they end up duffing, topping, skulling, you name it.

Skilled golfers know how to make solid contact by attacking a ball downward.

When a good player swings a downblow, or a downward strike, the club face's loft works best. However, most amateur golfers

attack the ball the opposite way. They try to help the ball get up in the air by scooping the club at the moment of impact.

### A side-on game

The golfer sets up his or her body to the side of the target. In other sports, like sharpshooting and bowling, players face the target and align themselves straight on with the target. Golfers do not. Why? Because this target-centered setup causes incorrect alignment and illusions of aiming.

In the pro-am golf tournament, many tour professionals are known to say, "The most common amateur golfer mistake — compared with tour profession-

als — is neither power nor accuracy. It is alignment."

I'll discuss these issues later in greater detail.

*Nathan D. Kang is a PGA certified professional and golf instructor at the Nathan Kang Golf Institute.*

Guam Community Health Centers  
Board of Directors' Meeting  
Thursday, September 15, 2022  
DPHSS Conference Room, Hagåtña-10am.

#### AGENDA

- 1) Call Meeting to Order
- 2) Review and approval of meeting minutes
- 3) Public Forum
- 4) Old Business:
  - a) CEO Recruitment
  - b) Acting CEO Appointment
  - c) Board Member Recruitment
  - d) Provider Recruitment
  - e) EHR Selection and Implementation
  - f) NRCHC Mural
  - g) ARPA Minor Renovations
  - h) ARPA Capital Grant (NRCHC Expansion)
  - i) Semi-Autonomous Project
  - j) Retention Incentive
- 5) New Business
- 6) Financial Report
- 7) Treasurer's Report
- 8) Announcements/Open Discussion
  - a) Community Health Quality Recognition (CHQR) badge
  - b) Workforce Survey
  - c) September 17, 2022 Outreach
  - 9) Schedule Next Meeting
  - 10) Adjournment

For special accommodations please call 671 635-7447  
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### The Guam Board of Examiners for Pharmacy Regular Virtual Board Meeting

Thursday, September 15, 2022 at 7:30AM.

Join Zoom Meeting  
<https://us06web.zoom.us/j/89466373167?pwd=akxYV3RHanBxdXFQY3FzK3lvcC95dz09>

Meeting ID: 894 6637 3167  
Passcode: 274885

#### Meeting Agenda:

- I Call to Order: (a) Roll Call (b) Confirmation of Public Notice.
- II Approval of Agenda:
- III Review and Approval of Minutes: Minutes of August 18, 2022
- IV HPLO Administrator's Report
- V Complaint(s): (a) GBEP-CO-16-01
- VI Old Business: (a) Pharmacies/Facilities/Wholesales (b) Renewals 2022
- VII New Business: (a) Pharmacist by Endorsement (b) Pharmacy Technicians (c) Pharmacy/Facilities/Wholesales (d) Renewals 2022 (e) Collaborative Practice Agreement
- VIII Announcement: (a) The Guam Board of Examiners for Pharmacy Regular Session Meeting is scheduled for October 20, 2022 at 7:30a.m (Tentative)
- IX Adjournment:

To view the names of the applicants being considered go to <https://guampharmacies.org>  
**LIVE Streaming link**  
<http://facebook.com/HPLOGuam>

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For more information, please contact the Board office at 735-7404/10 thru 12. Persons needing telecommunication device for the Hearing/Speech Impaired (TDD) may contact 475-8339.

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### IN THE SUPERIOR COURT OF GUAM

#### IN THE MATTER OF THE ESTATE OF

**JOSEPH TYDINGCO CASTRO, Decedent.**

**PROBATE CASE NO. PR0134-22**

#### NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN by JERMAINE D. CASTRO, Administrator of the Estate of Joseph Tydingco Castro, deceased, to the creditors of, and all persons having claims against said Estate or against said Decedent, that within sixty (60) calendar days after the date of the first publication of this notice, they either file them with necessary vouchers in the Office of Clerk of the Superior Court of Guam, or exhibit them with the necessary vouchers to said Administrator or his attorneys of record, Camacho Calvo Law Group, LLC, 356 E. Marine Corps Drive, Suite 201, Hagåtña, Guam 96910, the same being the place for the transaction of the business of said Estate.

DATED: September 2, 2022.

CAMACHO CALVO LAW GROUP LLC

/s/ ZACHARY G. DAMIAN  
Attorneys for Administrator  
JERMAINE D. CASTRO

### GUAM ETHICS COMMISSION

*Kumisión i Ginihan Areklamenton Guåhan*

#### NOTICE OF VIRTUAL PUBLIC HEARING

Pursuant to 5 GCA § 9301, all agencies of the government of Guam are required to publish a notice of public hearing on the adoption, promulgation, repeal, rescission, or amendment of rules. The Guam Ethics Commission (GethC) will be accepting public comments on the promulgation of proposed rules and regulations governing the administration of the Guam Ethics Commission relating to standards of conduct under 4 GCA Chapter 15.

**DATE:** Friday, September 23, 2022  
**TIME:** 9:00 A.M.  
**PLACE:** via Zoom Conference Platform  
Zoom Meeting ID: 876 733 0322  
Passcode: ethics

Individuals wishing to provide comments may contact the GethC at (671) 969-5625 or via email at [info@ethics.guam.gov](mailto:info@ethics.guam.gov). Copies of the proposed rules and regulations are available for inspection at the Guam Ethics Commission, 134 West Soledad Avenue, Suite 406, Bank of Hawaii Bldg., Hagåtña, Guam 96910 and on the GethC's website at [www.guamethics.com](http://www.guamethics.com).

For special accommodations or other assistance, please call the Guam Ethics Commission at (671) 969-5625.

This ad was paid for with Guam Ethics Commission funds.