

MMA

Continued from Page 17

example (competing in other challenging fitness and combative events) and through community involvement (donation of time or resources). In fact, he announced in New Zealand that he will be donating all his fight purse to the recovery efforts of Typhoon Mawar.

GSPN caught up with the 36-year-old to get some of his thoughts fresh off his announcement.

GSPN: When did you really know this would be your last fight?

JJ: About a month ago, when I was packing up, my daughter Isabella saw my suitcase and said “daddy go airplane?” My heart sank. I had to walk away to hide the tears. I knew this would be my last fight right then and there.

GSPN: What would you say is the biggest lesson learned from the sport of MMA?

JJ: “This too shall pass”. MMA has given me the highest highs and the lowest lows. Nothing beats that feeling right after the sun, surrounded by friends and family, eating a delicious meal. And then the loss, alone in the locker room, no one knowing what to say to you, trying to figure out what went wrong. In the end, the wins and the losses don’t matter, it’s the life you’ve lived. I’ve traveled the world and went further in this game than I ever imagined when I started this journey.

GSPN: What, if anything, would you have done differently in your MMA career?

JJ: I would have believed

in myself more. There was a lot of self doubt that plagued me in the middle of my career, and I really had to battle the demons so

to speak, to get through it. But it made me who I am today, and I’m happy to have left on a high note.

GSPN: Most memorable

or favorite fight and why?

JJ: All of the fights have a special place in my heart. I think fighting Dylan Fassel at the UOG Calvo Field House in PXC (55, 2016) would be the most memorable. He dropped me in

the first 30 seconds with a straight left hand, had to dig deep and battle back to edge out the victory.

Congratulations once again, Joseph Junior Ambrose. You’ve done yourself good.



A screenshot of JJ Ambrose's post fight interview Saturday night when he announced his retirement from MMA.

Guam Cancer Trust Fund Council Meeting

The Guam Cancer Trust Fund Council will hold its monthly meeting online on

Thursday, July 06, 2023, at 4:00 p.m.

If interested in attending the meeting, please register with Remylynn Yamanaka at gctf@triton.uog.edu.

AGENDA

- CALL TO ORDER
- REPORT FROM THE CHAIR
- REPORT FROM GCTF PROGRAM MANAGER
- OLD BUSINESS
- NEW BUSINESS
- OPEN DISCUSSION/INFORMATION
- ADJOURNMENT

The Guam Board of Social Work Regular Virtual Board Meeting, Thursday, July 06, 2023 at 11:00AM.

Join Zoom Meeting

<https://us06web.zoom.us/j/84422665531?pwd=TjFHUVFhMEVqRWwRWHgybWJpQUcxQT09>

Meeting ID: 844 2266 5531
Passcode: 292892

Meeting Agenda:

- I Call to order
 - A. Confirmation of Public Notice
- II Determination of Quorum
- III Adoption of Agenda
- IV Review and Approval of Minutes
 - A. May 18, 2023
- V HPLO Administrator's Report
- VI Chairperson's Report
- VII Committee Reports:
 - A. Finance & Budget
 - B. Statutes, Rules and Forms
- VIII Old Business:
 - A. Consideration of Applications for Licensure
 - B. Consideration of Applications for Renewal of Licensure
- IX New Business:
 - A. Consideration of Applications for Licensure
 - B. Consideration of Applications for Renewal of Licensure
- X Announcement(s):
 - A. Next Meeting: The Guam Board of Social Work next regularly scheduled board meeting, August 03, 2023 at 11:00AM.
- XI Adjournment:

To view the names of the applicants being considered go to <https://guamsocialwork.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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THE GUAM HOUSING AND URBAN RENEWAL AUTHORITY

Board of Commissioners Meeting

Tuesday, July 11, 2023 at 12:00 PM.

This meeting is open to the public via Zoom.

Topic: GHURA BOC Meeting, Tuesday, July 11, 2023
Time: Jul 11, 2023 12:00 PM Guam, Port Moresby

Join Zoom Meeting

<https://us06web.zoom.us/j/84037623065?pwd=M3VMMVhMeGxjNFZuNU4zbkdndk82QT09>

Meeting ID: 840 3762 3065
Passcode: 028107

Watch YouTube Live Stream

<https://www.youtube.com/channel/UCGqKWU0kOmT0FOLyn48U4Lag>

AGENDA:

- I. ROLL CALL
- II. BOARD MEETING PUBLIC ANNOUNCEMENTS
- III. APPROVAL OF PREVIOUS BOARD MINUTES – June 20, 2023
- IV. NEW BUSINESS
 1. Resolution No. FY2023-017; Resolution commending Ms. Betty C. Bamba, Housing Specialist Supervisor for her dedication and contributions to the Guam Housing and Urban Renewal Authority
 2. Resolution No. FY2023-018; Resolution to create and approve positions in the Public Housing, Section 8 and Procurement Divisions
 3. Resolution No. FY2023-019; Resolution to approve the amendment of position for the Property Site Manager
 4. Resolution No. FY2023-020; Resolution Approving the Annual PHA Plan (FY2024)
 5. Intent to Award for IFB#GHURA-23-13; Renovation of Eight Guma Trankilidat Units
 6. Intent to Award for RFQ#GHURA-12-14-22; Legal Services
- V. OLD BUSINESS
 1. Intent to Award for IFB#GHURA-23-14; MOD; Renovation of Seven (4) AMP 4 Units
 2. Change Order #1 for IFB#GHURA-08-25-2022-AMP4; Replacement of AMP4 Maintenance Shop Extension
 3. Change Order #2 for IFB#GHURA-09-26-2019-CDBG; Construction of a Lighthouse Recovery Center for Women in Tiyan, Guam
- VI. EXECUTIVE DIRECTOR'S REPORT
 1. Project Updates
 2. Division Updates
- VII. GENERAL DISCUSSION / ANNOUNCEMENTS
 1. HR Item: Executive Management's Performance Evaluations for:
 - Executive Director, Elizabeth F. Napoli, due on or before July 08, 2023 (Annual Evaluation)
 - Deputy Director, Fernando B. Esteves, due on or before July 28, 2023 (Annual Evaluation)
 2. Next proposed scheduled Board Meeting – Tuesday, July 25, 2023 @ 12:00 p.m.
- VIII. ADJOURNMENT

The complete Board packet may be viewed on our website at www.ghura.org.

For more information, please contact Audrey Aguon at 475-1378 and for special accommodations, please contact Chief Planner – Designated Section 504 / ADA Coordinator at 475-1322 or TTY 472-3701.

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