

## Bodybuilder

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Picayo is one of the 39 competitors registered. He was always into fitness and said that this competition was another way for him to test his physical limitations and see what he was capable of. "I wanted to really see what my potential is and see where I can go from there," Picayo said.

Picayo will be competing in the men's physique category on Saturday with 11 other competitors. His strategy going into the competition was to keep training as intense as possible.

Picayo's training was programmed for five days a week for the past couple of months. He said he mainly targeted chest and biceps, back and calves, and a full leg and arm day. Though he'd take two rest days, he would reserve one for ac-



COURTESY OF RENE PICAYO

**Rene Picayo trains at Paradise Fitness in preparation for the 2022 Michelob Ultra Guam National Bodybuilding Championships on July 23, 2022, at the RIGHA Royal Laguna Guam.**

tive rest days.

Though the physical training sounds easy for him to say and do, the other preparation difficult had to deal with nutrition. "I always try to work hard in the gym but prepping the meals has got to be one of the biggest challenges," Picayo said. "It's because of having to find the time."

### Ecosystem

Though dieting can be the ultimate challenge to maintain his body till competition, Picayo looks to his support system to help

motivate him. "I have a lot of support from Health City," Picayo said. "Being here at Health City I get former competitors, people who trained under the same coach (Mike Duay) as me. They would tell me all about their experiences. They would give me advice on what I can do, on how to prep my meals, my training ... seeing them at the gym as well. They would see me working hard and motivate me more."

Picayo said he's a naturally disciplined person, which makes it a bit easier

for him to prevent falling off the path to prepare. He also said that his current environment enhances that discipline. He said that being around a lot of people "who support the sport of bodybuilding and who understand bodybuilding" has helped him stay focused and stay motivated throughout this journey.

### Ride or die

Picayo said that another motivation he has is to look to his partner, Angelina Villacrusis. Villacrusis will be competing in the same championships under the bikini category. Like Picayo, this would also be her first competition. "Seeing

her go through the struggles, to push herself, motivates me even more to be the best that I can be," Picayo said.

Picayo hopes that once the competition hits on Saturday, he gets the opportunity to hop onto that stage with his best package, have fun while doing it and learn from the experience.

The last day for fellow competitors to register is Friday. Camacho said that she wouldn't be surprised if there'll be last-minute entries.

Tickets for the event are \$35 and can be purchased at all Paradise Fitness locations. The event begins at 5 p.m. Saturday.

## Soto turns down \$440 million contract

WASHINGTON (AP) — Washington Nationals star outfielder Juan Soto expressed irritation Saturday hours after a report he turned down a record contract with the rebuilding club.

The Athletic, citing unidentified sources, reported Soto turned down a \$440 million, 15-year contract offer to remain with the Nationals that would have been the most lucrative in baseball history. Los Angeles Angels outfielder Mike Trout signed a 12-year, \$426.5 million deal in 2019.

The Nationals said last month that they would not trade the 23-year-old Soto. But speculation about Soto getting dealt was sure to swell after this report of him turning down a long-term deal.

Soto is a two-time All-Star who finished second in the NL MVP voting last season. He will not be a free agent until after the 2024 season.

"It feels really bad to see stuff going out like that because I'm a guy who, my side, keeps everything quiet and try to keep it to them and me," Soto said before the Nationals played Atlanta. "They just make the decision and do what they need to do."

Soto referred questions about his contract to his agent, Scott Boras.

Soto was a key piece of Washington's championship team in 2019 and turned 21 during the World Series. He won the NL batting title in 2020, led the league on on-base percentage in 2020 and 2021



AP PHOTO

**Washington Nationals' Juan Soto prepares for an at-bat in the fifth inning of the first game of a baseball doubleheader against the Seattle Mariners on July 13, 2022, in Washington.**

en route to Silver Slugger awards in both seasons.

He is hitting .249 with 19 homers and 42 RBIs this season and will play in Tuesday's All-Star Game in Los Angeles. Soto has reached base in a career-high 24 consecutive games entering Saturday.

**The Guam Board of Medical Examiners Regular Virtual Board Meeting, Wednesday, July 20, 2022 at 4:00PM.**  
**Join Zoom Meeting:**  
<https://us06web.zoom.us/j/81350445126?pwd=bS9BRWUjwczRTZ0RTZE0wYUxjBWxkZ0Q09>  
 Meeting ID: 813 5044 5126  
 Passcode: 884218

### Meeting Agenda:

- I Call to order: (a) Roll Call (b) Confirmation of Public Notice.
- II Adoption of Agenda:
- III Review and Approval of Minutes: Minutes of June 08, 2022.
- IV Treasurer's Report: Mr. Philip J. Flores
- V HPLA Administrator's Report: Nathaniel B. Berg, M.D.
- VI Chairperson's Report: (a) Emergency Issued Licenses
- VII Old Business: (a) Determining Jurisdiction of Complaints – Continued (b) Complaint(s):  
 (1) GBME-CO-20-005  
 (2) GBME-CO-2021-011  
 (3) GBME-CO-2022-001  
 (4) GBME-CO-2022-002  
 (5) GBME-CO-2022-003  
 (6) GBME-CO-2022-006  
 (c) Full Licensure Renewals 2021-2023 (d) Application(s) for Reinstatement
- VIII New Business: (a) Complaint: (b) Application(s) for Full Licensure: (c) Full Licensure Renewals 2021-2023: (d) Interstate Medical Licensing Compact (IMLCC) Application(s):
- IX Announcement: The next Guam Board of Medical Examiners Regular Virtual Meeting is scheduled for August 10, 2022 at 4:00 pm via ZOOM.
- X Adjournment:

**To view the names of the applicants being considered, go to <https://guammedical.org> LIVE Streaming link <http://facebook.com/HPLAGuam>**  
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**Department of Public Health & Social Services**  
**GUAM BOARD OF EXAMINERS FOR DENTISTRY**  
 194 Hernan Cortes Ave., Terlaje Prof. Bldg., Ste. 213A Hagåtña, Guam 96910  
 Phone: 671-735-7407/8/9/10

### Guam Board of Examiners for Dentistry Regular Board Meeting

**Wednesday, July 20, 2022 03:00 PM Guam, Port Moresby**

**Join Zoom Meeting**  
<https://us06web.zoom.us/j/89533243916?pwd=QzBIM0FqdERCQkRkbXJQMjI9SUJlZ09>

**Meeting ID: 895 3324 3916**  
**Passcode: 033898**

### 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. HPLA Administrator's Report
- VIII. New Business  
 (a) Personal Interview  
 (b) Initial Applications for Review and Approval  
 (c) Renewal Applications for Review and Approval  
 (a) Discussion on Clinical Exam
- IX. Old Business
- X. Announcements
- XI. Adjournment

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

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