

Muñoz wins bodybuilding championship



COURTESY OF PHILIP DAUTERMAN
Dan Muñoz poses with his medal during the IFBB/NPC Championship June 11, 2022, in Sacramento, California.

By Vanessa Malumay
Pacific Daily News

Guam's own Dan Muñoz won the men's overall bodybuilding championship during the International Federation of Bodybuilding Pro League/National Physique Committee Championship Saturday in northern California.

The event was held in

Sacramento where Muñoz took the top spot in the division.

Muñoz said that he enters every show he competes with fresh eyes since each show is unique in its own way. "I really didn't know what to expect going into the show, but staying focused on my original plan and goals helped me to achieve success in this competition," Muñoz said.

Muñoz previously competed during the IFBB's North American Championship in Sept. 2017 in Pittsburgh. He finished

in fifth place out of 13 in the Masters over-35 Light Heavyweight division, according to PDN files.

Muñoz has come a long way since, taking the overall medal. He also took the time to thank his family, friends, supporters and coach for keeping him motivated throughout the process.

He then said that he's not ruling out another competition. "Yes, you will definitely see me compete elsewhere later this year," Muñoz said.

Coach

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ping-pong and pool tournaments. The job didn't pay much but that didn't matter to coach Jess. His compensation was measured in the joy he brought in helping kids throughout the village.

There was much I learned under his coaching tutelage. He embraced the role. He created an environment where each member of the team felt that their role was just as important as the other. He taught us sportsmanship and to be proud of our performances regardless of the outcome of the game. He fostered a winning environment as he knew how to bring out the best in all of us. I had fun playing for my dad, as did my brother and sisters. The lessons we learned transcended beyond the field and court. He instilled in all of us the value of being authentic, caring and considerate. He was the best coach we ever had.

I became a coach because of my dad. His coaching style became my coaching style. I coached my kids because he coached his kids.



Coach Jesus "Jess" S. Rivera is shown in this undated photo.

COURTESY OF RALPH RIVERA

Pathway to success

Although I am not as active in the coaching arena as I used to be, I enjoyed the opportunity to help kids to learn how to work as a team, to reach their full potential, not only on the field or court but more importantly in their lives. It's not easy being a coach. Showing the pathway to success and leading a group of kids in achieving that success can be arduous work, but equally satisfying.

Throughout the years, we

would often run into people, many if not all, with families. They would thank coach Jess for believing in them, for helping them by providing a sanctuary that kept them busy and away from any negative influences. I was proud of coach Jess, he truly helped many kids, our family included.

Coach Jess played an important role in shaping youth's minds back in those days. To many, he was something, to us, he was everything. To many,

he will be remembered as coach Jess. To us, he'll be remembered as the best great grandfather, grandfather and most importantly, dad.

Coach Jess, thank you for what you've meant in our lives. I'm sure there'll be plenty of golf courses up there, so have fun. Know that we all miss you and that every chance we get, we too, will coach it forward.

Ralph T. Rivera is a resident of Mangilao.

The Guam Board of Examiners for Pharmacy Regular Virtual Board Meeting, Thursday, June 16, 2022 at 7:30AM.
Join Zoom Meeting
<https://us06web.zoom.us/j/86513201939?pwd=aG9WSHNpYXJJeE dQU4wQjNKUEZHU09>
Meeting ID: 865 1320 1939
Passcode: 058357

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 May 19, 2022
- IV HPLD Administrator's Report
- V Complaint(s): (a) GBEP-CO-16-01 (b) GBEP-CO-17-01
- VI Old Business: (a) Pharmacies/Facilities/Wholesales (b) Pharmacists by Endorsement
- VII New Business: (a) Pharmacist by Endorsement (b) Pharmacy Technician (c) Pharmacy Intern (d) Renewal(s) 2022
- VIII Announcement: (a) The Guam Board of Examiners for Pharmacy Regular Session Meeting is scheduled for July 21, 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/HPLDGuam>

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